Fresh Food For Families
Event Guidelines
**Foreword: Fresh Food for Families**

*Fresh Food for Families* is a sub-committee of the *Food Plant Solutions Rotarian Action Group*. The organising committee comprised members of The Royal Society of Tasmania, the Rotary Clubs of Hobart and North Hobart and TAFE (The Institute of Technical and Further Education). It is a fine example of working together to produce a creative, practical and successful outcome.

*Fresh Food for Families* developed this workshop to:

- support migrants to learn how to grow, nurture, harvest and prepare nutritious fresh foods in this climate which is new to them
- create a model which is easy to replicate, to document it and to publish it for the benefit of any other group who wishes to do the same.
<table>
<thead>
<tr>
<th>Page</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Foreword: Fresh Food for Families</td>
</tr>
<tr>
<td>4</td>
<td>Preface</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Guidelines for planning the workshop</td>
</tr>
<tr>
<td>7</td>
<td>Appendices and links list</td>
</tr>
<tr>
<td>8</td>
<td>Appendix 1: Attendance form</td>
</tr>
<tr>
<td>9</td>
<td>Appendix 2: Working with children authorisation form</td>
</tr>
<tr>
<td>10</td>
<td>Appendix 3: Authority to photograph — child</td>
</tr>
<tr>
<td>11 – 12</td>
<td>Appendix 4: Shopping and procurement lists (including printing list)</td>
</tr>
<tr>
<td>13</td>
<td>Appendix 5: Workshop program content</td>
</tr>
<tr>
<td>14</td>
<td>Appendix 6: Workshop 1 procedure: Planting vegetable and herb seedlings into a trough</td>
</tr>
<tr>
<td>15</td>
<td>Appendix 7: Workshop 2 procedure: Making inexpensive newspaper pots for vegetable seeds and seedlings</td>
</tr>
<tr>
<td>16</td>
<td>Appendix 8: Workshop 3 procedure: Understanding a gardening calendar to grow vegetables from seed and seedlings</td>
</tr>
<tr>
<td>17</td>
<td>Appendix 9: Workshop 4 procedure: Planting potatoes and vegetable seedlings in the garden</td>
</tr>
<tr>
<td>18</td>
<td>Appendix 10: Budget</td>
</tr>
<tr>
<td>19 – 20</td>
<td>Appendix 11: Kitchen gardening calendar</td>
</tr>
<tr>
<td>21 – 22</td>
<td>Appendix 12: Nepali Kitchen gardening calendar</td>
</tr>
<tr>
<td>23 – 24</td>
<td>Appendix 13: Pollination guide</td>
</tr>
<tr>
<td>25</td>
<td>Appendix 14: Sample certificate of recognition</td>
</tr>
<tr>
<td>26</td>
<td>Information about Food Plant Solutions and The Royal Society of Tasmania</td>
</tr>
</tbody>
</table>
What a pleasure it was for all of us to immediately notice the fun for the children and the parents (and grandparents) to be working together outside and in gardens. Please look carefully at the photos throughout this report and see the smiles on all participants. For that reason alone this activity must be counted as a success!

The concept for this activity arose simply enough. A friend of mine (Jane) was present in a kitchen with new arrivals from another country and with another language when a local welfare agency arrived with a wonderful box of packaged food and bundles of fresh vegetables and fruit. The adults looked at my friend in a little bewilderment while holding some of the vegetables and basically said, “What do we do with these?”.

Jane told me about the incident and my immediate reaction was - Okay, we need to do something practical and useful. Within a day, I contacted good friends who had a variety of skills and I was confident that they would react in a positive way to take ACTION, not just talking and reporting, as so often happens.

At our first meeting, we established guidelines and a key aspect was that we would offer something that was local, practical, achievable and could be recorded as a ‘model’ for others to consider for their communities. We certainly did not want to establish another organisation or entity or seek kudos.

Please read the following pages to see how a group of friends came together, how they formed a close bond with a special group in the community (from Nepal in this case) and how we collected, collated, made a film, had fun and eventually delivered a workshop that can be replicated anywhere which will be useful to families finding themselves in a community with different weather and different growing seasons and even fruit and vegetables. Almost everything was a pleasant surprise – even when a large local hotel researched and produced lunch for 50 people that was immediately valued and enjoyed by the Nepalese families.

It was an advantage and necessary to observe some bureaucracy and so we were aligned with Rotary International and, in particular, the Food Plant Solutions Rotarian Action Group while being hosted by The Royal Society of Tasmania for all our planning meetings.

I am grateful and fully appreciative of the effort that every member of the planning group put into the activity – the planning ran for nine months! In the end, for each of this great team, pleasure and reward came from the close liaison made with our new Nepalese friends and especially to see the children active in the outdoors around the growing of plants.

This activity is recommended to any group for any community.

John G. Thorne AM

Secretary, The Royal Society of Tasmania, and
Emeritus Director, Food Plant Solutions Rotarian Action Group
Guidelines for planning the workshop

Notes:

♦ The guidelines assume a nine-month planning period. The months are therefore designated, for example, ‘Workshop minus nine months’ for the first month of planning.

♦ For simplicity, and particularly as this workshop was the first, we chose to work with the Nepali community only. This meant that only one translation of materials, such as the kitchen gardening calendar, needed to be organised.

Workshop minus nine months

• Establish clear goals. Those for this first workshop were:
  • to create a workshop, aimed at newly-arrived migrants (e.g., Nepali), to teach them about growing local vegetables in the local climate and within local soils.
  • to create and document a model so that the program is easily replicable by others.

• Establish the date for the workshop

• Identify and establish a relationship with the workshop’s gardening partner. In our case, this was a college of Technical and Further Education (TAFE), although it could be a plant nursery. Within that relationship, seek to have:
  • the provision of fine and wet weather teaching locations
  • the provision of a gardening bed
  • the provision of some materials, for example, pots and seedlings, some tools.

• Decide the target audience. Discussions may be held with leaders of local migrant communities to establish the needs or with a migrant organisation representing many communities. More than one community may join the workshop, although as a first attempt, it is simpler to aim for one community only.

• Invite the community/s to nominate a member to join the organising committee.

• Documentation – a range of documents is included in the appendices. These can be translated into the appropriate languages for the participants to take home.

• Review the program so that any local variations can be included.

• Consider how lunch will be provided. Find a provider/caterer.

• Determine the workshop budget. See Appendix 10.

• Discuss funding sources, for example, local Rotary clubs.

• Research grant funding availability.

• Put banking arrangements in place.

Workshop minus seven months

• Continue discussions with workshop gardening partner, including:
  • risk management responsibility
  • provision of first aid
  • the optimum number of participants
  • gathering post-workshop feedback.

• Ensure that insurance cover is in place including the process for collecting names and contact details of participants and volunteers. See Appendix 1.

• Where the law demands, ensure that all volunteers have an up-to-date Working with Children authority card and, if not, that they apply for it. See Appendix 2.

• Continue discussions with migrant communities to:
  • finalise the target community/s so that
  • translation of appropriate documents can be made, and
  • learning needs can be established.

• Consider the need for flyers to advertise the program.

• Start approaching local Rotary clubs for financial support.

• Apply for any grant funding available.
Workshop minus six months
Continue to work with gardening workshop partner:
• How many workstations needed for say, 30 adults and two language groups?
• Outline of the program:
  • morning tea and welcome
  • teaching
  • lunch
  • teaching
  • mentoring
• What are the workstations? (– 3 trestle tables and one garden bed)
  • Making simple pots from newspaper and then planting seeds and transplanting from a punnet of seedlings
  • Growing in pots and troughs and discussion about soil, the difference between seed-raising, potting mix and garden soil
  • Planting in a garden bed (noting the difference between planting potatoes and planting a vegetable seedling), watering and fertilising
  • Use of the kitchen gardening calendar and pollination guide to plan, harvest fruit and vegetables and collect seeds.
• A trestle table will be required at the entrance for the sign-on sheets for insurance, and for the children, the parental authority to publish any photos, and for information leaflets, etc. Temporary storage will be required for the take-home farewell packs. Also, it would be good to have a basket of vegetables on show to discuss varieties unknown to the participants.
• Notes for all the classes.
• Signs to welcome participants.
• Continue discussions with migrant community/s.
• Continue discussions with nurseries and hardware stores.
• For catering, consider asking organisations such as Second Bite for donations of vegetables.
• Examine options and costs for printing and laminating.
• Devise a publicity strategy, contact media outlets, TV, radio and press as required.
• Contact local Rotary clubs to: publicise, raise funds and invite them to send a representative along in the interests of replicating the program.

Workshop minus five months
• Continue discussions with all stakeholders.
• Ensure that all aspects of the organisation of the program are being advanced.

Workshop minus four months
• Continue discussions with all stakeholders.
• Ensure that all aspects of the organisation of the program are being advanced.

Workshop minus five weeks
• Confirm all arrangements, date, time and place, with workshop gardening partner:
  • agree on the workshop program, ensure that is practical and achievable. See Appendices 5 & 6.
  • agree on sites for the different parts of the program, indoors/outdoors
  • PowerPoint backup to the lesson to be provided in case the weather prevents access to the garden beds.
• Confirm the details with the community/s which will be participating:
  • invite participants to attend
  • advise participants to wear closed-in shoes for safety and to bring a hat and sunscreen.
• Publicity:
  • Contact major daily paper in the area for coverage of the workshop.
  • Contact local TV stations in the area for coverage of the workshop.
  • Contact local radio stations in the area for coverage of the workshop.
Appendices and links

Appendices:
- Attendance form
- Working with children authorisation form
- Authority to photograph – child
- Shopping and procurement lists, including printing list
- Workshop program content
- Four workshops procedure
- Budget
- Kitchen gardening calendar
- Pollination guide
- Sample certificate for presenters or volunteers

Links:
- Food Plant Solutions website: [https://foodplantsolutions.org/](https://foodplantsolutions.org/)
- YouTube video of making a simple, easy seed or seedling pot from newspaper: [https://youtu.be/HwkWDnpWhmM](https://youtu.be/HwkWDnpWhmM)

See sample images below:

**Making a small plant tube for seeds and seedlings**

Supporting “Food Plant Solutions” plus good nutrition and fresh foods

**Above (row 1 from top left):** Opening slide of the YouTube video directed by James Anderson; demonstration of making seed or seedling pots from newspaper using an offcut from a pipe.

**Above (row 2 from top left):** Storing pots in a container for support; planting the biodegradable newspaper pot into the vegetable garden once the seedling is established.
## Fresh Food for Families

Participant and volunteer details for insurance purposes

<table>
<thead>
<tr>
<th>First and Last Name</th>
<th>Address</th>
<th>Phone number</th>
<th>Email address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Volunteers: Working with Children authority details

<table>
<thead>
<tr>
<th>Name - as on card</th>
<th>Registration number</th>
<th>Expiration date</th>
<th>Sighted by (name)</th>
<th>Sighted by (signature)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fresh Food for Families

Authority to Photograph - Child

I (Parent/Carer’s name) ……………………………………………………………………………………………………………………
of (address) ………………………………………………………………………………………………………………………………………
…………………………………………………………………………………………………………………………………………………………
give permission for …………………………………………………………………………………………………………………………
(please print name of child)
to participate in the Fresh Food for Families event and its promotion.

Child’s date of birth ………………………………………………………………………………………………………………………
(day/month/year)

I do HEREBY AUTHORISE and permit representatives or members from Rotary to photograph my child during the event.

I understand that Rotary may make use of these photograph(s) incorporating my child’s image or likeness or the duration of
the copyright and the copyright therein shall be the absolute property of Rotary throughout the world.

I understand that participation by my child is entirely voluntary and that no payment of any kind is involved.

I understand that no information that would lead to the identification of my child will be included in any products.

Dated: ………………………………………………………………………..
Shopping and procurement lists

Stationery:
Drawing paper for children
20 clipboards (for children to use to create drawings of the event)
20 children’s exercise books
20 sets coloured pencils, sharpened
40 participant pens and pads of paper
60 name tags for participants, children, presenters and volunteers and marker pens
5 pads of Post-it notes (to label participants’ completed pots and troughs)
10 pens (to write on Post-it notes)
20 gifts for children, e.g., balloons, gardening utensils
40 medium-size gift bags (for farewell packs)
Certificates of appreciation for presenters and caterer

Refreshments and catering:
Sufficient fresh fruit on arrival and for lunch, mixed and seasonal
Knives to cut up fruit and cutting boards
Examples of the vegetables which are the basis of lunch dishes to show participants
48 fruit juice containers
48 bottles water
60 disposable paper plates/bowls (dependent on what food is to be served)
60 disposable knives, forks and spoons
60 disposable teaspoons
60 disposable paper plates/bowls (dependent on what food is to be served)
60 disposable knives, forks and spoons
60 disposable teaspoons
60 paper serviettes
6 litres water at lunch
50 disposable drinking cups for water
Plastic tablecloths
Serving spoons
Urn, tea, coffee, sugar and milk (for presenters)
40 disposable coffee cups.

Workshop materials:
Gloves for each presenter
40 pairs of gloves for participants - male, female and children’s
40 woven bags (re-usable shopping bags) to be given to participants to carry away their plant troughs and pots and then at home for use as a potato bag or portable pot
40 trowels
40 small pots
40 herb troughs
5 bags seed-raising mix
4 potting mix 30litre bags – to be delivered to venue prior to the workshop
14 seedling punnets for Workshop 2
Newspaper, drainage pipe offcuts, seeds, seedlings, containers for created paper pots
Small saucers for seeds
Demonstration models of final product of seedlings in paper pots
Herb and vegetable seedlings and 4kg bag of potatoes for Workshops 3 and 4
Other items:
Bottles of wine and/or $20 gift cards (perhaps from a nursery or hardware store) for presenters
Bottle bags for gifts of wine
Rubbish bags for clean-up
Brooms, dustpans
Spray product and wipe cloths for clean-up
First Aid kit
Packet of band-aids
Masking/duct tape to secure any signs and wind protection
Scissors
Balloons as an aid to finding venue; string to tie them on
Weights to keep papers on reception table, if outside
Tea towels for clean-up
Handout materials (including a banner if possible) and brochures from Food Plant Solutions.

Contents of each farewell pack:
- hand trowel
- pair of gloves (male or female)
- small seedling pot
- sunscreen sample, antiseptic, moisturiser
- laminated gardening calendar
- pollination guide
- packets of vegetable seeds
- drainage pipe off-cut for making newspaper pots
- samples of fertilisers (e.g. Seasol, PowerFeed, Neutrog GoGo Juice)
- nursery or hardware store promotional flyers

Printing list:
- 20 consent forms for parents to sign, permitting promotional use of children’s photographs
- 5 copies of attendance list
- 5 copies of Volunteers: Working with Children authority details
- Name cards in English for the vegetable examples
- Participant information in the appropriate language/s to inform of venue address, arrival time, parking, what to wear and bring, what to expect on the program. Private transport to venue, including taxis.
- 40 kitchen gardening calendars in appropriate community language and also in English, laminated
- 40 pollination guide
- Certificates of appreciation/recognition for presenters, caterer and helpers

Above: Alderman Heather Chong (right) hands the farewell packs to happy Fresh Food for Families participants.

Above: John presents The Nepali Society of Tasmania President, Pradip Dhungana (right), with a certificate of appreciation and gift for his work in motivating and organising his community members to attend the event.
**Workshop program**

10.45 **Arrival and sign-on** (cold drinks and fruit available)

11.00 **Introduction:** *(Community leader to translate during these presentations where needed)*

- **Safety** - Gardening workshop presenter
- **Value of nutrition in common foods** (using vegetables as demonstration items) – Presenter required

*(Small cards to be created with the English and community language words for each so that a small display table can be used by the presenter and for participants to handle and familiarise themselves with vegetables new to them. See photo at right.)* Afterwards, participants will divide into four approximately equal groups for the day.

11.45 **Two sessions (4 running concurrently):**

- **Workshop station 1:** – Presenter with assistance from a volunteer
  - Kitchen gardening calendar use *(have both English and Nepali calendars printed and ready for use on the day)* and pollination guide
  - Harvesting of vegetables and herbs and the various uses
  - Tour of TAFE gardening areas and facilities

- **Workshop station 2:** – Presenter with assistance from a volunteer – gloves handed out to first and second groups
  - Creating seedling pots from newspaper and using a pipe for stronger construction
  - Planting vegetable seeds and seedlings into created pots using seed-raising mix
  - Watering and fertilising advice

12.45 **Lunch** *(generously supplied only for the trial event by Hotel Grand Chancellor Hobart)*

1.15 **Two sessions (4 running concurrently):**

- **Workshop station 3:** – Presenter with assistance from a volunteer – gloves handed out to first group
  - Potting vegetable seedlings into pots and herb troughs using potting mix
  - Watering and fertilising advice

- **Workshop station 4:** – Presenter with assistance from a volunteer – gloves handed out to first group – trowels given to each participant at this workshop
  - Different techniques in planting potatoes and vegetable seedlings into a garden bed
  - Discussion about soil types
  - Watering and fertilising advice
  - Growing potatoes in a bag using a recyclable ‘shopping bag’

2.15 **Close of event, feedback sheet completion and distribution of farewell packs**

2.30 **Committee review of event**

**Top right:** Fresh Food for Families event Chairman, John Thorne, displays small signs of vegetable names in both English and Nepali to assist participants in understanding the vegetable ingredients in the dishes prepared for lunch.

**Right:** John Thorne explains to the participants how they will circulate from workshop to workshop during the day. Note that he uses the names of the presenters rather than the title of the workshop so that participants would relate more comfortably to the presenters.
Workshop 1: Planting vegetable and herb seedlings into a trough

Time: approx. 25 minutes

Items needed:
- gloves for presenter and each participant
- quality potting mix
- plant troughs or large pots
- herb and vegetable seedlings
- suitable pelleted fertiliser
- post-it notes and pens for labelling finished troughs with participants’ names
- plant labels and marking pens
- woven carry-bag for each participant
- dustpan and broom (for tidying up)

Method:
Demonstrate (wearing gloves):
- the best way to extract or split apart a seedling from a seedling punnet
- part fill the trough/pot with potting mix
- sprinkle in a little fertiliser
- insert seedling holding the roots well below the pot rim
- cover the roots with soil (ensuring that the soil stays about 1–1.5 cm below the rim of the pot to allow for watering) and gently firm down
- write out a plant label to identify the plant and push into pot.

Give advice about watering and fertilising.

Activity:
- Participants follow the demonstrated procedure to plant out 3–4 seedlings into a trough (depending on the size).
- Label their plants using individual plant label/s (in their home language and/or English).
- Label their trough with participant’s name on a post-it note.
- Take trough home at the end of the event in a large woven bag provided.

Above left: Three excited young participants, gloved-up and ready to garden.
Above right: Smiling with joy at her success in planting seedlings for the first time ever.
Workshop 2: Making inexpensive newspaper pots for vegetable seeds and seedlings

Time: approx. 25 minutes

Items needed:
- gloves for presenter and each participant
- sheets of newspaper
- quality seed-raising mix
- plant containers (with holes in the base) for each participant large enough to hold 3–4 newspaper pots
- seeds
- vegetable seedlings
- sample of seedlings growing in newspaper pots as a model (previously prepared)
- post-it notes and pens for labelling finished containers with participants’ names
- plastic drainpipe offcuts
- dustpan and broom (for tidying up)

Method:
Explain that one can make a simple pot out of newspaper for seeds or seedlings. These are inexpensive and are also beneficial because you do not disturb the plant’s roots when you are planting the seedling out because you simply place the whole ‘pot’ into the vegetable garden bed (or large planter) as newspaper is biodegradable.

Show model of seedlings already growing in newspaper pots in a container with holes in the base.

Demonstrate (wearing gloves):
Step 1:
- show how to make a newspaper pot using two fingers
- show how to make a much stronger pot using a drainpipe offcut
- remove the offcut and ¾ fill the pot with seed-raising mix
- take two seeds and place them on top of the mix and cover with more mix
- place completed newspaper pot into the take-home container.

** An alternative idea would be to show the YouTube video (¬ see p. 7) as the demonstration.

Step 2:
- make another newspaper pot and only half fill with mix
- insert seedling into the pot and cover the roots with soil (ensuring that the soil stays about 1cm below the rim of the pot to allow for watering)
- gently firm down
- place completed newspaper pot into the take-home container
- label the container with participant name (as an example).

Give advice about watering and fertilising.

Activity:
- Participants follow the demonstrated procedure creating 1–2 pots for seeds (this depends on the size of the take-home container) and then two pots with seedlings.
- Participants label their trough with participant’s name on a post-it note.
- Take container home at the end of the Event in a large woven bag provided.
- Presenter will need to clean and tidy the work areas quickly before the next group arrives for the workshop.

Right: See how the Workshop 2 workstations have been set up with newspaper beside the seed-raising mix and the seedlings, seeds, pipe offcuts and coloured containers easily available for participants to use.
Workshop 3: Understanding a gardening calendar to grow vegetables from seed and seedlings

Time: approx. 25 minutes

Items needed:
- location with seating, if possible
- monthly vegetable gardening calendar in English (and also in the home language, if available) (- see Appendices 12 and 13)
- pollination guide (- see Appendix 14)
- 4 large sheets of blank white paper (to be placed on a wall or easel)
- tape or blu-tac for white paper to be attached to a wall
- 4 marking pens in different colours to show garden bed areas
- samples of fertilisers (e.g. seaweed products such as Seasol or GoGo Juice, lime, pelletised fertiliser, etc.)
- samples of safe insect sprays (e.g. pyrethrum, Pest Oil, Dipel, etc.)

Method:
Before participants arrive, have the blank white sheet of paper attached to the wall where every participant can view it and your marking pens nearby.

Demonstrate:
- Hand out copies of the vegetable gardening calendar and explain how each month has information about which seeds to plant, which seedlings to plant now, what to harvest, fertilising, watering and pruning.
- Explain that vegetables need sunlight and that the best position is full sun for most of them. However, half day sun is still suitable, such as on a balcony.
- Explain the importance of watering new seedlings every two days and that even most vegetables need watering then as well because fruit and vegetables need water to swell and develop.
- Explain the need to water less often in winter but to water more often in hot, windy and dry weather, that is, daily or perhaps even twice daily in severe hot weather.
- Explain that it’s good to let two plants grow to maturity to form seeds and that those seeds will be acclimatised to your locality. (Noting that seeds usually come from locations that are different from our locality.)
- Explain how to collect and dry the seeds and then how to store the seeds in labelled jars/clip-lock bags/envelopes.
- Use the white sheet of paper to create a visual model of a garden bed. Talk about the importance of ‘crop rotation’ and the need to not grow a family of plant in the same area the next season, for example, in one area grow onions then when they are mature and harvested you plant a leaf crop then when harvested, you plant potatoes. Advise them to divide (even a small garden) into three or four areas to rotate plant families.
- Explain the need to prepare the soil before planting with compost and fertiliser. Explain about regular fertilising with seaweed products, liquid fertiliser and manures as the vegetables are growing to encourage the plants to grow strongly and produce more.
- Discuss insect pests and products that are safe for humans and not dangerous to consume. Even talk about the use of home remedies (such as, lettuce leaves boiled for 3 mins and then sprayed onto brassicas (kale, etc.) to deter white cabbage moth).
- Explain how to use the pollination guide when choosing to plant a fruit or nut tree and that because most fruit/nut trees are not self-pollinating, you usually need two varieties for pollination (unless you know that a neighbour has a suitable tree growing).
- Remove used paper on wall and replace with a fresh sheet in readiness for the next group.
Workshop 4: Planting potatoes and vegetable seedlings in the garden
Time: approx. 25 minutes

Items needed:
- location near an empty vegetable garden bed
- gloves for presenter and each participant
- trowel for presenter and each participant
- vegetable seedlings
- 4kg bag of potatoes (or more potatoes if they are to be left in the soil at the end of each workshop)
- punnets of vegetable seedlings, especially onions and a leafy green
- one woven, recyclable shopping-bag with slashed holes cut into the base
- 1 bag of potting mix to put into woven shopping-bag
- 1 bag garden compost
- plant labels and marking pens for each participant
- depending on what room is available, have three stakes and garden string to show how to form a tepee for growing climbing plants like peas/beans

Method:
- Explain that most seeds are planted in rows for ease of identification and for rotating crops. However, explain that corn needs to be planted in a square for the best pollination.
- Explain the necessity of labelling your rows at both ends for correct identification, for example, you cannot tell if there are seeds planted or potatoes planted in a garden bed once they are covered with soil.
- Also explain that labelling is good in order to decide whether to either buy that variety again next year or to collect its seeds for use in another season.
- Explain the important concept of ‘thinning out’ seeds so that the seedlings are well spaced for good growth.

Demonstrate (wearing gloves):
- Form a rill in the soil with a trowel to plant a row of seeds (also show how far apart to space seeds depending on the variety), cover with soil, label the row with the seed type at each end of the row and water lightly.
- Form a slightly deeper rill with a trowel to plant onions and other seedlings. Show how far apart to space seedlings (usually about 30cm), although onions can be closer together.
- Explain that most seedlings must be placed upright, but that onions do not need to be placed upright when planting, but just to lie them flat on the soil as they will lift themselves upright as soon as they begin to become established.
- Explain that some plants need supports and that it’s best to have them in place before you plant anything. For example, climbing plants like peas and climbing beans will need a trellis or tepee of stakes; a tomato will need three stakes around it for support; broad beans will need support and so on. Explain that garden strong is usually used because it is soft on young stems.
- Form a trench with a trowel to plant potato tubers. Place garden compost in trench, cover lightly with soil, place tuber into trench and cover with soil. Explain the need to progressively cover the growing stem with more and more soil or mulch or straw as it grows to encourage tubers to continue forming up the stem.
- Using a woven shopping bag, half filled with potting mix, show how to create a container to grow potatoes or even as a quick pot for seedlings. The bag is easily portable and re-usable. Show how to roll the bag down so that it can be rolled up progressively as potatoes grow. Explain that when growing potatoes, you progressively put in more and more potting mix or mulch or straw as it grows to encourage tubers to continue forming up the stem. Remind them to water it regularly.

Activity:
- Participants follow the demonstrated procedure planting some seeds in one row and then two seedlings in another row. Perhaps half the group could start with seeds while the other half plant seedlings.
- Participants label their seeds/seedlings in the garden bed.
- Water seeds/seedlings lightly with watering can.
- Presenter will need to clean and tidy the work area quickly (if necessary) before the next group arrives for the workshop.
## Budget

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost $</th>
</tr>
</thead>
<tbody>
<tr>
<td>General expenses</td>
<td>450</td>
</tr>
<tr>
<td>Workshops expenses</td>
<td>1290</td>
</tr>
<tr>
<td>Catering</td>
<td>1445</td>
</tr>
<tr>
<td>Printing and stationery</td>
<td>1575</td>
</tr>
<tr>
<td>Venue hire and associated costs</td>
<td>250</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5010</strong></td>
</tr>
</tbody>
</table>

This trial event was generously supported by a grant from The Tasmanian Government under their Multicultural Grants Program 2018.

*Left and below:* Mothers and fathers join with their children to enjoy the Fresh Food for Families event. They felt special being invited to the event and their lovely smiles clearly demonstrate their engagement and pleasure in being involved in this educational and beneficial activity which involved so many members of their own community.
Ensure that your vegetable garden or container is located in as much sun as possible. Food plants are not shade lovers. Your soil will need frequent fertilising to maintain vigorous growth: use chicken manure pellets every three months, dolomite lime once a year and liquid and seaweed fertilisers fortnightly or at least monthly.

Before any replanting, dig in manure or compost. Check containers daily for moisture. Soak seeds like beetroot, lettuce, parsley and silverbeet overnight to encourage germination.

JANUARY
SEEDLINGS: Beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, leek, kale, parsnip, pumpkin, radish, rocket, sage, silverbeet, spring onion, late sweetcorn and tomato.
SEEDS: Beetroot, broccoli, Brussels sprouts, winter cabbage, carrot (main winter-spring crop), kale, kohlrabi, lettuce (soak or chill seed in refrigerator overnight first), parsley, parsnip, radish, spring onion, silverbeet, late sweetcorn and wong bok.
FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).
PRUNE: Trim fruit trees by one-third (leaving the short ‘spurs’ that bear fruit).
WATERING: Avoid getting tomato leaves wet to prevent diseases.
HARVEST: Garlic, red onions, rhubarb. Jerusalem artichoke and pumpkin planted in October.

FEBRUARY
SEEDLINGS: Beetroot, broccoli, Brussels sprouts, winter cabbage, carrot, cauliflower, celery, kale, leek, rocket, silverbeet and spring onion. Late February: Asian greens (bok choi, etc.), lettuce (they may bolt if the weather is hot.)
PLANT: Strawberry runners.
SEEDS: Beetroot, broccoli, late Brussels sprouts, cabbage, carrot, cauliflower, leek, parsley, parsnip, radish and silverbeet.
Late February: Asian greens (bok choy, choi sum, gai lan, hon tsai tai, mibuna, mizuna, pak choi, wong bok; sow every 4 weeks).
FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).
COLLECT SEED: Allow one plant (e.g. lettuce) to go to seed and collect and dry the seed. (Lettuce will be good for 5 years.) Collect any onion/shallot seedheads (dry in a clean dish in the shade and shake out the seed. It will be good for 3 years.)
HARVEST: Climbing and bush beans (from November), cucumber, pumpkin, rhubarb, strawberries, tomato, zucchini.

MARCH
SEEDLINGS: Asian greens (bok choy, choi sum, gai lan, hon tsai tai, mibuna, mizuna, pak choi, wong bok), beetroot, celery, cabbage, cauliflower, chives, kale, kohlrabi, leek, loose leaf or winter lettuce (cos), spring and salad onion, parsley, rocket, silverbeet.
PLANT: Garlic cloves, strawberry runners.
SEEDS: Early March only: beetroot, carrot and parsnip.
Late March: Asian leaf and root vegetables, broadbeans, lettuce, spring and salad onion, peas (frost-free districts only), English spinach, and into empty beds, sow green manure crop.
FEED: Fertilise all citrus plants with chicken manure and a little dolomite lime. Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).
PRUNE: Cut thin, whippy branches off fruit trees.
COLLECT SEED: The same as in February.

APRIL
SEEDLINGS: Mini-cauliflower, late leeks, loose leaf or winter lettuce (cos), shallot and spring onion, parsley, potato (early, frost-free districts only), silverbeet and green manure crop. Plant garlic cloves.
SEEDS: Asian cabbage and root crops, broadbeans (plant 8cm deep), spring and salad onion, English spinach, Japanese turnip.
COLLECT SEED: The same as in February.

MAY
SEEDLINGS: Broadbeans, garlic, loose leaf or winter lettuce (cos), potato onions, spring and salad onions, early potato and Japanese turnip.
SEEDS: Asian cabbage and root crops, broadbeans, cape gooseberry, chives, English spinach, spring and salad onions, shallots and sow green manure crop in any empty beds.
FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables.
PLANT: Apricot, hazelnut (Cosford is the best pollinator) and walnut.

Prepared for Food Plant Solutions:
www.foodplantsolutions.org
© B. J. Pryor
JUNE
SEEDLINGS: Asparagus crowns, chives, globe artichoke sucker, Jerusalem artichoke, potato onion, early potato, rhubarb division and shallots. Plant garlic cloves.
SEEDS: Broadbeans, English spinach, long-keeping salad and spring onions. In containers under glass or indoors, sow seed of broccoli, cabbage and cauliflower to raise seedlings for planting in August.

JULY
SEEDLINGS: Asparagus crown, Jerusalem and globe artichoke, leek, early potato, rhubarb division, shallots and spring onions. Plant garlic cloves.
SEEDS: Australian pea, broadbeans, cape gooseberry, onions, snow peas.

AUGUST
SEEDLINGS: Jerusalem artichoke, oca (New Zealand yam, Oxalis tuberosa - to harvest in summer), onions and shallots.
PLANT: Certified seed potato, divisions of chives, rhubarb and asparagus crowns. Strong seedlings of broccoli, cabbage, cauliflower, celery, broccoli, lettuce, onion and leeks. Plant garlic cloves.
SEEDS: Sow directly where they are to be grown: Asian brassicas, broadbeans, cape gooseberry, English spinach, globe artichoke, onions, parsely, peas (including snow peas). In warm, well-drained soil or containers, sow broccoli, cabbage, carrot, cauliflower and lettuce.
HARVEST: Oca.
SPRAY: Stone-fruit trees with fungicide which includes copper hydroxide/lime sulphur to prevent curly leaf.

SEPTEMBER
SEEDLINGS: Beetroot, broccoli, cabbage, cauliflower, celery, chives, globe artichoke, Jerusalem artichoke, leeks, lettuce, spring, long-keeping and salad onions and silverbeet.
SEEDS: Asian brassicas, Australian pea, beetroot, broccoli, cabbage, carrot, cauliflower, Japanese turnip, kohlrabi, leek, lettuce, onion, parsley, parsely, peas, radish, silverbeet, summer spinach and sunflower.
Under glass in containers sow seeds of pumpkin, sweetcorn, tomato and zucchini (transplant all these in November).

OCTOBER
SEEDLINGS: Beetroot, broccoli, cabbage, cauliflower, celery, globe artichoke, Jerusalem artichoke, leek, lettuce, pak choi, salad and spring onion.
Late October: Bush and climbing beans, summer carrots, pumpkin, squash, sweetcorn, tomato and zucchini.
PLANT: Chive divisions, globe artichoke, oca, potatoes and sweet potato cuttings. Mint, oregano, parsely.
SEEDS: Adzuki (mung) bean, Australian pea, beetroot, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, leek, lettuce, marrow, melon, spring and salad onion, parsley, parsely, late peas, pumpkin, radish, silverbeet, spinach, squash, sunflower, sweetcorn, tomato and zucchini.
Under glass or in containers, sow seeds of capsicum, cucumber, eggplant and tomato.
FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables.
HARVEST: Leeks (planted in July).

NOVEMBER
SEEDLINGS: Artichoke, Asian leaf and root vegetables, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, cauliflower, celery, cucumber, eggplant, kale, leek, loose leaf lettuce, silverbeet, sweetcorn, tomato, wong bok and zucchini.
PLANT: Chive divisions, globe artichoke, fig, oca, parsley, potatoes and sweet potato cuttings.
SEEDS: Adzuki (mung) bean, Asian brassicas, asparagus, bush and climbing beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, kale, kohlrabi, leek, lettuce, salad onion, marrow, melon, parsely, parsely, late peas (cold districts only), pumpkin, radish, rhubarb, summer spinach, winter squash, sunflower, swede, sweetcorn, tomato, turnip and zucchini.
HARVEST: Leeks (planted in August).

DECEMBER
SEEDLINGS: Asian leaf and root vegetables, broccoli, Brussels sprouts, cabbage, capsicum, cauliflower, celery, cucumber, eggplant, kale, leek, loose leaf lettuce, silverbeet, sweetcorn, tomato and zucchini.
PLANT: Globe artichoke suckers, fig, oca, parsley and late potatoes.
SEEDS: Asian leaf and root vegetables, asparagus, bush and climbing beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, eggplant, kale, kohlrabi, leek, lettuce, marrow, melon, salad onion, parsley, parsely, pumpkin, radish, rhubarb, summer spinach, winter squash, sunflower, swede, sweetcorn, tomato, turnip & zucchini.
FEED: Mix liquid fertiliser together with seaweed fertiliser (one cap to a 9L watering can) and pour over all vegetables (but not on the leaves of tomatoes).
HARVEST: Cauliflower (planted in August), Jerusalem artichoke (planted in Sept), pak choi (planted in October).
तास्मानीयन करेसाबारी पानी

करेसाबारी वा तरकारी तथा फलफल रोगको भाडालाई धाम लाने ठाउँमा राख्नु पर्दै ।

tarkataririragama nishan malko pragam ganu padhi jaman gandy upadhan rasko hunch ।

करेसाबारीमा कुषुराको मल हरेक तिन महिनामा, कृषि चुन वर्षको एक पटक सीउड मलको प्रयोग हरेक पन्थ वा महिना दिनमा गानूँ पछ ।

कु pryayale बिधा ठाउँ मा आफ्नो गाँव र तरकारी तयार गर्नु पछि र भिजेको छ वा छैन राम्रो प्रयास विभाज पृथक पृथक पछि ।

लेट्स, चुकुन्द्र, पास्ले, सिल्फरबीट जस्ता विभाजको सीउडहरुलाई छूनु भन्नु पहिले राम्री विभाजनु उचित हुन्छ ।

जनवरी विश्वा रोगे : चुकुन्द्र, ब्रोकाउसी, बन्याकोपी, बेडक्यासानी, गाजर, काउली, सेलेगी, काको भान्टा, लीक, फर्सी, मुल्ला, रकेटको साग, हरियो प्याज, गोलमेदा आदी

विध तथा प्राय : चुकुन्द्र, ब्रोकाउसी, ब्रेसेल्स, हिउदे ब्रोकाउसी, पास्ले, मुल्ला, गाजर, हरियो प्याज, गोलमेदा आदी

मक्का : सीउडको मल र अरु तरल मलहर विस्तार र एक विभाजको करीब नी मीटर पानीमा मिसाउने र तरकारीमा माथिबाट हालेमा । तर टमाटरको पातमा हाल हुनें ।

पुन गने : सीउडको विष्यालाई एक तिहाइ रोगने ।

पानी हालमा : टमाटरको पातमा पनि पानी हाल हुनें ।

स्मार्थ रुझान र : अस्तिरमा रोपेको वरून, गतो प्याज, फर्सी एदियोक, रुझान आदी जनवरीमा तयार हुन्छ ।

फेस्चुरी विश्वा साने : चुकुन्द्र, ग्रो काउली, ब्रेसेल्स, हिउदे बन्याकोपी, गाजर, काउली, सेलेगी, लीक, रकेटको साग, सिल्फरबीट र हरियो प्याज

फलफल : मुईकाफल (टुबेरी)

विद राखे : चुकुन्द्र, ब्रोकाउसी, बन्याकोपी, गाजर, फिक, पास्ले, मुल्ला, आदी

निकुल : फेस्चुरीको लागि : एसियन हरियो सागपाल - बोक्चायो, चोयनस, लेट्पुस आदी

मक्का : सीउडको मल र अरु तरल मलहर विस्तार र एक विभाजको करीब नी मीटर पानीमा मिसाउने र तरकारीमा माथिबाट हालेमा । तर टमाटरको पातमा हाल हुनें ।

विध उपयोगका एउटा लेट्सको विष्यालाई फल रिने सुखामा विद उत्पादन गने । एकपटको लेट्सको विष्यालाई पाच वर्षसम्म प्रयोग गर्न सकिन्छ ।

फसल उठाउने : नोभेम्बरमा रोपेको फिमी, काको, फर्सी, टमाटर, हरियो फर्सी र स्टेवरी

मार्ग विश्वा साने : एसियन हरियो सागपाल - बोक्चायो, चोयनस, लेट्पुस, चुकुन्द्र, सेलेगी, बन्याकोमी, काउली, नीक, पास्ले, हरियो प्याज

आधिक विश्वा रोग्ने : वरून, स्टेवरी

विध राखे : मार्गको पहिलो हालमा चुकुन्द्र, गाजर आदी

निकुल : मार्गको देखि एसियन हरियो सागपाल - बोक्चायो, चोयनस, लेट्पुस आदी

मक्का : यो सबैमा अमिलको जातिका विस्तारहरुलाई कुलको मल, चुन्चुन, र सीउडको मल र अरु तरल मलहर विस्तार र एक विभाजको करीब नी मीटर पानीमा मिसाउने र तरकारीमा माथिबाट हालेमा । (तर, टमाटरको पातमा हाल हुनें )

एडिपस : विश्वा: सानो काउली, फिक, राखो, लेट्स, आफ्नो तलुन आदी

सीउडको मल र अरु तरल मलहर विस्तार र एक विभाजको करीब नी मीटर पानीमा मिसाउने र तरकारीमा माथिबाट हालेमा ।

तर टमाटरको पातमा हाल हुनें ।

फसल तयार हुने बा उठाउने : नोभेम्बरमा रोपेको फिमी, काको, फर्सी, टमाटर, हरियो फर्सी र स्टेवरी
मात्र विषुः रोः : एसियन हरियो सागापात - बोक्चोय, चोयसाम, नेप्तुस, चुक्चन्द, सेलेरी, बन्दागोम्भी, काउली, गणौ, पापले, हरियो पुष्प आदिः
विषुः छत्रे : बक्कला सीमी, लस्न, हरियो पुष्प, आनु आदि:
मन.- सीउडङ्गो मन र अन्य तरल मलहर भिनाउन र एक विकों कीटी नी लीटर पानीमा भिनाउने र तरकारीमा माध्यमात हालने ।
तर दमाधको पाटमा हालन हुदै ।
विषुः रोः : एफ़िकोट, कटूस, अंकहर
जुलाई विषुः साङ्गे : कुरिली, पाइम्स, एनटीचोक, आनु, पुष्प, लस्न
विषुः छत्रे : बक्कला सिमी, पालुणो बन्न, काउली आदिः छारमा उमारें अग्नि वालमा साङ्गे
जुलाई विषुः साङ्गे : कुरिली, विक, अघीटे आलु, लस्न, हरियो पुष्प आदि।
विषुः रोः : मटर, बक्कला सिमी, पुष्प
अगाडिः विषुः साङ्गे : एनटीचोक, पुष्प, ग्यालोट
फलहलो रोः : आलु, चाइम्स, श्वाबं, कुरिली, बन्न, काउली, सेलेरी, पुष्प, लस्न
विषुः छत्रे : पुष्प, लस्न, बक्कला सिमी,
कितासक आपधारको प्रयोग गरी: फलहलोको विकालाई कर्प हाइड्रोसाइट वा लाइव सल्फर को प्रयोग गरे।
सेप्टेम्बर विषुः साङ्गे : चुक्चन्द, ब्रो काउली, बन्दागोम्भी, काउली, सेलेरी, गणौ
विषुः रोः : आलु, पुम्बा, गायोको सामान आदि
विषुः छत्रे : चुक्चन्द, बन्दागोम्भी, फास्ले, मुला, गान्टेमुला, सूर्यभूमि
अब्बोटनिक विषुः रोः : चुक्चन्द, ब्रो काउली, बन्दागोम्भी, गणौ, नेप्तुस, पाक्चोई, हरियो पुष्प, फसी, स्कुस, आलु, मटर
विषुः राखे : मुड, चुक्चन्द, सिमी, मटर, मुला, गान्टेमुला, गोलमेडा, मटर
मन.- सीउडङ्गो मन र अन्य तरल मलहर भिनाउने र एक विकों कीटी नी लीटर पानीमा भिनाउने र तरकारीमा माध्यमात हालने ।
तर दमाधको पाटमा हालन हुदै ।
नोवेम्बर विषुः रोः : चुक्चन्द, ब्रो काउली, बन्दागोम्भी, गणौ, नेप्तुस, पाक्चोई, हरियो पुष्प, फसी, स्कुस, आलु, मटर, काफ्टो, भान्दा, हरियो फसी, मटर
विषुः राखे : मुड, चुक्चन्द, सिमी, मटर, मुला, गान्टेमुला, गोलमेडा, मटर
मदेड खोरानी, गाजर, कुरिली, समाक्षाट, फसी, मुला ।
दिसेम्बर विषुः रोः : ब्रो काउली, बन्दागोम्भी, गणौ, नेप्तुस, पाक्चोई, हरियो पुष्प, फसी, स्कुस, मुला, काफ्टो, भान्दा, गणौ, हरियो फसी
विषुः राखे : कुरिली, बाहोर सीमी, फसी, मुला, काउली, पालुणो, चुक्चन्द, सिमी, मटर, मुला, गान्टेमुला, गोलमेडा, मटर
मन.- सीउडङ्गो मन र अन्य तरल मलहर भिनाउने र एक विकों कीटी नी लीटर पानीमा भिनाउने र तरकारीमा माध्यमात हालने ।
तर दमाधको पाटमा हालन हुदै ।
फसल लिने : फुलकोम्भी, पाक्चोई, एनटीचोक (सेप्टेम्बर र अब्बोटनिक रोपेका)

Prepared for Food Plant Solutions:
www.foodplantsolutions.org
© Pradeep Dhungana
# Pollination Guide

## APPLES

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akane</td>
<td>Golden Delicious, Granny Smith</td>
</tr>
<tr>
<td>Bramley</td>
<td>Golden Delicious, Granny Smith</td>
</tr>
<tr>
<td>Cox's Orange Pippin</td>
<td>Golden Delicious, Granny Smith, Jonathan, Red Delicious, Lady in the Snow</td>
</tr>
<tr>
<td>Crofton</td>
<td>Jonathan, Golden Delicious</td>
</tr>
<tr>
<td>Five Crown</td>
<td>Cox's Orange Pippin, Golden Delicious, Jonathan</td>
</tr>
<tr>
<td>Gala</td>
<td>Granny Smith, Jonathan, Pink Lady, Red Delicious, Red Fuji</td>
</tr>
<tr>
<td>Golden Delicious</td>
<td>(Partially self-fertile) Cox's Orange Pippin, Granny Smith, Jonathan, Red Delicious</td>
</tr>
<tr>
<td>Granny Smith</td>
<td>Cox's Orange Pippin, Gala, Golden Delicious, Jonathan, Pink Lady, Red Delicious, Red Fuji</td>
</tr>
<tr>
<td>Gravenstein</td>
<td>Crofton, Golden Delicious, Sturmer</td>
</tr>
<tr>
<td>Hi Early (Red Delicious)</td>
<td>Fuji, Gala, Golden Delicious, Granny Smith, Jonathan, Pink Lady</td>
</tr>
<tr>
<td>Jonagold</td>
<td>Gala, Granny Smith, Red Delicious, Red Fuji</td>
</tr>
<tr>
<td>Jonathan</td>
<td>Golden Delicious, Granny Smith, Mutsu, Red Delicious</td>
</tr>
<tr>
<td>Lady in the Snow</td>
<td>Cox's Orange Pippin, Golden Delicious, Granny Smith, Jonathan</td>
</tr>
<tr>
<td>Mutsu</td>
<td>Red Delicious, Sturmer</td>
</tr>
<tr>
<td>Pink Lady</td>
<td>Red Delicious, Red Fuji</td>
</tr>
<tr>
<td>Red Braeburn</td>
<td>Crofton, Sundowner</td>
</tr>
<tr>
<td>Red Delicious (Hi Early)</td>
<td>Cox's Orange Pippin, Fuji, Granny Smith, Jonathan, Red Delicious, Sturmer</td>
</tr>
<tr>
<td>Red Fuji</td>
<td>Gala, Golden Delicious, Granny Smith, Jonathan, Pink Lady</td>
</tr>
<tr>
<td>Sturmer (Pippin)</td>
<td>Mutsu, Pink Lady, Red Delicious, Sturmer</td>
</tr>
<tr>
<td>Sundowner</td>
<td>Gala, Red Delicious</td>
</tr>
</tbody>
</table>

## PEARS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th Century</td>
<td>(Partially self-fertile) Cho Juro, Kosui, Shin Sui, Williams</td>
</tr>
<tr>
<td>Beurre Bosc</td>
<td>20th Century, Williams, Winter Nelis</td>
</tr>
<tr>
<td>Cho Juro</td>
<td>Kosui, Shin Sui, Williams</td>
</tr>
<tr>
<td>Comice</td>
<td>Beurre Bosc, Josephine, Williams</td>
</tr>
<tr>
<td>Josephine</td>
<td>Packham, Winter Nelis</td>
</tr>
<tr>
<td>Kosui (Nashi)</td>
<td>20th Century, Beurre Bosc, Cho Juro</td>
</tr>
<tr>
<td>Packham</td>
<td>Beurre Bosc, Josephine, Williams, Winter Nelis</td>
</tr>
<tr>
<td>Red William</td>
<td>20th Century, Beurre Bosc, Winter Nelis</td>
</tr>
<tr>
<td>Shin Sui</td>
<td>20th Century, Beurre Bosc, Cho Juro</td>
</tr>
<tr>
<td>Williams</td>
<td>20th Century, Beurre Bosc, Comice, Packham, Winter Nelis</td>
</tr>
<tr>
<td>Winter Cole</td>
<td>Beurre Bosc, Williams</td>
</tr>
<tr>
<td>Winter Nelis</td>
<td>Josephine, Packham, Winter Cole</td>
</tr>
</tbody>
</table>

## FIGS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Genoa</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Brown Turkey</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Preston</td>
<td>Self-fertile</td>
</tr>
</tbody>
</table>

## APRICOTS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brillianz</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Goldrich</td>
<td>Moorpark, Rival</td>
</tr>
<tr>
<td>Moorpark</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Rival</td>
<td>Goldrich, Moorpark</td>
</tr>
</tbody>
</table>
### EUROPEAN PLUMS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angelina Burdett</td>
<td>Damson, President</td>
</tr>
<tr>
<td>Coe's Golden Drop</td>
<td>Damson, Cole's Golden Gage, Green Gage, Stanley Prune</td>
</tr>
<tr>
<td>Cole's Golden Gage</td>
<td>Damson, Coe's Golden Drop, Green Gage, Stanley Prune</td>
</tr>
<tr>
<td>D'Agen</td>
<td>Angelina, Coe's Golden Drop, Green Gage</td>
</tr>
<tr>
<td>Damson</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Green Gage</td>
<td>Damson, Coe's Golden Drop, Green Gage, Stanley Prune</td>
</tr>
<tr>
<td>King Billy</td>
<td>Angelina, President</td>
</tr>
<tr>
<td>Mirabelle</td>
<td>Any plum</td>
</tr>
<tr>
<td>Plumcot</td>
<td>Apricot, any plum, Mariposa</td>
</tr>
<tr>
<td>President</td>
<td>Angelina, Coe's Golden Drop, D'Agen, King Billy</td>
</tr>
<tr>
<td>Purple Gage</td>
<td>Self-fertile, any plum</td>
</tr>
<tr>
<td>Purple Splendour</td>
<td>Angelina, Coe's Golden Drop, D'Agen, Green Gage</td>
</tr>
<tr>
<td>Stanley Prune</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Victoria</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Ziegler</td>
<td>Any plum</td>
</tr>
</tbody>
</table>

### JAPANESE PLUMS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Amber</td>
<td>Any other Japanese plum, Friar, Santa Rosa, partially self-fertile</td>
</tr>
<tr>
<td>Burbank</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Donsworth</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Friar</td>
<td>Black Amber, Santa Rosa,</td>
</tr>
<tr>
<td>Frontier</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Mariposa</td>
<td>Any other Japanese plum,</td>
</tr>
<tr>
<td>Narrabeen</td>
<td>Mariposa, Santa Rosa,</td>
</tr>
<tr>
<td>Ruby Blood</td>
<td>Mariposa, Narrabeen, Santa</td>
</tr>
<tr>
<td>Santa Rosa</td>
<td>Any other Japanese plum,</td>
</tr>
<tr>
<td>Satsuma</td>
<td>Any Japanese plum, partially</td>
</tr>
<tr>
<td>Tegan Blue</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Wickson</td>
<td>Mariposa, Santa Rosa, partially</td>
</tr>
<tr>
<td>Wilson</td>
<td>Self-fertile</td>
</tr>
</tbody>
</table>

### JAPANESE PLUMS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Amber</td>
<td>Any other Japanese plum, Friar, Santa Rosa, partially self-fertile</td>
</tr>
<tr>
<td>Burbank</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Donsworth</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Friar</td>
<td>Black Amber, Santa Rosa,</td>
</tr>
<tr>
<td>Frontier</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Mariposa</td>
<td>Any other Japanese plum,</td>
</tr>
<tr>
<td>Narrabeen</td>
<td>Mariposa, Santa Rosa,</td>
</tr>
<tr>
<td>Ruby Blood</td>
<td>Mariposa, Narrabeen, Santa</td>
</tr>
<tr>
<td>Santa Rosa</td>
<td>Any other Japanese plum,</td>
</tr>
<tr>
<td>Satsuma</td>
<td>Any Japanese plum, partially</td>
</tr>
<tr>
<td>Tegan Blue</td>
<td>Santa Rosa</td>
</tr>
<tr>
<td>Wickson</td>
<td>Mariposa, Santa Rosa, partially</td>
</tr>
<tr>
<td>Wilson</td>
<td>Self-fertile</td>
</tr>
</tbody>
</table>

### CHERRIES

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bing</td>
<td>Black Boy, Florence, Stella, Van</td>
</tr>
<tr>
<td>Black Boys</td>
<td>Florence, Lambert, Lapins, Napoleon,</td>
</tr>
<tr>
<td>Florence</td>
<td>Black Boy, Napoleon, Stella</td>
</tr>
<tr>
<td>Kentish</td>
<td>Self-compatible</td>
</tr>
<tr>
<td>Lambert</td>
<td>Black Boy, Florence, Stella, Van</td>
</tr>
<tr>
<td>Lapins</td>
<td>Self-compatible, Black Boy, Napoleon, Stella</td>
</tr>
<tr>
<td>Napoleon</td>
<td>Black Boy, Florence, Lapins, Stella</td>
</tr>
<tr>
<td>Simone</td>
<td>Self-compatible</td>
</tr>
<tr>
<td>Stella</td>
<td>Self-compatible, Black Boy, Lapins,</td>
</tr>
<tr>
<td>Van</td>
<td>Bing, Black Boy, Lambert, Napoleon, Stella</td>
</tr>
<tr>
<td>Williams Favourite</td>
<td>Black Boy, Florence, Lambert, Napoleon, Stella</td>
</tr>
</tbody>
</table>

### HAZELNUTS

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fantasia</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Flavourtop</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Goldmine</td>
<td>Self-fertile</td>
</tr>
</tbody>
</table>

### NECTARINES

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Pollinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fantasia</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Flavourtop</td>
<td>Self-fertile</td>
</tr>
<tr>
<td>Goldmine</td>
<td>Self-fertile</td>
</tr>
</tbody>
</table>
FRESH FOOD FOR FAMILIES

Certificate of Recognition

Rotary International and The Royal Society of Tasmania
is grateful to:

for participation in the workshops on 4 March 2018.

John G. Thorne
Workshop Facilitator
Secretary, The Royal Society
of Tasmania

Una Hobday
Chair, Food Plant Solutions
Rotarian Action Group
The Food Plant Solutions project (FPS) was designed to address malnutrition through the use of readily available and local food sources. They create educational publications that help people understand the connection between plant selection and nutrition, and which, in turn, empower them to grow a range of highly nutritious plants.

They identity food plants that are potentially important for a country or region because they are suited to the environment, are high in nutrients and grow with minimal input. This is a self-sustainable solution that empowers people in need, not just for now, but into the future.

Deliberately, Food Plant Solutions does not send people in-country, but forms partnerships with existing aid providers who use the FPS publications to educate communities, and particularly women and children, about the nutritional value of their local foods. Most community projects (whether they be housing, water, schools, maternal health, etc.) would be further enhanced by adding a Food Plant Solutions component to them. Most people who are in dire situations require a sustainable way to grow and access nutritious food.

With program partners, FPS encourages the establishment of demonstration food gardens in schools and communities which provide ongoing education and improve the health and nutrition of participants who are provided with nutritious food prepared from these gardens. Website: https://foodplantsolutions.org

Drawing its inspiration from the illustrious, original Royal Society founded in London in 1660, The Royal Society of Tasmania is one of the oldest royal societies outside the United Kingdom, having had a continuing existence since 1843.

The mission of The Royal Society of Tasmania is “The advancement of knowledge” and its priorities are:
- promoting Tasmanian historical, scientific and technological knowledge for the benefit of Tasmanians
- fostering Tasmanian public engagement and participation in the quest for objective knowledge
- recognising excellence in academia and supporting Tasmanian academic excellence
- providing objective advice for policy relating to Tasmanian issues.

The priorities of the Society are addressed through lecture programs, panel discussions, symposia, excursions, publications and an extensive library. Eminent scholars are recognised through various awards and bursaries.

Now 175 years old, the Society has a current membership from throughout Tasmania and beyond and meets in Hobart and Launceston. The Society is administered by a Council comprising elected and ex officio members.

The Royal Society of Tasmania is established under its own Act of the Tasmanian Parliament, permitting it to create its own By-Laws. The Patron of the Society is Her Excellency Professor the Honourable Kate Warner AC Governor of Tasmania. Further information can be found at: https://rst.org.au