

Plant + Grow... at home

FREE VEGETABLE SEEDS AND COMPOST FOR BRUNSWICK RESIDENTS DURING COVID-19



Planting seeds and growing plants
can be good for your wellbeing.

- helps to relieve stress and anxiety
- is relaxing and helps you find a sense of peace helps to clarify and organise thoughts
- helps achieve calmness and mindfulness
- you can learn a new skill



basil

spring onions



beans

mixed leaf



radish



cucumber

If you would like to grow
your own seeds at home, then...

- Contact COMAS on info@comallsoc.co.uk or text 07587 672937 with your name, address and contact details.
- We will get in touch about delivering your seeds to you safely.
- You then plant your seeds at home, look after them, and watch them grow!
- Take photos, make drawings and send them to us. We'll put them out on Facebook.

buzz

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