

Fresh Food For Families Event Guidelines



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP



Foreword: Fresh Food for Families

Fresh Food for Families is a sub-committee of the **Food Plant Solutions Rotarian Action Group**. The organising committee comprised members of The Royal Society of Tasmania, the Rotary Clubs of Hobart and North Hobart and TAFE (The Institute of Technical and Further Education). It is a fine example of working together to produce a creative, practical and successful outcome.

Fresh Food for Families developed this workshop to:

- ♦ support migrants to learn how to grow, nurture, harvest and prepare nutritious fresh foods in this climate which is new to them
- ♦ create a model which is easy to replicate, to document it and to publish it for the benefit of any other group who wishes to do the same.



Contents

Page	Item
2	Foreword: Fresh Food for Families
4	Preface
5 – 6	Guidelines for planning the workshop
7	Appendices and links list
8	Appendix 1: Attendance form
9	Appendix 2: Working with children authorisation form
10	Appendix 3: Authority to photograph— child
11 – 12	Appendix 4: Shopping and procurement lists (including printing list)
13	Appendix 5: Workshop program content
14	Appendix 6: Workshop 1 procedure: Planting vegetable and herb seedlings into a trough
15	Appendix 7: Workshop 2 procedure: Making inexpensive newspaper pots for vegetable seeds and seedlings
16	Appendix 8: Workshop 3 procedure: Understanding a gardening calendar to grow vegetables from seed and seedlings
17	Appendix 9: Workshop 4 procedure: Planting potatoes and vegetable seedlings in the garden
18	Appendix 10: Budget
19 – 20	Appendix 11: Kitchen gardening calendar
21 – 22	Appendix 12: Nepali Kitchen gardening calendar
23 – 24	Appendix 13: Pollination guide
25	Appendix 14: Sample certificate of recognition
26	Information about Food Plant Solutions and The Royal Society of Tasmania



Preface

What a pleasure it was for all of us to immediately notice the fun for the children and the parents (and grandparents) to be working together outside and in gardens. Please look carefully at the photos throughout this report and see the smiles on all participants. For that reason alone this activity must be counted as a success!

The concept for this activity arose simply enough. A friend of mine (Jane) was present in a kitchen with new arrivals from another country and with another language when a local welfare agency arrived with a wonderful box of packaged food and bundles of fresh vegetables and fruit. The adults looked at my friend in a little bewilderment while holding some of the vegetables and basically said, "What do we do with these?"

Jane told me about the incident and my immediate reaction was - Okay, we need to do something practical and useful. Within a day, I contacted good friends who had a variety of skills and I was confident that they would react in a positive way to take ACTION, not just talking and reporting, as so often happens.

At our first meeting, we established guidelines and a key aspect was that we would offer something that was local, practical, achievable and could be recorded as a 'model' for others to consider for their communities. We certainly did not want to establish another organisation or entity or seek kudos.

Please read the following pages to see how a group of friends came together, how they formed a close bond with a special group in the community (from Nepal in this case) and how we collected, collated, made a film, had fun and eventually delivered a workshop that can be replicated anywhere which will be useful to families finding themselves in a community with different weather and different growing seasons and even fruit and vegetables. Almost everything was a pleasant surprise – even when a large local hotel researched and produced lunch for 50 people that was immediately valued and enjoyed by the Nepalese families.

It was an advantage and necessary to observe some bureaucracy and so we were aligned with Rotary International and, in particular, the Food Plant Solutions Rotarian Action Group while being hosted by The Royal Society of Tasmania for all our planning meetings.

I am grateful and fully appreciative of the effort that every member of the planning group put into the activity – the planning ran for nine months! In the end, for each of this great team, pleasure and reward came from the close liaison made with our new Nepalese friends and especially to see the children active in the outdoors around the growing of plants.

This activity is recommended to any group for any community.

John G. Thorne AM

**Secretary, The Royal Society of Tasmania, and
Emeritus Director, Food Plant Solutions Rotarian Action Group**



Guidelines for planning the workshop

Notes:

- ♦ *The guidelines assume a nine-month planning period. The months are therefore designated, for example, 'Workshop minus nine months' for the first month of planning.*
- ♦ *For simplicity, and particularly as this workshop was the first, we chose to work with the Nepali community only. This meant that only one translation of materials, such as the kitchen gardening calendar, needed to be organised.*

Workshop minus nine months

- Establish clear goals. Those for this first workshop were:
 - * to create a workshop, aimed at newly-arrived migrants (e.g., Nepali), to teach them about growing local vegetables in the local climate and within local soils.
 - * to create and document a model so that the program is easily replicable by others.
- Establish the date for the workshop
- Identify and establish a relationship with the workshop's gardening partner. In our case, this was a college of Technical and Further Education (TAFE), although it could be a plant nursery. Within that relationship, seek to have:
 - * the provision of fine and wet weather teaching locations
 - * the provision of a gardening bed
 - * the provision of some materials, for example, pots and seedlings, some tools.
- Decide the target audience. Discussions may be held with leaders of local migrant communities to establish the needs or with a migrant organisation representing many communities. More than one community may join the workshop, although as a first attempt, it is simpler to aim for one community only.
- Invite the community/s to nominate a member to join the organising committee.
- Documentation – a range of documents is included in the appendices. These can be translated into the appropriate languages for the participants to take home.
- Review the program so that any local variations can be included.
- Consider how lunch will be provided. Find a provider/caterer.
- Determine the workshop budget. *See Appendix 10.*
- Discuss funding sources, for example, local Rotary clubs.
- Research grant funding availability.
- Put banking arrangements in place.

Workshop minus seven months

- Continue discussions with workshop gardening partner, including:
 - * risk management responsibility
 - * provision of first aid
 - * the optimum number of participants
 - * gathering post-workshop feedback.
- Ensure that insurance cover is in place including the process for collecting names and contact details of participants and volunteers. *See Appendix 1.*
- Where the law demands, ensure that all volunteers have an up-to-date *Working with Children* authority card and, if not, that they apply for it. *See Appendix 2.*
- Continue discussions with migrant communities to:
 - * finalise the target community/s so that
 - * translation of appropriate documents can be made, and
 - * learning needs can be established.
- Consider the need for flyers to advertise the program.
- Start approaching local Rotary clubs for financial support.
- Apply for any grant funding available.

Workshop minus six months

Continue to work with gardening workshop partner:

- How many workstations needed for say, 30 adults and two language groups?
- Outline of the program:
 - * morning tea and welcome
 - * teaching
 - * lunch
 - * teaching
 - * mentoring
- What are the workstations? (– 3 trestle tables and one garden bed)
 - * Making simple pots from newspaper and then planting seeds and transplanting from a punnet of seedlings
 - * Growing in pots and troughs and discussion about soil, the difference between seed-raising, potting mix and garden soil
 - * Planting in a garden bed (noting the difference between planting potatoes and planting a vegetable seedling), watering and fertilising
 - * Use of the kitchen gardening calendar and pollination guide to plan, harvest fruit and vegetables and collect seeds.
- A trestle table will be required at the entrance for the sign-on sheets for insurance, and for the children, the parental authority to publish any photos, and for information leaflets, etc. Temporary storage will be required for the take-home farewell packs. Also, it would be good to have a basket of vegetables on show to discuss varieties unknown to the participants.
- Notes for all the classes.
- Signs to welcome participants.
- Continue discussions with migrant community/s.
- Continue discussions with nurseries and hardware stores.
- For catering, consider asking organisations such as *Second Bite* for donations of vegetables.
- Examine options and costs for printing and laminating.
- Devise a publicity strategy, contact media outlets, TV, radio and press as required.
- Contact local Rotary clubs to: publicise, raise funds and invite them to send a representative along in the interests of replicating the program.

Workshop minus five months

- Continue discussions with all stakeholders.
- Ensure that all aspects of the organisation of the program are being advanced.

Workshop minus four months

- Continue discussions with all stakeholders.
- Ensure that all aspects of the organisation of the program are being advanced.

Workshop minus five weeks

- Confirm all arrangements, date, time and place, with workshop gardening partner:
 - * agree on the workshop program, ensure that is practical and achievable. *See Appendices 5 & 6.*
 - * agree on sites for the different parts of the program, indoors/outdoors
 - * PowerPoint backup to the lesson to be provided in case the weather prevents access to the garden beds.
- Confirm the details with the community/s which will be participating:
 - * invite participants to attend
 - * advise participants to wear closed-in shoes for safety and to bring a hat and sunscreen.
- Publicity:
 - * Contact major daily paper in the area for coverage of the workshop.
 - * Contact local TV stations in the area for coverage of the workshop.
 - * Contact local radio stations in the area for coverage of the workshop.

Appendices and links

Appendices:

- Attendance form
- Working with children authorisation form
- Authority to photograph – child
- Shopping and procurement lists, including printing list
- Workshop program content
- Four workshops procedure
- Budget
- Kitchen gardening calendar
- Pollination guide
- Sample certificate for presenters or volunteers

Links:

- Food Plant Solutions website: <https://foodplantsolutions.org/>
 - YouTube video of making a simple, easy seed or seedling pot from newspaper: <https://youtu.be/HwkWDnpWhmM>
- See sample images below:



Above (row 1 from top left): Opening slide of the YouTube video directed by James Anderson; demonstration of making seed or seedling pots from newspaper using an offcut from a pipe.

Above (row 2 from top left): Storing pots in a container for support; planting the biodegradable newspaper pot into the vegetable garden once the seedling is established.

Participant and volunteer details for insurance purposes

[illegible]

Volunteers: *Working with Children* authority details

[illegible]



Fresh Food for Families

Authority to Photograph - Child

I (Parent/Carer's name)

of (address)

.....

give permission for

(please print name of child)

to participate in the Fresh Food for Families event and its promotion.

Child's date of birth

(day/month/year)

I do HEREBY AUTHORISE and permit representatives or members from Rotary to photograph my child during the event.

I understand that Rotary may make use of these photograph(s) incorporating my child's image or likeness or the duration of the copyright and the copyright therein shall be the absolute property of Rotary throughout the world.

I understand that participation by my child is entirely voluntary and that no payment of any kind is involved.

I understand that no information that would lead to the identification of my child will be included in any products.

Dated:

Shopping and procurement lists

Stationery:

Drawing paper for children
 20 clipboards (for children to use to create drawings of the event)
 20 children's exercise books
 20 sets coloured pencils, sharpened
 40 participant pens and pads of paper
 60 name tags for participants, children, presenters and volunteers and marker pens
 5 pads of Post-it notes (to label participants' completed pots and troughs)
 10 pens (to write on Post-it notes)
 20 gifts for children, e.g., balloons, gardening utensils
 40 medium-size gift bags (for farewell packs)
 Certificates of appreciation for presenters and caterer

Refreshments and catering:

Sufficient fresh fruit on arrival and for lunch, mixed and seasonal
 Knives to cut up fruit and cutting boards
 Examples of the vegetables which are the basis of lunch dishes to show participants
 48 fruit juice containers
 48 bottles water
 60 disposable paper plates/bowls (dependent on what food is to be served)
 60 disposable knives, forks and spoons
 60 disposable teaspoons
 60 paper serviettes
 6 litres water at lunch
 50 disposable drinking cups for water
 Plastic tablecloths
 Serving spoons
 Urn, tea, coffee, sugar and milk (for presenters)
 40 disposable coffee cups.



Workshop materials:

Gloves for each presenter
 40 pairs of gloves for participants - male, female and children's
 40 woven bags (re-usable shopping bags) to be given to participants to carry away their plant troughs and pots and then at home for use as a potato bag or portable pot
 40 trowels
 40 small pots
 40 herb troughs
 5 bags seed-raising mix
 4 potting mix 30litre bags – to be delivered to venue prior to the workshop
 14 seedling punnets for Workshop 2
 Newspaper, drainage pipe offcuts, seeds, seedlings, containers for created paper pots
 Small saucers for seeds
 Demonstration models of final product of seedlings in paper pots
 Herb and vegetable seedlings and 4kg bag of potatoes for Workshops 3 and 4



Other items:

Bottles of wine and/or \$20 gift cards (perhaps from a nursery or hardware store) for presenters
Bottle bags for gifts of wine
Rubbish bags for clean-up
Brooms, dustpans
Spray product and wipe cloths for clean-up
First Aid kit
Packet of band-aids
Masking/duct tape to secure any signs and wind protection
Scissors
Balloons as an aid to finding venue; string to tie them on
Weights to keep papers on reception table, if outside
Tea towels for clean-up
Handout materials (including a banner if possible) and brochures from **Food Plant Solutions**.

Contents of each farewell pack:

- hand trowel
- pair of gloves (male or female)
- small seedling pot
- sunscreen sample, antiseptic, moisturiser
- laminated gardening calendar
- pollination guide
- packets of vegetable seeds
- drainage pipe off-cut for making newspaper pots
- samples of fertilisers (e.g. *Seasol*, *PowerFeed*, *Neutrog GoGo Juice*)
- nursery or hardware store promotional flyers



Above: Alderman Heather Chong (right) hands the farewell packs to happy Fresh Food for Families participants.

Printing list:

- 20 consent forms for parents to sign, permitting promotional use of children's photographs
- 5 copies of attendance list
- 5 copies of Volunteers: *Working with Children* authority details
- Name cards in English for the vegetable examples
- Participant information in the appropriate language/s to inform of venue address, arrival time, parking, what to wear and bring, what to expect on the program. Private transport to venue, including taxis.
- 40 kitchen gardening calendars in appropriate community language and also in English, laminated
- 40 pollination guide
- Certificates of appreciation/recognition for presenters, caterer and helpers



Above: John presents The Nepali Society of Tasmania President, Pradip Dhungana (right), with a certificate of appreciation and gift for his work in motivating and organising his community members to attend the event.

10.45 Arrival and sign-on (cold drinks and fruit available)

11.00 Introduction: (Community leader to translate during these presentations where needed)

Safety - Gardening workshop presenter

Value of nutrition in common foods (using vegetables as demonstration items) – Presenter required
(Small cards to be created with the English and community language words for each so that a small display table can be used by the presenter and for participants to handle and familiarise themselves with vegetables new to them. See photo at right.) Afterwards, participants will divide into four approximately equal groups for the day.

11.45 Two sessions (4 running concurrently):

Workshop station 1: – Presenter with assistance from a volunteer
Kitchen gardening calendar use (have both English and Nepali calendars printed and ready for use on the day) and pollination guide
Harvesting of vegetables and herbs and the various uses
Tour of TAFE gardening areas and facilities

Workshop station 2: – Presenter with assistance from a volunteer –
gloves handed out to first and second groups
Creating seedling pots from newspaper and using a pipe for stronger construction
Planting vegetable seeds and seedlings into created pots using seed-raising mix
Watering and fertilising advice



12.45 Lunch (- generously supplied only for the trial event by Hotel Grand Chancellor Hobart)

1.15 Two sessions (4 running concurrently):

Workshop station 3: – Presenter with assistance from a volunteer – gloves handed out to first group
Potting vegetable seedlings into pots and herb troughs using potting mix
Watering and fertilising advice

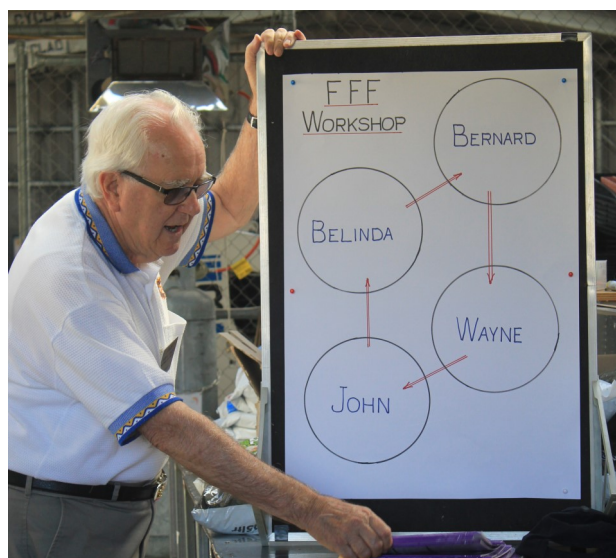
Workshop station 4: – Presenter with assistance from a volunteer – gloves handed out to first group – trowels given to each participant at this workshop
Different techniques in planting potatoes and vegetable seedlings into a garden bed
Discussion about soil types
Watering and fertilising advice
Growing potatoes in a bag using a recyclable 'shopping bag'

2.15 Close of event, feedback sheet completion and distribution of farewell packs

2.30 Committee review of event

Top right: Fresh Food for Families event Chairman, John Thorne, displays small signs of vegetable names in both English and Nepali to assist participants in understanding the vegetable ingredients in the dishes prepared for lunch.

Right: John Thorne explains to the participants how they will circulate from workshop to workshop during the day. Note that he uses the names of the presenters rather than the title of the workshop so that participants would relate more comfortably to the presenters.



Workshop 1: Planting vegetable and herb seedlings into a trough

Time: approx. 25 minutes

Items needed:

- gloves for presenter and each participant
- quality potting mix
- plant troughs or large pots
- herb and vegetable seedlings
- suitable pelletised fertiliser
- post-it notes and pens for labelling finished troughs with participants' names
- plant labels and marking pens
- woven carry-bag for each participant
- dustpan and broom (for tidying up)



Method:

Demonstrate (wearing gloves):

- the best way to extract or split apart a seedling from a seedling punnet
- part fill the trough/pot with potting mix
- sprinkle in a little fertiliser
- insert seedling holding the roots well below the pot rim
- cover the roots with soil (ensuring that the soil stays about 1–1.5cm below the rim of the pot to allow for watering) and gently firm down
- write out a plant label to identify the plant and push into pot.

Give advice about watering and fertilising.

Activity:

- Participants follow the demonstrated procedure to plant out 3–4 seedlings into a trough (depending on the size).
- Label their plants using individual plant label/s (in their home language and/or English).
- Label their trough with participant's name on a post-it note.
- Take trough home at the end of the event in a large woven bag provided.



Above left: Three excited young participants, gloved-up and ready to garden.

Above right: Smiling with joy at her success in planting seedlings for the first time ever.

Workshop 2: Making inexpensive newspaper pots for vegetable seeds and seedlings

Time: approx. 25 minutes

Items needed:

- gloves for presenter and each participant
- sheets of newspaper
- quality seed-raising mix
- plant containers (with holes in the base) for each participant large enough to hold 3–4 newspaper pots
- seeds
- vegetable seedlings
- sample of seedlings growing in newspaper pots as a model (previously prepared)
- post-it notes and pens for labelling finished containers with participants' names
- plastic drainpipe offcuts
- dustpan and broom (for tidying up)

Method:

Explain that one can make a simple pot out of newspaper for seeds or seedlings. These are inexpensive and are also beneficial because you do not disturb the plant's roots when you are planting the seedling out because you simply place the whole 'pot' into the vegetable garden bed (or large planter) as newspaper is biodegradable.

Show model of seedlings already growing in newspaper pots in a container with holes in the base.

Demonstrate (wearing gloves):

Step 1:

- show how to make a newspaper pot using two fingers
- show how to make a much stronger pot using a drainpipe offcut
- remove the offcut and $\frac{3}{4}$ fill the pot with seed-raising mix
- take two seeds and place them on top of the mix and cover with more mix
- place completed newspaper pot into the take-home container.

****** An alternative idea would be to show the YouTube video (- see p. 7) as the demonstration.

Step 2:

- make another newspaper pot and only half fill with mix
- insert seedling into the pot and cover the roots with soil (ensuring that the soil stays about 1cm below the rim of the pot to allow for watering)
- gently firm down
- place completed newspaper pot into the take-home container
- label the container with participant name (as an example).

Give advice about watering and fertilising.

Activity:

- Participants follow the demonstrated procedure creating 1–2 pots for seeds (this depends on the size of the take-home container) and then two pots with seedlings.
- Participants label their trough with participant's name on a post-it note.
- Take container home at the end of the Event in a large woven bag provided.
- Presenter will need to clean and tidy the work areas quickly before the next group arrives for the workshop.

Right: See how the Workshop 2 workstations have been set up with newspaper beside the seed-raising mix and the seedlings, seeds, pipe offcuts and coloured containers easily available for participants to use.



Workshop 3: Understanding a gardening calendar to grow vegetables from seed and seedlings

Time: approx. 25 minutes

Items needed:

- location with seating, if possible
- monthly vegetable gardening calendar in English (and also in the home language, if available) (- see Appendices 12 and 13)
- pollination guide (- see Appendix 14)
- 4 large sheets of blank white paper (to be placed on a wall or easel)
- tape or blu-tac for white paper to be attached to a wall
- 4 marking pens in different colours to show garden bed areas
- samples of fertilisers (e.g. seaweed products such as *Seasol* or *GoGo Juice*, lime, pelletised fertiliser, etc.)
- samples of safe insect sprays (e.g. pyrethrum, *Pest Oil*, *Dipel*, etc.)



Method:

Before participants arrive, have the blank white sheet of paper attached to the wall where every participant can view it and your marking pens nearby.

Demonstrate:

- Hand out copies of the vegetable gardening calendar and explain how each month has information about which seeds to plant, which seedlings to plant now, what to harvest, fertilising, watering and pruning.
- Explain that vegetables need sunlight and that the best position is full sun for most of them. However, half day sun is still suitable, such as on a balcony.
- Explain the importance of watering new seedlings every two days and that even most vegetables need watering then as well because fruit and vegetables need water to swell and develop.
- Explain the need to water less often in winter but to water more often in hot, windy and dry weather, that is, daily or perhaps even twice daily in severe hot weather.
- Explain that it's good to let two plants grow to maturity to form seeds and that those seeds will be acclimatised to your locality. (Noting that seeds usually come from locations that are different from our locality.)
- Explain how to collect and dry the seeds and then how to store the seeds in labelled jars/clip-lock bags/envelopes.
- Use the white sheet of paper to create a visual model of a garden bed. Talk about the importance of 'crop rotation' and the need to not grow a family of plant in the same area the next season, for example, in one area grow onions then when they are mature and harvested you plant a leaf crop then when harvested, you plant potatoes. Advise them to divide (even a small garden) into three or four areas to rotate plant families.
- Explain the need to prepare the soil before planting with compost and fertiliser. Explain about regular fertilising with seaweed products, liquid fertiliser and manures as the vegetables are growing to encourage the plants to grow strongly and produce more.
- Discuss insect pests and products that are safe for humans and not dangerous to consume. Even talk about the use of home remedies (such as, lettuce leaves boiled for 3 mins and then sprayed onto brassicas (kale, etc.) to deter white cabbage moth).
- Explain how to use the pollination guide when choosing to plant a fruit or nut tree and that because most fruit/nut trees are not self-pollinating, you usually need two varieties for pollination (unless you know that a neighbour has a suitable tree growing).
- Remove used paper on wall and replace with a fresh sheet in readiness for the next group.



Workshop 4: Planting potatoes and vegetable seedlings in the garden

Time: approx. 25 minutes

Items needed:

- location near an empty vegetable garden bed
- gloves for presenter and each participant
- trowel for presenter and each participant
- vegetable seedlings
- 4kg bag of potatoes (or more potatoes if they are to be left in the soil at the end of each workshop)
- punnets of vegetable seedlings, especially onions and a leafy green
- one woven, recyclable shopping-bag with slashed holes cut into the base
- 1 bag of potting mix to put into woven shopping-bag
- 1 bag garden compost
- plant labels and marking pens for each participant
- depending on what room is available, have three stakes and garden string to show how to form a tepee for growing climbing plants like peas/beans



Method:

- Explain that most seeds are planted in rows for ease of identification and for rotating crops. However, explain that corn needs to be planted in a square for the best pollination.
- Explain the necessity of labelling your rows at both ends for correct identification, for example, you cannot tell if there are seeds planted or potatoes planted in a garden bed once they are covered with soil.
- Also explain that labelling is good in order to decide whether to either buy that variety again next year or to collect its seeds for use in another season.
- Explain the important concept of 'thinning out' seeds so that the seedlings are well spaced for good growth.

Demonstrate (wearing gloves):

- Form a rill in the soil with a trowel to plant a row of seeds (also show how far apart to space seeds depending on the variety), cover with soil, label the row with the seed type at each end of the row and water lightly.
- Form a slightly deeper rill with a trowel to plant onions and other seedlings. Show how far apart to space seedlings (usually about 30cm), although onions can be closer together.
- Explain that most seedlings must be placed upright, but that onions do not need to be placed upright when planting, but just to lie them flat on the soil as they will lift themselves upright as soon as they begin to become established.
- Explain that some plants need supports and that it's best to have them in place before you plant anything. For example, climbing plants like peas and climbing beans will need a trellis or tepee of stakes; a tomato will need three stakes around it for support; broad beans will need support and so on. Explain that garden string is usually used because it is soft on young stems.
- Form a trench with a trowel to plant potato tubers. Place garden compost in trench, cover lightly with soil, place tuber into trench and cover with soil. Explain the need to progressively cover the growing stem with more and more soil or mulch or straw as it grows to encourage tubers to continue forming up the stem.
- Using a woven shopping bag, half filled with potting mix, show how to create a container to grow potatoes or even as a quick pot for seedlings. The bag is easily portable and re-usable. Show how to roll the bag down so that it can be rolled up progressively as potatoes grow. Explain that when growing potatoes, you progressively put in more and more potting mix or mulch or straw as it grows to encourage tubers to continue forming up the stem. Remind them to water it regularly.

Activity:

- Participants follow the demonstrated procedure planting some seeds in one row and then two seedlings in another row. Perhaps half the group could start with seeds while the other half plant seedlings.
- Participants label their seeds/seedlings in the garden bed.
- Water seeds/seedlings lightly with watering can.
- Presenter will need to clean and tidy the work area quickly (if necessary) before the next group arrives for the workshop.



Budget

Item	Cost \$
General expenses	450
Workshops expenses	1290
Catering	1445
Printing and stationery	1575
Venue hire and associated costs	250
Total	5010

This trial event was generously supported by a grant from The Tasmanian Government under their Multicultural Grants Program 2018.



Left and below: Mothers and fathers join with their children to enjoy the Fresh Food for Families event. They felt special being invited to the event and their lovely smiles clearly demonstrate their engagement and pleasure in being involved in this educational and beneficial activity which involved so many members of their own community.



Tasmanian Kitchen Garden Calendar

Ensure that your vegetable garden or container is located in as much sun as possible. Food plants are not shade lovers. Your soil will need frequent fertilising to maintain vigorous growth: use chicken manure pellets every three months, dolomite lime once a year and liquid and seaweed fertilisers fortnightly or at least monthly.

Before any replanting, dig in manure or compost. Check containers daily for moisture.

Soak seeds like beetroot, lettuce, parsley and silverbeet overnight to encourage germination.

JANUARY

SEEDLINGS: Beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, leek, kale, parsnip, pumpkin, radish, rocket, sage, silverbeet, spring onion, late sweetcorn and tomato.

SEEDS: Beetroot, broccoli, Brussels sprouts, winter cabbage, carrot (main winter-spring crop), kale, kohlrabi, lettuce (soak or chill seed in refrigerator overnight first), parsley, parsnip, radish, spring onion, silverbeet, late sweetcorn and wong bok.

FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).

PRUNE: Trim fruit trees by one-third (leaving the short 'spurs' that bear fruit).

WATERING: Avoid getting tomato leaves wet to prevent diseases.

HARVEST: Garlic, red onions, rhubarb. Jerusalem artichoke and pumpkin planted in October.

FEBRUARY

SEEDLINGS: Beetroot, broccoli, Brussels sprouts, winter cabbage, carrot, cauliflower, celery, kale, leek, rocket, silverbeet and spring onion. Late February: Asian greens (bok choy, etc.), lettuce (they may bolt if the weather is hot.)

PLANT: Strawberry runners.

SEEDS: Beetroot, broccoli, late Brussels sprouts, cabbage, carrot, cauliflower, leek, parsley, parsnip, radish and silverbeet.

Late February: Asian greens (bok choy, choi sum, gai lan, hon tsai tai, mibuna, mizuna, pak choi, wong bok; sow every 4 weeks).

FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).

COLLECT SEED: Allow one plant (e.g. lettuce) to go to seed and collect and dry the seed. (Lettuce will be good for 5 years.)

Collect any onion/shallot seedheads (dry in a clean dish in the shade and shake out the seed. It will be good for 3 years.)

HARVEST: Climbing and bush beans (from November), cucumber, pumpkin, rhubarb, strawberries, tomato, zucchini.

MARCH

SEEDLINGS: Asian greens (bok choy, choi sum, gai lan, hon tsai tai, mibuna, mizuna, pak choi, wong bok), beetroot, celery, cabbage, cauliflower, chives, kale, kohlrabi, leek, loose leaf or winter lettuce (cos), spring and salad onion, parsley, rocket, silverbeet.

PLANT: Garlic cloves, strawberry runners.

SEEDS: Early March only: beetroot, carrot and parsnip.

Late March: Asian leaf and root vegetables, broadbeans, lettuce, spring and salad onion, peas (frost-free districts only), English spinach, and into empty beds, sow green manure crop.

FEED: Fertilise all citrus plants with chicken manure and a little dolomite lime. Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).

PRUNE: Cut thin, whippy branches off fruit trees.

COLLECT SEED: The same as in February.

APRIL

SEEDLINGS: Mini-cauliflower, late leeks, loose leaf or winter lettuce (cos), shallot and spring onion, parsley, potato (early, frost-free districts only), silverbeet and green manure crop. Plant garlic cloves.

SEEDS: Asian cabbage and root crops, broadbeans (plant 8cm deep), spring and salad onion, English spinach, Japanese turnip.

COLLECT SEED: The same as in February.

MAY

SEEDLINGS: Broadbeans, garlic, loose leaf or winter lettuce (cos), potato onions, spring and salad onions, early potato and Japanese turnip.

SEEDS: Asian cabbage and root crops, broadbeans, cape gooseberry, chives, English spinach, spring and salad onions, shallots and sow green manure crop in any empty beds.

FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables.

PLANT: Apricot, hazelnut (Cosford is the best pollinator) and walnut.

Prepared for **Food Plant Solutions:**

www.foodplantsolutions.org

© B. J. Pryor





JUNE

SEEDLINGS: Asparagus crowns, chives, globe artichoke sucker, Jerusalem artichoke, potato onion, early potato, rhubarb division and shallots. Plant garlic cloves.

SEEDS: Broadbeans, English spinach, long-keeping salad and spring onions. In containers under glass or indoors, sow seed of broccoli, cabbage and cauliflower to raise seedlings for planting in August.



JULY

SEEDLINGS: Asparagus crown, Jerusalem and globe artichoke, leek, early potato, rhubarb division, shallots and spring onions. Plant garlic cloves.

SEEDS: Australian pea, broadbeans, cape gooseberry, onions, snow peas.

AUGUST

SEEDLINGS: Jerusalem artichoke, oca (New Zealand yam, *Oxalis tuberosa* - to harvest in summer), onions and shallots.

PLANT: Certified seed potato, divisions of chives, rhubarb and asparagus crowns. Strong seedlings of broccoli, cabbage, cauliflower, celery, broccoli, lettuce, onion and leeks. Plant garlic cloves.

SEEDS: Sow directly where they are to be grown: Asian brassicas, broadbeans, cape gooseberry, English spinach, globe artichoke, onions, parsnip, peas (including snow peas). In warm, well-drained soil or containers, sow broccoli, cabbage, carrot, cauliflower and lettuce.

HARVEST: Oca.

SPRAY: Stone-fruit trees with fungicide which includes copper hydroxide/lime sulphur to prevent curly leaf.



SEPTEMBER

SEEDLINGS: Beetroot, broccoli, cabbage, cauliflower, celery, chives, globe artichoke, Jerusalem artichoke, leeks, lettuce, spring, long-keeping and salad onions and silverbeet.

PLANT: Potatoes, rhubarb divisions. Off-sets (suckers) of globe artichoke. Herbs: chervil, mint, thyme.

SEEDS: Asian brassicas, Australian pea, beetroot, broccoli, cabbage, carrot, cauliflower, Japanese turnip, kohlrabi, leek, lettuce, onion, parsley, parsnip, peas, radish, silverbeet, summer spinach and sunflower.

Under glass in containers sow seeds of pumpkin, sweetcorn, tomato and zucchini (- transplant all these in November).

OCTOBER

SEEDLINGS: Beetroot, broccoli, cabbage, cauliflower, celery, globe artichoke, Jerusalem artichoke, leek, lettuce, pak choi, salad and spring onion.

Late October: Bush and climbing beans, summer carrots, pumpkin, squash, sweetcorn, tomato and zucchini.

PLANT: Chive divisions, globe artichoke, oca, potatoes and sweet potato cuttings. Mint, oregano, parsley.

SEEDS: Adzuki (mung) bean, Australian pea, beetroot, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, leek, lettuce, marrow, melon, spring and salad onion, parsley, parsnip, late peas, pumpkin, radish, silverbeet, spinach, squash, sunflower, sweetcorn, tomato and zucchini.

Under glass or in containers, sow seeds of capsicum, cucumber, eggplant and tomato.

FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables.

HARVEST: Leeks (planted in July).

NOVEMBER

SEEDLINGS: Artichoke, Asian leaf and root vegetables, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, cauliflower, celery, cucumber, eggplant, kale, leek, loose leaf lettuce, silverbeet, sweetcorn, tomato, wong bok and zucchini.

PLANT: Chive divisions, globe artichoke, fig, oca, parsley, potatoes and sweet potato cuttings.

SEEDS: Adzuki (mung) bean, Asian brassicas, asparagus, bush and climbing beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, kale, kohlrabi, leek, lettuce, salad onion, marrow, melon, parsley, parsnip, late peas (cold districts only), pumpkin, radish, rhubarb, summer spinach, winter squash, sunflower, swede, sweetcorn, tomato, turnip and zucchini.

HARVEST: Leeks (planted in August).

DECEMBER

SEEDLINGS: Asian leaf and root vegetables, broccoli, Brussels sprouts, cabbage, capsicum, cauliflower, celery, cucumber,

eggplant, kale, leek, loose leaf lettuce, silverbeet, sweetcorn, tomato and zucchini.

PLANT: Globe artichoke suckers, fig, oca, parsley and late potatoes.

SEEDS: Asian leaf and root vegetables, asparagus, bush and climbing beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, eggplant, kale, kohlrabi, leek, lettuce, marrow, melon, salad onion, parsley, parsnip, pumpkin, radish, rhubarb, summer spinach, winter squash, sunflower, swede, sweetcorn, tomato, turnip & zucchini.

FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).

HARVEST: Cauliflower (planted in August), Jerusalem artichoke (planted in Sept), pak choi (planted in October).



तास्मानीयन करेसाबारी पात्रो

करेसाबारी वा तरकारी तथा फलफूल रोपेको भाडालाई घाम लाग्ने ठाउँमा राख्नु पर्छ ।

तरकारीबारीमा निरन्तर मलको प्रयोग गर्नु पर्छ, जसले गर्दा उत्पादन राम्रो हुन्छ ।

करेसाबारीमा कुखुराको मल हरेक तीन महिनामा, कृषि चुन बर्षको एक पटक सीउड मलको प्रयोग हरेक पन्ध्र वा महिना दिनमा गर्नुपर्छ ।

कुनै पनि विरुवा रोप्नु भन्दा अगाडी माटो खनेर तयार गर्नु पर्छ र भिजेको छ वा छैन राम्रोसग विचार पुरयाउनु पर्छ ।

लेटस, चुकन्दर, पास्ले, सिल्भरवीट जस्ता विरुवाको बीउहरुलाई छर्नु भन्दा पहिले राम्ररी भिजाउनु उचित हुन्छ ।

जनवरी विरुवा रोप्ने : चुकन्दर, ब्रोकाउली, बन्दाकोपी, भेडेखोर्सानी, गाजर, काउली, सेलेरी, काक्रो भाण्टा, लीक, फर्सी, मूला, रकेटको साग, हरियो प्याज, गोलभेडा आदी

बिउ तथा व्याड : चुकन्दर, ब्रोकाउली, ब्रसेल्स, हिउदे ब्रोकाउली, पास्ले, मूला, गाजर, हरीयो प्याज, मकै आदी

मल: सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने । तर टमाटरको पातमा हाल्नु हुदैन ।

पुन गर्ने : फलफूलको विरुवालाई एक तिहाइ काट्ने ।

पानी हाल्ने: टमाटरको पातमा पर्ने पानी हाल्नु हुदैन ।

फसल उठाउने : अक्टोबरमा रोपेको लसुन, रातो प्याज, फर्सी एन्टीचोक, रुवाव आदी जनवरीमा तयार हुन्छ ।

फेब्रुअरी विरुवा सार्ने : चुकन्दर, ब्रो काउली, ब्रसेल्स, हिउदे बन्दा कोपी, गाजर, काउली, सेलेरी, लीक, रकेटको साग, सिल्भरवीट र हरियो प्याज

फलफूल: भुईँकाफल (स्ट्रबेरी)

बिउ राख्ने: चुकन्दर, ब्रोकाउली, बन्दाकोपी, गाजर, लिक, पास्ले, मूला, आदी

निकल्दो फ्रुअरीका लागि: एसियन हरियो सागपात - बोकचोय, चोयसम, लेटयुस आदी

मल: सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने । तर टमाटरको पातमा हाल्नु हुदैन ।

बिउ उत्पादनका एउटा लेटसको विरुवालाई फल दिने सुख्खा बिउ उत्पादन गर्ने । एकपटक लेटसको बिउलाई पाच वर्षसम्म प्रयोग गर्न सकिन्छ ।

फसल उठाउने : नोभेम्बरमा रोपेको सिमी, काक्रो, फर्सी, टमाटर, हरियो फर्सी र स्ट्रबेरी

मार्च विरुवा सार्ने : एसियन हरियो सागपात - बोकचोय, चोयसम, लेटयुस, चुकन्दर, सेलेरी, बन्दागोभी, काउली, लीक, पास्ले, हरियो प्याज

आदी विरुवा रोप्ने: लसुन, स्ट्रबेरी

बिउ राख्ने: मार्चको पहिलो हप्तामा चुकन्दर, गाजर आदी

निकल्दो मार्च देखि एसियन हरियो सागपात - बोकचोय, चोयसम, लेटयुस आदी

मल: यो समयमा अमीलो जातीका विरुवाहरुलाई कुखुराको मल, कृषिचुन, र सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने । (तर टमाटरको पातमा हाल्नु हुदैन) ।

एप्रिल: विरुवा: सानो काउली, लिक, रायो, लेटस, आलु लसुन आदी

सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने ।

तर टमाटरको पातमा हाल्नु हुदैन ।

फसल तयार हुने वा उठाउने : नोभेम्बरमा रोपेको सिमी, काक्रो, फर्सी, टमाटर, हरियो फर्सी र स्ट्रबेरी



मई विरुवा रोप्ने : एसियन हरियो सागपात - बोकचोय, चोयसम, लेटयुस, चुकन्दर, सेलेरी, बन्दागोभी, काउली, लीक, पास्ले, हरियो प्याज आदी

विउ छर्ने : बकुल्ला सीमी, लसुन, हरीयो प्याज, आलु आदी

मल: सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने ।

तर टमाटरको पातमा हाल्न हुदैन ।

विरुवा रोप्ने : एप्रिकोट, कटुस, ओखर

जून विरुवा सार्ने : कुरिलो, चाइभ्स, एन्टीचोक, आलु, प्याज, लसुन

विउ रोप्ने : बकुल्ला सिमी, पालुगो बन्दा, काउली आदी छहारीमा उमारेर अगस्टमा सार्ने

जुलाई विरुवा सार्ने : कुरिलो, लिक, अघौटे आलु, लसुन, हरियो प्याज आदी

विउ रोप्ने : मटर, बकुल्ला सिमी, प्याज

अगष्ट विरुवा सार्ने : एन्टीचोक, प्याज, स्यालोट

फलफूल रोप्ने : आलु, चाइभ्स, रुबार्ब, कुरिलो, बन्दा, काउली, सेलेरी, प्याज, लसुन

विउ छर्ने : प्याज, लसुन, बकुल्ला सिमी,

किटनासक औषधीको प्रयोग गर्ने: फलफूलको विरुवालाई कपर हाईड्रोसाईट वा लाइम सल्फर को प्रयोग गर्ने

सेप्टेम्बर विरुवा सार्ने : चुकन्दर, ब्रो काउली, बन्दाकोबी, काउली, सेलेरी, लीक

विरुवा रोप्ने : आलु, पुदिना, रायोको साग आदी

विउ छर्ने : चुकन्दर, बन्दागोबी, फास्ले, मूला, गान्तेमूला, सूर्यमूखी

अक्टोबर विरुवा रोप्ने : चुकन्दर, ब्रोकाउली, बन्दागोबी, लीक, लेटयुस, पाकचोई, हरियो प्याज, फर्सी, स्कुस, आलु, मकै

विउ राख्ने : मुड, चुकन्दर, सिमी, मटर, मूला, गान्तेमूला, गोलभेडा, मकै

मल: सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने ।

तर टमाटरको पातमा हाल्न हुदैन ।

नोभेम्बर विरुवा रोप्ने : चुकन्दर, ब्रोकाउली, बन्दागोबी, लीक, लेटयुस, पाकचोई, हरियो प्याज, फर्सी, स्कुस, आलु, मकै, काक्रो, भान्टा, हरियो फर्सी, मकै

विउ राख्ने : मुड, चुकन्दर, सिमी, मटर, मूला, गान्तेमूला, गोलभेडा, मकै

भेडे खोर्सानी, गाजर, कुरिलो, सखरखण्ड, फर्सी, मूला ।

डिसेम्बर विरुवा रोप्ने : ब्रोकाउली, बन्दागोबी, लीक, लेटयुस, पाकचोई, हरियो आलु, काउली, काक्रो, सेलेरी, भान्टा, लीक, हरियो फर्सी

विउ राख्ने : कुरिलो, लहरे सीमी, फर्सी, मूला, काउली, पालुगो, चुकन्दर, सिमी, मटर, मूला, गान्तेमूला, गोलभेडा, मकै

मल : सीउडको मल र अरु तरल मलहरु मिलाउने र एक विक्रो करीव नौ लीटर पानीमा मिसाउने र तरकारीमा माथीवाट हाल्ने ।

तर टमाटरको पातमा हाल्न हुदैन ।

फसल लिने : फूलकोबी, पाकचोई, एन्टीचोक (सेप्टेम्बर र अक्टोबरमा रोपेका)



Prepared for **Food Plant Solutions:**
www.foodplantsolutions.org
© Pradeep Dhungana

Pollination Guide



PEARS	
Cultivar	Pollinator
20th Century (Nashi)	(Partially self-fertile) Cho Juro, Kosui, Shin Sui, Williams
Beurre Bosc	20th Century, Williams, Winter Nelis
Cho Juro	Kosui, Shin Sui, Williams
Comice	Beurre Bosc, Josephine, Williams
Josephine	Packham, Winter Nelis
Kosui (Nashi)	20th Century, Beurre Bosc, Cho Juro
Packham	Beurre Bosc, Josephine, Williams, Winter Nelis
Red William	20th Century, Beurre Bosc, Winter Nelis
Shin Sui	20th Century, Beurre Bosc, Cho Juro
Williams	20th Century, Beurre Bosc, Comice, Packham, Winter Nelis
Winter Cole	Beurre Bosc, Williams
Winter Nelis	Josephine, Packhams, Winter Cole

FIGS	
Cultivar	Pollinator
Black Genoa	Self-fertile
Brown Turkey	Self-fertile
Preston	Self-fertile

APRICOTS	
Cultivar	Pollinator
Brilliantz	Self-fertile
Goldrich	Moorpark, Rival
Moorpark	Self-fertile
Rival	Goldrich, Moorpark



APPLES	
Cultivar	Pollinator
Akane	Golden Delicious, Granny Smith
Bramley	Golden Delicious, Granny Smith
Cox's Orange Pippin	Golden Delicious, Granny Smith, Jonathan, Red Delicious, Lady in the Snow
Crofton	Jonathan, Golden Delicious
Five Crown	Cox's Orange Pippin, Golden Delicious, Jonathan
Gala	Granny Smith, Jonathan, Pink Lady, Red Delicious, Red Fuji
Golden Delicious	(Partially self-fertile) Cox's Orange Pippin, Granny Smith, Jonathan, Red Delicious
Granny Smith	Cox's Orange Pippin, Gala, Golden Delicious, Jonathan, Pink Lady, Red Delicious, Red Fuji
Gravenstein	Crofton, Golden Delicious, Sturmer
Hi Early (Red Delicious)	Fuji, Gala, Golden Delicious, Granny Smith, Jonathan, Pink Lady
Jonagold	Gala, Granny Smith, Red Delicious, Red Fuji
Jonathan	Golden Delicious, Granny Smith, Mutsu, Red Delicious
Lady in the Snow	Cox's Orange Pippin, Golden Delicious, Granny Smith, Jonathan
(Pomme de Neige)	Jonathan
Mutsu	Cox's Orange Pippin, Fuji, Granny Smith, Jonathan, Red Delicious, Sturmer
Pink Lady	Gala, Golden Delicious, Granny Smith, Jonathan, Red Delicious, Red Fuji
Red Braeburn	Crofton, Sundowner
Red Delicious (Hi Early)	Cox's Orange Pippin, Fuji, Gala, Golden Delicious, Granny Smith, Jonathan, Pink Lady
Red Fuji	Gala, Golden Delicious, Granny Smith, Jonathan, Mutsu, Pink Lady, Red Delicious, Sturmer
Sturmer (Pippin)	Golden Delicious, Granny Smith, Jonathan
Sundowner	Gala, Red Delicious



EUROPEAN PLUMS		
Cultivar	Pollinator	
Angelina Burdett	Damson, President	
Coe's Golden Drop	Damson, Cole's Golden Gage,	
Cole's Golden Gage	Damson, Coe's Golden Drop,	
	Green Gage, Stanley Prune	
D'Agen	Angelina, Coe's Golden Drop,	
Damson	Self-fertile	
Green Gage	Damson, Coe's Golden Drop,	
	Cole's Golden Gage, Damson,	
King Billy	D'Agen, Stanley Prune	
Mirabelle	Angelina, President	
Plumcot	Any plum	
	Apricot, any plum, Mariposa	
President	Angelina, Coe's Golden Drop,	
Purple Gage	D'Agen, King Billy	
	Self-fertile, any plum	
Purple Splendour	Angelina, Coe's Golden Drop,	
Stanley Prune	D'Agen, Green Gage	
	Self-fertile	
Victoria	Self-fertile	
Ziegler	Any plum	

Prepared for **Food Plant Solutions**:

www.foodplantsolutions.org

© B. J. Pryor



JAPANESE PLUMS		
Cultivar	Pollinator	
Black Amber	Any other Japanese plum, Friar, Santa Rosa, partially self-fertile	
Burbank	Self-fertile	
Donsworth	Santa Rosa	
Friar	Black Amber, Santa Rosa,	
Frontier	Santa Rosa	
Mariposa	Any other Japanese plum,	
Narrabeen	Mariposa, Santa Rosa,	
Ruby Blood	Mariposa, Narrabeen, Santa	
Santa Rosa	Any other Japanese plum,	
Satsuma	Any Japanese plum, partially	
Tegan Blue	Santa Rosa	
Wickson	Mariposa, Santa Rosa, partially	
Wilson	Self-fertile	

CHERRIES		
Cultivar	Pollinator	
Bing	Black Boy, Florence, Stella, Van	
Black Boy	Florence, Lambert, Lapins, Napoleon,	
Florence	Black Boy, Napoleon, Stella	
Kentish	Self-compatible	
Lambert	Black Boy, Florence, Stella, Van,	
Lapins	Self-compatible, Black Boy, Napoleon, Stella	
Napoleon	Black Boy, Florence, Lapins, Stella,	
Simone	Self-compatible	
Stella	Self-compatible, Black Boy, Lapins,	
Van	Bing, Black Boy, Lambert, Napoleon, Stella	
Williams Favourite	Black Boy, Florence, Lambert, Napoleon, Stella	

NECTARINES		
Cultivar	Pollinator	
Fantasia	Self-fertile	
Flavourtop	Self-fertile	
Goldmine	Self-fertile	

HAZELNUTS		
Cultivar	Pollinator	
American White	Any other hazelnut	
Barcelona	Any other hazelnut	
Cosford	Any other hazelnut	
Tonda di Giffoni	Any other hazelnut	

FRESH FOOD FOR FAMILIES

Certificate of Recognition

Rotary International and The Royal Society of Tasmania

is grateful to:

.....

for participation in the workshops on 4 March 2018.

.....
John G. Thorne
Workshop Facilitator
Secretary, The Royal Society
of Tasmania

.....
Una Hobday
Chair, Food Plant Solutions
Rotarian Action Group



Rotary



Information about the two organisations:



Rotarian Buz Green, of the Rotary Club of Devonport North in Tasmania, developed a relationship between the organisation behind the database, Food Plants International, and Rotary to establish the Food Plant Solutions project.

The Food Plant Solutions project (FPS) was designed to address malnutrition through the use of readily available and local food sources. They create educational publications that help people understand the connection between plant selection and nutrition, and which, in turn, empower them to grow a range of highly nutritious plants.

They identify food plants that are potentially important for a country or region because they are suited to the environment, are high in nutrients and grow with minimal input. This is a self-sustainable solution that empowers people in need, not just for now, but into the future.

Deliberately, Food Plant Solutions does not send people in-country, but forms partnerships with existing aid providers who use the FPS publications to educate communities, and particularly women and children, about the nutritional value of their local foods. Most community projects (whether they be housing, water, schools, maternal health, etc.) would be further enhanced by adding a Food Plant Solutions component to them. Most people who are in dire situations require a sustainable way to grow and access nutritious food.

With program partners, FPS encourages the establishment of demonstration food gardens in schools and communities which provide ongoing education and improve the health and nutrition of participants who are provided with nutritious food prepared from these gardens. Website: <https://foodplantsolutions.org>



Drawing its inspiration from the illustrious, original Royal Society founded in London in 1660, **The Royal Society of Tasmania** is one of the oldest royal societies outside the United Kingdom, having had a continuing existence since 1843.

The mission of The Royal Society of Tasmania is **“The advancement of knowledge”** and its priorities are:

- promoting Tasmanian historical, scientific and technological knowledge for the benefit of Tasmanians
- fostering Tasmanian public engagement and participation in the quest for objective knowledge
- recognising excellence in academia and supporting Tasmanian academic excellence
- providing objective advice for policy relating to Tasmanian issues.

The priorities of the Society are addressed through lecture programs, panel discussions, symposia, excursions, publications and an extensive library. Eminent scholars are recognised through various awards and bursaries.

Now 175 years old, the Society has a current membership from throughout Tasmania and beyond and meets in Hobart and Launceston. The Society is administered by a Council comprising elected and ex officio members.

The Royal Society of Tasmania is established under its own Act of the Tasmanian Parliament, permitting it to create its own By-Laws. The Patron of the Society is Her Excellency Professor the Honourable Kate Warner AC Governor of Tasmania. Further information can be found at: <https://rst.org.au>



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

