



TRFB Project 2010

June 11th 2010 - Welcomes Hills Lower School

Find out more Contact Ann Hepher – TRFB Schools & College Co-ordinator

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The **Taste Real Food Bedford Project 2010** is an ambitious venture incorporating taste education through *Look, Touch, Taste and Feel*. It has established our Bedford Heritage Hero, Thomas Laxton, in the minds of so many.

The project is supported by our **Taste Real Food members** and funded by **The Bedfordshire and Luton Community Foundation's Grassroots Grant Fund**

The Days Events

10 a.m. The Seasons

Understanding our British seasons and produce
 Understanding the World's seasons
 The importance of local produce

10.30 a.m. At The Taste Real Food Bedford Allotment

Picking Seasonal Vegetables
 Healthy eating and seasonal produce
 Saving our planet and the importance of Biodiversity

11.15 a.m. Look, Touch Taste and Feel

Making local ale bread
 Cos or Iceberg which Tastes better?
 Rare breeds and sausages
 Sizzling our lunch and eating It

1.35p.m. In The Parkwood Community Orchard

An encounter with Thomas Laxton
 The importance of orchards & biodiversity
 A mini beast hunt

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