

Urban Food Growing

Capital Growth run a series of training workshops covering the key elements of urban food growing, from planning your garden, to building a raised bed, through to more specialised sessions such as composting and wormeries. These are run by a range of experienced trainers, mainly at our site in The Regent's Park.

Growing in Schools

These sessions are designed to help schools and youth organisations to integrate their food growing space within the academic calendar and curriculum or design and run effective food growing training for young people. Capital Growth is also a partner of the Food Growing Schools London project, which aims to help all London schools to use food growing to boost learning; encourage healthy and sustainable choices; and connect communities.

Training sites

Most of our workshops take place in The Regent's Park Allotment Garden, located at the heart of Regent's Park. A dedicated team of volunteers maintain the garden and have turned a blank canvas into an inspirational food growing space. The site is run in partnership with Capital Growth, The Royal Parks, and Capel Manor College.

Grow to Sell & Enterprise

These workshops are designed to help groups who want to sell surplus food, grow food to sell or develop enterprising ideas. This is part of our Grow to Sell support, which includes advice, training and help to find a local buyer. Anyone signing up to receive this support will receive a further discount (email training@capitalgrowth.org).

Growing Leaders

These sessions are aimed at those running or setting up a food growing project and are designed to help you with the running and management of the site, including food growing training techniques and building your space. To find out more about becoming a Growing Leader email capitalgrowth@sustainweb.org

Cost & booking

Full day sessions are £50 for the public and £25 for Capital Growth members. Short workshops are £25 for the public and £12.50 for Capital Growth members. Groups registered with Grow to Sell receive a further discount on these sessions. Bursaries are available for the un-waged.

Please note advance booking is essential.

Capital Growth food growing training calendar April - August 2014

APRIL

25 Friday	Use your garden as a classroom	The Regent's Park	10am-3:30pm*
26 Saturday	Grow to Sell: The Essentials	The Regent's Park	10am-3:30pm*

MAY

2 Friday	Designing and delivering food growing sessions for children and young people	The Regent's Park	10:30am-1pm
10 Saturday	Wildlife gardening - know and attract good bugs in your garden	The Regent's Park	10:30am-1pm
14 Wednesday	Organic food growing for beginners	The Regent's Park	5:30-8pm
17 Saturday	Build your space	The Regent's Park	10am-4:30pm*^

JUNE

7 Saturday	Food growing training techniques	The Regent's Park	10:30am-5pm*^
11 Wednesday	Growing salads and high yield crops	The Castle Climbing centre	10am-12:30pm
18 Wednesday	Managing your food growing space	The Regent's Park	5:30-8pm
28 Saturday	Is Beekeeping for you?	The Regent's Park	10:30am-1pm

JULY

2 Wednesday	Grow to Sell: Harvesting	Allen's gardens	5:30-8pm
9 Wednesday	Soil, composting and wormeries	The Regent's Park	5:30-8pm

AUGUST

6 Wednesday	Growing Autumn and Winter vegetable	The Regent's Park	5:30-8pm
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	Growing Leaders Workshops		Grow to Sell and Enterprise Workshops
	Urban Food Growing Workshops		Growing in Schools Workshops
* Full day training session		^ Additional charge (£10 per person)	