

Gardening newsletter update

We hope you have been enjoying the Gardening Newsletters.

The next Gardening Newsletter will be the last issue. This last issue will include information in preparation for the summer season.

If you have any contributions for the last issue, please forward them through to amanda.goodman@cdhb.health.nz.

We look forward to hearing from you 😊



Vegetable garden - broccoli

Facts:

- 🥦 Broccoli means 'little sprouts' in Italian.
- 🥦 Broccoli is a member of the brassica family along with cauliflower, Brussels sprouts and cabbage.
- 🥦 Broccoli stalks, buds and most of the leaves are edible.
- 🥦 Broccoli is a good source of vitamin C and vitamin K. It also contains vitamin A, fibre, folate and the B vitamin, riboflavin.



How to grow your broccoli:

- 🥦 Grow in seed trays and plant out in 4-6 weeks.
- 🥦 Sow the seed at a depth of approximately three times the diameter of the seed.
- 🥦 Harvest in 60-90 days.
- 🥦 Space plants approximately 35-50cm apart.
- 🥦 Keep well-watered as seedlings.

DIY

Wondering how to grow salad greens? Check out this "How To Guide" from Tui Garden



<http://www.tuigarden.co.nz/howtoguide/tui-garden-project-growing-salad-greens>

FREE

Don't forget the Timaru District Council gives free compost to all education settings who need it.

Contact Briony Woodnorth

briony.woodnorth@timdc.govt.nz





Companion Planting

Cabbage and broccoli plants grow well in the company of beans, beetroot, celery, onions and potatoes.

They don't grow well near strawberries and tomatoes as neither flourish around the other.

Dissuade white butterflies from settling on your cabbage and broccoli plants to lay their eggs by growing a mixed boarder of herbs around your plants – sage, rosemary, hyssop, thyme, dill, mint and chamomile.

Aphids don't like orange coloured nasturtiums which look very attractive grown between and around cabbage and broccoli plants.

Short sticks of rhubarb buried here and there around your plants will help protect against club-root.

Tips for making a scrummy vege platter

Tip #1 - Shopping for your veggies

A vege platter is made up of any raw vegetables. Look for a range of colours to make your platter look more exciting. If you are shopping with your children – get them involved!

Tip #2 – Get creative

Have you ever tried making radish florets? Give it a go! The more creative you are, the more appealing they look.



Tip #3 – Add a healthy dipping sauce

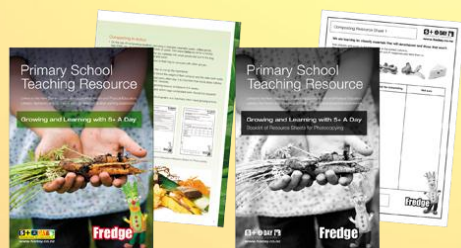
- Mash an avocado with plain yoghurt, ground cumin, lime juice and chilli sauce. Season with salt and pepper.
- Blend frozen peas, mint, a spoon of low-fat unsweetened yoghurt and season with salt and pepper for a green pea dip
- Blend a 450g can of beetroot, 1/3 cup of low-fat unsweetened plain yoghurt, and 1 tablespoon of chives.

WAVE Gardening Resources



GARDENING QUOTE

5 + a day Fresh Fruit and Vegetable Kits available from <http://www.5aday.co.nz/education/education-resources.aspx> or contact WAVE as they have some kits available to loan



The glory of gardening:

*hands in the dirt,
head in the sun,
heart with nature.*

*To nurture a garden is to
feed not just on the body,
but the soul.*

- Alfred Austin



CURRICULUM LINKING TO GARDEN

Reminder

Guard your garden!

A scarecrow is a decoy in the shape of a human and helps scare away birds from feeding on your seeds.

How to make your scarecrow:

1

Put a skinny, sturdy pole into the ground



Stuff some old clothes with straw

2

3

Tie your scarecrow body to the pole

Add another pole to create a "t" to fasten on your scarecrows arms

4

5

Use an old pillow and felt pens to create your scarecrow face



Your scarecrow is
now ready!

Don't forget about your potatoes!

Now is the time to mound up your potatoes (you should see shoots appear above the soil). You need to keep doing this until the mounds are approximately 25cm above the ground.



Letter to the Editor



Debbie from WAVE helped me with my new garden. I am not green fingered at all so it was great having her knowledge and tips passed on.

Thank you for your help Debbie ☺

Do you know a local gardener? We would love to hear your stories about someone in the community helping you out.

Please email your stories to
amanda.goodman@cdhb.health.nz