



Coigach Community Growing Project

Growing our own food has so many benefits – social, health, environmental, longer shelf life of produce, educational, recreational, and as is becoming increasingly important, cost... This year we have started to explore the possibility of a community growing project in Coigach and to find out how CCDC could help.

The first step for CCDC has been to undertake a Community Fruit and Vegetable Growing Survey, which we did during July and August of 2022. The overall response was very enthusiastic – gardeners here grow a wide variety of produce and are keen to connect with others – although there are several issues which need addressing which could improve output (deer, rabbits, weather etc...) The next plan is to have a community meeting of people who are interested.

Here are some key findings from the survey:

- 69% of the 29 respondents already grow; 31% don't but most of these people are interested in growing
- All of the 29 respondents are interested in using more fruit and vegetables grown locally
- 93% of the 29 respondents would be interested in a community orchard
- 40% of the 25 who answered would be interested in selling locally, most of them through local shops
- 96% of the 25 who answered would be interested in seed/plant sharing and/or swapping
- 46% of the 26 who answered would be interested in an outdoor growing space
- 64% of the 28 who answered would be interested in a covered growing space
- 83% of the 18 who answered would be interested in sharing their gardening knowledge

- 47% of the 19 who answered would be interested in helping set up and run a local growers' group
- Most respondents would be interested in being part of a local growers' group (72% of the 25 who answered)
- 100% of 28 respondents would be interested in finding a way to use food waste for community composting