

## Forster Community Garden Project

---

The Forster Community garden offers residents of the Great Lakes the opportunity to come together to share ideas and grow their own organic food in a sustainable manner. The garden uses the water collected from the Forster Neighbourhood Centre roof to water the gardens through a drip irrigation system, the volunteers make compost and 'worm wee' is used to fertilise the plants.



Established in September 2007, the garden is open to all members of the Great Lakes community to participate in sustainable gardening.

Megan Cooke, the garden's horticulturalist, is available to train volunteers on a Tuesday morning from 9:00am - 12:00 noon. We are currently recruiting for voluntary co-ordinator for the Friday morning shift. Anyone interested can email [trish@fnc.org.au](mailto:trish@fnc.org.au).

**Tuesday and Friday 9:00am - 12:00 Noon** - are the **Garden volunteer work days**. Come along and meet new people in the community and learn about sustainable gardening practices.

Great Lakes ~ Great Produce is Forster's **Farmers Market** and is held on the **3rd Saturday of every month** - in front of the Forster Tourist Information Centre.

Stretching and strength building - **exercise in the garden** with Fay Shacklock every **Thursday 9:30 - 10:30am** - gold coin donation.

### **Eat organic vegies all year round for free!**

The Forster Community Garden is unique in that all garden beds are shared amongst the volunteers - unlike other gardens where individuals look after their own plots within a fenced in garden. The benefits of being a volunteer are that you can eat organic produce all year round and it won't cost you a cent! All garden beds are planted in beautifully decorated half water tanks, therefore allowing access to all members of the community. The garden consists of 20 large garden beds and 20 smaller ones - all to produce vegetables and culinary herbs. Local bush tucker and citrus trees have also been planted. A special children's play garden is currently being developed by a young parents group.

The garden design allows for easy access by people in wheelchairs, and boasts a sensory garden for people who are visually impaired. All members of the community are invited to participate in the garden. Guided tours can be arranged and school and community groups are requested to contact the Neighbourhood Centre prior to visits. The Penenton Creek area has been rejuvenated - with weeds being replaced by natural bush garden as part of an Envirotrust Caring for Country project.

Seven Trees for Seven Elders is a special combination of traditional bush food trees, native to this area, acknowledging seven elders from the Worimi people - the original custodians of the land on which the FNC and the garden operate from.

The garden volunteers are currently guided by horticulturalist, Megan Cooke, every Tuesday. Come along and learn about composting, growing organic vegies, worm farming and other sustainable gardening techniques.

**Forster Garden Auspice Body: Forster Neighbourhood Centre - 02 6555 4351.**