



Community Gardens Network

South Australia

Occasional Newsletter - Spring 2010

Editor: Carolyn McArthur
Layout/Design: Justin McArthur



This Newsletter

...is produced for anyone who is interested in, or involved with, Community and School Gardens in SA. Local Government Community Gardening Network members have been compiling and editing this newsletter. We are excited to announce that Jo Staniforth, the new Project Officer, Community and Kitchen Gardens based at the Botanic Gardens of Adelaide, will take on editing this newsletter into the future. Thanks Jo!

If your garden has a story to tell, an event to promote, or photos to show, please email your items through to jo.staniforth@sa.gov.au.

Thank you,
Caro McArthur

Walyo Yerta Gathering

The next Gathering of South Australian community and school gardeners will be happening on Sunday 21st November at Walyo Yerta Community Garden in the Adelaide Parklands.

The Walyo Yerta folks are dreaming up a fabulous afternoon of shared food, workshops, seed and produce swapping, and music, as well as a chance to connect with other community and school gardeners and find out what's been happening over the past few months.

If you would like to offer a workshop, demonstration, display, idea or performance, or to help out in any way, please contact claire at [<clairenettle@adam.com.au>](mailto:clairenettle@adam.com.au), who'll pass your details along to Mij, Julie, Sue and others at Walyo Yerta.

From page 1: Morning tea in the Walyo Yerta Community Garden; Julie Jordan checks out the harvest; the day's harvest from the garden. (Photos: Mij Tanith)

Making Green Convenient



A convenient choice is most commonly defined as one that saves us time and effort.

It could be argued that adopting environmentally friendly behaviours requires forgoing some convenience. Just looking at some of these behaviours, versus their less sustainable alternatives. Cycling versus driving. Composting versus putting everything in the rubbish bin. Turning off appliances at the wall versus leaving them on standby. Each of these greener options quite clearly require more investment of time and effort, however small the difference. In a society where we are increasingly “time-poor” (or are increasingly told so anyway), the task for those promoting sustainability requires overcoming the barrier of perceived inconvenience.

How important is convenience? Reviewing research related to “cognitive effort”, [Garbarino and Edell](#)¹ report that “a consistent finding is that humans have limited cognitive resources and allocate them judiciously”. In order to avoid being overwhelmed by the sheer volume of decisions we are required to make every day, and the myriad choices available, we are attracted to things that reduce the amount of mental effort required. This is one reason why we develop habits, as a shortcut to having to make a new decision every time we encounter the same need. Garbarino and Edell also found that “it is clear that people are willing to forgo some benefits to conserve cognitive effort”. This explains, for instance, why we are willing to buy convenience snacks that we know are less healthy for us.

The effort required to make the decision itself also has an effect on the perceived desirability of our

choices. The study by Garbarino and Edell found that, when faced with a choice between two products, the effort required to evaluate a product created a negative emotion towards that choice, even though the attributes of the choices were the same. People were also willing to pay more for the product that was easier to evaluate. This has important implications for many aspects of promoting sustainable choices, such as labelling. When we are asking people to buy the most environmentally friendly product, if it is hard work for them to identify its environmental benefits they are not going to view it positively.

Another demonstration of the importance of convenience is the effect of the “default option”. Studies have found that we will often accept the choice that is presented as the standard option, rather than make the effort to consider the alternatives. Among the most interesting of these was a [study of a German town](#)² where green energy was offered as the default option, resulting in 94% of people continuing to purchase it, in contrast with single-digit uptake in towns where non-renewable energy was the standard offer.

The stiff competition which convenience provides for
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sustainability promoters raises an interesting question. Are we best to attempt to convince people to reduce the emphasis they place on convenience, or should we direct our efforts to making green options more convenient? The former option would require a re-framing of the value that we place on certain behaviours. Cycling, for instance, would struggle to compete with driving on the convenience stakes for many people (although traffic congestion in many cities is fast tipping this balance). However, the benefits in terms of wellbeing, cost and environmental impact offer an opportunity to put a strong case for cycling – a case so strong that the trade-off in terms of convenience may seem worth it. On the other hand, some people are likely to drive a harder bargain when it comes to giving up convenience. So making cycling more convenient is also effort well spent. Better cycling tracks, facilities and information would all reduce the perceived trade-off of time and effort.

Therefore, the answer to the question of whether to attempt to influence the importance people place on convenience, or simply to match the convenience of less eco-friendly options appears to be “both”. Although the addiction to convenience has arguably caused us to become disengaged from the realities of production, there is strong evidence that humans are pre-disposed to seek options that minimise our time and effort. In other words, a need for convenience is here to stay, so we can either fight it, or meet it.

The quest to make sustainable options more convenient would benefit from an awareness of the key elements of convenience. Interestingly, nearly all discussions of convenience are centred on marketing to consumers. However, it is possible to apply many of the principles to other types of behaviour that are not necessarily related to purchasing. One useful model, which outlines the elements of convenience, is presented in [Understanding Service Convenience](#)³. The model describes 5 types of convenience:

- ★ Decision convenience – how easy it is to make a decision about the product or service.
- ★ Access convenience – the perceived time and effort required to initiate service delivery
- ★ Transaction convenience - perceived time and effort to secure the right to use the service
- ★ Benefit convenience - perceived time and effort expenditures to experience the service's core benefits (such as the travel time required to experience the convenience benefit)
- ★ Post-benefit convenience - the time and effort to re-contact the seller after the initial purchase (e.g. for returns or repairs)

Understanding and incorporating these elements of convenience may go some way towards making eco-friendly options a more convenient choice, and reducing yet another barrier to the uptake of a more sustainable lifestyle.

Awake provides psychology-based services to support the development of sustainable behaviour in individuals, groups and organisations. Visit www.awake.com.au for more info.

(Editor's notes:

- 1: hyperlinks to <http://www.istor.org/pss/2489671>
- 2: hyperlinks to <http://dx.doi.org/10.1016/j.jenvp.2007.09.004>
- 3: hyperlinks to <http://www.atypon-link.com/AMA/doi/abs/10.1509/jmkg.66.3.1.18505>)



Native Butterfly Trail

Ridley Grove Community Garden's Native Butterfly Trail is now listed as an official Native Garden Trail site, one of 26 listed in a new brochure (just search for the "Botanic Gardens Sustainable Landscapes Project"). The 700 indigenous and wild edible food plants, planted by the community gardeners and local school children only two years ago along the front of the church property, surround a trail that was constructed to promote urban biodiversity and environmental sustainability. It is the only listed site in the northwestern suburbs and is proving an environmental and educational asset during local school student visits, as well as literally bringing back the butterflies.

Alan Shepard
Coordinator, Ridley Grove Community Garden

Community Gardening at Saint Andrew's Hospital



COMMUNITY GARDENING = GROWING COMMUNITY And we can prove it!

Beyond our wildest dreams – that's the experience of community gardeners growing food in the grounds of St Andrew's Hospital, South Terrace, Adelaide.

Kindy children with no gardens to play in, homeless adults living rough in parks, city residents keen to meet their neighbours, hospital patients craving some fresh air away from the ward, people grappling poor mental health, teenagers participating in community service young or old, rich or poor, the garden project epitomizes the true definition of community.

Secateurs is supported by over 20 adult volunteers and another 20 youth, and has been gardening at the hospital for less than a year.

Batches of pre-school children, from the Halifax Street Children's Centre, visit twice weekly. Many have little chance to spend in gardens - often family homes have no garden and many working parents have little spare time to spend with their children outdoors.

Children rarely see veggies growing let alone grow any themselves.

So pleased are Centre staff, who see the positive benefits for themselves, that they have already spread the positive message beyond the walls of their centre inviting Education Department officials to visit the garden.

Comments pre-school teacher, Michelle Rodgers:
"We're using the garden for small groups of children (aged 4-5) for collecting pine cones, watering, weeding and planting.

"It's a place where we draw, share books and have our lunch. The garden opens up many learning opportunities within all curriculum areas (art, craft, science, physical development etc) and we will be organizing Teddy Bear Picnics, games and family event nights where the children can show their parents the garden they have been a part of creating.

"The garden is a place for children to come feel, smell, taste, touch, listen and enjoy the wonder of nature. The garden opens up many opportunities to explore, investigate and discover. Bringing children into the hospital garden brings laughter, spontaneity and an opportunity to give joy to others."

Secateurs has also partnered with the Hutt Street Centre and Uniting Care Wesley. Clients come together every week to garden together. The Hutt Street Centre provides services to hundreds of homeless and socially isolated people and UCW also runs programs for clients facing mental health and social isolation issues.

Volunteers and their clients, who face acute levels of social isolation, can relax in a beautiful space without any pressures put upon them. They feel connected because they are meeting new people; they feel valued because, if they wish to, they can help keep the garden ticking over.

Comments UCW care worker, Ed Mak: "The sense of community is palpable and the interaction and developing bonds between everyone is great to see especially as some have lived in isolated environments.

"Men and women from a variety of backgrounds, who may be dealing with life's challenges or are marginalised by society at large, find in the Secateurs a place where they are accepted unconditionally.

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“They begin chatting with each other in genuine friendship, as they interact in the garden, or while enjoying a cup of tea or piece of cake or even while kicking the footy around the lawn area.

“Such is the amazing power of outdoor gardening, sunshine and the beautiful setting on the parkland fringe with its abundant birdlife.

“But let one of the participants tell you about it. Anne Goodridge is a volunteer with UCW, and also one of our clients, and she has been assisting in the community garden.

“She is very keen and enthusiastic and regularly provides the group with information about vegetables suitable for planting and how best to grow them. She also provides a lot of assistance with the practical side of manuring, digging and so on. Here are her observations:

“My name is Anne Goodridge and I'm from Secateurs. This is my personal story about the Secateurs and my passion with the food garden.

‘I volunteer with Uniting Care Wesley and I graduated in cert 4 Horticulture. What drew me to the hospital is the love of people and the community garden which is a growing place to work and get well at the same time.

‘The community food garden is a futuristic garden. To me it has a calm, simple, healthy and healing affect. It's set in a heritage setting and we all love being in the garden.

‘Mary Chapman is the co-ordinator who keeps us on our toes. For me it's a healing place and an opportunity to share my knowledge and information with the community.

‘The garden is a place where you can come whether you are a visitor or a patient and admire the garden. The community can be involved in our food garden and what we can do it is limitless.

‘Every seed Annie grew. The garlic Tony grew with his bare hands. Many others have donated things. We have children from Halifax Street Children's Centre who play dinosaurs in the rock pool.

‘We all work together and “earn our stripes” as we all put our love, hands and hearts into each of the different jobs. We are real team players.’”

The good vibrations spread beyond the garden. For instance, Hutt Street Centre kitchen staff bake a cake for the group's afternoon tea and the photographic club members take photos to display in the Centre.

Hospital medical staff have visited the children at their Centre - and the spin off from that was that the

children drew special pictures of themselves and their hearts which were displayed in the hospital reception during National Heart Week.

Patients' families and friends regularly wander into the garden to see what's growing – a space that's now enticing and attractive and once overgrown with woody shrubs and weeds.

Hospital patient, Eric Randall, owns a hardware store and donates tools and other items to Secateurs to show his appreciation.

Comments Eric: “It's wonderful to see the work you're doing in the garden at St Andrews Hospital.

“In my line of work, I have come to realise that many men of all ages find relaxation and enjoyment from having or spending time in a vegetable patch/garden.

“It tends to have a very strong connection with healing, whether from stress or medically related issues. For this reason, I would love to see the garden at St Andrews Hospital expanded so that more men and women can take part in this wonderful initiative.

“I can personally appreciate the healing properties of a garden; I have a small vegetable garden at home, which I like to 'escape' to when dealing with difficult times, or when I feel 'under the weather'.

“I enjoyed my walks through the garden at St Andrew's. It was a nice sight to see and very relaxing when given the opportunity to go outdoors during my recent stay.”

One of the first tasks Secateurs volunteers undertook was to re-organise the garden furniture that had become scattered around the hospital grounds, together under the trees and around the veggie patches. Suddenly the garden looked inviting and it did not take long for staff to feel drawn to the seating during their breaks – taking their lunch, chatting to colleagues.

Like music and dance, when people come together to grow produce cares and woes are cast aside and it doesn't matter where you come from, or what your personal circumstances are, the glow of satisfaction of growing food together is felt by everyone.

Best wishes to you all - and happy community gardening!

Mary Chapman
Coordinator, Secateurs Community Gardening Group

Community Fruit and Vege Swaps



Cut food miles, reduce waste, save money, add variety to your diet, encourage sustainable living... and get to know your neighbours!

In January 2008, local residents in the Charles Sturt council area initiated a local "Community Fruit & Vege Swap" which brings together neighbours to share the abundance of their gardens as well as their ideas, knowledge, skills and good company.

Community Fruit & Vege Swaps are informal community gatherings with a focus on food production, preparation and preservation - gardening and eating! - which are central issues in sustainable living.

Some key features:

- ★ genuinely "grassroots" - initiated & run by local residents
- ★ no money changes hands
- ★ no strings attached - no registration or membership - just come along when you wish
- ★ based on the principle of sharing, rather than selling, bartering or trading
- ★ everyone welcome - whether or not you have produce to swap

Come along & swap:

- ★ fruits & vegetables
- ★ herbs
- ★ flowers
- ★ plants, cuttings, seeds and seedlings
- ★ home baking and preserves

Start your own!

If you like the idea of a local 'fruit & vege swap', why not start one in your area? There are many benefits for you, your community and the environment. This very simple model is easy and quick to set up - it practically runs itself!

Interested?

- ★ Attend a free Workshop and hear about how others have made this simple idea work. Mentorship will be available to workshop participants who decide to start their own Swap within the Charles Sturt council area.
- ★ Come along to one of the local swaps and see it in action!

- ★ Come along to one of the local swaps and see it in action!

Why Vege Swap?

There are plenty of good reasons for getting together with other local residents to swap home grown produce.

For you:

- ★ add variety to your diet
- ★ save money
- ★ gain inspiration, ideas and knowledge about gardening and cooking (and much more!)
- ★ meet others you wouldn't normally meet
- ★ make friends in your local area
- ★ feel more connected to your local community
- ★ enjoy fresh air, good company and great food in your local green space

For your community:

- ★ strengthen local communities
- ★ encourage 'organic' (naturally occurring and developing) spontaneous links within local communities
- ★ reduce isolation and provide a connection point for members of the community including elderly residents and those newly arrived from other places
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- ★ reduce isolation and provide a connection point for members of the community including elderly residents and those newly arrived from other places

For your environment:

- ★ cutting food miles
- ★ reducing food waste, packaging, transportation
- ★ optimising the use of urban space for sustainability by encouraging backyard food production and making it more viable and rewarding
- ★ celebrating and encouraging biodiversity within local areas
- ★ encouraging residents to leave their houses on foot, to cultivate friendships and networks within their local area, and to use and enjoy their local open spaces
- ★ offering an alternative model of exchange, based on sharing, which values intangibles (time, knowledge, skill, friendship) as well as tangible goods (such as fruit, vegetables, seeds, plants, home baking and preserves, and more) without the need to reduce these many dimensions of value to a single currency (i.e. money)
- ★ encouraging more sustainable practices in home-grown food - for example, methods of designing, shading and irrigating gardens; sharing seeds, cuttings, plants and seedlings, rather than purchasing nursery-grown plants; re-using and sharing materials
- ★ increasing the resilience, skills and knowledge base of the community for sustainable living, through informal community networks focused on food and eating

Caro McArthur
Community Development Co-ordinator – Projects
City of Charles Sturt

Call for Papers

The Scientist, the cook & the grower: an international symposium on food

December 16th, 2010

The Hawke Research Institute at the University of South Australia is hosting an international symposium, which aims to further debate about the production and consumption of food beyond its safe confines as 'feel good politics'. There will be a public panel featuring a well-known cook, growers and food social/scientists on the afternoon of December 15th, followed by a full day symposium.

Keynote speakers include:

- ★ A/Prof Julie Guthman is a geographer who teaches in Community Studies at the University of California, Santa Cruz. She is the author of numerous seminal interventions into food politics, including *Agrarian Dreams: The Paradox of Organic Farming in California*, and 'How Michael Pollan et al. Made Me Want to Eat Cheetos'.
- ★ Dr. Mara Miele is a Senior Fellow at the School of City and Regional Planning at Cardiff University. Her extensive research covers more-than-human geographies, alternative food ways, and critical analyses of Slow Food. She is the author of *Creating Sustainability, The Social Construction of the Market for Organic Products*, and numerous articles.
- ★ Prof. Elspeth Probyn, Director of the Hawke, will speak on research resulting from her current ARC grant, 'Taste and Place: The Transglobal Production and Consumption of Food and Drink.'

Submission of abstracts are invited on the following thematics.

- ★ The politics of food production & consumption
- ★ Regionality within the global
- ★ Food security
- ★ Indigenous food enterprises
- ★ Terroir: water, soil, climate
- ★ New markets, old problems

We particularly encourage wide-ranging interdisciplinary frameworks. Please note that space is restricted, but that we will also have a poster session. Selected papers will be published in an edited book.

Please send abstracts (300 words) and short biographies to Shveta Vyas (shveta.vyas@unisa.edu.au) by Oct 15th. Paper presenters will be required to register before confirmation of paper in our program. Registration is AUD \$110/\$55 (students and concessions) and includes cocktails, lunch and a tasting event with local producers.



Community Garden Conference

October 7-8 2010, University of Canberra: promoting sustainability, health and inclusion in the city

Community gardens play an important role in promoting urban health, social inclusion, active civic participation and practices of sustainable living in urban environments.

This 2-day conference to be held on October 7-8 2010 at the University of Canberra brings together representatives of different forms of community gardening practices in Australia to share knowledge, promote dialogue and assess best practice to enable policy makers and urban planners to engage more productively and sustainably with local food systems through community gardens and city farms.

High quality, informed planning policy and practice improves the sustainability and liveability of our cities. This conference will contribute to this by exploring community gardening practices, academic evaluations of local food systems and current policy initiatives.

Keynote speakers for the conference include:

- Myles Bremner from the United Kingdom - Trustee of Sustain (UK) and Chief Executive of Garden Organic
- Keith Colls – President of Canberra Organic Growers Society
- Costa Georgiadis - from SBS television's 'Costa's Garden Odyssey'
- Phil Harris - Professor in Sustainable Agriculture and Head of International Development at the University of Coventry, UK
- Andre Leu - Chair of Organic Federation of Australia and Deputy Chair of International Federation of Organic Agricultural Movements
- Senator Christine Milne (Greens) TBC
- Neil Savery - Chief Planning Executive, ACT Planning and Land Authority and an Adjunct Professor in Urban Design with the University of Canberra

Further information about the keynote speakers is available at

<http://www.canberra.edu.au/communitygardens/key-note-speakers>.

(Editor's note: The Australian City Farms and Community Gardens Network will be holding its AGM in Canberra on Saturday October 9th from 9am – 12pm. Join us if you're planning to travel to Canberra.)

Community Gardening: An Annotated Bibliography

With researchers increasingly turning their attention to the social and environmental impacts of community gardening, the Australian City Farms and Community Gardens Network has just published a fully revised and expanded second edition of its Annotated Bibliography of community gardening research and analysis. The new edition provides a comprehensive summary of the latest research right up to August 2010 including how-to manuals as well as publications in academic and professional journals, books and theses.

The Australian City Farms and Community Gardens Network has produced the Bibliography in response to requests from students and researchers, and to assist gardeners seeking evidence of the benefits of community gardening to support their applications and submissions. We hope it will meet their needs and encourage further research.

Copies of the 50-page booklet are available for free download from

<http://communitygarden.org.au/bibliography>.



Above: Community gardening has been a learning experience for the students at Black Forest Primary School for over 28 years. (Photos: Russ Grayson)

Children's Garden

My name is Lisa and I am a teacher at Klemzig Primary School. 5 years ago, I started a "Children's Garden" from scratch here at Klemzig with the belief that creating a garden would support not only my philosophy, but also that of the school, which is constantly striving to create a relevant contextual learning environment. The project assists students' Literacy, Numeracy and Science skills to develop, along with many more valuable life long lessons.

The students and I use the produce to cook delicious healthy meals. We sell bunches of herbs, vegetables and flowers to the school community, as well as harvesting, packaging and selling the seeds we collect. All proceeds go back into the garden.

We (the students and school) are all really proud about how this valuable project is creating such relevant, enterprising, holistic and enjoyable learning experiences for all of the students involved.

Lisa Shaw
on behalf of herself and her year 2/3 students



The Power of the Pizza Oven

It was a long time coming but at last Ridley Grove Community Garden has a wood fired pizza oven and it is proving a real hit with the gardeners and local residents alike.

Nearly two years ago at a committee meeting the oven idea was suggested and adopted but the construction wheels turned slowly. A Uniting Church Community Outreach Grant covered the initial cost for the purchase of materials such as bricks and cement and local high school students, through a Vocational Educational and Training Program, put their building skills to the test.

Earlier this year the Ridley gardeners took on the task of finishing the project. This involved adding a roof, rendering the bricks, installing a colourful mosaic tile band around the outside and paving the area. A retired neighbour with handyperson skills volunteered to build the chimney and door, using only recycled materials. He grew up in Italy and recalls fond childhood memories associated with wood fired, outdoor ovens in his home village.

The wait was worth it for on a cold Saturday early in September, a day of predicted gale force winds and rain, the Ridley Grove oven was fired up and officially opened. Our garden is on the site of the Woodville Gardens Uniting Church and a combination of the church folk, garden volunteers and locals pitched in to donate the veggies, make the dough, prepare the toppings, tend the fire and eventually sample the yummy pizzas - another great example of the community building and social aspects of community gardens in general.

The oven will have lots of firings over Spring, with many workshops and events coming up (see "Free Gardening Workshops", p.12) and it is planned to use more vegies and herbs from the garden in the future. The oven can also be used for baking bread and cooking healthy, nutritious meals from a range of nationalities and cultures. Best of all, it will bring people together to celebrate the ageless rituals around food – from the growing, harvesting, preparing, cooking and eating processes.

Alan Shepard
Coordinator, Ridley Grove Community Garden

Left: The Children's Garden flourishes at Klemzig Primary School; volunteers rejoice (and eat) as Ridley Grove Community Garden's wood fired pizza oven is fired up for the first time. (Photos: Lisa Shaw; Alan Shepard)

Glandore Community Garden

The Glandore Community Garden has developed considerably over the past 12 months. Volunteers have constructed a wood-fired oven and are now enjoying both the pizza and the friendships that have developed during the building process. A Work for the Dole group and volunteers have built a large pergola and are continuing to assist with other jobs around the garden. There are currently 20 plot holders who rent their plots to grow an array of delicious organic produce for their own families, and there are other areas of the garden and a propagation area that are gardened communally by volunteers. Worm farms have been established, and some gardeners have been selling worms and seedlings at the local market. Other members of the community have been working on beautiful mosaic panels that will be mounted on a wall shortly. Everyone is welcome to attend the free gardening workshops, which are held on a Saturday afternoon once a month.

Kate Hubmayer
Project Officer, City of Marion

PASA Quarterly Gathering and AGM

When: Sunday 7th November 2010, 11am - 3:30pm

Where: Lochiel Park Sustainability Centre, 1 Lochiel Parkway,
Campbelltown SA 5074 (visit http://www.lochielpark.com.au/lochielpark/sustainability_centre.htm for more details and location map)

What: BYO picnic for a quarterly gathering of the Permaculture Association of South Australia, including guest speakers, AGM, and a guided tour of Lochiel Park

Program:

- ★ 11:00 am - Meet outside Sustainability Centre at Lochiel Park for morning tea
- ★ 11:30 am sharp - Representatives from Transition Adelaide West and Sustainable Communities South Australia will talk about their groups' efforts in addressing the issues of climate change, peak oil and overall human impact on the environment through various initiatives within their local communities
- ★ 12:30 pm - BYO picnic lunch and AGM
- ★ 2:00-3:30pm - Guided tour of Lochiel Park

Positions up for nomination at the AGM are the Chair, Secretary, Treasurer, Public Officer and three committee members - so if you want to get more involved with PASA and help us strengthen permaculture in South Australia, come along and nominate yourself!

Contact Chris Day on 0402 222 480

Community Garden Talk

On Sunday 16th May a community talk and workshop was held at the Barossa Council Chambers in Nuriootpa. More than 40 people came to hear what is happening with Community Gardens in the Barossa, and to find out how they can be involved in these exciting community projects.

The initiative is being driven by a small group of like-minded people, including people from Lutheran Community Care, interested in further developing community gardens and sustainable food production. Julie Bailey from the Barossa Council Public Library organized the event, with guest speakers including Alan Shepard, Bob Modra, Chris Hall, Sue Proeve, Denise Habermann and Pastor Vernon Kleinig.

Alan is active in a number of community gardens in and around Adelaide. He gave an overview and a focus on the benefits of community gardens—the way to bring people together, the sharing of skills and culture. Chris Hall represented Barossa Bushgardens, and discussed the possibility of a community garden group approaching the Barossa Bushgardens committee to use some of the Bushgardens land for a community garden. Sue talked about designing and establishing the Barossa Enterprises Community Garden and Denise discussed establishing the Cross Roads Community Garden.

Group discussions followed and the audience showed great enthusiasm in discussing their vision and ideas for a community garden. A display showcased the history of food produce in the Barossa and included photos and food labels from Barossa Canneries, which were kindly loaned by Luke and Fay Rothe. Angaston author Barry Chinner also attended and displayed his latest book 'The Fruits of Angaston'.

Below: Alan Shepard of Ridley Grove Community Garden was one of several guest speakers at the Barossa Council Chambers. (Photo and article: *Barossa and Light Region Community Gardens Newsletter*)



St. Bede's Community Garden

St Bede's Community Garden, Semaphore is a creative and inspiring place to garden. This reclaimed car park adjacent to St Bede's Church and Hall at 200 Military Road, Semaphore is living testament to creative use of urban space by reclaiming, reviving and recycling through the benefit of community participation.

The 'plotters' in this garden are drawn from the diverse community that makes Semaphore so unique. Participants from St Bede's Outreach programs who use the Hall, local community that includes parishioners, artists and gardeners whose philosophies include sustainable and organic gardening and living, making garden art and breaking down barriers to isolation by collaborating with the many people living with mental health issues in our community. Visit us any Tuesday from 11.00 am to check out our beautiful garden.

In association with the Semaphore Community Market we are able to offer a range of arts activities which help us make the Community Garden a vibrant and visually exciting place to wander, to garden and to relax in.

For the next three months, on the first Sunday of the Month (Oct, Nov and December) between 10.00 am and 3.00 pm, we offer an opportunity for everyone to get involved in painting a big café type umbrella to use in the garden and at the market for shade and enjoyment. Assisted by a local professional artist, Sandy Elverd participants of all ages will be encouraged to paint their favourite garden image onto a series of umbrellas. This free activity is funded through the Port Adelaide Enfield Council and is open to all. Bring the family there is something for everyone.

Contact Ollie Black, St. Bede's Volunteer Community Garden Coordinator on mobile at 0409 421 736 or email at oblack@internode.on.net, or contact St Bede's on 8449 5064.



Above: The Black Forest Primary School scarecrow; the Henley Community Garden Working Bee; the Goodie Patch.
Left: The Fern Avenue Community Garden; the St. Bede's Mosaic.
(Photos: Caro McArthur; St. Bede's)

Free

Gardening & Sustainability Workshops

**At Ridley Grove Community Garden,
66 Ridley Grove, Woodville Gardens**



Growing multicultural food plants

Saturday October 2

10am- 12pm

Karen Shaw introduces us to the fascinating world of growing Asian, African and Middle Eastern vegetables.



Edible wild food plants of the Adelaide Region

Saturday November 6

10am- 2pm

A practical session presented by author and wild edible food expert Neville Bonney.



Sustainable gardening tour

Saturday November 13

9am- 1pm

**Alan Shepard is your guide on a bus tour of some of Adelaide's sustainable community gardens.
(Bus leaves from 66 Ridley Grove at 9am sharp.)**

These workshops are funded by a City of Port Adelaide Enfield Community Development Grant and will result in interpretive signage for Ridley Grove Community Garden based on the workshops.

Limited places and bookings are essential!

Contact Tara on 8243 5670 to book.