

Welcome to our annual Organic celebration.

Gardens Greenhouses Polytunnel Orchards Herb-Beds
Catering Stalls Displays Talks Workshops Seeds
and a whole load of friendly, organic people gathered together
in one place for a weekend.

Stay all day and soak up the atmosphere of Unstone Grange, a beacon of tranquillity in a troubled world. More residential groups are using the house than ever before and the team running the place are gradually expanding (see our newsletter *Mosaic* for more details).

August is the perfect time to open up a food-producing garden like this to visitors, the start of the harvest season with the promise of more delicacies to come. It's always a joy to meet hundreds of people who understand and value the beauty of fresh, home-grown organic produce.

The gardens more than ever reflect the achievement of the volunteers who visit once a week and make the gardens happen. We are increasingly involved in the growth and development of individuals as well as the cultivation of plants.

Our volunteers appreciate the supportive environment here, both socially and horticulturally. We have been able to work with people from an enormous diversity of backgrounds; unemployed, refugee, rehabilitation and mental health groups. Everybody enjoys the chance to interact with the growing world and the deep sense of peace and calm this provides.

Many people enjoy the weekly pattern, seeing the leaps forward that plants take. Many volunteers are just Organic gardeners who find it re-assuring to know there are others out there and want to learn from each other.

Over the past two years, the Organic Gardening for Health project has demonstrated not only that growing food can be fun, but also that it can have a wide range of therapeutic and nutritional benefits.

We hope that your visit will inspire you to make your garden even more of an Organic paradise. Let it grow!

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