

# Want to work in nature?

Gain unique skills and jumpstart  
your green career

**FREE!**

## Join our sustainability courses in Autumn/Winter 2022

### Introduction to Fruit and Veg Growing

*Trainer: Ladislav*

*Course 1: 1st Sept, 8th Sept, 15th Sept, 22nd Sept*

*Course 2-4: Spring 2023*

Find out how to grow your own fruit and veg with Ladislav from Sow the City. Learn about what to plan, where, seeds, soil, pests and diseases, different tools to use, companion planting, and how to design your own plot. All materials and equipment provided. Suitable for novices or intermediate growers.

### Mushroom Growing & Biomaterials

*Trainer: Ladislav*

*Course 1: August 10th, 17th, 24th, 31th.*

*Course 2: Nov 9th, 16th, 23th . 30th*

Find out how to grow your own delicious edible mushrooms at home! Covers biology, spawn, recycled materials, making biomaterials and more. Participants also have the opportunity to volunteer at the Manchester Science festival to talk to visitors about our biomaterials exhibition (part created by students).

### Habitat Restoration and Tree Planting

*Trainer: Catherine*

*Course 1: Oct 28th, Nov 4th, 11th, 18th*

*Course 2: Nov 25th, Dec 2nd, 9th, 16th*

Learn how to create and restore habitats and develop features for protected species. You will also learn about ecology, how to plant fruit trees and native trees and have a go at hands on habitat creation in local parks.

### Green Roofs

*Trainer: Jon*

*Course 1: Sept 29th, Oct 6th, 13th, 20th Oct.*

*Course 2: Oct 29th, Nov 6th, 13th, 20th*

Learn how to construct a green roof and why green roofs are important. We will cover site/ structural considerations, drainage, planting, and maintenance/ aftercare. You will get the opportunity to build a small-scale green roof that you can replicate at home, and there will be a visit to see green roofs in Manchester city centre.

### Hydroponics and Microgreens

*Course 1: Nov 8th, 15th, 22th , 29th*

*Course 2 – 4 : 2023*

Hydroponics means growing plants without soil. The course covers equipment and material needed, plants, and nutrients. Find out how hydroponics has the potential for growing food in cities. Have a go at growing microgreens too and learn how to build a DIY hydroponics system in our Boiler House workshop.

Courses are for suitable for all levels. Courses are only for job seekers allowance claimants, income support claimants, employment support allowance claimants, incapacity benefit claimants, people claiming Universal Credit, and people in low paid temporary work. Email [ladislav@sowthecity.org](mailto:ladislav@sowthecity.org) or ring 0161 465 6954 to find out more or to book a place.

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