



Growing own food for healthy living

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Young families in Ashington are to become green fingered, as they learn how to grow food in local allotments and then turn their produce into cheap, nutritious meals.

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

Two local allotments are now being developed into a community resource for young people and with the help of older allotment holders, the young residents are learning how to grow fresh fruit and vegetables. Weekly sessions, led by Real Food Works, are also being held to raise awareness of basic nutrition and food preparation and participants receive step by step instructions and recipe cards to help them make the meals which they can then take home and share with their family.

The project is part of the wider Community Space Challenge being carried out at the centre. This is a scheme that works with young people aged between 8 – 17 years of age and encourages them to take responsibility and work to change and develop open spaces in this community. Initiatives include graffiti removal, litter picks, bulb planting, conservation and the development of the allotments.

Councillor Roger Styring, deputy leader of Northumberland County Council said:

“The Plant to Pot project is part of a wider scheme that aims to raise the confidence, self esteem and aspirations of young people in this community. It is also providing the skills and knowledge needed for families to grow their own produce and learn about eating a healthy, balanced diet.

“ We've already had some really good feedback from local residents taking part in the project who tell us their families are now cooking at home together and eager to learn more.”

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