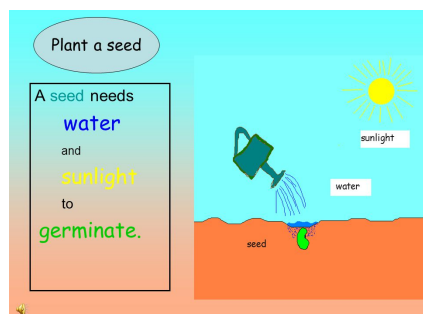


Grow a box of Food

(Spring onions, Radish, Lettuce)



Sharon has been growing food in recycled styrofoam boxes. You can get these free of charge at some fruit and vegetable shops.



What to do-

Plant these seeds:

Spring Onions, Radish & Lettuce in the potting mix in your box. Put your box in a sunny place & remember to water.



Gardening is great for the whole family to play, learn and grow together and encourages healthy eating

For more information contact:

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Community Hub of
St Georges Road Primary School
& Shepparton English Language Centre

Pumpkin

*Thank you to our volunteer, Annie
for giving us pumpkin
from her parents' garden.*



HOW TO SAVE SEEDS to grow in your garden

- 1/Wash and rinse seeds
- 2/Dry on plate, baking paper or tray
- 3/The seeds need to be dried well before being stored. They can take several weeks to dry.
- 4/Seeds can be stored in an envelope until planting

PLANT SEEDS

from mid-October until December.

Pumpkin seed needs a minimum soil temperature of 15°C to germinate

LIZ'S PUMPKIN SOUP RECIPE

- 2 tablespoons of oil (any type of oil you choose)
- Onion
- 1 teaspoon of Ginger
- 1 teaspoon of Garlic
- 1 teaspoon of Coriander seed
- Pumpkin cut into medium pieces
- 1 potato or sweet potato cut into medium sized pieces
- Vegetable stock - enough to cover pumpkin
- Small can of coconut cream
- Fresh chopped coriander
- Optional - Yoghurt or Sour cream - a spoonful

Cook onion in oil until soft in medium sized saucepan
Add ginger, garlic, coriander seed and stir for 1 minute
Add pumpkin, potato and vegetable stock
(enough vegetable stock to cover the vegetables)
Cook on low heat slowly until pumpkin is soft
Blend pumpkin or still until smooth
Add coconut cream, stir and heat through.
Serve in a bowl - sprinkle with coriander
Serve with Yoghurt or Sour Cream

Pumpkin Health Facts

Vitamins	Minerals
Vitamin A, E, C, K, B6	Calcium
Thiamin	Iron, Zinc
Riboflavin	Magnesium
Niacin	Phosphorous
Folate	Potassium
Pantothenic acid	Copper
Choline	Selenium
	Manganese


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Pumpkins are native to
Central America and Mexico, but
now grow on six continents.

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Marigold



Thank you to our volunteer, Annie for sharing these seedlings with us from her home garden.

Grow your marigold in a sunny place

Marigold children's song -

<https://www.youtube.com/watch?v=-OaIOdT701c>

Marigolds are native to southwestern North America, Central America, and South America. There are about 30 different species, or types. They are annual plants, which means that they live for only one year.



Collect the seeds

As your marigold plants begin to dry out, wait for the right time to collect the seeds. It's best to harvest the seeds when the petals are brown and dried out, and the base (the seed pod) is turning brown. You can harvest the seeds while there is still a little green left on the base.



**Flower seller
in Kathmandu,
Nepal**

Marigolds play an important role in traditional culture and medicine of Mexico and North and South America. It is also used in festivals in Nepal, India, Thailand and Ukraine. The flower petals were used in food, as a skin wash and for yellow dye.

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I make plant lables by cutting up empty plastic milk bottles and they work a treat:

