

#gardening

#kitchen

#workshop

AS SOURCES OF SOCIAL CONNECTION, COMMUNITY GARDENS AND COOKING ARE NEW ELEMENTS IN NEIGHBORHOOD LIFE

Structure : The Vegetable Shop



Lyon

Auvergne-Rhône-
Alpes

Our missions:

As creators of social bonds, community gardens and cooking are new ingredients in neighborhood life, promoting social and generational diversity and fostering connections between city dwellers and farmers.

By inviting people to reconnect with the living world, our activities are part of a community education initiative.

We aim to encourage “working together” and “doing it yourself” through activities at L’Oasis de Gerland and in the kitchen, fostering a collective reappropriation of knowledge and practices

The workshops:

Cooking Workshops

Chatting, peeling, mixing... Participatory cooking workshops to collectively prepare balanced, seasonal dishes and enjoy them together

Guided through their first steps by the facilitators from La Légumerie, the group of cooks gets to know each other better, shares best practices, and exchanges new recipe ideas.

Gardening workshops

La Légumerie offers introductory courses in organic gardening. Together, let's discover the techniques and tools for gardening and bring plants back to the heart of the city and our lives.

Through hands-on gardening, discover the origins of our food and, gradually, depending on your skill level, gain an understanding of the complexity and balance of the ecosystem in a cultivated ecological garden.

Events

La Légumerie offers, through large-scale cooking workshops, the opportunity to enjoy a positive collective experience in a friendly atmosphere.

Participants take on the challenge of creating a complete plant-based and vegetable-focused menu to feed up to 300 people!

Training

We offer training workshops for the teams at your organization. Professionals are guided by La Légumerie's gardener-chefs so they, in turn, can lead participatory activities on organic gardening and sustainable cooking...

Liens

<https://lalegumerie.org/prestations-solidaires/>