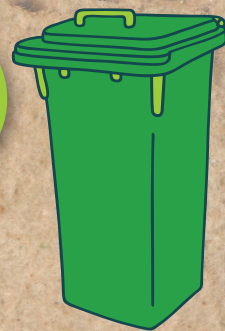


FACTSHEET #6

#RECYCLE RIGHT

GROW YOUR OWN PRODUCE



Have you heard the term “Food Miles”? This means the distance food travels to reach us as the consumer.

Most of the fresh produce we buy has sometimes travelled 100's of kilometres, before we purchase the produce.

HOW CAN WE REDUCE FOOD MILEAGE ON PRODUCTS THAT WE CONSUME?

- Buy from local producers and local markets.
- Look for Australian grown produce.
- Reduce the amount of packaged food.
- Avoid pre-cooked meals.
- Buy in bulk.
- Use vegetable scraps and regrow.
- Start a veggie garden.

CHOOSING COST EFFECTIVE FRUIT AND VEGETABLES

Growing your own produce takes time, but if you choose plants wisely, growing just a few vegetables can help reduce the cost of buying.



CHOOSE COST EFFECTIVE FRUIT AND VEGETABLES

Research which plants will grow best in your area and soil type. When your plants start to seed, save the seeds and reuse.

- Grow plants that produce multiple crops, such as eggplants, tomatoes, beans, and pumpkins.
- Choose plants that grow quickly, these could include leafy greens, such as lettuce, kale, or rocket.
- Stagger sowing seeds, to produce a continual harvest.
- Research which plants are easy to preserve or can be frozen.
- Consider companion planting to reduce pests and disease.

REGROW VEGETABLE SCRAPS

- Regrowing parts of vegetables is a cost effective way of using kitchen waste that would either end up in the bin or the compost.
- Place the vegetable ends in either a small container of water or try planting directly back into soil.
- Take cuttings from herbs and propagate.
- For more information, visit:
 - Love the Garden
 - Home Garden Vegetables



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