

# Come and join us!

**Every Tuesday, Friday & Saturday**

**11:00am-4pm**

- You will be allocated a micro allotment for a period of twenty weeks to grow your own vegetables
- Take home your own produce

## Food Growing workshops

FREE Food growing workshops: Learn the basic on how to grow you own delicious vegetables.



## Cookery workshops

FREE healthy Cooking workshops. Learn how to cook healthy meals and save money.

***HURRY!!! REGISTER NOW, SPACES ARE LIMITED!***

***Refreshment provided***

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