



Craig

DSEngage Nature Group

DSEngage Nature Group is a new DSEngage activity that started in the summer. DSEngage Nature Group will share ideas and activities that help us enjoy being outdoors and being in and around nature. Enjoying nature is good for the health of our body and for our mental health and well being and the first activity was growing bright and cheery nasturtium flowers from seed.

We hope that everyone who took part in the activity enjoyed growing nasturtiums as much as we did. Huge thanks to Craig who emailed us to tell us how much he enjoyed the Nature Group activity. He sent us great photos of his nasturtium and of his trip to his local gardens.

Craig was kind enough to answer some questions about the Nature Group activity:

Hi Craig, thank you for your email and photos. Your nasturtium look fantastic! The flowers are beautiful and your plant looks very healthy.

Did you enjoy the growing nasturtium seeds activity?

Yes I did very much.

Did you grow the seeds in a pot first or did you put them straight in the ground?

In pots on windowsill first. I feed the flowers with Miracle Gro one time a week.

What activities do you like to do in your garden?

I like digging planting watering and feeding plants also I like bat and ball games.

Do you enjoy being in your garden?

I do yes when it's not raining! I like being outside and I visited the Coronation Garden built for King Charles where I live.

How does it make you feel to be in your garden?

It's fantastic seeing the plants and flowers grow.