

SOW THE CITY WORKSHOPS



Category	Session
COOKERY	Cooking from the Plot
	Fermenting fruit and veg
	Apple Juicing etc.
	Jam Making
	Smoothies, Juices, Cordials
	Herbs in Cooking
	Campfire Cooking
	Wild Food - Gather and Cook
	Recipe Sharing
	Herbal Teas and Benefits
	Soups and Stews
	Healthy Packed Lunch
CRAFT	Willow Weaving
	Lantern Workshop
	Nature Printing
	Natural Cosmetics
	Paper Making
	Natural Dyeing
	Wood Rounds
	Seasonal Natural Crafts
	Slate Carving
	Environmental Art
FOOD GROWING	Balcony Planting
	Permaculture design
	Container growing
	Seed Saving
	Therapeutic Horticulture
	Companion planting

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FOOD GROWING	Winter Storage
	Cuttings
	Composting
	Forest Gardens
	Growing Mushrooms
	Growing Herbs
	Recycled Garden
	Plant Propagation
	Weeds, Pests and Diseases
	Green Manure
	Plant Protection and Training
	Garden/Plot Design
	Caring for Apple Trees
	Fruit Tree Pruning
	Intro to Urban Food Growing
	Selling Garden Goodies
	Culturally Distinctive Horticulture
TECH/CONSTRUCTION	Rainwater Harvesting
	Solar Panels and Irrigation Systems
	Scrapheap Challenge
	Building Raised Beds
	Pond Creation
	Joinery Workshop
	Hydroponics
	Tool Maintenance
	Making a Bench
	Power Up Your Plot solar power
Green Woodworking	

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Category	Session
WILDLIFE	Beekeeping
	Birdbox
	Wormeries
	Green roof
	Bird Feeders (Recycled/Natural)
	Bug Hotels
	Bug Hunt
	Soil Microbiology
	Creating Wildflower Meadow
	Butterfly Walk and ID
	Bat Walk
	Wildlife Gardening
	Keeping Chickens