

Interested in alternative ways to grow your own?

In his short film, gardener Graham Cole demonstrates how you can feed your family on your allotment and garden using vegetable compost and green manures to obtain good crops of high nutritional value. The film will be followed with a discussion led by local gardener Sian Meredudd.



7.00pm, Tuesday 24<sup>th</sup> July Herb Garden Café Free entry and refreshments All welcome