

Wellbeing: Starting A Food Garden

Course overview

Many of us have a small space in which we can grow things. We often fill that space with plants that are pretty to look at. In this course we will explore swapping those out for plants that are both attractive and edible.

What will I study?

You will:

- Discuss which plants prefer sun or shade
- Identify food plants you could grow from seeds at home
- Discuss layering plants to get the most from small spaces
- Discuss and plan succession planting to get a longer food season

Assessment method

You will participate in discussions and Q&A and receive verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

A rough plan of your growing space with approximate measurements.

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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