



## Inspired to Grow – Prospective workshops

Workshop contents subject to change.

Would you be interested in any of the following workshops? If so, please leave your name in the space provided overleaf.

### **14th September: Growing diverse plants – benefits for nutrition, environment**

Taste colourful range of veg grown.

Harvest produce and carry out seasonal gardening tasks.

Growing for winter/early spring crops e.g. some of the following tbc: spring cabbage, sprouting broccoli, garlic, bok choy, broad beans (early).

Take home kit: eat a rainbow activity, sprouting seeds.

### **12th October: Harvesting apples and orchard fruit**

Tasting variety of orchard fruits.

Harvest produce and carry out seasonal gardening tasks.

Growing some/all of coriander, radish, fennel, celery.

Take home kit: ingredients for making crumble.

### **9th November: Soil, Mushrooms & Alternative protein source + Growing Fungi**

Testing farm soils. Seeing mushrooms growing on farm.

Learning about soil, compost, biodiversity, different mushroom varieties.

Mushrooms as an alternative protein source.

Take home kit: mushroom growing kit

### **14th December - Sustainability, Composting, Winter harvesting**

Growing from waste (celery bottoms, carrot tops, pumpkin seed, lemongrass, potato peelings).

Grow/Harvest ingredients for winter soup

Take home kit: lemon grass sections for 'growing from waste'

### **8th February - Container growing & Grow a rainbow**

Growing colourful heirloom varieties in the polytunnel, explain how to adapt for smaller container-growing e.g Aubergine, beetroot, carrot, peppers, strawberry, tomatoes, French beans

Take home: container-appropriate seeds e.g. dwarf beans, cherry toms, aubergine

With thanks to:





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