

Growing & Sourcing Local Food

Buying locally grown food

Growing food in small spaces

Community gardens



Buying Locally Grown Food



- Understanding the importance of your food choices.
- A ‘food mile’ is the distance food travels from where it is grown to where it is purchased by the consumer.
- The average meal travels many hundreds of kilometres from paddock to plate.
- Agriculture is actually one of the biggest contributors of Greenhouse gases (GHG)– 16% world GHG!

When buying food look for:

- Fruit and Vegetables that are in season and preferably organic.
- Food that is produced within Australia and preferably your local region.
- Food that has no or minimal packaging. Avoid packaging that is not recyclable such as polystyrene foam meat trays.
- Only buy what you need - in 2004, Australians threw away a total of \$5.3 billion on all forms of food!



Buying Locally Grown Food

- Food cooperatives – not for profit suppliers of organic and locally produced food with minimal packaging.
- Farmers markets provide fresh, locally grown food with less packaging waste and reduced food miles.



Growing Your Own Food

- Many vegetables and herbs can be grown in pots on balconies and in courtyards.
- Sprouts are easy to grow if you don't have an outdoor area.
- The Watershed, King St Newtown runs free workshops in composting, worm farming and no dig gardening.



Community Gardens

Community Gardens are run by the community, they provide:

- A place for growing herbs, vegetables and fruit.
- A meeting place for people.
- A place for nature.
- A place for composting and re-using materials.



Community Gardens

The City currently supports 13 community gardens in Glebe, Newtown, Alexandria, Waterloo, Redfern, Woolloomooloo and Pyrmont.



For exact locations and more information visit the Community Gardens page on Council's website:

www.cityofsydney.nsw.gov.au/communitygardens

Get inspired

Check out your local farmers market or food cooperative, grow some sprouts, book into a no dig gardening workshop or join a community garden.

Enjoy making a difference by supporting locally produced food or growing your own.

