

# Workshops

## Food Growing

Course	Length	Covers	Cost (incl. VAT)
Therapeutic Horticulture and Food Growing workshops	Half day	Planning your plot, different growing systems, soil types and fertilisers, sowing seeds and raising seedlings, pests and diseases, harvesting and storing.	£150 half day +£40 per learner for AQA accredited courses
Carpentry (e.g. making furniture, raised beds)	Half day or	How to use tools safely, how to create beds out of recycled materials.	£150 half day + materials costs £275 full day + materials (Up to 12 people)
	Full day		
Fruit Tree Maintenance	Two hours (Nov - Mar only)	Practical pruning tips as well as how to plan and plant an orchard.	£100 (Up to 12 people)
Fruit Tree Grafting	Two hours (Mar - Apr only)	Why we graft trees, rootstock and scions, grafting instruction and demonstration, aftercare of your grafted tree. Includes rootstock, scions, and equipment.	£200 (Up to 12 people)
Composting	Two hours	Compost making basics, what to compost, how to make a compost heap, different composting techniques.	£100 (Up to 12 people)
Keeping Chickens	Two hours	Chicken breeds, housing, health, happiness, how to handle the birds.	£100 (Up to 12 people)
Wild Food	Half day	Foraging for wild salads, berries, flowers and hedgerow fruit.	£250 (Up to 12 people)

If you have a request which is not listed please get in touch to find out how we can help.

For all sessions we can come to you or arrange a suitable venue.

All our sessions are run by experienced and qualified trainers.

Call us

0161 465 6954

Email us

[info@sowthecity.org](mailto:info@sowthecity.org)

## Workshops

### Other

Course	Length	Covers	Cost (incl. VAT)
Green Roofs	Full day	Learn how to construct a green roof: loading, substrate, plant types, roof types.	£275 + materials (we may need more than one day depending on the size of the project)
Living Willow Structures	Half day (Feb -Mar only)	How to plant living willow, train willow, and maintain your willow structure. Make a living willow arch, dome or fedge.	£250 (Up to 12 people)
Funding	Half day	Where and how to look for different sources of funding, how to complete funding applications, how to improve the chances of making your application successful.	£250 (Up to 12 people)
Strong Roots	Full day	Starting a community group/ community garden including vision and planning, legalities and funding, land and design.	£350 (Up to 12 people)
Healthy Cooking	Half day	Learn how to look after your body and eat well. Practical sessions are themed e.g. Thai cooking, Indian cooking, from field to fork etc.	£250 (Up to 6 people)

We also have experience in micro solar power and hydroponics, and have a whole schools training programme.

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