

# Mitchell Community Garden

The Mitchell Community Garden is one of 12 community gardens operated by the Canberra Organic Growers Society (COGS) and has been operating since 1994.

Our gardeners are allocated individual plots, which they put to productive use, growing organic food for themselves and their families.

We grow by sustainable organic gardening practices that help to build and continuously improve the quality of soil and the environment that we are entrusted with.

The emphasis is on community with plot holders sharing the care of the garden, the communal fruit trees and Donation Garden, through Working Bees to help to maintain the common areas and equipment.

Organic gardening is a systematic and sustainable approach to gardening that strives to maintain balance and harmony with the natural environment of the whole garden.

This is achieved by optimising the health of the soil, the health of plants and eco-system, without using synthetic fertilizers, pesticides or fungicides.



Key principles include soil, sun, water, seed and organic material.

Soil is fed with organic matter such as manure, compost and organic mulches.

Understanding and managing unwanted weeds and pests is done naturally, while also encouraging local wildlife. Conservation of resources includes energy, soil and water.

Diversity is promoted in the garden through the cultivation of plants from heirloom seed and organic plant material.



**Mitchell Community Garden is located within the Crace Grasslands Nature Reserve and has been entrusted to COGS members for the cultivation of food, grown for non-commercial purposes and demonstrating the practical application of organic gardening principles.**

We grow a wide range of vegetables, fruits and herbs, with an emphasis on plant diversity and heritage. We cultivate all year round, making the best use of the distinct seasons in Canberra. By gardening organically, we know that our produce is as healthy and fresh as can be.

Weeds and pests are managed throughout the community garden with a combination of physical barriers, local predatory birds, beneficial insects and biological controls.



Community activity in the Mitchell Community Garden is very important to us, as it connects us to the larger community of Canberra. We aim to inspire others by demonstrating organic gardening techniques and sharing information and advice with visitors to our gardens. Mitchell Community Garden provides our local food pantry with weekly fresh, organic vegetables from our Donation Garden.

Plots at the Mitchell Community Garden are allocated to registered members of the Canberra Organic Growers Society.

Please visit [www.cogs.asn.au](http://www.cogs.asn.au) for further information regarding seasonal planting ideas, gardening hints and membership enquiries.