



# LEAF

Literacy & Food Education

Welcome to your first LEAF newsletter. We're sow excited to have you onboard and are super eager to send you all the *un-be-leaf-able* tips, tricks, and inspo to help you and your community on your growing journey. This month we're focusing on getting you grow ready, climate action, and SDG Week 2024!

## 🌱 READY, SET, GROW!

If you have your seeds, it's *thyme* to get growing. If you haven't downloaded your growing guides, we've popped them below. They're full of tips to get you started on your new favourite hobby!



**BEANS**  
(Gondola)



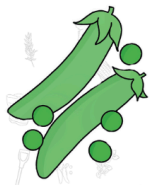
[GROWING GUIDE](#)



**SPINACH**  
Perpetual



[GROWING GUIDE](#)



**PEAS**  
(Karina)



[GROWING GUIDE](#)



[GROWING TIPS](#)



## HOW TO HELP THE PLANET

Every small action you take can make a big difference for the planet. Whether you're reducing waste, conserving energy, or supporting sustainable practices, you're playing a crucial role in protecting our climate.

**Here are a few reasons to get stuck into growing your own food:**

### **REDUCE FOOD MILES**

When we buy food from the grocery store, it often has to travel long distances to get to us. This transportation contributes to greenhouse gas emissions and other environmental problems. By growing our own food, we can eliminate those food miles and reduce our carbon footprint. Plus, we can enjoy fresher, healthier food – hooray!

### **SUPPORT BIODIVERSITY**

Commercial agriculture tends to favour a few select crops that can be grown on a large scale and shipped long distances without spoiling. This leads to a loss of biodiversity as traditional, regional crops are abandoned in favour of more uniform, industrial varieties. By growing our own food, we can help preserve biodiversity by planting a wider variety of crops and varieties.

### **REDUCE WASTE**

When we grow our own food, we can harvest just what we need, when we need it. This reduces the likelihood of food waste, since we're not buying more than we can eat or letting excess produce spoil. Plus, we can compost our food scraps and other organic waste to create nutrient-rich soil for our next crop.

### **CONNECT WITH NATURE**

It's a way to connect with the natural world and appreciate the cycles of growth and renewal. By tending to our plants and observing their changes over time, we can gain a deeper understanding of the interconnectedness of all living things and our place in the larger ecosystem.

[READ MORE](#)



**SDG WEEK**  
20TH - 29TH SEPTEMBER



## IT'S BACK FOR 2024!

SDG Week celebrates and raises awareness of the [Sustainable Development Goals](#) and forms part of the wider European Sustainable Development Week (ESDW). The SDGs represent the most ambitious agreement that the UN has ever reached. Although they were agreed by the UN, they belong to everyone and we all have a part to play!

[Check with your local library](#) to see what events they're holding.

LEAF LIBRARIES



Rialtas  
na hÉireann  
Government  
of Ireland

Tionscadal Éireann  
Project Ireland  
2040



The Community Climate Action Programme: Climate Education, Capacity Building and Learning by Doing (Strand 2) is funded by the Government of Ireland through the Department of Environment Climate and Communications.



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