

Recitation B

Help Yourselves

This is the story of how one challenge changed a town. Todmorden is a small town in Yorkshire, England. One day, Pam, a lady who lived in the town, attended a conference on climate change. At the conference, a professor said that people should try to be responsible for the food they ate, and urged the audience to grow food themselves. This was the challenge he put to them.

On her way home, Pam thought about the professor's words. Was it possible for her town to produce and rely on food grown there? Would the local people be interested in doing this? She discussed the idea with a friend, Mary, who was so excited about it that she decided to plant vegetables in her front garden. As the vegetables grew and ripened, she put a sign in the garden that said, "Help Yourselves." This created a lot of discussion in the town. A greater effect was that it encouraged other people to start growing vegetables, too.

As interest grew, members of the community volunteered to clear waste ground around the town. Then they built soil beds there and planted vegetables. They also planted trees in the town and started a campaign to encourage everyone to eat local eggs. Some people even bought and kept hens to lay them! All of Todmorden's schools participated in the movement, too. The high school even built an eco-friendly fish farm.

People from all over the UK and even from abroad traveled to Todmorden to observe this wonderful example of positive change in the community. Even Prince Charles wanted to learn about it, so he visited the town to see for himself. He could see that helping others means helping yourself. Pam and Mary must be proud of their achievements and their town.

(298 words)