

# 'GROW YOUR OWN'

is the theme for  
Transition Bro Gwaun's  
displays at:  
Fishguard&Goodwick Lions Funday  
Fishguard Show  
Fishguard&Goodwick Carnival.

Please help by sowing  
extra seeds of any edible  
plant, now, then give us  
the seedlings whenever  
you like.

Contact Chris Samra  
01348 831021 if you can help.