



"Eating food that you've grown yourself is one of life's great pleasures and something that everyone should have the chance to enjoy. With the One Pot Pledge® campaign we want to inspire and support people to try something new and experience the joy of growing their own food - from seed to harvest."

One Pot Pledge® champion and BBC Gardeners' World presenter, Alys Fowler

Garden Organic is urging everyone to make the One Pot Pledge® today and have a go at growing something edible - now!

Growing your own fruit or vegetables not only helps put you back in touch with food and the environment, but it's fun too. And the produce tastes great because it's so fresh. You don't even need a garden. One pot is enough for you to enjoy your own salads, beans or strawberries.

So do something new this year and eat something home grown.

Garden Organic is the UK's leading organic growing charity. We promote organic gardening in homes, communities and schools, using innovation and inspiration to get more people growing in the most sustainable way. With our help you'll be growing your own in no time. So give it a grow and make your One Pot Pledge® now!

Already know how to grow? Then why not become a Gardening Guru and help us inspire others to make the pledge and show people the pleasures of growing their own.

"The One Pot Pledge® is a call for all of us to get our hands into the soil. There's no better way to get connected with food than by growing some."

Garden Organic President Prof. Tim Lang

Pledge at: [www.onepotpledge.org](http://www.onepotpledge.org)



the national charity  
for organic growing

The One Pot Pledge® concept was devised by Food Up Front, the urban food growing network. Trade Mark registered to Food Up Front. Garden Organic is a registered charity no.298104



Make the One Pot Pledge® with Garden Organic and have a go at growing your own food for the first time.

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