



Grow Your Health

Catalogue

Thank you for your support

Jem Rutherford

Contents

2
About Us

3-4
Clubs

5-6
Our Aims

7-18
Products

19
Stores

20
Online

Online



Visit growyourhealth.com for more info, to get involved, or to order our products online. We offer an eco-friendly delivery service, straight to your door!



Stores



We have five Grow Your Health stores, in London and Kent. You can find these shops in Canterbury, Maidstone, Whitstable, Greenwich and Canary Wharf.

We accept donations of used items at our shops, and we sell a small range of new items too. There are also collection boxes at our stores, for kind people who simply wish to donate to our causes.

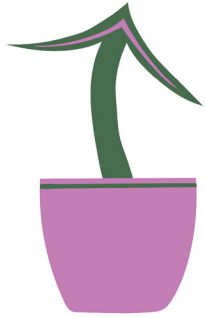
About Us

Grow Your Health are a charitable organisation operating across London and Kent. Our aim is to improve people's mental and physical health by making gardening more accessible.

We use our spaces to host a series of gardening clubs. Our spaces also provide for people with gardening and nature prescriptions from healthcare providers. Alongside this, we advocate for more community gardens and green spaces.

There are five Grow Your Health shops spread across London and Kent, where we sell kindly donated used items, along with a limited number of ethically sourced new items. All proceeds will fund the provision of gardens and green spaces, along with our clubs and initiatives.

Clubs

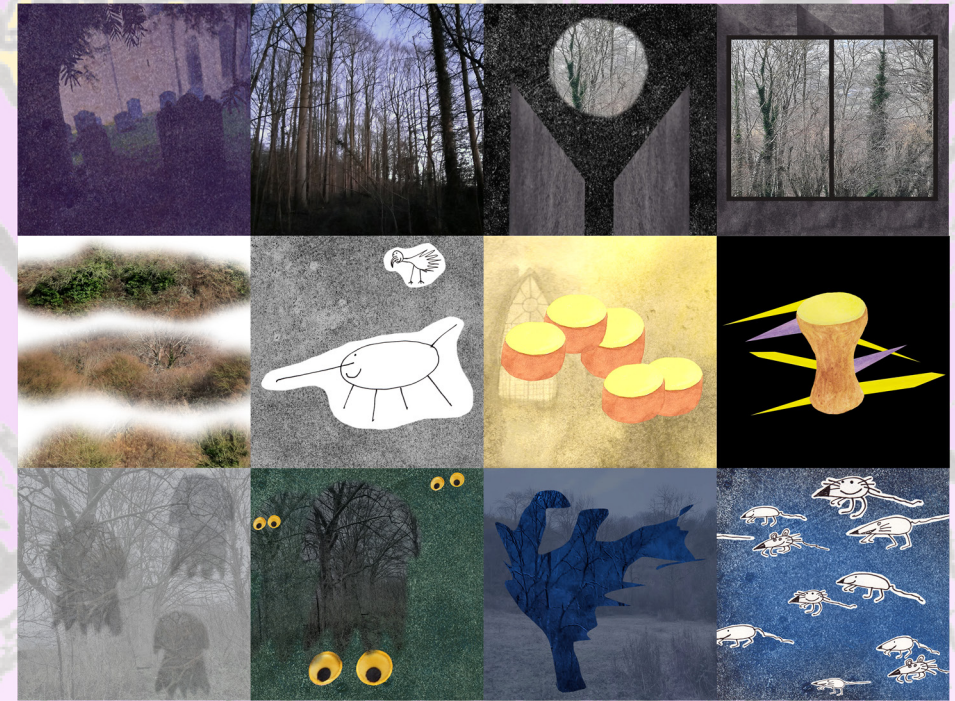
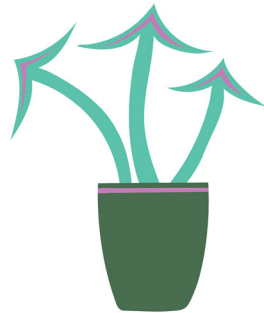


Greenfingers

A weekly gardening club for all ages, with ten branches spread across different sites. Sessions take place 2-5pm on Sundays.

Greenteens

A fortnightly gardening club open to all 11-19 year olds, with two branches, in Kent and London. Sessions take place 2-5pm on Saturdays.

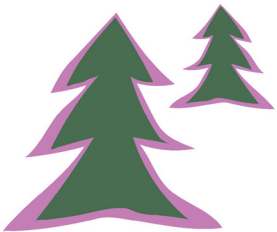


Into the Wild comes with a free poster of original artwork, capturing the vibe of every track on the album



Little Saplings

A fortnightly gardening club for 6-10 year olds, with six branches spanning across Kent and London. Sessions take place 10-12pm on Sundays.





Into the Wild CD

An enchanting EP by Jem Rutherford, with five instrumental tracks inspired by nature

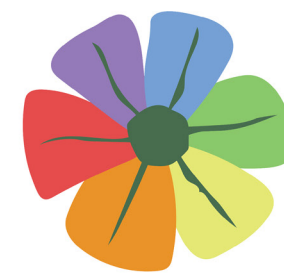
Also available on streaming services



Gardening on the Spectrum

A weekly gardening club for autistic people of all ages. There are five branches across Kent and London.

Sessions take place Sunday 2-5pm



Queer Gardening

A weekly gardening club for LGBTQ+ people, with six branches in Kent and London. Sessions take place 2-5pm on Saturdays.

Green Meditation

A weekly meditation club for all ages. Sessions take place 10-12pm on Saturday mornings, in natural environments.



Our Aims

Providing access to gardening and green spaces

Improving people's mental and physical health

Increasing the amount of green spaces and community gardens, and protecting existing ones

Protecting the environment and encouraging biodiversity



Wildflower honey

Organic honey made by bees on our sites





Herbal teas

Loose-leaf herbal infusions made with locally grown herbs, available in a range of gorgeous, refreshing flavours

Bringing people and communities together

Providing opportunities for people to learn and build skills

Providing sustainably produced, locally grown fruit and veg

Providing space where everybody feels welcome, regardless of their identity

Products

Available at all of our stores and on growyourhealth.com



Grow Kits

Containing soil, seeds, compostable pots and organic fertiliser, for thriving seedlings



Flasks

Perfect for hot and cold drinks, keeping you hydrated throughout the gardening year



Mugs

Distinctive, practical, and made from locally sourced clay



Seed Packets

Available for a wide range of vegetables, herbs and flowers

Squash 'Butternut'

- An easy to grow, sun-loving crop
- A sweet and nutty squash, high in vitamin A, vitamin C, fibre, potassium and antioxidants

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sow											
Harvest											

Sow seeds in small pots, 2cm (1in) deep. Cover with cling film until seedlings emerge.

Gradually accustom young plants to outdoor conditions to 2-3 weeks, before planting them out once the risk of frost has passed.

Allow 90cm (36in) between plants. ♻️

Grow Your Health

Aubergine

- A heat-loving plant, with gorgeous purple fruits
- Excellent roasted and high in fibre, antioxidants, potassium and manganese

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sow											
Harvest											

Soak seeds in warm water for 24 hours before sowing, to encourage germination. Sow in a container, 6cm (2.25in) deep. Cover with cling film until seedlings emerge. After around 2 weeks, plant seedlings in small pots.

Once all risk of frost has passed, plant out in fertile soil, 90cm (3ft) apart. ♻️

Grow Your Health

Courgette 'Defender'

- Easy to grow, fast-growing, and disease resistant
- High in fibre and great roasted, grilled or fried

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sow											
Harvest											

Sow seeds in small pots, 1cm (0.4in) deep.

Plant out in moist soil, in a partially sunny area, once all risk of frost has passed. Allow 90cm (3ft) between plants.

Pick fruits when they are 10-15cm (4-6in) long. ♻️

Grow Your Health



Plant Pots

Handmade pots, in a range of glazes, or natural terracotta



Bags

Stylish and made with 100% natural fibres



Badges

Pin badges available in two sizes - express yourself!



T-shirts and Tunics

A range of striking designs, available in sizes S, M, L and XL



Pendant

A charming pendant made from locally sourced clay



Hats

Bucket hats for sunny days, made with 100% natural fibres