



Edible gardening on a budget



Edible gardening does not have to be expensive. Here are some tips for getting the most out of your produce and keeping costs down:

- Consider growing produce that is expensive to buy from the supermarket. For example: berries, tomatoes, herbs and citrus fruits.
- Do not waste your produce! Freeze, pickle, can, dry or preserve any excess.
- When cooking with your produce, utilise all of the plant where you can.
 - Broccoli stems are great in stocks, a stir-fry and in soup.
 - Carrot tops can be used in salads.
 - Use the stems from herbs and greens like kale or chard.
- Use what you already have around the house to plant your produce in. Consider polystyrene boxes, old buckets or even cutting holes in your bag of potting mix and plant straight in there! You can also create raised beds from recycled materials (or things you have lying around, like logs and rocks).
- Swap excess seeds, seedlings or produce with a friend, neighbour, or at a local 'crop swap'.

For more information, head to www.foodfromhome.org

