



Local Food



Cook & Taste

Come and join our **free 2011 Cook and Taste sessions** at DIG IN Stapleford community allotment.

- Discover how tasty healthy food can be, using seasonal ingredients, some locally grown.
- Share recipes, cooking tips, and learn new skills in a friendly, relaxed environment.
- Enjoy eating and tasting the food together.

Wednesday 6th July, 10am - 1pm
Open session - all welcome - booking is required.

Wednesday 10th August, 10am - 1pm
Open session - all welcome - booking is required.

Venue: DIG IN Community Allotment is situated on the Albany allotment site (near the Man of Iron pub), Pasture Road, Stapleford. NG9 8HZ

• *Trent Barton n° 15 and 21 buses stop by the gate*

- All sessions are free of charge, ingredients provided.
- Children under 14 must be adult supervised.
- Please book by the Saturday before each event;

Telephone Lauren Kinnersley: 07943 700302

Email: bookings@diginstapleford.org.uk



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