



SPRING EDITION | SEPTEMBER 2023

Food for All Newsletter

Food for All Edible Garden Community Day- 18th October



The Food for All Edible Garden Community Day is a free, family friendly, all ages event. It will include Sustainable Gardening Australia talks and a range of stall holders from local organisations, businesses and groups with information and hands on activities about edible gardening.

Edible gardens are a great way to get outdoors and involved in growing your own fruit and vegetables. Edible gardens are so rewarding as you see a seed or seedling grow into produce for you to harvest and use in your meals! It is a way to get children involved in learning how vegetables grow, look and taste.

The Food for All Edible Garden Community Day is all about educating people with knowledge and skills around growing food to inspire new gardens, ways to improve existing gardens or to join a community garden group.

Come along to the Community Day and enjoy:

- Presentations
- Hands on edible gardening activities
- Information from local stall holders and services
- Fun activities for all ages around growing food

FOOD FOR ALL EDIBLE GARDEN COMMUNITY DAY

Date: 18th of October
Time: 9am-2pm
Location: Swan Hall Town Hall

A free edible garden community day for all ages to learn about edible gardens in a fun interactive environment!

Presentations:

10 am- 10.45 am
Composting talk by Good Grove Gardens

11am- 12pm
Smart Watering talk & hands on activity by Sustainable Gardening Australia

1pm- 2pm
Growing from Seeds talk & hands on activity by Sustainable Gardening Australia

For more information about the event head to:



Foodforall.community



Foodforall- Swan Hill Region



<https://www.foodforall.community/>



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Spring in the garden

Spring is when all the beautiful flowers start to bloom in our gardens for us and bees and insects to enjoy. Bees and other pollinators play a vital role in the ecosystem by pollinating flowers including fruit trees and even food crops.

How to care for bees in your background:

- Plant a wide variety of pollen rich flowers in your garden
- Provide flowers that bloom throughout the year so as bees have a source of pollen not only in Spring
- Provide a water source such as a shallow bird bath to for local bees in the area

Looking after our bees are a great way to look after the ecosystem while creating a colourful flower display for you to enjoy at the same time.



Swan Hill Food Hub

The Swan Hill Food Hub is going along well. We currently have 15 member agencies which range from kinders, schools, employment agencies, health and welfare services in the Swan Hill community. The Food Hub continues to grow in use from our member agencies filling the local need for flexible food relief in Swan Hill.



Food Hub stats: October 22-August 23

