## Share your herbs and salads

Newsome Ward Community Forum will have a local food growing stall at the 'Celebrating Newsome' event on 4th and 5th July 2009 at Newsome High School.

We need your help to grow some herbs and salad plants to give away to people who visit our stall. Please help by sowing a few extra seeds this Spring. Use spare plant pots, cardboard tubes or yoghurt pots. Then bring them along to the event, and help yourself to some plants in exchange.

We'll send you details about how to deliver your plants nearer the time. All you need to do for now is get sowing...



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