

SOW IT GROW IT EAT IT !

WOULD YOU LIKE TO GROW VEGETABLES BUT

- Only have a balcony, patio or small garden
- Need to know how to go about sowing and growing vegetables
- Want to do so without spending a lot of money
- Want to have someone to turn to for advice ?

IF SO

FOOD UP FRONT 2013 COULD HELP YOU

We are planning to hold a regular series of "Pop -Up" events in various parts of town

We will be offering:-

- small amounts of seeds
- growing advice
- recycled containers in which to grow seasonal vegetables
- recipes

February/March

potatoes / tomatoes

April

courgettes, squashes

May

runner and french beans

June

salads

July

spinach

August

pak choi / chard

In return we would welcome a small donation and feedback on your growing and cooking experience.

To take part, leave your e-mail address or phone number and we will contact you with the dates of the events and hints and tips on how to grow your vegetables.

<http://www.transitiontownlewes.org/food.html>

FOOD UP FRONT 2013 is a project of Transition Town Lewes Food Group.