

5 TIPS TO LOOK AFTER YOUR PLANTS AND YOURSELF

Hydration

Plants and people need water to thrive - make sure you water yourself and your plant regularly! Once a week for them and 2L of water a day for you.



Fresh Air & Sunlight

Both you and your plant need light and fresh air to keep you in top physical shape. Its good for your mental health too!

Essential Nutrients

Plants, like humans, need a varied diet to stay happy and healthy- try a nutrient-rich soil or plant feed (and maybe some fruit and veg for you).



Right conditions to thrive

Your plant isn't going to thrive if it's not in the right environment- and neither are you! Make sure you have what you need to keep you (and your plant) feeling your best.

Tailor care to the season

As the seasons change so do our needs. Check in and see how you and your plant are doing - you might need a little extra water or rest at certain times of the year.



What's Happening?



What is the Living Lab?

The **LIVING LAB** is a network of students and staff from across the University, all collaborating to investigate a real-life, local, social and ecological justice issues, and work together to find solutions. For more information about our vision and the work done so far check out the **Living Lab Moodle page**.



Wild Wednesdays

Take part in a gardening workshop every Wednesday, working with fellow students and our Grounds team to maintain and create food growing spaces around campus

First session: Wednesday 4th October

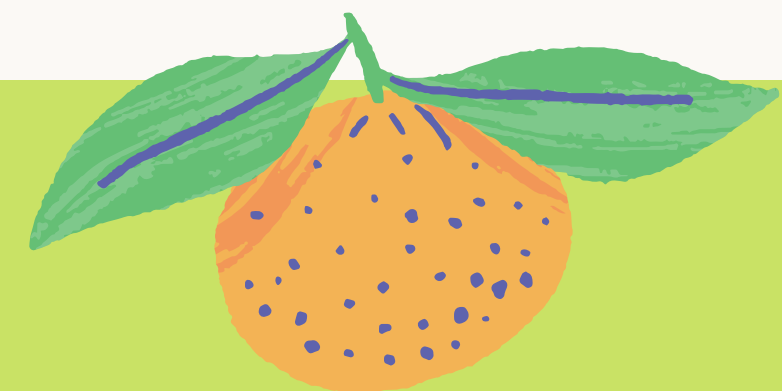
Time: 1-3pm

Meeting Point: Community Gardening container

Launch Event

Join the launch of this year's Living Lab: Feeding the Campus projects and participate in YSJ's first ever People's Assembly on Food.

Be part of a democratic discussion to propose solution to local issues and explore topics such as how to promote plant-based option, to cultural diversity to the cost of living crisis.



Where: Holgate Canteen

When: Wednesday 4th October

What time: 3-6pm

Free meal served and inspired by the YSJ Student Cookbook

How to get Involved

There are many ways to get involved in the Living Lab as a student, staff member or external organisation. If you would like to know more or to explore opportunities, email c.heinemeyer@yorks.ac.uk