



Frome Potato Day & Seed Swap 2026

Sunday 15th February

**10am-2pm £3 Entry (Kids Free)
Cheese & Grain**

Vibrant stalls

**Seed potatoes, bulbs, seeds, plants,
fruit trees, local veggies, food & community
groups**

Seed Swap

**Bring your excess seeds in clearly marked
paper envelopes, and plants, swap for
exciting new varieties!**

Free Activities

Kids activities and crafts all day

**10am - 10.50am Herbalist Ben Still will host an
'Insight Herbalism Rose Circle for all genders'
- a sensory journey, inviting a deepening presence
and relationship with the qualities of the Rose.**

**11am- 11.50am Alex from Hotsteppa Sauce will
share 'Principles of hot sauce creation'
- focus on seasonal ingredients to celebrate UK
flavours**

**12pm - 12.50pm Lizzie and Tom from the
Redlynch Community Patch will hold
'A vision for Frome's Food Future'
- a collaborative writing workshop**

**1pm - 2pm Networking and Knowledge
sharing with the 5th Gardeners Summit -
professional gardeners and enthusiasts**



**Pre-Book Free Activities @
Frome Field 2 Fork tickettailor.com**