

London Grows is Capital Growth's new initiative to help more people learn how to grow food and volunteer in food growing gardens. Get involved at one of our London Grows hubs (see map below) for training or volunteering.



FOOD GROWING TRAINING CALENDAR

Regent's Park Allotment Garden is Capital Growth's flagship site, offering volunteering, training and events for hundreds of Londoners every year.

The Castle Garden is a one acre organic site featuring a pond, herb and veggie garden, mini-allotments and Growing Communities patchwork plot.

Abbey Gardens is an open-access garden where the local community comes together to grow flowers, fruit and vegetables for a shared harvest.

Hammersmith Community Garden Association runs projects across four sites, including Phoenix Learning Farm, which has glasshouses, polytunnels and beds full of fruit, vegetables, herbs and flowers.



Oasis Farm Waterloo is central London's newest urban farm with animals, vegetables, aquaponics and lots of activities for children and families.

Glengall Wharf Garden is a permaculture garden with beehives, a wildlife pond, rescued hens and community growing beds.



Capital Growth offers practical support and advice to its network of over 2000 food growing gardens, farms, allotments and home growers around London.



capitalgrowth.org



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Capital Growth's training programme offers workshops for people to learn more about urban food growing and running community growing projects.



SUPPORTED BY

MAYOR OF LONDON

Urban Food Growing

Covering key elements of urban growing including autumn and winter growing, seed saving and managing an orchard, these courses provide a foundation of knowledge for growing food in the city.

Getting Children Growing

If you work with children and young people these sessions are for you. They cover how to integrate food growing into the curriculum and how to run effective sessions for young people.

They are run in partnership with Food Growing Schools London.

Bespoke Training

We can provide tailored sessions on a range of topics at our site in The Regent's Park or other locations. We can also arrange for a visit to your project to provide bespoke advice.

Contact capitalgrowth@sustainweb.org

Growing Enterprise

Run as part of our Growing Enterprise support, these sessions help growers who are interested in selling the food they grow or developing enterprising ideas in their garden.

NEW: Grow for it!

From sustainable beekeeping to aquaponics, these workshops are a chance to try out different types of urban growing or learn about the more unusual aspects of growing food in the city.

Cost and Booking

Workshops start at £12.50 for Capital Growth members and London Food Link supporters. Bursaries are available for the unwaged. Advance booking is essential.

London Food Link supporters also receive a free session on joining the network.

www.capitalgrowth.org/training

Capital Growth food growing training calendar July – October 2016

JULY

Sat 9	Garden Fit: Top tips on keeping fit in your garden	The Castle Garden, N4 2HA	2-4.30pm
Wed 20	Soil life, composting and wormeries	The Regent's Park, NW1 4NR	5.30-8pm
Sat 30	Sustainable beekeeping for real beginners	The Castle Garden, N4 2HA	10.30am-1pm

AUGUST

Wed 10	Grow your own herbal tea	The Regent's Park, NW1 4NR	5:30-8pm
Wed 24	Growing autumn and winter veg	The Regent's Park, NW1 4NR	5:30-8pm
Wed 31	Growing autumn and winter veg	Oasis Farm Waterloo, SE1 7LG	5:30-8pm

SEPTEMBER

Sat 3	Aquaponics for beginners	Oasis Farm Waterloo, SE1 7LG	10am-12:30pm
Thur 8	Food growing and the curriculum	Oasis Farm Waterloo, SE1 7LG	10:30am-1pm
Sat 10	Relish your harvest: How to make pickles, jams and preserves	Phoenix School Farm, W12 7FG	10.30am-1pm
Mon 12	Introduction to permaculture	Cecil Sharp House, NW1 7AY	6.30-9pm
Mon 19	Pop Up Pickle: Kimchi time!	The Table Café, SE1 0HX	5:30-8pm
Sat 24	Engage and inspire children in the garden	The Castle Garden, N4 2HA	10:30am-1pm

OCTOBER

Sat 1	Flax workshop: From linseed to thread	Abbey Gardens, E15 3NF	10.30am-1pm
Sat 8	Planning and managing your orchard	The Regent's Park, NW1 4NR	10:30am-4pm
Sat 15	Seed saving for beginners: Theory and practice	Glengall Wharf Garden, SE15 6NF	12:30-3pm
Sat 29	Beauty products from your garden	The Regent's Park, NW1 4NR	10:30am-1pm

See over for map of gardens

Urban Food Growing
Getting Children Growing

Growing Enterprise
Grow for it!