

food

OUR GOAL: To increase consumption and production of local produce (ie. from within LGA and Northern NSW region) by 5% annually, base year 2012/13.

SURVEY POINTS TO BUYING LOCAL FOOD

Armidale Dumaresq Council's Local Food Working Group organized a Local Food Survey. 465 people took the time to answer questions about where they're shopping now and whether or not they think more local food is a good idea."

The survey responses have revealed some positive findings. 95 percent of people who responded are happy to purchase local food, 70 percent think local food is good for the community, 56 percent think it is good for the environment and 66 percent believe it will benefit the local economy.

Further results showed that 77 percent of respondents believed that 'local' means grown in the New England Region. Labeling seems to be the biggest setback for buying more local. 60 percent said they look for local labels; 45 percent thought there was a lack of appropriate labeling and 40 percent said that information about local food is not readily available.

The results guided the Food Group to organise a meeting with food wholesalers, retailers and distributors in Armidale Dumaresq to find out what they think about having our own local food label.

ARMIDALE LOCAL FOOD (ALF) STALL AT FARMERS' MARKET

The Armidale Farmers' Market is on first and third Sundays of the month at Curtis Park kicking off at around 8am and going through to lunch. If you are a

paid up member of Sustainable Living Armidale you are can sell produce at the Armidale Local Food stall. A slice of the profits pays for the stall and to SLA to fund new projects.

ARMIDALE LOCAL FOOD ORGANIZES A RANGE OF FOOD-GROWING WORKSHOPS

Armidale Local Food (ALF) is a small group of SLA members interested in promoting local food in Armidale and surrounding districts.

ALF's stall at the Farmers' Market ALF a wide variety of local chemical free produce from the community garden and backyard gardens.

Throughout the year, workshops are held on composting, planting and garden tours. Check out their [website](#) to find out about dates and details.

Some of the events held in 2013/14:

GROW YOUR OWN AUTUMN AND WINTER VEGGIES

March 2014 - "Grow your own" workshop with organic expert Tim Marshall. Join Tim and the Armidale Tree Group for this hands-on practical workshop on getting your autumn and winter veggie patch going using organic practices.

ORGANIC SOIL WORKSHOP AND GARDEN WALK

March 2014 - This workshop will be facilitated by Tim Marshall and Darren McDonnell.

Tim has been gardening organically for 40 years and is active in worldwide organic standard setting and certification forums. His books are published by ABC Gardening Australia.

Darren is a gardener, nurseryman and seedsman from Little Ladybird Nursery and Life-Force Seeds.

This is the first in a series of workshops on organic, climate-ready, carbon-friendly, minimum water use gardening for the tablelands.

HOME GROWN GARDEN TOUR

March 2014 - ALF's 6th Home Grown Garden Tour is on 1-2 March! Come along and be inspired by all the wonderful gardens in this year's tour. Almost all the gardens are new this year so even if you've been before, you'll find something to inspire!

Booklets cost \$20 per car, so bring some friends along and share the cost. Bikes only cost \$5, and all the gardens are within the town boundary. Under 18s admitted free.

Treat yourself to a great weekend chatting to other keen gardeners and sharing ideas – even old hands usually manage to learn a thing or two.

GROWING VEGETABLES IN WINTER

November 2013 - A Sunday afternoon gardening talk to be held at the Armidale Community Garden at the old tennis courts behind NERAM. The talk is presented by Ray South and entry is by donation.

THURSDAY OPEN FORUM: NEXT STEP IN LOCAL FOOD PRODUCTION

November 2013 - The rewards and challenges of growing in the New England. Short presentation by Derek and Fiona Smith (Guyra Beef and Egg production) and facilitated by garden guru Jo Leoni. All commercial and backyard growers welcome.

UNLOCKING THE FUTURE FOOD SYSTEM

October 2013 – One of the most pressing questions of our time is addressed at a free lecture, upstairs at the White Bull Hotel: how will we feed the generations of the future?

Michael McAllum is an internationally recognised speaker, author, facilitator and consultant. Michael works predominantly with organisations and cities to develop strategies, innovative thinking and new business models that make them resilient in a fast changing world. He is the founder of the Global Foresight Network which specialises in the practice of strategic foresight and designing better futures. Michael is globally renowned as author of a number of books and critically acclaimed essays on issues related to his work.

SEED SWAP

October 2013 - Do you have excess veggie seeds and would like to swap them for something you don't have? Or perhaps you'd simply like the chance to chat about veggie gardening. Come along to ALF's Seed Swap, and don't forget to bring along a mug.

Contact Carol Davies to add your story to next year's SOE. cdavies@armidale.nsw.gov.au or 6770 3686.