



Food Growing Workshop

Length: 1 - 3.5hrs

Delivery modes: Onsite Session, Webinar, Team Away Days

Details: This practical workshop shares simple container gardening tips for a mini organic vegetable garden. This session is useful for those who live in small urban spaces yet want to benefit from growing their own food. Great for balconies, kitchens, patios, rooftops and offices. A great session for those with an interest in ethical consumption, or for those that want access to organic vegetables without the associated costs - with budget-friendly ways to stay healthy. Horticulture is also said to boost physical, mental and emotional wellbeing.

Topics include:

- Seeds & Seedlings
- Organic seeds – resources
- Indoor and outdoor plants
- Choosing the right size pot
- Plant life cycles
- Seasonal herbs and vegetables
- Regrowing from scraps

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.