



## enviroed4all® - Family Farm Snapshots-

an educational resource at <http://familyfarms.enviroed4all.com.au/> for the

## 2014 International Year of Family Farming

*“Feeding the world; Caring for the Earth”*

# Mint tubs – a tiny family farm, Horsham

### My Family

Do **two tubs of luscious herbs** make a family farm?

Well, since a **‘family farm’ grows food for a family**

+ my tubs are food I use in my ‘cooking’,

= that makes mine **the tiniest of family farms!**

I live on my own and work during the day. I have **little time** to work at **growing food** as well. The supermarkets nearby provide most of my food needs.

**Mint** needs little work, so it is a good choice for me.

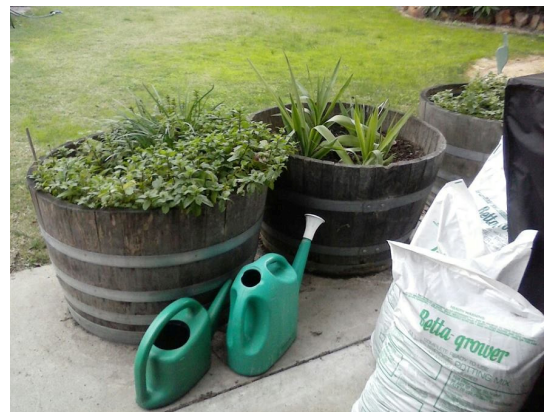
### My Farm

My **two mint tubs** are in a **small urban backyard** in Horsham, in the Wimmera (*photo right*).

The tubs are on the patio, in a **protected** place from too much wind or sun and heat. They get the occasional water from the **hose over summer**.

The soil comes from **compost** packages from the hardware shop, (*see the packages on the patio*).

*What do mint leaves look like? On the photos to the right, you can see serrated edges, pointy tips, and heavy vein markings. ... and a luscious green.*



## My produce - 'Feeding the world' means 'Feeding me!'

I grow two types of mint:

🌿 **Regular** mint (top photo) which is great on roasts

🌿 **Lemon Scented Mint** (bottom photo) which smells great as you walk past and adds a zing to salads.

## Sustainability - 'Caring for the Earth'

### Low food miles

Even growing such a little bit of food, is doing a little bit to care for the Earth by **reducing food miles** for my use of this herb.

### Reducing weed risk

But mint has a tendency to run wild and grow so well it becomes a weed! **Keeping it in tubs** avoids it getting out and becoming a nuisance, a garden escapee.

### Feeling good

**Green** is a relaxing colour for the eyes. It makes me **feel good** to have such a lovely big tub of bright green herbs out my back door and ready for my use, fresh.

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**For more information about family farming and the 2014 IYFF go to:**

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