

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.



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

St Luke's Community Center 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 part 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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@CG_Allotment



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APRIL – JUNE 2017

TRAINING CALENDAR

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



SUPPORTED BY

MAYOR OF LONDON

Urban food growing

Learn about the key elements of urban gardening such as planning a site, the principles of organic growing and soil life. These courses provide a foundation of knowledge for growing food in the city and are run by a range of experienced trainers.

Get 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 sessions for young people and offer practical ideas on how to integrate food growing into your work or into the school curriculum.

Bespoke training

We can provide tailored sessions on a range of topics at our site in The Regent's Park or other locations. We can also arrange for a visit to your project, school or company to provide bespoke advice. Contact capitalgrowth@sustainweb.org for more information.

Growing enterprise

Targeted at growers who want to sell what they grow or develop enterprise 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.

Grow for it!

From sustainable beekeeping to permaculture design, these sessions are a way to learn more about other ideas that compliment urban food growing. They will introduce you to unique and interesting approaches and are led by passionate and knowledgeable trainers.

Cost and booking

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

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

www.capitalgrowth.org/training

Capital Growth training calendar

April – June 2017

APRIL

Sat 1	10:30am - 1:00pm	Organic food growing for beginners	St Luke's Community Center, EC1V 8AJ
Tue 11	6:00 - 8:30pm	Permaculture polycultures: Integrating annuals and edible perennials	Cecil Sharp House, NW1 7AY
Sat 29	10:30am - 1:00pm	Green woodwork and woodland management	Oasis Nature Garden, SW4 6SP

MAY

Wed 3	5:30 - 8:00pm	Design and plan your garden	The Regent's Park, NW1 4NR
Sat 13	10:30am - 1:00pm	Soil life, composting and wormeries	The Regent's Park, NW1 4NR
Wed 17	5:30 - 8:00pm	Managing and developing volunteers	De Frene Market Garden, SE26 4AB
Wed 24	5:30 - 8:00pm	Grow to sell: The essentials of market gardening	Allens Gardens, N16 5BD
Wed 31	5:30 - 8:00pm	Introduction to social and therapeutic horticulture	De Frene Market Garden, SE26 4AB

JUNE

Wed 7	5:30 - 8:00pm	Introduction to sustainable beekeeping	The Castle Garden, N4 2HA
Tue 13	6:00 - 8:30pm	Introduction to permaculture design	Cecil Sharp House, NW1 7AY
Wed 14	6:00 - 8:30pm	Engaging children in wildlife and food gardening	Oasis Nature Garden, SW4 6SP
Sat 24	10:30am - 1pm	Growing herbs for teas, remedies and natural cosmetics	Cordwainers Garden, E8 3RE

See over for map of gardens



Urban food growing

Get children growing



Growing enterprise

Grow for it!