



Contact info@sowthecity.org for more information or to make a booking.

Course/ session	Category	GLH (hrs)	From	To	Description	Covers	No. (max)	Age	Materials
Introduction to Growing Vegetables	Horticulture	3.5	January	December	An introduction to the basic concepts of horticulture, from sowing through to harvest.	Planning your plot, different growing systems, soil types and fertilisers, sowing seeds and raising seedlings, pests and diseases, harvesting and storing.	12	Adult	See lesson plan
Introduction to Growing Vegetables	Horticulture	7	January	December	An introduction to the basic concepts of horticulture, from sowing through to harvest.	Planning your plot, different growing systems, soil types and fertilisers, sowing seeds and raising seedlings, pests and diseases, harvesting and storing.	12	Adult	See lesson plan
Introduction to Social and Therapeutic Horticulture (STH)	Horticulture	8	January	December	Understand how nature can be utilised as a therapeutic tool to aid recovery and improve mental & physical wellbeing	Benefits of nature an gardening for health, how to develop a session plan for STH, how to evaluate sessions.	12	Adult	See lesson plan
Wildlife Gardening	Nature	8	January	December	An introduction to wildlife gardening	Learn which trees, shrubs, perennials, bulbs, annuals and grasses to plant to attract insects and birds. Understand how to use garden features such as lawns and ponds and water features to benefit wildlife. Find out how to provide food and shelter for wildlife. Hands on activity building homes for insects and birds	12	Young People / Adults	See lesson plan
Introduction to Vertical Farming and Hydroponics	Horticulture	4	January	December	Learn how to use a nutrient rich water based solution to grow edible crops without soil	How to design build your own hydroponics system, nutrients, plant selection, considerations for success, commercial systems.	12	Adult	
Planning and Planting an Orchard	Arboriculture	1	January	December	Take the first steps to creating your own orchard of fruit trees.	Identifying a suitable site, tree types and selection, how to plant guard and stake a tree, pests and diseases.	12	Adult	6 'standard' trees, stakes and guards.
Planning and Planting a Native Woodland	Nature	1	November	March	Take part in establishing a native woodland and basic arboriculture techniques	Identifying a suitable site, tree types and selection, how to plant guard and stake a tree, pests and diseases.	12	Young People / Adults	Standard trees, stakes and guards
Fruit Tree Grafting	Arboriculture	0.5	March	April	Grafting is the process of joining two plants together to harness the benefits of both. This workshop will teach you the basics	Why we graft trees, rootstock and scions, grafting instruction and demonstration, aftercare of your grafted tree. Includes rootstock, scions, and equipment.	6	Young People / Adults	Trees, root stock, tape, hormone powder, stakes
Fruit Tree Maintenance	Arboriculture	2	November	March	Learn to care and maintain 'hard fruit' trees (Apples and pears) to ensure optimum growth and production of fruit.	Practical pruning tips as well as how to plan and plant an orchard.	12	Young People / Adults	See lesson plan
Composting	Horticulture	2	March	November	Improve soil health and improve the quality of your crops by learning how to create your own compost.	Compost making basics, what to compost, how to make a compost heap, different composting techniques.	12	Children / Young People / Adults	See lesson plan
Green Roofs	Horticulture	8	January	December	Learn how to construct a green roof using a range of suitable plants (we may need more than one day depending on the size of the project)	Learn how to construct a green roof: loading, substrate, plant types, roof types.	12	Children / Young People / Adults	See lesson plan
Strong Roots	Community Development	8	January	December	All you need to know about Starting a community greenspace	training includes vision and planning, legalities and funding, land and design.	12	Adults	See lesson plan
Keeping Chickens	Horticulture	8	January	December	Jon will cover how to care for our feathered friends including why keep chickens, equipment needed, day-to-day welfare, diseases and other problems.	Chicken care, feeding requirements, varieties, pests and diseases and welfare	6	Young People / Adults	See lesson plan
Mushroom Growing	Horticulture	2	January	December	Learn the basics of mushroom cultivation. Make your own oyster mushroom growing bag.	Fungi growing conditions, substrates, techniques, make a bag	12	Young People / Adults	grow bags/buckets; spawn; kettle/urn; straw; tape; marker
Foraging for wild food	Nature	4	January	December	Make the most of your time outside join us to find what plants you can find and where plus what to do with them.	Forage a variety of seasonal woodland plants and fungi.	12	Children / Young People / Adults	See lesson plan
Power Up Your Plot	Technology	2	January	December	Learn how you can install and run an inexpensive solar power system to provide electricity for your plot.	Set up simple solar powered equipment at your community garden	6	Adults	See lesson plan
Garden / Plot Design	Design	3	January	December	This session will cover the basics of site design, constraints, requirements and considerations	Optimum profile siting, pathways, raised beds vs. inground, keeping livestock etc...	6	Children / Young People / Adults	Paper, pens
Willow Weaving	Craft	2	January	December	Learn the art of willow weaving, an environmentally friendly way to create artwork and utilities such as baskets.	Basics of willow weaving, learn terminology and terms, create artwork.	6	Children / Young People / Adults	See lesson plan

Hapa Zome	Craft	2	January	December	A Japanese term meaning leaf dye, use seasonal plants to create beautiful artwork	Different techniques for creating printed pattern using linen and seasonal leaves and flowers	12	Children / Young People / Adults	Flowers, leaves, plants, mallets, stones, materials, boards
Natural cosmetics	Craft	2	January	December	Make a selection of natural beauty products including lip balms, sugar scrubs and lotions using naturally derived ingredients	Using a selection of essential oils and naturally derived products participants can create beautiful gifts and products.	12	Children / Young People / Adults	Epsom salts, essential oil, beeswax, carrier oils, containers
Natural Dyeing	Craft	2	January	December	There are 1000s of natural materials in the world that can be used to create beautiful eye catching colours, in this workshop learn how to harness some of the most common colours	Create natural dyes using vegetables, fruit and flowers.	12	Children / Young People / Adults	Natural products, buckets, water, materials, access to a kitchen
Wood Rounds	Craft	2	January	December	Take a slice from the great outdoors and fashion a beautiful natural ornament	Sand, decorate and polish a wood round to be used as tree decoration, coaster or maybe a key ring.	12	Children / Young People / Adults	wood rounds, linseed oil, rags, sandpaper
Slate Carving	Craft	2	January	December	Take a slice from the great outdoors and fashion a beautiful natural ornament	File, embellish and carve a beautiful piece of slate that be used as a decoration or as a piece of jewellery	12	Children / Young People / Adults	Files, drill, masonry drill bit
Plant Orchestra	Technology	2	January	December	Make music with the electrical signals from plants and synthesisers	Plant biology, music technology	12	Children / Young People / Adults	Synthesiser, speakers/ headphone, pot plants
Moss art	Craft	2	January	December	Using sustainably sourced preserved moss and foliage to create a unique 3D piece of art using natural materials.	Create moss art, learn about natural materials, creates connection to nature	8	Children / Young People / Adults	Preserved moss, PVA, frames, wood rounds etc.
Clay impressions	Craft	2	January	December	Forage for materials and create clay impressions using air drying clay.	Create clay artwork learn about natural materials, creates connection to nature	8	Children / Young People / Adults	
Botanical monoprinting	Craft	2	January	December	Forage for materials. Create an arrangement from flowers and print it with ink	Ink and roller, pressing, printing	8	Children / Young People / Adults	
Carbon supermarket	Climate Change	Any	January	December	The Carbon Supermarket is an immersive public engagement installation Sow the City developed to raise awareness about the carbon footprint of food.	The carbon supermarket uses the idea of a personal 'carbon budget' – a limit on the amount of carbon that you should create to help meet national When visiting the carbon supermarket your aim is to do a daily shop from our market stall and stick within this carbon food budget.	Any	Children / Young People / Adults	CO2 till, fresh food and tinned food, food items, table for 'stall'
Wreath Making	Craft	2	November	December	Create your own indoor or outdoor (e.g. front door) Christmas Wreath using natural materials	Selecting materials, weaving willow and ivy, attaching decorations	12	Children / Young People / Adults	Willow, ivy, ribbon

