

Grow Together

Would you like access to free resources to help you easily grow healthy, nutritious greens at home without the need for a garden? **Grow Together** is a new project supporting residents in the Ashfield and Mansfield area to get involved in growing micro greens, a new concept of community growing.



Throughout March 2025, ATTFE College will be distributing 100 **free** micro green growing kits to residents living in the Ashfield and Mansfield area. The kits worth £100 will include everything you need to start growing healthy micro greens at home.

All residents accessing a free kit must be aged 19 years and over and will be required to attend 3 x micro-growing workshops located in various locations in the local community to support you to get the best use from the kit.

The number of kits we have available is limited so register your interest as soon as you can. Kits will be shared on a first come first served basis.

How do I access a free growing kit?

To register an interest in accessing a free kit and training, please follow the link or the QR Code to the form, below.



<https://forms.office.com/e/5pvquSW5RC>

If you are unable to access the form or have questions you would like to ask us before registering, please email **InThisTogether@attrust.org.uk** or call ATTFE College on **01623 441310**.

Once your interest has been registered a member of our team will be in touch to confirm dates and venues for the workshops available for you to access to gain the appropriate training and collect your kit. We will book you onto the workshop most suitable for your location and availability, once these have been attended your kit will be issued to you.

What are micro greens?

Micro greens are edible seedlings of herbs and vegetables which are high in nutrients and contain anti-oxidants which makes them a great addition to a healthy diet. They can be used in a variety of dishes as an easy way to add nutritional value to your dishes including salads, soups, omelettes, sandwiches, pizza, taco's, stir fries, pasta to name a few.

Micro greens are easy to grow and provide a cost-effective way to boost your nutrient intake. The quick growing nature of the equipment we will provide makes this a great way to engage in growing your own, as well as eating healthy greens.

The kits are used indoors which makes them easy to use without the need for a garden and no digging necessary!

