

GROW YOUR OWN Courses about Local Food
Beginning October 2007

ORGANIC CULTIVATION - *GROWING ORGANIC FOOD*

An Introduction to the Principles of Organic Horticulture
Food Production for the Home and Allotment Kitchen Garden
Monday Evenings (starts 1/10) 7 - 9 pm

ORGANIC CULTURE – *GROWING PEOPLE*

Social, Therapeutic & Nutritional Benefits of Organic Growing
Tuesday Mornings (starts 2/10) 10 am - 12

BEYOND ORGANICS - *EXPLORING BIODYNAMICS*

A Common-sense Guide to Bio-Dynamic Techniques and Philosophy
Understanding Sensitive Science and Eternal Wisdom
Wednesday Evenings (starts 3/10) 7 - 9 pm

FOOD FOR THE FUTURE - *EATING PERMACULTURE*

How to Grow Perennial Fruits, Nuts and Herbs
Friday Evenings (starts 5/10) 7 - 9 pm

All courses 2 hours per week for 10 weeks

Cost £75 each

VENUE: Walkley Community Centre, 7 Fir St, S6 3TG

' : 0114 2686727 or 07771 832759

(Please call for more information or to book a place)

Course Tutor / Facilitator: Richard Clare

(Sheffield Organic Food Initiative / Organic Gardening for Health)

ü www.organic-guru.co.uk

GROW YOUR OWN Courses about Local Food
Beginning October 2007

ORGANIC CULTIVATION - *GROWING ORGANIC FOOD*
An Introduction the Principles of Organic Horticulture
Food Production for the Home and Allotment Kitchen Garden
Monday Evenings (starts 1/10) 7 - 9 pm

ORGANIC CULTURE – *GROWING PEOPLE*
Social, Therapeutic & Nutritional Benefits of Organic Growing
Tuesday Mornings (starts 2/10) 10 am - 12

BEYOND ORGANICS - *EXPLORING BIODYNAMICS*
A Common-sense Guide to Bio-Dynamic Techniques and Philosophy
Understanding Sensitive Science and Eternal Wisdom
Wednesday Evenings (starts 3/10) 7 - 9 pm

FOOD FOR THE FUTURE - *EATING PERMACULTURE*
How to Grow Perennial Fruits, Nuts and Herbs
Friday Evenings (starts 5/10) 7 - 9 pm

All courses 2 hours per week for 10 weeks

Cost £75 each

VENUE: Walkley Community Centre, 7 Fir St, S6 3TG

' : 0114 2686727 or 07771 832759

(Please call for more information or to book a place)

Course Tutor / Facilitator: Richard Clare
(Sheffield Organic Food Initiative / Organic Gardening for Health)

www.organic-guru.co.uk