

From Little Things Big Things Grow

Fun, Foodies Growing Retreat

So you have an interest in food? Bring a friend or meet like minded people.

Spend some time with people making a difference to our food, its source, nutritional value and how we consume it. Get your hands into the soil and back to the most natural pursuit for mankind, growing and gathering food.

This is a “grass roots” and enjoyable Retreat for those with an appreciation for food, with practical advice and fast results to produce organic greens and veges scaled to a small or average back yard or, for the time poor. We will share some insights on starting out growing your own food, the current sources of your food, its sustainability and some alternatives to just going to the Supermarket.

Do a bit of Seasonal harvesting and cooking and of course, enjoy eating!

This Retreat includes accommodation (twin share, double), all meals, site visits to community gardens, and a workable small acreage farm using organic methods. The Cooking School component is optional and at your own cost (\$99) but a highly recommended culinary experience, encompassing kitchen skills, seasonal ingredients and bush tucker, lunch included of course! Best of all we leave you with plenty of time to enjoy the wonderful facilities of Wallaby Ridge and some time to explore this beautiful area, sample some local food and wine and take in some of the beautiful sights of Tamborine Mountain, Canungra and the Scenic Rim.



**For more information or bookings
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