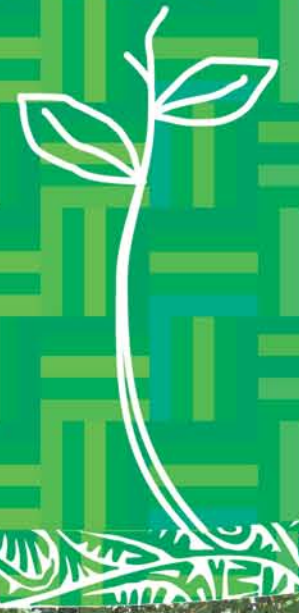


Mekem Garden in the Torres Strait



Islands in the Torres Strait have been cultivated for food crops across generations and the practice continues today.

The Torres Strait Sustainable Horticulture project, along with the Regional Landcare Facilitator initiative, helps communities, families and individuals to become involved in growing food and learning the skills of gardening and caring for land. The project is helping communities to reinvigorate the long-held traditions of family gardening.

“Our Elders taught us how to grow and use different plant species, and now it’s our children’s turn. Except today they have the added advantage of combining traditional knowledge with contemporary horticultural practices.”

Mr Toshie Kris, TSRA Chairperson

By encouraging the production of fresh, traditional food crops such as cassava, sweet potatoes and yams and other foods including tomatoes, lettuce and green beans, together we can improve the diet of local communities.

“The market garden is a start to helping us sustain ourselves. These are important foundation steps in support of communities sustaining themselves.”

George Saveka

The Sustainable Horticulture project is funded by the Torres Strait Regional Authority and Department of Agriculture, Fisheries and Forestry under the Australian Government’s ‘Caring for our Country’ Program, and is delivered in partnership with other organisations.

Growing fresh foods in your local community:

- Provides better access to fresh and nutritious fruits and vegetables;
- Promotes healthy eating and information about good foods;
- Teaches the fun skills of gardening and sharing of knowledge with young and old;
- Helps build greater self sufficiency in food production;
- Helps to build a sense of community and the sense of achievement that comes from growing some of your own food; and
- Benefits people through the healthy outdoor exercise gained from gardening.

Did you know?

There is evidence that subsistence agriculture and gardening has occurred across the Torres Strait region for over 2,500 years.

For further information, contact:

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Hosted by Torres Strait Regional Authority for the Torres Strait region