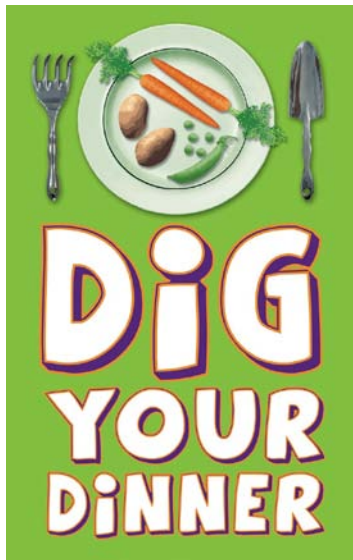


'DIG YOUR DINNER' NSW Schools Competition

Make a stand against the bland! Celebrate good food, as it should be with all its bumps and imperfections. Grow it for real, from budding seed to brimming plate and join in on the quest for taste!



Following the success of last years 'Dig Your Dinner' competition, the Organic Expo & Green Show are delighted to announce we are running this fun and inspiring competition again as part of our commitment to encourage future generations to lead a healthier and more sustainable life.

Schools across NSW are invited to join in the challenge and 'Dig Your Dinner'. A fun and easy competition to show how simple it is to grow your own food, free from artificial nasties. There are two categories in which to enter: 1. Pre-schools/Primary Schools 2. Secondary Schools/Colleges (dependent on entry numbers these may be split further).

Your school will grow your favourite seasonal vegetables and herbs and nurture them into a bountiful crop in time for the Organic Expo & Green Show. You will then bring the best of your produce to the show creatively displayed in a wheelbarrow (competition to be judged on Saturday 6 August 2011).

- **Celebrity TV gardener Costa Georgiadis** will be there to meet your school and judge the best vegetables
- Costa will use the winning veggies in a cooking demonstration showing how you can create a delicious, healthy and inexpensive family meal
- The winning schools will become the 'Dig Your Dinner Champions NSW 2011' and Costa will present you with a trophy and prizes



The Champions WIN:

- **\$250 cash plus hamper of garden products valued at \$200** sponsored by Organic Crop Protectants 'eco organic garden' range
- A copy of Costa's DVD – Costa's Gardening Odyssey
- 1 year subscription to Good Gardening magazine and a special feature in the magazine
- A copy of Leonie Shanahan's book – Eat Your Garden

Plus there are Prizes For All Schools Entering: For taking up the challenge, each school will receive 20 free tickets to the Organic Expo & Green Show International, valued at \$360.00.

2010 winners' Cringila Public School said "A tremendous experience for our school that enabled us to highlight positive aspects of our environmental education and the school as a whole."

SPONSORS:



5-7 August 2011
Hall 3, Sydney Convention & Exhibition Centre, Darling Harbour



'DIG YOUR DINNER' NSW

ENTRY FORM

(fax completed form to 02 9012 0583)

School Name:

School Address:

.....

School Contact Name:Position:

Tel Number:Email:

We only have limited spaces available so send in your entry form now. You will then receive our 'Dig Your Dinner' Newsletter which will update you on how the competition is progressing, gardening tips and resources, etc.

Entries Close 25 July (late entries may be taken upon application)

Select Category: (circle one) **Pre-School/Primary School** **Secondary School/College**

Tick boxes below as appropriate:

☐

Yes please enter my school into the 'Dig Your Dinner' Competition

☐

Yes I have read the important information below and agree that the school will abide by them

Important Information:

- Ensure you grow your veggies and herbs from seed or young seedlings. We recommend certified organic, heritage and heirloom seeds.
- Costa is looking for healthy, tasty and disease free veggies and herbs, warts and bumps are allowed!
- All veggies and herbs must be grown organically without the use of artificial fertilisers and pesticides.
- All veggies and herbs must be grown at the school garden by the pupils and school staff.
- No substitution of veggies and herbs for the show judging - this is unfair to other schools and against the ethos of the competition.
- Should the judges feel there is any cheating the school will be disqualified - their decision is final.
- The school is responsible for all costs in relation to growing the veggies and coming to the show.
- The organisers reserve the right to cancel or alter the competition should they deem appropriate and accept no liability for any losses incurred as a result of this.
- **Finally have Fun! Let us know how you are going, take some photos and we'll post them on the website - send to carol-ann@shevents.com.au**

www.sydneymorganicepo.com.au