

Capital Growth is a partnership initiative between London Food Link, the Mayor of London, and the Local Food Fund and aims to create 2012 new community food growing spaces across London by the end of 2012.

The team provides advice, support and resources to schools, housing estates, community groups, businesses and many others to get food growing projects running and flourishing. In addition, Capital Growth also promotes the value and potential of urban agriculture to policy makers and decision makers in local and national governments.



Food Growing Training Calendar

August 2012 – January 2013



For more information visit www.capitalgrowth.org



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The Capital Growth training programme is now working across four themes of community food growing: grow to sell & enterprise, growing leaders, urban food growing and growing in schools. For more information and how to book, please see inside or online at www.capitalgrowth.org/training.



MAYOR OF LONDON

Urban Food Growing Workshops

Capital Growth runs a series of training workshops covering main elements of Urban Food Growing, from planning your garden, to soil care, through to more specialised sessions such as growing in containers or introduction to permaculture. These are run by a range of experienced trainers, at our site in The Regent's Park.

Short workshops are £20/ £10 for Capital Growth spaces. Full day sessions are £50/ £25 for Capital Growth spaces. Some workshops may have a supplementary charge and there are bursaries available. For more information and to book email training@capitalgrowth.org

Growing in schools

These training sessions are designed to meet the needs of schools or youth organisations to fully integrate their community food garden within the academic calendar and curriculum and to design and deliver effective food growing activities for young people.

A discount is available for bookings of four or more sessions. For more information and to book email training@capitalgrowth.org

Grow to Sell & Enterprise Workshops

These workshops aim to help groups grow food to sell or develop enterprising ideas. This runs alongside our Grow to Sell support, which includes advice and training on what to grow, how to plan and support to find a local buyer.

Anyone signing up for our Grow to Sell support can attend training sessions for £5. For more information and to book email training@capitalgrowth.org

Growing Leaders Workshops

Capital Growth is offering a series of training sessions designed to help those running or interested in setting up a community food-growing project. Pick from a number of courses to help you with the project management of the site, including supporting volunteers, fundraising and more.

A discount is available for bookings of four or more sessions. For more information and to book email training@capitalgrowth.org

Capital Growth Food Growing Training Calendar

August 2012 – January 2013

	DATE	COURSE NAME	LOCATION	TIME	LEVEL
SEPTEMBER	6 Thursday	Year round growing – focus on leaf crops	St Mungos, Melior Street, Southwark	2pm – 4.30pm	Intermediate
	8 Saturday	Forest Gardening: Growing edible perennials	The Regent's Park Allotment	10.30am – 1pm	Beginner/Intermediate
	10 Monday	Pop Up Pickle! Chutneys & Pesto	The Table Cafe SE1	6pm – 9pm	Beginner/Intermediate
	12 Wednesday	Getting your community growing (one day)	St. Lukes centre, Islington	10.30am-3.30pm	Beginner/Intermediate
	19 Wednesday	Garden Design	The Regent's Park Allotment	5.30pm – 8pm	Beginner/Intermediate
	24 Monday	Pop up Pickle! Jams and Pickles	The Calthorpe Project WCI	6pm – 9pm	Beginner/Intermediate
	29 Saturday	Growing More Food (increasing productivity)	Global Generation Skip Garden, Kings Cross	10.30am – 1pm	Intermediate

OCTOBER	3 Wednesday	Raising funds for your growing project	Kedlestone Walk Community Centre, Bethnal Green	2pm- 4.30pm	Beginner/Intermediate
	3 Wednesday	Grow to Sell: Getting started	Kedlestone Walk Community Centre, Bethnal Green	6pm -8.30pm	Beginner/Intermediate
	6 Saturday & 7 Sunday	Train the trainer weekend course (two day)	The Regent's Park Allotment	10am – 5pm	Expereinced
	10 Wednesday	Grow to Sell: Adding value	Farm Shop, Dalston	6.15pm-8.45pm	Beginner/Intermediate
	17 Wednesday	Involving your community	Kedlestone Walk Community Centre, Bethnal Green	2pm - 4.30pm	Beginner/Intermediate

NOVEMBER	7 Wednesday	Running events in your garden	Kedlestone Walk Community Centre, Bethnal Green	2pm-4.30pm	Beginner/Intermediate
	9 Friday	Crops to work in the school Calendar	The Regent's Park Allotment	10.30am – 1pm	All levels
	16 Friday	Designing and delivering food growing sessions to Children and young people	The Regent's Park Allotment	10.00am – 12.30pm	All levels
	16 Friday	Links with the curriculum (Primary School)	The Regent's Park Allotment	1.30pm – 4pm	All levels
	21 Wednesday	Working with volunteers	Kedlestone Walk Community Centre, Bethnal Green	2pm-4.30pm	Beginner/Intermediate
	24 Saturday	Soft fruits, fruit tree pruning and care	The Regent's Park Allotment	10.30am – 1pm	Intermediate

DECEMBER	1 Saturday	Permaculture Design Taster	The Regent's Park Allotment	10.30am – 1pm	Beginner/Intermediate
	8 Saturday	Permaculture Design Taster	The Regent's Park Allotment	10.30am – 1pm	Beginner/Intermediate

JANUARY	26 Saturday	Permaculture Design Taster	The Regent's Park Allotment	10.30am – 1pm	Beginner/ intermediate
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Training sites

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

We are also run workshops in a number of other locations including Capital Growth sites such as St Mungo's community garden, and Global Generation Skip Garden.

Cost and booking information

Short workshops are £20 for the public and £10 for Capital Growth spaces. Full day sessions are £50 for the public and £25 for Capital Growth spaces. Some workshops may have a supplementary charge and there are bursaries available. For more information and to book email training@capitalgrowth.org

- Growing Leaders Workshops
- Urban Food Growing Workshops
- Grow to Sell and Enterprise Workshops
- Growing in Schools Workshops

Please note advance booking is essential