

Harvesting and Sowing

Harvesting:

Pick your winter leeks and silver beet this month.

Stone fruit trees such as peaches and nectarines should be pruned.

Sowing:

Sow snow peas, broad beans, parsnip and radishes in the garden.

Pumpkins, tomatoes, broccoli, cabbage, cauliflower, kale, lettuce, silverbeet and spinach seeds can be sown in punnets. Onion can be planted straight into the garden.

Remember, this month is your last chance to plant your orchard fruit trees.

Rotate your crops:

For the best soil and plant health, rotate your crops so you don't plant the same vegetables in the same place as last year. This helps nutrients from different plants to spread through the soil.

See <http://www.tuigarden.co.nz/how-to-guide> for some great "how to" garden growing guides.

Fertilise Your Soil:

Make liquid plant food to put onto your newly growing plants and seeds. Fill a barrel with fresh herbs (most green leafy material is good), seaweed, comfrey and/or stinging nettle. Top with water and cover with a lid. These are great soil enhancers!

Try liquid plant food from your worm farm.

Check out how to make a recycled bath worm farm: <http://www.wormsrus.co.nz/recycled.html>



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

DIY

DIY Ways to Plant Seeds:

Use egg Cartons, toilet paper tubes, yoghurt cups, paper coffee cups or newspaper to make these crafty seed pots. Instructions are available at:

<http://www.treehugger.com/lawn-garden/diy-seed-pots-common-household-items-starting-seeds-indoors.html>



If you have a tunnel house, use this to raise seedlings outside.

Recycle plastic bottles to use over seedlings in the garden to protect them from snails, insects and birds. You may also find netting at the recycling station which will do the same job.



Sharing seedlings and seeds are a good way of improving the diversity of your garden and saving costs. Many seeds come in a packet so share and swap your new and old seeds with other schools or people in the community.

Receive a free pack of seeds when you get two friends to sign up for Yates Garden club. Sign up at:
<http://www.yates.co.nz/garden-club/seed-offer/index>

Delicious Easy Frittata

This recipe is gluten free.

Serves 8-10

4 eggs

3 Tbsp vegetable oil

1 cup milk

pinch salt

freshly ground black pepper

4 large boiling potatoes, washed, peeled and grated

2 carrots, peeled and grated

2-3 silverbeet leaves, washed and sliced

1 onion, finely chopped

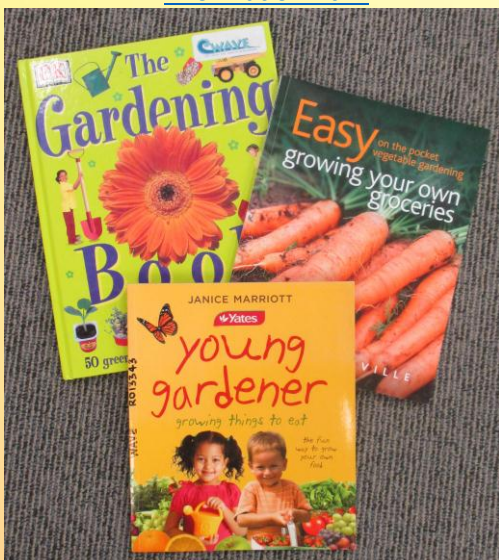
1 cup chopped lean bacon (optional)

Preheat oven to 180°C. Beat eggs, oil, milk and seasoning together. Add potatoes, carrots, silverbeet, onion and bacon and mix well. Place into a large lightly oiled baking dish. Bake in preheated oven for about an hour or until vegetables are cooked and top is golden.

Remember to use our WAVE resource centre for information and tips in these easy to use gardening books.

Book these on the WAVE website or contact your facilitator.

<http://www.wavesouthcanterbury.co.nz/resource-information.html>



Peas

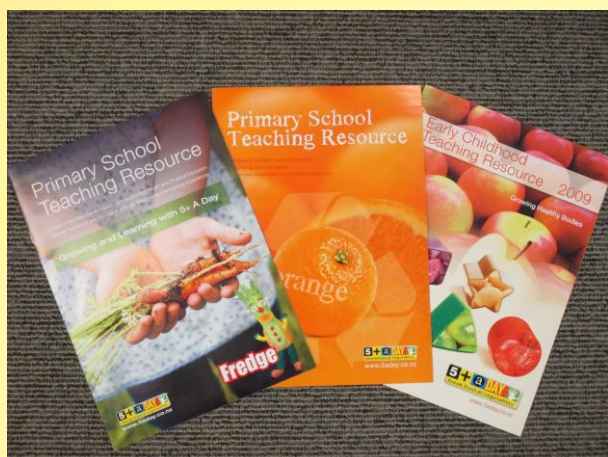
- Peas grow well next to most vegetables but dislike onions, shallots and garlic.
- Plant two rows of peas to every one row of potatoes. This is beneficial for both plants.
- Make sure carrots have the sunny side of the rows if planted next to peas.
- Allow enough room for sunlight between tall growing plants.



Remember there are plenty of resources available to you which link the curriculum to the garden.

- Fredge 5+ ECE, Primary and Secondary education teaching resources:

www.5aday.co.nz



- TKI: <http://efs.tki.org.nz/Curriculum-resources-and-tools/Learning-Experiences>

One example in TKI is "Food and Families Around the World". This encompasses learning about the economic, cultural, social and environmental impacts of food production around the world. This lesson could be adapted for different age groups.

- Yates: <http://www.yates.co.nz/gardening>
- Tui: <http://www.tuigarden.co.nz/how-to-guide>
- Remember to use your education resource booklet:

Guidelines, tips and suggestions to ensure sustainable edible gardens in education settings.

There are many examples of how to link your garden with the curriculum from page 27. If you do not have one of these booklets please contact your WAVE facilitator.

Did you know plants can be regrown from food scraps?

Carrots, celery, beansprouts and potatoes are among the many plant foods able to be regrown using food scraps.

Check out how to do this at:

<http://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scrap>.



Letter to the Editor



The WAVE team want to thank all education settings for your great feedback from last months' newsletter. Please keep this coming so that we can continue to deliver you the best information and support.

- Send feedback about what you liked/ didn't like/ want to see in future to your WAVE facilitator or Heather Allington (Nutrition Health Promoter) at heather.allington@cdhb.health.nz

The WAVE team may also organise a few more Gardening Workshops this year. What is your opinion?

- If we were to hold more workshops, what would you like to see or learn about?
- Any new ideas and suggestions or ones to build on what you learnt in the last workshops are welcome!