



## Wandana Community Centre

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Centacare

## WANDANA COMMUNITY GARDEN

### What are the benefits of Community Gardening?

- Ecologically sustainable food production
- Exchange of horticultural skills and knowledge
- Nutrition and food security
- Psychological benefits
- Celebrating cultural diversity
- Connecting with community
- Making friends
- Keeping fit

### Other Community Gardens?

For more information about community gardening including the locations of other Adelaide gardens, visit:

[www.communitygarden.org.au](http://www.communitygarden.org.au)



Centacare  
Catholic Family Services

Disability

Families, Youth and Children

Health and Wellbeing

Employment, Education and Training

Homelessness



#### A Child Safe Organisation

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



#### Statement regarding the traditional owners of the land.

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



#### Quality Assurance

Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.

# Wandana Community Garden

## Wandana Community Garden

- Welcomes new participants to our garden on the grounds of the Wandana Community Centre at Gilles Plains.
- Our garden has shared plots (not individual allotments) and produce is distributed among the gardeners and the Community Centre kitchen.
- We gather and garden on:
  - Monday mornings during school terms only between 9.00am to 12noon.
- Visitors and new members are welcome at any time
- No costs involved
- No experience necessary
- Come and join our friendly group?



## What is our focus?

- Community building
- Organic gardening
- Promoting the growing of food locally (food miles)
- Environmental sustainability
- Horticultural skills training
- Permaculture principles
- Cultural awareness and diversity
- Healthy lifestyles & nutrition
- Non-hybrid seed saving
- Indigenous plants
- Water wise practices
- Community art
- Urban self reliance

## What is at Wandana Community Garden?

- Vegetable plots
- Herbs
- Fruit and nut orchard
- Rainwater tanks
- Raised beds to assist people with disabilities
- Bush food area
- Indigenous plant trail
- Propagating enclosure
- Gardening reference library
- Compost bins
- Frog pond and habitat
- Crèche (bookings essential)
- Friendly people