



Organic Food Growing Tour

Tour Programme:

- **Introduction to organic growing**
- **Feed the soil that feeds the plant – soil fertility and composting**
- **Kitchen garden and Polytunnel crops**
- **What do plants need and how do they eat?**
- **Nutrition explained on salad leaves**
- **Why varieties matter**

Your tour guide will be Hans Wieland, who works and teaches at

The Organic Centre since 1997.

Duration: 1 ½ hours.

www.theorganiccentre.ie

The Organic Centre, Rossinver, Co. Leitrim