

Booking Form

Title.....Name.....

Surname.....

Adress.....

.....

.....

Postcode.....

Tel.....

Email.....

please turn over and tick next to the workshops you wish to attend

I would like to attend (No. of Workshops)

Multiplied by £40.00 each = £

Less 5% if booking a complete course = £

Plus a requested voluntary donation £

(min £5 per individual w/shop) to help with the important ongoing nutritional research at GREEN.

TOTAL £.....

Please make cheque's payable to 'GREEN'

Please return this form along with payment to:
GREEN, 2, Upper Grange, Lovedays Mead, Stroud,
Glos, GL5 1XB FFI and detail of courses www.green-ug.org.uk
Or contact Mike Atherton 0780 671 8319

About GREEN (Gardens for Research Experiential Education and Nutrition)

GREEN was established in 2003 as a small-scale demonstration biodynamic garden with integrated opportunities for research and experiential learning with a particular emphasis on food quality and nutritional value assessment. GREEN @ Upper Grange is envisaged as the first in a series of 'GREEN' initiatives that could be established in other parts of the country.

GREEN is an independent initiative supported and carried by the Partner organisations:

- The Good Gardeners Association
- The Biodynamic Agricultural Association
- The Hiram Trust

Chromas (2 courses)

Matt Adams has been working with chromas at GREEN for six years as part of the research work. Also called the inexpensive microscope this method of picture forming opens a window onto nature where natural processes can be seen. A person's understanding of quality can be formed by working in this way.

Soil: Bring your own soil samples to produce a picture and learn how to read them. Qualities we can see include fungal and bacterial activity, mineral content, protein digestion, etc.

Plants: Bring your own plant samples, grown in the soils tested from our previous session to produce a picture. Qualities we can see include vitamins, minerals, proteins & amino acids, etc.

Leatherwork (? Courses)

Jeannie Ireland will begin this course in late summer/early autumn. Dates to be announced but please indicate your interest by using the course booking details.

Drawing it all together

End of year discussion/activities.. All course participants are invited to return at the end of the year and share their thoughts and understanding of nutrition. The event will be free with a small, but festive lunch provided and might possibly include some lectures and/or artistic activities.

Festival days (Spring, Summer, Autumn)

During the yearly cycle a series of festival days take place. These will be open to participants of all the workshops. We will have a bonfire at each by great demand, of course, and an early evening bite. While the day is free (and easy) we would welcome some financial assistance with the catering and on the autumn festival the local Waldorf College will fund-raise by making pizzas in the on-site bread oven.

An open day (September)

This is timed to coincide with the Stroud Food Festival.

Apple day (October)

This is a marvellous event to bring children to and engage with the processing of apples and grapes. There's no taste quite like the juice of freshly squeezed apples and grapes!

GREEN @ Upper Grange

Courses for 2010

Experiential workshops, to help increase our own personal experience and understanding of nutrition



Welcome to the new programme of workshops taking place at Upper Grange, Stroud from January 2010. These workshops, initially aimed at beginners, will offer a basic practical knowledge of each subject while encouraging exploration of our understanding of nutrition. As such, each subject is broken into a one-day workshop in each season of the year. At the end of each year an optional free one-day meeting will offer the chance for each participant to discuss the nature of nutrition and how, if at all, ones experience of the workshops have contributed to an understanding of this enigmatic subject.

www.green-ug.org.uk

Introduction to Gardening (4 courses)

Helen Pitel is a passionate gardener, with a particular love of growing food and flowers. She runs regular courses and works with schools, supporting them in developing their own gardens. Courses offered here are suitable for beginners and anyone wanting to develop their current skills and knowledge further.

Vegetable Growing - Getting started: Learn the principles of organic gardening. Develop your own plans, covering which crops to grow, buying seeds and selecting varieties. Also how to prepare ground by digging, no-dig and raised bed methods.

Springing into Action: Learn how to grow vegetables from seed and how to look after them. Also how to grow potatoes, salads, tomatoes, cucumbers, carrots and cabbages. Learn about the principles of crop rotation and discuss weeding and mulching.

In The Swing Of Summer: Techniques to look after vegetable crops through the year. Explore principles of pest and disease control, companion planting, soil fertility, organic matter and caring for your soil. Learn about biodynamics and permaculture.

The Fruits of Our Labour: Learn how to harvest, store crops and save your own seed. Begin compost making in practice and theory and sowing of 'green manures'. Review what has been learned, plan crops for next year and how best to carry on.

Cookery for beginners (4 courses)

Azra Sangster is a regular cook at Star Anise cafe, Stroud. Each day of this course will be limited to six people so book up early! Priority will be given to those booking all four days. Meals made in the morning will be shared at lunchtime with the students of the gardening course.

Central Eating. Making a wholesome soup using vegetables from the garden. In the afternoon we will make a 'bake'. Exact ingredients will be decided nearer the time.

In a Bit of a Stew over Cooking: make and enjoy nettle soup - a major source of iron at this time of year and bake a simple bread to accompany it. In the afternoon - as this is England and may still be cold - we will cook up a nutritious stew.

Time to Chill in the Heat: Local food expert Nicholas Allen (owner of Star Anise cafe) will introduce the basics of nutrition. Make a fresh salad for lunchtime then discover how to make a balanced meal using fish and garden vegetables.

The Staff of Life: Harvest our own wheat, thresh, mill and bake bread using our own outside bread oven - so pray for good weather! This should be a very festive day but do look at our free seasonal festive days.

Food Processing (1 course)

Odilia Jarman

Dedicated to processing the fruits of the year's harvest. Just about any vegetable or soft fruit can be juiced down for the winter and we will use 'elbow grease' methods as well as mechanical. This workshop is also suitable for the gardeners.

Wool-craft (3 courses)

Hannah Kristel

Shearing, sorting, washing, spinning: We begin with the History of using wool. Then visit to a small-holding to shear sheep and bring back wool for sorting, washing and practicing simple forms of spinning.

Carding, dyeing, more spinning: Wool carding, dyeing and more ways of spinning. We will also learn to make a dye bath.

Dyeing, knitting, felting: More on the dyeing process and begin personal projects, including knitting and felting. It is possible that a wool-working group could begin!

Soap making and Alchemy (4 courses)

Jonathan Code

Soap Making: Soap making using plant materials from the garden. We will combine techniques that open up the garden as a source of inspiration for this very practical and enjoyable craft.

Spagyrics: A process having its roots in the work of Paracelsus - doctor, alchemist and sage of the middle ages. This process gives deep insights into what it means to be human and how we can understand health and healing.

Meeting with Remarkable Plants: We will spend the day exploring the plant kingdom through inviting a meeting with a plant which can help us in our path of learning and healing. Using a variety of artistic and study methods we continue our exploration of the wonders of the plant world.

Morphology: Engaging with the plant world as a means of developing new insights into the world of living form. Referencing the work of J.W.Goethe, the western esoteric tradition and contemporary research into human development we conclude this series of workshops on the wonderful world of plants.

See over for more courses.....

Course details

Courses are led by experienced tutors and costs kept low in order that no one is excluded on account of price. This is due to a generous offer on the part of the tutors to take a lower than regular fee.

Introduction to gardening with Helen Pitel

- Jan Sat 23rd Vegetable growing – getting started
- Mar Sat 20th Spring into action
- Jun Sat 26th In the swing of summer
- Sep Sat 25th The fruits of our labour

Cookery for beginners with Azra Sangster

- Jan Sat 23rd Central Eating
- Mar Sat 20th In a Bit of a Stew over Cooking
- June Sat 26th Time to Chill in the Heat
- Sep Sat 25th The Staff of Life

Food Processing with Odilia Jarman

- Oct Sat 9th Processing and preserving

Wool-craft. From sheep to show with Hannah Kristel

- May Sat 22nd Shearing, sorting, washing, spinning
- Jul Sat 10th Carding, dyeing, more spinning
- Sep Sat 18th More dyeing, knitting, felting

Soap Making and Alchemy with Jonathan Code

- Jul Sat 10th Soap Making
- Oct Sat 2nd Spagyrics
- Jan Sat ?? Meeting with Remarkable Plants
- Apr Sat ?? Morphology

Chromas with Matt Adams

- May Sat 22nd Soil
- Jul Sat 10th Plants

Leatherwork with Jeannie Ireland

- Dates to be announced for late summer/early autumn

Please mark your options: All courses run from 9.00 - 4.30

Cost: each day workshop will be £40 plus a requested voluntary donation (min £5) to help with the important nutritional research taking place at Upper Grange. This price covers the tutor, room hire and lunch. Those who book the complete course for each topic will benefit from a 5% discount.

Free events

Seasonal Festivals open to all

- Mar Sun 21st Spring - Bread and soup fare
- Jun Sun 27th Summer - Baked potatoes & salad
- Sep Sun 26th Autumn – Freshly baked pizzas
from 4.00 onwards
- Sep ?? Open Day
- Oct Sat 3rd Apple Day
from 10.00 - 4.00

Drawing it all together open to all course participants

- Dec Sat 11th End of year discussion about nutrition
from 10.00 - 4.00