

GROWING FOOD AT HOME

Enjoy fresh, nutritious food grown at home! Growing some of your own food is also a good way to save money and stay active.

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HERBS

If you don't have a lot of space or are not feeling confident in the garden, growing herbs is a great place to start. Including fresh herbs in your meal is an easy way to boost your vitamin intake and improve the taste of your dish! Find out how to grow 10 of the most common herbs below:

[10 easy herbs to grow](#)

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FOOD IN POTS

Most vegetables grow well in pots or containers. The trick is to select the right ones! Vegetables that are not too big are great options to start with.

These might include: tomatoes, spinach, lettuce, cabbage, beans, peas, capsicum or chillies. Great tips for growing food in pots or containers can be found below:

[Growing vegetables without a garden](#)

[Produce in pots](#)

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STARTING A GARDEN

Starting a garden doesn't need to be complicated. You can design the garden based on your available space, what foods you like to eat, and how much time you have to spend.

Lot's of great tips can be found below:

[Planning an edible garden](#)

[Grow your own incredible edibles](#)

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COMPOSTING

Composting is a great way to reduce the amount of household food waste going to landfill. It is also an easy way to improving the quality of soil in your garden. There are many different methods to choose from depending on your available space and experience. Find out which method will work for you below:

[Composting 101](#)

[Costa's guide to composting](#)

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GET CREATIVE

Looking to try something a little different in your garden? Even if you don't have a lot of room, you can still create a fun edible space at home. Find out how through the resources below:

[Vertical gardens](#)

[Salad towers](#)

[Upside down tomatoes](#)

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ADDITIONAL RESOURCES

[Let's Grow Food](#)

[Grow your own food](#)

[Herbs and vegetables you can regrow](#)



Latrobe Health
Assembly

Shaping
The Valley