

Grow Lightly South Gippsland – Organic fruit and veg box distribution



The idea for Grow Lightly came from a belief that it is important to make really fresh food available at affordable prices in a way that recognizes the environmental cost of food production and supports local growers.

What's the system?

- You place your order - \$24 per box - at the start of each month (you can order one a fortnight or one a week depending on your needs).
- Your box will contain a combination of fruit, vegetables, nuts and herbs.
- The contents of the box is dependent on what is currently in season and available locally – so there is no system of ordering specific foods – you are given what is available and then plan your meals accordingly. The aim is to include the biggest variety possible each week.
- The food in the box is either certified organic, or grown according to the principles of organic agriculture.
- The boxes are packed each week by the principal growers who are paid for the produce they contribute at the end of the 4 week period.



How do I sign up?

There are currently a number of pick up points spread across South Gippsland.

Find more information and contact details at the Grow Lightly website

www.growlightly.com.au

Why sign up?

- You will be supporting the local economy and providing support directly to the growers by cutting out the middle man.
- You will be eating the freshest fruit and veg without consuming any chemicals.
- You will be reducing the greenhouse gas emissions associated with your food – supermarket produce will usually have travelled long distances to get from the grower to you.