



- **COOKERY DEMOS BY LOCAL CHEFS**  
Rattle those pans & save pounds.... use leftovers creatively
- **FARMERS, GROWERS AND LOCAL BAKERS**  
Discover what's on your doorstep, buy from stalls
- **LOVE FOOD – HATE WASTE**  
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We're cooking up a cookbook
- **SEED SWAPSTALL**  
Gardening & growing your own....
- **COMMUNITY ORCHARD**  
Planting seeds of a new idea
- **USEFUL NOTICES**  
Matching your food needs with suppliers; veg-box schemes...