

# Advice on how to grow your own vegetables



A vegetable box and you can do this with advice. Learn more during the Harvest Festival

A Harvest Festival is being held at the Royal Botanic Garden Edinburgh (RBGE) this weekend to celebrate the end of the growing year.

The free event, organised by RBGE's Edible Gardening Project, will have experts on hand to give advice about growing and harvesting fruit and vegetables.

There will be a show of produce grown in the Botanics' edible garden and by community garden projects throughout Edinburgh and the Lothians.

Visitors will get the chance to vote for the best produce box on the day. There will be wheat threshing demonstrations and food samples from the garden as well as storytelling, crafts and live music including the ever popular Barrow Band.

Judy Paul, Community Engagement Manager, said: "The Harvest Festival is a traditional celebration of a successful growing year for fruit and vegetables.

"We want to share our harvest experience with visitors and bring together community groups and garden projects to show and taste produce and have some fun.

"Edible garden project staff and volunteers will be on hand to give growing advice to visitors and there will be a chance to sow seeds to take away.

"There will be something for everybody and we hope the event

will inspire more people to start growing their own fruit and vegetables.’’

The Harvest Festival will be held in the Demonstration Garden and Botanic Cottage from 1pm to 4pm on Saturday and Sunday. (16 and 17 September).

Meanwhile, the Edible Gardening Project, supported by Players of People’s Postcode Lottery, helps people to grow their own vegetables and fruit by offering advice on how to get started.

There are drop-in sessions each Monday and Tuesday from 1pm to 2.30pm when volunteers are on hand to give advice about vegetable varieties, sowing seeds, composting, pruning, harvesting, storing and preparing your produce, and more. It is perfect for beginners.