

Contact [info@sowthecity.org](mailto:info@sowthecity.org) for more information or to make a booking.

Course	Category	GLH (hrs)	From	To	Description	Covers	No.	Age	Cost	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	£175	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	£300	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	£500	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	£300	
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	£600	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	£450	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	£200	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	£250	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	£200	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	£275 + materials	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	£350	See lesson plan
Keeping Chickens	Nature	8	January	December	Join 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, pest	6	Young People / Adults	£300	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, n	12	Young People / Adults	£200	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 fu	12	Young People / Adults	£200	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 con	6	Adults	£200 + Materials	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	£150	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 ten	6	Young People / Adults	£150	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	Young People / Adults	£150	mallets, stones, materials, boards
Natural cosmetics	Craft	2	January	December	Learn to create 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	£200	Epsom salts, essential oil, beeswax, carrier oils, containers
Natural Dyeing	Craft	2	January	December	Learn how 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 flow	12	Children / Young People / Adults	£150	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	used as tree decoration, coaster or maybe a key ring.	12	Young People / Adults	£150	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	Young People / Adults	£150	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	£350	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	Young People / Adults	£250	Preserved moss, PVA, frames, wood rounds etc.
Clay impressions	Craft	2	January	December	Forage for materials and create clay impressions	Create clay artwork learn about natural materials, creates connection to nature	8	Young People / Adults	£200	
Botanical monoprinting	Craft	2	January	December	Forage for materials. Create an arrangement	Ink and roller, pressing, printing	8	Young People / Adults	£200	
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	Any	Children / Young People / Adults	£500	CO2 till, fresh food and tinned food, food items, table for 'stall'

