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## Square Foot Gardening - A 'Growing' Demand

Monday, 21 September 2009

Forth Valley Food Links has been running a number of Square Foot garden 'taster' sessions and workshops throughout Forth Valley over the summer months. Square Foot Gardening is a different method of growing food that uses less space and inputs than conventional gardening.

Following Forth Valley Food Links's presentation on Square Foot Gardening at the Clackmannanshire Food Network in May, two community groups in Clacks have shown an interest in the idea for the Summer / Autumn.

In July and August, two taster events were delivered in Braehead in association with Braehead & District Community Council Adult Learning Subgroup, followed by four workshops over four weeks in the Crawford Hall attended by community members.

Two workshops were also held as part of the Cornton Summer Playscheme in conjunction with Cornton Action Planning Partnership, which were attended by children who mixed compost, planted seeds, and identified fruit and vegetables from pictures. They also enjoyed a '5-Alive' tasting session of peas, carrots, salad vegetables, strawberries and blueberries.

Forth Valley Food Links also had a demonstration Square Foot Garden at the Menstrie Gala Day, The Big Dirty Weekend in Tullibody, and the Bonnybridge Credit Crunch 3-day event. A number of people expressed an interest in attending more in-depth workshops, which will be arranged for Spring 2010.

Discussions were held with Cultenhove Opportunities Partnership to include a Square Foot Garden into proposals for a community garden at

the Hillview Community Centre. A meeting was also held with The Hove Growing Project and Stirling Health & Wellbeing Alliance, to discuss Square Foot Gardening support for The Hove Growing Project.

In September, Forth Valley Food Links attended the Bo'ness 'Beat the Credit Crunch' event, organised by Falkirk Community Planning Partnership, with a 'Great Seed Give-away' stall to encourage people to grow their own vegetables and herbs. The event was well-attended and many people took away seeds to grow on their window sills.

Forth Valley Food Links will also have a demonstration Square Foot Garden at the Bainsford Health Day in September. Discussions are also being held with two family centres in Falkirk for Square Foot Garden workshops to help them to develop their own gardens, and with a youth group in Bo'ness to develop a community garden.

Forth Valley Food Links' Square Foot Gardening programme has also appeared in the Beechgrove Garden's factsheets. For information go to: [www.fvfl.org.uk](http://www.fvfl.org.uk) or

[http://www.thebeechgrovegarden.com/factsheet/factsheet.php?fact\\_id=327](http://www.thebeechgrovegarden.com/factsheet/factsheet.php?fact_id=327).  
More fact sheets can be found at <http://www.beechgrove.co.uk/>.