

COMMUNITY GARDENS

Part of a better food system

Community gardens are a community space where people get together to grow fruit and vegetables and learn about gardening. Some people have their own plot and others share a garden bed.

Community gardens can help change our local food system. Many people have concerns about the way they obtain their food: where it comes from, distances it has travelled, not knowing how it was grown or the chemicals used in its production.

People are thinking more about how the food on their table has been produced, wanting to make connections in their community and also have a sense of achievement – that's why community gardens are thriving!

No two community gardens are the same, because they are run by the community, they reflect the interests and passions of the members and they change with time.

20% of Australians eat five or more dinners out, from takeaway, or supermarket ready-to-eat prepared meals each week.¹ With so many outlets, it is becoming easier for people to buy rather than prepare their own meals. To make accessing and eating clean, fresh food easier for people, Council is encouraging community gardens and home growing in our municipality.

1. IPSOS Food Health Report 2013

- Meet People • Laugh • Fun
- Families • Cheap • Learn
- Urban Agriculture • Taste
- Organics • Fresh Food • Share
- Save Money • Likeminded Others
- Health • Singles • Seed Saving
- Heirloom Fruit and Veggies
- Create Community • Peak Oil
- Genuine Interaction • Active
- Compost • Permaculture



Frankston City Council
Phone 1300 322 322
www.frankston.vic.gov.au



March 2022

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YOUR LOCAL COMMUNITY GARDENS



1. Pines Patch

Cnr Stringybark and Mahogany Ave,
Frankston North (Melways 99, J8)
Contact contact@pinespatch.com

2. Groundswell

Bentley Place, Frankston (Melways 102, C5)
Contact 0409 556 150 or
admin@groundswell.org.au
www.groundswell.org.au

3. Joy of the Earth

Joy Street, Frankston (Melways 102, F2)
At the back of the kindergarten
Contact 0432 382 611 or
joyoftheearth@gmail.com
 JoyOfTheEarth

4. Garden for Life

53 Kareela Rd, Frankston (Melways 102, K2)
At the back of Coffee on Kareela.
Contact 0434 868 685

5. Langwarrin Community Garden

5 Shute Dve, Langwarrin (Melways 103, J4)
Contact 0432 407 724 or
 LangwarrinCommunityGardenInc

6. The Backyard

2 Lang Rd, Langwarrin
(Melways 103, J5)
At the rear of Langwarrin
Community Centre
Contact 9789 7653 or
reception@langwarrincc.org.au

7. Seaford Food Forest

Newton St, Seaford (Melways 97, F12)
At the back of the kindergarten
 Seaford Food Forest

8. Down's Estate Community Project

190 Old Wells Rd, Seaford (Melways 97 J11)
Contact 0437 025 981 or
downsestate@gmail.com
 Downs Estate Community Project

9. Kananook Community Garden

33 Kirkwood Ave, Seaford (Melways 99 F7)
Contact 0423 671 401 or
kananookcg@gmail.com
 KananookCommunityGarden



COMMUNITY GARDENS

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Starting a community garden

Council has undertaken an audit of its land and where would be suitable for community gardens in each suburb. Have a look at the website for suggested locations www.frankston.vic.gov.au/communitygardens

The most important part of creating a community garden is bringing people together who want to work on making it happen. If you have an idea for a community garden in your area, start talking to neighbours, local groups, schools, parents, community groups, sports clubs, shopkeepers – find out what they think and if they support the idea. Find out who is willing to put their time into getting it started.

There are a few useful guides to starting a community garden, have a look at the following:

Starting and Nurturing Community Gardens by Australian City Farms and Community Gardens Network – communitygarden.org.au/wp-content/uploads/2012/07/Growing_Community_SA_Booklet.pdf

Community Gardens Manual by Sustainable Gardening Australia – sgaonline.org.au/community/community-gardens-manual/

Getting Started in Community Gardening by City of Sydney – cityofsydney.nsw.gov.au/_data/assets/pdf_file/0015/92130/GettingStartedincommunitygardening.pdf

A few food facts

- Nearly 1 in 10 (8.6%) people living in Frankston have experienced food insecurity, this means that in the previous 12 months, they had run out of food and could not afford to buy more.²
- 20% of Australians eat five or more dinners out, from takeaway, or supermarket ready-to-eat prepared meals each week.³
- Over half (53%) of Frankston residents do not eat sufficient fruit and vegetables to meet dietary guidelines.⁴

2. 2011 Victorian Population Health Survey
3. IPSOS Food Health Report 2013
4. 2008 Victorian Population Health Survey

Websites to visit

There's plenty of information around on food systems and food security, these are useful places to start.

Australian City Farms and Community Gardens Network – a brilliant resource for all things urban agriculture across Australia. communitygarden.org.au

Frankston Food Access Network – bringing local residents, Council and Peninsula Health together to work together on food security [Facebook.com/FrankstonFoodAccessNetwork](https://www.facebook.com/FrankstonFoodAccessNetwork)

Australian Food Sovereignty Alliance – your freedom to choose the food you prefer, involving consumers, farmers, gardeners, business and eaters. australianfoodsovereigntyalliance.org

\$120 Food Challenge – a change in circumstances led to this blogger, Sandra Reynolds, facing the challenge of feeding her family on a budget of \$120 per week. 120dollarsfoodchallenge.com/

