



*Transition Haslemere press release Monday 13 September 2010*

## **Do-It-Yourself Food**

Want to know what you can do with the blackberries growing all around you? Interested in keeping chickens? Or bees? Needs tips on growing your own vegetables? Fancy a cup of tea made with herbs you can grow in your garden? Or would you prefer a glass of local wine?

You can find out about all this do-it-yourself food and more at Haslemere Museum on Saturday 18 September as part of Haslemere's Food Festival.

Organised by Transition Haslemere, DIY Food will feature stalls, talks and demonstrations on a range of food and drink that you can produce yourself. You can learn recipes for things you can make with the humble blackberry which grows in all our hedgerows. You can learn how to mill your own oats to for porridge. You can discuss tomato and courgette growing with Transition Haslemere's community gardeners. And local herbalists will demonstrate teas and tinctures you can make with herbs you can find in the woods or grow in your garden.

Other stalls include wines from Lurgashall, ginger beer making and bee and chicken keeping. Kids will be able to make handy wallets and purses from fruit juice cartons.

Talks include:

12.30pm: Beekeeping - Ian Neilson, Haslemere Museums', beekeeper explains the art of beekeeping and how to make your own honey.

1.30pm: Love Food Hate Waste - Peter Hill. Useful tips on how avoid food waste and help you buy and use the correct quantities of food and save money.

2.30pm: Chicken keeping - Clare Neal. Everything you need to know about keeping chickens (with chickens and equipment for sale).

If you want to explore more local food, you can go on to the open day at Imbhams Farm in Furnace Place, also on Saturday 18 September. Or on Sunday 19 September you can go to the open day at Lower Roundhurst Farm in Tennysons Lane. Both farms are organic, have the highest animal welfare standards and are committed to connecting with the local community.

DIY Food: 12-4pm, 18th September, Haslemere Museum. Adults £2, under-16s free

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