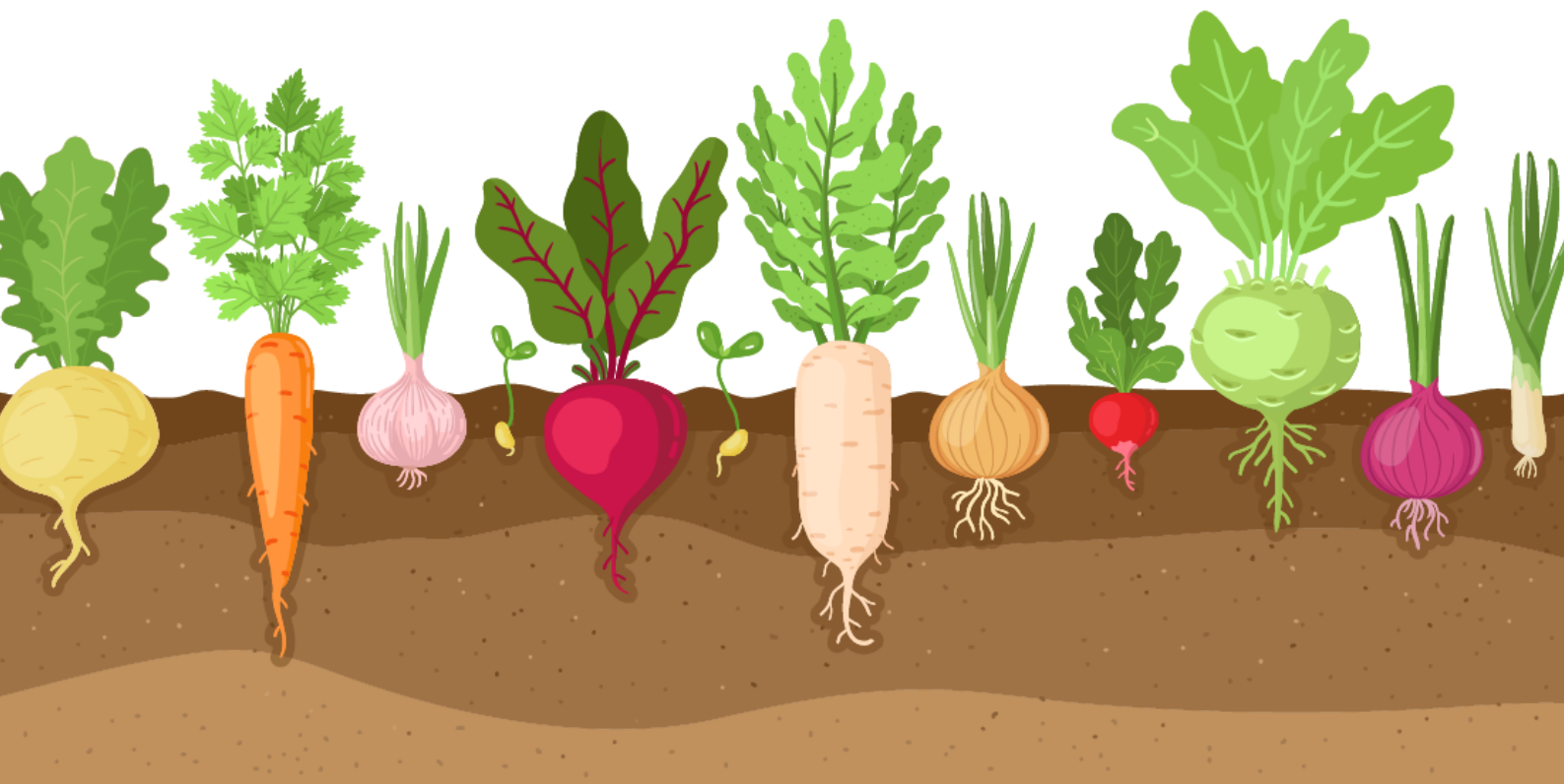


How to grow food in Camden

Growing your own food is a rewarding way to enjoy fresher, healthier meals, connect with your community, and even save money. Here, we've put together some tips on how to get started.



Timings on reverse

Join a Friends' group – or start your own!

- 🌳 Join a Parks and Gardens friends' group – Local volunteers help care for parks, gardens, and open spaces, including growing food, plants, and herbs.
- 🤝 Anyone can join – Give as much or as little time as you like!
- 🔍 Find your local group:
cindex.camden.gov.uk/kb5/camden/cd/home.page
- 📧 Or contact the Parks Team:
parks@camden.gov.uk
- 🌱 Find growing spaces near you:
capitalgrowth.org/spaces

Food-growing at an existing community gardens

- There are a number of local groups across Camden who welcome volunteers to help grow food and care for their gardens! You can find the one closest to you at capitalgrowth.org/spaces
- Some examples you can get involved with: Castlehaven's, Environmental Programme (includes food growing), Calthorpe Community Garden, Global Generation's Story Garden

Grow at home

- 🏠 You can grow fresh food and herbs—even in small spaces like balconies and windowsills!
- 🍷 Easy fruits & veggies for windowsills: Cherry tomatoes, cucumbers, lettuce, radishes, salad leaves and peppers.
- 🌿 Herbs to try: Basil, parsley, oregano, thyme, rosemary, mint and chives.

Fund your food-growing idea

- 1 Find a space – Look for an area on your estate suitable for growing.
- 2 Gather interest – Talk to neighbours who might want to get involved.
- 3 Connect with your TRA – Engage with your Tenants & Residents Association for support.
- 4 Work with Camden's Grounds Maintenance team – Plan and set up your community garden together. You can contact them by emailing GroundsMaintenance@camden.gov.uk.
- You can also apply for a We Make Camden Kit grant to get started. These are small grants open to Camden residents with ideas to improve their local area.

Useful links and further information

- Castlehaven: castlehaven.org.uk / 0207 485 3386
- Calthorpe Community Garden: calthorpecommunitygarden.org.uk / 020 7837 8019
- Global Generation: globalgeneration.org.uk / generate@globalgeneration.org.uk
- We Make Camden Kit: camdengiving.org.uk/we-make-camden-kit