



# Spring seed sowing & growing workshops

**Venue: Ashenhurst Avenue allotments**

Join in this series of informal growing workshops, designed to give you confidence to grow your own food from seed, with your available time & energy. Wednesday mornings, 10am to 12 noon:

- **22nd March** - Seed sowing and perennials propagation, including growing mediums.
- **29th March** - Frost protection, pest control, temperature and watering tips for strong seedlings.
- **19th April** - Bed preparation composting and general maintenance.
- **26th April** - Pricking out, potting on and more tips for strong seedlings.

Combining theory with practical hands-on sowing and growing, we will look at the best use of growing space and tool use in every session. We encourage participants to ask questions and let us know your interests. Gardening clothes, gloves and boots required (there is some uneven ground). Notebook useful. ☕ Tea provided - please bring a mug!



## Growing Newsome

Book your free place online at:

[www.GrowingNewsome.org.uk](http://www.GrowingNewsome.org.uk)

Or contact Sue Brown: 07444 390071

or email: [sue.brown@greenandbrown.org.uk](mailto:sue.brown@greenandbrown.org.uk)