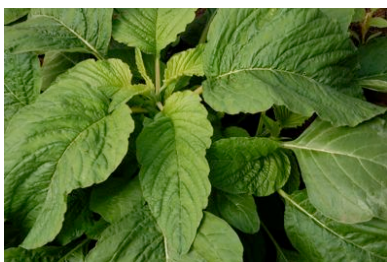


# Grow something new!

Did you realise that there is a whole host of exciting novel food crops that can be grown in the UK such as.....



Calaloo - a wonderful leafy green from Jamaica



Green chick peas from India roasted in their shells



Sharks fin melon – a savoury melon used in soups by the Chinese

If you are part of a community group, allotment or growing group you can come along and receive free training, resources and seed for growing and preparing new and exciting food

Think you may be interested? Then contact Jane Robinson  
 e: [jane@bcep.org.uk](mailto:jane@bcep.org.uk)  
 t: 01274 223236

[www.sowingnewseeds.org.uk](http://www.sowingnewseeds.org.uk)

**Our first session will be Thursday 7 February 2013  
 11 am – 3pm, at BCEP's Wibsey Park Community  
 Garden, Reevy Ave, BD6 3EY**

Main Office: Bradford Community Environment Project,  
 Unit 13, Carlisle Business Centre  
 60 Carlisle Road, Bradford, BD8 8BD

BCEP aims to contribute to the sustainable regeneration of Bradford District, through effective environmental programmes, inspired by community needs.

This programme is part of the Sowing New Seeds Project. This project is funded by the Big Lottery Local Food fund and aims to capture, preserve and disseminate the wealth of knowledge and skills for growing non-traditional crops held by ethnic communities in the UK.

