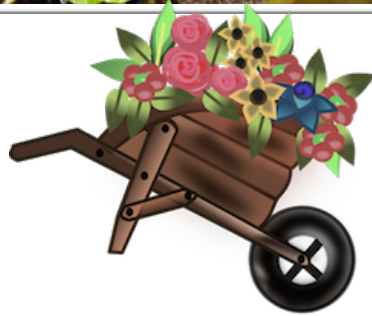




# Five good reasons to take on an allotment!



**- Homegrown stuff tastes amazing!**

**- It can save you money**

With careful planning (and a big freezer) you could grow most of the veg for an average size family for a whole year.

**- You can grow fruit & veg that you can't find in the supermarket**

**- It's good for your health!**

Working with the land, out in the open air, is good for your mental and physical health.

According to the National Allotment Society (NAS), 30 minutes of work on your allotment can burn around 150 calories.

**- It's good for the environment...**

1sq. m of land can support hundreds of different species. So by cultivating an allotment you are helping to create essential habitats for bees and other wildlife - without which the world would be a poorer place.

**All this for as little as £10 p.a. for a whole plot, or £5 for a half plot.**

**GOOD NEWS....  
allotments are available!**

**INTERESTED? If you would like to have a look around the Allotments or have any questions, please contact:**

June (07484 729434) or Sheila (01308 868806)

