

GROW YOUR OWN ORGANIC VEGETABLES, FRUIT AND HERBS FOR HEALTH AND HAPPINESS

**A COURSE OF LECTURES, DISCUSSIONS AND
PRACTICAL WORKSHOPS**

**LEARN TO GROW A WIDE RANGE OF EDIBLE CROPS:-
HERITAGE VEGETABLES, FRUIT AND NUTS,
MEDICINAL AND CULINARY HERBS**

ALL YOU NEED TO KNOW ABOUT COMPOSTING, LEAFMOULD, LOAM,
ALLOTMENTS, RECYCLING, RAISED BEDS,
GREENHOUSES & POLYTUNNELS

GREEN MANURES, COMPANION PLANTING, MULCHING
PERMACULTURE, BIODYNAMICS, VEGANICS, SELF-SUFFICIENCY
SUSTAINABLE, ETHICAL AND ECOLOGICAL AGRICULTURE

FRIDAYS 10 A.M.

**MEET AT CROOKESMOOR TRAINING CENTRE,
CROOKESMOOR ROAD**

(WORKSHOPS ON 12 ALLOTMENTS IN CROOKES AND RIVELIN)

**ALSO: HELP AND ADVICE SERVICE FOR ANYONE
WHO WANTS TO GROW THEIR OWN
FRESH, NATURAL, LOCAL PRODUCE**

FOR MORE INFORMATION, GIVE US A CALL ON 2686727

COMMUNITY-SUPPORTED ORGANIC HORTICULTURE IS A COMMUNITY ENTERPRISE DEVELOPMENT PROJECT
ORGANISED BY THE PONDEROSA ENVIRONMENTAL GROUP, SHEFFIELD ORGANIC FOOD INITIATIVE AND THE FUTURES FUND.