



*From the Kitchen to the Garden
and
from the Garden to the Kitchen*

FullCycle's Garden Workshop

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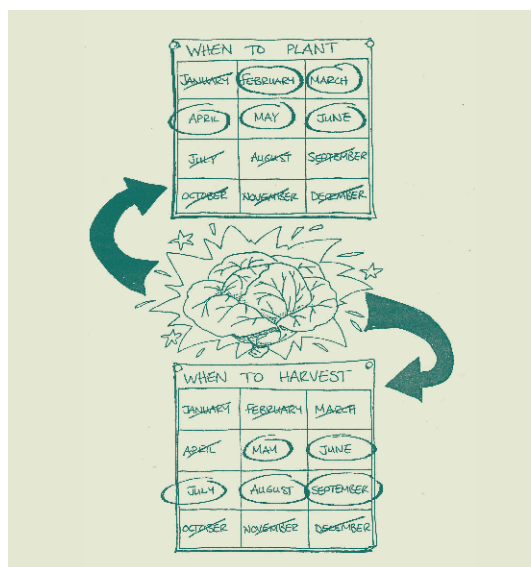
FullCycle's Garden Workshop



FullCycle has a community garden at the Noordhoek Farm Village where we teach people how to grow their own veggies using the 'Door Frame' method. The veggies are grown using vermicompost processed from the waste at the village. Anyone can grow veggies using this simple method even if they only have concrete on which to build their garden. We offer workshops monthly.



An article on FullCycle's 3 day training programme for LoveLIFE



Gardening is the perfect way to reduce your waste, learn about the environment and grow your own veggies.

For R1, 500 you will receive equipment and the knowledge to set up your home garden, including:

- A 'Door Frame' (as shown in the photos)
- Vegetable seedlings
- A Compost Mate
- Vermicompost
- A bottle of Vermitea with applicator
- Refreshments
- Workshop facilitation

You will learn how to grow your own veggies with minimal resources, effort and time. You will be able to go home and set up your veggie garden before the sun goes down.

As a workshop participant you will qualify for specials on our Tumbleweed, Can-O-Worms and Bokashi Kitchen Composter products! The workshop is run every Saturday from 10am to 12pm. You must book beforehand. Space is limited to ten people per workshop.

To book, call us at our office: 021 789 2922 or email us on mail@fullcycle.co.za