



Vegetable Growing & Gardening Courses 2011



How to find us

Growing Well is based at Low Sizergh Farm, to the south of Kendal on the A591. Buses stop close to the farm, and we are easily accessed from Ambleside, Kendal, Barrow, Lancaster and all points in between. We hope to see you soon.



Course Fees and Enrolment

All of our one day courses cost £45 per day. Our 20 week course at Brockhole costs £700.

If you would like more information about any of our courses, or would like to know more about a topic that we have not included in our programme please give us a call.

Courses can be booked using a credit or debit card on our website or by calling our office.

Growing Well inspires people to build their confidence and skills. We are an award winning, farm-based charity, that encourages involvement in our community-focused organic growing and training activities.

We farm ten acres of Low Sizergh Farm under Soil Association organic certification, growing a wide range of seasonal produce which is sold to local people through our Cropshare scheme. We train people in horticulture and run a successful programme of farm visits for school children.

We do all these things to create a wide range of work opportunities for people recovering from mental health problems.

Visit our website to sign up for our monthly newsletter or to find out all the ways you can get involved in what we do.

Growing Well is supported by:



Growing Well, Low Sizergh Farm, Kendal, LA8 8AE
Tel: 015395 61777 Email: info@growingwell.co.uk
www.growingwell.co.uk





Vegetable Growing

A series of one day courses specifically about organic vegetable production, suitable for anyone with an allotment or veg plot who is a beginner, or for more experienced growers who want to improve their production potential and share ideas with others.

Saturday April 9th

Seed Propagation and Aftercare

Come along and learn how to sow seeds and look after your seedlings to ensure success. Find out about seed dormancy, seedling diseases and potential pest problems. Practical session on different seed sowing techniques and pricking out.

Saturday May 7th

Understanding Your Soil

How to identify what type of soil you have and how you can get the most out of it the organic way. Practical session on soil preparation and use of organic matter.

Saturday June 11th

Reducing Your Pest and Disease Problems

How to care for your crops to enhance their health and productivity. Will include discussions on plant nutrients, irrigation, relevant pests, diseases and beneficial insects.

Saturday September 10th

Using Your Greenhouse or Polytunnel to its Full Potential

Get some ideas on crops you can grow successfully in your protected space so you have something to harvest throughout the year. Will include discussions on specific crop growing techniques, pests and diseases and feeding, to keep crops healthy and achieve maximum yield.

Saturday October 8th

Vegetable Garden Planning

Be prepared for next season. Take the mystery out of crop rotation. Learn why it's so important and how to do it. To include crop and variety choices and the use of green manures.

Gardening

A series of one day courses for anyone interested in learning how to do some of those gardening techniques you've read about in books or seen on the television, with the added bonus of doing it practically with expert help.

Friday May 20th

Hanging Baskets and Containers 1

Summer Planting

Come along and make a decorative/productive summer basket and/or planter. Learn how to design your basket, choose your plants and plant one up to take home. Will include discussion on caring for your basket to maintain a superb display throughout the season.

Friday June 24th

Propagation for Beginners 1

Cuttings Made Easy

Take the mystery out of how to be successful with cuttings. Bring along some pieces of a plant you want to make more of and have a go at softwood and tip cuttings.

Friday July 15th

The Good, the Bad and the Ugly

Managing Pests and Bugs

A look at how to identify, prevent and deal with a range of garden pests and how to recognise the beneficial bugs in your garden. Bring along any you have for identification.

Friday September 23rd

Hanging Baskets and Containers 2

Winter Planting

Create a decorative winter hanging basket and/or planter. Find out about the range of plants that can be used, design and plant a basket/container that will look interesting all winter.

All one day courses run from 10am – 3.30pm and are taught by our experienced tutors in Growing Well's classroom and market-garden at Low Sizergh Farm.

Friday October 21st

Propagation for Beginners 2

Division, layering and other vegetative propagation techniques

Learn the theory behind, and then have a go at, a range of techniques to make more of the plants you love - for free!

The Complete Vegetable Garden at Brockhole

Tuesdays from May to October 10am - 3.30pm

A unique opportunity to learn whilst growing vegetables in a Victorian kitchen garden



Growing Well is collaborating with the Lake District National Park to offer a **20 week course** at **Brockhole**, bringing Thomas Mawson's Victorian Kitchen garden back to its former glory.

This course will take you step-by-step through the tasks of a varied and productive veg garden, teaching you about soils and seeds, propagation and planting and taking you through all you need to know to produce a healthy crop. All the produce grown in the gardens will be shared by the students. The course will be taught by Growing Well's skilled tutors in the grounds of Brockhole and in the classrooms at the house.

