



...news from the garden...

27.11.2023

It's time to slow down a bit.

The garden is coming to a well deserved rest for the winter. During the last two weeks we met our wonderful reception children for the first time and had fun clearing and covering the raised beds, harvesting the last autumn crops and tasting celery and fennel.

Year 1 will put the finishing touches to our winter garden and make sure that broccoli, kohlrabi and cauliflower are warm and cosy in the polytunnel, ready for our return in January!

Until then we wish you a wonderful winter time and leave you with some ideas to try at home:

Sharing recipe ideas!

We have been harvesting a lot of red russian kale in the school garden - not the most popular vegetable maybe, but a real superfood boost in the colder months. We discussed how this vegetable might be best prepared and eaten and a few days later we got a lovely message from Evie in year 6 and her mum, who used their harvested leaves to make an amazing **kale and autumn raspberry smoothie!**

Doesn't that look tasty!

To make at home you will need:

- 3-4 leaves of red russian kale
- a good handful of autumn raspberries
- some milk

Whizz it all up with a blender or juicer -

Enjoy!





Lots of leaves?

We love autumn and the amazing display the trees give us when they change colour - just before they lose their leaves. The latter is often less appreciated and leaves seen sometimes as a bit of a nuisance.

But even on the ground, all these leaves still have an important role to play in nature's clever no-waste cycle. Insects as well as bigger animals use them as shelter to stay warm and hibernate - most famously our endangered hedgehogs!

A thick layer of leaves stops the soil below from eroding, locking in moisture and nutrients and over the winter, they decompose into the soil, turning into next year's food for the trees and other plants alike.

In the school garden, the children love to collect the leaves and spread them on our raised beds, where they keep the soil and its inhabitants warm and safe until the spring!

Our tip - sit back and leave the leaves!



It's a job well done, we had lots of fun spreading leaves around!

(photo credit 2nd image: Tom Marshall via Lancashire, Manchester and North Merseyside Wildlife Trust)

One more thing before you go...

Earlier in the year we joined forces with FoCS and applied for the **Co-op local causes** funding initiative to help us raise money for a sensory garden project at the school...



... And we got accepted!

So until October 2024 we are now benefitting for a whole year from every pound Co-op members spend on Co-op products in their local shops and on other Co-op services!



With the funds raised we hope to create a 'sensory garden' on the school grounds, providing more calm and nature positive spaces to sit, relax and step away from the busy school day if needed, available for the children to use both during break times and in lessons.

A big *Thank you* goes to the school council and Mrs Wills, who made this brilliant video:

[a message from the school council](#)

If you shop at the Co-op and / or would like to help us raise money for our sensory garden project, you can follow this link to learn more about our cause:

<https://membership.coop.co.uk/causes/83060>

You can sign up for a Co-op card online for a one-off joining fee of £1. In your online account you can then choose the local cause you would like to support (If you do not make a choice, your contributions will be split between up to three causes local to your area - so still a win for us). Everytime you shop Co-op own brand products (which are generally a bit cheaper than branded ones), scanning your membership card at the checkout, you will receive 2p per £ as store credit. Another 2p per £ will go to the cause you have chosen to support!

Thank you so much!