



Join us in St Heliers
for a
**Garden For
Wellbeing
Workshop**

**Friday 6th December 2024
9.45am to 1pm**

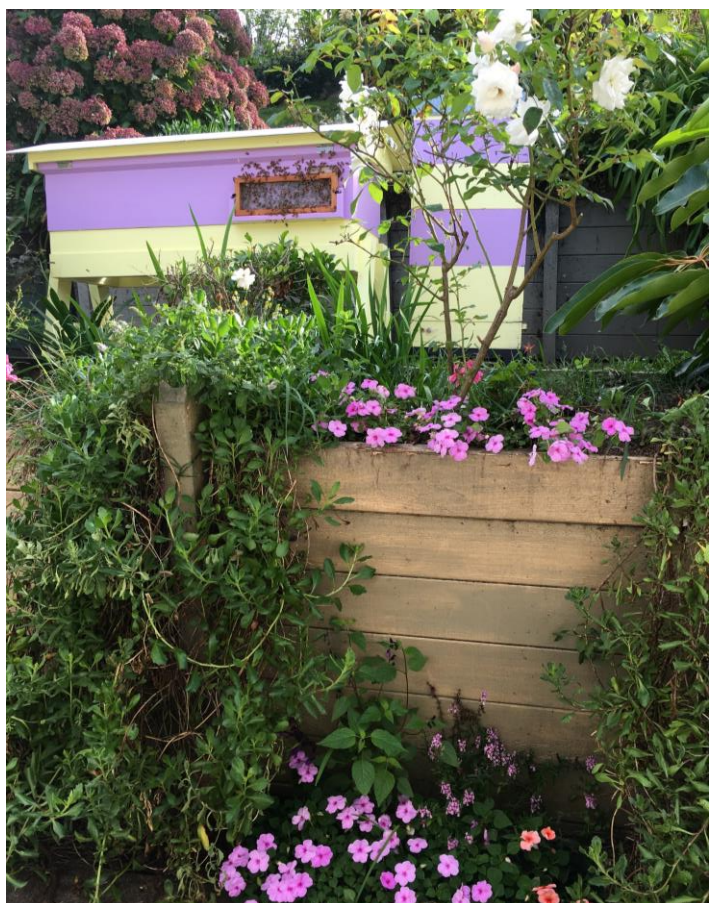
Are You...



Pandeia Te Taiao
Garden for Wellbeing

- Yearning to grow your own healthy, organic, **NUTRIENT DENSE FOOD** for your family?
- Longing to make a difference in your own special place by **LIVING MORE SUSTAINABILITY?**
- Keen to garden **WITH NATURE** for less work?
- Eager to Grow **WILDFLOWERS, ATTRACT BEES &** increase **BIODIVERSITY** in your backyard?
- Dreaming of creating **GORGEOUS HOMETGROWN, WASTE-FREE RECIPES?**
- CURIOUS** about 'URBAN PERMACULTURE'
- Wanting to connect with and learn from others **WHO THINK LIKE YOU ABOUT MAKING A DIFFERENCE**

If you ticked one or more of the boxes above, this workshop is for you!



Garden for Wellbeing Workshop

Your Workshop will include a full guided tour of the Urban Permaculture demonstration garden, 'Wadhamville Garden for Wellbeing'* and a series of 'learning by doing' activities including:

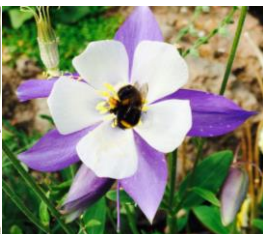
- * An introduction to Permaculture at historic WADHAMVILLE where **Amanda of Pandeia Te Taiao** has gardened with Nature for 18 years growing AWARD WINNING organic produce.
- * PICK YOUR OWN HERBAL TEAs and EDIBLE WEEDS – Pick samples of the plants you will be using to prepare delicious healthful herbal teas and snacks.
- * Learn about GROWING HOMEMADE teas, mushrooms, edible flowers, cheeses and yoghurts.
- * Demonstrations on WASTE FREE living including composting tips and techniques.
- * The best EASY GARDENING tips specifically for The Bays area using the RUTH STOUT Gardening without Work method
- * ANIMAL INTEGRATION– bees, chickens, guinea pig lawn mowers, wild bird pest controllers and more

Your joining fee is \$75.00 including GST.

To Join us, either go to www.gardenforwellbeing.org or send us an email at adwarren@constructing.co.nz with your contact details. We will send full joining details. In the event of bad weather, we may postpone or bring gumboots! 😊



Pandeia Te Taiao
Garden for Wellbeing



- Featured in 2024 [Auckland Garden DesignFest](#) &
- [Eastern Bays Sustainable Garden Trail](#)

