



## Who is Mette Forum?

Mette is a Danish graphic designer, garden enthusiast, and nature lover.

## Why am I publishing an Almanac in Tasmania?

It was in Tasmania that I established my first kitchen garden, and growing vegetables has been an important part of my life ever since. The Almanac is a tribute to Tasmania and those who inspired me to follow the path of self-sufficiency.

More than 25 years ago, I lived and studied in Tasmania where I met a group of friends who grew their own vegetables inspiring me to start my first veggie patch. 7 years later when I returned to Denmark, I immediately established a kitchen garden with backyard chickens.

Back then people in Denmark shook their heads at me because more often than not their gardens were green lawns with ornamental plants, and it seemed no one had thought about growing their own vegetables. Today, it's quite common to have a few raised beds with vegetables and a chicken coop with a couple of hens in the garden.

Thanks to those early days I now cultivate a large food garden and help people plan and establish their own. You can follow my gardening journey, get inspiration, recipes, and advice on Instagram @mettesgardenplan.

Because much of our produce in Denmark is sourced throughout Europe, I felt it was important that people in Denmark knew when our local food could be harvested. So, in 2023 I published an illustrated Seasonal Calendar, showing month by month when vegetables, herbs, berries, fruit, and edible flowers are harvested in Denmark.

Then in 2024, I worked collaboratively my old Tassy friends to publish The Almanac – a sowing guide for cool climate food gardens in Australia. This is a tribute to Tasmania and the people who inspired me to follow the path of self-sufficiency.

I feel both Tasmanian and Danish and so it is only natural to be present in both places.

