

THE GROW FREE STORY



MEADOWS FARM



OUR HOME



FAMILY DAYS AT THE FARM





SO MUCH LIFE!



WHY GROW YOUR OWN FOOD?



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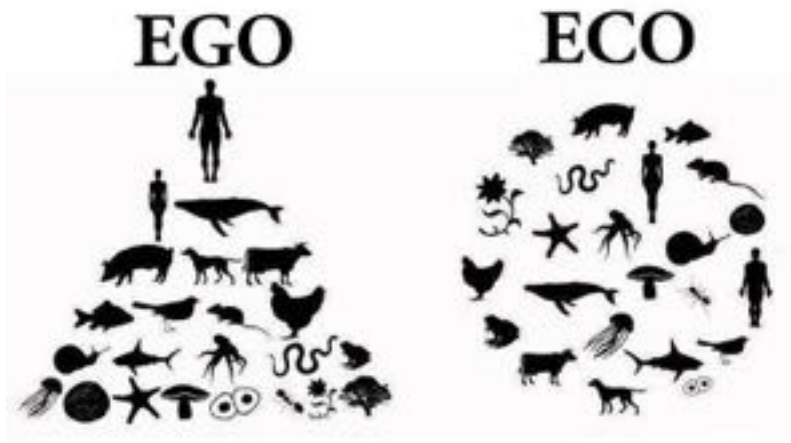
Agriculture = Profit driven

Not nutrition driven



INSPIRATION

Are we really an “Advanced” civilisation?



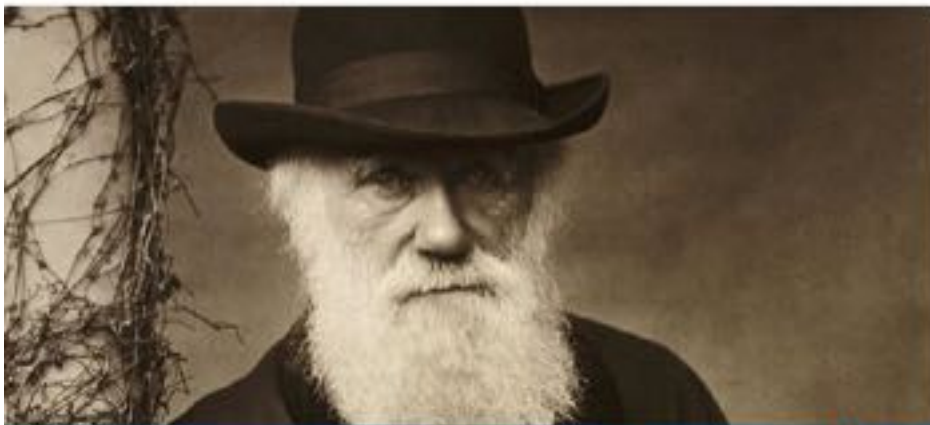
- 50% of Adults have a chronic illness (USA)
- 50% of Adolescents have mental health condition
- 3.5 million children receiving stimulant medication
- We are destroying the planet, therefore ourselves

INSPIRATION

Guardian Australia
Yesterday at 10:30am · 🌐

👍 Like Page

New research suggests that altruism may have an innate evolutionary advantage – a possibility that would not have surprised Charles Darwin.



theguardian

Forget cut-throat competition: to survive, try a little selflessness

Scientists at Princeton say that it's altruism, not selfishness, that will ultimately enable human beings to flourish. And Charles Darwin always knew it

THEGUARDIAN.COM | BY THOMAS DIXON



John Hall

11 hrs

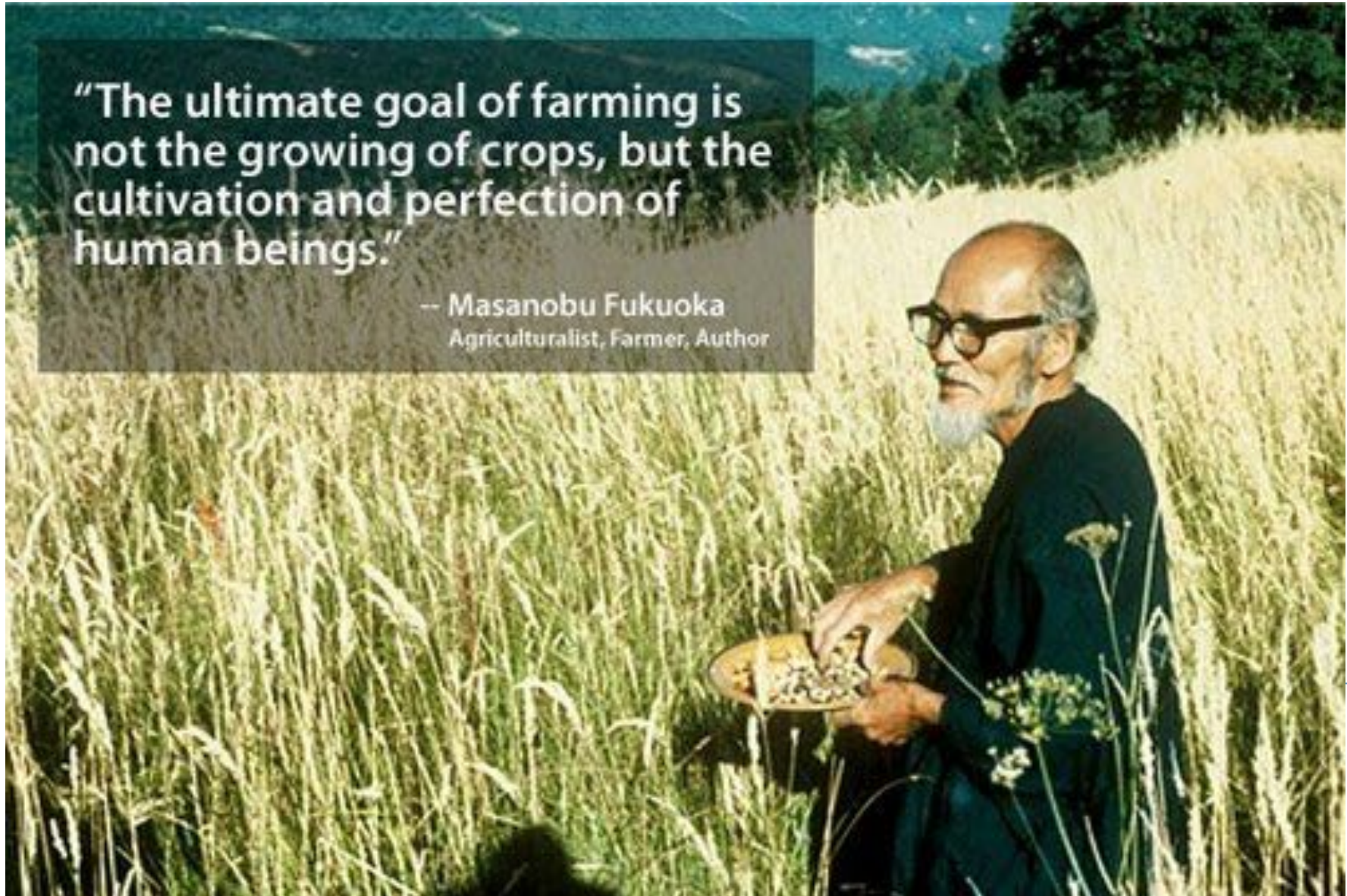
What I absolutely love about the Grow Free members (all 7514 of them) is that they restore some level of balance to a crazy world that at times seems to be filled with terror and hate. To be part of a like minded community who wish to share their produce with no agenda at all other than the hope that the produce is appreciated and eaten by someone, is just so refreshing and encouraging.



INSPIRATION

"The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings."

-- Masanobu Fukuoka
Agriculturalist, Farmer, Author



WOULD YOU PAY TO BREATHE OXYGEN?

- We already pay for two of the three necessities to live
 - By looking at this with new eyes, rather than those of “it’s always been like this.”
-
- Our current “food” could better be described as poison

BEGINNING WITH SEEDLINGS

FREE SEEDLINGS

ORGANIC, HEIRLOOM, GM FREE
Veggies, Herbs and Flowers



HELPING FOLKS SET THEIR VEGGIE GARDENS UP



HELPING FOLKS SET THEIR VEGGIE GARDENS UP (MAX)



FESTIVALS AND SHOWS



GETTING KIDS INVOLVED



Grown by the community, for the community



Take what you need, Give what you can!

This is a perpetual sharing cart for home produce, preserves and the like, provided by Grow Free.

Love grows by Giving

Please return pots/trays to the cart

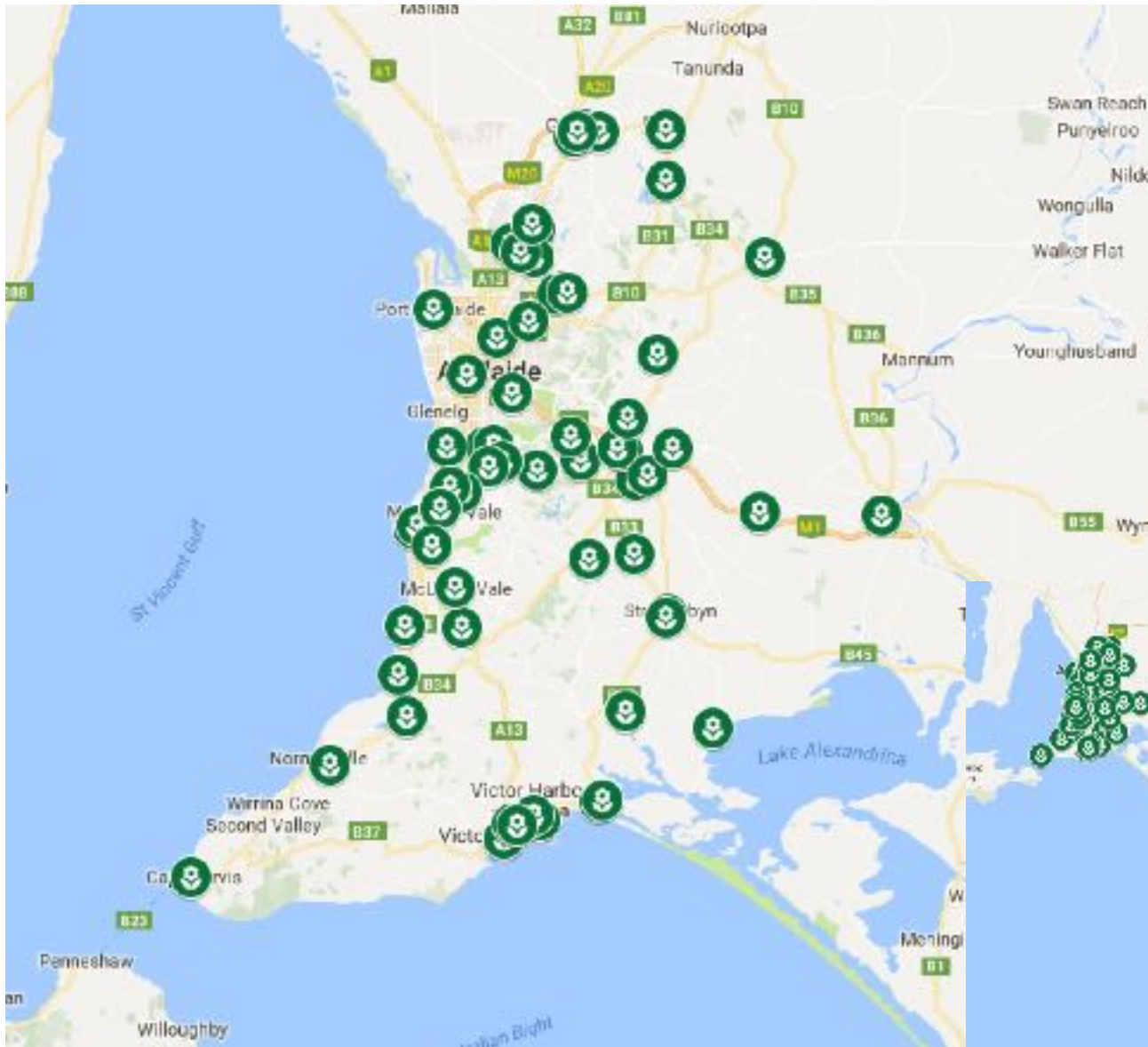
SHARING CARTS







SHARING CART MAP



CAFÉ CROZIER



PRESERVES



FREE HEIRLOOM SEEDLINGS



GARDEN TOURS



WORKING BEES





BENEFITS??



GLENBARR - STRATHALBYN



JUST IMAGINE...





**"Be the change you wish
to see in the world."**

Mahatma Gandhi

