



## "Grow your own grub!" at Mela 2010

BBC One presenter Chris Collins will be showing people how to grow their own veg, from impressive courgettes to stunning French beans, as he offers hands-on advice and inspiration at the Bradford Mela on Saturday 12th and Sunday 13th June.

Chris, best known as Blue Peter's resident gardener, will be in Bradford with the BBC Dig In team on board the specially adapted Dig In van to encourage audiences to learn how to grow their own food.

In Peel Park, for the Bradford Mela from midday to 6.00pm there will be grow-your-own demonstrations; family entertainment, games and story-telling shows; as well as potting activities; a chance to quiz the experts; free seed giveaways, and the Dig In garden.

Says Chris: "This is a great opportunity for inexperienced gardeners to learn how easy it is to get started growing their own vegetables.

"There is nothing like experiencing the process of growing and eating your own vegetables. Nurturing them from a tiny dormant seed to fresh food on the plate seems at first to be quite a daunting task, but once a few basic skills are mastered you won't look back."

The event in Bradford will also give new gardeners the chance to ask questions throughout the day; enjoy special potting activities for youngsters; and a 'sow what you know' panel for experienced growers to share their knowledge and offer tips and advice to new growers.

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