



For better
mental health

Do you want to get out and grow
food naturally?

Do you want to enjoy fresh food
that you have grown yourself?

A photograph of an allotment garden. In the foreground, there are several raised garden beds. One bed is filled with dark brown soil, while others have green plants and purple flowers. In the background, there are wooden sheds and a fence, with trees and buildings visible in the distance under a cloudy sky.

Free Allotment Gardening Course


Sessions are Mondays 11.00am to 3.00pm at the Barrowfield Allotments, Edmonton N9 (behind Pennine House). Suitable for beginners

Course starts Monday 9 March 2009

To book a place or for more information
please call Martine Drake 020 8887 1494

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