

Headway Horticulture week 3

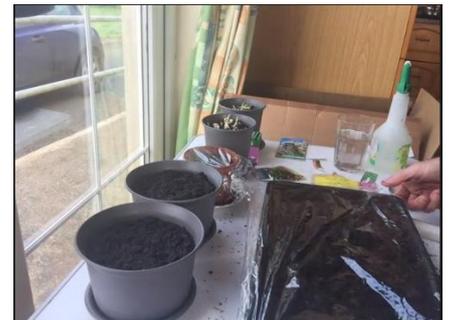
This week, despite the Baltic temperatures we have seen some small signs of life **shooting** from our peas.



Some days life can be monotonous for many of us, especially during this pandemic, with one day merging into the next - however noticing small changes in nature can really help make small positive changes in us too, increasing our own sense of wellbeing.



Standing at the windowsill checking on our pots and trays each day, we can see birds at the bird feeder, new spring bulbs beginning to push through the soil and of course



the longer **stretch** in day length.