Dear SEAG supporter

We hope you are managing to staying safe and well during the current Covid-19 crisis. Along with other village events originally planned for the Spring and early Summer, we have had to postpone some SEAG activities and adapt our approach to others, mindful of the fact that everyone has other priorities and concerns at present.

One SEAG activity that may help to provide you with a purposeful and rewarding distraction over the coming months is to take part in our **‘Veg Patch Pals’** project which aims to encourage and support people in our community to grow more fruit and vegetables.

Our initial plans for this project include:

- developing a supportive network of people, across all age groups, who are interested in growing (and eating!) more fruit and vegetables within our local community

- sharing and/or exchange of skills, expertise, seeds, plants, containers and equipment

- identifying a suitable location for, and setting up, a community allotment

- providing opportunities for people to try out more plant-based recipes using locally grown produce

If you have any relevant skills/experience that you are happy to share please let us know.

In the meantime, **ideas you might want to try at home over the coming weeks**:

1. If you have any surplus seeds/seedlings/plants or other grow your own (GYO) items (eg plant pots/containers/compost) that you are willing to share, exchange or sell, please leave these in a box with a note outside your front gate for others to collect.
2. If you don’t have any suitable containers for growing seeds/plants but would like to have a go, try using plastic containers from your recycling bin (pricking drainage holes in the bottom if not already present).

Please look out for other SEAG activities that we are hoping to progress in 2020.

Contacts:

Monica Dent ([monicaanndent@gmail.com](mailto:monicaanndent@gmail.com) or 01494 488943)

Kate Slade ([kateslade61@icloud.com](mailto:kateslade61@icloud.com) or 01494 488262)