

Wellbeing: Grow your own food - Spring

Course overview

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?

- 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

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

Entry requirements

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

What should I bring with me?

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

Key information

Possible next steps

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

Our friendly staff can give you further advice and



support.



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