



CENTRE FOR
SUSTAINABLE
FOOD

Where food inspires
sustainable development



How to Garden for Life

through creating sustainable natural food gardens

Throughout 2010

At 'The Centre for Sustainable Food'

Primrose Earth Awareness Trust, Felindre, nr Talgarth,
Brecon, Powys LD3 0ST www.primrosetrust.org.uk

This inspiring course will encourage you to take on permaculture principles to produce healthy food from your farm or garden or simply help you to understand how you can live more sustainably. Learning from nature and the Primrose Transition Farming Model.

Each month, we will explore the ideas behind practical gardening activities appropriate to the season. And you can see how the wonderful and incredibly productive gardens at Primrose Centre change throughout the year. Sessions are on Tuesdays from 10.00-15.00. We can provide hot drinks, but please bring your own lunch

2 Feb	Designing and planning sustainable + organic gardening and farming systems. Planting and using willows
23 Feb	Forest Garden design and practice. Pruning and seed propagation
16 March	Mulching in the forest garden and organic vegetable garden. Composting
13 April & 4 May	Sowing and planting out - outside and in the polytunnels. Feeding the soil, soil health, fertility and biodynamics
6 June & 6 July	Care of polytunnel crops Pest and disease management Harvesting for maximum quality and production Biodiversity and Wildlife
7 Sept	Winter ground preparation. Harvesting and processing. Green manures. Sprouting tasty & nutritious grains, seeds & pulses
5 Oct	Preparing for winter cropping in polytunnels. Preserving and juicing; Seed saving
23 Nov	Choosing plant and tree varieties. Tree planting. Energy & food production

This course is ideal for:

- Amateur gardeners, smallholders and farmers
- Anyone wishing to grow healthy food
- Retired people looking for new experiences
- People who care for the environment

On the course you will:

- Learn design skills
- Improve knowledge and practical skills
- Appreciate and connect with nature
- Share experiences and make new friends
- Become inspired to feed yourself and your family with healthy and vital food

Course Leader: Dr Paul Benham: Holistic farmer; Project Director, Centre for Sustainable food
Contact: Paul on 01497 847 634 or info@primrosetrust.org.uk
Cost: £25 per session or £195 for whole course