

Sprout's Day to Day Living Program

Winter-Spring sessions 12 July ~ 16 September 2010

Program break: 20/09 - 01/10 (School holidays)

Mondays

Food Enterprise 1-3:30pm

Make **preserves** using seasonal and excess produce, like jams, pestos, chutneys, marmalades, preserved lemons and cordials for Sprout's community markets. Be part of developing the food stall, including experimenting with dishes, food handling and presentation.

Gardening Short Course 1-2pm Basic horticulture for everyone (Register your interest)

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.

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!

Sustainable Table Cookbook Lunch Wed 28/07, 10am-1pm Sprout will be presenting a recipe that we have developed for this exciting new cookbook. Join us to cook, present and try out this dish. (Bookings essential by 26/07)

Thursdays (*Programs will be focused on Community Market set up on 02/09)

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 1-3:30pm

'Gateway to the Garden' wood & copper workshops*:

- Get into some basic woodworking skills using hand-tools, and etch designs into decorative copper panels to help build the Sprout entrance. (*No experience required)
- Pyrography workshops (art of wood burning) may be available. (Please contact)
- Work on your own projects with input from our resident artist. (Places limited)

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

40 Clapham St, Thornbury
 ✉ PO Box 1599, Preston South
 ☎ (03) 9484 5565
 E: sprout@mindaustralia.org.au
www.mindaustralia.org.au/sprout.htm

