

Make your own Moodji (friendship) Farm

FOUR STEPS TO YOUR FRIENDSHIP FARM



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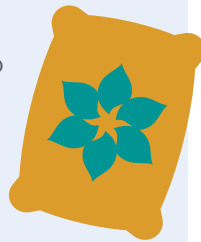


STEP 1 - FIND A BAG, SACK OR POT

Find a coffee bean bag or something similar, like a sack, from your local coffee or hardware shop. Or a recycled pot will do as long as it can drain.

You might even find it on its way to the rubbish tip.

We are going to reuse it and make something useful.



CONNECTING WITH THE WORLD'S OLDEST PRACTICES, NATURE, AND SUSTAINABILITY

A little seed for me to sow...

We are lucky to have a wonderful Moodji Garden at Bermagui Preschool. A lot of Preschools aren't so lucky. They don't have the space. They might not know about gardening. Or they might not think it's important.

We see the power of bringing children and adults together to care for the land and for each other in our garden.

With a patch of space as small as a windowsill, you can still make something very special... a mini Moodji Garden.

"Moodji" is a Djiringanj people word that means friend or mate.

STEP 2 - FILL WITH SOIL & COMPOST

All good gardens start with good soil.

If you can't source your own soil

- ask if someone can donate some from their garden or
- ask for soil from the garden section of Council.

Compost is important. Ask around to see if people have compost that they can give you.

You will start learning to love and touch the dirt. You can't learn about nature, connect with it and care about it if you are afraid to touch it.

STEP 3 - GRAB SOME SEEDS OR SEEDLINGS



Natives and Bush tucker... it is medicine, food, and attracts native animals.

Find some at your local garden centre or ask your local council. Some Councils give away free native plants.

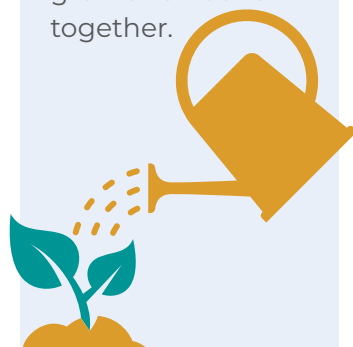
Layer the compost and soil.

Gently, add the seeds or plants at the top.

Cover with a little more soil.

STEP 4 - WATER & WAIT

Then, watch the plants, children and your team grow and flourish together.



TIP

We found this short clip and factsheet about native herbs on ABC Gardening Australia.

www.abc.net.au/gardening/factsheets/native-herbs/10244540

Native Herbs - Fact Sheets - Gardening Australia - GARDENING AUSTRALIA (abc.net.au)