

## Do you grow veg from seed?

Could you sow some extra seedlings for people who need a bit of help to get them started? If so please email

To help more people Sow A Row Xtra we need seeds, pots trays, tools etc. If you have anything useful please email

We need Xchange sites where people can bring seedlings pots trays, tools etc. If you can provide a hub please email

We're making up Growing Friendship boxes with seedlings pots, trays, tools and compost, plus a friendly note from one family to another. If you can help with these please email We're also finding places where the seedlings can be planted and harvested

Xchange sites are being added to a map on the Feed Leeds website, along with Hedge Veg and Little Veg Library sites If you know of any good sites please email

Thanks! tom@urbal.tv

http://feedleeds.org