

GREEN THUMBS:

A Practical Workshop on Growing Foods at Home

INTRODUCTION:

Growing one's food at home is an excellent way to promote healthy eating habits, reduce stress, and improve overall well-being. With the rise of food insecurity and the increasing importance of sustainable living, growing one's food has become a useful skill for individuals and communities alike. In this workshop, participants will learn practical techniques for growing their own food at home, no matter their level of gardening experience or the available space.

Content Outline:

- **Choosing the right plants to grow:** Participants will learn how to select plants that thrive in their local climate and match their level of gardening experience. The focus will be on easy-to-grow, low-maintenance plants that can be grown in small spaces.
- **Growing techniques:** Participants will learn how to prepare the soil, plant seeds, and care for their plants throughout the growing season. The workshop will cover the basics of watering, fertilizing, pruning, and harvesting.
- **Container gardening:** The session will include tips and tricks for growing plants in containers, including selecting the right potting mix and containers, and how to provide proper drainage.
- **Troubleshooting:** Participants will learn how to identify and troubleshoot common problems in growing, such as pests and diseases.
- **Incorporating home-grown food into meals:** Participants will be given practical ideas for incorporating their home-grown produce into their meals.

Materials Required:

We deliver growing kits for virtual attendees to take part. Alternatively, the following materials can be individually sourced:

- Seeds (the workshop instructor will provide suggestions for easy-to-grow plants, but participants are free to choose their own seeds)
- Soil (potting mix or a combination of compost and soil)
- Plant containers (e.g., plant pots, recycled containers, upcycled items like egg boxes or mushroom packaging)
- Watering can or spray bottle
- Gardening gloves (optional)
- Plant labels or markers (optional)

Length: 75-min

Delivery Option: Face-to-Face, Virtual

Conclusion:

By the end of this session, participants will have a good understanding of how to grow their own food at home, and they will have practical knowledge of the growing process, from selecting the right plants to troubleshooting common problems.

This workshop aims to empower employees to take control of their health and well-being by growing their own fresh produce, no matter the available space.

