

GROWING HEALTHY FOOD



FOR HEALTHY PEOPLE

with Rod and Desley Bailey

Where can you find **juicy, flavor-filled and ripe-red tomatoes?** **Cucumbers with crunch?** **And rockmelons with such flavour you will never want to eat another supermarket version?** **In your own backyard!**

In this introduction to backyard gardening, we want to inspire home gardeners to make the most of each season to grow healthy vegetables that give your family best nutrition and taste.

We want you to experience the incredible satisfaction of eating whole meals out of your own backyard garden!

Topics to Be Covered Include:

Setting up your backyard home garden

Planting and maintaining your backyard home garden

Cooking demonstration by Desley

Who are Rod and Desley?

Rod and Desley have 6 children, 4 horses, 2 chooks, a rabbit and a small flock of budgies. Both come from serious backyard gardening parents, they made the transition from reluctant teenage gardening "helpers" to satisfied consumers of their own home-grown food.



Venue:

Steps to Life, 15 Industrial Park Dr., Lilydale 3140

Dates:

Sunday, 14th September, 10am - 3pm

Registration Fee:

\$24 - Free optional lunch provided, indicate on registration

Bookings Essential:

9739 4093 RSVP by 9th September

Cancellation:

No refund given unless notified by 9th Septemeber

Website:

www.steps.org.au