

**Saturday Session
October 2021 –
March 2022**



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



“Going to the community plant nursery is good for the soul!”



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
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

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Supported by



