

## A Year Full of Greens: Growing Year Round Edible Flowers, Salads, Herbs and Vegetables with Sarah Raven at Snape Maltings, Suffolk

Sarah will guide you through the principles of the veg, salad and herb cut-and-come-again philosophy — how to get a lot of produce from minimal space not just for the abundant summer months, but year-round. And how to make the productive garden look good - pattern lettuce, silver birch bean frames, flowers in with your veg.

The veg areas of Sarah's veg garden at Perch Hill are all about super-production, not just for the summer months, but throughout the winter too. What are the plants you can grow through the cold, grey months of the year and which need more light and heat for late spring and summer harvests? We concentrate on cut-and-come-again crops - salad leaves, edible flowers herbs and leafy greens plus the tastiest varieties (after much trialling) of tomatoes, peas, courgettes and beans. For us, this is not the entire story — the veg garden needs to look beautiful year-round too, so we create patterns with different leaf shapes and colours of salad, plus we will show you how to make the nicest looking veg supports and climbing frames.

Sarah will guide you on the best salads, herbs and other veg we have growing in the veg garden at Perch Hill – the edible crops relevant to this particular season, plus helping you turn your plot into a year-round productive and beautiful space. This afternoon session includes practical demonstrations showing you some key relevant skills for this course including an explanation of our sowing and growing systems. We'll end with a Q&A. You will also get a detailed course hand-out covering all the information from the day.

- \* This course is taught by Sarah Raven, Arthur Parkinson and Caroline Nevile
- \* It is held at Snape Maltings, Suffolk, IP17 1SP
- \* The day lasts from 10.30 till 3.30pm including tea/coffee on arrival, (from 10am for 10.30 prompt start), morning tea/coffee break and a simple 2 course lunch using recipes from Sarah's cookbooks (cordial, not wine served with lunch, we find people tend to fall asleep after lunch if we serve wine). You will also get a detailed course hand-out covering all the information taught on the day.

### Booking

Friday 8<sup>th</sup> October 2021  
600311

£175.00

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[Click here to return to previous page](#)

## Itinerary

**Arrival between 10 and 10.30 am** *coffee/tea and home-made biscuit served from 10am*

### **Session 1: 10.30-11.30**

- \* Meet Sarah, Arthur Parkinson and Caroline Nevile (Sarah's assistants)
- \* Sarah will guide you through the principles of the veg, salad and herb cut-and-come-again philosophy — how to get a lot of produce from minimal space, plus crops that you can almost chuck in and ignore. What are the crops you must grow, and which are best left to commercial growers. And why.

*11.30-11.50 coffee/tea/tisane and home-made cake*

### **Session 2: 11.50-13.00**

- \* Sarah will guide you through the best varieties of salads, edible flowers, herbs and other veg — the edible crops she recommends for growing now, plus guiding you on how to turn your plot into a year-round productive space. What are the plants you can grow through the cold, grey months of the year and which need more light and heat for late spring and summer harvests?

*13.00-14.15 2 course-lunch (using recipes from Sarah's cookbooks). This is served with home-made cordial. Shopping after lunch for those who want it.*

### **Session 3: 14.15-15.00**

- \* Led by Arthur Parkinson, this session includes practical demonstrations showing you some key relevant skills for this course including an explanation of our sowing and propagating systems.

### **Session 4: 15.00-15.30**

- \* Plot from grass to food production, plus Q&A with Sarah to clear up any queries you might still have.

**15.30 The day ends with shopping if you want to**

[Click here to return to previous page](#)

## Directions and further information

Snape Maltings, Suffolk, IP17 1SP

Snape Maltings website: <https://snapemaltings.co.uk/>

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