



GARDENING FOR HEALTH AND WELLBEING

Participants will gain a good understanding of how to grow and care for their own **fruit, vegetables and herbs** throughout the spring/summer season while creating biodiverse habitats.

- ✓ Sowing seeds successfully
- ✓ Successful sowing for year-round crops
- ✓ Growing perennial vegetables and herbs
- ✓ Semi-ripe and hardwood cuttings
- ✓ Growing, foraging and eating seasonal food
- ✓ Watering and irrigating crops
- ✓ Composting and mulching
- ✓ Root cuttings
- ✓ Divisions and layering
- ✓ Grafting and pruning

SUGGESTED DONATION €5 - €10 (per class)

DATES: MARCH 2ND & 23RD APRIL 13TH & 27TH
MAY 11TH & 25TH JUNE 8TH AND 22ND

TIMES: 10:30AM TO 12:30PM

VENUE: MARIAN PARK, TRALEE, V92V6KV

TO BOOK A PLACE, EMAIL:

transitionkerry2020@gmail.com

DEADLINE: FEBRUARY 27TH



Ár dTodhchai
Tuaithe
Our Rural
Future



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



Tionscadal Éireann
Project Ireland
2040