

GGGYO 2014 Almanac - This Is The Year That Was

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ABOUT US

The 2014 *Grow, Grow, Grow Your Own* Workshops Program

2014 was the second year that our group – drawn from Sustainable Communities SA Unley members – had received a generous grant from Unley Council to encourage the community to grow more of their own food.

Our reason for embarking upon this program is based on the following:

- the growing and transportation of food is one of the major consumers of energy in our society. By growing more of our own we reduce our overall energy consumption
- as climate change progresses, there will be an impact on the ability of our existing food systems to produce as much food. By growing more of our own, we build up our food security
- by 2050, the world's population is predicted to grow from its present 7 billion to 9 billion. Given a finite stock of land and water on our planet, the cost of food is likely to rise, also placing more pressure on food security
- by growing more of our own food, we are able to choose heritage varieties of plants, and support the genetic diversity of productive plant species. We believe that maintaining this biodiversity is essential to a sustainable future
- growing food locally can strengthen community connections – we share experiences, seedlings and excess food.

The 2013 project had focussed on providing starter kits – comprising planter boxes, seedlings, soil and fertiliser – to over 60 members of the community. Feedback from those who took part was very positive and most participants said that they would value regular workshops on topics related to growing food locally.

Our 2014 program of workshops was tailored to needs of gardeners at varying times of the year:

- February: pest control, using organic methods
- April: growing in pots, vertical gardens and raised garden beds
- June/July: pruning fruit and nut trees
- August/September: growing from seed
- October: plant propagation and perennial vegetables.
- October: plant propagation and perennial vegetables
- November: growing bush foods.

As the series of workshops progressed, numbers of attendees grew – from around 30 for the February workshop, 35 in April, 100 (over two sessions) in June, 100 (over two sessions) in August/September, and 65 in October. A figure of 50 was projected for November. Growth in numbers was due to the influence of articles in the *Eastern Courier* and to our growing database of participants. In future, we will probably restrict each session to around 40 people, to ensure that every participant has an opportunity to ask questions pertinent to their situation.

Each workshop session began with a Question and Answer session. This helped us all to clearly understand the issues that each gardener was dealing with and to focus presentations on practical solutions. In this booklet, we have included material from each of the sessions that we ran, including some of the photographs of workshops.

Associated with the workshops program, we worked with Unley Council to identify sites where raised garden beds might assist low-income groups. One such site was developed in 2013 (and updated in 2014) and a further site was developed in 2014.

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Council also involved the group as a stakeholder in several developments of parks and public land in Unley. We encouraged Council to include productive plantings of fruit and nut trees in their planning and are delighted to see that these ideas have been taken up.

We feel greatly encouraged by the community response to the workshops program and Unley Council's commitment to funding food-growing projects. Expect to see more of us in 2015.

Team Members

Ashley Campbell
Peter Croft
Vince and Vivian Curro
Jenny Macintosh
Pauline Muir
Russell Talbot
Anne Wharton
Anne Wilson
Pat Wundersitz

with the generous assistance of Steven Hoepfner, Diggers, Mitre 10 Unley, SA Composters and Sustainable Communities SA.



WORKSHOP: Organic Pest Control

Saturday, 22 February 2014 2- 4pm

Unley Community Centre, Arthur Street Unley

Attendance: around 30

This session opened with a Question and Answer session which revealed the impact that pests had had on vegetable gardens over the summer. Anne Wilson then focussed on growing strong vegetable plants using organic means, and utilising organic or physical methods to prevent or respond to insect attack. Suggested methods included physical barriers (such as netting), use of water to dislodge aphids, milk to deal with powder mildew, physically removing insects from plants and a limited number of organic chemical approaches.

The session concluded with a home-baked afternoon tea and informal networking amongst participants.

Newsletter/Flyer

Grow, Grow, Grow Your Own January 2014

This newsletter describes the recent gardening kits project - funded by an Unley Council grant - in which 60 growers took part.

For those who participated as growers, we hope that you enjoyed the experience and have been able to eat some of your own food.

About the kits: Each kit contained four portable garden planter boxes, organic potting soil, fertiliser, organic seedlings and seeds – including herbs, tomatoes and lettuce.

What worked? Most growers said that tomatoes, basil, lettuce, silver beet/baby spinach, spring onions/chives, asian greens and parsley grew really well.

Almost everybody had problems with peas, and a number of people said that the kale was a “pest magnet”. One of the growers has given us pictures of their vegetables.



What would have helped you be more successful? Three things were mentioned most:

- advice on pest control - especially caterpillars.
- plant identification guide - so that you knew what each plant was.
- advice on container size - some felt that bigger/deeper pots might have worked better for tomatoes.

What are you interested in next?: most growers said that their success with the gardening

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kit had encouraged them to keep on growing vegetables – either in the planter boxes, in raised garden beds or directly in the ground.

They said that they would like to have regular workshops – perhaps every two months – to help answer questions. Lots of topics were suggested: organic gardening, pest control, raised garden beds, general gardening skills, pruning, seed saving, growing seedlings from seed, fertilisers, understanding soils (e.g. acid versus alkaline), growing in tubs, growing herbs, establishing a vertical garden and talks by experts on specific topics.

"Sample gardens", "demonstration days" and swaps of excess produce were also suggested.

Our plans

Based on your feedback, we plan to start workshops, every two months, to help you to grow more of your own food. At each session, we will address your questions (for example, on pests) and have a particular topic – based on the list that you provided to us in your feedback. We will bring experts along to some workshops (for example, on pruning).

We will also have some workshops at one of the four Community gardens in Unley.

We are aiming to make the sessions free of charge – and will be applying for an Unley Council grant to cover some of the costs in 2014.

Our first workshop will be on Saturday 22 February 2014 at 2.30pm at the Unley Community Centre, 18 Arthur Street, Unley. The topic will be pest control – organically.

The second workshop will be on Saturday 12 April 2014 at 2.30pm at the Clarence Park Community Centre, 72 East Avenue, Black Forest. The special topic will be planting in containers, raised garden beds and vertical gardens.

You are welcome to bring friends and fellow growers to these workshops.

How to contact us?

We are always keen to help with growing your own vegetables. Please contact Anne on 82717957, Ashley on 82976249 or Pat on 0407608345 if you have questions before the next workshop.

Let us know if you have an email address – we can let you know about future workshops without using paper! Contact peter.croft@mmc.com.au and let us know your details.

See you soon!

Sustainable Communities SA – Unley groups

WORKSHOP: Gardening At Another Level

(Growing in Raised Garden Beds, Vertical Gardens, Pots; Wicking beds)

Saturday, 12 April 2014 2-4pm

Clarence Park Community Centre

Attendance: around 35

Anne Wilson led a spirited Question and Answer session focusing on the end of summer/start of autumn's gardening problems. Vince Curro described how to set up a raised garden bed and the use of a layering technique to build up the bed. Anne Wharton discussed her experiences in growing in pots. Ashley Campbell took participants on a tour of the Clarence Park vertical garden and explained its construction and maintenance. Dinali Devasagayam outlined a method for constructing wicking beds and Anne Wilson concluded the session with a roundup of all questions. Then afternoon tea and many discussions!

Messenger (Eastern Courier) Article

Gardeners know no bounds

GROUP'S TIPS ON GROWING FOOD IN YARD

Emmie Dowling

BUDDING green thumbs whose gardening is held back by their cramped backyards can find solace in a local group.

Unley Sustainable Communities has organised a free workshop next week to help people make the most of small outdoor spaces.

The group will talk about growing fruit, vegetables and herbs in raised garden beds, pots and in vertical gardens – walls with pockets of soil for plants.

Group member Peter Croft says growing plants in containers saves backyard space and money at the checkout.

"No matter how much space you have, as long as you have some sunlight for part of the day, you can grow plants," Mr Croft, of Parkside, says.

"It's not cheap to shop at the supermarket and many retirees live on a tight budget.

"There was this whole idea of food security ... as food prices increase many people are unable to cope with that so what we're try-



Anne Wharton, of Malvern, grows a variety of vegetables in her backyard. PICTURE: STEPHEN LAFFER



ing to do is help people grow their own."

Malvern woman Anne Wharton grows herbs, silverbeet, eggplant, spinach and other vegetables in pots.

"The advantages of having them in pots is that you don't have to bend down to tend to them – you can have them on benches and tables," Ms Wharton says.

"You can also move them around in summer when it's very hot and sometimes it's easier to deal with pests.

"I started the garden three years ago because I have two big river red gum trees so my yard sees very little sun, particularly in winter, but there's one position in front

of my shed that does get some sun.

"Even if people just grow the herbs, that would be an advantage because they're very expensive at the supermarket and you can just pick what you need."

The workshop, taken by local experienced gardeners, is at Clarence Park Community Centre, Black Forest, at 2.30pm on Saturday, April 12.

To register, call Peter Croft on 0401 122 547.

Grow, Grow, Grow Your Own – The Year That Was

Newsletter/Flyer

Grow, Grow, Grow Your Own March 2014

Next Workshop: Gardening On Another Level

This workshop is about raised garden beds, vertical gardens and container gardens. The workshop will be held on Saturday 12 April 2014 at 2.30pm at the Clarence Park Community Centre, 72 East Avenue, Black Forest.

Cost: free. Afternoon tea included.

We will have examples of vertical garden components on display plus an example of a vertical garden that has survived the recent 40 plus degrees heat.

We will have a Q and A session too – so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.



The workshops in June, August and October will depend on the interests of you – the growers. Current thoughts include:

- June: pruning fruit trees
- August: growing from seed
- October: perennial food plants

Let us know what you would like covered at the workshops.

You are welcome to bring friends and fellow growers to all of these workshops.

How to contact us?

We are always keen to help with growing your own vegetables. Please contact Anne on 82717957 or Pat on 0407 608 345 if you have questions before the next workshop.

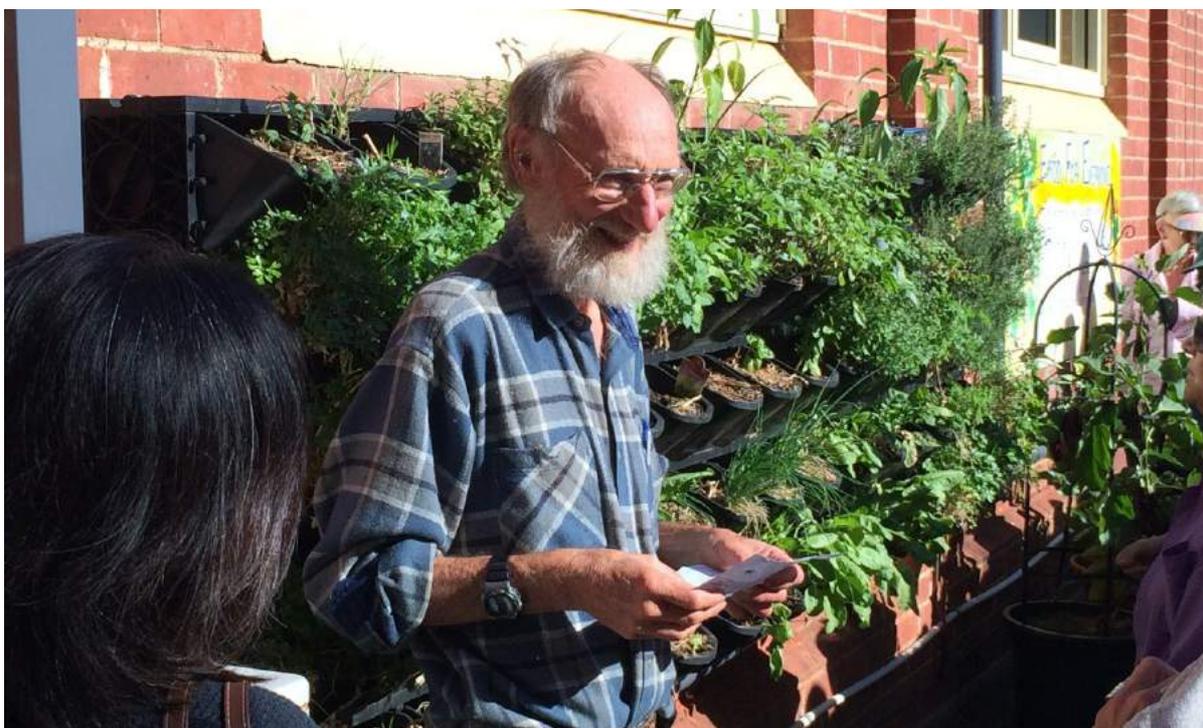
Let us know if you have an email address – we can let you know about future workshops without using paper! Contact peter.croft@mmc.com.au and let us know your details.

See you soon!

Sustainable Communities SA – Unley groups

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Photos



WORKSHOP: Pruning fruit and nut trees (session 1)

Official title: "Fruit and nut trees - growing, pruning and harvesting"

Saturday 21 June 2014, 2.30pm
Morrie Harrell Reserve, Ramage Street, Unley

Attendance: 83

Unley Council generously gave permission for the pruning workshop to be run at Morrie Harrell reserve using a couple of fruit trees at the reserve (planted by the community and Council a year previously).

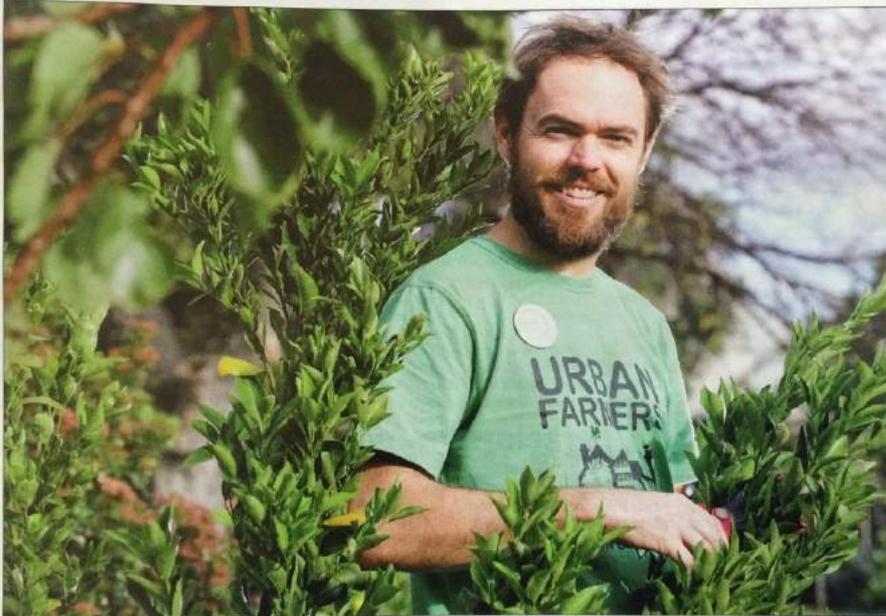
Originally we had hoped to get about 40 participants to the pruning workshop, but over 70 people registered so we set up a second session hoping that this would help those who couldn't get all of their questions answered in the first session or who really wanted to attend but couldn't make the June session. In the end, 83 attended the June session.

Steven Hoepfner explained the tools he used for pruning – and emphasised the importance of cleaning and sharpening tools before their use. He explained the purpose of pruning and the need to remove dead, diseased and dying sections of trees as the first step in pruning. Then to shape the tree, following its natural form, and to cut it to the height required. He demonstrated the pruning technique on an apricot tree at the reserve and took many questions.

Despite the cold day, almost all attendees stayed to the end and most opted to see the pruning task finished rather than break for afternoon tea.

Messenger (Eastern Courier) Article

UNLEY



Pruning tips are fruitful for gardens

HERE is a tip for gardeners with overgrown fruit and nut trees – do not prune in the rain.

Orchardist Steven Hoepfner says pruning fruit trees when it is wet or about to rain is among gardeners' most common mistakes. "When you cut a tree, its sap forms a protective barrier and when it rains, that's washed away, leaving the tree exposed to fungal attacks," Mr Hoepfner says.

He will lead an Unley Sustainable Communities free pruning workshop next week aimed at helping green thumbs grow healthy, high-yield trees.

The workshop will be at Morrie Harrell Reserve, Ramage St, Unley, on Saturday, June 21, 2.30pm.

To register, phone Peter Croft on 0401 122 547.

Orchardist Steven Hoepfner will host a free tree pruning workshop next week. Picture: MARK BRAKE

Grow, Grow, Grow Your Own - The Year That Was

Flyer

Grow, Grow, Grow Your Own June 2014

Next Free Workshop:

**Fruit and nut trees - growing, pruning and
harvesting.**



Steven pruning for espalier

Saturday 21 June 2014 at 2.30pm

at the

Morrie Harrell Reserve,

Ramage Street, Unley

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This workshop is for growers of all levels, who want to grow fruit and nut trees and get a productive crop, and will be conducted by Steven Hoepfner, an experienced orchardist and local garden developer (www.earthright.com.au). The particular focus will be on pruning trees, but Steven can also help with advice on plant choice and planting techniques, as well as shaping and pruning.

The Unley Council has generously agreed for Steven to prune the Morrie Harrell Reserve trees specifically for this workshop.

Cost: free.

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

The subsequent workshops in August and October will depend on your (the growers) own interests. Current thoughts include:

- August: growing from seed and preparing for spring plantings
- October: perennial food plants

So let us know what you would like to hear about. We have a wide range of interested growers, and enjoy sharing our growing experiences.

You are welcome to bring friends and fellow growers to all of these workshops.

How to contact us?

We are always keen to help with growing your vegetables. Please contact Pat on 0407 608 345 if you have questions about growing vegetables and herbs before the next workshop.

Please let us know if you plan to come to the workshop - so we can plan for afternoon tea! Contact Peter on 0401 122 547 or peter.croft@mmc.com.au and let us know your details.

See you soon!

Sustainable Communities SA - Unley groups

Grow, Grow, Grow Your Own - The Year That Was

Photos



Grow, Grow, Grow Your Own - The Year That Was



Grow, Grow, Grow Your Own - The Year That Was

WORKSHOP: Pruning fruit and nut trees (session 2)

Saturday, 5 July 2014 2-3.30pm.

Morrie Harrell Reserve, Ramage Street, Unley

Attendance: 15

The second pruning session was a more intimate affair. Steven covered similar ground to the first session (held in June) then demonstrated the technique on a plum tree at the Morrie Harrell Reserve.

Photos



Grow, Grow, Grow Your Own - The Year That Was



WORKSHOP: Seed-Raising (session 1)

Official title: "Growing vegetables from seed, successfully"

Saturday 9 August 2014, 2.00pm
Unley Community Centre, Arthur Street Unley

Attendance: around 60.

The seed-raising session was timed to coincide with the start of the growing season in approximately September – hence, growing seedlings through August and early September. We researched propagating kits in the months beforehand – and tried out kits from Mitre10, Diggers and Bunnings and a variety of seed-raising mixes. In the end, the best combination appeared to be a Mrs Fothergills kit from Mitre 10, seed-raising mix from SA Composters and seeds from Diggers – all of whom gave significant price discounts to us).

We had budgeted (in our grant application to Unley Council) that we would distribute 40 seed-raising kits as part of this workshop. As the registrations came in, we realised that we would need to provide for much more than 40 people. Fortunately our funding was sufficient to provide for kits for 40 people – each consisting of propagator tray and lid, seed-raising mix, and 4 packets of seeds – and 5 to 6 packets of seeds for each of the remaining attendees. The varieties of seeds chosen included a range of tomatoes, leafy green vegetables, basil, zucchini and beans.

The workshop began with a Question and Answer session led by Anne Wilson. Viv Curro then described the process of growing from seed and highlighted the wide range of low-cost methods for growing from seed – including the use of toilet rolls and other containers. Pat Wundersitz then described the contents of each seed-raising kit and how to get them started. Viv Curro then described how to save seed. This was followed by a further Question and Answer session. Handouts were provided by Viv to participants.

The afternoon tea for this session saw the start of a much longer set of conversations between attendees and presenters. The “formal” part of the workshop is now just over an hour, and the conversations/afternoon tea take it almost to 2 hours.

Grow, Grow, Grow Your Own - The Year That Was

Flyer

Grow, Grow, Grow Your Own

Next Workshop:

Growing vegetables from seed, successfully.



**Saturday 9 August 2014, 2pm
Unley Community Centre, Arthur Street
Unley (opposite Unley Shopping Centre)**

Grow, Grow, Grow Your Own - The Year That Was

This workshop is for growers who want to grow vegetables from seed.

The workshop will be led by Vivian Curro and Pat Wundersitz, experienced seed savers and gardeners.

The first 40 registrants attending the session will receive a seed raising kit. Other attendees will receive some seeds to start their seed-raising.

The Unley Council has generously provided a grant to support this workshop as part of a series of workshops to help the local community grow more of its own food.

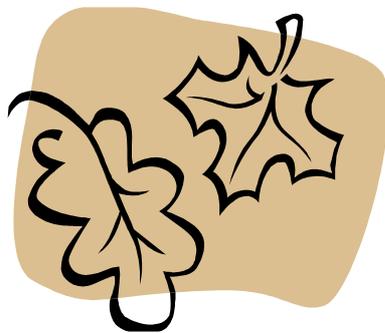
Cost: free

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

The subsequent workshops, in September and October, will include:

- September: a followup session on growing from seed, and planting out seedlings
- October: propagating from cuttings and perennial food plants

Let us know if you have any topics that you would like covered at future workshops.



You are very welcome to bring friends and fellow growers to all of these workshops.

How to contact us?

We are always keen to help with growing your own vegetables. Please contact Pat on 0407 608 345 if you have questions about growing vegetables and herbs before the next workshop.

Please let us know if you plan to come to the workshop - so we can plan for afternoon tea!

Registrations to Peter on 0401 122 547 or peter.croft@mmc.com.au and let us know your details.

See you soon!

**Sustainable Communities SA -
Unley groups**

Grow, Grow, Grow Your Own - The Year That Was

Feedback/Comments

Handwritten comments:

“Fantastic session interested in more please. Please let me know or send an email. Thanks Regards
Lalitha Maheswaran.”

“Excellent mentioning the stores who gave discount. Will support them. Thank you”

Comment from one of the attendees, Dorothy: Dorothy got one of our original kits with the pots, soil & seedlings last year. She commended the group on the workshops and projects we've done - she said that she really appreciates the very practical information and also feels that it fosters a great sense of sharing and also community.

We even made it onto someone's blog! See:

akailyardinadelaide.wordpress.com/2014/08/10/seed-saving

Email from Michael Hewitson:

Subject: Follow-up on Seed Raising Kits (Workshop held on 9th August)

Dear Anne,

I feel very pleased to have learnt what I have from the last session. If I can get away on the sixth I will come, but do not need any more seed raising mix as I have a bag of my own. I can return the kit on the sixth as I will use my own equipment, toilet roles, yogurt containers all producing very good results.

You and your group do a marvellous job in building our community.

Well done and thank you

Michael

**

SUBSEQUENT FEEDBACK:

Hello Anne

I pondered the seed-raising challenge and have found that of all issues, sowing seeds too deeply is the most common cause of lack of germination.

Another point (from probably so many learning curves) is that growing seeds in propagators gives a faster success rate than in an open tray system but also needs a little more care as far as ventilation goes.

Although John Lamb said to plant seeds from mid July, the circumstances would have to be streamed towards consistent warmth and moisture. I water my seed raising kit mix from the base up by inserting it gently in water (e.g. a cat litter plastic tray), and that particular seed raising mix has something that the commercial ones lack and that is nutrients to give the germinated seeds something to draw energy from.

When we score the days of sunshine and after seeds have germinated, I take the lid off by day and replace it for nights.

If any mix is too heavy for seeds, either cover them with peat or include a ratio of it in the mix.

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May the gardeners give it another go if progress is slow. Excellent way to learn.

Happy gardening,

Katie

**

I thoroughly enjoyed "Growing vegetables from seed, successfully" and have put my seed raising kit to good use! (see photo) I have managed to raise a variety of Diggers tomato seeds. Looking forward to the next workshop.



Many thanks to all involved in this wonderful community initiative.

Regards
Amanda Rossi

Grow, Grow, Grow Your Own - The Year That Was

Messenger (Eastern Courier) Article

MILLSWOOD

Pat Wundersitz is hosting a free gardening workshop at Unley Community Centre.



Pat plants seeds of an idea

PAT Wundersitz is sharing her secrets to growing vegetables from seed.

The Millswood woman says it is better to grow your own food in small containers.

"I use yoghurt tubs to keep my seedlings warm and cosy in cold weather," Ms Wundersitz, 73, told the *Eastern Courier Messenger*.

"You just cut off the bottom of the tubs and place them in the dirt.

"Seedlings grow well when you can control the climate and keep pests at bay."

She will lead an Unley Sustainable Communities free gardening workshop next week.

It is aimed at helping green thumbs nurture seed-

lings in small containers. The workshop will be at the Unley Community Centre, Arthur St, on Saturday, August 9 at 2pm.

The first 40 people to register for the event will receive a free propagation kit.

For further details on the event, phone Peter Croft on **0401 122 547**.

Photos



Grow, Grow, Grow Your Own - The Year That Was



Planting fruit trees at Louise Place

Date: 29 August 2014

With our first grant from Unley Council (2013), we had made contact with Louise Place and, based on their priorities, installed 3 raised garden beds and seedlings.

This year, we got feedback from Louise Place as to the types of seedlings that produced the most useful food and, based on discussion, planted a number of fruit trees in the garden and more vegetable seedlings.

Photos



WORKSHOP: Seed-Raising (session 2)

*Official title: **Growing vegetables from seed, successfully***

Saturday 6 September 2014, 2pm- 4.

Unley Community Centre, Arthur Street Unley

Attendance: around 40.

The second seed-raising workshop was led by Anne Wilson. The Question and Answer session highlighted issues that participants had had with germinating their seeds. The top two issues were:

- the apparent heaviness of the seed-raising mix distributed at the first seed-raising workshop. This had proved a significant issue for some of the growers and an alternative seed-raising mix was supplied to those who needed it.
- the importance of airflow in germinating seeds. Where little airflow occurred, seeds rarely germinated. With good airflow in the propagating kits (and with toilet rolls too), success was more certain.

Anne then outlined an approach to seed raising and distributed a handout to participants.

Again, longer conversations between participants over afternoon tea – as for the first seed-raising session.

Feedback/Comments

"Thanks for organising these really helpful, interesting sessions."

Judy Mack

"I would like to thank to you and your wonderful team for these wonderful workshops."

Somaye Eftekhari

Installation of Raised Beds at Rose Terrace Wayville

Dates:

- Thursday, 18 September 2014 - fill beds with dirt (prepare beds)
- Monday, 22 September 2014 - plant out beds

Anne Wharton and Ashley Campbell negotiated with Rose Terrace Wayville about the type of vegetable growing facilities that would be most useful. On 18th September, we installed two raised garden beds – one of which was made a wicking bed (on the photo - see the black plastic coming up the sides of the raised garden bed). The wicking bed also had an in-ground worm farm installed – essentially a bottomless plastic container with lid. Food scraps are dropped into the container which is set into the soil. Worms turn the scraps into castings. As the container fills up, it can be moved around the beds, taking some of the worms with it, to start off the next worm farm.

A few days later, the raised garden beds were populated with seedlings.

The soil used in the raised garden beds was from SA Composters, as was the Rapid Raiser fertiliser. Seedlings were from Bickleigh Farm.

Photos



Grow, Grow, Grow Your Own - The Year That Was



Grow, Grow, Grow Your Own - The Year That Was



WORKSHOP: Pauline - Perennial Vegetables

Official title: Plant Propagation and Perennial Vegetables

Date: 11 October 2014

Unley Community Centre, Arthur Street Unley

Attendance: 48 registered but 65 turned up

The workshop began with a Question and Answer session, with many questions as usual. Pauline Muir then presented on plant propagation: each of the four techniques of plant propagation was explained, then demonstrated – a real “getting the hands dirty” demonstration - and the resultant plants distributed. In the latter half of the presentation, Pauline discussed various types of perennial vegetables that could be grown. Some were particularly suited to plant propagation techniques demonstrated earlier.

Pauline had grown many plants in a variety of containers. Every participant at the workshop walked away with a sample plant.

The workshop was notable for the number of people who came without first registering. We had 48 registrants prior to the workshop and anticipated that 40 might actually turn up. However, as the workshop progressed, more and more came and the main Unley Community Centre room was almost full by the end of the workshop.

Messenger (Eastern Courier) Article



Pauline Muir, of Goodwood, is hosting a gardening workshop to teach people how to grow plants from cuttings. Picture: DEAN MARTIN

Tips for every keen gardener

YOU only need one bush to establish a hedge.

Goodwood green thumb Pauline Muir says there is no need to buy more than one plant when you can grow a hedge from cuttings.

“You can save money by using cuttings from a lot of

plants such as lavender, rosemary, thyme, artichokes and curry leaf trees,” Ms Muir says.

She is hosting a free gardening workshop to show avid gardeners how to get grow plant cuttings.

People will also learn

about the benefits of having perennial vegetables.

The workshop is at Unley Community Centre, Arthur St, on Saturday, October 11, from 2pm.

To register, call Peter Croft on 0401 122 547.

Grow, Grow, Grow Your Own - The Year That Was

Flyer

Grow, Grow, Grow Your Own

Next Workshop:

Plant Propagation and Perennial Vegetables



Pauline Muir with her curry leaf tree

**Saturday 11 October 2014, 2pm
Unley Community Centre, Arthur Street
Unley
(opposite Unley Shopping Centre)**

Grow, Grow, Grow Your Own - The Year That Was

This workshop is for growers who want to grow more of their own food using plant propagation techniques and by trying out perennial vegetables.

The workshop will be given by Pauline Muir - experienced in plant propagation and growing (and eating) perennial vegetables. As with all of the workshops, the emphasis will be on the practical.

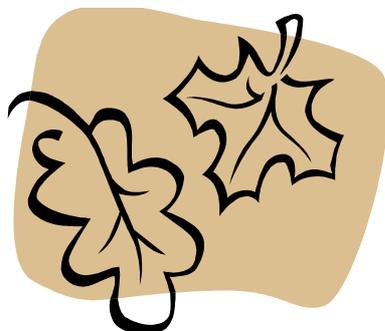
The Unley Council has generously provided a grant to support this workshop as part of a series of workshops to help the local community grow more of its own food.

Cost: free.

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

The final workshop for the year will be on Saturday 22 November 2014 and will focus on growing bush foods. Steven Hoepfner, who presented the pruning workshop in June and July, is an avid grower of bush foods locally and will also lead this workshop.

Let us know if you have any topics that you would like covered at future workshops in 2015.



**You are very welcome to
bring friends and fellow
growers to all of these
workshops.**

How to contact us?

We are always keen to help with growing your own vegetables. Please contact Pat on 0407 608 345 if you have questions about growing vegetables and herbs before the next workshop.

Please let us know if you plan to come to the workshop - so we can plan for afternoon tea!

Registrations to Peter on 0401 122 547 or peter.croft@mmc.com.au and let us know your details.

See you soon!

**Sustainable Communities SA -
Unley groups**

Grow, Grow, Grow Your Own - The Year That Was

Photos



Grow, Grow, Grow Your Own - The Year That Was



Grow, Grow, Grow Your Own - The Year That Was

WORKSHOP: Steven - Bush Foods

Official title: Growing Bush Foods in your vegetable garden

At the time of printing, this Workshop has not yet been held. It will happen on Saturday 22 November 2014, 2pm, at Unley Community Centre, Arthur Street Unley.

Flyer

Grow, Grow, Grow Your Own

Next Workshop:

Growing Bush Foods in your vegetable garden



Steven Hoepfner with his saltbush plants. Great for salads!

**Saturday 22 November 2014, 2pm
Unley Community Centre, Arthur Street
Unley
(opposite Unley Shopping Centre).**

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This workshop is for growers who want to make bush foods part of their diet. Bush foods are noted for being high in essential nutrients and are, naturally, suited to growing in our climate and forming part of our biodiversity.

The workshop will be given by Steven Hoepfner - an experienced gardener and avid grower (and consumer) of bush foods. Steven ran our pruning workshops in June/July 2014, attended by 100 people. As with all of the workshops, the emphasis will be on the practical.

The Unley Council has generously provided a grant to support this workshop as part of a series of workshops to help the local community grow more of its own food.

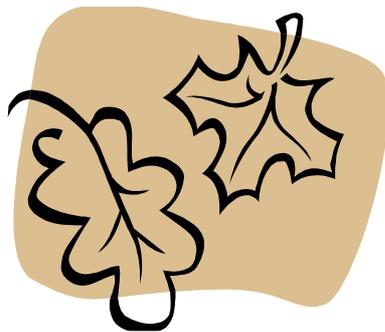
Cost: free

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

This will be the final workshop for the year. The most popular workshops this year were on:

1. pruning fruit and nut trees
2. growing vegetables from seed
3. growing perennial vegetables and plant propagation
4. growing in raised garden beds, vertical gardens and in pots
5. organic pest control.

Let us know if you have any topics that you would like covered at future workshops in 2015. Are you interested in similar topics in 2015? Interested in gardening on your verge? Contact us.



You are very welcome to bring friends and fellow growers to all of these workshops.

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See you soon!

**Sustainable Communities SA -
Unley groups**

APPENDIX 1: Anne's Seed-raising notes

SEED RAISING

First – get your garden soil ready. Don't leave it until your seeds are ready to plant. Turn it over, fertilise (compost, Rapid Raiser), water with Seasol, mulch, and leave

Soil – commercial mix or Gardening Australia mix - 1/3 each of coarse washed sand, vermiculite, sieved composted pine bark (this can be substituted with composted coir or other fibre). The mix needs to be light and airy, and not compacted.

Containers – the usual – but consider toilet rolls, strawberry punnets, supermarket packaging, yogurt containers etc. Toilet rolls can be planted into the ground – no root disturbance.

Direct or punnets? Read the label

Direct - peas, beans, corn – larger seed.

Punnets and trays - smaller seed, and those where you only need a few plants at a time eg zucchini, squash, pumpkin

The seed – has inbuilt nutrition and no need for light until leaves emerge. Just spray lightly.

When to plant – see handout sheet

Maintenance – keep warm and damp. Cover (clear plastic boxes, bottles, plastic bags etc) but allow for air movement. Choose a north-facing spot, on bricks or concrete. When leaves emerge, spray with Seasol solution (see container for dilution) then water with Charlie Carp weekly.

Pricking out and transplanting – root disturbance sets tiny seedlings back, so take care. Water with Seasol after planting. Some plants need to be potted on before planting out eg tomatoes, but wait until stems are purple and thick as a pencil before planting out. You can either plant in blocks or put small quantities among other plants, camouflaging them from predators.

Seed saving – save the best plant for seed (Genes +provenance = nature + nurture). Assures better genetic stability. Allow to dry naturally, store seed in small paper bags for ventilation but protect from insects. Label.

Heirloom varieties – Do try them – we need the genetic diversity of open-pollinated seeds. Whether they're more stable, stronger, longer-producing and better-flavoured is disputed - some are old, some newer. Tomatoes and pumpkins pollinate indiscriminately so you can't ever be assured of genetic stability. But you can be assured that the seed you save will be fertile.

Companion planting – some plants attract beneficial insects, share growing conditions, grow well together. Flowers to grow: marigolds, cosmos daisies, alyssum, carrot flowers, Queen Anne's lace, geraniums, nasturtium, chamomile (all herb flowers) . Some plants like to be together: onion family repels slugs, aphids, cabbage pests and likes to be with tomatoes, capsicums, brassicas, carrots, potatoes, but not peas, beans, parsley. Peas and beans like beets, cucumbers, carrots, cabbage, lettuce, onion, but not tomatoes and onions. Brassicas like beets, onions, potatoes, spinach, chard, celery, peas, onions, but not tomatoes, strawberries, mustards. Lettuce likes beets, beans, onions, strawberries.

Pest control –best protections are plant health, visual inspection, physical barriers (plastic covers, netting, copper, coffee grounds, ground up eggshells). Pesticides (Spinosad, Dipel, Sulfine, Eco oil, garlic sprays, carb soda) also kill the beneficials, but may be necessary from time to time.

Fertilisers - Compost (SA Composters), Rapid Raiser. Always compost animal manures first, either in a large aerobic compost system, or alone.

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RESOURCES:

Compost and potting soil: SA Composters – see website. Always at Car Park Caper at ABC, twice a year. See website for stockists, but some Mitre 10s stock their compost and potting soil.

Seeds: Diggers, Botanic Gardens Diggers have heirloom and organic seeds.

Eden seeds – Farmers Market, Wayville, Sunday am. Eden seeds have old Australian, open-pollinated, organic/biodynamic.

Websites: www.sgaonline.org.au www.heirloomharvest.com.au

APPENDIX 2: When to plant seeds in Adelaide

Broad Beans	Apr-Jul
Bush Beans	Sep-Feb
Climbing Beans	Sep-Feb
Beetroot	Jul-Mar
Broccoli	Jun-Mar
Brussel Sprouts (Nb. needs a frost)	Dec-Mar
Cabbage	All year
Capsicum	Aug-Dec
Carrots	All year
Cauliflower	Dec-Feb
Celery	Aug-Dec
Chillis	Aug-Dec
Corn	Sep-Feb
Cucumber	Sep-Jan
Eggplant	Jul-Dec
Kohl Rabi	Aug-May
Leek	Aug-Apr
Lettuce	All year
Onions	Feb-Aug
Parsley	Sep-May
Parsnip	Jul-Mar
Potatoes	All year
Peas	Feb-Aug
Pumpkin	Sep-Dec
Radish	All year
Rhubarb	All year
Rockmelon	Aug-Dec
Shallots	Feb-Sep
Silverbeet	Sep-May
Spinach (bush)	Feb-Oct
Spinach (climbing)	Aug-Jan
Squash	Sep-Jan
Swede	Jan-Apr
Tomatoes	Aug-Dec
Turnip	Jan-Apr
Watermelon	Aug-Dec
Zucchini	Aug-Dec

RESOURCES:

B. Hankin, HSCA, *Seed Saving Workshop Booklet*

M & J Fanton, SSN, *Seed Savers Handbook*

Mr Fothergills, Murdock Books, *Growing from Seed*

APPENDIX 3: Pauline's notes

Workshop Notes

I'm going to demonstrate techniques for multiplying herbs and perennial vegetables by taking cuttings, dividing plants and a few others methods. With these techniques you can multiply your plants, establish hedges, save money, and give plants to friends and neighbours. Why do this? Sometimes seed takes a long time to germinate or is only viable for a short time or seed can be very variable so that the chance of growing good plants is poor. So taking cuttings in particular is a great technique to master.

I also want to clarify what a perennial is.

Most of us are familiar with vegetables as annuals like tomatoes, eggplants, cucumbers, herbs like coriander and basil all of which are grown from seed. These have been bred to produce prolifically over a few months then get exhausted and die. But fruit trees, many herbs and perennial vegetables can live for many years. I have a lemon verbena, for example, which is about 30 years old, great for making lemon tea. Some of the best known perennial veggies are globe artichoke, asparagus and rhubarb. If you set up a good asparagus bed you can reap the harvest for up to 20 years.

The basic techniques I'm going to show are: division, layering, water cuttings, root cuttings and setting up softwood cuttings. (Listed on the white board with some diagrams).

Dividing Plants

Dividing up a clump can rejuvenate a plant and you can end up with many new plants to give away or plant in your garden. Try to do this in autumn, winter or spring, since hot weather can be fatal. I think that in extreme heat some plants devote all their energy to surviving and can't be divided successfully in summer, I have found this so for Vietnamese mint and St John's Wort.

Demo: I have some Lebanese cress here which is a perennial salad vegetable, tastes a bit of carrots. It comes from the tropics and grows by creeping along the ground and forming a nice thick mat. Before dividing a plant, water it well. Dig it up and carefully separate it into smaller pieces, making sure each piece has some roots. Replant in a pot with fresh potting mix or plant directly in the soil. It's really simple and rarely goes wrong. You want to be sure that the delicate root system can support the new plant so you can trim off some of the top leaves. Make sure you water the plants well. Many many plants thyme, oregano, yarrow, tansy, brahmi, gotu cola can be divided in this simple way. (I'll pot up several containers and give them out).

Layering

This can virtually happen behind your back. A plant will send out a low branch, this rests on the ground and then roots will form where the stem touches the ground. (diagram on white board). Wait a bit to make sure that the branch is well rooted, then cut the branch between the main plant and the new plant and you will have a new independent plant which you can lift and transfer to another place in the garden. I have a lovely pineapple sage which does this every now and then. Sometimes it roots along the stem then I can cut it into several pieces and each one will develop

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into a new plant. This is easily seen with mint (example). But you can also facilitate this process by taking a low branch and pinning it down with a stone or a wire hoop. It's also a good idea to wound the stem, scrape it or slice it, at the point where it is buried in the ground. This works well with rosemary, lavender, thyme and lemon verbena.

Demo: Thyme often gets woody and dies and you can avoid this by layering the plant. I have a pot of thyme with these straggly branches just growing upwards. If you lay down the branches flat against the soil surface, cover the stems with soil and pin them down with small stones or wire hoops, eventually the stems will root, reshoot and end up by filling the pot with thyme. The other way to do it is to plant the thyme quite deeply and heap up earth around the plant so it is half buried. You can also do this with plants like blueberries to create hedges. (Pass round pot).

Tip layering with berries

Propagating stems in water

Some plants when you put them in water grow lots of roots from the stem over a few days. Vietnamese mint is one herb that will do this, and the Asian vegetable kang kong, but there are many others, kiwi fruit is one. You can buy kang kong from Asian groceries and try this out yourself. I put several stems of Vietnamese mint in a glass of water about a week ago and as you can see they have grown roots and these can be simply planted out or into a pot. It's worth trying with all sorts of plants.

Root cuttings

If you've ever tried to get rid of dandelions, you will know that as you dig them up the roots can break off leaving a piece in the ground which will regrow. This is really a root cutting. Many perennials have swollen roots like taproots or tubers, these allow plants to weather harsh conditions. With a taproot the plant above ground may die off but the root can survive and reshoot when conditions are favourable. Examples are horseradish, Jerusalem artichokes, potatoes, comfrey, winter tarragon, globe artichoke. (Demo with horseradish root) Take a horseradish root, like this, and just cut it into small pieces and stick them in the ground or in a pot. It is a good idea with root cuttings to maintain the polarity by always putting the lowest or deepest part of the root down and the top of the root nearest the shoot upwards. If you forget which way is up, just plant it sideways into the surface of the soil. Same with many others, you can cut up Jerusalem artichokes into 2-3 inch chunks and just plant them out in spring. However there are exceptions. Echinacea has a fragile tap root which is easily damaged and you can't just slice up the root. If you want to put in an Echinacea, work out where you are going to put it, plant it carefully without damaging the taproot. Once it turns into a lovely big clump it's safe to divide, being careful not to damage the roots.

Taking softwood cuttings

Plants have the remarkable property to generate new plants from a leaf, stem, root or bud. In many plants, like lavender, rosemary, salvias, there are actually preformed roots cells lying dormant in the stems. Maybe something equivalent to our stem cells. Just cutting or wounding the stem can activate these cells and stimulate formation of roots. You can imagine that when a plant is damaged by high winds or trampled by animals then it needs to regenerate and it has the cells ready to grow into whatever is needed. Propagating techniques are simply mimicking what goes in nature.

In spring you take softwood cuttings, in autumn you take semi-ripe cuttings and in

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the deep of winter you can set up hardwood cuttings. (example of branch with soft tips and harder stiffer wood, pass these around)

Demo: For a softwood cutting. First water the plant you're planning to take cuttings from, make sure it has some new growth on it and cut a longish piece. Using secateurs or a Stanley knife with a clean blade, cut cleanly across just below a leaf node, this is where there is a concentration of root cells. Then trim away any flowers and some of the leaves so you end up with a bare stem with a couple of leaves at the top. (Demo with pineapple sage). Then you have a choice of planting it straight into cutting mix, or you can dip the cut stem in honey, which acts as an antibiotic, or you can dip it in root hormone gel. Root hormone is a strong chemical and I know that gardening programmes recommend not to use it if you're pregnant, however you will get a higher success rate if you use it. You only need a light dip since too much hormone can inhibit the formation of roots. Cutting mix. You can buy cutting mixes from garden nurseries, I make mine from Osmocote 3 parts mixed with 1 part propagating sand. (Sample to hand around). You just need something that drains well but has fine particles for the emerging roots to cling to.

The next thing: the cutting needs to be kept warm and humid. I have polystyrene broccoli boxes which I cover with slabs of glass or perspex. I just put the cuttings in there and wait for a few weeks. You need to check and make sure they don't dry out, they might need a little water. Another thing you can do if you just have one or two cuttings is insert some sticks in the pot and cover with clear plastic or a plastic drink bottle. I keep my boxes in the semi-shade and push them into the shade if there is a hot day. Every now and then take out a pot and have a look at the bottom to see if there are any roots appearing. This means they have taken. (show a pot of cuttings e.g. Mexican marigold with emerging roots). When the top growth and roots are going well, transfer the cutting to a pot with potting mix and then you can gradually harden the plant off. You harden it by taking it out of the box for a few hours a day, then put it away at night. If it droops at all or looks stressed then pop it back in the box for a while. It's just a matter of being patient and nursing them along. here are some I did earlier, these are about 2 months old, but ready to go in the ground.

I learnt most of these techniques from a book put out by the RHS called Propagating Plants. You can also find loads of info on the internet, just put in Propagating whatever you're interested in and you'll find some good information. There is a handout with a list of herbs and a code defining which propagating techniques are possible.

Perennial vegetables

When I first came across the idea of perennial vegetables, I thought what a good idea. I can plant these veggies and I'll be able to pick them all year round and there'll be much less work to do. One of the advantages of growing perennial veggies is they are generally more nutritious than annuals. This is perhaps because they are growing in one place for a while and draw up and accumulate minerals from below over a longer time. Also by minimising digging, the soil profile is maintained and this has all kinds of benefits for the microorganisms and other critters, like worms, in the soil. Another bonus is that less carbon dioxide is released, so growing perennials may be better for slowing down the greenhouse effect. On the other hand perennial vegetables may not be as productive as annuals, for example asparagus throws up spears for 8-10 weeks once a year, similarly globe artichokes appear once in spring. I did read of a dwarf globe artichoke which when you cut off the globe it grows more

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globes, but I can't find it. So you have to consider whether they are taking up room where more productive edibles could be grown. There are books on perennial vegetables and one good source of information is the website Plants For Future (PFAF). What I found on this website was the intriguing fact that 90% of the world's food comes from about 20 species, while there are some 20,000, possibly 30,000, edible plants in the world. PFAF have 7000 species on their website and is well worth a look. The place to find these plants if you want to try them is from independent nurseries in Australia, there's a handout on some of the better ones.

The best known perennial vegetables are asparagus, which can live for 20 years, globe artichokes and rhubarb. But there are quite a number of others: perennial broccoli, perennial leeks, perennial capsicums, perennial onions. I've discovered at least 3 types of 7 year beans, and other perennial beans like pigeon pea and asparagus pea. Chillies live several years but there is a tree chilli which can live for up to 15 years. One interesting tree is the miracle tree which is being planted in areas of India where people are suffering malnutrition. Because its leaves, flowers and pods are highly nutritious and it can grow 5m in a year it is a fabulous tree to plant in these impoverished villages.

I've divided the perennial vegetables into four groups: bush foods (there is going to be a workshop in November on this), then annuals (which can be perennial as well), cold climate plants and hot climate plants.

Annuals

For example there are a group of veggies we think of as annuals which can live longer than one year: eggplants, capsicums and tomatoes are known to survive for 2, 3 or more years. Of 4 eggplants planted last summer in my garden, 3 have survived and my capsicums are going to go for another summer. Ashley has capsicums going into their 3rd year. So don't pull out your eggplant at the end of summer, try to keep it in a really warm sunny spot to overwinter. It will start to look a bit ragged, just cut it back in spring, add more compost and see what happens.

Perpetual spinach: I kept asking nurseries and gardeners why it was called perpetual but no-one could tell me. Everyone seemed to grow it through winter then pull it out in summer. So I left some through summer. The leaves remained small and were quite bitter, but with autumn rains they started to flourish and the leaves lost their bitterness. The following summer they died. It will live up to 7 years in the UK.

Kale is another veggie which can last more than a year. You just have to keep nipping off any flowers that form. Chard and silver beet can last up to 3 or 4 years.

Cold climate perennials

Perennial broccoli (the other name for this is nine star broccoli): You can't buy it here but by some bizarre stroke of luck a friend found two seedlings for sale and gave me one. They both grew into enormous broccoli plants over 18 months, but never formed a head. Eventually the wind blew mine over.

Perennial leeks: these have been interesting. They have never grown into the large leeks we are familiar with and which grow in a colder climate. They seem to grow in winter then when the heat starts they stop thickening up and start to divide madly. They certainly taste like leeks but my partner who does the cooking always wants to cook with the big fat leeks.

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Subtropical and tropical vegies

These have been the most interesting group and most promising group. There are the salad or spinach types: Brazilian spinach, kang kong, mushroom plant, malabar spinach, and the miracle tree which can be grown in a pot. Not all of them are perennial here, but the Brazilian spinach, mushroom plant, and miracle tree all survive winter. Kang kong I will have to plant seeds each September and the Malabar spinach is very obliging and I think is one of the best summer plants. It grows as a large vine and produces little pink flowers and purple fruit.

Perennial Vegetables

ASPARAGUS

Establish asparagus in winter in rich soil by planting 1yr or 2 yr old crowns (type of root). Spears can be cut when the plant is 3 years old.

GLOBE ARTICHOKE

Very ornamental, trouble free plant which needs no attention. The globes appear in spring and can be cut off and cooked.

MALABAR SPINACH

Malabar spinach also known as Ceylon spinach is a tropical vine which can grow to 2 metres in the summer when you can pick the leaves for eating fresh in salads and for cooking. With plenty of water it withstands the heat very well and needs no shading. It is a perennial in the tropics, but is an annual here, self seeding profusely in spring.

LEBANESE CRESS

Tropical low growing mat of ferny leaves which have a carrot flavour. Grows as a perennial in Adelaide, needs some shade in summer. Pick and eat fresh in salads.

KANG KONG

Asian tropical vegetable with a lovely fresh taste throughout summer. Perennial in warm, wet climates but dies down in winter in Adelaide. It is best grown from seed in spring but stems will root in water and can then be planted out.

BRAZILIAN SPINACH

Tropical plant that can survive our winter. Low growing spreading plant. Very easy to grow from cuttings.

MIRACLE TREE

A highly nutritious tree grown in India to feed malnourished populations. It can grow 5 metres in a year. In Adelaide it is a deciduous small tree. All parts can be eaten: the leaves, flowers, and pods while the bark has medicinal properties. The leaves are peppery and best cooked.

LAB LAB BEAN

Also known as the hyacinth bean. Has beautiful flowers. Grows for several years in the Adelaide climate, dying down in winter and reshooting in spring. Eat the young pods, cook ripe beans.

PIGEON PEA

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This tropical bean is also known as toor dhal and is grown all across India. It can produce for up to 5 years and is drought resistant. Grow from seed.

PERENNIAL ONION

Also known as Egyptian onion or Walking onion. It grows to 1 metre high and produces small onions instead of flowers. Clusters of onions at the base of the plant and the flower onions all can be eaten or replanted.

MUSHROOM PLANT

Great salad plant with a delicate mushroom flavour. Will die down in winter but reshoots in spring. Very easy to take cuttings.

CAPER BERRY

The caper bush is a tough plants and ideally suited for our climate. Grows slowly but is better completely neglected. Difficult to grow from seed and cuttings.

VARIOUS TUBERS

Potato, Jerusalem artichokes, Oca and Chinese artichokes are all replant perennials. Just harvest and replant a root for another harvest.

Propagating Techniques for Herbs

Legend:

S	<i>grow from seed</i>
D	<i>division</i>
L	<i>layering</i>
W	<i>water cutting</i>
C	<i>cuttings</i>
R	<i>root cutting</i>
H	<i>hardwood cutting</i>

Easy - these herbs need very little care once established and require minimal water

Bronze fennel	S D
Salad Burnet	S D
Oregano	S D
Lemon verbena	S C L
Sea Parsley	S D
Mexican marigold	S C L W H
Lavender	S C
Rosemary	C L
Olive herb	
Horseradish	R
Tansy	S D

Medium - these require regular watering in summer and compost

Chives	S D
Curry leaf tree	S R

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Sage	S D C L
Thyme	S D C L
Pineapple Sage	D L C
Vietnamese mint	D W
Mint	S D W L
Hyssop	S
Basil	S
Coriander	S
Curry Leaf Tree	S
Chilli	S
St John's Wort	S D
Brahmi	S D
Borage	S

Difficult - may be difficult to grow from seed or need special growing conditions

Chervil	S
Dill	S
Anise Hyssop	S D
Gotu Cola	D
Anise	S D
Echinacea	S

Independent Seed and Plant Nurseries

Diggers	08 8232 8671
Mudbrick Cottage Herb Farm	07 5530 3253
Phoenix Seeds	03 6267 9663
Green Harvest	1800 681 014
Four Seasons Herbs	0412 721 268
Eden Seeds	07 5533 1107
Green Patch Organic Seeds and Plants	02 6551 4240
Daley's Fruit and Nut Nursery	02 6632 1441
Shipards' Herb Farm	07 5441 1101
All Rare Herbs	07 5446 9243
The Italian Gardener	0407 833 930