

London Grows is a Capital Growth initiative to help more people volunteer in food growing gardens and engage with wildlife in the city. Get involved with one of our London Grows hubs at a training session or become a volunteer.



JULY – OCTOBER 2017

TRAINING CALENDAR

Learn about urban food growing and developing community gardens through our hands-on sessions in gardens across London

Cecil Sharp House Garden

garden is a low-maintenance decorative, ecological and edible permaculture site, which also hosts the annual London Permaculture Festival.

St Luke's Community Centre

is a community garden made up of raised beds filled with seasonal food, edible flowers and fruit trees and bushes.

Cordwainers Garden

is a neighbourhood garden growing fruit, vegetables and herbs, as well as plants for dyes and medicinal use.

The Regent's Park Allotment Garden

is Capital Growth's flagship site, offering volunteering, training and events for hundreds of Londoners every year.



Oasis Nature Garden is a local wildlife haven for all ages to enjoy environmental play, including a small woodland, ponds, fire circle and vegetable patch.

De Frene Market Garden is a project of Sydenham Garden, a unique wellbeing centre that uses its gardens to help people in their recovery from ill-health.



Capital Growth is a network of over 2,000 food growing gardens and farms around London. Membership is free and available to anyone growing food in community projects, schools, allotments or at home.

-  capitalgrowth.org
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Urban food growing

Learn about the key elements of urban gardening such as how to grow vegetables in autumn and winter and save your own seeds. These courses provide a foundation of knowledge for growing food in the city and are run by a range of experienced trainers.

Growing enterprise

Targeted at growers who want to sell what they grow or develop enterprising ideas, these sessions will equip you to get started in an effective, legal and safe way. We also offer further bespoke advice through our Growing Enterprise programme. Email maddie@sustainweb.org to find out more.

Getting children growing

If you work with children or young people in schools or community groups, these sessions are for you. They give you the skills to run effective sessions for young people and offer practical ideas on how to integrate food growing into your work or into the school curriculum.

Grow for it!

From foraging to outdoor cooking, these sessions are a way to learn more about other topics related to urban food growing. They will introduce you to unique approaches and ideas, and are led by passionate and knowledgeable trainers.

Bespoke training and site visits

We provide tailored sessions on a range of topics at our site in The Regent's Park or other locations. We also offer free site visits and advice to community and school gardens via our London Grows Buddy Scheme. Contact capitalgrowth@sustainweb.org for more information.

Costs and booking information

Workshops are £12.50 for Capital Growth members and £20 for the general public. Bursaries are available for the unwaged.

London Food Link supporters receive a free session on joining the network.

www.capitalgrowth.org/training

Capital Growth training calendar July – October 2017

JULY

Sat 22	10:30am - 1:00pm	Fresh food on your door step: An introduction to foraging in London	Oasis Nature Garden, SW4 6RJ
Wed 26	5:30 - 8:00pm	Salads in the city: Growing and eating leaves	Hackney Tree Nursery, E9 5PF

AUGUST

Wed 2	5:30 - 8:00pm	Companion planting and natural pest control	St Luke's Community Centre, EC1V 8AJ
Wed 9	5:30 - 8:00pm	Income generation for community gardens	The Regent's Park, NW1 4NR
Wed 23	5:30 - 8:00pm	Urban plant safari: Nature walk and botanical drawing	Cordwainers Garden, E8 3RE



SEPTEMBER



Sat 2	10:30am - 1:00pm	Mindfulness in the garden	The Regent's Park, NW1 4NR
Mon 18	5:30 - 8:00pm	Pop up preserves with Rachel De Thample	The Table Café, SE1 0HX
Wed 20	5:30 - 8:00pm	Food growing in the curriculum	The Regent's Park, NW1 4NR
Sat 23	10:30am - 1:00pm	Growing autumn and winter veg	Cordwainers Garden, E8 3RE

OCTOBER

Sat 7	10:30am - 1:00pm	Outdoor and campfire cooking	Oasis Nature Garden, SW4 6RJ
Sat 14	10:30am - 1:00pm	Introduction seed saving	St Luke's Community Centre, EC1V 8AJ
Sat 21	10.30am - 1.00pm	Sustainable cut and edible flowers for enterprise	De Frene Market Garden, SE26 4AB
Tue 24	6.00 - 8.30pm	Introduction to forest gardening	Cecil Sharp House, NW1 7AY

See over for map of gardens

	Urban food growing
	Get children growing

	Growing enterprise
	Grow for it!