

Welcome to



Incredible Edible Wakefield

Incredible Edible is all about people getting together to make a difference, growing our own healthy, local food and turning where we live into more vibrant and resilient communities.

In Todmorden, where Incredible Edible first started, concern for the future and worries about what more severe weather patterns and the rising cost of fuel may mean, inspired a few people with an idea – to use unproductive spaces to feed themselves by growing edible plants anywhere from window boxes to roundabouts to canal embankments.

This one simple idea received widespread publicity and now Incredible Edible Groups are springing up all over the country, including Wakefield, where our aim is to inspire and support local communities to grow their own food by helping them to set up their own community allotment gardens, edible gardening clubs and small plant nurseries.

We want to build links and relationships with individuals, community groups, schools, businesses, housing associations, public bodies and anyone else wanting to develop local food initiatives that can help provide access to good, local food for everyone living in and around the Wakefield district.

**To discover more or to find out how you can get involved visit our website,
contact us on 07971 098510 or
e-mail Andy@Incredible-Edible-Wakefield.co.uk**



www.Incredible-Edible-Wakefield.co.uk

About the **Incredible-Edible-Wakefield** website

In our web pages you'll find something for everyone interested in growing edibles or eating healthy local food.

The **IEW map** shows the places where **Community Growing** groups are already planting and growing edibles around the District and in our **Incredible Edible Schools** pages you'll find out which growing activities the schools in your area are up to and how you can get involved.

Allotments may be over-subscribed in many areas but there are still ways to get access to land. Find out how to get together with friends and neighbours to set up your own **Community Allotment Gardens** or take a look at the **Get Growing** page to find out how to connect with landowners, growers and helpers.

With our **Local Food Heroes' directory** and **Map** you can find businesses selling, growing or rearing local food where you live and there are also **Community Supported Agriculture** schemes providing opportunities for individuals to get involved with local food growing businesses.

Urban Fruit Harvesting is about collecting surpluses from wild fruit trees and bushes and distributing them to community groups and charities, whereas **Wild Food Foraging** is about finding out how to identify less well known edible plants and fungi found in the wild.

Once you know what you're looking for, the **Wild Food Map** is an interactive Google map showing where to find wild food growing around Wakefield and allowing you to add your own locations.

The **IEW Forum** and **Incrediblelog** pages let you ask questions and share ideas with like-minded people and you can also **Be Incredible** and sign up to receive bulletins about all the latest local food growing activities and opportunities.

Finally, if there aren't any **Edible Gardening Clubs** or **Grow Your Own** sessions happening nearby and you can't find anything else going on in your area on the **Events** page then you can always help naughty edibles to spring up everywhere by having a go at **Guerilla Gardening**.

www.Incredible-Edible-Wakefield.co.uk