

# Wellbeing: Create a Kitchen Herb Pot

## Course overview

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Many of us use herbs in our cooking or to make a refreshing herbal tea. During this short course will create your own kitchen herb pot using young herb plant which will give you access to growing, renewable, herbs at home.

## What will I study?

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You will:

- Discuss which herbs grow well indoors and outside
- Plant 3 – 5 herbs in a pot
- Identify which herbs you could grow from seeds at home
- Be able to look after your herb pot at home.

## Assessment method

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

## Entry requirements

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- This course is open to all.

## What should I bring with me?

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A container, that fits in your kitchen, approximately 8” to 10” in diameter (or equivalent square or rectangular pot). You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via remote learning packs and Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other suitable Wellbeing, CPD courses or other courses such as Growing in Small Spaces.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722