

Grow Together with ATTFE College

Would you like free gardening resources and training for your community group or organisation?

As part of our work to support health and wellbeing in communities as well as engaging people in lifelong learning, ATTFE College have launched a new initiative called Grow Together which aims to engage groups and individuals into growing healthy micro greens without the need for having a big garden space. Funded by the UK Shared Prosperity Fund in partnership with Ashfield District Council and Mansfield District Council we are offering free equipment and training to help you to get involved in this initiative, introducing a new concept to community growing.

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.

We have trialled and tested use of the kits with staff and learners at Sutton Community Academy College and this has been incredibly successful. Colleagues are now adding micro greens to their lunches to add nutritious value and we have found that children have been more likely to eat greens as part of their meals.



What resources and training are we offering?

ATTFE College have developed and produced Micro Green Growing Kits which we will be distributing to local groups and organisations as part of our mission to engage our community into Micro Green growing. Whether you're a local workplace, school, food club or community group we'd love to work with you on this.

Every group or organisation who signs up to this our Grow Together initiative will receive:

- 1 x Micro Green Growing Kit worth £120 for your organisation
- Training and support from us to help you to use the equipment provided as well as teaching you about micro greens and their benefits. We ask that at least 3 members of your organisations (adults aged 19+ years) complete the training provided which will include demonstration sessions and completion of 4 work booklets. Guidance will be given throughout and you will have until mid- July to complete the training. Each person engaging in the training will be required to complete a registration form upon the distribution of the growing equipment
- Each person engaged in learning to complete a learning journal and engage in an online grow together learning community
- Each organisation will need to assign a lead person who will work directly with ATTFE College and support organisational learning.
- Once you have the kit and are able to use it within your organisation you will have everything you need to have access to fresh, nutritious micro greens within your organisation



How can we get involved?

We have 100 kits available to distribute between now and 31st March 2025. Sign up or register your interest as soon as you can so that you don't miss out. Kits will be issued on a first come first served basis.

To register your interest in receiving your free equipment and training please complete and submit the MS Forms link included below:



<https://forms.office.com/e/J4Kq6nicGq>

Once your form has been submitted, a member of our team will be in contact to arrange delivery of your resources and training. If you have any questions or queries before signing up, please email InThisTogether@attrust.org.uk.