



SOW. GROW. EAT  
REPEAT



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**SOW. GROW.  
EAT. REPEAT!**

Victor Harbor Library

City of  
Victor Harbor





## Sustainable communities.

**Sow. Grow. Eat. Repeat!** is a program developed by the Victor Harbor Library and supported by an Innovation Grant from the Libraries Board of South Australia.

The program aims to encourage sustainable food and lifestyle practices in our community through a series of educational events and programs over a three month period in Spring 2022.

Introducing to the Victor Harbor Library, the first Seed Library in Victor Harbor and the Fleurieu within a library, coupled with a Grow Free Trolley.

### **How does a seed library work?**

It's simple! Gardeners "borrow" seeds from the Seed Library. At the end of the growing season, seeds are saved from the plants and a portion returned to the Library. The community can also donate seeds which will be processed ready for the Seed Library by our wonderful volunteers.

### **Grow Free Trolley: Grow Food, Grow Love, Grow Community**

How does the Grow Free Trolley work? You give what you can and take what you need. There are no prices, no bartering, no trading. Like you would to family and loved ones. By using food as a medium, people are connecting with their community and with this planet we live on. [www.growfree.org.au](http://www.growfree.org.au)

### **A New Collection and Resources**

To support the program the Library has also curated a new collection of materials and resources to assist our community to continue to action and grow sustainable practices.

# EVENTS.



## The Food Embassy – Food Matters Series

We work with communities to reshape the food system to be fairer, healthier and more sustainable with our Food Matters Program.

|                                             |                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7 September<br>6.30–8.30pm                  | <b>What is your Food Print?</b><br>Learn about the joy and benefits of eating locally for our bodies, our planet and our community. Discover practical ways to reduce your environmental impact through food.                                                                                               |
| 17 September<br>12.30–1.30pm                | <b>How to Start Magic Harvest in your Community</b><br>Come along to this workshop if you would like to run your own Magic Harvest program creating a network of home food gardeners connected by a central hub such as a library, community garden, school or workplace.                                   |
| 1 October<br>2 x Sessions<br>10am & 12 noon | <b>Magic Harvest – The Play for Children</b><br>This delightful performance engages children in the dynamic cycle of living things and shows how to turn an apple core into a carrot! Additional discovery activities on seed saving and the magic of the hidden world of soil are provided after the play. |
| 19 October<br>6–8pm                         | <b>Food Freedom</b><br>Hear from local farmer Aaron Crikey Tucker, on the joys and realities of small scale farming – in this case native foods. Enjoy some great conversation, take home some resources, enjoy some tastings of native foods and much more.                                                |
| 2 November<br>6–8pm                         | <b>Food and Our Environment</b><br>Explore connections between people, seeds and the food environment with guest speaker Keitha Thuy Young, disabled farmer, folk herbalist, seed keeper and founder of Seed Freedom festival.                                                                              |
| November<br>TBA                             | <b>Food and Country</b><br>Hear about sustainable food systems from a First Nations perspective including the traditional foods and harvesting stories of the Ngarrindjeri people. Native tea and a small native food tasting will be provided.                                                             |

All Food Matters event ticketing ranges from \$5–10 per attendee.

To book visit [www.victor.sa.gov.au/libraryevents](http://www.victor.sa.gov.au/libraryevents)

# SEPTEMBER EVENTS.

|                                                                                   |                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Craft Your Garden</b><br/>As part of the Sow. Grow. Eat. Repeat! program the Library is offering a series of 'Craft your Garden' experiences for adults, at the Library.</p> |
| <p><b>9 September</b><br/>2–3.30pm</p>                                            | <p><b>Craft your Garden – Bird Houses</b><br/>Attract birds to your garden with a hanging bird house.</p>                                                                          |
|  | <p><b>20 September</b><br/>2–3.30pm</p>                                                                                                                                            |
|                                                                                   | <p><b>Craft your Garden – Bug Hotel</b><br/>Build a bug hotel to attract insects to your garden.</p>                                                                               |
|  | <p><b>26 September</b><br/>2–3.30pm</p>                                                                                                                                            |
|                                                                                   | <p><b>Craft your Garden – Nature Gnomes &amp; Creatures</b><br/>Use items inspired by nature to create a gnome creature for your garden.</p>                                       |

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|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>8 September</b><br/>2–4pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                         |
|                                                                                     | <p><b>Fleurieu Permaculture Group – Swap &amp; Share Stall</b><br/>The Fleurieu Permaculture Group will host a free seed, seedling and cutting swap. Bring something to swap – seeds, seedlings or cuttings of your favourite garden plant – plants for human consumption or bee food would be best! Please mark them clearly with their botanical name (if you know it) or at least a common name, and use paper or recyclable containers for sharing.</p> |
|   | <p><b>14 September</b><br/>2–3pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                     | <p><b>Reducing the Impact of our Community on the Environment</b><br/>How is our region doing in reducing waste to landfill and the circular economy? Rebecca Martin is a passionate educator on health and the environment and works across the four councils of the Fleurieu Peninsula and Kangaroo Island.</p>                                                                                                                                           |
|  | <p><b>27 September</b><br/>1–4pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                     | <p><b>Basket Weaving with Garden Waste &amp; Recyclables</b><br/>Shari, a representative from the Friends of The Victor Harbor Library, will show you how to create a stunning basket from garden waste and recyclables. Donation to The Friends of the Victor Harbor Library appreciated.</p>                                                                                                                                                              |
|  | <p><b>29 September</b><br/>2–3pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                     | <p><b>Herbs for the Environment with June Taylor</b><br/>June Taylor will talk about using herbs for the benefit of our environment. As pest repellents, for household and cosmetic use, along with tips on growing and companion planting with herbs.</p>                                                                                                                                                                                                  |
|  | <p><b>30 September</b><br/>11am–3pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                     | <p><b>Investigator College Seedlings Stall and Chat</b><br/>Investigator College students will be selling local natives and edible seedlings. Come down and buy a seedling propagated by the students. Have a chat to them about what the College is doing to focus on sustainability.</p>                                                                                                                                                                  |

# SCHOOL HOLIDAY EVENTS.



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|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>1 October</b><br/>2 x Sessions<br/>10am &amp; 12 noon</p> | <p><b>Magic Harvest – The Play for Children</b><br/>This delightful performance engages children in the dynamic cycle of living things and shows how to turn an apple core into a carrot! Additional discovery activities on seed saving and the magic of the hidden world of soil are provided after the play.<br/>Cost \$10 adults, \$5 children. Ages 4+</p> |  |
| <p><b>4 October</b><br/>10.30–11.30am</p>                       | <p><b>Create Sustainable Fishing Bait with Fleurieu Marine Education</b><br/>If you love fishing, why not grow and nurture your own sustainable fishing bait. Ages 8+</p>                                                                                                                                                                                       |  |
| <p><b>5 October</b><br/>10.30–11.30am</p>                       | <p><b>Spring School Holiday Craft – Wooden Bird Houses</b><br/>Birds will love your garden with a hanging bird house. Enjoy decorating this wooden bird house to place in your garden at home. Ages 5+</p>                                                                                                                                                      |  |
| <p><b>7 October</b><br/>11am–12 noon</p>                        | <p><b>Bugs n Slugs – Meet the bugs that keep your garden growing</b><br/>Learn what invertebrates are and why they are so important to the survival of life on earth and your garden. Attendees are introduced to the wonderful diversity of the invertebrate world and they can get up close and personal with a wide range of living animals. Ages 4+</p>     |  |
| <p><b>10 October</b><br/>10.30–11.30am</p>                      | <p><b>Spring School Holiday Craft – Decorate a Terracotta Herb Pot</b><br/>Decorate a terracotta pot, take it home and use it to plant some herbs to use in your kitchen. Ages 4+</p>                                                                                                                                                                           |  |
| <p><b>11 October</b><br/>10–11am</p>                            | <p><b>Nature Journaling Workshop for Children with Wattle + Wonder</b><br/>Nature journaling is a mindful and creative way for people of all ages to learn more about our natural world. It's a fun activity for kids and an excellent way to develop their awareness and appreciation of nature. Cost \$5. Ages 5+</p>                                         |  |
| <p><b>12 October</b><br/>10.30–11.30am</p>                      | <p><b>Bees and the Garden with Mark Rose</b><br/>A local beekeeper will talk about his journey with bees, and how they can benefit your home garden. This will be an interactive session where children get to touch, smell and taste. Ages 7+</p>                                                                                                              |  |
| <p><b>13 October</b><br/>10.30–11.30am</p>                      | <p><b>All About Worms with Fleurieu Regional Waste Authority</b><br/>Learn why worms are so good at recycling and how you can help them do their job! The talk will be presented by the Fleurieu Regional Waste Authority's education officer. Ages 4+</p>                                                                                                      |  |
| <p><b>14 October</b><br/>10.30–11.30am</p>                      | <p><b>Spring School Holiday Craft – Create your own reusable bag</b><br/>Create your own reusable shopping or Library bag! Reusable bags are a great way to help the environment by reducing the need for plastic. Ages 3+</p>                                                                                                                                  |  |

# OCTOBER EVENTS.

**7 October** **Buzz about Bugs and Biodiversity – How bugs keep your garden growing**  
6–7pm

Join Kristen from Bugs n Slugs (The Bug Lady on ABC Radio) to learn what invertebrates are and why they are so important to the survival of life on earth and your garden. Attendees are introduced to the wonderful diversity of the invertebrate world.

**8 October** **Fermentable Drinks – Kefir and Kombucha Demonstration**

11am–  
12 noon

Learn all about the delicious, non-alcoholic fermented drinks Kombucha and Water Kefir, and how you can make them at home. Join Sam from Folk of All Trades for an hour-long introduction to the fermented goodness of Kombucha and Water Kefir. You'll learn about the ingredients, equipment and methods needed to produce these probiotic drinks yourself for just a few cents a litre!

**11 October** **Nature Journaling Workshop for Adults** *with Wattle + Wonder*

2–4pm

Nature journaling is the mindful practice of drawing and writing in response to observations in nature. It allows you to take a moment to slow down and admire the beautiful details of the natural world. Cost: \$5 Recommended ages 12+ to adult.

**18 October** **Herbs for the Environment** *with June Taylor*

2–3pm

June Taylor will talk about using herbs for the benefit of our environment. As pest repellents, for household and cosmetic use along with tips on growing and companion planting with herbs.

**26 October** **Sustainable Home Gardening Made Easy** *with Alan Shepard*

2–3.30pm

One of the ways we can reduce our ecological footprint is in the garden. This talk by sustainable gardener, Alan Shepard, will focus on topics such as growing our own food, basic organic gardening techniques, creating healthy soil, reducing water use and environmentally friendly garden products, materials and tools.

**29 October** **Knowing Australian Natives – Identifying Ngarrindjeri Ruwe Edible Natives**

10.30am–  
12 noon

After Welcome to Country and a Smoking Ceremony by local Ngarrindjeri artist and storyteller Cedric Varcoe, join Karen from Australian Native Foods as she helps you learn to identify Ngarrindjeri Ruwe Edible Natives. Find out where they grow and the most edible natives of our region. Learn about how they are being utilised, medicinal plants and how to use them, along with general knowledge on the native food industry. Karen will also have tea to taste.



## Term 4

### Out of the Box: Explore My World STEM Preschool Program

**Wednesday 10.30–11.30am**

Exploring My World is designed for children ages 3–8 and builds on children's curiosity and wonder. Children pop on an explorer vest and use and select 'noticing' tools to slow down, to focus attention and develop their skills within their senses. This is a program for children and their caregivers to slow down and explore their world together.



# NOVEMBER EVENTS.

|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                      |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p><b>2 November</b><br/>2–3pm</p>         | <p><b>Plastic in Seafood – Awareness, Knowledge, Solutions</b></p> <p>With more than ten million tonnes of plastic getting released into the ocean each year, we know that plastic pollution is a growing problem. Join Adelaide University marine researcher, Dr Nina Wootton to discover how it impacts our local South Australian environment and marine life.</p>                                                             |    |
| <p><b>10 November</b><br/>2–3.30pm</p>     | <p><b>Water Wise Gardening with Alan Shepard</b></p> <p>We live in a dry state and our hot summers are a challenge for all types of gardens and gardeners. However gardens can still survive and thrive and in this session we will look at suitable plant selection, creating zones, drip irrigation, rainwater and grey-water use, mulching, wicking beds, adding organic matter to the soil, plants in pots and shading.</p>   |    |
| <p><b>12 November</b><br/>1–2.30pm</p>     | <p><b>Eating Australian Native Plant Food</b></p> <p>Join Karen from Australian Native Foods as she talks about edible natives, how to prepare and use the raw ingredients. Throughout the talk there will be tastings of various native produce.</p>                                                                                                                                                                             |    |
| <p><b>16 November</b><br/>6–7pm</p>        | <p><b>All you need to know about Electric Cars</b></p> <p>Electric vehicles (EVs) are becoming readily available. Could your next car be an EV? This presentation will cover: a brief history of electric cars, why they are important (if you must have a car), living with an electric car—performance, range, charging, running costs. Presented by Peter Pudney from the University of South Australia.</p>                   |    |
| <p><b>18 November</b><br/>6–7.30pm</p>     | <p><b>Growing Australian Edible Natives on Ngarrindjeri Ruwe</b></p> <p>After a Welcome to Country and a Smoking Ceremony by local Ngarrindjeri artist and storyteller Cedric Varcoe, Karen from Australian Native Foods will show you how to grow native plants. This will include the best plants for our region; growing from seed and propagating.</p>                                                                        |   |
| <p><b>19 November</b><br/>11am–12 noon</p> | <p><b>Preserve your Food – Kimchi and Sauerkraut Demonstration</b></p> <p>Learn the basics of wild fermenting with these two ancient foods, both of which are delicious and packed full of probiotics. Sam from Folk of All Trades will share his tips and tricks for easy home fermenting, using a minimum of equipment and fresh delicious ingredients. Recipes (to take away) are vegan and gluten free. Tasting included.</p> |  |
| <p><b>22 November</b><br/>1–4pm</p>        | <p><b>Basket Weaving with Garden Waste and Recyclables</b></p> <p>Shari, a representative from The Friends of the Victor Harbor Library, will show you how to create a stunning basket from garden waste and recyclables. Donation to The Friends of The Victor Harbor Library appreciated.</p>                                                                                                                                   |  |
| <p><b>24 November</b><br/>6–7pm</p>        | <p><b>Bees and the Garden with Mark Rose</b></p> <p>A local beekeeper will talk about his journey with bees, and how they can benefit any garden, and will indicate some of the plants that will entice more bees and native pollinators in. A selection of honey will be available for tasting, and other goods such as hand made soaps, beeswax candles, hand, beard and lip balms, and beeswax wraps to purchase.</p>          |  |

# Book Now

For more information about our program of events and to book your place visit our website or call the Library on 8551 0730.

All events, unless otherwise specified, will be held at the Victor Harbor Library, 1 Bay Road, Victor Harbor.

[www.victor.sa.gov.au/libraryevents](http://www.victor.sa.gov.au/libraryevents)



Victor Harbor Library

## Class Poster Competition for Schools

Win a \$200 book voucher for your school library.

As a class, create a poster to display in the Library with the theme:  
What does Sow. Grow. Eat. Repeat! mean for our community?

Entries close 5pm, 28 October.

Email [library@victor.sa.gov.au](mailto:library@victor.sa.gov.au) for an entry form.

Competition entries will be on display in the Library during November.  
Visit the Library to vote for your favourite entry.

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Libraries Board of South Australia and the Government of South Australia



Government of  
South Australia



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1 Bay Road Victor Harbor SA 5211



[library@victor.sa.gov.au](mailto:library@victor.sa.gov.au)



(08) 8551 0730



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