

Our training mainly takes place in our Training Hub Gardens

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

**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.



**JULY - OCTOBER 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.

-  [capitalgrowth.org](http://capitalgrowth.org)
-  [@capitalgrowth](https://www.facebook.com/capitalgrowth)
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# Capital Growth training calendar

## July – October 2018

### JULY

Thur 5	6.00 - 8.30pm	Grow Well, Feel Well – Capital Growth Network Event <a href="http://www.capitalgrowth.org">www.capitalgrowth.org</a>	
Sat 7	10:30am - 1:30pm	Fermenting: Sauerkraut, kimchi and fruit drinks	Castle Climbing Centre, N4 2HA
Wed 11	6:00 - 9:00pm	Intro to honey bee biology: Principles of sustainable beekeeping and wider environmental context	Castle Climbing Centre, N4 2HA
Sat 14	10:30am - 1.30pm	Composting toilets for community gardens: How to design and build a compost loo	Sydenham Gardens, SE23 2LW
Wed 18	6.00 - 8:30pm	Foraging walk, talk and taste: Summer's bounty revealed	Edible Landscapes London, N4 1BY
Sat 21	10:30am - 1:30pm	Pond life: How to create a wildlife pond for every garden	Edible Landscapes London, N4 1BY
Sat 28	10:30am - 3:30pm	Chip bud grafting: Learn & graft your fruit tree	Edible Landscapes London, N4 1BY

### AUGUST

Wed 1	6:00 - 8:30pm	Urban plant safari and botanical drawing	The Regent's Park Allotment Garden, NW1 4NR
Wed 8	6:00 - 8:30pm	Garden inspired craft	The Skip Garden, N1C 4AQ
Sat 11	10:30am - 1.30pm	Plants as medicine and healing allies	Whetstone Allotments, N12 7DX
Wed 15	6:00 - 8:30pm	Learn to love insects: Identify and attract beneficial insects to your garden	St Luke's Community Centre, EC1V 8AJ
Tue 28	6.00 - 8:30pm	Permaculture Polycultures: Getting more from your plot	Cecil Sharp House, NW1 7AY
Wed 29	6:00 - 8:30pm	The essentials of market gardening	The Skip Garden, N1C 4AQ

### SEPTEMBER

Sat 1	10:30am - 1pm	How to start seed saving: growing, saving and sharing	The Albany Garden, SE8 4AG
Wed 5	6.00 - 8:30pm	Growing autumn and winter vegetables	The Skip Garden, N1C 4AQ
Sat 8	10:30am - 1:30pm	Making ointments, balms and salves	Spitalfields City Farm, E1 5AR
Wed 12	6.00 - 8:30pm	Income generation for community gardens	The Regent's Park Allotment Garden, NW1 4NR
Sat 15	10:30am - 1:30pm	How to build an earth oven	Wildcat Wilderness Garden, SE6 4PL
Sat 22		Urban Harvest – London-wide Open Day <a href="http://www.capitalgrowth.org">www.capitalgrowth.org</a>	
Sat 29	10:30am - 1:30pm	Mushroom cultivation for beginners	St Luke's Community Centre, EC1V 8AJ

### OCTOBER

Sat 6	10:30am - 1:30pm	Make your own natural household and skincare products using common herbs	Whetstone Allotments, N12 7DX
Tue 9	6.00 - 8:30pm	Introduction to Forest Gardening	Cecil Sharp House, NW1 7AY
Sat 13	10:30am - 1:30pm	Natural winter cures for coughs and colds	Spitalfields City Farm, E1 5AR
Sat 20	10:30am - 1:30pm	Sustainable cut and edible flowers for enterprise	Sydenham Garden, SE23 2LW

See over for map of gardens

	Capital Growth event		Grow for it!
	Growing enterprise		Urban food growing

### 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.

### 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.

### Urban food growing

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

### 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 / £55 standard (short / full day workshops)  
£15 / £30 for Capital Growth members and London Food Link supporters (short / full day workshops)

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)