



Growing and Using Herbs

Location	Cheadle College
Course Type	Adult
Department	Horticulture
Start Date	Friday 25th April 2025
Duration	Part-time, 9 Weeks
Time	10:00 - 13:00
Fee	£ 67.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	CPQ-HRXZ-1200

Course Overview

The use of herbs from the garden and the wild for culinary and medicinal use dates as far back as the ancient world which means they are intertwined with our very own ancestry. Growing and working with herbs can draw on those old, sometimes forgotten connections with plants and provide a link with some remarkable flora. This could be as simple as basil with pasta, parsley in a sauce, or rosemary with roast potatoes, but it could also be mint in a tea, calendula in a balm, or lavender in a pillow.

Course Requirements

There are no entry requirements, you just need an enthusiasm for horticulture.

What You Will Learn

Herbs are very diverse and often have multiple uses, so cooking can be medicine, tea can be nourishing, pests can be deterred, and surfaces can be cleansed. Herbs can be utilised in the home & garden, for cooking and healing and this course will guide you in how to grow, look after and use a selection of herbs in your everyday life.

This course will be delivered from a grower and home user perspective rather than that of a medical herbalist. The herbs chosen for study will be those found in a commonplace herb garden or hedgerow that are, in most cases, safe for everyday use. Known contra-indications of each herb will be described in each profile so informed decision can be made before use. Herbs are not recommended as a replacement for conventional medicine, and it may be necessary to discuss their complimentary use with a medical practitioner or medical herbalist before using, especially as some can react with some prescribed medications.

Assessment

There will be no formal assessment.

Progression

Upon completion students may progress to another non-accredited horticulture subject or maybe a more advanced course such as Level 1 Practical Horticulture or the RHS Level 2 Horticulture courses.

Career Options

Completing this course could lead to progressing to a higher level horticulture course and possibly work in the horticulture industry.

Mandatory Units

There are no mandatory units

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.