

# NS&I Unveils The First Live Vegetable Plot At BBC Good Food Shows



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Author: [NS&I](#)

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NS&I (National Savings and Investments), one of the UK's largest savings organisations, is delighted to be working with Matthew Biggs to encourage 'growing your own' at this year's BBC Good Food Show events.

Partners in growth



Visitors to this year's events in Glasgow (SECC, 30 October - 1 November), London (Olympia, 13 - 15 November) and Birmingham (NEC, 25 - 29 November) are encouraged to stop by the 'Grow Your Own Food with NS&I' vegetable plot. The plot will be tended to by Gardeners' Question Time expert Matthew Biggs, who will be on hand to offer visitors helpful hints and tips on growing fruit and vegetables.

Matthew Biggs commented: "I am delighted to be working on the 'Grow Your Own Food with NS&I' feature. I'm looking forward to speaking to visitors at this year's events, offering advice on how they can make the most of growing their own fruit and veg."

He added: "Growing your own is the perfect way to cut down your shopping bill, as a bumper crop of ingredients such as tomatoes or rocket, can be grown easily for the small cost of a packet of seeds. It's

also fun for the family and a great way to enjoy fresh food with the finest flavour long after you've planted the first seed."

NS&I has been the proud supporter of the RHS Grow Your Own campaign since 2008, with the aim of encouraging people to save through growing their own fruit and vegetables.

Tim Mack, NS&I's Grow Your Own representative, said: "We want to show people that they can grow their own, from using a plant pot on the window sill to an allotment or garden. Anyone can do it, and it's an easy way to save money. By visiting the 'Grow Your Own Food with NS&I' plot, visitors to the BBC Good Food Shows can obtain tips from gardening experts to help them with their own harvest."

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### **About**

### **NS&I**

NS&I is one of the UK's largest [savings accounts](#) providers with almost 27 million customers and over £96 billion invested. It is best known for [premium bonds](#), but also offers a Direct ISA, [guaranteed growth bonds](#), [guaranteed equity bonds](#) and Children's Bonus Bonds in its range. All products offer 100% security, because NS&I is backed by HM Treasury.

### **About**

### **BBC**

### **Good**

### **Food**

### **Show**

The BBC Good Food Shows and MasterChef Live are organised by BBC Haymarket Exhibitions, a joint venture owned by BBC Magazines and Haymarket.

### **PR Contact:**

Gill Stephens  
National Savings and Investments  
375 Kensington High Street  
London  
W14 8SD  
020 7348 93449  
[www.nsandi.com](http://www.nsandi.com)

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