



### Harvest and Cook Your Own

#### What is the course about?

In this group you will learn how to harvest, cook and eat seasonally. Prepare delicious, simple and healthy meals using produce that you have harvested from our local allotment. Prepare the allotment for winter with some light gardening. Group always indoors when inclement weather. Socialise and make new friends. (Small charge for some cooking ingredients).

#### What will I learn?

You will learn about harvesting, cooking and eating with the seasons. You will learn how to prepare and cook some healthy meals. You will learn how to prepare an allotment for winter, clearing, digging and putting manure on the ground.

#### Entry Requirements

None, just an interest in cooking and gardening

#### What will I need to bring with me?

Appropriate clothing and footwear for the outdoors, and monies for cooking ingredients when a cooking session is planned.

#### How will I learn?

By practical exercise, by group discussion, one to one, handouts/recipes, books, internet and fun quizzes

#### How will my learning be assessed?

By initial assessment, your learning progress will be monitored throughout the course through observation and discussion with the tutor.

#### What qualifications will I get?

None, this is a purely for pleasure and personal development

#### Are there any extra costs?

A small charge for ingredients that need to be bought when a cooking session is planned. No other charges unless the group decided that they would like to go on a visit to gardens etc and then any cost implications would be discussed at the time.

#### What can I do next?

A student could get their own allotment or feel able to tackle their own garden with more confidence.