



Conscious Living: tips to greener choices

Growing Greener: Food Sustainability at Home

As we all continue to look for ways to live more sustainably, one of the most impactful places to start is right on our plates. The food we eat—and how we grow it—has a significant effect on the environment. Fortunately, embracing food sustainability doesn't mean you need a full garden or allotment. In fact, you can start right on your windowsill!

Small Space, Big Impact: What to Grow on Your Windowsill

Whether you have a sunny kitchen window or a living room ledge with light, you can grow a surprising number of herbs and greens that not only reduce your food shop bill and use less packaging waste and food miles!

Top Picks for Your Windowsill Garden:

Herbs: Basil, mint, chives, parsley, thyme, and coriander all grow well in small pots (recycled butter tubs etc!). Regular snipping encourages bushier growth.

Leafy Greens: Baby spinach, rocket, and cut-and-come-again lettuces thrive in shallow containers and regrow after trimming.

Spring Onions: Regrow them from the roots by placing the white ends in a glass of water or soil.

Microgreens: Fast-growing and nutrient-dense, microgreens like radish, broccoli, and mustard can be harvested in just 10-14 days and grown in anything from that is shall even a used mackerel tin with a few holes pricked in the bottom!

Keeping these plants close at hand makes it easy to add fresh nutrients to your meals

The Long Game: Vegetables That Return Year After Year

If you have a bit more outdoor space—a garden bed, balcony box, or allotment plot—you might consider planting perennial vegetables. These hardy growers come back every year, reducing the need for reseedling and replanting, and supporting healthier soil over time.

Reliable Perennial Vegetables:

Rhubarb: A classic that thrives with little maintenance. Just don't eat the leaves—they're toxic!

Jerusalem Artichokes: Spread easily and provide a nutty, potato-like root.

Sorrel: A tangy green that adds a citrusy punch to salads and soups. Comes back early each spring.

Walking Onions: These quirky onions reproduce by "walking" across your garden, creating new clusters as they go.

Why It Matters

Growing your own food, even in small amounts, supports sustainability by:

- Reducing carbon footprint
- Minimising plastic packaging
- Encouraging seasonal and local eating
- Promoting biodiversity and soil health

Every windowsill pot and garden patch makes a difference, there's something satisfying about eating something you grew yourself!

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