



Organic Food Production Intermediate Course



What can you expect:

Course will be divided to 7 sections

- Site preparation & recognising health and safety procedures for working safely in a market gardening environment.
- Soil ecology & understanding a range of terms related to organic growing.
- How plants grow & recognising the difference between seeds, corms, tubers and bulbs.
- The principles of veg production & understanding the why and how of crop rotation and planning.
- The principles of fruit production.
- Weed, pest & disease identification & control.
- Harvesting crops appropriately & saving seed.



Who are we:

LCMG Stroud was founded to help bring locally grown food, to organic standards, to local communities. It is based on a Community Supported Agriculture model. With experience gained from small scale community schemes run by volunteers who were sharing their own organically grown produce within the local communities.



Our Mission:

With increasing pressure on families due to the cost of living crisis, the impact of industrialised food production on the environment and the need to counteract climate change, more locally accessible food production is a way to make a difference and raise awareness.



What you need to know:

The training will run Jan - Nov 2025 with weekly lessons. The intermediate group will be given their own area of land to develop from scratch and see crops from each food group from seed and sowing, through to harvesting. They will also work as part of the larger team as well as have dedicated input from professionals in the field.



This course will provide the opportunity to put new ideas into practice and evaluate them as well as an experience of processing crops for delivery and markets. Tools and equipment will be provided. Booking is essential due to limited spaces. For more information about the dates and cost get in touch with us. This is an exciting opportunity to learn support your local community!



What people say about the course?

Joanna: 'Thank you so much for the course. It was great and very informative. Coming from a non-gardening background it was very helpful for me to understand the benefits and the impact difference between organic and non organic farming / gardening. I have learned so many things from you that created a good foundation for me to explore more and given me practical understanding of what I need to prepare myself for growing my own food at home.'

What is CSA?

The CSA model directly connects farmers and customers. It's a mutually beneficial partnership. CSA is a great way to support local farmers, strengthen communities, and encourage environmentally conscious food choices. It's like joining your own farming community, which supplies seasonal and sustainable produce. CSAs don't necessarily sell just fruit and vegetables. There are meat, flower, woodfuel and even fish CSAs.

How do I get involved?

Join our vibrant community of members who share a passion for sustainable agriculture and fresh, locally grown produce. For just £15 per month, members enjoy the benefits of receiving a complimentary supply of seasonal vegetables straight from our gardens. As a member, you'll contribute to the vitality of our gardens by dedicating a minimum of 8 hours per month to hands-on tasks such as planting, weeding, harvesting, and other essential activities. This hands-on involvement not only fosters a deeper connection to the food we grow but also provides valuable learning opportunities and a sense of fulfilment from contributing to our local food system. Join us today and experience the joy of community-supported agriculture while enjoying the freshest, most nutritious vegetables grown right in our own backyard.



At LCMG we believe:

Everyone can and should have access to fresh, locally grown and seasonal food at affordable prices. We can also tailor our methods to suit the local community and by working together, produce different types of fresh foods, too and products that people welcome. We run several community projects across Gloucestershire and our aim is to increase access to and availability of, fresh, nutritious food and encourage re-connection to the land.



Did you know you can get your fresh organic fruit & veg delivered to your door & support your local community?

Discover our Veg Box delivery service and Membership Scheme

You can choose from:

- ✓ A set box of seasonal veg for a fixed fee
- ✓ Order what you want from our list of available fruit and veg

Membership Scheme available - get in touch to find out how you can become a member



Local Community Market Gardens is a Community Supported Agriculture Scheme in Stroud. Delivery areas include Whiteway, Miserden, Painswick, Edge, Stroud, The Stanleys, Selsley, Nailsworth and everywhere in between.



To BOOK and for more information about the cost of the course contact:

Amanda Godber at LCMG Stroud
Email: info@lcmgstroud.co.uk
Tel: 01453 700011
www.lcmgstroud.co.uk

Location: Land lying to the south of The Old Farm House,
Beeches Lane, Sheepscombe, Stroud, GL6 7QZ



in partnership with 'Down to Earth'