

# CIB Grow and Share Initiative event categories

Ideas for your event planning



# Educational & cultural celebration

## Examples:

- Gardening workshops on topics, e.g.:
  - Native plants, biodiversity, seed sowing, plant cuttings
- Garden tours
- Gardening demonstrations
- Potluck with food from different cultures
- Storytelling sessions on:
  - Local flora
  - Traditional uses of plants



# Wellness

## Examples:

- Therapeutic horticulture sessions
- Healthy cooking demonstrations
- Exercise classes or sessions in the community garden
- Herbal tea workshops
- Workshops on building a sensory garden area



# Sustainability

## Examples:

- Workshops on:
  - Upcycling
  - Cost-effective gardening
  - Water-efficient gardening
  - Environmentally friendly pest control
  - Using sustainable materials
- Seed saving and swap activities
- Composting sessions



# Community care

## Examples:

- Harvest sharing
- Intergenerational/inclusive gardening sessions
- Collaboration with groups such as Active Ageing Centres and childcare centres to do garden activities



# Artistic

## Examples:

- Garden craft workshops
- Botanical sketching sessions
- Garden photography contest
- Garden décor workshop

