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Every seed I plant is
a wish for tomorrow
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Main Findings & Key Messages

01 Edible gardening was a source of good food for those who need it most

Households growing more than 30% of their own food by income (n=924)

45%
Under \$50k

15%
\$75k-\$99k

10%
over \$150k

16%
\$50k-\$74k

14%
\$100k-\$150k

03 Gardening contributed a sense of focus and reduced anxiety for many

How important was edible gardening during COVID-19? (n=8597)

2%
Not so important: I
could take it or leave it

17%
Somewhat important:
I like gardening but it's
not essential

19%
Extremely
important: I
couldn't have
made it through
without my
garden

62%
Very important: Being able
to garden during this time
has meant a great deal

05 The abundance of the garden is a source of sharing and connection

What have you done with the food you've grown in 2020? (n=8662)

93%
Consumed
immediately
within the
household

74%
Shared with
family and
friends

48%
Preserved for
future use

21%
Swapped with
others

5%
Other

3%
Sold it

3%
Donated for emergency
food relief

“
Single income, family of
four with one being an
adult with a disability and
not working. No choice but
to grow food but to make
the budget work and eat
well. We never eat out. We
are self-sufficient in all
vegetables and most fruit.”
Low-income experienced female
gardener, Anglo-Australian,
55-64, Warragul Vic

02

Edible gardening is very important to mental health

To what extent have your
gardening activities resulted in
improved mental health and
wellbeing? (n=8642)

34%
Significantly - gardening
makes me feel relaxed,
less stressed and
anxious and happier

3%
Very little - gardening
makes little difference to my
levels of relaxation, stress,
anxiety and happiness

38%
Greatly - gardening makes me
feel much more relaxed, less
stressed and anxious, and happier

23%
Somewhat - gardening
helps with relaxation,
stress and anxiety

04

Edible gardening contributes to diverse and healthy diets

What kinds of food have you grown
during the COVID-19 pandemic?
(n=8925)

97%
Vegetables

66%
Fruit

28%
Eggs

“
It's very satisfying being able to supply
pretty much all of the vegetables we
consume in the house. [...] I've realised
we've actually saved a lot of money on
food....[W]hat has shifted throughout
the pandemic is that growing my own
food was once something I had to put a
lot of thought and effort into. It is now
second nature and the new normal.”
Low-income female gardener, Anglo-Australian,
25-34, Warrandyte Vic

“
It has meant we didn't need to shop as frequently
reducing our risk of virus. We have eaten a more
vegetable-based diet. We have plenty to share and
swap locally which has increased feeling of
community even when we had to socially distance.”
Low-income experienced female gardener,
55-64, peri-urban Adelaide

“
I'm so glad someone is recording this awakening. I feel that it keeps me in touch with the
basis of our existence. It reminds me that the complexities of life can sometimes just require
observation and interaction. It reminds me that the graciousness of life is abundant.
These are qualities learnt in a garden.”
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