

**Get up and Grow this Easter -
Charity's garden challenge will keep the kids happy all holiday long!**

Stuck for ideas of where to go with the kids over Easter? Want something fun and cheap to do that will keep them occupied them for hours? Well development charity Send a Cow has the answer – plant up a Bag Garden with seeds of Hope, Health and Harmony and get them growing veggies the African way.

For the impoverished families that Send a Cow works with, Bag Gardens are literally a life changing way to grow as many vegetables as possible, making the most of their limited space, soil and precious water.

Bag Gardens are hessian sacks filled with a mixture of compost and soil around a central column of stones for efficient use of water. Producing tasty veg all year round, hundreds of UK gardeners have seen that they work just as brilliantly here and have planted them on patios, doorsteps, in gardens and in schools.

Celebrity gardener Carol Klein said: *“There is nothing better then getting outside with your children and discovering the magic that happens after you plant a seed. Bag Gardens are a really fun activity to do with the family; you not only get to grow some lovely veggies, but your kids will learn about where their food comes from, about the environment and how other children are living in Africa”.*

Send a Cow hopes its new range of Hope, Health and Harmony seeds will encourage even more families to get outdoors this Easter and get their hands dirty for a good cause. The seeds, symbolising the transforming work of the charity, are perfect for spring planting and are sure to delight young growers as they appear!

It's really easy to get up and grow. You can buy a bag garden starter kit for just over ten pounds at www.sendacowgifts.org.uk/somethingspecial which includes your hessian sack (or three minis) three types of organic seeds plus instructions.

And you can also choose to 'buy one and give one' by adding a donation to help train families in Africa how to use Bag Gardens too.

Carol Klein continued: *Send a Cow's Get up and Grow campaign gives children the chance to have fun and help people in Africa at the same time. What better way to spend the holidays than enjoying some family time out in the fresh air and helping a family in Africa learn the same skills?”*

Notes for Editors

- For more information, photos or spokespeople please call Laura Martin 01225 871920.
- A Bag Garden Kit costs £12 (with P&P) and includes a large hessian sack, or three mini ones, three types of organic seeds Hope (Beetroot), Health (Dwarf French Beans) and Harmony (Mustard Leaves) instructions and posters. The kit also includes a Natural Gardening booklet which gives lots

of advice and tips on other African gardening techniques suitable for the UK.

- An extra £5 or £10 donation can be made which will pay for one or two days Bag Garden training for an African family in a Send a Cow project, so its really a 'Buy one give one' principle.
- To buy a Kit go to www.sendacowgifts.org.uk/somethingspecial or call 01225 874222.
- Send a Cow helps African farmers grow enough food to feed their families, sell their produce and develop small scale businesses that last. We do this by providing training, livestock, seeds and on-going support. As a result families are happier and healthier, children are educated, and homes are improved. www.sendacow.org.uk
- DEFRA's new 2030 food policy, announced at the Oxford Farming Conference shows that the UK needs to look at how to produce more food locally using less water and fertilizers to make the UK more food secure and not rely on overseas. Bag Gardens are a small, but perfect example to answer this as they use minimal water (because of the central column of stones), no fertilizers (except organic ones) and are completely recyclable as the hessian is composted. They concentrate crop growth and use minimal space so are the perfect first steps to getting people growing their own locally.