
Ripe for change.

Delivered by Sustainable Table



Applications
received



Projects awarded
funding



\$101,500
Distributed

1. Free to Feed's Mornington Peninsula Food Journeys

Delivered by: Free to Feed

Region: Mornington Peninsula

Impact area: Galvanised and engaged movements

Grant amount: \$8,000



Free to Feed is a not-for-profit social enterprise that provides empowering employment experiences to refugees, people seeking asylum and new migrants through the delivery of food events and experiences. The Ripe for Change grant enables Free to Feed to expand into Melbourne's outer regions for the first time, providing employment to talented refugee cooks who will facilitate engaging workshops in collaboration with Mornington Peninsula farms and producers. They will share their nutritious family recipes and inspiring stories with local community members whilst building their own knowledge of Melbourne's food bowl by using produce sourced from each host farm.

Update + Highlights (@ March 2020)

Free to Feed has partnered with Mossy Willow Farm to deliver two 'Mornington Peninsula Food Journey' cooking workshops in March, open to the general community. Mossy Willow will be running farm tours as part of the event to talk about seasonality and sustainable food production, supporting the food bowl and also providing grocery boxes for attendees to recreate the dishes at home. A third, free event will be delivered exclusively to engage people living in the local area who are from refugee backgrounds, which will help build connections with the local food system and between participants.

2. Farmer Incubator Co-Farm Feasibility Study

Delivered by: Farmer Incubator Ltd

Region: Cardinia Shire

Impact area: Viable Enterprises

Grant amount: \$10,000



Ripe for Change has supported [Farmer Incubator](#) to undertake a feasibility study into a co-farming model to support new entrant farmers. It is a well-documented problem that significant barriers exist for entry to farming, with costs being a major one for young aspiring farmers. Through this study, Farmer Incubator will determine the structure, resourcing needs, partnerships and key principles for establishing a self-sustaining Incubator Farm. Potential sites in the local region and funding opportunities will also be explored for establishing a permanent co-farm site. Alongside this study, a toolkit will be developed to facilitate pathways into regenerative agriculture.

Update + Highlights (@ March 2020)

The project has gathered data for the first time on the regenerative farmer movement in Australia and the key challenges we are facing. From November 2019 through until early February 2020 Farmer Incubator sent two surveys out far and wide to next generation, new and aspiring farmers across Australia, and received a total of 221 responses across both surveys. The insights, knowledge and advice gathered in this survey will feed into the next phase of research to investigate the pathways and resources needed for regenerative agriculture and the feasibility of cooperative farming models.

3. Growing the United African Community Farm

Delivered by: United African Community Farm

Region: Cardinia Shire

Impact area: Health Equity Access

Grant amount: \$10,000



(Photo source: Star News Pakenham Gazette)

The grant provides [United African Community Farm](#) with important seed funding to grow their new community farming venture. The farm is run by an African-background collective on farm space donated by local farmer Vicki Jones in the Victorian town of Longwarry, 83km from Melbourne. It aims to grow crops specifically for African-Australian communities, many who are from refugee and migrant backgrounds, and to foster intercultural and inter-generational transfer of knowledge and greater social cohesion in Cardinia Shire. Grant funds will contribute towards employing part-time workers to coordinate the farm and explore opportunities to access additional land and funding to support ongoing operation and growth of the farm. See [media coverage](#) for more info.

4. Growing the Cardinia Food Movement

Delivered by: Sustain: The Australian Food Network (on behalf of the Cardinia Food Movement)

Region: Cardinia Shire

Impact area: Galvanised and engaged movements

Grant amount: \$10,000



Pakenham Community Garden Wrap Up for 2019

The Pakenham Community Garden volunteers have achieved a significant amount of work this year! A big job has been clearing away all but one of the former raised garden beds to make way for the new wicking beds and the arbor. It will provide much-needed shade for those who come to visit and work in the garden, especially during the summer months. [Read More](#)

COMMUNITY GARDEN, CARDINIA FOOD - 12 DECEMBER 2019



Member Statement In Parliament: Growing The Future: Pakenham Community School Farm and Food Project

Ms Jordan Crughale, State Member for Seas, was the special guest for the celebration of the Growing The Future: Pakenham Community School Farm and Food Project, funded by the Victorian State Government's Pick My Project. In State Parliament, Mrs Crughale spoke about the project in her member statement. [Read More](#)

SCHOOL FARM & FOOD, PICK MY PROJECT, EVENTS - 6 DECEMBER 2019
CARDINIA YOUTH



Cardinia Food Circles Project - 2019 VicHealth Awards Winner

Cardinia Food Circles are the 2019 winners in the 'Promoting healthy eating category' for the 2019 VicHealth Awards. The 2019 VicHealth Awards 'Promoting healthy eating' category recognises the many initiatives across the state that encourage Victorians to make healthier food and drink choices. [Read More](#)

AWARDS, CARDINIA FARM & FOOD, CARDINIA FOOD STRATEGY, CARDINIA NETWORK, NEWS - 4 DECEMBER 2019



#LoveLocalFood - Cafresco Organics Farm Tour

Our final event for #LoveLocalFood in November was a unique opportunity to come and see a farm that has been run organically for 22 years. Thank you to Laurie Caffra for hosting the tour on his farm, and being so generous with his knowledge, his time and his produce! [Read More](#)

#LOVELOCALFOOD, CARDINIA FARM, CARDINIA FOOD, EVENTS - 29 NOVEMBER 2019



#LoveLocalFood - Bellevue Orchard: Orchard Walk & Factory Tour

What an amazing event, the Bellevue Orchard: Orchard Walk & Factory Tour was! Thank you to Nick Ripstein for hosting this rare tour, and thank you to so many locals who came along to discover this wonderful business in Orford. [Read More](#)

#LOVELOCALFOOD, CARDINIA FARM, CARDINIA FARM & FOOD, CARDINIA FOOD, EVENTS - 29 NOVEMBER 2019



Extreme Weather Postpones Cardinia Farm & Food Festival

The Cardinia Food Movement and the Cardinia Food Circles Project team were delighted to be planning and delivering three events on Thursday 21 November. We were celebrating National Agricultural Day, #LoveLocalFood Month and the Pick My Project's Growing The Future: Pakenham Community School Farm and Food Project with a community celebration, THREE events in ONE day! It was going to be a huge and awesome celebration across the day, starting with a breakfast and finishing with a festival in the evening. [Read More](#)

The Cardinia Food Movement (CFM) is growing a movement for change across the Cardinia foodbowl region, driving many of the **Cardinia Food Circles** community solutions. The CFM engages the broader community with food system change issues through initiatives they lead or support, as well as events, workshops, resources, newsletters and social media. The funding secured through Ripe for Change will provide the CFM with dedicated resourcing and strategic capacity building to ensure its ongoing effectiveness, growth, relevance and to assist them to widen their reach.

5. Health for the Homeless

Delivered by: Endeavour Ministries (The Andrews Centre)

Region: City of Casey

Impact area: Health Equity Access

Grant amount: \$2,000



The Andrews Centre Gleneagles Community Garden is situated on the secondary school site in Endeavour Hills and currently produces fresh fruit, vegetables and eggs for the local community, including people in need who access the Andrews Centre's emergency relief and community meals programs. The garden also hosts regular community gatherings to bring people together and share knowledge about growing organic food. The grant will fund expansion of the garden to cultivate vegetables in 5 additional wicking beds, which will be used to provide nutritious meals for up to 120 people experiencing disadvantage.

Update + Highlights (@ March 2020)

The community garden's 5 additional 'wicking' beds have been installed and are already producing abundant crops of tomatoes, basil, zucchinis, cucumbers and more, helping to feed people who are experiencing disadvantage through sharing delicious community meals. Community members actively participate in tending to the plants, harvesting them and learning about them through workshops and garden talks.

6. Preying on pasture pests the IPM way

Delivered by: Port Phillip & Westernport Catchment Management Authority (PPWCMA)

Region: Cardinia Shire

Impact area: Healthy Natural Systems

Grant amount: \$7,500



This project will train local farmers on the benefits of adopting Integrated Pest Management (IPM) as a land management tool, which can help farmers to transition away from pesticide use and achieve significant reductions in farm input costs, improve productivity and develop more resilient farm ecosystems. Demonstration sites will be established and invertebrate monitoring will be conducted in spring and autumn to record pest and beneficial insect numbers to enhance the practical hands-on learning during the workshops. www.ppwcma.vic.gov.au

Update + Highlights (@ March 2020)

Farmers are coming together to learn about the sustainable management of their pastures by receiving training on the difference between beneficial insects and pests and how to manage them without harmful pesticides. At the project's on-farm demonstration site, some exciting results are emerging that may change the way pastures are re-sown in future to eliminate pest insects and allow seeds to germinate and establish without pest attack and the need for chemical applications.

7. Local farms organic veggie boxes

Delivered by: Heritage Farm

Region: Mornington Peninsula

Impact area: Viable Enterprises

Grant amount: \$6,500



Heritage Farm is establishing a farmer cooperative 'food hub' model on the Mornington Peninsula, which aims to help small farmers to sell their organic produce locally through a vegetable box subscription scheme. It also provides a convenient option for residents to source local, organic produce at a fair price. Specifically, this grant funds the upgrade of a refrigerated vehicle to collect produce from farmers and delivery to consumers, which has been a significant logistical barrier to getting the project off the ground.

Update + Highlights (@ March 2020)

Heritage Farm's collaboration with local farms is feeding 36 families weekly, and so far has supplied about 800 boxes of organic, local and zero waste produce. They've recently added fruit to the boxes and have also expanded their delivery to Frankston, Mt Eliza, Mornington and Mt Martha. The project also cross-subsidises boxes and currently gifts around 3 vegetable boxes/week to those in the community living below the poverty line, working with local community support services, which they aim to increase. In addition, Heritage Farm offer a community compost exchange for all the "box-ers".

8. Southern Peninsula Food Resource Connection Program

Delivered by: Southern Peninsula Community Support & Information Centre (SPCSIC)

Region: Mornington Peninsula

Impact area: Health Equity Access

Grant amount: \$10,000



(Photo source: The Pearl Film Company)

The [Southern Peninsula Community Support and Information Centre](#) will coordinate Emergency Relief (ER) Providers on the Southern Peninsula to improve collaboration and enable greater provision of healthy food to disadvantaged community members. These programs benefit hundreds of vulnerable people each week by delivering great quality food to our community and this project will increase capacity for ER providers to receive and distribute donations from major food rescue organisations, as well as build partnerships with local growers and food producers who produce excess food, and redirect this wasted food back into the local food system.

9. CWA Cardinia Community Kitchens

Delivered by: Country Women's Association of Vic Inc. (CWA)

Region: Cardinia Shire

Impact area: Health Equity Access

Grant amount: \$10,000

Food in focus with CWA

By Jessica Austice

Over the past five months, members of the local Country Women's Association (CWA) have been hosting a series of cooking events that are designed to connect the community and bring people together.

Members of CWAs from Officer, Pakenham, Upper Beaconsfield and Kooweerup have developed the program of monthly cooking workshops called the Cardinia Community Kitchen.

The Cardinia Community Kitchen is aimed at providing the local community with access to easy healthy, nutritious recipes using food that is in season and available from local farmers.

"Maximising nutrition and minimising on waste is high on our agenda," Officer CWA member Jacqui Chalmers said.

"Most of the women involved in running the Cardinia Community Kitchen workshops work either full-time or part-time and are dedicated to supporting our local community with ways to eat healthy nutritional food.

"We aim to provide quick alternatives to fast food takeaways."

On the third Monday of every month the volunteers focus the workshop around a vegetable or fruit that is in season at that time.

A very successful tomato workshop was held at Pakenham library on Monday 17 February, which was well attended with more than 25 women.

Simple recipes such as tabouli, tomato and basil tart, tomato soup and old fashioned tomato and mackerel bake were demonstrated.

Local nutritionist Helke Hohaus had a wonderful presentation on the nutritional value of tomatoes and the different nutritional value of cooked versus raw tomatoes.

"At most workshops we have a visiting farmer," Ms Chalmers explained.

Local nutritionist Helke Hohaus had a wonderful presentation on the nutritional value of tomatoes and the different nutritional value of cooked versus raw tomatoes.

"Maurie Caffra from Cafresco Organics was our guest speaker at our pumpkin workshop and Vince Raffa from Raffa Fields spoke at our asparagus workshop in Kooweerup. Both were brilliant speakers.

"Helke Hohaus from Ambrosia Nutrition provides invaluable information at each workshop as well as also demonstrating some great recipes."

Workshops are conducted at various locations across Cardinia shire with a limit of 30 attendees to ensure everyone can see the demonstrations and sample the food.

"On average the attendee numbers is greater than 20 with most of the workshops fully subscribed," she said.

"We have also been approached by other groups, as far afield as Warragul, to hold workshops for them."

With just five workshops to go, the March session will revolve around apples. April's session will revolve around sweet potatoes, May cauliflower, and June root vegetables.

All workshops are free and bookings can be made through Try Bookings.



(Photo source: Pakenham Gazette)

The [Country Women's Association](#) will deliver the Cardinia Community Kitchens initiative, which provides hands-on cooking workshops that enhance food knowledge, revive lost skills, teach kitchen fundamentals and foster connection to local food and farmers. This program engages busy working families in Cardinia Shire who want to learn how to cook healthy meals on a budget and aims to support the local community to improve their health and wellbeing through a series of workshops led by the CWA across Cardinia Shire in partnership with an accredited nutritionist and the [Cardinia Food Movement](#). This program is based on the hugely successful [CWA Country Kitchens initiative in Queensland](#).

Update + Highlights (@ March 2020)

This project has held four cooking demonstrations so far, teaching community members the art of cooking with seasonal and local produce including pumpkin, spinach, asparagus and also running a masterclass in preserves. Local farmers have been very supportive in providing produce for the demonstrations as well as attending the events to talk about their produce and how they farm. The events have been well attended and we are looking forward to hearing about the next series of monthly cooking demonstrations planned for 2020 (five more sessions to be delivered).

10. Promoting organic farming through a demonstration project at our temple site

Delivered by: Siri Guru Nanak Darbar

Region: Casey and Cardinia

Impact area: Healthy Natural Systems

Grant amount: \$10,000



Siri Guru Nanak Darbar members will establish a community-run organic farm at their new Sikh temple site in Officer. The farm site will demonstrate organic farming principles and grow vegetables which will be used in the onsite community kitchen and shared with community groups in Cardinia and Casey. Food is a powerful connector and it is also hoped that the farm will help to build awareness and understanding of cultural diversity and enhance social cohesion in the local community. The project will partner with local farmers, community groups and educational institutions and aims to offer a range of add-on activities such as community meals, school tours and food donations to local agencies.

11. Linking Native Pollinators and Sustainable Food Systems

Delivered by: Western Port Catchment Landcare Network Inc. (WPCLN)

Region: Casey and Cardinia

Impact area: Healthy Natural Systems

Grant amount: \$7,500



A series of workshops will be delivered to promote the importance of native pollinators and their role in providing critical ecosystem services and their contribution to sustainable food production. Workshops will be held with landholders, community members and schools, providing project participants with native plants and the opportunity to construct bee hotels, which will increase local food availability and valuable habitat for bees to nest and lay eggs. wpcln.org.au

Update + Highlights (@ March 2020)

Local community members are learning about the importance of native bees and other pollinators in sustainable food systems through a series of community events (attracting over 75 people in August 2018 and engaging a broad audience of children and families at the Cardinia Food and Farm Festival in February 2020). Each participant takes home a free native plant or bug hotel to create habitat for these beneficial bugs in their backyards. Planning for a series of school workshops is underway for Term 2 in 2020.

12. Mornington Peninsula farm gate excursions

Delivered by: 100 Mile Foodie

Region: Mornington Peninsula

Impact area: Health Equity Access

Grant amount: \$10,000



Why we love this project

100 Mile Foodie will deliver free farm gate excursions to students at 10 lower socio-economic secondary schools on the Mornington Peninsula. Excursions take students to four farms that are leaders in local food supply with sustainable and ethical farming practices in place. It gives participants exposure to farming, hands-on experience, and opportunities to learn about entry pathways into farming. The tour will also introduce students to the importance of supporting local and seasonal food production, which then leads to a reduction in environmental impact and protects the sustainability of urban fringe agriculture and the critical role the Mornington Peninsula plays as part of Melbourne's food bowl.

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