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Cycle of the Seed Pillar

The Cycle of the Seed is one of five pillars of the Greening Campaign and aims to support your community to grow food and promote food growing among local people.

Food security is a major issue across the UK: approximately 5.4 million UK residents considered themselves food insecure in 2020, without access to affordable and nutritious food. Much of the UK's food is produced from intensive agriculture or is heavily processed and many people have lost the skills and know-how to grow their own. Understanding how to grow our own healthy food, free from chemicals, can help communities access affordable, fresh, and nutritious fruit and veg and can improve our resilience against disruptions to our food supply chains.

By growing more of our own fruit and veg organically, we also lessen our impact on the environment by reducing 'food miles', avoiding packaging, composting our waste, and cutting out the use of pesticides and other inputs. We also care for our soil health and biodiversity, both key foundations of healthy land, healthy food, and healthy people.

Food growing & cooking unites us all, whether in back gardens, on allotments, in community spaces, or raised beds. It supports healthy lifestyles, helps to reduce social isolation, improves self-confidence, and creates a connection with the seasons and natural environment. It also connects us with our cultures and heritage, through growing heirloom crop varieties grown locally and passed from generation to generation.





At Garden Organic we believe that everyone can grow their own food organically, in any space. From beginners to professionals, from balconies to fields, our experts help all members of the community adopt simple organic gardening practice

Cycle of the Seed aims

The aims of the Cycle of the Seed pillar are to encourage and guide food growing and seed saving in your community, and to create more community growing space.

Please refer to the community journey PDFs, for 'Start Up' communities (i.e. those newly joining the Greening Campaign) and for 'Sustained and Active' communities (i.e. those continuing in the Greening Campaign). These two documents will provide you with a guide to taking part in the Cycle of the Seed pillar over the coming 12 months. Of course, if you have other creative ideas or community goals, we are very keen to support you to achieve these!