

## No Dig Garden

Imagine never having to dig your garden again

Essentially, a no-dig garden (AKA "lasagne garden") comprises layers of varying organic matter piled up inside a large box. Designed to sit on top of soil or lawn and can be placed on top of a concrete pad.

Apart from the obvious benefit of not having to dig over the soil, no-dig gardens are easy to build, can be built to any size and shape almost anywhere and are virtually maintenance free. They work in unison with nature and don't rely on any chemical intervention, making them suitable for organic gardeners.

Check it out here [How to build your own no dig garden](http://www.nzwomansweekly.co.nz)  
[www.nzwomansweekly.co.nz](http://www.nzwomansweekly.co.nz)



*Creating Timaru Christian Schools no dig garden at the recent WAVE Gardening Workshop*

## Vegetable Garden

Temperatures are dropping and there is little to be done in the garden as far as planting goes however you can plant Garlic.

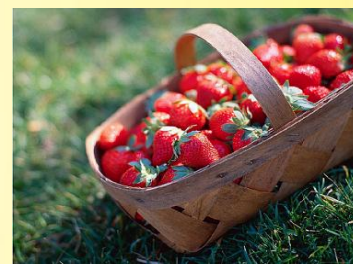
Traditional garlic is planted on the shortest day and harvested on the longest day. Steer clear of planting garlic from supermarkets as often it has been treated to stop it sprouting.

[Planting Garlic](http://www.tuigarden.co.nz) [www.tuigarden.co.nz](http://www.tuigarden.co.nz)

## Fruit Garden

Citrus trees can be planted this month as well as deciduous trees. Fruit tree pruning can commence as soon as the foliage has fallen.

This is also the best month to [plant strawberries](http://www.tuigarden.co.nz)  
[www.tuigarden.co.nz](http://www.tuigarden.co.nz)



## General Maintenance

Now is the time to clear off spent crops and turn your compost. Autumn leaves are rich in nutrients and are valuable to soil fertility so make sure you are adding these to your compost as well.

# DIY

This cheap and chic mini greenhouse will keep your veggies snug even in the worst wintry weather.

[Plans to build your own mini greenhouse](#)



# FREE

Debbie and Felicity from WAVE have some strawberry plants, used garden pots and four Borage plants to give away. Please call Debbie or Felicity on 687 2600. Be in quick because they won't last long.







## BORAGE

- Companion plant for tomatoes, squash, strawberries.
- Deters tomato hornworms and cabbage worms.
- One of the best bee and wasp attracting plants.
- Borage may benefit any plant it is growing next to via increasing resistance to pests and disease.
- It makes a nice mulch for most plants.
- Borage will self seed.
- Borage flowers are edible.



## Pumpkin Soup

serves ~8-9 people

1 onion

1 kg pumpkin

4 cups vegetable stock

1/2 teaspoon nutmeg

1 teaspoon curry powder

Peel and chop the pumpkin into large pieces. Roughly chop onion. Cover the vegetables with water in a large saucepan and bring to the boil. Simmer for about 20 minutes or until pumpkin is very soft. Puree in a food processor or mash with a potato masher.

## Variations

- *Spicy Soup:* Replace spices with 1 teaspoon ground ginger, 1 teaspoon cumin and 1 teaspoon coriander.
- *Carrot and pumpkin:* Use less pumpkin and add a few carrots.
- *Pumpkin and Potato:* Add a potato for a thicker soup.
- *Creamy Soup:* Add 1 cup of low-fat milk at the end. Heat through but don't boil.

*Recipe from the Great Little Cookbook*

## WAVE Gardening Resources

If you haven't already received the pictured gardening resources from your WAVE Facilitator please make contact with them.



## GARDENING QUOTE

Food gathered by others merely tickles the throat, that grown by ones own effort provides satisfaction  
"Princess Te Puea Herangi – Maori whakatauaiki"



### Matariki

Each winter the stars of Matariki and Puaka (Puanga) signal the end of one year in Aotearoa and the beginning of the next.

- Harvest the remainder of summer / autumn vegetables
- Mulch winter vegetables
- Dig in compost and rest the remainder of the garden
- Begin planning for next season's crops
- Practise manaakitanga - bring students / children, teachers / educators and whānau together and celebrate your garden with the kai you have grown (see pumpkin soup recipe)
- Acknowledge the value of healthy kai as a taonga for achieving hauora Māori
- Use koha kai as a way of supporting and nurturing others
- Watch out for the rise of Matariki / Puaka (Puanga) in the eastern horizon and track its path

This year, Matariki starts on 28<sup>th</sup> June and continues for the month following.



[www.korero.maori.nz](http://www.korero.maori.nz)

Propagate strawberries pot them up and sell them for a health fundraiser:

- Peg down the runners with a loop of wire so they're touching the ground.
- Leave them like this for a month or two and they'll produce enough roots to survive on their own.
- Snip off the runner joining the baby and its parent, and you have a free plant.
- Transplant rooted plantlets in the autumn and winter.



## Letter to the Editor

*I've heard lots of good comments from work colleagues who attended your gardening workshop, so was very disappointed I didn't get to go.*

*Reading through the resource booklet "Sustainable Edible Gardens" I think I have an idea of the steps for setting up and running a school vegetable garden. Now I need some practical help to get started and get others as interested as I am. What's my first step ...*

All is not lost, you can still get your school community as enthusiastic as you about vegetable gardening. Sounds like it's all in your hands, so the first thing to do is talk to everyone you can – teachers, students, parents, the parent committee and board of trustees. Lead by example and start small – plant strawberries, garlic and lettuces in tubs. Incorporate into your daily lessons – science, reading, maths, social studies. Keep it simple so others can see how easy it is to use growing plants and gardening every day at school. Good luck.