



Lancashire
Adult Learning

Sow and Grow

Saturday 5th March, 10am – 11.30am, Online

Fancy giving 'grow your own' a go but not too sure how to get started? It doesn't matter if you are a planting pro, or have a balcony or window box to get your seeds shooting! This event will give you top tips to make the most of your space. Join us on our live sowing session and get your seedlings started with practical advice and support from our teachers. Resource packs are provided with compost pellets, seeds, and more! (Adults only; to take part with children join our Family Sow and Grow)

[Click here to enrol.](#)

Sow and Grow for Families

Saturday 5th March, 1pm – 2.30pm, Online

Do you fancy giving 'grow your own' a go with your family but not too sure how to get started? Our FREE virtual session is perfect for those with primary school-aged children. This session will include seed planting and sowing, as well as arts and crafts activities using natural materials you can find in your garden or while out on a walk.

[Click here to enrol.](#)

**FREE resource
pack sent to
those who
enrol in
advance**



www.lal.ac.uk



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