



# Department for Education



## THE ALLOTMENT: SOW AND GROW

### COURSE SUMMARY:

This skills for horticulture course will introduce you to basic horticulture techniques as well as the wellbeing benefits of working outdoors. This 6 week practical course is based at our Realise Futures allotment in Field View Drive, Lowestoft. The course will run on a Tuesday and Thursday morning over 6 weeks. You will be assessed on the practical tasks undertaken including preparing the land/soil, sowing a range of seeds, growing on and maintenance tasks. We grow most of our vegetables, herbs, and flowers from seed but also have some soft fruits that require care and maintenance. We are keen to embed and promote sustainability in the use of recycled materials, creating our own compost and liquid feed. Learners will receive an inhouse certificate on successful completion of the course and gain either pass/merit or distinction.

### ENTRY REQUIREMENTS:

- A like for the outdoors and interest in the subject. No prior experience of horticulture is required



**AWARD:**  
Accredited by  
Realise Futures

### WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Be part** of the developing allotment project; prepare, sow, plant, and harvest
- ✓ **Work with** a range of tools to carry out tasks safely
- ✓ **Develop communication**, confidence and team building skills
- ✓ **Prepare ground** for sowing
- ✓ **Sow** a range of seeds both indoors undercover and outdoors in drills
- ✓ **Prick out** seedlings and grow on, harden off and plant out
- ✓ **Carry out** a range of maintenance tasks on the allotment
- ✓ **Improve health**, fitness, and wellbeing

### PROGRESSION FROM THIS COURSE:

Progress onto our Allotment: Changing Seasons course, taking place in September, to help care for the allotment and harvest what you have grown.



**REALISE  
FUTURES**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**