

Spinach, Strawberries and the Sekhons



Belle Henderson, Laura Gillard, Lili Burgess,
Lily Hansford, Sophie Burke, Grace Butlin,
Ellie Zilberman and Ravnit Sekhon



Albury Public School

Creative Catchment Kids

Creative Catchment Kids is an initiative of the Murray Darling Association and Wirraminna Environmental Education Centre. It aims to improve engagement between the Local Land Services and school students by providing opportunities for positive and authentic ventures that encourage students to develop creative solutions to agriculture and natural resource management issues.

Wirraminna Environmental Education Centre

The Wirraminna Environmental Education Centre is located in Burrumbuttock, north of Albury in southern NSW. Since 1995, the centre, which is adjacent to Burrumbuttock Public School, has provided opportunities for discovery and learning about the natural environment, the ecology of the local woodlands and the beauty of native plants. www.wirraminna.org

Murray Darling Association

The Murray Darling Association has membership of over 100 Local Government councils in the Murray-Darling Basin, as well as community groups, businesses and individuals with an interest in ensuring that the Basin continues as a valuable asset for all Australians. Since 1950, the Association has initiated various school and community education programs on managing the Basin's land and water resources. www.mda.asn.au



Enviro-Stories is an innovative literacy education program that inspires learning about natural resource and catchment management issues. Developed by PeeKdesigns, this program provides students with an opportunity to publish their own stories that have been written for other kids to support learning about their local area. www.envirostories.com.au

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Teacher: Penelope Power

School: Albury Public School

Local Land Heroes

In 2014, students involved in the **Creative Catchment Kids** program researched and wrote stories about 'Local Land Heroes' - people, businesses or industries who contribute to productive agriculture and healthy environments along the Murray and Murrumbidgee rivers. The program was generously funded by Murray Local Land Services and Riverina Local Land Services.

Local Land Heroes acknowledges the United Nations
2014 International Year of Family Farming.
www.fao.org/family-farming-2014/en/



Local Land Heroes is part of Enviro-Stories, a Peekdesigns education program.



Local Land
Services
Murray



Local Land
Services
Riverina



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Our Albury ‘Local Land Heroes’ are the Sekhon family (Amritpal, Paramjeet, Ravnit and Jagjeet) and their produce store “Fresh Fruit and Vegetable Market” in Lavington. This store sells delicious fresh fruit and vegetables to people all over the border. The Sekhon family makes sure they have the best quality fruit and veggies on their shelves every day!



Ravnit's family is from India. They moved to Albury, Australia because they wanted to live a better life. Her dad, mother and brother moved to Australia first, leaving Ravnit with her mum's friend. They liked Australia so much that they invited Ravnit to come to Australia too. The Sekhons chose Albury because of its friendly people and safe environment.

Ravnit's parents wanted to open a fruit and vegetable store and be active members of the local business community. The Sekhons are all vegetarians. In the Sekhon family there is Param (mum), Amritpal (dad), Ravnit (herself) and Jagjeet (brother). The Sekhons enjoy running their store because it allows them to meet lots of people.



You will find the Sekhon's "Fresh Fruit and Vegetable Market" at 317 Urana Road, Lavington.

When customers come into the store, they select the fruit or vegetables they wish to purchase. Most of the produce selected is weighed and the customers are charged according to the weight of the produce. Ravnit often helps in the store. Ravnit's family pride themselves on the quality of the fruit and vegetables they sell fresh every day.



The Sekhon family gets produce from Melbourne. Mr. Sekhon goes there every Wednesday morning. Mr. Sekhon buys produce from Melbourne Markets. But it is not just fruits and vegetables that Mr. Sekhon purchases. The Sekhon family sells a large variety of other items like herbs, Indian food, hot and cold chips and even household items like toilet paper.



Mr. Sekhon then transports the goods back to Albury on a large truck that can hold twelve pallets upwards; two pallets wide and eight pallets long. The Sekhons own the truck which saves them the hassle of hiring one. The fruit and vegetables are stored in a cool room because they need to stay fresh. The other goods are put directly into the store.



Fruit Salad Recipe

Recommended fruit

Watermelon, Rock melon, Grapes, Pineapple, Strawberries, Bananas, Apple, Orange and a dollop of yoghurt for extra flavour.

Method

Cut fruit up into small bite-sized pieces and put them into a bowl or dish. Serve with a little bit of yoghurt. Eat fresh. Yum!

All of these ingredients can be found at the Sekhon's "Fresh Fruit and Vegetable Market".





Some of the items sold in Ravnit's family store are fruits like apples, pears, oranges, bananas, rock melon, watermelon, pineapples and vegetables like carrots, potatoes, onions, snow peas and corn. They sell ice-cream, hot and cold chips and grocery items like toilet paper, sauces, rice, pasta, flour, biscuits, lollies, herbs (mint, basil, coriander), soft drinks and dried fruits.



Experts say that we should have five servings of fruit and vegetables every day. At the “Fresh Fruit and Vegetable Market”, you will find super fresh produce that is ‘Yummy for your Tummy’! The sweet smell of fresh radishes and raspberries fills the air when you enter their market. Ravnit and her family definitely know how to please fruit and veggie lovers with their delicious fresh produce.

Ravnit's family members all have very important jobs to do. Everyone in the family helps out in lots of different ways. They all enjoy greeting and serving their customers.





The Sekhon family and their produce store is a great place to visit for all your fresh fruit and vegetable supplies. Ravnit's family members are our Local Land Heros, providing the local community with freshly grown Australian fruit and vegetables.



Back: Belle Henderson, Sophie Burke, Ravnit Sekhon and Laura Gillard
Front: Ellie Zilberman, Grace Butlin, Lily Hansford, Lili Burgess
and Sophie Burke

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