

Headway Horticulture week 4

This week we focused on the relationship between the growing component of the experiments (chives and winter salad leaves) and the significance of these being exposed to the correct temperature and amount of water and light.



The participants shared their personal experiences of their horticultural journey so far as they are becoming closer to nature through their daily walks and using the practise of Mindfulness outdoors.



In connection with the nutritional value of eating the seeds produced during this course, the groups also discussed how they can be incorporated into our daily lives and within our meal plans.



Next week, we are looking forward to seeing the Insect Hotels. We will be creating these new homes for our creatures to take refuge, to live and to spend winter.

**“Together, even the smallest can create the biggest goal.”
- A Bug’s Life.**