

TRAINING CALENDAR

Learn about urban food growing and community gardening through our hands-on sessions across London – for more details and bookings: www.capitalgrowth.org/training. Contact capitalgrowth@sustainweb.org for more information.

MARCH

Sat 9	10:30-13.00	Organic food growing for beginners	The Regent's Park Allotment Garden, NW1 4NR
Sat 23	10:30-13.00	Organic food growing for beginners	The Regent's Park Allotment Garden, NW1 4NR

APRIL

Tue 2	18.00-21.00	Permaculture polycultures: Getting more from your plot	Cecil Sharp House, NW1 7AY
Sat 6	10.30-13.00	Understanding soil life, composting and wormeries	The Regent's Park Allotment Garden, NW1 4NR
Tue 9	18.00-20.30	Better together - Companion planting & natural pest control	Rainbow Grow, E8 3AZ
Sat 13	10.30-13.30	Feed the soil not the plants: test, maintain and improve soil quality	Cody Dock Community Garden, E16 4TL
Wed 17	18.00-20.30	Foraging walk, talk and taste: hone your skills for a new season	Edible Landscapes London, N4 1BX
Wed 24	17.30-19.30	Maths outside the classroom: Learning in the natural environment	Christ Church Primary School, SW11 2TH
Sat 27	all day	Find your nearest participating garden www.bigdig.org.uk	UK-wide

MAY

Wed 8	18.00-20.30	Designing your food garden	The Regent's Park Allotment Garden, NW1 4NR
Sun 12	10.30-13.30	Yoga & mindfulness for gardeners: Sustainable gardening for the body, mind and world	Cody Dock Community Garden, E16 4TL
Wed 15	18.00-21.00	Practical batik: The art of dyeing fabric using natural garden plants	The Skip Garden, N1C 4DB
Sat 18	10.30-13.30	An introduction to beekeeping	Sydenham Gardens, SE23 4AB
Thu 23	18.00-20.30	Beginners botany for food growers	Edible Landscapes London, N4 1BX
Wed 29	18.00-20.30	Social and therapeutic horticulture	Sydenham Gardens, SE23 4AB

JUNE

Sat 1	10.30-13.30	Get outside! – Learn to garden with your children	Spitalfields City Farm, E1 5AR
Wed 5	18.00-21.00	Growing your own herbal remedies	Trowbridge Gardens (Hackney Herbal) E9 5LD
Sat 8	10.30-13.30	Boots, boxes & balconies: Growing edibles in confined spaces	Rainbow Grow, E8 3AZ
Wed 12	17.45- 20.30	Teaching the primary curriculum through food growing and outdoor space	Ruskin Park Garden, SE5 8EL
Sat 15	13.30-16.30	Queen rearing for the urban beekeeper	St Mary's Garden, E2 8EL
Tue 18	10.30-13.30	Plants as medicine and healing allies	Whetstone Stray Allotments, N12 7DX
Wed 26	17.30-19.30	Literacy outside the classroom: Inspiring garden tales	Christ Church Primary School, Batten Street, SW11 2TH
Sat 29	10.30-13.30	Herbal harvest - Making your own products	Trowbridge Gardens (Hackney Herbal) E9 5LD



Photo by Tina Han



Photo by Julie Smith



Photo by Julie Smith

Capital Growth is London's food growing network, and free membership is available to anyone growing food in community projects, schools, allotments and at home. Capital Growth offers training, events, advice and the use of the Harvest-ometer, our unique tool to measure your harvest.

 capitalgrowth.org

 @capitalgrowth

 @Capital_Growth

 @capital_growth