

VEGETABLE AND HERB GARDEN

Beginners guide

MAKE A PLAN



Draw a rough plan with measurements of your space. It's a good idea to consider existing plants, drainage, sunlight and any existing or proposed structures. Vegetable gardens can be pretty; you don't have to hide them away in the back corner of your yard.

Soils in urban environments may contain contaminants. A best practice recommendation is for produce to be grown in containers or in raised bed, built from non-chemically treated wood or other safe materials.

It's best to begin your vegetable and herb garden in a sunny, small area and increase its size gradually.



MAINTENANCE



Consider what to grow and when

Have a think about what vegetables/herbs you want to plant, as some may need more or less space.

Have a look at a seasonal planting calendar to understand when different varieties need to be planted.

For easy, fast growing vegetables try radish, lettuce, spinach, bok choy, sugar snap peas, beans, cucumber and zucchini for some fast food, garden style!



Planting

- Prepare your garden bed by top dressing the soil with compost or worm castings, and working these into the garden.
- Water the bed and allow at least a week for any weed seeds to germinate, turn them before planting your vegetables.
- Planting from seed is always a cheaper option. Choose non-hybrid varieties and follow the directions on the packet.
- When planting be sure to follow direction on the seed packet. If planting plants from pots, dig a hole twice the size of the pot and incorporate some compost with the existing soil.
- Mulching your garden will help to keep moisture in your soil and keep the weeds down.



Watering

- Water your plant at well-spaced intervals around the plant's drip line (this is the area under the plant's canopy). Try not to water the foliage.
- Always water in the coolest part of the day, and consider using drip irrigation to save water.



Fertilising

Compost and worm castings are the most sustainable option. If you don't already recycle your garden and kitchen waste why not start composting or worm farming now. This free organic fertiliser could be the key to your success!

GROW WITH YOUR GARDEN



Learn from your successes, failures and trial new ideas. Combat pests with natural remedies like garlic spray or companion plants. Nurture the biodiversity of your backyard by avoiding harmful herbicides and pesticides, research the safe alternatives and reap the rewards.