



After a highly successful first year, Hull Veg City is back!

In 2018-19 the **'seeds'** were swapped, sown, germinated and grown! Two hundred people attended the city-centre seed swap in March; three rejuvenated growing sites were sown and grew veg; the city's best cooks took part in the '5 Veg Challenge' cooking competition; and thousands enjoyed 'Souper November' when we visited Hull's best independent cafes for soup.

Again, in **2019-20**, we'll be inspiring you to **grow, cook & eat** more veg... because **everyone** can still eat more! We'll be working with businesses and organisations, local shops, schools and community groups to maximise involvement among people - young and old - to encourage everyone to join in and have fun.

Can you or your organisation take part in the **monthly themes**? (See over) vegetable-based challenges, events and activities. Do you have a spare corner of land at your school, workplace or in your community where you could grow a few veg? Get in touch with us and we can help.



We want everyone to be able to know how to prepare and eat fresh vegetables, right across the city. We'll be working hard to make sure **everyone can enjoy delicious fresh VEG!**

To find out more about our campaign, and how you can get involved, please contact hullfoodpartnership@gmail.com

www.hullfoodpartnership.org.uk



HULL

#vegcities

Hull Veg City 2

2019-20 Programme

#hullvegcity



December

Hull Get Growing 1: **PLANTING**

Plan your veg growing plot for 2020 with tips and advice from Hull's veg growing experts.

January

Start the new year with **veger**

by discovering exciting ways of adding more vegetables to your diet in 2020!

February

Hull Get Growing 2: **GERMINATING**

Learn how to germinate seeds for the 2020 veg growing season and visit our city centre seed swap this month.

March

Are you an aspiring Masterchef?

Prepare a dish using 5 different veg to enter

The 5 Veg Challenge!
cooking competition.



April

Hull Get Growing 3: **DIETING**

It's time to get our veg growing underway and to make it easy we'll be kicking off the year with a huge citywide 'Big Dig' day.



May

The Veg Bowl Challenge!

We'll be challenging businesses to provide a bowl of fresh veg for their workforce – and keep it topped up for the whole month!



June

Hull Get Growing 4: **FLOURISHING**

The veg plot's growing, but how do you get it flourishing? We'll give you tips to keep it healthy & pest free.



July

The salad month challenge!

Eat a salad dish every day for a whole month. Share your salad photos with us online to prove it!



August

Hull Get Growing 5: **HARVESTING**

It's harvest time so let's enjoy the plentiful fruits of Hull's 2020 harvest!

September: Awards for the most active individuals, schools, businesses & community groups.



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