

# CLEAN & GREEN

SPRING NEWSLETTER

## Fixing your Garden *This Spring*

after an unusually cold & wet winter.  
Refresh your garden with these tips, [pg 8](#)

## THE GREENY BUNCH

are back & better than ever!  
[pg 10](#)

*Special Edition*

# FOGO Waste

Is FOGO the future?  
Learn more about Organic Waste Recycling from [pg 4](#)

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[www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)

# Strawberry

## That Spring Time Sweetness

Strawberries are cool weather plants, so the ideal times to plant are in Autumn or Spring time. These versatile plants can adapt to different growing conditions, thriving in low garden beds, as well as vertical walls or in hanger pots. Just make sure you use well-draining compost soils that will give your strawberries the essential nutrients they need to thrive! They also need sunshine - but not too much direct sunlight. A bit of shade is perfect! With regular watering, your plants will fruit in 2-4 months, and be ready for harvest in another 4-6 weeks after fruiting.



# Lettuce

## The All-Year-Round Staple Veg!

With lettuce prices increasing around Australia, it's time to start investing in a more sustainable lettuce supply for your family. Plant your own lettuce in your veggie garden! Easy to grow and quick to harvest, these cool climate veggies are best planted in partly shady and sunny spots with well-draining compost soil that's pH balanced. Water is vital for growing lettuce! Lettuce plants have shallow roots and need frequent watering, especially during spring and summer. If soil dries out, lettuce can taste bitter or die off. Depending on the type of lettuce, leaves can be eaten anywhere from 6 to 12 weeks after planting!

# Oregano

## The Perfect Pizza Herb

A hardy, aromatic herb, that also doubles as fantastic ground-cover mulch for your veggie garden. These herbs grow well in the ground, as well as in pots or windowsills, making it the essential inner-city plant. Plant oregano during spring in a sunny spot with partial shade. During summer, little white or pink flowers blossom on oregano plants. Unlike lettuce, do not over water these herbs - let the soil dry for a couple of days in between watering. Best to keep these herbs undercover to avoid unpredictable rainfall.



# for the love of



{ food organics } + { garden organics }

The National Waste Strategy in Australia aims to halve all organics sent to landfill by 2030. The FOGO recycling initiative is an integral part of achieving this goal. Learn more about the benefits and impacts of FOGO recycling for our environment & community from the Australian government and EPA.

## WHAT IS FOGO?

FOGO combines **Food Organics** and **Garden Organics** into one bin, to be collected and recycled into renewable soils for our environment.

## WHAT IS THE POINT OF FOGO?

At the moment, 45% of the general waste we produce is organic food and garden waste. Food scraps discarded in the red lid bin are sent to landfills where they contribute to rising greenhouse gases & harm our environment.

FOGO aims to sustainably reduce organics sent to landfill by combining food and garden organic wastes into one bin, making recycling easier for consumers & businesses.

## FOGO IN NSW

The NSW government is investing \$105 million into organics recycling to reach National Waste Strategy targets by 2030.

The National Waste Strategy roadmap aims to have 80% of organics collected for recycling by 2026, and 95% by 2031.

There are 43 councils with FOGO services. The NSW government is providing grants of up to \$1.3 million to introduce FOGO services, and \$3 million for FOGO processing facilities.

Through grants and education programs, the NSW government is encouraging businesses, households & multi-unit dwellings to get involved in food and organics recycling.

## BENEFITS OF FOGO

Organics in landfill produces methane - a harmful greenhouse gas which is 25x more potent than CO<sub>2</sub>.

Instead, by composting organic materials into renewable soils for our gardens, farms and national conservation parks, we can improve soil and food quality, support our biodiversity, & assist with agricultural production.

If Australia achieved an 80% recycling rate for organic material, an additional 2.1 million tonnes of greenhouse gas emissions would be saved. This is equivalent to 3.14 million trees planted, or 486, 021 cars taken off the road each year.

*Food and Garden organics are the key ingredients for composting & saving the planet!*

what **FOGO** looks like at the dinner table.



all food waste

With FOGO recycling, means all our dinner plate food scraps including complex food wastes such as meats & bones, seafood and dairy products can be recycled with our organic fruit & veg and garden green waste!



can be recycled.

No longer does food waste need to be discarded in the red lid bin and sent to rot in landfills - causing the rising greenhouse gases. Instead food and garden organics can be composted into renewable soils for the restoration of our environment.

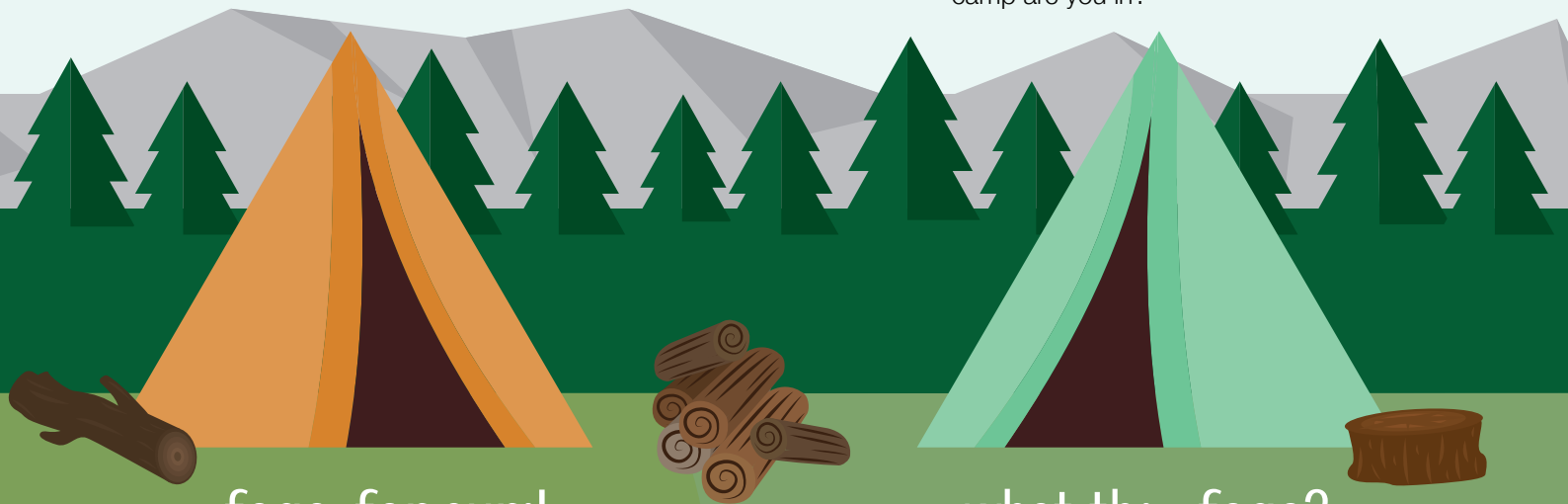
Scrape **your scraps** from your dinner plate into the **green lid organics bin** for recycling!

# what the FOGO?

## does FOGO actually work?

**Can all food waste *actually* be composted? What happens to contaminated FOGO waste?**

Join the ongoing FOGO debate: Which camp are you in?



### fogo, for sure!

#### FOGO WORKS.

Bin audits in key participating LGA's showed the proportion of food waste placed in the FOGO bin instead of the red increased by 10% since initiation. On average, 74% of participants put food scraps into FOGO bin when prepping food.

Through education programs, participants became aware of the impact of organics in landfills and the benefits of compost, which changed participant mindsets towards FOGO.

#### ALL FOOD WASTE CAN BE RECYCLED.

FOGO education from government authorities show that meats, bones, seafood and dairy products, as well as pantry staples and leftover meals can be discarded in FOGO bin.

#### EDUCATION BEATS CONTAMINATION.

73% of participants didn't know that the red bin in landfill creates methane gases, while 78% of participants were unaware that NSW landfills are full or running out of space.

However, with education programs, a change in consumer behaviour towards food waste can be achieved; simply by encouraging home composting & correct FOGO recycling.

### what the... fogo?

#### FOGO DOESN'T WORK.

Local councils express concerns that FOGO is cost-prohibitive due to the lack of suitable waste infrastructure. Equally, low participation and very high contamination show FOGO concept to be problematic compared to alternative composting.

Participants' responses show common issues with mess, leachate, smell & attraction of vermin. Additionally, the lack of clarity surrounding "certified" compostable packaging creates a problem and leads to plastic contamination.

#### NO IT CAN'T.

It is strongly advised to NOT add bones, meats, seafood & dairy products (putrescents) to composts as they attract vermin, create bad odours & take longer to decompose.

This problem becomes larger at commercial facilities. Combining food with garden organics at the early stage of processing, when these wastes should be treated differently, may result in a compost that is below Australian Standard.

#### CONTAMINATION IS STILL A RISK.

Without "Australian Standard certified" compostable rubbish bags to collect food waste, how is this waste being disposed of in FOGO bins? Certainly not in plastic bags?...

Will certified compostable packaging replace all plastic packaging to ease convenience or will this incur an additional cost to consumers/businesses? What happens to contaminated waste? Does this go to landfill, or does this get composted and degrade our soil quality?...

some food for thought...

# Reducing Food Waste along the supply chain.

Recycling organics is fantastic, but reducing un-necessary food waste generation from the start is still the best solution! From the farm to the dinner plate, let's learn how to become more sustainable consumers and reduce our food consumption & wastage.



## AT THE FARM

**20 - 40% of fruit & veggies are discarded before reaching supermarket shelves.**

Composting rotting or fallen produce back into the soil to grow more crops. Donating overstocked and edible organic produce to food aid organisations to feed disadvantaged families & children, or to create animal feeds for our farm animals or pets.



## AT THE SUPERMARKET

**7.6 million tonnes of food across the supply chain is wasted yearly in AUS.**

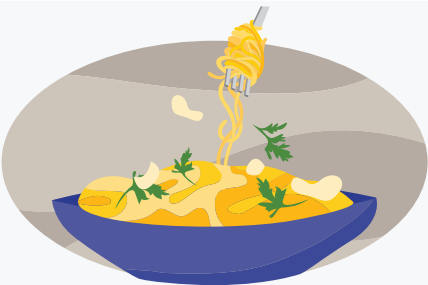
Minimising contamination or handling errors to avoid food spoilage. Sending undesirable but edible organic produce to food aid organisations, or if produce is rotten, to composting facilities to be recycled into organic wholesale soils for our gardens.



## WHEN SHOPPING

**Each year, the average household spends \$2,500 on food that is wasted.**

Better managing our shopping carts: purchasing only what we need as we need it! Shopping with a list and when we're not hungry (as this leads to over-purchasing food). Checking the pantry or fridge stocks before shopping to avoid doubled-up purchases.



## WHEN EATING

**Households account for the majority of food wasted in Australia (2.64 million tonnes).**

Saving our leftovers for meals the next day, and even giving leftover meat bones or fish skins to your pet to eat. During meal preparation, add fruit/veg cut offs to your compost bin. Even tip old organic wines, plant-milks or fruit juice liquids into your compost too.



## IN THE HOUSEHOLD

**Leftovers account for 34% of household food waste. Fresh food is 33% & pantry goods are 15%.**

Using old veggies to make soups or stews. Placing perishables in the freezer to preserve them for longer (e.g. breads, fish or fruit). Check the expiry dates of items regularly and plan meals around what you have at home before going shopping.



## COMPOSTING

**Australia composts 51.5% of organic waste generated. NSW is the largest contributor.**

Adding all food scraps (pre-meal and post-meal leftovers) to your FOGO bin if you have access to this service. Otherwise add your organic fruit/veg/ grain scraps to your own compost, or a licensed composting facility to recycle into fertile organic soils for our garden.

# Spring Gardening Guide

*Extreme flooding, heavy winds & cold temperatures this winter have stripped our gardens bare! Replenish lost nutrients back into your soils & reinvigorate your garden back to life this Spring with these pro gardening tips.*

## Plant New Veggies

Cool season vegetables like potatoes, lettuce and peas germinate well in cool soil. Planting these during early spring will produce sweet veggies by summer. Plant summer favourites like tomatoes and capsicums in late spring as these veggies need warmer soil.

## Remove Garden Weeds

Don't wait until your weeds look like this to take them out! Make sure to pull out the roots of each weed plant. Only snapping the tops off will cause weeds to spread faster in your garden and make your job much harder! Using gardening tools can help with this.

## Add Fresh Soil to Garden Beds

Remove winter mulches and ground cover. Apply a fresh coat of organic soil conditioner or turf underlay to revitalise tired plants with fresh nutrients and essential minerals. Applying a fresh coat of soil also makes your garden look nice and new!

## Clean Up Flower Beds

With all the flooding and winds we've had this winter, use this time to clear away dead leaves or debris. Remove the protective winter mulch from soil and ornamental grasses and cut back last year's dried foliage. Remember to wear gardening gloves when working with plants to protect from pests, cuts or scrapes.

## Prune Trees & Shrubs

Trim fruit trees, plants or shrubs that have gotten unruly over winter before they begin to bloom in spring. Pruning trees that are starting to blossom can cause trees to stress.



# Flowers of Spring

**W**hen we think of Spring, we think of blooming flowers, butterflies and bees, fields of colourful buds swaying gently in the breeze and naturally perfume-scented blossoms filling the air. Create an aromatic oasis in your garden with these beautiful spring blooms - which also have healing powers too!



## SNAPDRAGONS

These blossoms' tenacity and ability to bloom in poor conditions makes them a symbol of strength in trying circumstances. Give this as a gift to someone who needs to draw on inner strength to overcome difficult times.

These perennials, which are grown as annuals, must be planted in organic well-draining compost soils for fast and healthy growth. Make sure they have full sun and 30cm spacing between each flower. They can tolerate the frost and bloom brightly during spring! Plant this spring for beautiful flowers next season!

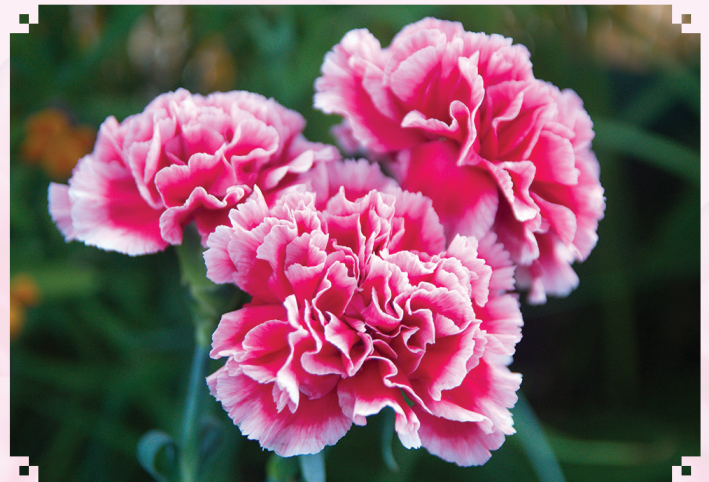
## CARNATIONS

What's spring time without a wedding or a few?!

Carnations are a symbol of love, in particular marriage, each colour representing a different intensity of this kind of love. It can also symbolise gratitude and affection, making it a popular traditional Mother's Day flower.

Show love to your garden, and plant carnations this spring. These flowers need full sun and well-draining garden mix soil that is slightly alkalisied (pH 6.9).

If the soil is too fertile, the flowers might become discoloured. Water 2-3 times per day.



## CHRYSANTHEMUMS

These perfectly formed pom-pom flowers are a symbol of calming energy, good fortune and are a token of protection. They are also known to have healing properties! Chrysanthemum tea can reduce inflammation and nerves.

Plant these hardy perennials in early spring in a sunny spot - either in the ground or in pots. "Mums" grow best in lots of sunshine and organic well-draining compost soils. Make sure to water in the morning (not in the evening).



The Greeny Bunch are **BACK & BETTER** than ever with their new logo & brand style! All new characters, new adventures and new social media page coming this year! Stay tuned for more details. Follow us @greenybunch

In the meantime, the Greeny Bunch are here to help with your family's Spring veggie garden planting!

# THE GREENY BUNCH



**Caleb the Carrot**

plant me... Sep - May  
water me... Often, but I don't like being wet!  
harvest me... approx. after 12-18 weeks

i grow with... Full sun. Tolerate mild wind. Need Garden Mix soil with good aeration.

#plantingtip... Carrot roots are sensitive - so grow from seed & don't transplant.



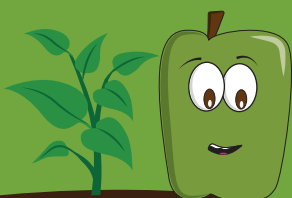
**Betty the Beetroot**

plant me... Sep - Apr  
water me... Regularly! Keep my soil moist.

harvest me... approx. after 10 weeks

i grow with... Full sun & partial shade. In soil beds or containers.

#plantingtip... harvest young - we are most sweet at 2-3months!



**Chris the Capsicum**

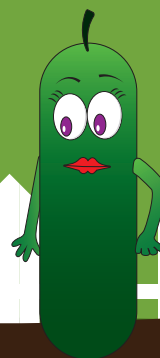
plant me... Sep - Feb

water me... Less often, but with a deep soak.

harvest me... approx. after 12-15 weeks

i grow with... Full sun, in PH balanced organic compost soil.

#plantingtip... Don't plant capsicums in soil with eggplant or tomato.



**Cali the Cucumber**

plant me... Sep - Jan  
water me... Regularly - with a drip irrigation system only!

harvest me... approx. after 8-10 weeks

i grow with... Full sun & a fence/trellis for my vines to climb.

#plantingtip... Need loose, well-draining, organic compost soils to grow.



**Tommy the Tomato**

plant me... Aug - Nov  
water me... Regularly! Keep my soil moist.

harvest me... approx. after 12 weeks

i grow with... Full sun & no wind. Need regular feeding.

#plantingtip... Plant with loose, well-draining, organic compost soil.



# Give your plants the essential nutrients they need to *thrive* this Spring!

Premium Clean & Green Organics Garden Mix soil now available at Waratah Supplies Garden Centre & Narellan Sand & Soil.



Made from 100% recycled organic materials at Clean & Green Organics composting facility, Premium Garden Mix soils are perfect for your Spring turfing and gardening needs!

Rich in organic minerals and nutrients, Premium Garden Mix aids strong root development, naturally aerates soil particles and allows for optimal moisture retention to give your plants the best conditions for healthy growth.

Visit Waratah Supplies & Landscaping centre or Narellan Sand & Soil yard to purchase Premium Garden Mix soils for your gardening!

- Rich in Organic Matter
  - Moisture Retention
  - Soil Aeration
  - Well-Draining
  - pH Balanced
- Perfect for new or existing garden beds, pot plants, planting natives, turfing & lawn management.



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