

Sprout's Day to Day Living Program

Summer-Autumn sessions 4 January ~ 29 March 2010

Holidays Tue 26/01, Mon 08/03,

Mondays

👋 **Food Enterprise 10.30-1pm** Be part of developing the food stall for the Sprout Community Market. (Places limited)

✳️ **Gardening Short Course 1-2pm** Basic horticulture for everyone

Gardening 2-3pm

Get earthy! Learn and develop your gardening knowledge and skills, tend the vegetable garden beds, do some nursery work, propagate plants, get involved in garden projects, help maintain the garden and potter around at Sprout.

Backyard Blitz: Join us in the Sprout blitzes to renovate and revamp the kitchen shed and outdoor area. Please contact us for more info.

Tuesdays

Taste Community Kitchen 10:30am-1pm

Gardening 10:30am-3pm

Be part of the "seed to table" process, i.e. from growing vegetables from seed through to harvesting and cooking delicious dishes for a shared lunch. You can also get into the garden and contribute to growing food for the cook-ups. There are opportunities to learn about cooking on a shoestring, basic food handling, discover more about food miles and seasonal foods, all whilst exploring the world with your tastebuds!

☆ **Speedy Summer Meals** Whip up some quick Summer dishes and salads to enjoy.

👋 **Preserving** Use excess produce, to make preserves like jams, pestos, chutneys, marmalades, preserved lemons and cordials for Sprout's community markets! (With light lunch)

Thursdays (*Programs will be focused on Community Market set up on 04/03)

Garden 1-3:30pm

Work on your own horticultural projects, Sprout Nursery work, veggie garden, off-site garden maintenance, Sprout Garden Stall products and training for the market.

Hands On

Get stuck into creative projects like building a grand new gate for Sprout. Work on your own creative projects with our resident artist. Please contact us for details.

Backyard Blitz: Join us in the Sprout blitzes to renovate and revamp the kitchen shed and outdoor area. Please contact us for more info.

Clean up day: 25 Feb, 10-3pm (Lunch provided, please RSVP)

Please contact us if you are interested, for further information and referrals.

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Sprout