

# Reducing single-use plastics in the garden

Growing your own food is a great first step to significantly reducing your consumption of single-use plastics.

There are many simple and cost-effective ways to reduce single-use plastics in the garden. And remember - if you can't reduce, your next best option is to re-use!

Here are some ideas to get you started.

## *Swap this...*

Plastic seed trays

Plastic pots when buying new seedlings

Plastic bags (potting mix, soil, mulch, compost)

Plastic bottles from fertilisers and pesticides

## *For this...*

DIY seed pots made from newspaper, egg cartons, toilet rolls or egg shells. Label using wooden popsicle sticks or spoons.

- Reduce the need to buy new seedlings by growing from seed
- Propagate your own plants
- Participate in a local seed or crop swap
- Reuse or return plastic pots to nursery

Make your own compost or source soil and mulch directly from a garden centre.

- If possible, source organic fertilisers e.g. manure, worm castings.
- Convert to natural pest remedies and save buying new pesticides.

For more edible gardening resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)

