

JOIN IN, have fun

EAT WELL

FRANKSTON COMMUNITY FOOD FEST 2017

WEDNESDAY 3 MAY

FOOD DISCOVERY

Do you know the difference between your Kabocha and Kombucha? Join this demonstration on foods you may not have tried before and discover new ingredients. Dietician Si'arn Wilson will explain how to prepare and use items such as quinoa, tofu and seaweed. We will also showcase seasonal Autumn produce including varieties of mushroom, potato, pumpkin, pomegranate and persimmon.

10.00am – 12noon
Ebdale Community Hub
(20 Ebdale St, Frankston)
Bookings 9293 7102

THURSDAY 4 MAY

THE WONDER OF WICKING

Learn how to encourage plant growth from the roots up and use water wisely. This demonstration will show you how to make your own wicking bed.

10.00am – 12noon
Langwarrin Community Centre
(2 Lang Rd, Langwarrin)
Bookings 9789 7653

COMMUNITY KITCHENS COME AND TRY!

Join in this group who love to cook and share a meal together. A friendly welcome for newcomers to try out Community Kitchens for themselves. Tastings at the end of the session.

12.30pm – 2.30pm
Frankston North Community Centre
(26 Mahogany Ave, Frankston North)
Bookings mtatham@phcn.vic.gov.au
or 0434 767 064

FRIDAY 5 MAY

MAKE YOUR OWN GARDEN SUPPLIES

It's easy to save money by making your own potting mix and seed raising mix with a few simple ingredients. Come along and find out how.

11.30am – 1.00pm
Garden for Life, Coffee on Kareela
(53 Kareela Rd, Karingal)

THE ART OF COMPROMISE

'L Plate Mama' blogger ponders the need for compromise. Balancing homelife harmony when the rest of the family isn't vegan.

<http://lplatemama.blogspot.com.au/>

SATURDAY 6 MAY

FRUIT TREE PRUNING DEMONSTRATION

Come along and watch a qualified horticulturist prune fruit trees. As she works her way through citrus, stone fruit and pear/apple, ask your questions and learn tips to help you at home.

10.00am – 11.30am
Frankston Primary School
(40 Baxter St, Frankston)

LUNCH DATE AT DOWNS ESTATE

BYO everything for a picnic then talk and walk around the old farm with locals who have a passion for Downs Estate and working on its future. Please note that there are no made paths and the ground is grassed and naturally uneven. As we aim to be sustainable, please take all your wrappings, cans and rubbish home with you. A toilet facility and water for handwashing (only) will be supplied.

11.00am – 2.00pm
Downs Estate (Old Wells Rd, Seaford)
- look for the balloons and meet at the gate in front of the shed



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MONDAY 8 MAY

AUTHOR TALK

Tickle your tastebuds with fabulous local author and illustrator Jade O'Donahoo as you sample tasty treats from her newly published book 'Eat This My Friend'. Copies available for purchase and as a door prize on the night.

6.00pm – 7.30pm
Frankston Library
(60 Davey St, Frankston)
Bookings 9784 1020 or library.
frankston.vic.gov.au/Whats_On

SATURDAY 13 MAY

COME AND TRY FAIRTRADE!

Free tastings of Fairtrade coffee, tea and chocolate. Find out how choosing Fairtrade foods can make a difference in the lives of overseas farmers. Ethical Shopping Guide booklets available for sale on the day.

10.00am – 11.30am
Coffee on Kareela (53 Kareela Rd, Karingal) Bookings 9784 1851

FRANKSTON FOOD SWAP

What homegrown produce will turn up on the table to share this month? Come along and learn what to sow for winter in your veggie garden.

1.00pm – 2.30pm
Coffee on Kareela
(53 Kareela Rd, Karingal)



Entry to all events is by donation of a tin or jar of food which will be donated to Community Support Frankston. During Community Food Fest, Council's Positive Ageing unit will be collecting donated tins and jars of food. If you'd like to help, drop in your items at Frankston Civic Centre, Seaford or Langwarrin Council shops, Frankston or Carrum Downs library or Frankston North Community Centre.

SUNDAY 14 MAY

GROWING YOUR OWN GREENS

Inspired by the idea of 'Frugal Hedonism' blogger Emma Jane tries her hand at growing her own greens and reflects on the results.

[instagram.com/thefrugalhedonismproject/](https://www.instagram.com/thefrugalhedonismproject/)

16 – 19 MAY

FUN FOOD STORYTIMES

Join in these storytimes with a food focus. Fruit for all children and parents/carers go into the draw for a door prize.

Tuesday 16, 10.30am
Thursday 18, 10.30am
Frankston Library
(60 Davey St, Frankston)
Wednesday 17, 11.30am
Friday 19, 10.30am
Carrum Downs Library
(203 Lyrebird Dve, Carrum Downs)

WEDNESDAY 17 MAY

DESIGN FOR LIFE - THE FOOD FOREST STORY' FILM NIGHT

Meet with the newly formed Mornington Peninsula Permaculture Network to watch this inspiring documentary telling the story of using permaculture design to turn a dusty paddock in Gawler SA into an idyllic home, profitable farm and vibrant teaching centre. Hang around after to chat about the film.

6.30pm for 7.00pm start
Followed by chat and light supper
Frankston Library
(60 Playne St, Frankston)
<https://permaculturefilmnight.eventbrite.com.au>

SATURDAY 20 MAY

MEET YOUR NEW GARDEN NEIGHBOURS!

Friendly members will take you on a tour of the community garden during the monthly working bee. Get to know locals and enjoy a cuppa and some homebaked goodies.

9.00am – 1.00pm
Langwarrin Community Garden
(Shute Dve, Langwarrin)

SUSTAINABLE VEGIE GARDENING

Find out how to grow your own vegies for the least environmental impact and cost. Suitable for beginners and experienced gardeners.

9.30am – 11.00am
Joy of the Earth Community Garden
(Rear of kinder, Joy St, Frankston)
Bookings 9768 1628 or frankston.vic.gov.au/environmentalevents

SUNDAY 21 MAY

GETTING IN TOUCH WITH YOUR INNER HUNTER-GATHERER

Another blog post from the local woman who's been inspired by 'Frugal Hedonism'.

[instagram.com/thefrugalhedonismproject/](https://www.instagram.com/thefrugalhedonismproject/)

THURSDAY 25 MAY

MARKET DAY @ CSF

Community Support Frankston is now offering a wider range of emergency relief, including fresh food. Choose your free fruit and veggies, courtesy of SecondBite, and stay on for lunch.

Community Support Frankston
(35 Beach St, Frankston)

FRANKSTON FOOD ACCESS NETWORK

FFAN people get together regularly to share information and work together on community projects around nutritious, affordable food. We include local residents, passionate foodies, parents, backyard growers, community gardeners, home cooks, small business and interested staff from Peninsula Health and Frankston City Council. Find and like us on [facebook.com/Frankston Food Access Network](https://www.facebook.com/FrankstonFoodAccessNetwork).