

Dig In

Community Food Growing in West Lancashire

Celebrating Growing Your Own

The Community Food Growing Project, in partnership with West Lancs Allotment Federation, is planning an event to celebrate 'Growing Your Own' and to encourage more people to have a go.

This fun family day on May 7th at Burscough Wharf will be full of information for those just starting off, as well as having plenty to tempt seasoned growers. The event will run 12—4pm and will include presentations and workshops, information on compost making and chicken rearing, a Growers Question Time, and a chance to stock up on essential supplies from a range of trade suppliers—including plug plants and equipment. It is hoped that most West Lancs allotment sites will have information displays and that people will bring surplus seedlings to swap for others in our Seed Swap.

Don't miss it!



Schools Update



Not a drop of rain in last year's Easter holidays and not a lot more in 2011! It's a school growers' challenge and not exactly what the willow planters ordered, but that didn't deter this happy gang at Cobbs Brow who constructed the willow dome just before the holidays. The whole event delighted the resident pheasant who spent the next few days perched proudly on top of the dome!

Cobbs Brow School ploughed on with their gardening club through the winter months – weaving Christmas wreaths out of virginia creeper, manufacturing newspaper planting pots and watching the creepy progress of bean and pea roots circle down the watery insides of lemonade bottles...in addition to getting an early start on their sowing for the growing year that is upon us.

Let us know how your school is faring now in this new season. **Happy school growing to one and all!**

Looking for Inspiration?

Check out this inspiring website from a Lancashire town that has taken community food growing to its heart and is receiving interest from all over the world. 'Incredible Edible Todmorden' aims to increase the amount of local food grown and eaten in the town. Businesses, schools, farmers and the community are all involved. Vegetables and fruit are springing up everywhere. Public flower beds are being transformed into community herb gardens and vegetable patches. www.incredible-edible-todmorden.co.uk/



May 2011

West Lancs Community Food Growing Project supporting local people to grow their own food

Getting growing

Two useful things to include in your growing plans for 2011:

- Green Manures: Finding the right one for the right job at the right time is not always easy. A handy guide to the different varieties can be found at: www.greenmanure.co.uk/sow_help.htm
- Slug pellets: a new type of slug pellet gained increasing popularity in the region last year. Suitable for organic use, fully biodegradable and safe for children and pets, the new pellets are made of ferric phosphate. Found to be very effective, they are even work when wet! 'Growing Success' Slug Killer is one example - available in major DIY stores.



'Big Six Week Veg' Challenge

NHS Central Lancashire has teamed up with local company Greenhouse Sensation to challenge children, adults, schools and groups to successfully grow a veg plot 6 weeks. The Challenge is running 26th April—3rd June. Registrants will be offered a growing guide, access to free seeds and advice. For more information or to register, go to: www.greenhousesensation.co.uk/schools/big-veg-challenge

Growing at Home

A not-for-profit company has recently been set up in West Lancashire to help people start growing their own food in their own gardens/yards—no matter how small a space that might be.

'Veggies to Grow' delivers wooden raised beds, fills them with compost and plants a selection of young vegetable plants to help people get started. They also offer compact chicken coop that can be delivered, set up and comes with two ready to lay hens and a starter pack.

Further details can be found at: www.veggiestogrow.co.uk



The West Lancs Community Food Growing Project aims to get more people involved in growing their own food and eating more healthily. We are working with local communities and schools to set up community food growing initiatives and providing help in finding the land (and funds) that might be needed. **We are keen to hear from anyone interested in growing their own food with others in West Lancs. Please get in touch!**

Martin Trengove
John Hutchison
Debbie Shepton

CVS Project Co-ordinator
CVS School Support
CVS Community Support

Email: martint@wlcvs.org
Email: john@wlcvs.org
Email: debbies@wlcvs.org

Phone us on: 01695 733737



West Lancs Community Food Growing Project,
C/o West Lancs CVS, the Ecumenical Centre,
Northway, Skelmersdale, West Lancs, WN8 8LP
Tel: 01695-733737 Email: enquiries@wlcvs.org