

2014 International Year of Family Farming

Feeding the world; Caring for the Earth



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<http://familyfarms.enviroed4all.com.au>

Food from a little bit of garden, Horsham

Our Family

Being an active and busy senior citizen in Horsham, I don't have a lot of time for gardening, and growing food, but when we moved to this new house, I put in lots of shrubs, flowers and some **easy-care food plants**. There is only me now living in our home. So, with **a little help**, I do the pruning and watering, and picking work for this small urban 'family farm' food garden. I still enjoy it and eating things I have grown.



Our Farm

This family farm is a **part-time** one and covers less than 5 m² in our **small urban backyard**. The land is **flat** and the **soils are clayey**. The plants are well **sheltered by the fences** in their corner of the garden. There is **town water** to keep them going when the rains don't come, or through dry summers.



Our produce - 'Feeding the world' means 'Feeding ourselves'

We have **3 citrus plants** and a **couple of vegetables and herbs** in a plot of less than a square metre. It is lovely to be able to come out the backdoor and pick a **lemon or a lime**. In the photo above, the lime tree is in front of the lemon tree. Hidden behind that is an orange tree (photo right) – that has not born fruit.



The **lemon tree** has just about finished **flowering** and the new lemons are coming on for picking. It has a pretty pink **bud**, opening into a white **flower**, shown below. It smells great.



Behind them is the plot with herbs and vegetables. It's May. Doesn't the **silver beet** look luscious with its new growth? The **parsley** is going to seed though!

Do you notice the difference in the leaves on this page? The Lemon ones look smooth and curve around a little. The Silver Beet leaves are heavily crinkled around a central main vein and quite large in size. The smaller Parsley leaves have more intricate shapes.



I love **cooking** with my food straight from the garden. Silver beet is steamed or goes into quiches. The lemons go in lemon slice, Chinese-style meals and on fish and chips. The limes go in Thai-style recipes or are frozen in ice-cubes to be added to cool drinks.

Sustainability - 'Caring for the Earth'

Well-being

It isn't a big garden but the **green** always looks **fresh** and **cheery**. That makes me feel good.

Food for the bees

These lovely **blossom** flowers (above), along with my other flowers, are food for the bees.

Low food miles

As well as having these foods just out my back door, I have so many lemons and limes that there is plenty to **share with family and friends**.

Written from interview with JR and with permission to use this information and the photos taken edited J. Clark. Photos and Map by J. Clark.

For more information about the IYFF go to:

<http://familyfarms.enviroed4all.com.au/> for more in this series of snapshots

<http://www.fao.org/family-farming-2014/> <http://www.familyfarmingcampaign.net> for the official IYFF sites

<https://www.facebook.com/InternationalYearOfFamilyFarmingIYFF> for the facebook updates