



# Event Details

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by

Event:	HWB1617023 - Grow it Yourself 2 Early Spring in the GIY Garden
Subject:	
Event Overview:	Get motivated for health by growing, cooking and eating some of your own food. GIY have teamed up with UCD HR Learning & Development to bring a series of four lunchtime talks, all designed to inspire and support you to learn the life-long skill that is growing some of your own food.
Event Objectives:	GIY want to inspire a new wave of food growers in UCD
Event Content:	Get tips and advice from GIY. Learn <ul style="list-style-type: none"><li>* About vegetables you can grow all year round and learn</li><li>* How to grow your own salads and herbs in pots and containers</li><li>* How to boost your body's immune system in-season</li></ul>
Notes:	
UCD Instructor:	
Instructor (External):	Grow It Yourself
Building:	Ardmore House
Room:	Boardroom 2
When:	13.00 on 01-Feb-17 for 1 hours