

## **For immediate release**

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### **Grow Your Own food event giving away free seeds and tools**

Growing food can be a great way to save money, but it can seem daunting for anyone who's never tried before. Local green-fingered volunteers are keen to help people wanting to make a start.

Seedy Saturday is a chance to get free seeds, plants, tools and lots of advice on getting started with growing food. On hand at the Salvation Army coffee morning will be community gardening volunteers, Penrith Action for Community Transition (PACT), and Penrith and Eden District Freegle.

"People often have the impression that it's really difficult to grow your own food, but there are lots of fruit and vegetables that grow very easily in Eden," said Peter Clarke, one of PACT's food-growing experts. "You don't need a lot of expertise, time or space – anyone can grow food, even with windowsill boxes and grow bags. At Seedy Saturday people can pick up some tips about what grows best, how to go about it, and even get some of the things they'll need to get started. Kids love our 'Give Peas a Chance' activity and anyone attending can make and take home a pea-shoot planter."

Growers from around the district have been donating plants and seeds through Freegle, for other people to pick up at Seedy Saturday.

"Our local Freegle website has a popular gardening category, which is at the heart of our 'Grow Your Own' project to encourage people to grow more," said Freegle volunteer Chris Cant. "People can offer all sorts of growing and gardening items that they no longer want, or ask for things they need. The website is a super way for existing growers and gardeners to help each other to grow more and support new people in digging in."

Seedy Saturday will run from 10am to 12pm on Saturday 8 March at the Salvation Army building on Hunter Lane, Penrith. Anyone with items to give away can bring them on the day or leave them in advance at the Soup Shop in Devonshire Arcade. Freegle is free to join and use by searching for the Penrith and Eden District group at [www.ilovefreegle.org](http://www.ilovefreegle.org).

**ENDS**

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### **PHOTO**

Volunteers harvesting seeds in time for the Seedy Saturday giveaway of gardening and growing goods on Saturday 8 March in Penrith