

# ORGANIC WORKSHOP FOR THRIVE: 6<sup>TH</sup> NOVEMBER 2001 AT UNSTONE GRANGE

TITLE: GROWING ORGANIC FOOD FOR HEALTH AND HAPPINESS

Richard Clare and Darrell Maryon have managed projects and taught courses focussed on growing food organically for more than five years.

They set up Sheffield Organic Food Initiative as a Charitable Educational Trust to promote the benefits of Organics, Biodynamics and Permaculture for Health and the Relief of Poverty. They have written and taught a course called 'Organic Culture and Cultivation' which is accredited by the Open College Network.

The venue for this workshop, Unstone Grange, is Soil Association certified and its kitchen garden and orchards are the site of the Gardening for Health project, funded by the Department of Health's Consortium for Volunteering. Unstone has hosted several Open Days for the Henry Doubleday Research Association and also the Annual Meetings of the Community Composting Network and the Federation of City Farms and Community Gardens.

The workshop will be divided into three sessions, covering the following aspects of organic food growing:

## 1. Basic Principles of Organic Cultivation.

(Why we should grow Organically.)

An introduction to the fundamental ethos and foundations of organic philosophy. Organics as a complementary, holistic, preventative and sustainable science.

## 2. Practical Advice on Growing Food Organically.

(How to grow food Organically. )

Growing food for optimal nutritional and social benefits.

Appropriate strategies for your project. This session will include many handouts containing practical information to help you develop your capacity to grow organically.

## 3. A Perspective on the Organic Sector.

(The big picture of Organic development.)

Support for Organic growing projects from the general public, local & national organisations and funders.