

Dig In

Community Food Growing in West Lancashire

Show What You Grow day 2017

A blooming good time was had by all when primary schools from across West Lancs gathered to celebrate their school gardening achievements. 70 children from 8 West Lancs schools came to this year's Show What You Grow festival of school gardening held at West Lancs College on July 12th. The children brought their school grown produce, homemade scarecrows and magnificent displays of drawings, paintings and photos of their gardening work to the event.



The Deputy Mayor of West Lancashire Noel Delaney and the Deputy Mayoress Mrs Ann Stubbart opened the day and the children enthusiastically took part in activities such as making a veggie pizza face, an allotment quiz, and a Grow Your Own activity book. After lunch, the children took to the stage to give presentations about their gardening clubs and the day ended with prize giving.

A Skelmersdale based business called 'All About Food' donated a prize for the Best Chilli Plant. The lucky winning school was Pinfold Primary whose gardening club will visit All About Food's office 'The Tree House' to find out more about their partnership to grow chillies with Southern African farmers and also sustainable agriculture. They will then be treated to lunch at Nando's as part of the prize package!

The event was organised by the Community Food Growing Project of West Lancs CVS (as part of the Active West Lancs programme) in conjunction with West Lancs Allotment Federation and West Lancashire College, and was funded by Upholland Tawd Vale Lions. The event was supported by the local business community – M.A Forshaw of Scarisbrick provided the vegetables and prizes were donated by Morrisons supermarket.

For more photos of the day and details of the prizes, please go to our website: www.wlcvs.org/show-what-you-grow-school-celebration/



July 2017

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

Arts on the allotments

Local growing sites have come over all arty this year with two arts performances in West Lancs:

Mighty Mikron cultivate even more fans

The famous Mikron Travelling Theatre once again wowed the audience when they returned to Hesketh Bank in the Spring with their latest play 'In at the Deep End'. They performed to an army of fans, most of whom enjoyed a picnic as they watched the show in the Community Garden at the Poor Marsh Allotments at Hesketh Bank.

On a bright, and breezy Friday evening in May, in what has become an eagerly awaited annual event, Mikron gave yet another stellar performance in a poignant, uplifting and at the same time very funny tribute to a much loved institution - The RNLI.



Fans of Mikron will be delighted to learn that they are making a return visit to Hesketh Bank to perform the second of their two annual shows, this time about another famous institution - The Youth Hostel Association. This hilarious show will be hosted by the **Hesketh Bank Community Centre on 22nd September 2017** starting at 7.30 p.m. If you haven't seen them before, now's your chance! Tickets available from Steve Kirby: tel 07766 367550.

'Sowing Seeds' performance shows the importance of nurturing our roots

Students from Edge Hill's Performing Arts department premiered their 'Sowing Seeds' interactive outdoor performance at Burscough Community Farm in April. Edge Hill University students, graduates and members of the West Lancashire community developed and delivered a live processional piece encompassing mass movement, music and puppetry. Collaborating with acclaimed outdoor arts company Walk the Plank, the performance took the audience on a journey to explore the elements, the natural world and sustainability.



In an ever-changing world, *Sowing Seeds* demonstrated the importance of nurturing our roots. It showcased the history of Burscough Community Farm with help from many magical creatures performed by students and the local community.

More information and photos can be found [here](#).



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

A fresh look at the Tawd Valley Park – the green heart of Skelmersdale



A new project has been launched to look at how the Tawd Valley, often described as the 'jewel in the crown of Skelmersdale' could be developed to improve its appeal and accessibility to local people.

A wide ranging consultation is taking place between now and October culminating in a Master Plan to guide future development and look at how the park can be sustainable.

The park is already home to two allotment sites and is a haven for wildlife.

Your views are important! **Fill in the online questionnaire today** and get the chance to be entered in the prize draw to win a 50" flat screen TV:

www.wlcvs.org/tawd

Events coming up at

Neil Hickson writes...

Farm Open Day - Sunday 27th August

Bank holiday weekend, I know it's a gamble because everyone is 'away' but perhaps the farm could be somewhere to go 'away' to (maybe some camping)? We have been needing to have a big Open Day for a while now so this is the next logical time to do it for us.

There will be special taster sessions in various 'departments' of the farm so people can get a flavour of what is coming up for the future. More information available soon.

National CSA day - Sunday 1st October

We are hosting a Community Supported Agriculture day in conjunction with CSA Network UK, a national organisation for CSA's. (<https://communitysupportedagriculture.org.uk/>) This day will be all about Community Supported Agriculture, how it works and how our farm uses the CSA model. More information will be given closer to the time.

Keep an eye on their website <http://burscoughcommunityfarm.org> and social media <https://www.facebook.com/burscoughcommunityfarm/> for details.



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

WL Allotment Federation best plot competition winners announced

West Lancs Allotment Federation ran a photo competition this summer to find the best plot in West Lancs. People were asked to contribute photos of their plot and to describe in no more than 100 words why they love their plot. The competition was sponsored by West Lancs Borough Council and the winner was announced at the Green Fayre on July 23rd.



WLAF's JD Jacques & Ray Fowler at the Green Fayre

Congratulations to Darren Gibson of Skelmersdale Horticultural Society, Ashurst who won first prize!

Incredible Edible Skelmersdale

A new offshoot of the Incredible Edible movement was recently launched in Skelmersdale when Cllr Claire Cooper spoke about the initiative at May's West Lancs Allotment Federation meeting. The new project is part of the Incredible Edible movement which began in Todmorden and involves growing free food in public spaces across towns and cities: www.incredible-edible-todmorden.co.uk/. Linking up with Quarry Bank Community Gardens and other community gardens across Skelmersdale, the first new plot is Elswick Community Garden in Tanhouse.

A full report will feature in the next edition of Dig In but in the meantime anyone interested in getting involved should contact Claire on Claire4birchgreen@gmail.com

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
Debbie Shepton
Alison Wall
Claire Cooper

CVS Project Co-ordinator
CVS Community Support
CVS School Mentor
CVS School Mentor

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

Keep up to date at our website: www.wlcvs.org/projects/community-food-growing/



West Lancashire Council for
Voluntary Service

Lancashire
County Council



Active
West Lancs

West Lancs Community Food Growing Project,
C/o West Lancs CVS, Certacs House, 10-12 Westgate,
Skelmersdale, West Lancs, WN8 8LP
Tel: 01695-733737 Email: enquiries@wlcvs.org