



**WORKSHOP
CATALOG**

Éco-quartier de Peter-McGill

CONTACT

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GREENING AND URBAN AGRICULTURE

Preparing the garden



Planting and planning your garden

Discover the basics of garden planning and learn how to make seedlings yourself, at home.

Material provided: seeds, seedling pots

Material not provided: seedling soil, seedling fertilizers, water sprayer, neon lights, transparent domes

Free

Starting a garden

Learn how to prepare a garden and transplant your vegetable and flower seedlings/plants. This workshop can be done as a continuation of the above workshop.

Material provided: shovels, forks, trowels, gardening gloves, seeds

Material not provided: smart pots or gardening containers, soil, compost, plants

Duration: 1.5 h

Free



GREENING AND URBAN AGRICULTURE

Taking care of the garden



"Friends first": companion planting

Familiarize yourself with companionship through certain plant combinations that work well together!

No equipment required

Duration: 45 minutes

Insect pests: make your own home-made repellents

Discover how to create green fertilizers and learn about garden pests. Possibility of making a repellent adapted to your situation.

No material provided - theoretical workshop

Duration: 1 h



Honey plants: attracting pollinators

Learn about the link between pollinators, the plants that attract them and the food we eat. Discover some of Quebec's native plants and the basics of a pollinator garden.

No material provided - theoretical workshop

Duration: 45 minutes

GREENING AND URBAN AGRICULTURE

Harvests

Preserving food from the garden

Learn how to preserve your food with techniques like lacto-fermentation and canning.

No material provided - theoretical workshop

Duration: 1 h



Make your own sprouted seeds

Do you like micro sprouts in your salads, or do you want to find out what they are? This workshop aims to teach you how to make your own sprouted seeds at home easily.

Material not provided: Mason jars, cheesecloth, seeds to germinate.

Duration: 1 h

WASTE MANAGEMENT, COMPOSTING AND ZERO WASTE

Power supply



A healthy mind in a healthy body

Learn about the themes of overconsumption, building a balanced plate, local products.

No material provided - theoretical workshop

Duration: 1 h

What's for dinner?

A workshop to change our relationship with meat, find substitutes, from tofu to legumes.

Duration: 1 h



Let's eat

Responsible cooking workshops: zero waste recipes, local recipes, etc.

Duration: 2 h



WASTE MANAGEMENT, COMPOSTING AND ZERO WASTE *Environment*



Eco-responsible household products

Creation of organic and eco-responsible household products: dishwasher tablets, ivy detergent, etc.

The material is provided

Duration: 1 h

What is the impact of plastic?

Training on the use of plastic in everyday life, the impact on animals and on countries on the other side of the world.

No material provided - theoretical workshop

Duration: 1 h



WASTE MANAGEMENT, COMPOSTING AND ZERO WASTE *Environment*



Heat waves in Montreal: heat islands

What does the term "heat island" mean, what is the role of plants: stroll through the green alleys to discover it and learn about the role of the éco-quartier de Peter-McGill.

A walk in Montreal

Duration: 2 h

Calculate your ecological impact

Understand the impact of our lifestyle, the small and large gestures to act and reduce our CO2 footprint.

No material provided - theoretical workshop

Duration: 1 h



WASTE MANAGEMENT, COMPOSTING AND ZERO WASTE

Waste management



Obsolescence and delocalization: the capitalist catastrophe

Understand what programmed obsolescence means, how to get around these concerns and live consuming less and better, understand the manufacturing of clothes and impacts.

No material provided - theoretical workshop

Duration: 2 h

Be an actor in your own consumption

How to integrate zero waste in everyday life: at the grocery store, in the kitchen, in the bathroom, at work, at Christmas, ...

No material provided - theoretical workshop

Duration: 1 h



WASTE MANAGEMENT, COMPOSTING AND ZERO WASTE

Waste management



Vermicomposting

Find out what vermicomposting is and create your own home-made worm compost.

Face-to-face workshop

Duration: 1 h

Tawashi and washable sponge

How to make your own Tawashi sponge, washable sponges.
Leave with your own creation.

Face-to-face workshop

Material not provided: clean "orphan" socks.

Duration: 1 h



CONTACT US

If you wish to add a new workshop to the list or to register for a workshop, contact us.

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