

4 individual days to lead you through the seasons

Delivered by expert growers Dieter Sommer and Alexandra Dobbs, BSc (Hons) Organic Farming
www.grassrootsnutrition.ie
[@grassroots_nutrition_ie](https://www.instagram.com/grassroots_nutrition_ie)
or call 085 7399603



Learn To Grow Your Own Vegetables

Have you been growing your own vegetables for a while and want to know more?

Are you keen to start growing your own but don't know where to start?

2023 Dates

25th February
1st April
10th June
16th September

The course is delivered Saturdays, 10am - 1pm

call 085 7399603

€60 per day

€200 for 4 days

The days are set up to lead you through the year. As your patch grows, you will receive hands-on guidance by our experienced gardeners

Learn to Grow ... what you'll learn

Day 1 - 25th February 2023

Prepare your beds for the year ahead, setting up your beds, the right tools, etc.

learn to start sowing in seed trays indoors early.

Seed Exchange - bring your own seeds and take home some new exciting varieties!

Pruning apple trees

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Learn to Grow ... what you'll learn

Day 2 - 1st April 2023

Sowing outdoors, and planting out

Plan your year ahead, crops and their rotation

Learn about beneficial insects and how to support them

Sow **flowers** for beauty and biodiversity

Exotic Crops - sweet potatoes, grapes,

Pok Choi, and more!

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Learn to Grow ... what you'll learn

Day 3 - 10th June 2023

Planting and sowing outdoors

Sowing your winter crops

Learn about protected cropping and Polytunnels

Plant Swop - bring your own spare seedlings and take home exciting new plants!

Homegrown light lunch included!

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Learn to Grow ... what you'll learn

Day 4 - 16th September 2023

Autumn harvest

Learn to save your own seeds

Preserving some of your crops for the winter

Fruit pruning

Propagation - learn to take your own cuttings

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