

Our training mainly takes place in our Training Hub Gardens



**Skip Garden:**

This movable food garden run by the environmental education charity Global Generation, located in Kings Cross. Food is grown in skips, containers, a polytunnel and glasshouse.

A partnership in Haringey between London Grown, a workers cooperative creating a market garden and community hub at the **Wolves Lane Centre**, and The Selby Trust at the **Selby Centre**, led by the community and third sector organisations.

**Spitalfields City Farm:**

A vibrant and colourful multi-cultural city farm located in Tower Hamlets, the closest city farm to London's square mile.

**The Cecil Sharp House garden:**

A low-maintenance decorative, ecological and edible permaculture site in Camden, which also hosts the annual London Permaculture Festival.



**The Regent's Park Allotment Garden:**

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

**Brixton Orchard and Pop Farm:**

Brixton Orchard is a new community orchard with 35 fruit trees and edible hedges and Pop Farm is a micro urban farm in Pop Brixton, a temporary project on disused land turned into a creative space for local, independent businesses.

**De Frene Market Garden at Sydenham Garden:**

A unique wellbeing centre that uses its gardens to help people in their recovery from ill-health.

APRIL – JUNE 2018

# TRAINING CALENDAR

Learn about urban food growing and community gardening through our hands-on sessions across London



We also run sessions with Training Partners including **The Albany, St Luke's Community Centre, Edible Landscapes London, The Plot at Whetstone Stray Allotments** and **The Castle Garden**



**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.

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## Urban food growing

Learn about the key elements of urban food growing, including planning a site, principles of organic growing and soil life.

## 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.

## Getting children growing

These session will give anyone working with children and young people the skills to run effective sessions in a garden environment and offer practical ideas to link food growing to the curriculum.

## Grow for it!

From foraging to wild bees and permaculture, these sessions are a way to learn more about other topics related to food growing.

## Bespoke training and site visits

We provide tailored sessions on a range of topics at our site in Regent's Park or other locations. Contact [capitalgrowth@sustainweb.org](mailto:capitalgrowth@sustainweb.org) for more information.

## Cost and booking

**£30** standard  
**£15** for Capital Growth members and London Food Link supporters  
Bursaries are available for the un-waged.  
Joining Capital Growth is free.  
Booking online via Eventbrite:  
[www.capitalgrowth.org/training](http://www.capitalgrowth.org/training)

# Capital Growth training calendar April – June 2018

### APRIL

Wed 4	6.00 - 9.00pm	Managing and developing volunteers	The Skip Garden, N1C 4AQ
Thur 5	6:00 - 8:30pm	Organic urban food growing for beginners	The Skip Garden, N1C 4AQ
Sat 7	10:30am - 1:30pm	Urban garden management: thriving green places in tiny grey spaces	Pop Brixton and Brixton Orchard, SW9 8PQ
Tue 10	6:00 - 8:30pm	Introduction to Permaculture	Cecil Sharp House, NW1 7AY
Sat 14	10:30am - 1:30pm	Creating a wildlife friendly food garden	St Luke's Community Centre, EC1V 8AJ
Wed 18	6:00 - 8:30pm	Design and plan your food garden	The Regent's Park, NW1 4NR
Wed 25	6:00 - 8:30pm	Growing food with children and young people	The Regent's Park, NW1 4NR
Sat 28	10:30am - 1:30pm	Foraging walk, talk and taste: hone your skills for a new season	Edible Landscapes London, N4 1BY

### MAY

Thur 3	6:00 - 8:30pm	Natural pest management and companion planting	The Skip Garden, N1C 4AQ
Wed 9	6:00 - 8:30pm	Understanding soil life, composting and wormeries	The Regent's Park, NW1 4NR
Sat 12	10:30am - 1:30pm	Creating and maintaining beautiful communal gardens	Pop Brixton and Brixton Orchard, SW9 8PQ
Wed 30	6:00 - 9.00pm	Introduction to social and therapeutic horticulture	Sydenham Gardens, SE23 2LW

### JUNE

Sat 2	10:30am - 1:30pm	Midsummer medicinal herbs: Fresh forage on you doorstep	Edible Landscapes London, N4 1BY
Wed 13	6:00 - 8:30pm	Nature connection: exploring mindfulness in the garden	The Regent's Park, NW1 4NR
Sat 16	10:30am - 1:30pm	Keeping chickens	Spitalfields City Farm, E1 5AR
Sat 23	10:30am - 1:30pm	Creating and maintaining an edible urban oasis	Pop Brixton and Brixton Orchard, SW9 8PQ
Wed 27	6:00 - 8:30pm	Understanding wild bees: diversity, habitats and planting for pollen	Castle Climbing Centre, N4 2HA

See over for map of gardens

	Urban food growing		Growing enterprise
	Getting children growing		Grow for it!