

Food for thought in Forest Fields

20-year-old Farah Farooq from Nottingham is holding a series of free workshops for other young people - to show them how easy it is to grow your own healthy and delicious salads - on Thursday 19th August, Friday 20th August, Monday 23rd August, Tuesday 24th August and Wednesday 25th August at Midland Community Training and Employment on Leslie Road in Forest Fields.

Young people aged from 13 to 25 years are welcome to go along to any of Farah's workshops, which will run from 12pm to 2pm.

As well as being shown how to grow your own salad ingredients such as mixed salad leaves and herbs; young people can have a go at planting salad in the community garden at Midland Community Training and Employment, to get some hands-on experience.

Farah explains:

"Salad is very easy to grow so I thought it would be a great way to get other young people interested in gardening and growing their own food. You don't even need a garden as salad can be grown anywhere, even on a windowsill or in a hanging basket for instance."

Plus, salad is also very healthy and is eaten in all cultures so hopefully the workshops will appeal to young people from all backgrounds and ethnicities."

This is the second free community event that Farah has arranged. In December 2009, she organised an Environmental Awareness Day, which included tips on how to save money by making your home greener and how to recycle more.

Farah is supported by Sprout, a young people's environmental project run by the Partnership Council. Sprout helps young people like Farah to get their ideas off the ground, by giving them advice, support and financial help.

To find out more about the workshops please call Farah on 07792 355 243.

**To find out more about Sprout please call Jabran on 0115 970 8200
or email jabran@partnershipcouncil.co.uk**