

# Big Spring Plant



## Sweet cherry tomatoes

are so easy to grow even in the UK.

Will you help Population Matters by planting some?

By planting cherry tomatoes you will not only reduce your food carbon footprint you will be helping UK biodiversity and insect pollinator populations.

You will not need to buy any special equipment and do not need a greenhouse. You will need tomatoes and some household items to start off planting. A sunny windowsill will do to start your plants off and, once mature, your vines can be planted out in the garden in the summer months. Your fruit will ripen later in the summer and continue into early autumn.

Step 1 - buy your favourite type of cherry tomatoes as you normally would at the supermarket - Take note of where your tomatoes have come from? How many food miles do they represent?

Step 2 - When next eating the tomatoes, remove as many seeds as you can from 2 or 3 of the tomatoes and dry the seeds on a paper towel for 24 hours.

Step 3 - plant the seeds in compost two seeds to a single hole no more than 4cm (half a finger) deep. No need to buy plant pots, empty yoghurt pots or better still cardboard toilet roll tubes are perfect for this.

Step 4 - place the potted seeds on a sunny windowsill and water as needed. In typical spring conditions the seeds will sprout within 7-10 days. As the plants grow you can re-pot them into bigger pots adding compost each time.

Step 5 - when well into spring and past the risk of morning frosts, maturing plants can be planted in the ground or into large planters outdoors. You will not need a greenhouse though they will appreciate a sunny spot with room to grow. In time you will need canes to support mature vines as they grow.

Step 6 - Please consider offering any additional plants for sale via an honestly box at your front door. **As and when you raise £5 would you please consider donating that money to us via our website at <https://populationmatters.org/donate/>** Please email us at [supporters@populationmatters.org](mailto:supporters@populationmatters.org) to tell us about your planting journey. It's not just tomatoes, you could plant anything to improve biodiversity.



# Big Spring Sort



## It's time for a tidy up (indoors not outdoors)

It's spring! Everyone likes to have a good sort out and tidy up in springtime but please, for biodiversity's sake, let's tidy up the inside of your home first. Population Matters fully support the 'No Mow May' movement to give insect life and biodiversity a much needed headstart in the spring time. We also run our own 'Insect Populations Matter' campaign.

Instead of tidying outside, will you help us by tidying and sorting inside your home and maybe donating some of the funds raised

This spring would you consider selling your unwanted items and donating some of these funds to your preferred charity?

There are lots of ways to raise funds from clearing your clutter

**Feeling social?** You could take advantage of the improving weather and have a nice social **car boot or yard sale** with friends.

**Going online?** How about selling your items through **eBay**. You can add Population Matters as your preferred charity when listing an item using <https://www.charity.ebay.co.uk/charity/i/Population-Matters/164277> or simply sell your items as normal and donate an amount to us after the sale.

**Don't have much time?** How about using a **trade in site** such as **Music Magpie, Zapper, Ziffit, CeX or Momox**. These sites will give you a price and pay you for your old tech, CDs, DVDs, books and more. You then box and post your item freepost and they will send you a cheque it couldn't be simpler and is a great way to clear the clutter.

## Will you donate some of the funds raised?

