



Transition Nottingham Presents...



# The Great Spring Sowing

Sunday 22nd March 2009

The Arboretum Waverley Street Nottingham

10:30 - 4pm FREE Admission

## Welcome

### Nottingham sows the seeds of success

**Nottingham communities will be creating their own green shoots of recovery at Transition Nottingham's Great Spring Sowing festival.**

On 22<sup>nd</sup> March 2009, community and educational groups plus local businesses will be coming together in the Arboretum to sow seeds. Spring is the time to prepare for this year's harvest, and this event is building on the success of Transition Nottingham's first Urban Harvest Festival last October. The Transition movement is dedicated to promoting positive, community based solutions to the ecological and economic crises we are facing.

Today, many of us don't know where our food comes from, or how it's grown. But not so long ago, most people knew how to sow seeds and grow some of their own food. We also don't realise how much oil is required to feed us - about 9 calories of fossil fuel energy is required to produce 1 calorie of food energy! Growing our own food is good for our bodies, our pockets and the planet! At this time of economic uncertainty and impending oil scarcity, we need to get our hands in the soil and get back to our roots....

Clare Davies the inspiration behind the Great Spring Sowing says "Nowadays we are beset by all sorts of problems to weigh us down. I find that sowing seeds to create your own produce is the most hopeful and practical thing you can do at this time of year"

The Great Spring Sowing will be a fantastic day out when people can actually sow their own lunch! On the day, there will be a chance to have a go at making black gold in the form of compost, and a seed swap so that we don't end up with hundreds of lettuces and no carrots. You don't need expensive seed trays to grow plants - in the 'Grow in what you Throw' area, festival goers will be encouraged to sow seeds in old yoghurt pots and margarine tubs that they've brought along.

As the 22<sup>nd</sup> March is Mothers' Day, Nottingham In Bloom will be giving away flower seeds to every Mum. For those without gardens, there will be creative ideas on growing food in small spaces, and

the launch of a scheme to identify and share Nottingham's unused gardens and green spaces for communal food growing.

There will be activities for all the family, food stalls, music, entertainment and demonstrations, plus nature tours and a foraging workshop - food for free!

**The Great Spring Sowing will be a festival of hope and inspiration - and another step towards revitalising Nottingham's local food culture and security.**

**Event venue and time:**

The Arboretum,  
Waverley Street,  
Nottingham.  
10.30am-4pm

**Contact for interviews/photographs:**

Clare Davies  
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More info and publicity materials go to: [www.transitionnottingham.org.uk/greatspringsowing](http://www.transitionnottingham.org.uk/greatspringsowing)

**Notes for Editors:**

Transition Nottingham was established in the summer of 2007 to provide a grassroots response to the problems of peak oil and climate change. We are working to turn Nottingham into a city which is less reliant on fossil fuel energy and a better place for us all to live.

We are one of more than 100 initiatives in the UK, Ireland, Australia, New Zealand, USA and Chile.  
[www.transitionnottingham.org.uk](http://www.transitionnottingham.org.uk)