

Wellbeing: Create a Kitchen Herb Pot

Course overview

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

What will I study?

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

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 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

There will be some mess due to the soil so please dress appropriately.

Possible next steps

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 Pots and Tubs.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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