

THE GLOBAL ISSUE

Safe, cost effective food production is a critical issue worldwide. Having an urban garden is our way of taking action on a global issue. In the modern supermarket what you see on the shelves is all there is of that product in the store. The goods for restocking the shelves are in the trucks on the highway. There is much we can do at our own level to contribute to change. Urban farming brings sustainable food production, processing and distribution back into urban areas. We need to work at making a positive change and move to a more prosperous and sustainable future.

URBAN GARDEN

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THE SIMPLE STEPS TO ACHIEVE HEALTHY SUSTAINABLE LIVING :TOMATO



INSTRUCTIONS

- 1) Clear a small area of your garden with good soil and using a broom stick, make a indent for a planting trench
- 2) Place small bamboo sticks in a tripod above the trench to support the vines once they have matured
- 3) Plant seeds 15cm apart in the trench, then carefully brush the soil from the ridges of the trench over the seeds
- 4) Lightly hose for 5 minutes. Continue watering every few days. Seeds will sprout in around 2 weeks, fully grown in 16-20 weeks

Growing your own vegetables is a task most people usually steer away from. The fact is starting your own urban garden is simple and easy! This booklet simplifies the planting procedure and gives you the necessary equipment to begin your very own vegetable patch. All you need is some soil, water and the seeds provided and you're on your way to fresh, sustainable living.

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