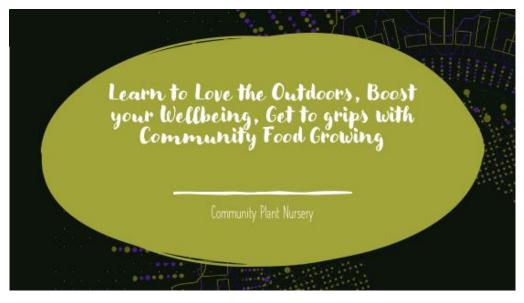
Saturday Session October 2021 – March 2022





"The team of community growers at the Community Plant Nursery inspired me to grow my own food"



Did you know that spending just 20-minutes outdoors has been found to dramatically lower stress levels and boost wellbeing, can reduce inflammation, and is good for the eyesight?

Saturday Sessions at the Community Plant Nursery will help you learn more about winter planting, seed sowing and growing, food waste and composting, and having fun making festive wreathes



Free Community Gardening Workshops (12.30 - 3.30pm)

Saturday 30th October Winter Planting Garlic and Bulbs

"Going to the community plant nursery is good for the soul!

Saturday 27th November Food Waste and Composting

Saturday 11th December Festive Wreath Making and Social

Saturday 22nd January Heritage Food Growing, Select your Seeds

Saturday 26th February Soil and Soul; Connecting with Nature

Saturday 26th March Seed Sowing and Growing

Sign Up or Refer

Contact: franie@octopuscommunities.org.uk

Supported by



