



New growing & cookery workshops for 13-18 year olds

Join us on our farm to grow heritage and colourful plants in our polytunnel such as blue skinned potatoes, aubergine 'Black beauty' and red onions dating back to the 1900s. Then harvest the foods grown to create seasonal tasty meals in our cookery workshops. Learn about sustainable food production, and how growing plants has a positive impact on your own health, increases biodiversity and reduces the negative impact of food production on our planet.

Spaces are limited, the workshops are free, so please BOOK NOW!

Date	Topic	Booking link
Thursday 8 Feb 5-6.30pm	Growing workshop: chitting potatoes, radish, red onion sets	www.trybooking.com/uk/DALC
Thur 22 Feb, 5-6.30pm	Cookery Workshop: fermenting & preserving	www.trybooking.com/uk/DALB
Thur 7 Mar 5-6.30pm	Growing workshop: potatoes, beetroot, cucumber	www.trybooking.com/uk/DALD
Thur 11 April 5-6.30pm	Growing workshop: climbing beans, peppers, tomatoes	www.trybooking.com/uk/DALF
Thur 18 April 5-6.30pm	Cookery workshop: mushrooms & alternative protein sources	www.trybooking.com/uk/DALA
Thur 9 May 5-6.30pm	Growing workshop - tbc	www.trybooking.com/uk/DALH
Wed 15 May 5-6.30pm	Cookery workshop - tbc	www.trybooking.com/uk/DAKZ



For more details, email Emily at office.rfcountryways@gmail.com

With thanks to:
Heart of Bucks
 COMMUNITY FOUNDATION