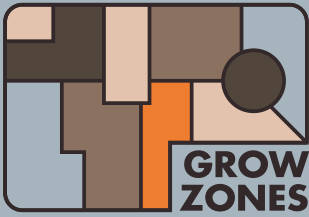


# GROWING FOOD AND COMMUNITY WITH GROW ZONES



All over the UK groups of people are discovering the delights of growing their own food. If you're interested in growing some food for free, together with a local group then Grow Zones is here to help.

There are many reasons why people want to grow their own food, lower food miles, wonderful fresh tastes, self sufficiency or connection with creation. But there are challenges too, lack of know-how, too much hard work or lack of space – joining a Grow Zone team helps tackle those challenges whilst bringing all the benefits and more besides; see what previous participants have said:

*"Amazingly, in less than 3 hours, the garden was transformed."*

*"I just love Grow Zones. It provides enjoyment and a sense of achievement and hospitality. It's been great fun and, for us, has been a source of encouragement and learning."*

The Grow Zones project from EarthAbbey is a community project bringing help and inspiration to your garden, wonderful food to your table and adding friendship and purpose to your life. We're clubbing together to share our skills, tools and produce to eliminate food miles and turn our gardens over to permaculture at whatever level you want – from a redesign of your whole plot to simply helping and sharing with someone else's once or twice a year.

*"A wonderful time with lovely, generous friends."*

*"I don't know what it was; the sunshine, the friendship, the labour, the food, the fresh air, but my spirits were uplifted and I spent the rest of the day on a high. This morning I came downstairs and felt compelled to go out into the garden. It looked lovely."*

**To find out more about joining a local team, come to this introduction:**