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News

Ashington families learn about growing food

Posted by [The Journal](#) on Feb 10, 10 03:49 PM in [News](#)

Young families in Northumberland are learning how to live The Good Life.

Nutrition experts are to teach families in Ashington how to grow food in allotments and then turn it into cheap and nutritious meals.

The Plant to Pot project is being run by the town's Hirst Welfare Centre with the help of a £4,000 grant from Northumberland County Council's community chest fund.

Two local allotments are being turned into community resources for young people who, with the help of older allotment holders, are learning how to grow fresh fruit and vegetables.

Weekly sessions, led by Real Food Works, are being held to raise awareness of basic nutrition and food preparation.

Families will also get step-by-step instructions and recipe cards in how to make meals from their produce, which they can share with their family.

The project is part of the wider Community Space Challenge run at Hirst Welfare.

The scheme works with young people aged from eight to 17 and encourages them to take responsibility and work to change and develop open spaces in the community.

Initiatives carried out under the Challenge include graffiti removal, litter picks, bulb planting, conservation and the development of the community allotments.

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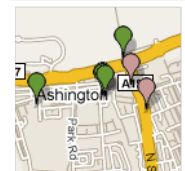
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