

JULY - NOVEMBER 2019

# 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](http://www.capitalgrowth.org/training)  
Contact [capitalgrowth@sustainweb.org](mailto:capitalgrowth@sustainweb.org) for more information.

## JULY

|        |             |                                                                                                                     |                                                         |
|--------|-------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Tue 2  | 18.00-21.00 | Understand and support the soil-food-web                                                                            | Nubian Life Centre, W12 7BW                             |
| Wed 3  | 18.00-20.30 | Garden weeds: Food, medicine & fertilizer                                                                           | Edible Landscapes London, N4 1BX                        |
| Thu 4  | 17.30-20.30 | Grow Well, Feel Well: Capital Growth Network Event <a href="http://www.capitalgrowth.org">www.capitalgrowth.org</a> | Spitalfields City Farm, E1 5AR                          |
| Sat 6  | 10.30-13.30 | Fermenting: Sauerkraut, kimchi and fruit drinks                                                                     | Trowbridge Gardens, Hackney Herbal, E9 5LD              |
| Sat 13 | 10.30-13.30 | Foraging walk, talk and taste: Summer's bounty revealed                                                             | Edible Landscapes London (meeting Finsbury Park N4 2AB) |
| Tue 16 | 18.00-20.30 | Facilitating nature connection, play and natural movement for community building                                    | St Mary's Garden, E2 8EL                                |
| Wed 17 | 18.00-20.30 | Growing autumn and winter veg                                                                                       | The Regent's Park Allotment Garden, NW1 4NR             |
| Sat 20 | 10.30-13.30 | Environmental therapy workshop: Attunement to nature and seasonal cycles                                            | Whetstone Stray Allotments, N12 7DX                     |
| Wed 24 | 18.00-20.30 | Mindful gardening: Go slow and grow                                                                                 | Whetstone Stray Allotments, N12 7DX                     |
| Sat 27 | 10.30-13.00 | Outdoor and community cooking                                                                                       | Wildcat Wilderness Garden, SE6 4PL                      |

## AUGUST

|        |             |                               |                                             |
|--------|-------------|-------------------------------|---------------------------------------------|
| Sat 3  | 10.30-16.00 | Building earth pizza ovens    | Sydenham Gardens, SE23 4AB                  |
| Wed 14 | 18.00-20.30 | Growing autumn and winter veg | The Regent's Park Allotment Garden, NW1 4NR |

## SEPTEMBER

|                |             |                                                                                                                        |                                    |
|----------------|-------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| Tue 10         | 18.00-20.30 | Designing an urban forest garden                                                                                       | Nubian Life Centre, W12 7BW        |
| Wed 11         | 18.00-20.30 | Pruning for beginners                                                                                                  | The Skip Garden, N1C 4DB           |
| Sat 14         | 10.30-13.30 | Making ointments, salves, and balms                                                                                    | Spitalfields City Farm, E1 5AR     |
| Wed 18         | 18.00-21.00 | Growing magic: Explore the holy, healing and wicked aspects of plants                                                  | The Skip Garden, N1C 4DB           |
| Thu 19         | 18.00-20.30 | Save, share, love: Seed saving for beginners                                                                           | Rainbow Grow, E8 3AZ               |
| Sat 21         | 10.30-13.30 | Sustainable cut flowers for enterprise                                                                                 | Sydenham Gardens, SE23 4AB         |
| Sat 21 - Oct 6 | ALL DAY     | Urban Harvest - find you nearest participating garden <a href="http://www.capitalgrowth.org">www.capitalgrowth.org</a> | London-wide                        |
| Wed 25         | 18.00-20.30 | Making space for Forest Schools                                                                                        | Wildcat Wilderness Garden, SE6 4PL |
| Sat 28         | 10.30-13.30 | An introduction to straw bale gardening                                                                                | Beckenham Place Park, BR3 1SY      |

## OCTOBER

|        |             |                                                                             |                                |
|--------|-------------|-----------------------------------------------------------------------------|--------------------------------|
| Sat 5  | 10.30-13.00 | Bottle jungles and miniature deserts: How to make you own edible terrariums | Beckenham Place Park, BR3 1SY  |
| Sat 12 | 10.30-13.00 | Preserves and conserves: Making the most of your produce                    | St Mary's Garden, E2 8EL       |
| Sat 26 | 10.30-13.00 | Winter warmer: Immune boosting recipes                                      | Spitalfields City Farm, E1 5AR |

## NOVEMBER

|       |             |                                                |                      |
|-------|-------------|------------------------------------------------|----------------------|
| Sat 9 | 10.30-13.00 | Munchable mushrooms: Cultivation for beginners | Rainbow Grow, E8 3AZ |
|-------|-------------|------------------------------------------------|----------------------|

Urban food growing

Grow for it!

Get children growing

Growing connections

Growing culture

Growing enterprise



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](http://capitalgrowth.org)

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