



## Grow Your Own

Location	Cheadle College
Course Type	Adult
Department	Horticulture
Start Date	Friday 23rd February 2024
Duration	Part-time, 4 Weeks
Time	10:00 - 13:00
Fee	£ 38.00 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-1300

## Course Overview

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Growing your own food, whether it's in a backyard garden, on a windowsill, or in a community garden, offers a wide range of benefits for individuals and communities. Here are some of the advantages of growing your own food:

**Improved Nutrition:** Home-grown produce is often fresher and more nutrient-rich than store-bought options. You have control over the growing process, which means you can minimise the use of pesticides and artificial fertilisers, resulting in healthier, more nutritious food.

**Cost Savings:** Growing your own food can lead to significant cost savings over time. You won't need to purchase as many fruits, vegetables, or herbs, reducing your grocery bills.

**Taste and Flavour:** Home-grown fruits and vegetables often have superior taste and flavour compared to store-bought varieties. You can pick them at the peak of ripeness, enhancing the overall culinary experience.

**Environmental Benefits:** Growing your own food reduces your carbon footprint. It cuts down on the energy and resources required for transportation, storage, and packaging, as well as the use of chemicals in conventional agriculture.

**Connection to Nature:** Gardening and growing your own food fosters a strong connection to nature. It provides a sense of satisfaction and accomplishment and can improve mental well-being.

**Physical Activity:** Gardening is a physical activity that can help you stay active and fit. It's a low-impact exercise that can improve strength, flexibility, and overall health.

**Teaching Opportunity:** Growing your own food is an educational experience. It's an excellent way to teach children and others about where food comes from, sustainability, and the importance of a healthy diet.

**Community Building:** If you participate in community gardens or share your harvest with neighbours and friends, it can foster a sense of community and collaboration.

**Sustainability:** Home gardening can be done sustainably, with composting, rainwater harvesting, and other eco-friendly practices. It contributes to environmental conservation.

Overall, growing your own food can be a rewarding and sustainable practice that not only benefits you but also has positive effects on the environment and your community. It allows you to eat healthier, save money, and enjoy the many other advantages listed above.

## Course Requirements

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Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

## What You Will Learn

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Growing your own food can be a rewarding and sustainable practice. On this course you will learn the basic steps to get started such as choosing the perfect location, ensuring the area receives adequate sunlight and has good soil drainage.

Your tutor will explain the importance of soil and understanding its composition and nutrient content. How to provide consistent and adequate watering to your plants.

We will help you to choose what you want to grow based on your location, available space, and climate. You could start with easy-to-grow vegetables like tomatoes, lettuce, carrots, and herbs.

## Assessment

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There will be no formal assessment.

## Progression

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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

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While a short course in growing food may not be as comprehensive as a full horticulture or botany program, it can serve as a valuable starting point for those who are passionate about food cultivation. To increase your opportunities and expertise, you may want to consider additional training, certifications, or longer courses in horticulture or related fields. Building a strong network in the plant and horticulture community can also open doors to more career possibilities.

## Mandatory Units

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There are no mandatory units

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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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.