

Grow. Cook. Eat.



GR^OW IT L^OCAL

Grow.Cook.Eat is a free series of gardening, nutrition and cooking workshops facilitated by Nutritionist Nicole Ingram in collaboration with the Baldivis Community Garden.

Location: Baldivis Community Garden, 4 Amberley Drive, Baldivis.

Time: 10am - 12pm

Register by contacting the City on **9528 0333** or **growitlocal@rockingham.wa.gov.au**

Session One: Tuesday 2 November

Topic: Garden design. How and where to start: Working with what you've got. Introduction into the benefits of healthy eating.

Session Two: Tuesday 9 November

Topic: Growing from seeds. The seed cycle: How to plant, raise, collect and store seeds. Explore the wonderful health benefits of eating seeds, nuts and legumes.

Session Three Tuesday 16 November

Topic: Growing veges from seedlings: when to plant and how to care for them. Learn about reading food labels and how to make the best choice when shopping.

Session Four: Tuesday 23 November

Topic: Container growing: How to grow veges in pots. Learn about safe food storage.

Session five: Tuesday 30 November

Topic: Improving your soil: Composting and worm farms. Explore the many ways to reduce food waste in your home and tips to shopping smart.

Session Six: Tuesday 7 December

Topic: Waterwise gardening. Preparing for summer and healthy entertaining ideas and shared BBQ to celebrate.



Become a member of Grow It Local (*it's free*) and find out more about Grow.Cook.Eat at **rockingham.wa.gov.au/growitlocal**



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