



## Course descriptions 2019

### **Growing workshops**

#### **Year-round Crop Planning**

Half day or Evening

This workshop will give an overall introduction to UK edible crops possible to grow at home; fruit and veg mostly, but we will also discuss the options of other produce in domestic settings including meat, eggs and honey.

You will come away with a good understanding of how to select crops, create a planting schedule and implementation plan.

This course is designed at introductory level and is suitable for beginners.

**Perfect companion to Preserving Your Produce**

#### **Wildlife Gardening**

Half day or Evening

Discuss the wildlife we want to encourage into the garden to help manage pests, as well as the disruptive wildlife we want to deter.

Various strategies will be discussed, including what you can do for free at home.

We will show and discuss various wildlife houses you could make at home with simple diy tips.

**Perfect companion to Composting at Home and Work**

#### **Natural Pest & Disease management**

Half day or Evening

Tired of getting your crops eaten? Want to reduce the number of chemicals you use at home?

Discuss the strategies for natural pest and disease management using minimal chemicals and interference in existing food chains and ecosystems in your garden.

You will leave with a pest management strategy for your own garden.

#### **Growing veg: Seed to Harvest**

Half day or Evening

Do you want to start growing your own food at home or work?

Come and learn how to sow and grow your own edibles.

A beginner's course, we will cover sowing, planting out, watering, pests, soil health, companion planting, composting, harvesting and seed saving.

#### **Growing Fruit**

Half day or Evening

The theory of fruit growing including:

- an overview of fruits that grow well in the UK
- how to care for your fruit plants
- different varieties, including more unusual and heritage fruits
- propagation
- designing spaces for fruit
- how to grow more fruit than you thought possible in a small space!

We will also cover the many ways to preserve fruit and give a demonstration on jam making.

Please bring a jar with you if you would like to take some jam home with you.

**Perfect companion to Fruit Tree Grafting**



### **Fruit Tree Grafting**

Half day or Evening

Discuss the how's and why's of grafting fruit trees:

- Learn and try tongue and whip grafting
- Learn safe use of tools
- Take your tree home with you

By the end of this course you will be able to select rootstock, graft and care for trees. One fruit tree is included to take home.

Additional fruit trees can be grafted and taken home with you for £5 per tree to cover costs of rootstock, pots, compost.

### **Perfect companion to Growing Fruit**

### **Hunger Gap Crops**

Half day or Evening

When growing your own food, there is often a lull between March and April when the winter crops have finished and the summer crops are not yet ready.

This workshop will give you the crop ideas and design tools needed to enable you to fill the gap with enough food to keep eating healthily and fill the crop gaps within your gardening year.

You will leave with crop suggestions and a planting plan.

### **Perfect companion to Growing Edible Perennials**

### **Making Edible Hanging Baskets**

Half day or Evening

This practical course is the perfect gift for someone special, either as a gift voucher or to bring to the course with you.

You will plant up a hanging basket using a selection edible flowers and culinary herbs. We will end the course with a light afternoon tea, quality time with Mum, Dad or significant other. You will take your basket home with you.

Additional baskets may be purchased for a small fee to cover costs.

### **Introduction to Growing Herbs**

Half day or Evening

An introduction course to herbs, covering:

- Identifying herb plants and methods of growing
- How to integrate herbs into your space/design
- Culinary and medicinal uses of herbs

### **Perfect companion to Herbal Medicine**

### **Growing Edible Perennials**

Half day or Evening

Sometimes growing your own vegetables can seem like a tireless task – constantly sowing, planting out, harvesting, clearing, weeding.

There are a multitude of perennial edible plants we can add to our garden and our diet to both increase flavours, our health and variety in our garden, whilst hugely decreasing our workload.

### **Perfect companion to Hunger Gap Crops**



### **Composting at home and work**

Half day or Evening

Want to do more with your household and food waste than send it off to the Council and buy in fertiliser and compost?

We will discuss:

- how to create healthy compost at home or at work
- what can go into a composting system
- various compost systems including bokashi, wormeries, hot composting and leaf mulch

Take home your own plan for creating healthy compost and soil in your growing space.

### **Perfect companion to Wildlife Gardening**

### **Introduction to Forest gardens/Food Forests**

Full day or Evening

Discuss and learn the basics of food forests:

- What are food forests and why are they useful?
- Learn key species for each layer
- Assess examples of forest garden design

By the end of this course you will have the basic knowledge and understanding to begin thinking about creating your own forest garden.

### **Perfect companion to Designing Edible Gardens, Plots & More**

### **Introduction to Permaculture**

Full day or Evening

We will cover the ethics of permaculture, assessing and observing a site, designing on paper, with various films and activities to support your learning.

You will gain a deeper understanding of what permaculture is and why it exists, what it offers to you and the world, and how we can make food production and other systems much more efficient and productive.

By the end of this day you will be able to:

- State the Ethics and Principles underpinning the theory of Permaculture
- Describe 3 possible land management strategies which fall under the heading of permaculture
- List 3 ways that permaculture can be embedded in your own life

You will take home some next steps with you, designed on the course

The next step after this course would be the full 15 day Permaculture Design course which includes all the theory of design as well as practical skills to get you growing and designing in your own space.

This is a theoretical course - if you want to learn some practical as well as theory, consider the Introduction to Permaculture weekend course.

### **Perfect companion to Design Drawing Skills**



### **Practical Edible Horticulture**

Four day certified

Do you want to make more use of your outdoor space for food or medicinal production? Learn the essential practical skills needed in planning, creating and designing a garden.

We cover the following topics over four days:

- Organic Gardening
- Composting
- Raised beds
- Seasonal planning
- Herbs and their uses
- Herbal Medicine
- Wildlife Gardening
- Ponds and Swales

*This course is certificated at Level 1 which is equivalent to low GCSE level standard. Attendance on the Basic Edible Horticulture course or prior growing knowledge is required.*

### **Urban & Small-Scale Food Production**

Four day certified

Do you want to produce all of your own food? Perhaps you want to earn a small income from growing food, herbs, medicine or flowers? Learn what food enterprises may be possible, methods for earning income and growing more of your own produce.

We cover the following topics over four days:

- Growing fruit
- Orchards
- Forest Gardens
- Urban food production
- Propagation
- Edible Flowers
- Small scale enterprise

*This course is certificated at Level 2 which is equivalent to GCSE grades A-C. Attendance on the Practical Edible Horticulture Level 1 course or evidence of equivalent qualifications / experience will be required to attend this course.*



## Design Workshops

### Design Drawing Skills

Half day or Evening

If you want to present your designs more professionally or are struggling with accurate plans of your site, home or garden, come and learn with us – we will support you from putting pencil to paper right through to digital programmes which can aid your design work.

- Drawing to scale
- Hand drawn designs
- Computer programme options
- Demo of two digital programmes
- Presentation tools
- Introducing graphic art programmes and apps

**Perfect companion to Designing Edible Gardens, Plots & More**

### Designing Edible Gardens, Plots & Beyond

Full day or Evening

Discuss the basics of how to design your own growing space:

- Assess and map your own space
- Explore a systems approach that can be applied to any site, any size
- Design your own edible space

By the end of this course you will have basic knowledge of how to map and design your own space, with a draft design to take home.

**Perfect companion to Introduction to Permaculture Design**

### Introduction to Permaculture Design

Weekend

We will cover the ethics of permaculture, assessing and observing a site, designing on paper, with various films and activities to support your learning.

You will gain a deeper understanding of what permaculture is and why it exists, what it offers to you and the world, and how we can make food production and other systems much more efficient and productive.

Day 2 will be more practical, teaching you some of the design tools and processes needed when applying permaculture design principles.

By the end of this weekend you will be able to:

- State the Ethics and Principles underpinning the theory of Permaculture
- Describe 3 possible land management strategies which fall under the heading of permaculture
- List 3 ways that permaculture can be embedded in your own life
- Create a scale base map of a site
- Design a space using zoning and exclusion zone techniques, among others

You will take home some next steps with you, enabling to design areas of your life and live more sustainably.

*This is a perfect introduction to our 15 day Permaculture Design course which includes all the theory of design as well as practical skills to get you growing and designing in your own space.*



### Designing for self-sufficiency

Four day certified

Have you dreamt of designing your own home or garden?

Learn all the design skills needed to create a highly productive, beautiful and functional outdoor (or indoor) growing space, incorporating social space, aesthetics and more.

Take part in a group design exercise and create your own design work, whilst learning how to work to a client design brief.

We cover the following topics over four days:

- Design frameworks and processes
- Client work
- Producing designs to a set brief
- Design presentations

*This course is certificated at Level 3 which is equivalent to A level standard. Attendance on the Level 2 course or evidence of relevant qualifications will be required to attend this course.*

### Permaculture Design Course

15 days or one/two days at a time

This course follows the nationally recognised format of a Permaculture Design Course with some of our own added content on practical growing skills which aren't always included in a PDC.

We specialise in Forest Garden design and edible landscaping and you will learn about both of these areas in detail. We also cover:

- Design process and methodology
- Soil management and conservation
- Urban challenges and food production
- Permaculture, Woodlands and Agroforestry
- Real wealth, money and sustainable exchange
- Buildings, Energy conservation and renewable energy
- Personal health, nutrition and resilience
- Creating income from food production
- Food preservation
- Herbal medicines
- Practical gardening skills

Format can be:

- 15 Saturdays or Sundays
- 15 day intensive course
- 1 intensive week followed by a second intensive week 6 months later
- Studied in modules and spaced out at a pace to suit you

This course is certified by the Permaculture Association Britain, from whom you will receive your certificate.



## **Cooking Workshops**

### **Cooking with Edible Flowers**

Half day or Evening

Edible flowers add colour and flavour to your dishes.

Learn how to make your dishes more beautiful while expanding your range of edible plants with this workshop, which will include a cooking demonstration and some tasters.

You will go home with a range of ideas, some ideas for growing flowers at home and some recipe links.

### **Perfect companion to Growing Edible Perennials**

### **Wild Berry Beverages**

Half day or Evening

Cordials, Infusions, Aides, Teas, Gins, Brandys, Liqueurs and Wines – all from plants!

We are reliant on plants for most of our drinks and this workshop will let you in on some of the know-how to make your own at home.

This is a hands on workshop, starting off with outdoor foraging, we will taste some of the drinks created from hedgerow plants.

We will then make two different drinks for you to try and take home. Recipes will also be provided.

Please bring empty bags/jars/bottles to take produce home with you.

### **Perfect companion to Preserving, Pickling & Drying Your Produce**

### **Sprouting Beans, Legumes & Grains**

Half day or Evening

Whole grains, nuts and legumes and other seeds all contain important nutrients.

Two traditional food-processing methods found throughout the world are soaking or sprouting these seeds, as both processes make these nutrients more bioavailable.

In a diet where these foods make up a substantial part of the diet, this is an important practice for obtaining optimum nutrition.

There will be tasters and practical sowing during the workshop.

### **Perfect companion to Designing Edible Gardens, Plots & More**

### **Preserving, picking & drying your produce**

Half day or Evening

Harvest time is a time to celebrate, but it can also be stressful if you don't know how to preserve your produce. This workshop will teach how to safely preserve and store your produce and will focus on pickling, drying, storing, freezing, and will touch on fermentation

and using alcohol, sugar (as in jams) and oil.

There will be a practical demonstration on how to pickle cucumbers with vinegar.

### **Perfect companion to Year-Round Crop Planning**



## Health and Wellbeing Workshops

### Herbal Medicine

Half day or Evening

A chance to learn about herbs and plants from the wild and how they can be used to treat various ailments.

Discover what you can do with the wild food in your garden or in the hedgerow.

Weather permitting, we will forage for herbs, berries etc, make herbal tinctures, vinegars & honegars/oximels to take home using local honey (provided).

It will be a relaxed, pleasurable workshop with plenty of time to chat and learn more about herbs & plants.

Please bring jam jars & vodka if you want to make a tincture. Cyder vinegar will be provided.

*\*We recommend seeking advice before consuming any herbal medicine or replacing allopathic medicines with a herbal remedy. We are not trained in medicine\**

### Perfect companion to Introduction to Growing Herbs

### Natural Cleaning & Beauty Products

Half day or Evening

Discuss techniques for cleaning the home and cleaning oneself without using chemicals - better for us and for the environment.

We will make a few of the products in the following list for you to take home with you:

- Lavender sugar scrub
- Honeysuckle bath bomb
- Yarrow lotion and face steam
- Dry eye compress
- Rosemary and mint mouthwash
- Window cleaning
- Walls and paintwork
- Air fresheners

There will be samples to try and recipes to take home with you.

This is a practical workshop, please bring rubber gloves and empty jars if you would like to take some product home with you.

### Introduction to Social Permaculture

Full day or Evening

The perfect introduction to permaculture as a topic, explore the people side of permaculture and how to manage decision making, communication and conflicts in groups.

We will also discuss finance, economics and the community side of permaculture.

This is a theoretical course with group activities within the classroom and outside.

### Personal Resilience

Full day or Evening

Discuss various aspects of our personal health, including diet and nutrition, mental health and physical health. We will also explore mindfulness and stress management strategies.

By the end of the workshop you will be taking home a number of practical solutions to stress in your life and some ideas of goals you want to work towards.





## **Eco Building Workshops**

### **Green Roofs**

Half day or Evening

This is a practical course, perfect as a gift voucher for someone, or come along with someone special for some quality time together.

You will be building a mini green roof during the workshop and taking home a step by step plan for creating your own green roof at home.

There will be some interesting beer tasters (alcoholic and non-alcoholic) at the end of the workshop to give you time to discuss the course and talk green roofs!

*\*We strongly discourage drinking and driving\**

### **Cob Pizza Oven Building**

Full day

Discuss how to use cob as a building material and the pro's and con's thereof:

- Discuss the how's, where's and why's of cob
- Cob maintenance
- Build a cob oven!

By the end of the course you will have a basic understanding of working with cob and the experience to make your own small-scale cob structures.

### **Introduction to Eco Building theory**

Full day

We will introduce the concept of eco buildings and various eco retrofitting techniques, as well as discuss energy sources and material choices.

This course is useful if you are renovating or building your own house, workspace or small garden building. This is a good introduction to our Practical eco building course.

### **Practical Eco Building**

Weekend

We will be building a mini building in two days!

The structure will be timber framed, with strawbale walls, lime and clay plastering and a green roof. You will partake in all of these skills and we will cover health and safety.

This is the perfect practical introduction to eco building.

**Booking two courses at the same time will result in a 10% discount on both courses**