



## SKILLS

Involvement in the 'Crops For Community' programme allows our volunteers of all abilities to gain skills in:

- Propagation and seed planting
- Plant care
- Pruning
- Plant ID
- Harvesting
- Preparation
- Cooking
- Sales and promotion
- Pest management
- Composting and worm farming
- Bed Preparation and soil health

## CONNECTION

Linking 'Crops For Community' with The Produce Market and two food relief services in Koha and Oonah is an important programme designed to support the Upper Yarra Community.

The social and community benefits of 'Crops For Community' include:

- Reduction in food waste
- Support for local small business
- Providing for food security
- Reduction in carbon emissions and food miles
- Support for, and empowerment of, people with a disability
- Promotion of healthy eating and fresh, locally grown food
- Donation of organic produce to local food relief groups

## Our Sponsors



YARRA VALLEY ECOS: 711 OLD WARBURTON ROAD, WESBURN VIC 3799

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ECOLOGICAL &  
SOCIAL  
SUSTAINABILITY



# Crops For Community

Educating and empowering volunteers of all abilities to grow food crops for both distribution and sale





# Crops For Community

'Crops for Community' is educating and empowering volunteers of all abilities to create food crops to be available to the wider community in three ways.

## SOCIAL AND COMMUNITY BENEFIT

1

Firstly, this initiative marries the ECOSS Community Garden and all abilities programme with the **ECOSS Weekly Market** so that 1/3<sup>rd</sup> of vegetables grown are sold as fresh produce.



## SOCIAL AND COMMUNITY BENEFIT

2

Secondly, 1/3<sup>rd</sup> of ECOSS produce grown through the 'Crops for Community Programme' is donated to the

### KOHA Community Cafe.

Koha Community Cafe is a local community-based project. Based on the Lentil As Anything concept, anyone can come and have a meal paying only what they can afford or what they think it is worth. Koha's aim is to promote inclusion, and community self reliance.

A further 1/3<sup>rd</sup> is donated to the

### OONAH Indigenous Services Tuckerbag Programme.

Oonah currently runs a Tucker Bag Program each Friday during school term to provide stable food relief to anyone in the local community who requires the extra support.



# Crops For Community



## SOCIAL AND COMMUNITY BENEFIT

3

Where possible and practical, some of the produce is prepared and cooked as curries and soups to be sold at various festivals and happenings occurring at ECOSS. Our all-abilities team participate in this value adding process learning many skills.

These three streams of access provide opportunities for connection and greater food security in the Yarra Ranges and a wonderful engagement for our Crops For Community volunteers.