WHITEHAWK COMMUNITY FOOD PROJECT

Are you a **new allotment-holder** wanting to grow food but **not sure where to start?**
Or perhaps you've had your plot a while but want to make it **more productive?**

Workshop: Allotment Food Growing for Beginners

Part I: "Getting Started" Sunday 9th March, 10.30-12.30
The first few months can make the difference between success and failure, so get off to a flying start and avoid some of the common pitfalls.
Covers: plot design/layout; prioritising tasks; soil & fertility; perennial weeds; tools for the job. (Includes a walk-round the allotment site looking at examples of good practice.) 12 PLACES. (*back-up date 16/3/14 – see below)

Part II: "Learn by Doing: Spuds & Squash" Sunday 23rd March, 10.30-12.30
A practical, hands-on session in which we prepare the ground for these two ideal first-year "pioneer" crops, plant seed potatoes & talk while we work.
Also covers: tools for the job; techniques for breaking ground; perennial weeds; how to use manure/compost. 8 PLACES. (*back-up date 30/3/14 – see below)

PRICES & BOOKING: Special Introductory Price - £10 for both (booked together & paid in advance) or £7.50 each. Book online at www.thefoodproject.org.uk, drop in to site on Thurs/Sun afternoons, or phone: 07842 029sixfouroh.

***In the event of extreme weather (eg.snow/torrential rain) workshops may revert to their back-up dates. We aim to give min 24hrs notice by phone or text.**

Plus, our POP-UP CAFÉ will be open on both days from 12.30, serving a seasonal lunch plate, plus cakes drinks & more. Vegetarian, vegan & gluten-free options.

About Whitehawk Community Food Project

Established in 1996, The Food Project is an allotment-based growing project situated on a 1-acre site on Whitehawk Hill, East Brighton. With a practical hands-on approach, we aim to teach good practice in growing high quality wholesome food year-round, using organic, permaculture & biodynamic techniques. We're open to volunteers every Thursday & Sunday afternoons – see website.