

20-22 August 2010

Hall 1, Sydney Convention & Exhibition Centre, Darling Harbour



organicexpo
& Green Show

'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 us on our quest for taste!



Inspired by the UK Seeds of Change campaign, the Organic Expo & Green Show is running this competition as part of their commitment to encouraging our future generations to lead a healthier life.

Schools across NSW are invited to join in the challenge and '**Dig Your Dinner**'. A really fun and easy competition to show how simple it is to grow your own food; free from artificial nasties.

Your school will grow your favourite seasonal veggies and herbs and nurture them into a bountiful crop in time for the Organic Expo & Green Show. Then you'll bring the best of your produce to the show creatively displayed in a wheelbarrow. (Competition will be judged on Saturday 21 August).

- **Celebrity TV gardener Costa Georgiadis**, will be at the show to meet your school and judge the best vegetables
- Costa will then cook the veggies showing how you can create a delicious, healthy and inexpensive family meal on the main stage.
- The winning school will become the '**Dig Your Dinner Champion 2010**' and Costa will present you with a trophy.



Costa presents SBS's popular Costa's gardening Odyssey

The Champion School will also WIN

- **\$500** kindly sponsored by *Organic Crop Protectants 'eco organic garden' range*
- **Worm Farm** kindly sponsored by *Worms Downunder*
- 1 year subscription to Organic Gardening Magazine
- Article on the Kids Zone page of Green Living Magazine (Nov 2010 issue)

Runner-Up Prizes

- Two runner-up schools will receive a yearly subscription to Organic Gardening Magazine

Prizes For All Schools Entering

- For taking up the challenge, each school will receive 20 free tickets to the Organic Expo & Green Show, valued at \$320.



www.organicexpo.com.au

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'DIG YOUR DINNER'

ENTRY FORM

(fax completed form to 02 9012 0583)

School Name:.....

School Address:.....

.....

School Contact Name:.....Position:.....

Tel Number:.....Email:.....

Let us know as soon as you decide to take part by sending the application form. That way we can keep you informed of how things are going with the show, tips etc.

Entries Close 1 August. However, late entries may be taken upon application.

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! and let us know how you are going, take some photo's and we'll post them on the website -send to mary@shevents.com.au*



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