

Capital Growth is London's largest food growing network, with over 2000 members. We offer:

- Advice, training, events and materials to help those growing food in schools, housing estates, community groups, allotments or at home
- Online information, tools and training handouts, including our exclusive Harvest-ometer to record and calculate the value of your harvest
- A voice for urban agriculture by working with policy and decision-makers, and publishing valuable reports and data

FOOD GROWING TRAINING CALENDAR



September
to March
2016

Information & Booking

For more information and bookings visit www.capitalgrowth.org/training. Please note all bookings are made through Eventbrite website.



capitalgrowth.org



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@Capital_Growth; @CG_Allotment



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Capital Growth's training programme consists of short and one day workshops for people to learn more about growing food in urban environments or running community food growing projects. The sessions cover four themes: Urban Food Growing, Growing Enterprise, Growing for Beginners, and Growing in Schools.

Urban Food Growing

Capital Growth runs a series of training workshops covering the key elements of urban food growing, from organic to more specialised sessions such as 'planning your food growing space' and 'fruit tree pruning'. The sessions are run by a range of experienced trainers at our site in The Regent's Park.

Growing for Beginners

These sessions are specifically designed for beginners who are looking to start growing food. These workshops will help you acquire basic growing skills and knowledge. From plant life cycle to propagation, we will start at the very beginning and get you growing.

Bespoke Training and Site Visits

We are able to provide training sessions on demand to groups of up to 15 people at our site in The Regent's Park. These sessions cover a wide range of food growing topics and can be adapted to suit your group's need. We also offer visits to your growing site to talk about planning, tips and what to grow. For more information and cost please email julie@sustainweb.org.

Growing Enterprise

If you are interested in selling surplus food, growing food to sell or develop enterprising ideas, then these sessions will get you started. They are run as part of our Growing Enterprise support, which includes advice and help to find a local buyer. Find out more and get a further discount by emailing capitalgrowth@sustainweb.org.

Growing in Schools

These sessions are designed to help schools and youth organisations integrate food growing into the academic calendar and curriculum, as well as give you the skills to run effective sessions for young people. They are run in partnership with Food Growing Schools: London.

Cost and Booking

Short workshops: £25 (non-members), £12.50 (Capital Growth members)
Full day sessions: £50 (non-members), £25 (Capital Growth members) unless otherwise stated

London Food Link members also receive a 50% discount on the full price.

Advance booking is essential.

www.capitalgrowth.org/training

Capital Growth food growing training calendar September – March 2016

SEPTEMBER

Mon 14	Pop Up Pickle	The Table Restaurant, SE1 0HX	5:30-8.30pm
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OCTOBER

Sat 10	Little green fingers: Engaging with young children in the garden	The Regent's Park, NW1 4NR	10.30am-1pm
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Sat 17	Seed saving and plant reproduction	The Regent's Park, NW1 4NR	10.30am-1pm
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NOVEMBER

Fri 6	Growing leaves and lesson plans: Embedding outdoor learning in the curriculum*	The Regent's Park, NW1 4NR	10am-3.30pm
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Sat 7	Plant life and natural history for food growers	The Regent's Park, NW1 4NR	10:30am-1pm
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Tue 10	Grow to sell: What is legal?	Allen's Garden, N16 5BW	10am-12pm
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DECEMBER

Sat 12	Fruit trees and bushes: Pruning and care	The Regent's Park, NW1 4NR	10.30am-1pm
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FEBRUARY

Sat 6	Urban food growing for real beginners	The Regent's Park, NW1 4NR	10:30am-1pm
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Wed 24	One-to-one school support^	The Regent's Park, NW1 4NR	10am-3pm
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Fri 26	Planning and managing your school garden*	The Regent's Park, NW1 4NR	10am-3.30pm
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Sat 27	Making your produce go further: Added value garden goodies	The Regent's Park, NW1 4NR	10:30am-1pm
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MARCH

Wed 9	One-to-one school support^	The Regent's Park, NW1 4NR	10am-3pm
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Sat 12	Is beekeeping for you?	The Regent's Park, NW1 4NR	10.30am-1pm
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Sat 26	Beautiful and functional: Designing and planning your food growing space*	The Regent's Park, NW1 4NR	10.30am-4pm
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APRIL

Sat 16	Grow a garden for free: Propagation techniques for the savvy food grower^	The Regent's Park, NW1 4NR	10.30am-1pm
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Urban Food Growing
Growing for Beginners

Growing Enterprise
Growing in Schools

* Full day training session ^ Schools book a one hour slot between 10am and 3pm. Session run in partnership with Food Growing Schools: London

Session requires an additional fee of £10