

SPRING NEWSLETTER 2009

Eat Well Grow Well

Community Gardening in Tasmania



Eat Well Grow Well

www.eatwelltas.org.au

Eat Well Grow Well is federally funded through the Health Promoting Food Program for one year. It will assist communities to establish sustainable community gardens in Tasmania. It aims to encourage education, social involvement and healthy eating.

Part of the project includes the establishment of a school garden at Glenorchy Primary School. A DVD and manual will be developed to document the process of establishing a community garden from the first site inspection.

The project will showcase the good things that are going on around Tasmania through the development of regional hubs.

The Glenorchy regional community hub is in the process of setting up monthly workshops at different community garden locations around Glenorchy. Part of the process is to establish a register of mentors who can assist with technical skills and support.

The North West Community Gardening Hub will have its first meeting through video link up.

Date: Friday 16th October 2009
Time: 3pm – 4.30pm
Videoconference sites:

- Burnie Parkside (1 Strahan St, take the lift to the 4th floor and turn right)
- Devonport Community Health Centre (23 Steele St, room G60, ask at reception)
- Ulverstone Community Health Centre (Water St, ask at reception)
- Rosebery Community Health Centre (Hospital Ave, ask at reception)
- Smithton Hospital (Brittons Rd, ask at reception)

Contact Michelle Towle
michelle.towle@dhhs.tas.gov.au

The data base includes over 70 school and community gardens around Tasmania. Let us know if you would like to be added to the data base and kept informed.

Nel Smit Nelsmit@eatwelltas.org.au

New Resources:

Community Kitchens Manual Food Fun and Friendship

How to set up and run community Kitchens
June 2009 Peninsula Health NSW

A useful manual for those setting up a community kitchen.

The Healthy Soil Handbook Earth Garden Publication 2008

Articles on earthworms compost, and mulch in short articles with good photographs.

Let's Get Growing

A how to gardening book for children by children.

Colourfully illustrated case studies from six school gardens in the Kingborough hub each with a different focus, an initiative of the Kingborough Community Garden and Shed group.
<http://kingstonbeach.edublogs.org>

A Bountiful Harvest

Community Gardens and Neighbourhood Renewal in Waterloo NSW Dept of Housing 2003

Research on three community gardens in Sydney based on a series of stakeholder interviews and focus groups. Includes a CD rom

Food not Lawns by HC Flores 2006

How to turn your yard into a garden and your neighbourhood into a community.

A Snapshot of Tasmania's Community Gardens by Miriam Herzfeld UTAS 2008

Miriam's research addresses the history, benefits, purposes and characteristics of Tasmania's community gardens.



For access to these resources and enquiries on Eat Well Grow Well contact:

Nel Smit

State Coordinator

Eat Well Grow Well

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What's happening with the Tasmanian Community Gardening Network?

A working group is being revived to progress some activities that can support communities to establish and sustain community gardens in Tasmania with the following objectives:

- To promote and raise the profile of community gardening in Tasmania, including the benefits of community gardening in an on-going way.
- To share information, resources and expertise relating to community gardening.
- To advocate for community gardening in Tasmania, including resources for community gardens.
- To value and promote the diverse range of community garden models.
- To recognise and promote community gardens as a method for fostering community engagement and establishing a culture of generosity, reciprocity, trust and self-help.

For further information please contact Nel Smit Eat Well Grow Well Project Officer 62279891.



South Hobart Food Growers Subgroup

As part of the **South Hobart Sustainable Community Group**, we began holding monthly Growers Gatherings. Anyone interested is invited and we visit a different person's home each month and share a meal together. It is a wonderful opportunity to tour gardens, share garden wisdom, seeds, excess produce and to get to know others with similar interests. We have run workshops including fruit tree pruning and permaculture and are currently collating a "tools & skills share list", to share resources and knowledge in our local community. To find out more or join our group. visit:

If you have a story to share with the Tasmanian Community Gardening Network, Contact Us!

If you would like to share information, stories or resources with others interested and involved in community gardening in Tasmania please contact:

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