

# GROWING YOUR OWN FOOD

## Fact Sheet

### The benefits

#### Less waste

If people pick food as they need it, this reduces extra stock.

Plus, food is not being wasted because it doesn't meet beauty standards! In terms of packaging, people don't need to put their tomatoes into a plastic box or wrap their veggies if they are coming straight from the garden!

#### Reduce fussy eating

Children are more likely to eat a food they have a sense of ownership over.

#### Money

Seeds are cheaper than already grown fruit and veg from the supermarket!

#### Availability

A food garden in the home means food is easier to access!

#### Taste

Food from a home garden is as fresh as possible! Plus, the taste will be enhanced if the person understands all the hard work that went into growing that food.

#### Fun!

#### Attitudes towards new foods

Children (and adults) are more likely to try new foods when they have a sense of ownership over the food.

#### Food miles

Many foods are eaten all year around, meaning they are grown elsewhere and imported in. Growing food at home also reduces the chances of ingesting gases or other chemicals that may have been sprayed on the produce.

#### Teaching





Starting a home garden is a great chance to teach children about gardening, seasonal produce and healthy eating. In addition, children can practice skills such as responsibility, confidence, reasoning, creativity and cooperation.

#### Know what you are eating

Not only will people develop an appreciation for the effort required to grow food but they will also know their food is pesticide and chemical free.

### Planning your garden

Various factors to consider when planning are:

-  Where will the plants be grown? Inside or outside?
-  What is needed to start the garden? Tools? Pots? Soil?
-  What seeds/plants do you want? This will depend on the season a person is starting their garden in. For instance, summer fruits and vegetables include apricots, rhubarb and zucchini while root vegetables are grown in winter.
-  How much is the person willing to spend on their garden?

## Get what you need

Bunnings  
Mitre 10  
Home  
Hardware

Farmer's markets



Nurseries



Library



Enliven



## Seasonal fruit and vegetables

Each box highlights when the fruits and vegetables are available in store but also reflects the best time to harvest. The boxes do not necessarily reflect the best time to plant these items. Information about the best time to plant these items can be found on the back of the seed packets. Enliven also has growing guides on their website.

Summer

Apricots, basil, beans, beetroot, berries, capsicum, carrots, cherries, chillies, corn, cucumber, eggplant, figs, grapefruit, grapes, leeks, lettuce, melons, onions, oranges (Valencia), parsley, peaches, pears, peas, plums, potatoes, rhubarb, silverbeet, spring onions, squash, strawberries, tomatoes, zucchini.



Autumn

Apples, beans, beetroot, brussel sprouts, cabbage, capsicum, carrots, cauliflower, celery, chillies, corn, cucumber, eggplant, figs, grapefruit, grapes, leeks, lettuce, mandarins (Imperial), melons, onions, oranges (Valencia), parsley, parsnips, pears, peas, potatoes, rhubarb, silverbeet, spinach, spring onion, squash, strawberries, sweet potatoes, tomatoes, zucchini.



Winter

Apples, beetroot, broad beans, broccoli, brussel sprouts, cabbage, carrots, cauliflower celery, grapefruit, jerusalem artichokes, kiwi fruit, leeks, lemons, lettuce, limes, mandarins (Imperial), onions, oranges (Navel), parsley, parsnip, pears, potatoes, rhubarb, silverbeet, snow peas, spinach, spring onion, turnips.



Spring

Artichoke (globe), asparagus, beans, beetroot, berries, broad beans, broccoli, capsicum, carrots, cauliflower, chillies, cucumber, grapefruit, leeks, lemons, lettuce, limes, mandarins (Imperial), onions, parsley, parsnips, peas, potatoes, rhubarb, silverbeet, snow peas, spinach, spring onion, squash, strawberries, zucchini.



## References

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