

Nether Loirston Growers

We are coming to the end of our growing season at the Allotments and getting our plots ready for the winter. The summer has given us plenty of produce that tastes so much better knowing that it is the product of our own efforts. It's rewarding too that among our growers we are reducing our food miles and contributing to the sustainability of our environment by growing our own food.

development of the community garden and allotments, many of us have learned so much about growing vegetables and fruit. We have also enjoyed (at times) the extra exercise we get from the digging, raking and weeding with the key message of little and often rather than overdoing it now and again.

During this year we also entered the "It's Your Neighbourhood Awards" and are delighted that the judges were so impressed with our efforts that

they awarded us a **"Thriving"** (72 out of 100!)

If you would like to join our friendly bunch of growers and want to think about taking on a small growing space with us, please do get in touch as we would be delighted to hear from you.



It's never too early to think about next year and we are already thinking about what to grow next year. Since becoming involved in supporting the

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