



Get Set Grow

With Somerset Community Food

We have taught thousands of people how to grow their own food since 2001. Growing your own food is proven to increase well-being. Gardening is a great way to get physically active and can help relieve stress. Our training has consistently inspired people to put their learning into practice in their everyday life.

'We hope to plant fruit and veg in our garden, currently empty. This has inspired us and given us ideas about what we can plant'
Get Set Grow Participant

What is Get Set Grow?

Somerset Community Food run a 12-hour course with the aim to inspire and equip people to grow their own vegetables and fruit. The sessions involve practical gardening as well as the use of effective teaching resources to introduce the basics of raising plants successfully from seed. We also offer one-off Get Set Grow workshops and training tailored for your group. We respond to the needs of the group focussing on the growing space available. Sessions can be adapted for indoor and outdoor learning.

The broad aims of Get Set Grow are to help participants:

- Raise enthusiasm for food growing and composting
- Understand basic principles of year-round food growing and composting
- Form sustainable food growing groups
- Build confidence in achievements and progress towards further opportunities

The course will typically include:

- Raising and caring for new plants from seeds
- Planning for year-round crops and wise use of space and time
- Identifying and managing the soil type available and using weed control
- Making garden compost on larger and smaller scales and using it wisely
- Protecting plants from adverse conditions, pests and diseases

Who can take part?

Somerset Community Food works with diverse groups across Somerset. We have worked successfully with residents' groups, people recovering from mental health difficulties, families, schools and older people. We aim to make a difference for those who will benefit the most from Get Set Grow involvement, especially in areas of greatest need. We work with new and established community projects

Where?

We come to you to run a course or workshop in a local venue and have worked in a range of settings such as community gardens, orchards and farms, allotments, community and children's centre gardens. We have a county-wide network of passionate, skilled and experienced trainers. After discussing your needs we introduce the best tutor for your group.

Get in touch:

Funding may be available to support your group, contact us to discuss your needs: **0300 365 0360**
info@somersetcommunityfood.org.uk



www.somersetcommunityfood.org.uk