



Local – Fresh – Seasonal – Zero Food Miles – Health – News – Delicious Food

It's been a while since the Home Grown community - who came together in 2017 to advocate for local farmers, local seasonal food, local industry & the local environment – spoke publicly.

For clarity, it is important to distinguish our brand, our work and our local values as distinct from and not part of the recently advertised Council Home Grown – From Backyard to Business – workshops to support the food strategy being developed by NIRC and funded by the Australian government.

The need for our work arose when changes to the Australian Bio-Security regulations to allow importation of prohibited 'fresh' produce was published Saturday 09 December 2017 and to take affect from 21 December 2017. A significant change and without adequate controls in place to mitigate the risks to the local environment and agriculture industry.

Our team of volunteers worked tirelessly for 2 years – completely unsupported by Council or the Australian government – to educate government departments, the community, and environmental stakeholders, in an effort to build respect and understanding around the related issues including maintaining Norfolk Island's authentic tourism branding of eating seasonally and paddock to plate. Concerns of introduced pest and disease risks and the lack of provisions in place to deal with these, were always met with an

attitude that we were opposed to competition to deflect from the actual issue which is about preserving the Island's precious ecosystems.

A petition in March 2018 gained over 900 signatures – most of whom were not remotely concerned about competition!

Whilst it is disappointing that resources appear readily available for external voices in this space, we feel a strong need to give a public undertaking to all farmers who contributed to the many initiatives we facilitated in promoting local produce and building awareness of Norfolk's agriculture industry. Information provided to us for the purpose of establishing production registers and planting guides remains the intellectual property of the **local** Home Grown movement.

Now more than ever seems an excellent time to republish our flyer made available at our produce display in the inaugural Health and Wellbeing Festival at Rawson Hall in 2018. This display – just like the annual harvest on show at the annual A&H Show – is a reminder of the long and cultural association our community has with the land and sea which provides the food and industry that has sustained our health and productivity since 1856. Something we should never take for granted: and when understood and if supported appropriately, IS **the only answer** to Norfolk Island's continued food security!

Good luck orl ucklan.

100% PROUDLY SUPPORTING OUR LOCAL FARMERS

HOME GROWN

TAKE THE FRESHNESS HOME

Local variety of fresh produce is a vibrant staple of our diet, but when winter comes it often means the end of the season for many of our favorite fruits and vegetables. However, there are ways to enjoy the benefits of homegrown produce year-round. One way is to grow your own food. Whether you have a large garden or just a few pots on a balcony, you can grow a variety of fresh produce. This not only saves money but also ensures you are eating the freshest, most nutritious food possible. Homegrown produce is also a great way to support local farmers and growers. By purchasing locally grown food, you are helping to sustain the local economy and ensuring that your food is as fresh as possible. Homegrown produce is also a great way to reduce your carbon footprint. By growing your own food, you are reducing the need for long-distance shipping and the associated greenhouse gas emissions. Homegrown produce is also a great way to enjoy the benefits of homegrown produce year-round. Whether you have a large garden or just a few pots on a balcony, you can grow a variety of fresh produce. This not only saves money but also ensures you are eating the freshest, most nutritious food possible. Homegrown produce is also a great way to support local farmers and growers. By purchasing locally grown food, you are helping to sustain the local economy and ensuring that your food is as fresh as possible. Homegrown produce is also a great way to reduce your carbon footprint. By growing your own food, you are reducing the need for long-distance shipping and the associated greenhouse gas emissions.

Thank you

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HOME GROWN

TAKE THE FRESHNESS HOME

Local - Fresh - Seasonal - Zero Food Miles - Healthy - New - Delicious Food

Seasonal Local Produce

Many items are available for local farmers. The prices are set to help us naturally but not too high. Having a local supply of fresh produce means you can enjoy the freshest, most nutritious food possible. Homegrown produce is also a great way to support local farmers and growers. By purchasing locally grown food, you are helping to sustain the local economy and ensuring that your food is as fresh as possible. Homegrown produce is also a great way to reduce your carbon footprint. By growing your own food, you are reducing the need for long-distance shipping and the associated greenhouse gas emissions.

Local Produce

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What's in Season - in North Island

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Food & Drink - with Us

Food and drink are available for local farmers. The prices are set to help us naturally but not too high. Having a local supply of fresh produce means you can enjoy the freshest, most nutritious food possible. Homegrown produce is also a great way to support local farmers and growers. By purchasing locally grown food, you are helping to sustain the local economy and ensuring that your food is as fresh as possible. Homegrown produce is also a great way to reduce your carbon footprint. By growing your own food, you are reducing the need for long-distance shipping and the associated greenhouse gas emissions.

Thank you for your support

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HEALTH BENEFITS OF EATING FOOD GROWN LOCALLY

- **Locally grown food is eating seasonally.** The best time to eat them is when they can be purchased directly from a local grower or picked straight out of your orchard. When crops are picked at their peak of ripeness, they taste better and are full of nutrients. Foods that have travelled a great distance have to be picked days if not weeks before they are ripe. Local fruits and vegetables don't sit in distribution centres before arriving at your local store
- **Locally grown food has more nutrients.** Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Fresh, untreated foods contain enzymes, which assist digestion, and help metabolise and eliminate waste. Enzymes are crucial to your health as they break down the food you eat into useable nutrients
- **Locally grown food supports the local economy.** The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.
- **Locally grown food benefits the environment.** By purchasing locally grown foods you help maintain farmland and green and/or open space in your community. Local food has a lower carbon footprint. Shipping across distances burns fossil fuels and generates more greenhouse gas.
- **Locally grown foods promote a safer food supply.** The more steps there are between you and your food source the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.
- **Local growers can tell you how the food was grown.** When you know where your food comes from and who grew it, you know a lot more about that food.
- **Local food connects you to people and the planet.**
- **Thank you for making the conscious choice** to support local agriculture, local industry, food security and the sustainability of our community.