

Grow your own Food



with our complimentary
Grow at Home packs



www.eppingforestdc.gov.uk



Growing your own food is so easy...



and there's no better time to start sowing!

Simply follow our simple step-by-step guide and you'll be amazed to see food quickly growing indoors at home. Home-grown food is organic and packed full of healthy nutrients.



A sunny window sill is all you need!



plus **FREE** support

from our expert horticulturalist ... and have fun sharing your growing journey with us!



[> CLICK HERE >](#)



for your **FREE Grow at Home** pack

or contact Victoria Robertson,

EFDC Community Development Officer on 07548 162271