

National Trust Encourages Families To Grow Their Own Food Whilst Discovering Their Heritage



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The National Trust has announced and organised a selection of new events and activities to be enjoyed by families around the UK during the summer as part of its Food Glorious Food campaign.

[Food Glorious Food](#) is a National Trust campaign to celebrate and promote sustainably produced local, seasonal and home-grown food. From May through to October 2010 there's a programme of events across the country, from farmer's markets and tasting days to kitchen garden demonstrations, seed planting and cookery workshops. Plus, over 100 participating National Trust properties will be giving away free plug plants and vegetable seeds to visitors as part of an initiative to help families to grow their own food.



An example of this is 'How Does Your Garden Grow?' which is an event that is taking place on the 6th of June in Wallington, Northumberland. It includes demonstrations from the gardening team, children's trail and activities, seed planting and guided walks and talks. The invitation is open for all those who are interested in learning how to [grow your](#)

[own](#) plants and food and use the local and seasonal produce to their optimum potential.



Each event lasts for at least a day so could be used for a few [days out](#) during the summer. The events being hosted by the National Trust are spread over the UK so there are plenty of [places to visit](#).

These events are part of a campaign to encourage families to find out more about their national heritage and to make the most of what is around them whether it would be plants or food, offering an alternative to spending more money in shops than is necessary.

Some events may require a small additional event charges on top of the normal admission fee.

About

National

Trust:

The National Trust cares for 300 inspiring historic houses and gardens across England, Wales and Northern Ireland. From former workers' cottages to the most iconic stately homes, and from mines and mills to theatres and inns, the stories of people and their heritage are at the heart of everything it does. People of all ages, individuals, schools and communities, get involved each year with its projects, events and working holidays and over 61,000 volunteers help to bring the properties alive for the Trust's 3.7 million members.

Contact Details: Rebecca Ward

Visitor Marketing PR Assistant

Heelis,

Kemble Drive,

Swindon,

Wiltshire,

SN2 2NA

01793 818545

www.nationaltrust.org.uk

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