

AUGUST 2025

Havenhills Summer School 2025





introduction

Let us share with you something that changed our lives.

Everything began to shift when we made the choice to reconnect with a more vegetable-based, natural, and sustainable way of eating. Growing our own food, preparing it with care, love and enthusiasm.

This 5-day immersion is about sharing that journey with you. Together we will explore how food connects us - to the earth, to each other, and to ourselves. We'll share what we've learned, give you guidance, and show you how small changes can lead to something much deeper than expected. On a practical level you will learn techniques for growing and cooking food that you can take with you when you leave.

Join us. Let's discover this together.

Jonathan Karen , Britt & Sandra

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what you will learn

Growing fruit and vegetables, learning about different techniques of permaculture and other nature friendly ways to grow

The importance of the soil

How natural systems work and our connection to them

Inspiring ways to cook vegetables

Learning about nutrition and food as medicine

Techniques for connecting with nature and the land

Looking into our current food system and understanding where it is failing us

Learning about gut health and new discoveries about food

Experimenting with fermenting & pickling

An introduction to bread-making and sourdough



dates

4th-8th August 2025

16-18 year olds

This is aimed at young people who may be considering a career on the land or with food. It will give you a broad picture as well as some technical expertise.

11th-15th August

18+

The second week is for adults. You should leave the week with the necessary skills to grow your own vegetables and prepare foods that will complement your health and well being.

WHAT IS INCLUDED

5 full days of instruction
3 nourishing meals a day
Camping - bring your own tent.

Alternative accommodation

If you do not have a tent, we have some options
Glamping: bell tent with comfortable mattress + £80
Bedroom in our house: + £100
Airbnb on site: £90 per night





Monday

Earth - Foundations for growth

Introductions - a tour of the field - the importance of soil
cooking with roots

Tuesday

Air - breathing life into our gardens

sowing and planting - transplanting - compost
understanding the principles of wholefoods -bread-making

Wednesday

Water - nurturing growth

caring for plants - natural fertilisers - disease control
juices, soups, stews and curries
fermenting

Thursday

Fire - embracing heat and light

sourcing seeds - diversity
roasting - cooking on fire

Friday

Feast - a celebration

We'll wrap up the week by coming together to create a
shared feast, after a day of tying up all the loose ends.



daily schedule 9.30-8.30pm

Optional yoga

Breakfast

Introduction to the theme of the day

Gardening techniques

Lunch preparation

Lunch

post lunch talk

free time

Gardening session

Supper preparation

Supper

cooking



When it's time to prepare meals, we will begin by harvesting fresh produce from the farm and using this to create delicious, nutritious, and wholesome lunches and dinners to share. In this hands-on experience, we will demonstrate a variety of inspiring, easy and fun ways to cook with vegetables. We will also explore the basics of nutrition and how food affects us on a deeper level. We will examine the latest science around food and our gut and why food is so important for our physical and mental health. By learning to cook with wholefoods, we hope you will naturally feel more encouraged to eat nourishing, vegetable-rich meals.

You should gain some knife skills and learn many inspiring principles of cooking with vegetables.

We will also attempt to make sense of all the conflicting food information online and discuss any questions or issues to help you to find a path to eating nourishing foods and look at why and how we can use food as preventative medicine.

growing



As well as examining different ways of growing without the use of synthetic fertilisers and pesticides, looking at the pros and cons of different techniques such as no dig and other permaculture ways to grow.

From sowing, transplanting, and harvesting to plant care and creating your own natural fertilisers, we'll cover a range of practical skills. We'll also look at which plants are best suited to our climate and help you make informed decisions for your own garden.

Whether you're a beginner or considering a career in horticulture, this course offers a comprehensive introduction to sustainable growing.

We'll dive deep into soil health—why it matters, and how to maintain it—along with composting, the use of cover crops, and companion planting.

feast



On Friday, our final day, we'll take the opportunity to tie up any loose ends and answer any remaining questions before preparing for a celebratory evening feast in our Silver Birch Grove (weather permitting – otherwise, we'll gather in the Loft).

There's plenty to celebrate, come rain or shine!

You'll also have the option to invite a guest along to join us for the evening, should you wish.

your instructors



Sandra, originally from a farming family in the Peruvian Andes, was raised with ancient traditions and a deep respect for nature. She trained as an architect and worked in travel and photography before meeting her husband, Britt, in Santiago. Together, they moved to the remote island of Chiloé, Chile, where they ran a travel company and founded Isla Natura, creating products from maqui and other wild Chilean berries.

During her time in Chiloé, Sandra opened and ran two successful restaurants. The most recent, a vegetarian café that she co-ran with her twin daughters.

Sandra has also practiced and taught yoga for over 18 years, sharing various disciplines with her community.



Britt, a naturalist at heart, has always been curious not just about the forest but about the way nature works. He studied philosophy, which led him to big life changes at a very early age. He originally worked in the travel industry, founding Austral Adventures, on the island of Chiloé.

Britt's love of the outdoors led him to discover the medicinal properties of local wild fruits. He and Sandra set up Isla Natura, a company that not only sells superfood products made from indigenous berries and raw honey but also provides meaningful employment in a struggling economy. Through this he has gained a deep knowledge of the food processing industry.



For Jonathan, the pandemic led to the realisation that the food industry needed drastic change. This inspired he and Karen to create Havenhills Field & Kitchen: a place where food could be grown for the local community, and meals prepared for those without the time to do so themselves. The idea combined years of experience in food delivery, a passion for food preparation, and a deep belief in the importance of good food for both health and the planet.

Jonathan's enthusiasm and active energy make him the practical force behind the scenes, handling everything from gardening—whether digging or no-digging—to accounting and managing the day-to-day operations.



Karen is a self-taught cook and leads the kitchen at Havenhills, where she creates the menus, makes the bread and pasta, and oversees the marketing. Her love of food deepened after an injury led her to explore the idea of food as medicine. This event led to an understanding of the food system and earned her a diploma in Culinary Nutrition, along with a strong belief that eating fresh, local, and seasonal food is key to thriving.

She is also a gifted photographer and the creative soul of the team—bringing its values and vision to life through evocative images and storytelling.

if you are interested

Please let us know if you have any questions, or would like to have a chat about the course. Email info@havenhills.co.uk

You will need to pay a deposit of £120 to secure your place. This can be done on the events page of our website. We will then send you a link to pay the remainder on 1st July.

We are offering limited Early bird tickets until 10th May

Before the start we will send you a form to fill regarding your preferences and requirements for the course

refund policy

Your deposit is fully refundable until 1st July when the full payment will be requested.