

VIRTUAL VEGETABLE GROWING SESSIONS FOR LUTON RESIDENTS



➤ Two free virtual training sessions about the early stages of growing vegetables

Session 1: Preparing to grow. Tues 16 March OR Thurs 18 March

Session 2: Seed sowing and growing. Tues 23 March OR Thurs 25 March

All sessions are 1:30-3pm (only need to attend one of the dates)

- ✓ An excellent opportunity for anyone who is interested in learning to grow their own vegetables. Resources and handouts will be provided to assist with learning
- ✓ Basic level for novices and those interested to learn
- ✓ The sessions will cover a wide range of information including how to prepare the soil, which vegetables are easy to grow and how to pot out seedlings
- ✓ Find out about Groundwork's community gardens which are re-opening in April to volunteers
- ✓ Sessions will be conducted virtually via Zoom

For Luton residents only

To sign up to the course, or to find out more, please email:
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www.groundwork.org.uk/east

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