



APRIL NEWS



GIVE PEAS A CHANCE

#ReciPEA for Success!

We have just launched 2017's Give Peas a Chance campaign with Cully & Sully. This year we are looking for Ireland's best young food entrepreneurs! Secondary schools across the country are invited to take part in the 'Give Peas a Chance' competition, which combines food growing and entrepreneurship. We want to engage and inspire students to grow their own peas and to devise a soup recipe using them. Finalists will get to pitch that product here, in GROW HQ, on May 25th, 2017 in a final battle to win amazing prizes. The winning students will be awarded a prize pot of €5K which includes a €3K food garden for their school, 2 iPads for the winning team and the winning soup recipe will be produced and served at the GIY Café in GROW HQ. Register at cullyandsully.com/ourgarden

SPRING EDITION OF GROW MAGAZINE

GIY's quarterly magazine is out now. This issue features a comprehensive seed growing masterclass from GIY founder, Mick Kelly. There are gorgeous recipes from GROW HQ Head Chef, JB Dubois, including a fresh, tasty pesto. You can learn how to spring clean your home in an eco-friendly way with natural Irish products. And the hilarious Fiona Kelly's "Grow Yourself Gorgeous" is a tongue in cheek masterclass in veg patch beauty regimes. Pick up your copy in GROW HQ or online at GIY.ie



WWW.GIY.IE



GROW HQ

This month GROW HQ will fire up the outdoor pizza oven for the first time! We are seriously looking forward to long summer evenings on the terrace; the scent of fresh herbs and homemade pizza in the air, chilled out music on the speakers and a glass of something cold....We are also very close to finishing the demo garden, a replica suburban backyard where you can learn to grow some food no matter how much or little space you have.

KIDS CLUB

The Kids Club runs at GROW HQ every Sunday and provides great Grow, Cook, Eat entertainment for the young ones no matter what the weather. We offer your kids an inspiring environment where they can explore and sample the produce already growing in our bountiful gardens. We have plenty of kid-focused classes from sowing, growing, harvesting, cooking and arts & crafts. So why not drop the kids off and see the wonderful positive effects of growing, cooking and healthy eating. The kids will get to sow, take home and care for easy to grow plants. We are all about inspiring the next generation of GIYers through the children's creative imagination!

TO DO LIST

- ☑ Two words: Weeds. Slugs. You need to stay on top of them both.
- ☑ Check your early spuds regularly and 'earth-up' as required – this means drawing up soil around the stems to prevent the tubers from going green from sunlight.
- ☑ Water your tunnel/greenhouse – things can get pretty warm on a nice sunny April day and seedlings will dry out quickly.
- ☑ As the weather improves, ventilate during the day. Cabbage root fly attack brassicas by laying eggs at the base of plants.
- ☑ Cut discs of soft material, like carpet underlay and lay flat around the base of the plant. Depending on the weather, cabbage butterflies will also soon be laying eggs.
- ☑ Check the undersides of leaves and scrape off eggs before they hatch. You will need to keep this vigilance up in the coming months - collect the caterpillars and feed to hens.



PREPARATION

April is the banker month. No, not those bankers - if poor weather in March has hampered your outdoor work, then April is the month to catch-up. Fork over and rake the soil in preparation for the crops.

SOWING SEEDS

Indoors on a sunny windowsill: lettuce, tomato, pepper, chilli-pepper, cucumber, celery, celeriac, fennel, basil, leeks, cabbage, cauliflower, Brussels sprouts, parsley, courgette, marrow, globe artichoke. Indoors in small pots for planting outdoors later: beans (dwarf French and climbing French), runner Bean, sweet corn and pumpkin. Outdoors: broad bean, pea, beetroot, cabbage, spinach, Brussels sprouts, parsnip, spring onion, leek, carrot, radish, broccoli, turnip.

PLANTING OUT

Hardening off – seeds raised indoors/under cover, need to be acclimatised outdoors before planting out. Begin by giving the plants less heat and water and more light and air. Bring them outside during daylight hours on good days for at least a week. You can now get your second earlies and maincrop spuds in to the ground. Last chance to plant onion sets until late autumn (when you can sow over-wintering varieties). Plant out cabbage plants when they are 15/20 cm tall into well prepared soil that has been manured. Water the plants well the day before and lift each plant with as big a root ball as possible. Firm the plants in well and water. Plant out tomatoes in to the greenhouse/tunnel soil before the middle of the month. If space is at a premium, use plant pots to grow herbs and strawberries.

HARVESTING – WHAT'S IN SEASON?

Stored fruit and vegetables are likely to be a distant memory at this stage and new crops are only starting to trickle in which makes April a tricky proposition. The middle of this month might see the first asparagus and the first early spring cabbage. The other two star performers this month are sprouting broccoli and rhubarb. You could also be harvesting leeks, spring cauliflowers, kale, spinach and chard, lettuce, carrots (in polytunnel), radish, spring onions and wild garlic.

Pick huge bundles of tender young nettles - divert around 5oz to the kitchen for a delicious nettle soup and use the rest for an organic fertilizer. Nettles are extremely high in nitrogen so if you soak a large bucketful in water for a week, you produce a brilliant nitrogen-rich fertilizer which will be hugely beneficial for any plants which need leafy growth, for example lettuces, cabbage, kale etc. Put a kilo of nettles in a Hessian bag and soak in 20 litres of water and leave it to stew for a month or so. It gets pretty stink so put a lid on top. Mix one part nettle liquid with ten parts water when applying to plants.



GIY MEMBERS



Don't forget our lovely GIY members get four glossy information packed GROW magazines a year plus seeds and a fab welcome gift. Members also mean we get to carry on spreading the GIY message and that's a beautiful thing. If you want to get in on the action for yourself or even as a unique gift, it's just the click of a button away

www.giy.ie