

# Growing Food Newsheet



Jan- Feb 2016



## Community garden workshop-

Thursday 18<sup>th</sup> Feb

11am to 1pm piyura kitina (Risdon Cove).

## Preparing your Autumn garden

Find out what to plant at this time of year, how they grow best, saving your own seed and how to get the most out of your vegie garden. Take some garlic home to plant. Let us know if you'd like to come along.

## kipli cultural on lutruwita at this time of year



### kanikung

kanikung is found along the coast. The flowers are pink-purple and the reddish fruit is eaten and is sweet, salty and soft. Our old people ate the fruit and leaves raw and also cooked the leaves.



*Peter digging up pink eye potatoes just before Christmas. There was quite a big crop this year with two beds of potatoes planted.*

## What to plant at this time of year- from the Peter Cundall guide

### What to plant as seedlings in Jan

Broccoli, Brussel sprouts, cabbage, capsicums, cauliflower, celery, cucumber, eggplant, leek, lettuce, parsnip, pumpkin, silver beet, late sweetcorn, tomato

### What to sow from seed in Jan

Beetroot, broccoli, Brussel sprouts, winter cabbage, kale, carrot (main winter-spring crop), kohlrabi, spring onion, silverbeet, late swede, turnip, lettuce (chill seed first in fridge), late sweetcorn

### What to plant as seedlings in Feb

Seedlings of broccoli, Brussel sprouts, winter cabbage, kale, cauliflower, celery, leek, lettuce, silver beet and spring onion

### What to sow from seed in Feb

Broccoli, carrot, cabbage, cauliflower, late Brussel sprouts, leek, turnip, late swede, beetroot, Chinese brassicas, Asian roots, parsnip and silverbeet

# Growing our own vegies.....



## Andry, Michelle and family

*"Zucchini are the most bang for your buck- they're like a superplant. I've never seen anything grow so fast. One day it's the size of your pinky and the next it's "you'd better pick it before it takes over your garden". The kids love it."*



## Wendy

Wendy and Lois in the pumpkin patch...  
*"Grow your own. It's cheaper, healthier and you know what goes into it."*

## Watering- how and when is best

- Organic matter helps soil hold water and provides a good environment for soil organisms. It also helps plants obtain the nutrients they need to grow. So add some compost to your soil to get better value when you water.
- To find out how much you need to water in a particular area, 15 mins after watering, dig down and see if water has gone down to at least 20cm. You only need to do this once to know for that area.
- Make sure you water your plants deeply. They are then less likely to need watering as frequently. This can help save water in the long term. Make a swale (a bit like a crater) around the plant so that water collects at the base and soaks deeply.
- Mulching your vegie garden helps keep moisture in. The mulch needs to be something that breaks down easily, like coarse compost, hay, pea straw or a mixture of these.
- Early morning, late afternoon, and early evening are usually best for watering. Less water evaporates at these times. However, if a plant is wilting and obviously dry and it is hot, water it. Avoid watering the leaves in the late evening if you can- it can encourage disease like mildew.
- It is best to keep the soil around your carrots and cabbages at a consistent moisture level. Drying out heavily between watering can lead to splitting of these vegies next time they are watered. In fact, it's important to be consistent with watering for all vegies.

For more information on watering, go to the **Watersense Gardening** section of the Botanical Gardens website



*Our huge carrot garden bed at piyura kitina was a hit. The children at Playgroup were picking carrots for many weeks. You can sow carrots from seed between Jan and March.*

## Interested in a Horticulture course?

Contact Jan Langridge at Aboriginal Training Programs on 61655803 to find out about doing a certificate course in Horticulture.

## Public fruit tree map

A map of fruit trees in public areas is available online. Having a map like this allows people access to free fruit in the community and helps reduce fruit rotting on the ground and improve the health of the trees. Only pick fruit where it is safe to do so, wash it first and leave some for others! Go to [fallingfruit.org](http://fallingfruit.org) and type in 'Tasmania' for the map.

