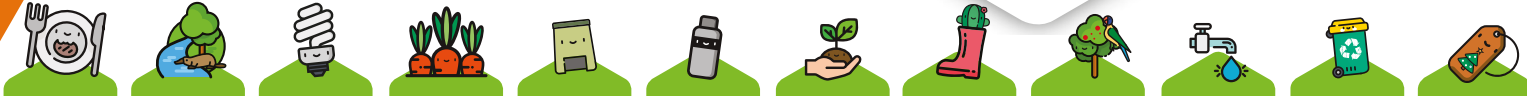


LIVING SUSTAINABLY

Simple everyday actions to take care of the environment so that the environment can continue to take care of us!

ENVIRONMENTAL
SUSTAINABILITY.



GROWING YOUR OWN FRUIT AND VEGETABLES

SUSTAINABILITY IN ACTION!

Living sustainably comes down to daily habits and choices you make, both big and small, that can have huge environmental impact.

Did you know? Most of the food we purchase from super markets has traveled hundreds (sometimes thousands) of kilometers to reach your plate.

Reap the rewards of harvesting your own fruit and veggies - rewards for the environment, rewards for your hip pocket AND rewards for your health! Find a spot at your place to grow your own fruit and veggies, whether it's on your handy window sill, a bountiful balcony pot, or adding to an established kitchen garden.

Fill window sills with food!

There are a bunch of vegetable scraps that can re-sprout that will grow on a window sill.

- Re-grow garlic sprouts, beet greens and some lettuces in just a glass of water.
- Re-sprout in water jars potatoes, sweet potatoes, pineapples, lettuces, celery, bok choy, carrots, avocados ready to replant.
- Harvest regularly for cooking from a potted window sill herb garden.
- If you are keen, you could even check out mini in home hydroponics systems.

Make your balcony bountiful!

Living in an apartment or just liking the convenience, pot some fruit and veg on your balcony.

- Make sure your balcony has appropriate weight bearing capacity before loading in pots and plants.
- Choose appropriate fruit and vegetable options for the amount of sun, heat, cold and wind your balcony gets.
- Consider using hooks to secure hanging pots or an integrated vertical wall to add additional fruit and veggies and save floor space.

Gather fruit and vegetable crops from garden beds!

If you have the space, plant fruit and veggies in your garden or dedicated veggie patch.

- Use companion planting for similar water and soil requirements, and to decoy or repel pests naturally.
- Consider square foot gardening method if using raised garden beds.
- Reduce waste from your harvest by succession planting - plant smaller numbers through the growing season to stagger the crops.
- Collect and save seeds to be preserved and stored over winter ready to plant in future.

Also source local produce!

Struggling to embrace your green thumb? Do the next best thing - source local fresh produce.

- Head to one of the local farmers markets or wholefood businesses for local produce.
- Source some fruit and veggies from family or friends with surplus harvest.
- Also keep an eye on the source location of fruit and veggies and packaged produce at the super market.

GET INVOLVED AND FIND OUT MORE!

SIGN UP FOR THE LIVING SUSTAINABLY ENEWSLETTER!

rockhamptonregion.qld.gov.au/EnvironmentalSustainability



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Living sustainably comes down to daily habits and choices you make, both big and small, that can have huge environmental impact. There's lots of information available that can assist you to understand your own environmental impact and the opportunities you have to make more sustainable choices in your home, at work and out and about.

Be inspired with a range of free, family friendly, hands-on workshops at Rockhampton Libraries. Workshops are free, but bookings are essential! Book your spot on Rockhampton Regional Libraries Facebook events or through the events page on Council's website www.rrc.qld.gov.au.

**FREE MONTHLY
COMMUNITY
WORKSHOPS**

**SUSTAINABILITY
IN ACTION!**



MINIMISING FOOD WASTE

12 JANUARY 2019
R'TON LIBRARY
10AM & 1PM



LOOKING AFTER STORMWATER DRAINS & CREEKS

16 FEBRUARY 2019
R'TON LIBRARY
12 - 4PM



FINDING ENERGY EFFICIENCY & POWER SAVINGS

09 MARCH 2019
NORTH R'TON LIBRARY
10AM - 12PM



GROWING YOUR OWN FRUIT & VEGETABLES

27 APRIL 2019
R'TON LIBRARY
10AM & 1PM



FEEDING COMPOST BINS & WORM FARMS

11 MAY 2019
R'TON LIBRARY
10AM & 1PM



REDUCING PLASTIC USE & PACKAGING

15 JUNE 2019
R'TON LIBRARY
10AM & 1PM



PLANTING & LEARNING ABOUT NATIVE PLANTS

06 JULY 2019
R'TON LIBRARY
10AM & 1PM



REUSING & UPCYCLING MATERIALS

10 AUGUST 2019
R'TON LIBRARY
10AM & 1PM



ENCOURAGING WILDLIFE & WILDLIFE HABITAT

14 SEPTEMBER 2019
TROPICANA
BOTANIC GARDENS
10AM & 1PM



IMPROVING WATER USE & WATER EFFICIENCY

12 OCTOBER 2019
R'TON LIBRARY
10AM & 1PM



RECYCLING RIGHT WITH YELLOW LID BINS

09 NOVEMBER 2019
R'TON LIBRARY
10AM & 1PM



GREEN GIFT GIVING & ECOFRIENDLY FESTIVE DECORATIONS

07 DECEMBER 2019
R'TON LIBRARY
10AM & 1PM

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