

# CLEAN & GREEN



AUTUMN NEWSLETTER

**THE TRUE IMPACT  
OF FOOD WASTE  
& HOW AUSTRALIA  
IS HANDLING IT**

pg. 4 - 5

**30% INCREASE IN  
FOOD INSECURITY  
SINCE MARCH 2020  
& WHY MORE AUSSIES ARE  
GOING HUNGRY!**

pg. 3

**YOUR COMPLETE  
AUTUMN  
GARDENING  
GUIDE**

pg. 6 - 10

# Contents



## FEATURES:

Contents Page

Food Waste Crisis in Australia  
*Spotlight on Tomato Waste & Food Insecurity*..... **3**

The True Impact of Food Waste  
*National Food Waste Strategy Goal by 2030, AUS*..... **4**

Growing Citrus Fruits  
*5 Types of Citrus Fruits and How to Grow them*..... **6**

Q&A Special  
*5 Common Soil Questions Answered*..... **8**

Autumn Gardening  
*All to know about Autumn Gardening*..... **9**

The Greeny Bunch  
*What to plant this Autumn*..... **10**

Clean & Green Organics: Site Garden  
*Summer Overview: Three Plant Special*..... **11**

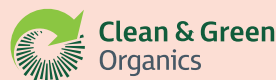
Where Does Food Waste Come From?  
*Food Waste along the Supply & Consumption Chain*..... **12**

This Autumn  
*Special Events happening this Autumn*..... **14**

How to Grow Tastier Veggies Faster...Guaranteed  
*Clean & Green Organics Soil*..... **14**

Source & Article References..... **15**

## PARTNERS:



Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!

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



According to a Queensland study, **84%** of edible tomatoes are being left in the field to rot because they do not meet retailer's expectations.

From harvesting to sorting, edible tomatoes that are slightly damaged, odd-shaped or marked, too large or too small are rejected and wasted. Only about **45 - 60%** of edible tomatoes harvested make the retail shelves.

This isn't unique to just tomatoes.

Among the most wasted edible foods in Australia, organic compostable foods, like fruits, vegetables and breads, make up between **65 - 80%** of total foods wasted.

At the same time, **1 in 6** Australians don't have enough food to eat and approximately **1.2 million** children go hungry. Since the pandemic, around **3 in 10 Australians** experienced food insecurity, most of whom had never experienced this prior to the pandemic. Demand for food relief has increased **46%** since March 2020.

Stopping food waste in Australia has never been more critical. And it starts at the farm.

# THE TRUE IMPACT OF FOOD WASTE.

THE COMMERCIAL & INDUSTRIAL SECTORS GENERATE **2.2 MILLION TONNES** OF FOOD WASTE

**92% OF HOUSEHOLD** FOOD WASTE GOES TO LANDFILL

FOOD WASTE COSTS THE **AUS ECONOMY** **\$20 BILLION** YEARLY

FOOD WASTE COSTS UP TO **\$3,800 PER** **HOUSEHOLD**



**“Halve the amount of organic waste sent to landfill by 2030.”**

Source:  
National Food  
Waste Strategy  
DAWE, 2017  
National Waste Policy  
Action Plan (NWPAP)  
DAWE, 2019



Tried and tested study in the UK showed that within the first 10 years of implementing a similar food waste reduction strategy, 28% of the UK's edible food waste was reduced.

**28% OF THE UK'S  
EDIBLE FOOD  
WASTE REDUCED**

**\$12 BILLION SAVINGS  
& 11MT REDUCTION IN  
GHG CO2 EMISSIONS**

## ROADMAP TO REDUCING AUSTRALIA'S FOOD WASTE.

Australia aims to halve the amount of organic waste sent to landfill by 2030, among other waste strategy goals, including phasing out problematic plastics by 2025, significantly increasing recycled content in design and industry, and recovering 80% of all waste by 2030.

Meeting this target will mean **2.7 million less tonnes** of organic waste will go to landfill in AUS each year.

Changing waste behaviours in Australian households and businesses is expected to deliver waste savings up to 40%.

**BETTER  
FUTURE!**

# Growing Citrus

**Know How to  
Plant these  
5 Citrus Fruits  
in your Garden  
at Home?**



## What you need to know about Growing Citrus Trees in your Garden:

The beauty about growing citrus fruits in your home garden, is that they can be grown in the ground or pot plants. Best part is they are super easy to grow!

**WHERE TO GROW?** Citrus trees love sunshine! Make sure to plant them in full sun so they get a recommended 5 hours a day. In winter, plant citrus trees close to a wall so radiated heat can warm them, or move your pot plants into the sun each day.

**HOW TO CARE?** These types of fruits are big water drinkers! Water up to 1-2 times a day. But make sure when watering the water doesn't pool in the root zone, otherwise they can be susceptible to plant diseases or waterlogging issues. Using high quality compost soil with excellent draining features is best!

**WHICH SOIL TO USE?** As mentioned above, high quality organic compost soils are best for growing citrus fruits. These soils are rich in essential nutrients and minerals, have excellent water retention and drainage capabilities, and naturally aerate the soil. Also naturally balance soil pH, and contain some sandy content important for growth.

We recommend using **Clean & Green Organics Compost Soil**. Made in Australia to Australian Standards using 100% recycled organic materials, these soils are bursting with organic goodness your garden needs to flourish, with proven results!

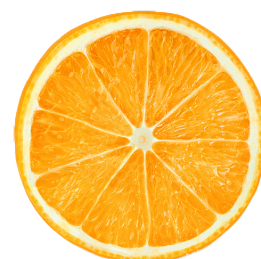
**PLANTING TIME:** Ideal time to plant is during Autumn. However for cooler climates citrus trees can be planted in early spring. Potted Plants can be planted whenever, as long as it gets enough sunshine and water each day. Oranges & Grapefruits are more tolerant to frost than lemons & limes.

**GROWING GUIDE:** Can take up to 3 years from planting new citrus seedlings to their first harvest. Citrus trees can grow anywhere between 1.5m to 5m, and are self-fertile for pollination. During its growth, prune as needed.

### Oranges

When you think of citrus, you think of oranges! Its variety ranges from naval oranges to blood oranges to cara cara. Oranges grows in tropical and subtropical climates and originates from China and South-East Asia.

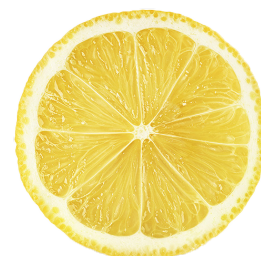
1



### Lemon

When life gives you lemons... use it for everything! We mean it! Lemons not only make for great lemonade, fish garnish and zesty treats, but also have great cleaning and medicinal benefits too. This slice of life is a must-have fruit!

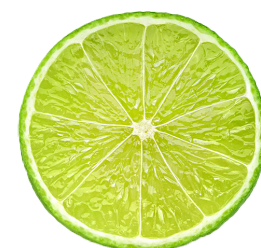
2



### Lime

Vodka, lime and soda? These little sweet yet bitter fruits are the perfect addition to any meal or drink. With such a diverse cultural use, limes are native to South-East Asia as well as Mexico and India! Its white flowers are just divine as well.

3



### Mandarin

Otherwise known as the Tangerine, this much sweeter fruit also originates from China and South-East Asia and dates back 3000 years! These fruits whilst different in internal appearance, are part of the orange fruit family tree.

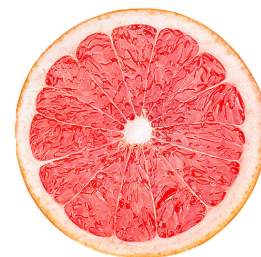
4



### Grapefruit

Sweet? Sour? Bitter? Grapefruits have it all! A hybrid between an orange and pomelo fruit, this fruit gets its name from the way it bunches as it grows, much like grapes do. Its beautiful flesh can be any mix of pink, red or white hue.

5



Growing healthy plants begins with quality soil, and knowing which soil types to use! Here are 5 Most Common Soil Problems Answered.



# Q & A

## 5 Common Soil Questions Answered

**Q** Which soil is best to use in my veggie garden?

**A** Veggies & Fruits need a high uptake of nutrients and minerals to support root structures and develop rich flavours. Organic Compost soils are ideal to use as they are nutrient-rich & high in organic matter.

**Q** My soil is too compact & it's killing my plants. How do I fix this?

**A** Soil compaction restricts air particles entering the soil and blocks a plants' access to water. Best to aerate the soil with a fork/ rake first, then apply new soil with sandy texture, like Garden Mix, to ensure oxygen and water reaches the roots.

**Q** My soil is too dry & doesn't retain water, even if I wet it. How do I fix this?

**A** Hydrophobic soil occurs when a waxy residue builds up on the soil particles resulting in it repelling water rather than absorbing it. Best to replace your soil with Organic Soil Conditioner that better retains moisture. Its sandy content and organic matter will also assist with water retention.

**Q** I don't know why my plants and soil are constantly wet. Why is my garden so damp?

**A** Waterlogging also restricts oxygen to a plant's roots, turning the soil anaerobic and making the plant drown or susceptible to diseases, like fungal. Using Soil Conditioner as a soil base will encourage worms to naturally create water drainage channels in the soil, then adding a sandy soil, like Garden Mix, on top will absorb any excess moisture.

**Q** How do I know if my soil is acidic?

**A** DIY pH test: Scoop a soil sample into a fresh container with 1/2 cup of fresh water. Add 1/2 cup of baking soda, if the soil bubbles or fizzes it is acidic. Be sure to check which plants you sow in acidic soils; some require more acidity, while others do not.



Clean & Green Organics



**ORDER SOILS & COMPOSTS TODAY!**

0434 208 513  
solutions@cleangreenorganics.com.au  
www.cleangreenrecycling.com.au





# AUTUMN GARDENING

As the air gets cooler & the leaves turn brown, it's time to take out the rake and gardening gloves and show your garden a little tender loving care!

Autumn is ideal for sowing new seeds, pruning old plants and maintaining lawns, trees and soil. Prepping your garden for winter is important to ensure your garden survives the cold, and thrives come Spring time again!

## PLANTING

Autumn is the ideal time of year to plant trees, shrubs and perennials because the air temperature has cooled, the soil is still warm and rainfall has made the soil moist. This will establish good root growth before the onset of winter.

Plan ahead this Autumn and plant some of our beloved & essential soup-starter winter veggies, like **cabbage, kale, broccoli, broad beans, celery, silverbeet and snow peas!** Planting these now will mean they'll be ready to harvest and eat by Winter, and how good's homemade soup on a cold night!

## LAWN CARE

This Autumn, help your lawn recover from the summer heat (or from excessive rainfall and waterlogging thanks to La Nina season) by aerating your lawn and applying compost fertilisers.

Compost fertilisers that are rich in vitamins, such as **nitrogen, phosphorous and potassium** are ideal to support soil structures, promote new grass growth and repair damaged areas.

Also clear any fallen leaves to ensure your lawn gets enough light & heat otherwise it will get patchy and turn brown.

## COMPOSTING

What do fallen leaves, worms and soil have in common?

**Compost soil!**

Add your fallen leaves to your home compost pile to make fertile soils for your garden. This compost soil will attract earthworms which create drainage channels, aerate garden soils and make nutrient-rich castings that support plant growth and life!

If you don't have a DIY compost at home, **Don't Fret!** Add your fallen leaves to your green recycling bin and council will take this to a composting facility to do just this on a bigger scale!



# THE Greeny BUNCH

“Want to see us on the kitchen table in Winter? Plant us this Autumn!”

The Greeny Bunch have spoken! Planting these veggies during Autumn will ensure they are grown and ready to be eaten by the time Winter comes!

All veggies and fruits need highly fertile soil - rich in vitamins, minerals and organic matter - to grow big and healthy!

Just like you, your veggies need their vitamins to grow big and healthy too!

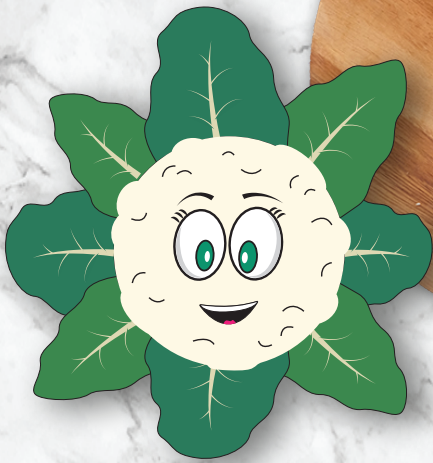
Compost soil is made from recycled organic fruits and veggies, so the soil is very fertile and nutrient-rich!

Compost soil also has excellent water drainage (so your plants won't drown), can retain moisture for longer (so they stay hydrated) and are naturally aerated (so oxygen can reach the roots and grow!)

**Feed your plants only the BEST soil!**

**Feed your veggies Clean & Green Organics COMPOST SOIL!**

© Clean & Green Organics Compost Soil



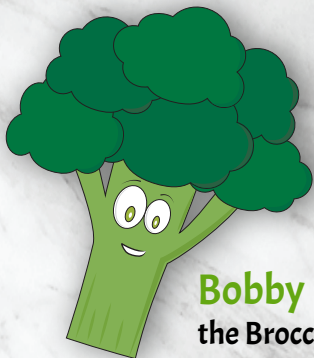
**Cassie**  
the Cauliflower

☀ Full Sun 🌧 1 x Week 🌱 12 weeks



**Betty**  
the Beetroot

☀ Full Sun 🌧 4 x Week 🌱 6-8 weeks



**Bobby**  
the Broccoli

☀ Full Sun  
🌧 Every 2 days  
🌱 16-20 weeks



**Penelope**



**Peta**  
the Peas



**Pier**

☀ Full Sun 🌧 1 x fortnight 🌱 6-8 weeks



**Sam**  
the Silverbeet

☀ Full Sun  
🌧 Every 2-3 days  
🌱 8-10 weeks



**Itzi**  
the Iceberg Lettuce

☀ Full Sun 🌧 4 x Week 🌱 10-12 weeks





# Eggplant

## Conditions this Summer Just Ripe for Our Eggplants!

Waiting until late spring to sow our Eggplant seeds was the right move! Eggplants, like tomatoes, love the sunshine and warmer weather. They also love love love fertile, nutrient-rich compost soils, which Clean & Green Organics has plenty!

La Nina rain season was upon us this summer, which is great because eggplants love moist roots and keeping hydrated! The perfect conditions to grow perfect ggplants!



# Bok Choy

## Serving the Goods from Spring to Summer!

From spring to summer, our Bok Choy plant's delivered the goods! Bok Choy plants love sunshine and warmer weather. Add some well-draining, nutrient-rich compost soils and they're happy chappies! So leafy, large and luscious! Here's a little fun fact, lettuce or kale plants make great companions for bok choy plants.

# Red Onion

## Your Garden Must-Have All-Year Round!

Planting Red Onion bulbs in your garden is a great idea because they are easy to grow, tolerant to frost and heat, and have a variety of cooking applications. We planted our first batch end of winter for Spring harvest, and our second batch early spring for an early summer harvest! Both times we used fertile, nutrient-rich and well-draining compost soils to ensure bulbs would develop well.



# Where Does Food Waste Come From?

The Australian National Food Waste Strategy outlines that at every point along the supply and consumption chain, there are a number of varied and complex drivers that generate **Food Waste**.



Information Source:  
National Food Waste Strategy  
DAWE, 2017

## PRIMARY PRODUCTION

**Farm stage:** Food which is lost due to pests, diseases or weather. Stock that is damaged or discarded during packing, handling or picking.

Equally, a fall in market prices can make it unprofitable to harvest. Bad seasonal or planting conditions can mean an inability to meet contracted produce specifications, such as quality, quantity or size.

Changes in consumer tastes and preferences can be a driver for food waste too.

## PROCESSING & MANUFACTURING

**Factory stage:** Food products that are damaged during handling. Spoilage due to contamination or inadequate temperature control. Excessive trimming of vegetables for processed foods leading to greater wastage.

Changes in production due to consumer demand. Equipment failures, such as spillage on the conveyor belt and transfer points, inefficient inventory management or damage to packaging resulting in food unfit for sale.

## FOOD WASTE JOURNEY THROUGH THE SUPPLY & CONSUMPTION CHAIN

## HOUSEHOLDS

**Household Stage:** Confusion over 'use-by' and 'best-before' date labelling. Over-purchasing food that is then thrown away. Limited knowledge of how to safely repurpose or store food leftovers.

Equally, limited access to food waste collection systems (limited or no access to FOGO collection bins). Limited knowledge in home-composting practices, definition of organic food waste, or recyclables.

## HOSPITALITY & FOOD SERVICES

**Food Services Stage:** Poor stock management, storage and handling practices.

Equally, inevitable food scrap waste produced during meal preparation. Improper disposal of food scraps.

**Drivers from Customers/ Patrons** include; over ordering, mis-handling, or meal leftover wastage that is improperly disposed of in general waste due to limited recycled facilities.

## RETAIL

**Wholesaler/ Retailer stage:**

Poor stock management, including over ordering, improper stock rotation, storage and handling practices.

Equally, produce that no longer meets quality standards. Last minute changes to orders that can leave suppliers with excess product.

Limited access to facilities to recycle, compost, or re-purpose food waste.

## DISTRIBUTION

**Transport stage:** Spoilage due to inadequate temperature control during transport. Inadequate storage management.

Loss of product during commute due to vehicle failure, accident or mismanagement.

Damage to food produce due to improper handling.





**Composting  
Organic Food Waste  
into High-Quality,  
Fertile Compost Soils  
means securing  
Agricultural Food  
Production  
& protecting Our  
Environment.**





# *THIS AUTUMN*

*15 APR GOOD FRIDAY*

*16 APR HOLY SATURDAY*

*17 APR EASTER SUNDAY*

*18 APR EASTER MONDAY*

*25 APR ANZAC DAY*

*8 MAY MOTHER'S DAY*



**Growing veggies doesn't need to be rocket science, in fact it's really easy if you use the right soil!**

Soil is the life source of your plant's health, so make sure it's the best quality!

Clean & Green Organics high-quality composts and soils are made from 100% recycled organic materials at our Australian composting facility in Bringelly, NSW.

Certified made to Australian Standards, Clean & Green soils and composts are bursting with minerals essential for healthy plant growth with proven results!

All soil products are tested in our own veggie garden onsite each season, growing a variety of different foods, with successful delicious results!

Happy customers absolutely love using Clean & Green Soils, gloating about how full, healthy & delicious their veggies from their own gardens look and taste, just from using our soil!

Try our compost soil in your garden!

If you're interested to know more, send an enquiry online today!

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



**Clean & Green  
Organics**



Written & Produced by Gabby Mastroianni  
Published by Clean & Green Organics Pty Ltd

**Vol.3, No.1, Autumn 2022**

## REFERENCES:

Australian Government, 2017, National Food Waste Strategy: Halving Australia's Food Waste by 2030, November 2017, <https://www.awe.gov.au/sites/default/files/documents/national-food-waste-strategy.pdf>

Australian Government, 2020, Recycling & Waste Reduction Act 2020, No.119, Federal Register of Legislation, <https://www.legislation.gov.au/Details/C2020A00119>

Australian Government, 2021, Tackling Australia's Food Waste, DAWE, <https://www.awe.gov.au/environment/protection/waste/food-waste>

Australian Government, 2021, 8 things to work on in your garden this autumn, Good Living South Australian Government, <https://www.environment.sa.gov.au/goodliving/posts/2017/02/autumn-gardening-tips>

Buchanan, K. 2017, Tomato Waste at Rotten Levels as up to 84% of crops left in the field due to supermarket demands, ABCNews, <https://www.abc.net.au/news/rural/2017-10-13/high-levels-tomato-waste-supermarket-demands/9044480>

DAWES, 2020, National Waste Report 2020, Blue Environment, available at: <https://www.awe.gov.au/sites/default/files/env/pages/5a160ae2-d3a9-480e-9344-4eac42ef9001/files/national-waste-report-2020.pdf>

Dudman, P. 2017, How to Grow: Citrus, SBS, <https://www.sbs.com.au/food/article/2012/09/06/how-grow-citrus>

Food Bank, 2021, Food Waste Stats, <https://www.foodbank.org.au/food-waste-facts-in-australia/?state=nsw-act>

Food Bank, 2021, Foodbank Hunger Report 2021, <https://reports.foodbank.org.au/foodbank-hunger-report-2021/?state=au>

LovetheGarden.com, 2022, Growing & Caring for Citrus Trees, <https://www.lovethegarden.com/au-en/article/growing-citrus>

OzHarvest, 2022, Food Waste Facts, <https://www.ozharvest.org/food-waste-facts/>

Syeda, A. 2022, 24 Delicious Citrus Fruits You Should Definitely Give a Try, blog post, <https://www.stylecraze.com/articles/citrus-fruits-you-should-definitely-give-a-try/#ListOfCitrusFruits>

Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!

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

**Clean & Green Newsletter** editions are released seasonally.

