



# Help!

**Feed Leeds, a city-wide network of food growers and food people is organising SPROUTS! - an inspirational and educational celebration of fresh, healthy and sustainable food at Kirkgate Market on Saturday April the 25th**

**To include, we hope a pop-up allotment • wheelie workshop (converting waste bins to compost bins) • food prep demos • veg videos • seed swaps • hydroponic growing • plant sales • fruit juices • your project on the big screen • balms • herb tea-making • compost demos • aeroponic growing • pop-orchard • compost sales • bike-powered cookery • live music • veg rock painting • plus whatever great ideas you can suggest!**



**Feed Leeds are** Leeds Allotment Federation, Eat Your Greens, Foodwise Leeds, Leeds Rotters, Lean Lunch, Rainbow Junction, Incredible Edible Airborough, Royal Horticultural Society, Growing Better, Plate 2 Plate Compost, Yorkshire Orchard Project, Grow to School, Friends of Stank Hall Barn, Leeds Edible Schools, Meanwood Valley Urban Farm, Space 2, Back To Front, Rooted, Northern Fruit Group, Kirkstall Valley Farm, The Arium, Hyde Park Source, Leeds Food Aid Network, ReThink Food, Leeds Pemaculture Network, Chapel Allerton in Bloom, The Conservation Volunteers, Leeds Urban Harvest, The Green Party, Leeds Vintage Tractor Group, Otley Community Land Trust, Bedford Fields Community Forest Garden, Groundwork, Zest **plus many many more community and private growers**

**Please join us – we need you**

**tom@urbal.tv**

# Sprouts!

