**Template Press Release – for individual gardens**

**[name of garden] open to visitors during national Good to Grow Day Friday 24 - Monday 27 April**

[name of garden] in [location] is joining the national Good To Grow Day (formerly the Big Dig Day) on [date of open day] and is inviting visitors and volunteers, new and old, to explore how to grow food in urban areas and celebrate the start of spring and the new growing season.

[name of garden] is inviting visitors to meet neighbours, learn new skills and get the opportunity to grow their own food.

[say something about the timings and activities you have planned for the day]

[say what’s unique about your garden such as unusual location, history or features is it built in reclaimed industrial areas, an edible bus stops or site in the city centre, etc.]

[Insert quotes from garden coordinator and/or existing volunteer]

“*The Good to Grow Day is the perfect time to get out and explore your local food growing gardens, as they are just starting to spring into life. They offer something for everyone, whether you prefer to drop in now and again, or want to get stuck into growing your own food. What’s more these networks of gardens provide a place to meet your neighbours and re-connect with nature*” commented Sarah Williams, Programme Director at Sustain.

*“We should all be eating over three portions of vegetables a day, but over 80 per cent of us are failing to reach that target and it’s even harder for people on lower incomes. Growing your own vegetables is a great way to eat more and get the family to try new vegetables and I am delighted that so many gardens are joining The Good to Grow Day this year”* added Sofia Parente, Veg Cities Campaign Coordinator.

Find your closest participating garden, or register your garden to take part on our interactive map at [www.goodtogrowuk.org/](http://www.goodtogrowuk.org/)

**ENDS**

For more information please contact [garden contact] or visit [www.goodtogrowuk.org/](http://www.goodtogrowuk.org/)

#GoodToGrow2020

**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](http://www.sustainweb.org). It was initiated by [Capital Growth](http://www.capitalgrowth.org), London’s largest food growing network and a project of Sustain, in London in 2012. With help from the Sustainable Food Cities network and the Veg Cities campaign, hundreds of gardens all over the UK are involved this year.

**Good to Grow Day 2020**

The Good to Grow Day 2020 takes place Friday 24 - Monday 27 April across the UK to promote edible gardens and encourage people to volunteer.

**[garden name and description]**

**Capital Growth**

[Capital Growth](https://www.capitalgrowth.org/) 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 Cities**

The [Sustainable Food Cities](http://www.sustainablefoodcities.org) (SFC) 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 SFC 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](http://www.vegcities.org) is a feature campaign of Sustainable Food Cities, 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.