

Incredible Edible Ramsbottom



What is Incredible Edible Ramsbottom?

We're a community group made up of people of all ages and from all walks of life who have come together to give Ramsbottom a chance for an incredible, sustainable future.

We love our village and we want to help to make it an even better place to live – now and for future generations. We also love fresh, local food and we love to have laugh while we work.

We'd love you to get involved too - get in touch to find out how you can join us in making Ramsbottom incredibly edible!

To find out how **you** can get involved please visit our website

www.incredibleedibleramsbottom.co.uk

Email: leylandlynn@phonecoop.coop

Tel: 07564 991 072

Plant it

Grow it

Eat it



Incredible Edible Ramsbottom



What can a spot of gardening do for you and your family?

Get gardening and get in shape! Increase your physical activity and improve your fitness.

Regular exposure to plants and green spaces can radically reduce your stress levels and put you in a better mood!

Meet new people!

It's the climate friendly option - healthy food straight from the earth to your plate!

Get the kids involved in growing their favourite fruit and vegetables!

Join Incredible Edible Ramsbottom at one of our regular sessions!

We meet every Thursday between April and October at the community plot at the bottom of Peel Brow (next to the new Hearth of the Ram restaurant) between 6.30 and 7.30 pm to swap seeds, plants and produce and do a spot of weeding! Young & old welcome - just turn up!

Or why not join the crew at Holly Mount Orchard, Greenmount? Casual and weather dependant, the team meet from about 7pm every Monday evening during the summer and early autumn to work and chat for as long as the daylight holds out. Stout shoes required! Contact Lynn Leyland-Mather for more information.