## **2014** International Year of Family Farming

Feeding the world; Caring for the Earth

## enviroed4all® - Family Farm Snapshots

http://familyfarms.enviroed4all.com.au



## Food from a little bit of garden, Horsham

## **Our Family**

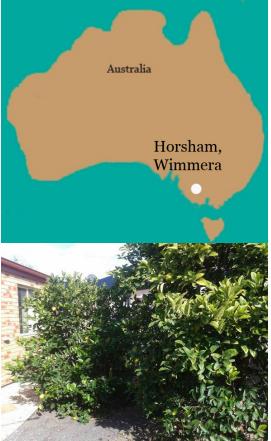
Being an active and busy senior citizen in Horsham, I don't have a lot of time for gardening, and growing food, but when we moved to this new house, I put in lots of shrubs, flowers and some **easy-care food plants**. There is only me now living in our home. So, with a **little help**, I do the pruning 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 m<sup>2</sup> 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

