

Eating Out Locally

Vote with your fork! Support local restaurants & cafes that serve up some sustainable food.

THB members support:

Williamstown: Novel Kitchen – organic food to eat in and takeaway.

Spotswood: Duchess of Spotswood (local, seasonal, organic offerings)

South Kingsville: Famous Blue Raincoat (Fairtrade East Timorese coffee, free-range eggs and chicken, house made deserts)

Newport: Pint of Milk (organic, free range, housemade)

Altona: Just Sweets (fair trade coffee, housemade)

Learn more. A few resources...

Look for more local options in **Local Harvest** which is a national directory of local food providers, from collectives to pick-your-own farms to food swaps and more.. www.localharvest.org.au

The Ethical Consumer Group (www.ethical.org.au) is locally based. Take their supermarket tour.

Talk to Glyn at Replenish (retailer in Williamstown). He used to be a commercial food grower.

Check out The Sustainable Table
www.sustainabletable.org.au

Reading: one of Michael Pollan's books. His famous advice: "Eat food. Not too much. Mostly plants".

For recipes and information about sustainable food and living: Giselle Wilkinson's 'The Conscious Cook', 'Nourishing Traditions' by Sally Fallon, 'The Art of Fermentation' by Sandor Katz, 'Kitchen Garden Companion' by Stephanie Alexander, 'A Slice of Organic Life' by S. Goldsmith.

Closing thoughts

Compost your food scraps. Worm farms are compact and really easy. Create incredible compost for your plants.

Transition Hobsons Bay

Transition Hobsons Bay is a community group who aim to inspire a strong and healthy future for our neighbourhoods in the face of climate change and the end of cheap oil.

We are part of a growing number of Transition Town groups around the world who see a positive future created locally by communities.

Some examples of our activities are –

- Fruit and Vegie swaps in Altona and Newport
- Reskilling – soap making, food preserving
- Monthly fermenting workshops (ginger beer, fetta, sourdough bread, saurekraut....)
- Energy saving in the home – chats at the pub
- 'ReVisioning a green Newport' event
- Pot luck/ bring-a-plate dinners
- Bike maintenance workshop
- Fruit tree pruning and worm care workshops
- Tour de Coop (co-hosted tour of chicken coops)
- Games in the Park afternoon
- Guide to recycling locally

We share experiences, information and ideas, learn new skills for a greener future, and importantly, we make sure we have fun!

Its free to join, so get in the loop with activities, conversations and projects in your area..



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Have we missed something? Let us know.

Sustainable Food

A SUPPORTERS GUIDE FOR HOBSONS BAY LOCALS



This guide has been put together by Transition Hobsons Bay, a local community group, from our collective knowledge of sourcing good food!

TRANSITION HOBSONS BAY

*inspiring a positive future
for our local community*

What is Sustainable Food?

"The wonderful thing about food is you get three votes a day. Every one of them has the potential to change the world" - Michael Pollan

It's **local** - food that's grown as close to your home as possible.

It's **seasonal**. Victoria has fresh fruit and vegetables in season every month of the year. How lucky are we? Friends of the Earth Melbourne have a pocket guide to seasonal produce availability.

It's **organic or biodynamic** - No chemical residues, better for the land, better for the farm workers, better for your health too.

It's choosing only sustainably harvested Victorian **seafood**. Three quarters of the world's oceans are over exploited or at their limits. Get guidance from www.amcs.org.au

It's **minimal packaging**. Buy in bulk where possible.

It's some **fairtrade**: "Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world."

Buy only the food you need. Eat the food you buy. Australian households throw out more than \$600 worth of food each year.

Avoid products and meat from **factory farmed animals**.

Avoid **bottled water**. Drink tap water.

Food for thought

Our contemporary agricultural system produces 1 calorie of food using 10 calories of fossil fuels! Then add transport fuels from the farm to home.

A three day truck drivers strike in the UK in 2000 brought the country to within a day of food rationing.

Where to buy Sustainable Food locally

Farmers markets: Flemington (fully accredited and every Sunday), Spotswood (1st Saturday of month), Williamstown (2nd Sunday), Altona (3rd Saturday), Yarraville (4th Saturday).

CERES FairFood is an organic box delivery scheme, which is part Community Supported Agriculture (supporting local farmers) and part Co-op. www.ceresfairfood.org.au. Hosts in Newport.

Grasslands in Footscray offers a delivery service of organic fruit & veg on Thursdays. www.grasslandsorganic.org.au

The **Newport Organic Collective** (NOC) - trade time sorting fruit and vegies for a cheaper box. Bulk buys too. Email noc_3015@hotmail.com. Similar co-cops operate in City of Maribyrnong.

Retailers: Replenish in Williamstown, Altona North Organics shop or roadside van on Kororoit Creek Road, Pip & Seed in South Kingsville. Altona Fresh in Altona North sell some organic produce and Paul's Fruit Shop in Altona has some local produce.

North of Hobsons Bay there's Plump in Yarraville and, for Victorian olive products, Olivessence in Footscray. The Village Store in Yarraville and A.Bongiovanni in Seddon are independent supermarkets with an emphasis on sustainable food.

Get **bulk** foods by special request from above retailers. Or Amira Food Wholesalers in South Kingsville, Friends of the Earth in Fitzroy or CERES.

CERES Markets on Wednesdays, Fridays and Saturdays in East Brunswick, selling a lot of produce grown within Melbourne and their labelling shows foodmiles!

Community Supported Agriculture: Melton's 60K Farm delivers eggs to Newport weekly. There's a rawmilk collective in Yarraville (ask Kate). Bulk beef delivered to your door (ask Mara).

Online www.organicwine.com.au www.fish-4-ever.com

If you've eaten today, thank a farmer.

Sharing your surplus locally

Swap your surplus informally in the time honoured fashion among neighbours and friends.

Or come to a foodswap - gatherings of backyard harvesters who have extra produce that they'd like to share and swap with others. In Hobsons Bay:

Altona 2nd Sat, 10:30-11:30am at Logan Reserve, Pier St. Find us on Facebook.

Newport 3rd Sun, 10:30-11:30am at Newport Lakes off Mason. Find us on Facebook.

Other swaps are in Seddon, Maidstone, Ardeer, Wyndham, Point Cook... Details at Local Harvest.

Local resources to grow food

'My Smart Garden' by Hobsons Bay City Council www.mysmartgarden.org.au

Permaculture Out West www.pow.org.au

The Good Seeds are an active community group in Seddon/Yarraville. thegoodseeds.blogspot.com

Gardenate - garden calendar what to sow and harvest right now - www.gardenate.com

Sustainable Gardening Australia www.sgaonline.org.au

Join the Laverton Community Garden or push for new community gardens locally (and let us know you are doing it).

The Plot. Located in Seddon it stocks seeds, books, cheese making and preserving equipment.

Very Edible Gardens - www.veryediblegardens.com - Lots of courses to get you started.

Permablitz - www.permablitz.net - "A gathering to create or add to edible gardens where someone lives...." Go to three permablitzes, then get one at your place!

CERES - www.ceres.org.au - Visit their inspiring site in East Brunswick and/or book yourself into one of their popular courses.