

## LLYSIAU LLEU

### *Contact*

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There may be several factors which hold us back from growing our own vegetables for the kitchen – including not enough land, tools, or experience, as well as lack of confidence.

Llyisiau Lleu is designed to overcome these fears and give confidence to people in the Talysarn and Nantlle areas to grow and use their own vegetables. It has evolved from a partnership between Trigonos, Cymdeithas Tai Eryri and local residents.

People taking part in Llyisiau Lleu enjoy improved health through healthier eating and physical activity. The project places special emphasis on making sure that healthy, fresh, locally produced vegetables are available to all sectors of society, including those on low incomes.

Further to promoting the use of fresh vegetables the project will reduce dependency on foodstuffs brought in from outside. This will decrease fossil fuel consumption and resultant pollution by reducing transportation or 'food miles'.

As well as practical help and advice on growing your own vegetables, Llyisiau Lleu provides a tools-loan service, and evening meetings, so that participants can share experiences and learn from each others difficulties and successes.

Llyisiau Lleu is also exploring setting up a food co-op for the area, sourcing as much produce locally (and organically) as possible.

*Status of group:* Voluntary organisation

*Area:* Talysarn and Nantlle near Caernarfon