

# SHOW THEME 2019

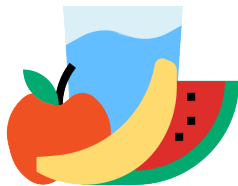
## HEALTHY LIFESTYLES

Each year we select a theme that is important to you and helps you connect with your park.

Be inspired by healthy living and get creative, show off your favourite keep fit activity or let us know how your produce growing is helping towards a healthier lifestyle.

However you want to support our theme and inspire others please share your ideas and efforts with us on the day.

### HEALTHY DIET



### HEALTHY MIND



### HEALTHY BODY



## THERE'S ALWAYS TIME TO ENTER THE SHOW AND LOTS OF EASY WAYS TO DO IT



Anyone can grow fruit & vegetables at home and kids love to get involved.



Summer radish are ready to harvest in as little as 4 weeks. You could even grow a radish in an old yoghurt pot.



Other fun and easy to grow veg are, beans, peas and beetroot

Decorated cakes and biscuits are a great way to get creative in the run-up to the show.

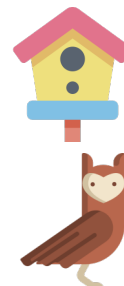


Kids can be kept busy during the holidays, perfecting their baking skills for the final entry.



Sunflowers and other garden flowers make impressive displays in the flower arranging category.

If you love crafting but don't have room for another bird box or feeder, enter it in the show



Afterwards, we'll make sure it's put to use in the park or a local garden via the auction.



## The Great Middleton Park Show

**8TH SEPTEMBER 2019 1-4PM**

**SHOW THEME - HEALTHY LIFESTYLES**



### Local Produce & Art Show

### Food and Drink

### Market Street Stalls

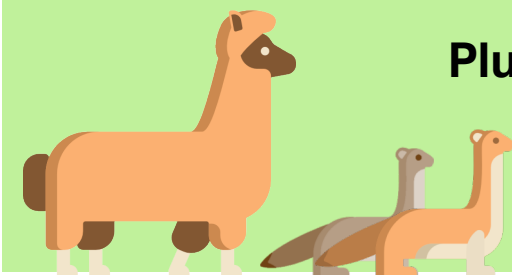
### Face Painting

### Animal Displays

### Music & Entertainment

### Games & Activities

### Plus more...



# SHOW CATEGORIES

## AND HOW TO ENTER

We welcome entries from anyone that visits the show. **Entry is free!**

Whether you're an individual, a school, an allotment group, or any other local organisation, you can enter.

It's easy to enter your homegrown and homemade produce in our show. If you can, please register by 31<sup>st</sup> August on the form overleaf or via our web-site.

You can display in as many or as few categories as you want.

Fruit and vegetable categories are limited to a maximum of 6 judged entries.

**You may display more than 6, they just won't be judged**

## HOME PRODUCE

Jam  
Chutney/pickles  
Scones  
Biscuits  
Cake  
Decorated cake

*These categories are  
judged separately for  
junior entries  
(under 16)*

## ARTS & CRAFTS

Art - pencil, pastel, paint (max 2 entries)  
Photography (max 2 entries) themed,  
"Healthy Lifestyles"  
Art or photography series (max 5 pieces) themed,  
"Healthy Lifestyles"  
Textiles  
Vegetable creature  
Bird feeder  
Animal/bird house  
Other crafts

## VEGETABLES

Largest pumpkin  
Largest marrow  
Longest runner bean  
3 Onions  
3 Potatoes  
3 Courgettes  
3 Pods of peas or beans  
3 Root veg - carrots, parsnips, swede, beetroot etc  
3 Peppers including chillies  
Salads - 4 tomatoes with stalks, cucumbers, etc  
Wonky vegetable  
Other veg e.g. squash, leek, cabbage with 2" stem

## FRUIT

Rhubarb – 3 straight sticks  
3 Apples  
3 Plums  
3 Pears  
5+ Soft fruit  
Other fruit

## FLOWERS

3 Dahlias  
3 Roses  
3 Chrysanthemums stems or sprays  
Flower arrangement  
Potted plant  
Vase of mixed flowers  
Cactus/succulent

**ALL ENTRIES MUST BE  
BROUGHT TO THE SHOW  
MARQUEE ON THE DAY  
8TH SEPTEMBER 2019  
BETWEEN 8:30AM AND 11AM**

**You can register your entries on the day, on the show website or by post using this form**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

### Fruit & Veg Categories - Judged entries (max 6)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Fruit & Veg Categories - Display only

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### All other Categories

☐ Tick for Junior entrant

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Return entry forms to:  
FoMP, Tenants Hall, Acre Close,  
Middleton, Leeds, LS10 4HX

Postal registration must be received by 31-8-19.  
If not, you will still be able to enter but will be required to register on the day of the show.



**For more information,  
ring 01924 824488  
or visit [www.fomp.co.uk](http://www.fomp.co.uk)**