

COASTAL Leader

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Grow Free healthy eating movement has carted in Robe at No.4

No.4 has started a great community initiative with a Grow Free Cart in Robe to encourage healthy eating.

Owners Michelle Dawson and Josh Ingham have placed a cart outside No.4 filled with different produce; the concept is "take what you need and give what you can", the community is welcome to take what they like from the cart.

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FOOD EXCHANGE: Paul Birchall, Josh Ingham and Michelle Dawson with the Grow Free Cart outside of No.4.

NEWS



GARDENING: Michelle Dawson with her herb garden at No.4.

Grow Free encourages sharing food

BY CAMILLA WARNER
Robe

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Carts are loaded up with fresh produce from the community who can drop off their overabundance of produce to share.

The Grow Free concept was created out of the idea that everyone should have access to free, organic fresh food.

Grow Free is all about growing and giving away heirloom vegetable, herb and flower seedlings so people can get their garden going.

There are sharing carts placed in various locations, where people can drop off or pick up free produce and seedlings.

Michelle said: "We have had the cart here for five months and it's been great.

"People often stop to take photos and are curious about the concept.

"Initially people we're shy about taking 'free' produce but now we find people really engage with it.

"We grow our own herbs and some of our own vegetables and at times have more than

excess food in the cart and people can help themselves to it.

"We'll often see people stopping by to drop off goodies or grab something out of the cart.

"We've had eggs, seedlings, fruit, homemade jam and biscuits.

"It's so great seeing people sharing and embracing the concept of unconditional giving.

"Part of our ethos is sourcing and sharing stories, produce, food, wine and where we can, we support small family run (South Australian) businesses.

"This idea just felt like a natural extension to also give back to the community and give the community another opportunity to engage with us and each other."

The grow Free cart sits outside of No.4 Robe Thursday to Tuesday during No.4 opening hours.

Grow Free is about making food locally grown, organic and free.

It is a grassroots, community building movement which promotes a sustainable culture of growing and sharing healthy food and

neighbours.

Sharing our food abundance nurtures the health and happiness of local communities and the environments in which we live.

Grow Free starts with food, but ends up with community.

Andrew Barker started Grow Free whilst living in the Fleurieu and is now based in Strathalbyn.

Originally from Mildura he moved to a farm in Meadows and developed a taste for gardening.

One day whilst standing at the supermarket he was surprised by what people are actually buying and eating and passing these habits to their kids.

He says, "We are living in a world where many people are struggling".

By using food as a medium, people are connecting with their community and with this planet we live on.

Just the simple act of growing our own food and giving it freely to someone else, without need for reciprocity or acknowledgment, can not only be a revolutionary act, but also one that heals.

For more information head to the Grow Free web-