

## Ken and Macky's garden

**November 2014**

Ken and Macky live across the road from Dean and Melanie in Stonyfell. They'd been watching and admiring the backyard transformation going on at their neighbour's house and decided they needed a little bit of help to get their own veggie garden happening.

Like so many others we talk to, Ken has deeply nostalgic memories from his childhood of eating luscious fruit picked straight from the tree. Even after 50 years, he can still smell and taste that peach! Sadly, today's fruit from the supermarket pales when compared to the texture and flavour of the fruit we ate 50 years ago (we're showing our age now)

What is it about picking our own food and eating it fresh that resonates so harmoniously with our organic bodies and natural instincts? 'Grow your own and feed your soul' is more than just a byline for Vital Veggies, it's a vision we share with many others for a healthier society.

So in November, we installed 2 long garden beds for Ken and Macky along the side of their house, and then surprised Ken with a complementary white freestone peach tree (which he planted with a lovely big smile on his face). Referring to the back yard garden bed, Roger remarked that it was the first time he'd ever installed a garden bed with a beard (see the Mondo grass in the image below).

The peach tree is positioned at the end of the garden bed and as it grows, we'll espalier it up and across the trellis.

