

A seedbed guide to

SPROUT

Avoidance

As the nights draw in, the last leaves are falling from the trees, the perfume adverts are lining up for your attention and thoughts turn to yuletide cheer, there is one shadow cast over the festive roast; the sprout.

While some enjoy the tiny cabbages, others find them detestable, loathsome and un-stomach-able.

This is a Seedbed Creative guide for those people.



SPROUT
Avoidance

TACTIC: *"The Snooker"*

HOW IT WORKS

As the name suggests, it's a question of 'knocking them into the pockets'. You must either palm (or fork) the offending sprouts into the pocket of your Christmas Cardigan™ or sports jacket. 'The Snooker'® will not work for those who sport skinny or hipster jeans. A festive 'onesie' with pockets is acceptable, but solely for this purpose.



SKILL LEVEL



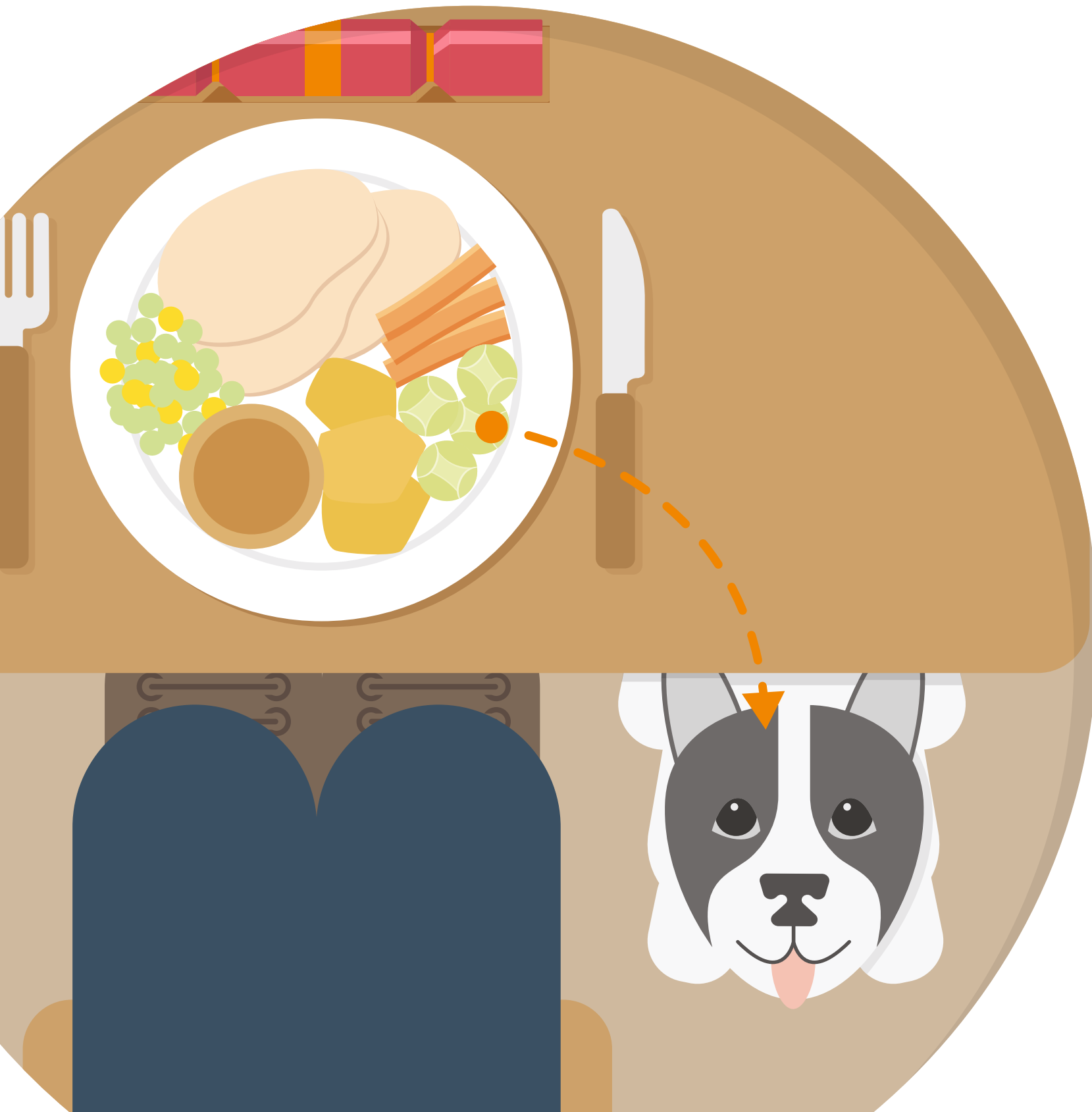
RISK LEVEL



PRO TIPS

Line your pocket pre-meal, for instance using a plastic sandwich bag, to avoid wetness and staining.
Use the post-dinner slump to discreetly dispose of them.

TACTIC: *"Man's Best Friend"*



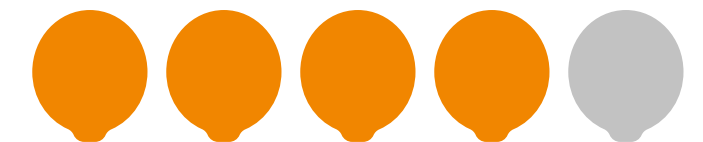
HOW IT WORKS

You need a dog for this approach. Cats will never accept a sprout. Any dog worth their salt will be stationed either near gran or by a toddler. Position yourself near these droppers-of-foods, and take full advantage of the canine ability to eat nearly anything by mixing your low grade sprouts with the high grade spillage of your neighbour.

SKILL LEVEL



RISK LEVEL



PRO TIPS

Douse the sprout in gravy before offering it below table. Avoid sharing small spaces with the dog for at least 3 hours after the meal.

TACTIC: *"The Shuffle"*

HOW IT WORKS

Rather than dispose of your unwanted veg, you can become a yuletide 'Robin Hood' by distributing your wealth to others. Using distractions, such as the pulling of crackers and the passing of other foods, you can rid yourself of sprouts to the plates of your neighbours.

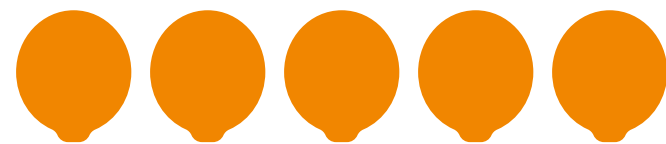
Be careful not to load the plate of a fellow disliker of sprouts. They WILL notice.



SKILL LEVEL



RISK LEVEL



PRO TIPS

This should NEVER be attempted by the amateur avoider. The sense of achievement is high, but is matched by risk. Do not dispose of all your sprouts to one victim. This is unfair, riskily obvious and likely to instigate 'a scene'.

However you spend your festive holidays, whatever veg you avoid or love, Seedbed Creative wishes you

Merry
CHRISTMAS
and a
Happy
NEW YEAR

This year, the money that would go to a printed and posted version of this card is being donated to [Nightsafe](#), a homeless charity based in Blackburn providing holistic services to homeless young people aged 16 to 24.