

EAT

- ◆ Harvest your produce for you, your friends and family



- ◆ Not sure what to do with your veg? Ask the team at the Pop-In Place.

Supported by



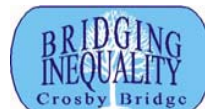
10am—12noon
Wednesdays
HeartWell Community
Allotment, Buckingham
Avenue

For more information call
in at the Pop-In Place or
telephone and ask for
Chris.

Pop In Place
195 Frodingham Road
Scunthorpe

Phone: (01724) 846611
Fax: (01724) 846633

Crosby Bridge Healthy Living Project



Supported by



Crosby Bridge Gardening Group

Helping people be the
best they can be



Crosby Bridge Healthy Living Project

Sow Grow Eat

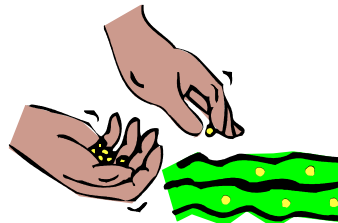
- ◆ Make new friends
- ◆ Increase your health and fitness by working in the open air with gentle exercise

- ◆ To encourage an interest in the benefits of growing your own produce and then using it at home



SOW

- ◆ Design your allotment plot
- ◆ Plan when to plant your produce
- ◆ Plant your seeds



GROW

- ◆ Water
- ◆ Weed
- ◆ Watch
- ◆ Wait



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