

# Growing a little goes a long way

Simple ways to grow food at home in Tasmania



Food is more than what is on the plate. It is about health, connection, culture and community.

Growing even a small amount of food at home can help reduce costs, add fresh ingredients to meals, and build confidence in how we feed ourselves.

## Why grow your own?

Growing even a small amount of food at home can:

- Reduce your weekly food costs
- Add fresh, nutritious ingredients to meals
- Help you rely less on the supermarket
- Build confidence, skills, and connection to food

You don't need a big garden – just:

- A small patch
- A few pots
- Even a sunny windowsill



## Easy foods to grow in Tasmania

Low effort, high reward

### Potatoes

- Plant sprouting potatoes (from your pantry!)
- Grow in soil, buckets, or bags
- One potato → many

### TOP TIP

If your potatoes have sprouted, plant them instead of throwing them out

### Leafy Greens (lettuce, spinach, silverbeet)

- Fast growing
- Cut and come again
- Great for sandwiches, sides, and bulk meals

### Carrots

- Low cost to grow
- Great for snacks, soups, and baking
- Use the tops for pesto or stock

### Spring onions / regrow scraps

- Regrow from store-bought roots
- Place in water and sunlight

### Herbs (parsley or mint)

- Grow easily in pots
- Can regrow from stems or roots
- Add flavour to simple meals

## Start with what you already have – you don't need to buy seedlings.

Try this:

- Sprouting potatoes → plant them
- Spring onion roots → regrow in water
- Carrot tops → regrow for greens (great in stock)

### Build meals around what you grow

Even a small harvest can:

- Bulk up pasta
- Fill out soups
- Add to lunchboxes
- Reduce what you need to buy or source

## What to grow and when

### A simple guide

#### Spring (September – November)

- Lettuce
- Carrots
- Herbs

#### Summer (December – February)

- Tomatoes
- Zucchini
- Beans

#### Autumn (March – May)

- Broccoli
- Cabbage
- Spinach

#### Winter (June – August)

- Silverbeet
- Kale
- Herbs



### You don't need to grow everything.

Even one or two plants can make a difference.

Growing food takes time, space, and energy and it's not always possible for everyone.

Even small steps, like regrowing scraps or growing herbs, still count.

Food resilience doesn't start in systems, it starts in kitchens, gardens, and communities.

Every potato you plant

Every scrap you use

Every meal you stretch ...is part of a stronger, more connected food system.

### TOP TIP

Seasonal food is often easier to grow, cheaper, and better quality

