

## INTRODUCING GROW ELGIN

Grow Elgin lives on - REAP is continuing work with community groups and schools until March 2022, to increase the number of people growing and eating local fruit and veg and composting their food waste.



## THERAPEUTIC GARDENING

This is a new focus this year. More and more people, including health and social care professionals, are realising the benefits of gardening to our mental and physical wellbeing. We will be developing new therapeutic gardens and working with all sorts of people who can benefit from the joys of growing, 'from seed to table'.

## GROWING

Food growing can be fun, money-saving and tasty. It also helps reduce carbon dioxide emissions by avoiding packaging, processing and food miles.

Grow Elgin has set up community gardens and orchards at public spaces in Elgin, with pick your own fruit and veg free for everyone to harvest and will be setting up more.



Fun workshops and planting sessions – from the basics to beyond - will help people learn new skills and share their knowledge.

## COMPOSTING

Our composting courses, leaflets and tips will help you make your own garden fertiliser, saving on harmful greenhouse gas emissions. We collect compostable food waste using our electric bike and trailer, and compost it at 'green hotspot' sites – would you like to join in?



## HOW TO GET INVOLVED

Contact REAP if you're interested in:

- Finding out about volunteering, including as a compost biker or at our community gardening days
- Attending free growing workshops
- Collecting your food waste for pick up by the composting bike



### Why compost?

Compost makes valuable, free fertiliser for your garden, saves on harmful greenhouse emissions from food waste and saves you money at the same time.

### What do I compost?

An equal mix of **Brown and Green** is ideal:

**Brown stuff** includes dead leaves, torn up cardboard/ egg boxes ripped up, scrunched up paper, straw.

**Green stuff** includes grass clippings, annual weeds, carrot tops, spent cut flowers, raw fruit & veg peelings, tea bags.

### How do I Start?

Put your bought or home-made compost bin in a sunny spot handy for emptying your kitchen food waste. Then, layer your browns and greens, starting with branches/woody stems at the bottom to allow air circulation.

### Top Tips for Composting

**Do** add water if dry; add more browns if compost gets too wet.  
Wear gloves and wash your hands after working with compost.

**Don't** add cat or dog waste, or high protein food waste as these can attract pests. No rooted weeds (put those in your brown bin).

REAP is a local environmental charity founded in 1997, based in Keith and working across Moray.

Current work includes promoting local food, tackling fuel poverty, community development work and administering Wind Farm Community Benefit Funds.

Our partners in Grow Elgin include Elgin Youth Café, SACRO, Maryhill Health Centre, Step by Step, Elgin Allotment Associations, Arrows, Greenfingers and local schools.



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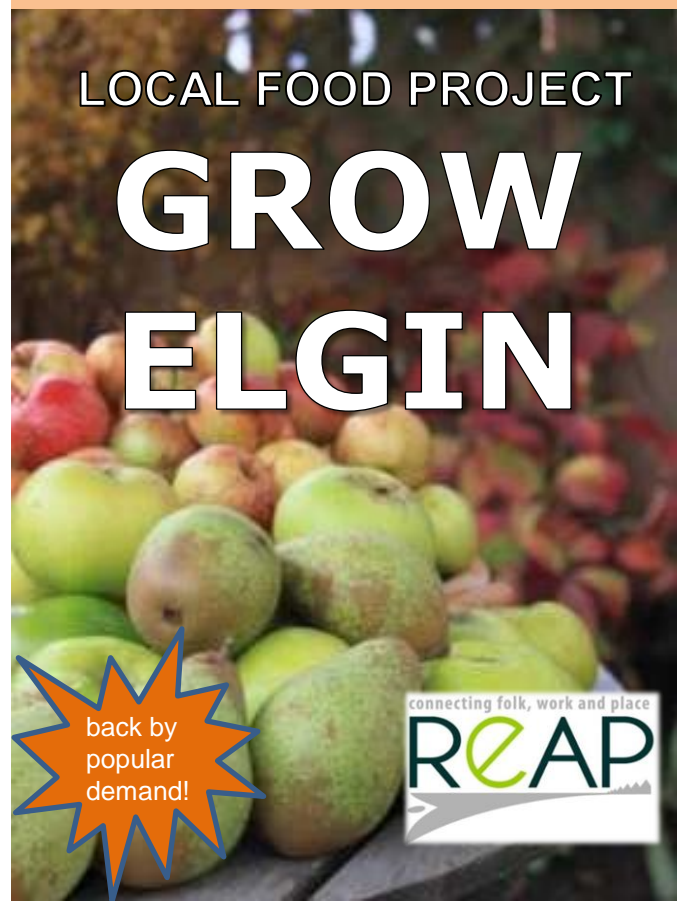
Grow Elgin is funded by:



*learn - grow -  
harvest - share -  
cook - compost*

LOCAL FOOD PROJECT

**GROW  
ELGIN**



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