

What are the benefits of Allotment Gardening?

Here are just a few of them.....



1. The satisfaction of producing your own fresh fruit, vegetables and herbs for your family.
2. Healthy outdoor activity.
3. Fun for all the family.
4. A sense of community spirit.
5. Organic crops.
6. Year round family interest.
7. You know what you are eating.





FACTS

The Versatile Tomato

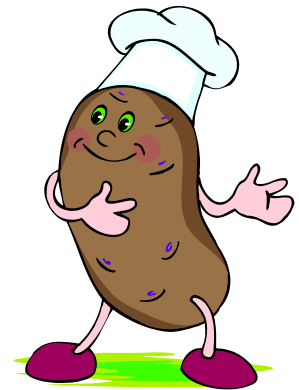
- Starting with the basics, tomatoes contain large amounts of vitamin C, providing 40 percent of the daily value (DV). They also contain 15 percent DV of vitamin A, 8 percent DV of potassium, and 7 percent of the recommended dietary allowance (RDA) of iron for women and 10 percent RDA for men.
- One of the most well known tomato eating benefits is its' Lycopene content. Lycopene is a vital anti-oxidant that helps in the fight against cancerous cell formation as well as other kinds of health complications and diseases.
- Tomatoes are actually a fruit not a vegetable.



FACTS

The Humble Potato

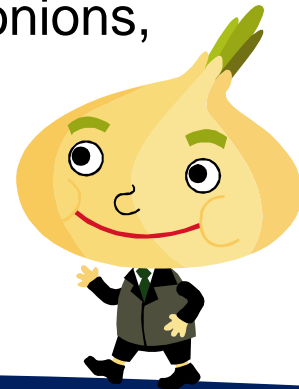
- Potatoes are a good source of potassium, niacin, vitamins B6 and C and of course fibre. Most of the nutrients, including the fibre, are found in the skins.
- One row of potatoes can provide around 30lbs of potatoes.
- Children love potatoes.
- Potatoes can be counted towards your five-a-day.



FACTS

Onions – The kitchen Staple

- Onions are a very good source of vitamins B6 and C, chromium, biotin, and fibre. They are also a good source of folic acid and vitamins B1 and K.
- Onions are very versatile and used in many recipes.
- Onions come in lots of different varieties for example, mild onions, cooking onions, white onions, shallots and sweet onions.
- Garlic and leeks are from the same family.





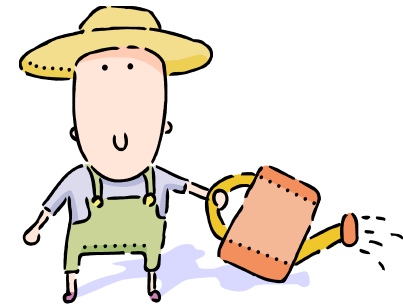
Healthy Outdoor Activity

- Allotments are a great way of taking exercise. A couple of hours spent digging, raking, planting and weeding increases strength, flexibility and muscle tone and you'll burn off calories as you do it! More women and families are becoming ploholders and benefiting from the exercise as well as the healthy eating plan that growing your own vegetables can provide.
- Allotments are no longer thought of as only for people who do not have gardens of their own. We have all walks of life and ages on our allotments from litter pickers to lawyers and from school projects to people in their 80's. Allotment gardening is also a social outlet.



Fun for all the Family

- With the popularity of allotment gardening increasing we have seen a vast increase in family involvement with more women and community groups taking on allotment plots.



Food Miles

Helping the Environment.

- Allotment gardeners are helping the environment through growing their own - No food miles and No cost to the environment.
- From garden to plate is about more than just taste.



Plots for People with a Disability

- Quite a few of our allotment sites now have facilities for people with disabilities including raised beds or plots near to the paths or car park.
- Most sites are accessible by wheelchair.