**Something for the weekend.....Action #8: Grow your own naked cucumber....and more!**

We have posted a few hints and tips over the last few months about growing your own veg; even some guerilla gardening to bring those neglected patches into bloom. Have you been joining in?

If you have been thinking about it, get a wiggle on, before the summer hits us! You still have time to sow seeds to grow your own naked cucumbers.....radishes, beetroot, fennel, chicory, peas.....  
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In fact, courgettes and tomatoes are mostly imported, so if you eat a lot of these, you can definately reduce your carbon footprint by growing your own! Take a look at the BBC climate change food tracker for more info.  
[https://www.bbc.co.uk/news/science-environment-46459714](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.bbc.co.uk%2Fnews%2Fscience-environment-46459714%3Ffbclid%3DIwAR1uuK7W5Tveu85t0V1lU4hAMUypjSE8iDOrficjbSQTQVEyskiZZ3cdblQ&h=AT0pa_xsDCiyTElMEnPjAa-n8rVmSmSrp1tQmEGVJfYBTlQCNFzCmTFdz2mL3KJU8x9ZZcLG7G940jJ_F4XnPsjUYuIvP9hjJHxAxdaSngRDFHeRV_9XtTDcPUxqSKl0WPQtaqvoCk7aG0994T9j0hAnMOEo4zfHVqM4EQ)

3 lots of celery have been sprouted and planted out...with another and a trial leak to follow! No seeds were required; the root ends were simply left to stand in a shallow pot of water until new leaves sprouted out the top. Growing on a budget.........✔✔✔✔

Of course, a garden is a luxury and if only have a small outside space, just choose a couple of items you tend to eat lots of and use a couple of pots. This Wastebuster household gets through a lot of carrots, so a couple of super large and deep pots are housing some carrot seeds which are coming along nicely.🥕🥕🥕🥕🥕🥕🥕

☀️If you don't have any outside space, why not take advantage of a sunny window sill? The nasturtians seem to like it here. Basil and corriander to follow.....☀️

Or why not get involved with some communal gardening with other residents if you share a garden....consider an allotment; or find out if there is a community garden nearby where you could lend a hand in exchange for some fresh veg.

Whatever your involvement, just get involved! After all, there are many advantages to growing your own:

⛟ Cut down emissions otherwise released during transportation of produce

⬇️ Reduce pesticides released into the environment by growing organically

❌ Eliminate excess packaging waste

💪 Get some physical exercise

💚 Nurture your mind as well as your crop  
😋 It tastes good!

And while you're at it - consider composting if you can! Did you know BCP Council offer subsidised composters? See here for details. [https://www.bournemouth.gov.uk/…/GetStartedWithHomeComposti…](https://www.bournemouth.gov.uk/binsrecycling/GoGreen/HomeComposting/GetStartedWithHomeComposting.aspx?fbclid=IwAR0SImZbj20uTb4RpTpB8-sHsDorV6RMR9yyoTB-rNWyNk1oON3rhd3FwK0)

If anyone has any hints, tips, seeds to swap, seedlings to give away or photos to show your progress - do share details below!!

Happy growing, happy Wastebusting!

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