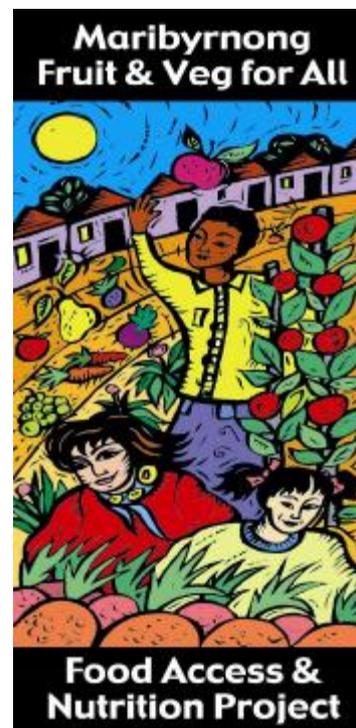


In this newsletter

- **! Open garden day**
- **! Gardening in Maribyrnong workshops**
- **! Urban Orchard Swap Meet**
- Workplan
- Food security and new arrivals - report and lit review
- VicHealth forum presentations on website
- Growers and Eaters Forum
- Save water and the veggie patch
- Victoria in bloom garden competition
- Just add fruit and veg - more campaign materials



Important diary date! Maribyrnong is hosting an **open garden day with a difference**. On Saturday 25 October a number of local backyards with productive vegetable gardens will be open to the public. Some have chickens, some are organic, all are bountiful edens of good food. Put it in your diary. More details to follow!

The **2008 gardening workshop program** has been finalised - it's bigger and better than ever! This year there are eight workshops at Maidstone and Braybrook gardens - they are **FREE**. All the details are in the attached flier. They start mid October. The flier is available from the council website:

www.maribyrnong.vic.gov.au/food

WeCAN (Western Community Action Network) in partnership with Grasslands and Maribyrnong Council has started up the **Western Urban Orchard Swap Meet**. So if you have a veggie patch or fruit trees and more produce than you can use, bring them along to Grasslands to swap with other food gardeners. **The first swap meet is Saturday 4 October**. The flier is available on the council website:

www.maribyrnong.vic.gov.au/food

The **Maribyrnong Fruit and Veg For All project plan** has been completed for 2008 - 2010. There are still a few gaps in it, but if you're interested in what we'll be getting up to over the next couple of years, it's also available on the webpage:

www.maribyrnong.vic.gov.au/food

Early this year Centre for Ethnicity and Health was engaged to evaluate the **New Hope Foundation Food Access Project**. As part of the contract they also produced a literature review on new arrivals, nutrition and food security. Both documents are available on the website:

http://www.maribyrnong.vic.gov.au/Page/page.asp?Page_Id=2113&h=0

VicHealth held their annual **Food For All forum - Learning from the field**, in early August. The presentations are now available on their website.

<http://www.vichealth.vic.gov.au/ffaforum/>

On the same day, VicHealth launched a glossy series of **case studies taken from Food For All** projects around the state. You can download it from this website:

http://www.vichealth.vic.gov.au/assets/contentFiles/food_for_all_web_singlepages.pdf

Cultivating Community is hosting a **Growers and Eaters Forum** on Friday 14 November in Brunswick. The forum aims to bring farmers and food security advocates, community organizers, policy makers, community food projects, local government, businesses etc together with the goal of establishing new food distribution enterprises that will be mutually beneficial to both growers and eaters. A flier is available from Cultivating Community, contact them at:

http://cultivatingcommunity.org.au/cc/?page_id=56

Save Water and the Vegie Patch - A public forum on adapting water restrictions to enable the vegie patch to survive through summer.

7 -9 pm Wednesday 1st October.
Brunswick Town Hall
cnr Sydney Rd and Glenlyon Rd, Brunswick
Gold Coin Donation

We will discuss why we should grow our own food and how we can make sure that future water restrictions allow Victorian gardeners access to enough adequate water, while still keeping water use to a minimum.

Speakers include:

Jane Edmanson, Gardening Australia, 3W **etc....**www.janesgarden.com.au
David Holmgren, Holmgren Design Services (Permaculture) www.holmgren.com.au/
Helen Tuton, Sustainable Gardening Australia. www.sgaonline.org.au

This forum is being run by Food Gardeners Alliance. For more information about the Food Gardeners Alliance see below or go to

www.fga.org.au.

The **Victoria In Bloom garden competition** recognises and rewards the hard work of gardeners who develop and care for their gardens, either at home or in public spaces. In 2008, the competition specifically recognises the efforts of tenants caring for their gardens in drought conditions and while water restrictions apply. It is organised by the Department of Human Services, Office of Housing, and all tenants living in public and community-managed housing across Victoria can enter.

You can enter your private or community garden in any one of the following categories:

- best water wise household garden
- best water wise common area garden
- best water wise balcony or small enclosed garden
- best edible water wise garden
- best water wise indoor garden including pots and aquariums

- most creative water wise garden
- individual water wise plot (community gardens is a community garden supported by the Office of Housing)

There will be a number of Victoria In Bloom winners in each Department of Human Services region, and a state-wide winner in each category. All regional winners will be considered for a state-wide award.

Prizes

Regional winners - \$50 gift voucher

Statewide winners - \$100 gift voucher

State-wide winners will be invited to an award ceremony at the Royal Botanic Gardens Melbourne.

More information, in lots of languages, and the entry form is available at:

<http://www.housing.vic.gov.au/projects-and-initiatives/victoria-in-bloom-garden-competition>

The third stage of the 'Go for your life' **Just Add Fruit & Veg** campaign focuses on 'Dinner' and was launched at a forum for health professionals and council staff in Castlemaine on 7 August .

Colourful **Just Add Fruit & Veg** 'Dinner' tip cards and posters can be downloaded from the websites below.

The **Just Add Fruit & Veg** campaign is funded by the Victorian Government and is being coordinated by the Heart Foundation and Melbourne Wholesale Fruit, Vegetable & Flower Market.

Access more simple healthy meal and snack ideas at www.heartfoundation.org.au

Download your seasonal guide to fruit and vegetables from www.marketfresh.com.au

Find out about other 'Go for your life' initiatives at www.goforyourlife.vic.gov.au

For further information contact Amber Drake, Nutrition Project Officer, Heart Foundation (Victoria) on amber.drake@heartfoundation.org.au or 03 9321 1528.

For more information regarding this newsletter, please contact:

Lucy Marshall
Maribyrnong City Council

Project Coordinator Fruit & Veg For All
Food Access & Nutrition Project
Monday - Wednesday

Tel: (03) 9688 0169

Fax: (03) 9687 7793

Email: lucy.marshall@maribyrnong.vic.gov.au