

Wellbeing: Grow your own food - Summer

Course overview

You do not need a big garden to grow some of your own food. A pot and small containers works will work well. In this course we will look at foods you can start growing in the summer that will take you through to autumn and even winter.

What will I study?

- Choosing the right foods to grow for you
- Selecting crops for the best return
- Making the most of your space

Assessment method

- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout. You will also identify any helpful changes you can make.

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.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

