



# GROWING DAY

## Programme throughout the day



- Choose from 102 varieties of seeds potatoes from Jalving Potatoes and talk to their experts
- Have a chat with the Master Composters to get your soil to its best
- See our Butterfly garden and find out what you can grow to attract pollinators to your garden.
- Children's Trail Nature Trail around the meadows – find the bullfinches (£1)

### Timed events

**11am–12.30pm** Take a **Tour of the Edible Meadow** with local forager/botanist Row Rowe. £5

**11am–12pm** Start seeds **Growing 3 Ways**, take them home and watch them grow. £2.50 per child with accompanying adult

**1pm–2pm** **Eats shoots and leaves** - a demonstration and tasting of herbs with Milly Rees. Get to grips with herbs - their flavours and uses in the kitchen - sweet and savoury. £3.50 per person

**1pm–2.30** **Framing Nature** - Go on a hunt for natural treasures around our meadows and then capture them in a willow frame. £3.50 per child, 4 yrs + 11.



### Who is Grow Cook Learn?

Grow Cook Learn is a registered charity running Shropshire Hills Discovery Centre. Our aim is to provide a training centre for food related employment connecting people to the food, history and the landscape of the Shropshire Hills and a vibrant visitor attraction for the community and visitors to learn and discover.