



# Start the weekend at Five A Day Market Garden!

9am to 11am  
Saturday 12<sup>th</sup> October

- 🍎 Nicki Whiteman, Saturday Show presenter from BBC Radio Berkshire will be recording live from the garden.
- 🍎 Buy some scrumptious fruit and veg and a lovely bunch of cut flowers.
- 🍎 Compete in the Vegetable Challenge!
- 🍎 Have a go at stone sculpture with Reading's finest - McAllistair Hood!
- 🍎 Refreshments available for a small charge, including a light breakfast complete with our home grown tomatoes and onions!

This event is free  
Of charge!

No need to book - just turn  
up!

Free parking adjacent to  
garden.

For further details, email  
[pam@fiveaday.org.uk](mailto:pam@fiveaday.org.uk) or  
call 07939 676 050



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