



Join us in St Heliers for a Garden For Wellbeing Workshop

Fridays:
20th Oct, 17th Nov & 15th Dec
2023
10.00am to 1.30pm

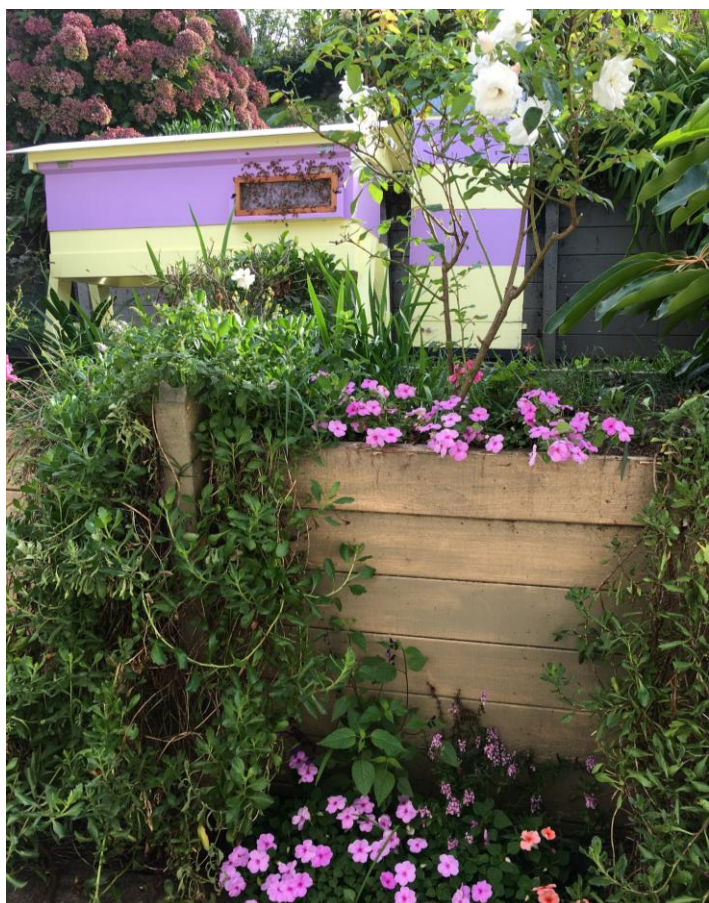
Are You...



Pandeia Te Taiao
Garden for Wellbeing

- Longing to make a difference in your own special place by **LIVING MORE SUSTAINABILITY**?
- Yearning to grow your own healthy, organic, **NUTRIENT DENSE FOOD** for your family?
- Keen to garden **WITH NATURE** not against?
- Eager to Grow **WILDFLOWERS**, **ATTRACT BEES &** increase **BIODIVERSITY** in your backyard?
- Dreaming of creating **GORGEOUS HOMEGROWN**, **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 Panda of Pandeia Te Taiao has gardened with Nature for 17 years growing AWARD WINNING organic produce.
- * PICK YOUR OWN LUNCH – Pick samples of the plants you will be eating in your sumptuous nutrient dense super fresh GOURMET LUNCH prepared for you.
- * 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 \$165.00 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 NZ
Gardening Magazine
and the Eastern Bays
Sustainable Garden Trail

Scan QR code
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to all events on
our Facebook
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