



MARCH - JUNE 2020

# 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.

## MARCH

Wed 11	18.00–20.30	Organic food growing for beginners	The Regent's Park Allotment Garden NW1 4NR
Wed 25	18.00–20.30	Understanding soil life, composting & wormeries	The Regent's Park Allotment Garden NW1 4NR

## APRIL

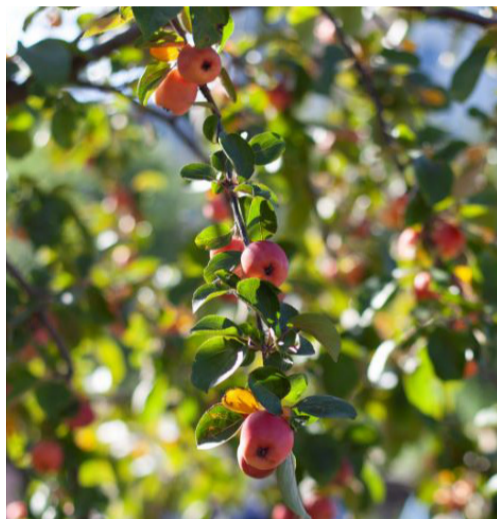
Sat 18	10.30–13.30	Foraging walk, talk and taste: hone your skills for a new season	Edible Landscapes London N4 1BX
Sun 26	10.30–13.30	How to sow and grow linen from seed to stalk (part one)	The Castle Climbing Centre Garden N4 2HA
Fri 24 – Mon 27	OPEN DAY	Find your nearest participating garden at: <a href="http://www.goodtogrowuk.org">www.goodtogrowuk.org</a>	UK-wide
Wed 29	18.00–20.30	Making your own compost in the city	Glengall Wharf Garden SE15 6NH

## MAY

Sat 2	10.30–13.30	Go Tropical! 8 crops for hot weather: gourds, sweet potatoes, snake beans and more	Myatt's Fields Park Project SE5 9RA
Wed 13	18.00–20.30	Social and Therapeutic Horticulture	De Frene Market Garden SE26 4AB
Sat 16	10.30–16.00	Building earth pizza ovens	De Frene Market Garden SE26 4AB
Sun 17	10.30–13.30	Mushroom cultivation for beginners: grow your own oysters	The Regent's Park Allotment Garden NW1 4NR

## JUNE

Wed 3	18.00–20.30	Asian veg plot: Korean kimchi, Japanese aubergines, a Vietnamese herb garden and more	Myatt's Fields Park Project SE5 9RA
Sun 7	10.30–13.30	Fermentation for beginners: sauerkraut and kimchi	Surrey Docks Farm SE16 5ET
Tues 9	18.00–20.30	Natural dyeing with plants	Cecil Sharp House or Nubian Life Centre?
Wed 10	18.00–20.30	Teaching the Primary Curriculum through food growing and the outdoor space	Reay Primary School SW9 0EN
Sat 27	10.30–13.30	Growing alternative crops for a changing climate	Streatham Common Community Garden, SW16 3BX



Photos by Zoe Warde-Aldam

**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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