

IT'S EASY TO GROW YOUR OWN FOOD!

Gardening is one satisfying activity that we can do to help both our environment and ourselves. Food prices continue to rise. Vegetables cost 12.3% more to buy in 2009 than in 2008 (statistics nz). Food waste makes up 42% of the average Hastings rubbish bag and is a waste material that could be composted and used as a fertilizer in your garden to grow your own vegetables. Even if you don't have a garden, you can still grow some foods in containers.

Creating a vegetable garden is easy. Maintaining it can be easy—and harvesting and eating is the easiest and best bit of all. Plants grow with no help from us, look around you! By helping your garden find its own natural bal-

Putting in a garden can potentially shave hundreds of dollars off your annual grocery bill especially as it is cheap to buy seeds or even starter plants in punnets. A packet of lettuce seeds, for example, often costs less than a head of let-

WHY YOU SHOULD GROW YOUR OWN VEGETABLES

You know how your food has been grown and what chemicals have been used on your pro-

Children like to eat food they grow and are less likely to call something "yucky" if they grew it themselves.

Gardening can be a social event sharing ideas, knowledge and excess veggies with your family or friends.

Fresh vegetables are going to be better tasting than those picked a week

Growing veggies will help you reduce your waste to landfill as you can start a compost for all your food scraps and use it to feed your soil.



For more information on sus'd, contact Hastings District Council On 0508 NO WASTE (0508-669-2783) or visit



STARTING A VEGETABLE GARDEN

- ☼ **Decide what you want to grow. Start with a few vegetables that you and your family really like.**
- ☼ **Choose a site to put your garden. Selecting a good site can avoid problems in the future. It's important to choose a site which suits you but also receives a lot of sun.**
- ☼ **If you are short of space why not use pots to grow something easy to care for and move around.**

PLANTING AND PLANNING

Plan where you are planting to get the most out of the smallest area of land and maximise your yields. Different plants have different spacing, sun/shade and food requirements. Use this guide to help you plan a succession of

Planting Calander Vegetables:	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Broccoli												
Carrot												
Cauliflower												
Sweetcorn												
Lettuce												
Onions												
Peas												
Potatoes												
Pumpkin												
Tomato												

Setting up a vegetable garden doesn't have to be expensive. Use what is accessible to you. An edging to your vege garden can be made from bricks, broken concrete, old tyres, old wood pallets, railway

For further information on gardening or composting, contact sus'd for more details on

