# URBAN FARM SCHOOL PROJECTS



## Age group 4 - 6 workshops (45 min)

- Microgreen edible miniature garden
- Pollinator are our best friends, seedball rolling, bug hotel making
- Veggie garden start container/raised bed, filling and sowing, planting together
- Where does our food come from? farmer's game with collecting fresh produce
- Plants are friends, food in the neighbourhood

### Age group 6 - 10 workshops (1 hour)

- Same workshops as for 4-6 year olds, but at an intermediate level
- Magic word of mushrooms (bread, cheese, penicillin), make your own mushroom farm
- Composting with slime friends, building a worm farm
- Eggs in the city, chicks & quails are the new parrots
- Survival tour, collecting edible fruits, herbs and mushrooms in the neighbourhood





# Age group: 10 - 14 workshops (1,5 hour)

- Same workshops as 4-6 and 6-10, but at an advanced level
- Indoor gardening microgreens & hydroponics
- Working with nature, permaculture principles
- Ecosystem in the city, design your own circle

# Age group 14 - 18 workshops (2 hours)

- Same workshops as for younger age groups, but on a professional level
- Grow your own material mycelium/kombucha skin
- Bio-plastic from food waste
- Fermented food fun



Contact info:

**E-mail**: <u>capsulfarm@gmail.com</u>

Website: <a href="https://capsulfarm.com/">https://capsulfarm.com/</a>

FB: <a href="https://www.facebook.com/CapsulFarm/">https://www.facebook.com/CapsulFarm/</a>