



Template Press Release for local areas

(Copy and paste into a word doc to edit)

Join the Good to Grow Day and discover **[name of place]**'s edible gardens

[number] gardens in **[name of place]** are joining the national Good to Grow Day (formerly the Big Dig Day) between Friday 23 - Monday 26 April to welcome volunteers, new and old, virtually and in person, to explore how to grow food in urban areas and celebrate the start of spring and the new growing season.

From online garden tours to planting seedlings, gardens will invite in visitors to meet neighbours, learn new skills and get the opportunity to grow their own food.

Edible gardens in **[name of place]** can be found all over the **[city/town/borough]**, many hidden away from the hustle and bustle of the city, with others in plain sight... **[write interesting details about the gardens taking place in your area, unusual locations or features such as rooftop gardens, gardens built in reclaimed industrial areas, edible bus stops, etc.]**

[Insert quotes from local supporter such as a local Cllr and local partner organisation]

"We've been blown away by how resilient and agile urban food gardens have been over the past year responding to the pandemic, either by engaging their volunteers and garden users remotely and supporting them to grow more at home, or by scaling up their food production and donating to people in their neighbourhoods who need access to affordable, healthy and fresh produce the most! The Good to Grow Day this year feels like the perfect opportunity to celebrate all this amazing work and bring people together to sow some seeds of hope for 2021. Now more than ever people want access to nature and a chance to connect with their local communities so the Good to Grow Day provides a platform for gardens to shout about the great stuff they're doing and let people know how to get stuck in." commented Fiona McAllister, Capital Growth Coordinator, Sustain

"This year has been challenging for absolutely everyone but it's been amazing to see so many new people getting involved in food growing, whether at a local community garden or on a windowsill. Growing your own vegetables is a great way to eat more and get the family to try new vegetables. Over 80 per cent of us are failing to meet our daily recommendation of three portions of veg a day. It's now more important than ever to get the whole family (and the whole community) interested in eating healthily and these community growing spaces are doing just that. I'm delighted to celebrate the achievements of so many gardens who are joining the Good to Grow Day this April." Added Ren Piercey, Local Action Officer, Sustainable Food Places

Find your closest participating garden, or register your garden to take part on our interactive map at www.goodtogrowuk.org/



For more information please contact [\[local partner contact\]](#) or visit www.goodtogrowuk.org/ #GoodToGrow2021

Editorial Notes

Good to Grow

Good to Grow is an online platform to support food growing in the UK, run by the food and farming charity [Sustain](#). It was initiated by [Capital Growth](#), London's largest food growing network and a project of Sustain, in London in 2012. With help from the Sustainable Food Places network and the Veg Cities campaign, hundreds of gardens all over the UK are involved this year.

Good to Grow Day 2021

The Good to Grow Day 2021 takes place Friday 23 - Monday 26 April across the UK to promote edible gardens and encourage people to volunteer and get involved.

[Partner organisation name and description]

Capital Growth

Capital Growth is London's Food Growing Network, with over 2000 members. Whether you are growing at home, as part of an allotment, in a community group or school you can join for free to receive benefits such as discounts, advice and monthly e-newsletters.

Sustainable Food Places

The Sustainable Food Places (SFP) network is a rapidly growing movement of over 50 towns, cities, boroughs and counties who share a belief in the power of food as a vehicle for driving positive change. The SFP approach involves developing a cross-sector partnership of local public agencies, businesses, academics and NGOs committed to working together to make healthy and sustainable food a defining characteristic of where they live.

Veg Cities

Veg Cities is a feature campaign of Sustainable Food Places, coordinated by food and farming charity Sustain in partnership with the wider Peas Please initiative. The aim of Veg Cities is to increase availability and consumption of vegetables and there are currently 20 cities and other local areas involved. [Veg Cities \[name of place\] is coordinated by ... and aims...](#)

#GoodToGrowDay2021 [name of place] Gardens

[\[List gardens in your city/local area here\]](#)