



GROWING A REGENERATIVE GARDEN

Step into the heart of The Kingbridge Centre's vibrant permaculture garden and experience, Growing a Regenerative Garden – a hands-on activity designed to reconnect your team with natural systems, awaken regenerative thinking, and build practical skills you can take back to your own backyard, balcony, or community garden.

As your group moves through a series of guided outdoor stations, you'll be immersed in the timeless wisdom of soil, seeds, and regenerative growing. You'll begin with soil stewardship, getting your hands in the earth and learning how to build and maintain rich, living soil using composting, cover crops, and simple observational techniques.

From there, you'll explore how to grow your own food and medicine gardens—discovering low-effort, high-impact ways to cultivate vegetables, herbs, and pollinator-friendly plants that nourish the body and strengthen resilience. You'll also be introduced to powerful plant allies that support digestion, immunity, and stress recovery.

And finally, you'll dive into backyard composting and closed-loop systems, where today's waste becomes tomorrow's nutrient. Whether it's cold composting, hot piles, or worm bins, you'll gain insight into how these systems work—and how to make them thrive at home.




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CHOOSE ACTIVITY DURATION:

Two hour activity
Four hour activity
Eight hour activity