



Field to Fork at Communigrow

Fresh air, fresh food and a fun day your group will remember!



Looking for a meaningful holiday activity for your group?

Our Field to Fork Workshops offer a brilliant mix of nature, teamwork, food and fun in a safe and welcoming environment. Young people harvest fresh vegetables from our community garden and work together to prepare a delicious lunch to share. The session supports wellbeing, confidence, motivation and social skills — all while spending screen-free time outdoors!



Why Choose Us?

Communigrow's unique setting helps young people feel relaxed, safe, and able to be themselves. We understand that every young person is different. Our tutors have extensive experience supporting children and teens with a variety of additional needs, and we make sure activities are flexible, accessible and pressure-free. This helps young people feel relaxed, capable and fully involved throughout the session.



Fantastic Feedback

"We would love to come back - your staff are all amazing and so very calm and patient. There is something for everyone of different ages from tots to teens. It was lovely to be out in your oasis of calm at Communigrow. Something different for children and families to experience." **Community Development Worker, Tonbridge and Malling Family Hub**

"The team is very welcoming and knowledgeable. It's such a beneficial place for young people to visit, the Young Carers got to do so much and try a lot of new things!" **Imago Young Carers, Staff**






outdoor learning | cooking | nature | healthy food | sustainability





What's included

Each session will include a Field to Fork cookery session and a selection of fantastic seasonal and weather dependent activities:



Field to Fork experience

-  Harvesting vegetables from our community garden
-  Preparing and cooking a healthy lunch
-  Sharing the meal as a group






Seasonal nature activities, such as:

-  Bug hunting
-  Making bug houses
-  Sowing seeds to take home
-  Pond dipping

Fun outdoor games, including:





-  Welly wanging!
-  Wheelbarrow races

Benefits for young people





-  Builds confidence and independence
-  Encourages team work and communication
-  Supports wellbeing through outdoor activity
-  Develops practical cooking and food skills
-  Inspires healthier choices and curiosity about food



Ideal for:

-  Charities and youth organisations
-  Holiday clubs and group trips
-  Community groups and support services
-  Mixed age groups (activities adapted)

Session details

-  10.30am-1.30pm (3 hours)
-  Up to 12 young people
-  £225 per group
-  Includes lunch and cold drinks

To find out more email: education@communigrow.org.uk



Find us

