



"Introduction to Organic Vegetable Gardening"

Five day course (including one 'free day') with six nights' full-board accommodation at *Vacances Vertes les Belles*

2008 DATES:

- Wednesday 23rd April – Tuesday 29th April
- Tuesday 13th May – Monday 19th May
- Tuesday 10th June – Monday 16th June
- Monday 8th September – Sunday 13th September
- Tuesday 30th September – Monday 6th October



Please email anna@vacvertes.com if your group would like to book a course on any other date, or if you would like to stay on at *Vacances Vertes les Belles*. For more information, including travel assistance, please contact us or visit www.vacvertes.com.

PRICE: €650 (approx. £470) per person, based on 2 sharing a twin / double room.

Price includes breakfast (6), lunches on tuition days (5) and evening 4-course meals (6).

Growing your own fruit and vegetables is both a healthy and rewarding experience. By adopting organic methods, you will...

- Harvest a crop of healthy home-grown produce all year round
- Create a natural, balanced garden which is beneficial to wildlife
- Re-establish a contact with the natural world, no matter where you live

... all of which will give you enormous satisfaction. This practical introduction to organic gardening will teach:

- The philosophy and principles of organic gardening
- How to use different organic techniques
- Pest and disease management
- How to rotate crops
- Plant propagation
- The techniques of improving soil fertility
- Ways of creating the ideal compost
- Ways of attracting wildlife into your garden

This course is suitable for anyone who would like to learn how to grow their own vegetables organically regardless of experience and includes a site visit to a traditional French 'potager'.

Course tutor *Dave Wheeler* has had over 20 years experience of growing vegetables, organically both commercially and domestically in England and ran an award-winning organic box-scheme in west Sussex with his wife, Michele, before moving to France in January 2005.

Day 1

- Travel to *Vacances Vertes les Belles*.
- Welcome and evening meal.



Day 2

Breakfast

- General introductions and welcome.
- The tutor's background, organic growing experience and an overall look at the course.
- The general principles of organic gardening - looking at some different approaches and discussing the advantages/disadvantages of different systems.

Lunch

- Choosing a site for your vegetable garden.
- Looking at soil type and exploring ways of improving fertility and soil structure.

Evening meal

Day 3

Breakfast

- Beginning to create the vegetable garden.
- Considering permanent structuring (hedges, fruit trees, paths), cultivating the plot, removing perennial weeds and adding bulky organic matter.

Lunch

- Choosing what to grow and raising plants from seed.
- What to grow in a greenhouse or polytunnel.

Evening meal

Day 4

Breakfast

- Day to be spent at your leisure!
- We can help you decide where to go, lay on transport or provide local information.

Evening meal at our local restaurant (included in price)

Day 5

Breakfast

- Looking at crop rotations and the different families of vegetables.
- How to incorporate ornamentals / flowers into your vegetable garden, the benefits of companion planting and using different green manures.



Lunch

- Techniques for attracting beneficial wildlife and increasing biodiversity.
- Minimising pest and disease problems.

Evening meal

Day 6

Breakfast

- Guided tour of a traditional French 'potager'.
- Take a look at plant training systems and some different varieties growing there.

Lunch

- Discussion of traditional French methods for growing...
- ... plant with the moon as your guide!

Evening meal

Day 7

Breakfast

- Departures.



**Vacances Vertes
les Belles**

Holiday Accommodation & Residential Courses in France

www.vacvertes.com