

month	date	day	time	workshop	venue
Apr	10 th	Sun	10.30am to 3pm	Herb Gardening	Carshalton
	13 th	Wed	10.20am to 12pm	Beanstalk – Bug Hunt	Wallington library
	15 th	Fri	10.30am to 12pm	Beanstalk – Bug Hunt	Sutton Community Farm
	17 th	Sun	1.30pm to 3pm	Beanstalk – Bug Hunt	Carshalton
	27 th	Wed	6-8pm	Beginners Food Growing	Carshalton
	30 th	Sat	10.30am to 12.30pm	Beginners Food Growing	Sutton Community Farm
May	8 th	Sun	10.30am to 3pm	Keeping Hens	Cheam
	10.30am to 3pm		Kitchen Gardening	Carshalton	
	14 th	Sat	10.30am to 3pm	Keeping Bees	The Ecology Centre
	15 th	Sun	10.30am to 3pm	Wildlife Friendly Food Growing	Carshalton
	22 nd	Sun	1.30pm to 3pm	Beanstalk – Great Green Fingers	Carshalton
Jun	1 st	Wed	10.30am to 12pm	Beanstalk – Super Seedlings	Sutton Life Centre
	3 rd	Fri	10.30am to 12pm	Beanstalk – Super Seedlings	Sutton Community Farm
	5 th	Sun	1.30pm to 3pm	Beanstalk – Super Seedlings	Carshalton
	12 th	Sun	10.30am to 3pm	Composting	Carshalton
	14 th	Tue	6-8pm	Beginners Food Growing	Carshalton
	18 th	Sat	10.30am to 12.30pm	Beginners Food Growing	Sutton Community Farm
	26 th	Sun	10.30am to 3pm	Container Gardening	Carshalton
Jul	9 th	Sat	10.30am to 3pm	Fruit Growing	Carshalton
	2 nd	Sat	10.30am to 3pm	Organic gardening	Carshalton
Aug	8 th	Mon	10.30am to 12pm	Beanstalk – Muck and magic	Carshalton
	14 th	Sun	1.30pm to 3pm	Beanstalk – Muck and magic	Carshalton
	29 th	Mon	10.30am to 6pm	Environmental Fair	Carshalton Park
Sep	8 th	Thu	5.30-7.30pm	Beginners Food Growing	Carshalton
	10 th	Sat	10.30am to 12.30pm	Beginners Food Growing	Sutton Community Farm
	17 th	Sat	10.30am to 3.30pm	Fruit Growing	Carshalton
	25 th	Sun	1.30pm to 3pm	Beanstalk – Green manures	Carshalton
Oct	1 st	Sat	10.30am to 3.30pm	Storing and Preserving	tbc
	8 th	Sat	10.30am to 3.30pm	Food for Free	tbc
	26 th	Wed	10.30am to 12pm	Beanstalk – Smashing Pumpkins	Phoenix Centre library
	28 th	Fri	10.30am to 12pm	Beanstalk – Smashing Pumpkins	Sutton Community Farm
	30 th	Sun	1.30pm to 3pm	Beanstalk – Smashing Pumpkins	Carshalton

Keep yourself updated about our future food growing courses, local food events, and other local environmental news; Join our free e-news list - visit ecolocal.org.uk/news



Grow your own

Food Growing Training

EcoLocal run a wide range of courses and activities to help you learn how to grow your own fresh fruit and vegetables.

Our demonstration allotment in Carshalton offers the ideal teaching venue, allowing you to see and experience different food growing techniques. Our courses are very practical, giving you real hands-on learning. We also run courses and activities at Sutton Community Farm and other venues. Choose from:

- ★ 6 week beginners courses
- ★ a wide range of one day workshops
- ★ free sessions for families (Beanstalk Project)

Beginners Food Growing Courses

Learn everything you need to know to start growing your own fruit and veg



Six week courses to learn all about;

- ★ Preparing your growing area
- ★ Planning what to grow
- ★ Planting techniques
- ★ Taking care of your plants
- ★ Feeding your soil
- ★ Harvesting and storing produce

This AQA certified course is only £10 for those on income related benefits and only £50 for everyone else.

Weekday evenings 6-8pm for six weeks

Three courses starting; Wednesday 27th April, Tuesday 14th June and Thursday (5.30-7.30pm) 8th September at Carshalton Community Allotment

Saturday mornings 10.30am-12.30pm for six weeks

Three courses starting; Saturday 30th April, 18th June and 10th September at Sutton Community Farm



L♥VING LOCAL FOOD



One day workshops

Herb Gardening

Sunday 10th April 10.30-3pm

Produce your own;

* culinary herbs * medicinal herbs * basil pesto * lavender bath soak

This workshop will give you the chance to plan your own herb garden. You will learn how to grow herbs from seeds and cuttings and how to use herbs for cooking and healing including how to make your own basil pesto as well as lavender and oatmeal bath soak to relax afterwards. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Kitchen Gardening

Sunday 8th May 10.30-3pm

Learn about;

* planting veg. * crop rotation * storing veg. * make soup and pickle

Learn all the basics for growing your own fruit and veg. from seed including crop rotation, storing and preserving crops. Plant up your own fruit and vegetables to take home. There will also be a recipe demonstration. This workshop is suitable for people with or without gardens. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.

Keeping Hens

Sunday 8th May 10.30-3pm

Learn all the basics for keeping your own hens with author and TV presenter Jane Furnival. All welcome and no experience needed. The session runs from 10.30am till 3pm at The Old Rectory in Cheam and costs just £10 including a tour of the Old Rectory.



Keeping Bees

Saturday 14th May 10.30-3pm

Learn all the basics for keeping your own bees including an opportunity to wear a bee suit and view a hive. All welcome and no experience needed. The session runs from 10.30am till 3pm at The Ecology Centre in Carshalton and costs just £10.



Wildlife Friendly Food Growing

Sunday 15th May 10.30-3pm

Learn how attracting beneficial insects and critters can help your food growing area. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Composting

Sunday 12th June 10.30-3pm

Learn how to make your own organic compost and liquid feed to increase the fertility of your soil. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Container Gardening

Sunday 26th June 10.30-3pm

After this workshop you'll go away with the knowledge required to sow and grow vegetables, herbs and flowers in containers. Discover how container planting requires different gardening techniques compared to outside gardening and learn thrifty gardening – how to recycle containers, minimise your outlay when growing plants. This workshop is suitable for people with or without gardens. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Organic Gardening

Saturday 2nd July 10.30-3pm

Learn all about dealing with weeds, pests and fertility without the use of chemical based fertilisers and pesticides. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Fruit Growing

Saturday 9th July & Saturday 17th September 10.30-3pm,

Learn all about feeding, planting & formative training of your fruit. Learn about how fruit forms and why trees blossom. All welcome and no experience needed. The session runs from 10.30am till 3pm at Carshalton Community Allotment and costs just £10.



Storing and Preserving

Saturday 1st October 10.30-3pm

Learn all about storing your harvest including making tasty jams, pickles and preserves. All welcome and no experience needed. The session runs from 10.30am till 3pm and costs just £10. Venue to be confirmed



Food for Free

Saturday 8th October 10.30-3pm

Learn how to make the most of the free food in public spaces. All welcome and no experience needed. The session runs from 10.30am till 3pm and costs just £10. Venue to be confirmed



The Beanstalk Project

FREE Family Fun Food Growing Sessions

Join our free hands-on-learning activities which we run throughout the spring, summer and autumn at Carshalton Community Allotment, Sutton Community Farm and at local libraries. For more information visit www.ecolocal.org.uk/beanstalk or email beanstalk@ecolocal.org.uk or call 020 8770 6611



To book on the courses email: food@ecolocal.org.uk
or call 020 8770 6611