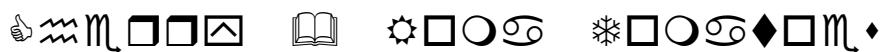


Growing Vegetables!

by Raewyn Stinson



- ❖ Can be grown in garden beds or pots.
- ❖ Keep young seedlings in part shade. Older plants can grow in full sun or part shade.
- ❖ Likes moist well drained soil (mulch will help keep soil moist).
- ❖ Fertilise about every 6 weeks for continuous tender growth.
- ❖ When harvesting, try not to pick more than a third of the plant at a time.
- ❖ Healthy parsley plants will usually last 1-2 years.
- ❖ If left to flower and seed, seedlings will often come up in spring and autumn.
- ❖ Parsley is extremely high in available nutrients.
- ❖ One of the richest sources of vitamin C. Three sprigs of parsley have about as much vitamin C as a small orange.
- ❖ Very high in minerals such as iron, calcium and zinc.
- ❖ Vitamin C is destroyed by cooking, so throw finely chopped parsley into dishes such as soups, rice, pasta, curries, steamed veggies after they've finished cooking (just before serving).



- ❖ The cherry tomato is a vine that can be tied to stakes or wire, or can be left to scramble on the ground.

- ❖ The roma tomato is a bush variety and doesn't need staking.
- ❖ Both cherry and roma tomato bushes can be grown in large pots or in garden beds.
- ❖ Grow in a sunny spot.
- ❖ Add fertiliser to garden beds when planting, and then about every 6 weeks.
- ❖ Tomatoes also love compost or manure added to the soil when planting.
- ❖ Keep soil moist for juicy fruits (mulch is excellent).
- ❖ Tomato plants will finish when the weather gets too cold.
- ❖ Fresh picked tomatoes are extremely high in both flavour and nutrients – great for kids to pick and munch!



- ❖ Can be grown in pots or garden beds.
- ❖ Grow in a sunny spot.
- ❖ They like well drained soil.
- ❖ They love some garden lime (dolomite) or fire ash added to the soil (to make it more alkaline), but will manage without it.
- ❖ Fertilise about every six weeks.
- ❖ They last about 1 to 2 seasons.
- ❖ Onion tops are delicious sliced and added (just at the end of cooking) to many meals such as potato dishes, egg dishes, soups and broths, sauces, casseroles, stir fries and fried rice.
- ❖ Whole onion plant can be pulled out to use the white stems once they are at least about pencil thickness.
- ❖ High in vitamins and minerals such as calcium. They also have anti-viral properties.

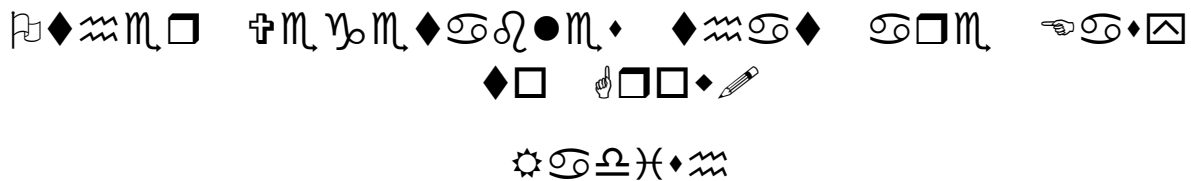


- ❖ Cucumbers are a vine (the Lebanese cucumber is often called a bush because it's the smallest vine). They can be left growing on the ground or be encouraged up wire. They can also be grown in large hanging baskets or large pots and just left to trail out.
- ❖ Grow in sun or part shade.
- ❖ Keep moist for juicy fruits (mulch).
- ❖ Fertilise about every 6 weeks.
- ❖ Pick cucumbers before they get too large (and their seeds get big and tough). Cucumbers can be picked as small as you like – the younger the sweeter.
- ❖ Cucumbers need bees to pollinate them (you'll notice some flowers are on thin stems, and others have tiny fruits beneath them – these need to cross-pollinate).
- ❖ Very high in minerals and vitamins.
- ❖ Bush Beans
- ❖ Only keep bean seeds very lightly moist until they germinate (if they're too wet, the seed might rot). Once you can see them, keep them moist. If you get your own seed, you can just plant the seed directly in the soil where you want to grow them – soak them really well once, and then don't water until they emerge.
- ❖ Separate seedlings to plant out when their third leaves are out (approximately).
- ❖ These types of beans are bushes that get about 40cm high (rather than the usual vine/runner varieties), so they don't need staking.
- ❖ They can be planted in pots or gardens.
- ❖ Grow in full sun.
- ❖ Fertilise about every six weeks.
- ❖ Keep the soil moist (mulch if in garden beds).
- ❖ The more beans you pick, the more beans it'll produce. If the beans aren't picked, the plant won't bother producing more.

- ❖ Healthy plants will last 1-2 seasons.
- ❖ Pick beans when pods are young (before the seeds inside have started to swell too much). Older beans can be sliced thinly for soups and casseroles.
- ❖ Young freshly picked raw beans are very sweet, crunchy and juicy!
- ❖ High in minerals and nutrients.



- ❖ Peas are very fast to grow and produce!
- ❖ Separate seedlings once third leaves are showing. (If you get your own seed, you can just plant the seed directly in the soil where you want to grow them).
- ❖ Snow peas are vines, so they either need to be encouraged up some wire (they don't need to be tied because they'll hang on to the wire by themselves), or they work quite well in large hanging baskets.
- ❖ Snow peas sometimes won't set very well in really hot weather (they grow really well in autumn and winter), so to grow in summer find a position where they get a bit of light shade during the hottest part of the day. Hanging baskets are great for this because they can be put on a veranda/awning/tree where they'll get morning sun and afternoon shade.
- ❖ Keep soil moist, so mulch garden beds. If using hanging baskets have a look for the self-watering types (makes watering so much easier!).
- ❖ Like beans, the more peas you pick, the more the plant will produce.
- ❖ Once you taste your own fresh picked raw snow peas, you'll never want to buy them again. They're so much better!



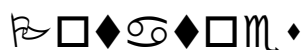
- ❖ Radishes are super fast and easy to grow.

- ❖ They can be planted all year.
- ❖ If you or your children don't like the hotness, choose the long carrot-shaped varieties, and peel them before eating. It's only the skin that's hot, and the white crunchy flesh is quite sweet and juicy, and still has plenty of nutrients.
- ❖ Sow the seed directly into the soil where you want to plant them.
- ❖ Keep the soil moist for juicy radish.
- ❖ Fertilise lightly once while still young (too much fertiliser will mean really big leaves and hardly any root!).



- ❖ Salad greens include veggies such as lettuces, salad rocket and Asian greens (e.g. tatsoi, bok choy, pak choi, mizuna).
- ❖ They only take a few weeks before you can start picking them (try not to take more than a third of the plant at a time).
- ❖ They can be grown in pots or garden beds.
- ❖ They can be grown all year, but are easiest to grow in autumn, winter and early spring (when it's not too hot).
- ❖ If growing in the cooler part of the year, plant in a sunny spot.
- ❖ If growing during summer, put them in well lit shade. Heat makes them go to seed quicker, but if you feed them really regularly (about every 3-4 weeks), and don't let them dry out (so mulch well), they'll last much longer.
- ❖ Loose hearting varieties of lettuce (e.g. mignonette, frilly, coral, etc) are easiest to grow in summer. You can often buy mixed punnets of these, which gives you variety and colour for great salads. If you love your icebergs, grow them in the cool-cold weather.
- ❖ Asian greens are really high in vitamins and minerals, and add extra colour, texture and flavour to salads. Pick small leaves, and try them added to salad at about 1 part Asian greens to 3 or 4 parts lettuce.

- ❖ Asian greens might get some caterpillars in summer (they don't in winter). Get the kids to pick them off and squash them, and see the natural pest control section in the gardening tips.
- ❖ Asian greens are also great chopped and added to stir fries in the last minute of cooking, or chopped into soups and casseroles.



- ❖ Those old potatoes in the bottom of the pantry are perfect for planting!
- ❖ Freshly picked and steamed potatoes are much nicer (creamier and tastier) than bought potatoes, and haven't lost any of their nutrients through storage.
- ❖ Leave the skin on as often as possible as it has the most nutrients (and isn't tough when freshly picked).
- ❖ Nicola potatoes (white skin and golden flesh) are one of the best for potato salads (they don't mush up and have fantastic flavour and high nutrients).
- ❖ Simply bury the potato about 20cm (6-8 inches) beneath the soil surface. Shoots will emerge. As their tops grow larger, pile up soil or mulch around the plant so that only the tops of the plant are showing. This is done because potatoes will grow off the stems if the stems are covered - so you'll get lots of potatoes.
- ❖ Young potatoes can be picked by 'bandicooting' around the plant - just pull out the ones that feel about the right size. You can start when the plants are about 6 weeks old (this will reduce how many kilograms of potato you get from each plant).
- ❖ When the tops die, you can dig up all the potatoes. Or if you leave some in the ground, they'll usually regrow when the weather's right.
- ❖ Potatoes will grow at any time that it's not too cold, so sometimes if it's a mild winter they'll grow all year.
- ❖ Potatoes will grow best in a sunny spot (but they do quite well in part shade too).
- ❖ They'll produce best with some compost or manure added to the soil, or used to mound up around the plants as they're growing.
- ❖ Fertilise about every 6-8 weeks and keep moist.

- ❖ Most zucchini and squash varieties are more like bushes, and take up much less room.
- ❖ All cucurbits are quite resistant to dry weather and need less water than other veggies (especially if mulched). However, if they can be kept moist they'll produce a larger crop.
- ❖ I've seen pumpkin vines grown in styrofoam veggie boxes filled with compost.
- ❖ Seeds can be planted directly where you want them to grow.
- ❖ Pumpkins are best to pick when their stalks have started to turn brown. They will keep longest if stored on their side. Pumpkins like butternut and Japs will keep for about 2-3 months, and Queensland blues and Jarrahdales will keep much, much longer.