



Seed to Saucepan at Ashfield

The Seed to Saucepan project is a 3 year pilot project based at Ashfield Community Enterprise, Howey. The project will offer training in all aspects of growing, preparing and cooking food and also plans to establish a growers' hub to find ways of using locally grown surplus produce at times of seasonal gluts.

We invite you to meet the Seed to Saucepan team and hear about plans for the project.

See overleaf for more information



7.00pm, Tuesday 24th October
Herb Garden Community Café
Free entry and refreshments
All welcome

The Seed to Saucepan Project

7.00pm, Tuesday 24th October at the Herb Garden Community Café

The Seed to Saucepan project is a 3 year pilot project which is based at Ashfield Community Enterprise. This is what the project team say about the project:

"We are growing from Seed, bringing produce out of our garden and into the Saucepan. Our project will be offering training, workshops and courses with our Horticulturalist Lucy to grow from seed, moving then into the kitchen with our Chef Suzanne to learn various ways of cooking the fresh produce we have grown or you may bring along.

"We aim to create a 'growers hub' to use surplus foods grown locally and here in the allotments and areas pinpointed for the Seed to Saucepan project and create partnerships with Ashfield and relationships with other local growers to come together and share/swap and cook produce in times the seasons produce Glut.

"We look forward to welcoming you to come and have a great learning experience based on fun, knowledge and an understanding how your food is grown in a sustainable and locally grown natural way. All communities are welcome here at Ashfield and to come along to Seed to Saucepan's workshops. Get in touch!" email info.seed@ashfieldce.org.uk

About the speakers

KERRY MILLS is the project manager and will provide an introduction to the Seed to Saucepan project and set out the objectives for the next 3 years.

LUCYA'BEAR is the project Horticulturist. Lucy will be presenting and discussing the 'Seed' side of our project and describing her plans for teaching in the free courses to be offered by the project.

SUZANNE DAVIES is the project Chef. She will be covering the 'Saucepan' side of the project including the free courses in the Ashfield kitchen.



www.TransitionLlandrindod.org.uk

Free admittance. All Welcome.
Cake and hot drink served at 7pm.

A donation towards costs is appreciated