

# Free Cookery Course begins this week – Fork to Fork



Starting on Thursday this week this is a free course that is designed to educate people and get them active by encouraging them to grow their own food and then use what they have grown in recipes. The format will vary each session but the idea is to do some planting, harvesting, cooking and eating as a group!

The course is funded by SNH and the Edinburgh and Lothians Health Foundation.

The course starts on 9 May 2013 and is split over 6 sessions which are spread over the summer (this is to allow time for plants to grow).