

## The new growing technique that's got it all in the Bag!

Want to have the most eco friendly, attractive, weed free, space and water saving vegetable garden this spring? Well development charity Send a Cow knows how, and along with Carol Klein is encouraging UK gardeners to try out Bag Gardens for themselves.

For the impoverished African 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 precious resources. A hessian sack filled with a mixture of soil and compost around a central column of stones, bag gardens filter water to vegetables planted in the top and around the sides. They produce veg all year round for families in Africa and work just as well here in the UK.

Featuring just about everything you need in a garden, Bag Gardens are:

- Eco friendly – everything is reused or recycled, even down to the hessian sack that can eventually be chucked in the composter;
- Space saving and weed free – they take up no room at all and you can pack tons of veg in the sides and top leaving no room for weeds!
- Water saving – great at using recycled water; the central column of stones means all your veggies can get a good drink;
- Attractive - forget ugly plastic pots or grow bags, these look great in the garden!
- Quick and Easy – don't worry if you don't have a garden, they work just well a sunny doorstep or patio and are great for people wanting to give 'growing your own' a try.

Gardening expert Carol Klein said: *"Growing our own food and thinking about where our food comes from is increasingly important for our future, especially in the current economic and extreme weather climate.*

*I'm always on the look out for something new so Bag Gardens are perfect for gardeners like me who want to make the best use of space in the garden and reuse what they can. Everyone can, and needs to, do their bit to be sustainable and Bag Gardens are an ingenious technique that really allows you to do this; you only have to look to at Send a Cow's work in Africa to see the tremendous results. Happy planting!*

Bag Garden kits are available for just over ten pounds at [www.sendacowgifts.org.uk/somethingspecial](http://www.sendacowgifts.org.uk/somethingspecial) and come with symbolic seeds of Hope (Beetroot), Harmony (French beans), and Health (Mustard leaves) which represent the outcomes of Send a Cow's transforming work, plus a large hessian sack and instructions. They are perfect for amateur and novice gardeners alike.

As well as buying a kit, gardeners have the chance to 'buy one and give one', by making a small extra donation to Send a Cow which pays for one or two days Bag Garden training for a family in Africa.

## Notes for Editors

---

- For more information, photos or spokespeople please call Laura Martin 01225 871920.
- A Bag Garden Kit costs £12 and includes a large hessian sack, 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](http://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](http://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.