

Urban Veg

Date(s) Friday 28th September 2012 (14:00-21:00)

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Winterbourne House and Gardens, Talks / Visual Exhibition / Personal Experience

Through a range of fun activities and demonstrations, aimed at a broad mixture of people from all ages and backgrounds, Urban Veg will show you how everyone can easily get involved in local conservation, sustainability and personal well-being through outdoor activity and interaction. Our advice will stretch beyond health, with tips on how growing your own food can save you money in the long run. Urban Veg began as a smaller project working with people from local Islamic communities in Winterbourne's garden. It was immensely successful and the idea has grown. Championed by TV's Alys Fowler (*Gardener's World*), it should be a great afternoon out for the family.