

# Wellbeing: Grow your own food - Spring

## Course overview

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Even the smallest of spaces can be used to grow food to supplement what you can buy or give you access to foods with a short shelf life.

You do not need much space, there is a lot that can be grown in pots and small containers.

## What will I study?

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- Which spring foods grow well in small spaces
- Fast growing crops for a quick return
- Cut and some again foods
- Choosing the right food crops for you and your family

## Assessment method

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

## Entry requirements

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This course is open to all. You will need to understand English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses or signposted to another course suitable for you.

## 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