

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

London Grows is our 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 for training or volunteering.



FOOD GROWING TRAINING CALENDAR

April to June 2016



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

Allens Gardens is a Growing Communities patchwork plot, with thriving market garden and eco-classroom with living roof.

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

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



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

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



-  capitalgrowth.org
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Capital Growth's training programme offers workshops on growing food in urban environments and running community food growing projects. The sessions cover four themes: Urban food growing, Growing enterprise, Getting children growing, and Grow for it!



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Urban Food Growing

Learn about the key elements of urban food growing, including the principles of organic growing, propagation and pest management. These courses provide growers with a foundation of knowledge for growing food in the city and are run by a range of experienced trainers.

Getting Children Growing

If you work with children and young people in schools, youth organisations or in your community, these sessions are for you. They offer ideas on how to integrate food growing into the academic calendar and curriculum and give you the skills to run effective sessions for young people. They are run in partnership with Food Growing Schools London.

Bespoke Training and Site Visits

We can provide training sessions on a range of topics designed for you or on demand for groups at our site in The Regent's Park or in other locations. We can also visit your growing site or school to talk about planning, tips and what to grow.

Email capitalgrowth@sustainweb.org

Growing Enterprise

These sessions help growers who are interested in selling the food they grow or developing enterprising ideas in their garden. They give growers information to start selling their produce in an effective, legal and safe way. We also offer advice and help to find local buyers through our Growing Enterprise programme.

NEW: Grow for it!

From foraging to beekeeping, these workshops are a way to try out all the other exciting stuff you can do with urban food growing. They are designed to help you to learn something new and get to grips with the more unusual aspects of food growing.

Cost and Booking

Workshops are £12.50 for Capital Growth members and £25 for non-members. Bursaries are available for the un-waged. Advance booking is essential and can be made through Eventbrite. London Food Link supporters receive 50% off the full price and a free session on joining.

www.capitalgrowth.org/training

Capital Growth food growing training calendar April – June 2016

APRIL

Sat 2	Organic food growing for <i>real</i> beginners	Glengall Wharf Garden, SE15 6NF	10.30am-1pm
Wed 13	Grow to sell: The essentials	Allens Gardens, N16 5BD	5.30-8pm
Sat 23	Grow a garden for free: Propagation techniques for the savvy food grower	The Regent's Park, NW1 4NR	10.30am-1pm
Sat 30	Cultivate your community: Working with volunteers in the garden	Abbey Gardens, E15 3NF	10.30am-1pm

MAY

Sat 7	Nature's best: Companion planting and natural pest control	Phoenix School Farm, W12 7FG	10.30am-1pm
Wed 11	Food growing, mindfulness and pupil well-being	The Regent's Park, NW1 4NR	10.30am-1pm
Wed 18	Salads in the city	The Castle Garden, N4 2HA	10.30am-1pm
Wed 18	Organic food growing for <i>real</i> beginners	The Regent's Park, NW1 4NR	5.30-8pm

JUNE

Wed 1	Little green fingers: Engaging with children in the garden	The Regent's Park, NW1 4NR	5.30-8pm
Sat 4	Eggs and honey: Keeping chickens and bees in the garden	Phoenix School Farm, W12 7FG	10:30am-1pm
Thur 9	Organic food growing for <i>real</i> beginners	Abbey Gardens, E15 3NF	6-8:30pm
Fri 10	Grow to sell: What is legal?	Allens Gardens, N16 5BD	10:30am-1pm
Wed 15	Dig Deep: Get to know your garden soil	The Castle Garden, N4 2HA	5:30-8pm
Sat 25	Fresh food on your doorstep: An introduction to foraging in London	Glengall Wharf Garden, SE15 6NF	10:30am-1pm
Wed 29	The secret sex life of plants (and why it matters to gardeners)	The Regent's Park, NW1 4NR	5:30-8pm

Urban Food Growing
 Getting Children Growing

Growing Enterprise
 Grow for it!