

A free Frome Allotment Association Growing Course for parents and carers at Vallis First and St Louis Primary Schools.



Get Growing 2015



Who is it for? Beginners with little or no previous experience in growing.

Do you want to: Get more exercise? Eat more healthily? Improve your growing skills? Save money? Meet new people?

What do you learn? You will learn how to grow food and how to prepare the soil. How to plant out and look after your crops and how to harvest them. We will give you good ideas on how to grow vegetables with your children at home. You will get advice and share recipes on how to cook the food you've grown.

When? The session is weekly on Thursdays 12.45 - 2.45. The first session is Thursday 19th March. We will run sessions throughout the growing season.

Where? On the community plot at Welshmill Allotments Frome.

Do I have to attend every session? No. You can come along when you like and stay for as long as you like.

What do I need to bring? We will provide seeds, plants, tools and everything you need. You will be working with soil so wear old clothes and suitable footwear.

Who will teach me? Experienced growers at Frome Allotments.

What do I do next? Complete an application form and hand it in to your school office.

Want to find out more?
info@fromeallotments.co.uk

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ALLOTMENT
ASSOCIATION

Time for a picnic!

There will be a session in July and another in September when we have a picnic at the allotments using food grown on the course. Those on the course can bring in their families.



In 2014 we ran a similar course at Welshmill for parents at St Louis and Vallis schools. Course members said:

"It was the best experience for learning how to grow vegetables. It was fabulous."

"I found everything useful. I really miss meeting up every week."

"My family and me are pleased because this course gave me a lot of knowledge. We enjoyed some delicious soups, and trying different healthy recipes."

"This course enabled me to overcome my hesitation about gardening. Thank you."

"It gave me a lot of confidence to try to grow my own. It was also great to have someone to ask and give advice on my plants that I have planted at home."

"I really enjoyed it and it was really informative. I would like to say a huge thank you to everyone at the allotment who gave us their advice, knowledge and plants. I now have confidence/incentive to grow my own at home with my children. Also the course and the produce grown have encouraged my children to try and enjoy new vegetables because they were either grown by me or them. One of my children will now eat home grown lettuce because we grew it and also they will all eat home grown peppers."

Keep in touch