

April 2024

Putting good food at the  of all we do

Plant and Share

Come on down to Gosport Borough Cricket Club this Friday and grab some plants to help kickstart your growing season.

We know Plant and Share has made a big difference to community gardens and to individuals who might never have tried growing their own before.

Local gardeners will be bringing spare plants they've started off at home and a big shout out to the Gosport Allotment Association who have kindly offered to donate plants again this year.



If you have any spare plants or would like some plants for your own community plot, please come along to our next event on 26th April at Gosport Borough Cricket Club, Privett Park between 10am - 12 noon. If you can't make it on the day, just get in touch and we'll try to arrange to drop plants off to you.

Season's Eatings

We're working alongside Matthew's Greengrocers to bring people together and to promote the enjoyment of eating seasonally.

Our first session 'Rhubarb Rhubarb Rhubarb' is all about ...the wonder of rhubarb.

The sessions are designed to be fun and social with making, tasting and sharing recipes.

Tickets £10 per person with any profits going towards community cookery courses.

Contact Barbara on 07968103578 to book your place



Nutrition for Health and Wellness

Places have been snapped up for this new 4 week pilot project starting on 22nd April. With funding from the Gosport Community Fund, we've linked up with the local NHS dieticians to make sure we're supporting the work they're doing and we'll be raising awareness of the support that's on offer in Gosport such as carb awareness classes, physical activities, gardening groups etc

We'll be evaluating the project and will share the results here.

Get in touch to find out more.



Gosport Community Food Network

The Gosport Community Network is growing! It's helping groups, organisations and businesses to connect up to celebrate the great work that's happening here in Gosport and to share information, resources and a whole lot more.

If you'd like to join or find out more about it, please get in touch: incredibleediblegosport@gmail.com

If you eat,

you're in

Resources and Upcoming Events

National:

Plant and Share Month

1st - 30th April 2024

Lots of resources available and register:
www.fflgettogether.org

RHS Big Seed Sow

29th April - 12th May 2024



Good to Grow Week 2024

22nd - 29th April

Take part in a national week of action to celebrate the new growing season by welcoming visitors and volunteers, putting your nature-friendly garden on the map, and join the movement for community growing access by building the Right to Grow in your area.

It's a great opportunity to celebrate the work you're doing and potentially recruit more volunteers or supporters. Lots of resources available:

<https://www.goodtogrowuk.org/>

Thrive - using gardening to change lives

Our friends at Thrive use gardening to bring about positive changes in the lives of people living with disabilities or ill health. They offer a variety of training opportunities. Visit www.thrive.org.uk

Local:

Plant and Share event

Gosport Borough Cricket Club, Privett Park,
Privett Road, Gosport PO12 3SX
Friday 26th April 10am - 12noon
Bring along any surplus plants to share with others and pick up some new to you



Gosport Allotment Association AGM

Tuesday 7th May 7pm
Nimrod Community Centre
Falcon Meadows Way PO13 8AA



How Can You Eat That?

Saturday 27th April 7.30pm
Holy Rood Church, Stubbington
Book launch and interview - an evening with local author Lily Johns speaking of her personal journey through anorexia. Entry is free but please book in advance at: <https://fb.me/e/h6efbTlw9> or croftonparish.org.uk/events

Call out for spare flower pots and cell trays - can you help?

The Growing in Gosport Project is busy growing plants to share in the community. They're now in need of 3"/7cm or 4"/10cm round and square pots and 6/9 cell trays to help them to grow even more. If you can help, please get in touch.

Does your group need any support?
Would it help to talk to others and share ideas and resources?

Get in touch: incredibleediblegosport@gmail.com

