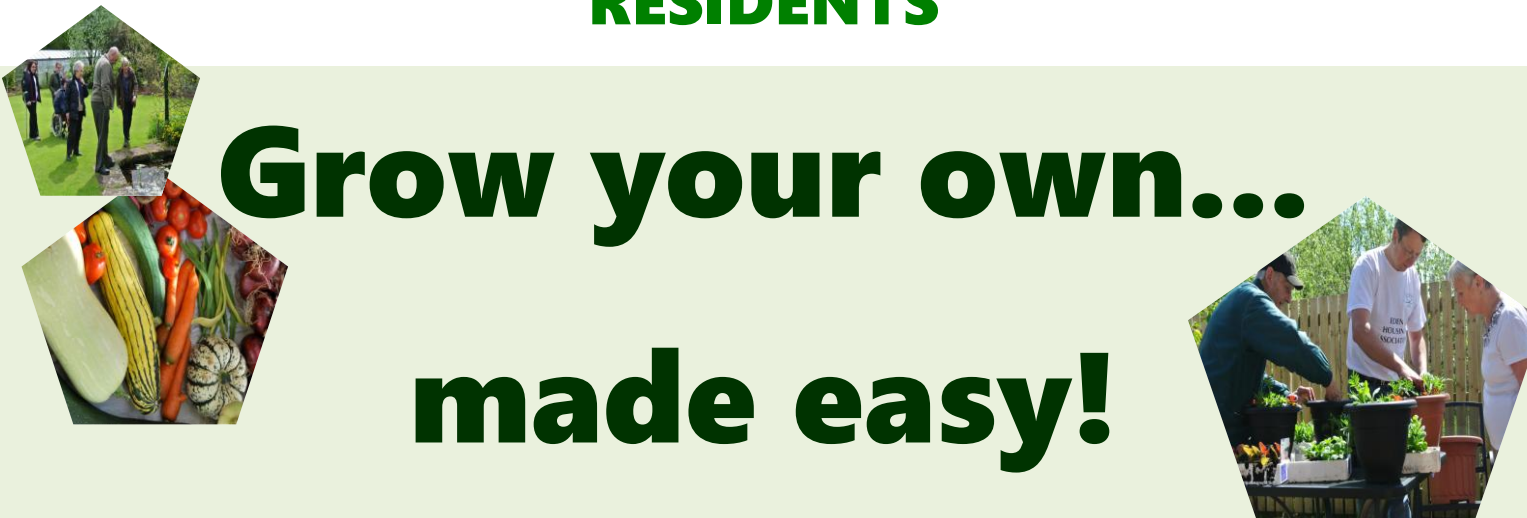


FREE TRAINING:

**FOR EDEN HOUSING ASSOCIATION TENANTS &
RESIDENTS**



Grow your own... made easy!

Training held at the Potting Shed, and gardens at

Newton Rigg College, Penrith on Wednesday 21 May 2014

from 10am until 3pm



How to grow your own salads, vegetables & soft fruits

Making the best of your soil: crop rotation, Ph testing & what will thrive!



Weeds – identification and control

Plant your own salad to take away

Lunch at Brambles café



Places are limited... book your place now!

**Contact Jenny at Eden Housing Association on 01768 861435 or email
getinvolved@edenha.org.uk to find out more!**

Support with childcare and travel costs available