



**Safe, hardy,  
native plants**

# **Greenery Guidebook For Little Hands & Beyond**



**Sustainable  
Butterflies<sup>®</sup>**



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This Guidebook is designed for sound greenery practices whenever children are around and can be used in early childhood centres, schools and households around Australia.



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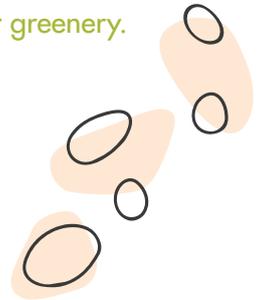
# Indoor Plants

The below indoor plants are non-poisonous, shade loving, and air-purifying (some). Most are drought tolerant. Check the plant care requirements. Water only as required. Do not allow plants in pots to sit in water for extended periods.

Check the 'Plants to Avoid / Keep out of reach' on p. 26 – 28 before acquiring indoor greenery.



We acknowledge the traditional custodians and recommend planting natives as much as possible. We also recognize that planting natives does not automatically create meaningful connections with the 1st Nation's cultures.



## Larger Indoor Plants

			
Janet Craig <i>Dracaena deremensis</i>	Happy Plant <i>Dracaena fragrans</i> 'Massangeana'	Kentia Palm <i>Howea forsteriana</i>	Rhapis palm <i>Rhapis excelsa</i>
Drought semi-tolerant Growth Rate: Medium	Drought tolerant Growth Rate: Medium Air-purifying	Drought semi-tolerant Growth Rate: Slow	Growth Rate: Slow Air-purifying
<p><b>Water</b> Water thoroughly, allowing the top inch of the soil to dry out between waterings. Use a pot with a drainage hole to prevent wet soil. Too much water will cause the plant to die.</p> <p><b>Light</b> Plants grow best in low to indirect light. Too much direct sun will cause leaf scorch.</p> <p><b>Care</b> Remove old, dead leaves.</p> <p><b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.</p>	<p><b>Water</b> Ensure the soil is completely dry before watering (can take up to 6 weeks). Approx. 1/2L per plant. Too much water will cause the plant to rot.</p> <p><b>Light</b> Plants grow best in low to indirect light. Too much direct sun will cause leaf scorch.</p> <p><b>Care</b> Keep leaves clean with a gentle wipe-over.</p> <p><b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.</p>	<p><b>Water</b> Ensure the soil is completely dry before watering (can take up to 6 weeks). Approx. 1/2L per plant. Too much water will cause the plant to rot.</p> <p><b>Light</b> Shaded position indoors or outdoors.</p> <p><b>Care</b> Remove new shoots when pot gets overcrowded.</p> <p><b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.</p>	<p><b>Water</b> Don't mind being continually wet. Water every 3 weeks but check there is no residue water on the bottom of the pot/trough. This water needs to dry out/ be emptied, otherwise will get stagnant and drown the roots.</p> <p><b>Light</b> Will happily grow indoors under florescent lighting or other light sources.</p> <p><b>Care</b> They grow slow so don't remove the whole leaf. Black tips are not common and is usually associated with some type of excess, such as fertilizer.</p> <p><b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.</p>

**Smaller Indoor Plants** (e.g. desktops, shelves, some in hanging baskets)

			
<b>Ribbon/Spider Plant</b> <i>Chlorophytum comosum</i>	<b>Birds Nest Fern</b> <i>Asplenium sp.</i>	<b>Cast Iron Plant</b> <i>Aspidistra elatior</i>	<b>Mother-In-Law's Tongue</b> <i>Sansevieria</i>
<b>Growth Rate:</b> Fast <b>Air-purifying</b>	<b>Drought semi-tolerant</b> <b>Growth Rate:</b> Medium	<b>Growth Rate:</b> Medium	<b>Drought tolerant</b> <b>Growth Rate:</b> Medium <b>Air-purifying</b>
<p><b>Water</b> Prefers a moist, but not wet, soil.</p> <p><b>Light</b> Can survive in shade both indoors and outdoors. Will grow more in dense shade.</p> <p><b>Care</b> Can remove offshoots and plant directly into soil if they have started to grow roots. If they haven't got roots, put them directly into water and the roots will grow over a few weeks' time. Good in a hanging basket.</p> <p><b>Feeding</b> Don't feed new offshoots. Feed with a weak solution of worm juice / general all-purpose liquid fertilizer bi-monthly.</p>	<p><b>Water</b> Prefers a moist, but not wet, soil. Will tolerate if soil dries out from time to time.</p> <p><b>Light</b> Plants grow best in low to indirect light. Too much direct sun will cause leaf scorch.</p> <p><b>Care</b> Remove old, dead leaves.</p> <p><b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.</p>	<p><b>Water</b> Prefers moist (but not wet) well-drained soil.</p> <p><b>Light</b> Shaded position indoors or outdoors.</p> <p><b>Care</b> Remove new shoots when pot gets overcrowded.</p> <p><b>Feeding</b> Feed with a weak solution of worm juice / general all-purpose liquid fertilizer every 3-4 months.</p>	<p><b>Water</b> Ensure the soil is completely dry before watering (can take up to 6 weeks). Approx. 1/2L per plant. Too much water will cause the plants to rot.</p> <p><b>Light</b> Will happily grow indoors under florescent lighting or other light sources.</p> <p><b>Care</b> Transplant once the plants get too big for its pot. (you may notice roots pushing through the base).</p> <p><b>Feeding</b> Fertilise once in spring with a weak solution of worm juice / general all-purpose liquid fertilizer.</p> <p><b>Tip</b> Move out of reach as the leaves - if snapped off - don't grow back from the top (unsightly).</p>



## Smaller Indoor Plants (cont.)

			
<b>Coleus</b> <i>Plectranthus amboinicus</i>	<b>Swedish Ivy</b> <i>Plectranthus verticillatus</i>	<b>Boston / Sword Fern</b> <i>Nephrolepis exalta</i>	<b>Chinese Money Plant</b> <i>Pilea peperomioides</i>
<b>Growth Rate: Fast</b>	<b>Growth Rate: Fast</b>	<b>Growth Rate: Fast</b> <b>Air-purifying</b>	<b>Growth Rate: Fast</b>
<b>Water</b> Water regularly, prefers a moist, but not wet, soil.	<b>Water</b> Prefers a moist, but not wet, soil. Will tolerate if soil dries out from time to time.	<b>Water</b> Prefers a moist well-drained soil.	<b>Water</b> Prefers a moist, but not wet, soil. Will tolerate if soil dries out from time to time.
<b>Light</b> Plenty of sun in winter, but indirect or morning only sun in summer.	<b>Light</b> Plenty of sun in winter, but indirect or morning only sun in summer.	<b>Light</b> Shaded position indoors or outdoors. Winter sun is fine.	<b>Light</b> Plenty of sun in winter, but indirect light in summer.
<b>Care</b> Take cuttings during the growing season, will grow roots in water.	<b>Care</b> Take cuttings after flowering season, will grow roots in water. Good in a hanging basket.	<b>Care</b> Spray leaves with water once a week, in addition to watering. Good in a hanging basket.	<b>Care</b> Take cuttings during growing season. Good in a hanging basket.
<b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.	<b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.	<b>Feeding</b> Only feed once per year with a weak solution of worm juice / general all-purpose liquid fertilizer.	<b>Feeding</b> Only feed two to three times a year with a weak solution of worm juice / general all-purpose liquid fertilizer.

## Other useful safe indoor plants – small / large

### *Chamaedorea species*



*Ch. cataractarum*



*Ch. elegans*



*Ch. seifrizii*

### *Dracaena sanderiana braunii*

Either large, or small "Lucky Bamboo" (grows in water)



*D. sanderiana braunii*



*D. sanderiana*  
Lucky Bamboo'

*Rhipsalis capilliformis*  
Good for hanging baskets, indoor cascading effect

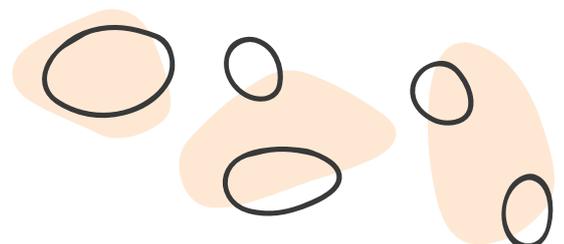


*Phalaenopsis amabilis*  
Hardy orchid for desktops



See also:

- Pest management / Plant disease – p.17 – 19
- Plants to Avoid / Keep Out of Reach – p.26 – 28





# Outdoor Plants Shrubs & Trees

These outdoor plants are a mix of Australian natives (**NAT**) and introduced plants (**INT**). Many natives don't need too much care, water and fertilizing when established, but always check their specific needs before selecting, to ensure they are suitable to your conditions. Check your geographical location and the 'Plants to Avoid / Keep Out of Reach' section before acquiring outdoor greenery.

For easier establishment, when planting seedlings, plant smaller specimens (tube stock or small containers), water regularly and protect from being walked on until established.



## Other outdoor greenery tips:

- Frost, drought tolerant: usually when established
- Natives: use native fertilizer low in phosphorus
- It is useful to know the timing and frequency of your irrigation, if you have one
- Rainwater is preferred (e.g. from a rainwater tank)

## Larger Outdoor Plants / Shrubs



Melaleuca 'Little Red'  
*Melaleuca linariifolia* 'Little Red' **NAT**

Drought tolerant  
Growth Rate: Fast

### Water

Tolerates poor drainage (all *Melaleuca* spp), but drought tolerant.

### Light

Full sun to semi-shade

### Care

Easy to maintain. Remove old, dead branches when necessary.

### Feeding

A low-phosphorous fertiliser should be applied in spring and summer.

- Frost tolerant
- Attracts birdlife
- Great hedge



Creek Lilly Pilly  
*Syzygium australe* **NAT**

Drought semi-tolerant  
Growth Rate: Medium

### Water

Needs to be moderately well-watered.

### Light

Semi-shade to full sun, protected position.

### Care

Easy to maintain. Remove old, dead branches and leaves when necessary.

### Feeding

A low-phosphorous fertiliser should be applied in spring.

- Attracts birdlife
- Great hedge



Crimson Bottlebrush  
*Callistemon citrinus* **NAT**

Drought tolerant  
Growth Rate: Medium

### Water

Most species can tolerate (or thrive in) damp conditions incl. poor drainage, yet most are hardy and will tolerate drought.

### Light

Plants grown in full sun produce the best flowers.

### Care

Easy to maintain. Remove old, dead branches when necessary.

### Feeding

A low-phosphorous fertiliser should be applied in spring and autumn.

- Attracts birdlife
- To encourage bushy growth, prune just after the flowering season (remove faded flowers).



Orange Jessamine  
*Murraya paniculata* **INT**

Growth Rate: Medium

### Water

Needs to be moderately well-watered.

### Light

Full sun to semi-shade.

### Care

Easy to maintain. Remove old, dead branches and leaves when necessary. Tolerates a hard prune.

### Feeding

General all-purpose fertiliser in summer.

- Attracts birdlife
- Great hedge

## Smaller Outdoor Plants / Shrubs



Lily Turf  
*Liriope muscari* INT

Drought semi-tolerant  
Growth Rate: Medium

### Water

Low requirement once established.

### Light

Semi-shaded to shaded wind protected position, but tolerates full sun.

### Care

Not required, remove old flower heads.

### Feeding

General all-purpose fertiliser in late winter.

### Propagation

Divide established clumps in late winter.



Blue Flax Lily  
*Dianella caerulea* NAT

Drought semi-tolerant  
Growth Rate: Medium

### Water

Low requirement once established.

### Light

Full sun to semi-shade.

### Care

Needs good conditions early on, then no maintenance.

### Feeding

Not required.

### Propagation

Seed / Divide established clumps during spring.



Mat Rush  
*Lomandra longifolia* NAT

Drought tolerant  
Growth Rate: Fast

### Water

Low requirement once established. Tolerates poor drainage.

### Light

Full sun to semi-shade.

### Care

Easy to maintain. Remove old, dead leaves when necessary. Tolerates a hard prune.

### Feeding

A low-phosphorous fertiliser should be applied in spring.

### Propagation

Divide established clumps during the warmer months.

- Frost, pollution, salt spray tolerant



Coastal Rosemary  
*Westringia fruticosa* NAT

Drought tolerant  
Growth Rate: Fast

### Water

Low requirement once established.

### Light

Full sun to semi-shade.

### Care

Easy to maintain. Remove old, dead leaves when necessary. Tolerates sandy soils.

### Feeding

A low-phosphorous fertiliser should be applied in spring.

### Propagation

Take soft tip cuttings from spring to summer.

- Frost, pollution, salt spray resistant

## Other Outdoor Plants & Shrubs (large and small)



Native Fuchsia  
*Correa reflexa* NAT

Drought tolerant  
Growth Rate: Medium

### Water

Low requirement once established.

### Light

Full sun to semi shade, protected position.

### Care

Benefits from an annual gentle prune after flowering to expand.

### Feeding

A low-phosphorous fertiliser should be applied in spring.

### Propagation

Soft tip cuttings during warmer months.

- Salt & frost tolerant when established
- Attractive flowers



Old Man Saltbush  
*Atriplex nummularia* NAT

Drought tolerant  
Growth Rate: Fast

### Water

Low requirement once established.

### Light

Full sun to semi-shade.

### Care

Not required. Tolerates a hard prune.

### Feeding

Not required.

### Propagation

Seed.

- Frost & salt tolerant when established
- Suitable hedge, screen, gap filler
- Edible



Pigface  
*Carpobrotus glaucescens* NAT

Drought tolerant  
Growth Rate: Fast

### Water

Low requirement once established.

### Light

Full sun to semi-shade.

### Care

Not required. Will grow in well-drained sandy soils/sand. Tolerates a hard prune.

### Feeding

Not required.

### Propagation

From cuttings during summer, put directly in a well-drained media.

- Salt & frost tolerant
- Edible



Coastal Woollybush  
*Adenanthos sericeus* NAT

Drought tolerant  
Growth Rate: Medium

### Water

Low requirement once established.

### Light

Full sun.

### Care

Tolerates a light prune to expand, avoid cutting into old wood.

### Feeding

Not required.

### Propagation

N/A

- Woolly textured – good for sensory gardens

# Other Useful Outdoor Plants (all are evergreen)

## Hedging / Screening



*Syzygium smithii* &  
*S. floribundum*  
**NAT**

Bushy, dense growth, good for a high hedge.  
Same requirements as *Syzygium australe* (p.6)



Long Leaved Westringia  
*Westringia longifolia*  
**NAT**

Also, a nice background plant (back in the garden).  
Same requirements as *Westringia fruticosa* (p.7)



Bottlebrush  
*Callistemon salignus*  
'Great balls of fire' **NAT**

Purple hedge or individual plants, flushes repeatedly, prune in early spring through until about Easter, then don't prune over the winter, that inhibits flower growth but promotes foliage growth.



Tea Tree  
*Leptospermum polygalifolium*  
'Copper Glow' **NAT**

Hardy, purple-coloured foliage.



Loropetalum  
*Loropetalum chinense*  
**INT**

Needs full sun, doesn't like frost, low maintenance once established.



Germander  
*Teucrium fruticans*  
**INT**

Popular for low hedge (vigorous growth in warmer climates, needs constant pruning), tolerates a variety of soils but needs good drainage.



Boxed Leafed Honeysuckle  
*Lonicera nitida* **INT**

Fast growing bushy shrub, ideal for hedge. Tolerates a hard prune to shape. Drought and frost-cold tolerant.



Springfire  
*Metrosideros collina*  
**INT**

Popular by the seaside – tolerant of salt laden winds, long lived, flowers repeatedly many times of the year.



Bamboo Palm  
*Chamaedorea seifrizii*  
**INT**

A good screening alternative to clumping bamboo (note: don't plant running bamboo).



## Climbing

Note: Climbers climb to get to the sun. If you plant them on a south-facing structure, you won't get lush foliage because they will grow to the top of the structure and then will start producing leaves. The exception is *Trachelospermum jasminoides* (below) which tolerates shade, however most safe climbers need sun. Climbers benefit from an annual prune (at the end of the flowering season).

				
Snake Vine <i>Hibbertia scandens</i> NAT	Bower of Beauty Vine <i>Pandorea jasminoides</i> NAT	Old Man's Beard <i>Clematis aristata</i> NAT	Star Jasmine <i>Trachelospermum jasminoides</i> INT	Wire Vine <i>Muehlenbeckia complexa</i> INT
Needs well drained soil, also useful ground cover/spillover, fast growing (pruning req'd), handles exposed coastal conditions. Evergreen	Fast growing, doesn't like cold, good for covering fences or on pergolas for shade and screening. Evergreen	Tolerates a variety of soils, longer flowering period than Wisteria (which is poisonous). Deciduous	Semi-shade to full sun, protected to hot dry position, grown for its fragrant flowers, and dense spreading habit. Also, useful ground cover/spillover. Evergreen	Fast growing, good for covering structures, or in hanging baskets, needs a protected sunny to semi-shaded position. Evergreen

## Ground covers

			
Warrigal greens <i>Tetragonia tetragonioides</i> NAT	Headland Zieria <i>Zieria prostrata</i> NAT	Rock Thryptomene <i>Thryptomene saxicola</i> NAT	Mondo Grass <i>Ophiopogon japonicus</i> INT
Edible leaves, full sun & well-drained soil, drought and salt tolerant.	Needs sun & good drainage, doesn't like frost.	Grows on wide range of soils, also great spillover/fill-in, mass planting.	Prefers semi shade, frost resistant, also good for edging/border, needs wind protection.



Other uses (Border / Edging / Filling gaps / Spillover)



**Swamp sheoak**  
*Casuarina glauca* 'Cousin It'  
NAT

Great for spillover/ground cover. Otherwise *C. glauca* is one of the toughest Aus. trees, grows anywhere and tolerates harsh conditions.



**Lomandra Tanika**  
*Lomandra longifolia* 'Tanika'  
NAT

Hardy & reliable, often mass planted, prune once per year/ biannually: cut the clump down up to ground level, will re-shoot. (apply this pruning technique to most nat. clumping grasses).



**Tussock grass**  
*Poa labillardieri* 'Eskdale'  
NAT

Robust & reliable tussock grass, prune once per year/ biannually: cut the clump down up to ground level, will re-shoot.



**White Correa**  
*Correa alba*  
NAT

Good in exposed salty conditions (but doesn't have to grow by the sea), tends to self-shape - no pruning reqd, also a good hedge, needs good drainage.



**Yellow Buttons**  
*Chrysocephalum apiculatum*  
NAT

Good spillover, ground cover, mass planted, fill-in, container/ hanging basket, needs regular pruning to look good, suckers from roots so if you prune it will reshoot, easy to propagate from cutting, flowers all year round.



**Wedding Iris**  
*Dietes robinsoniana*  
NAT

Good on coast, doesn't like frost, needs reasonable conditions.  
Note: Other *Dietes* spp are introduced and can be useful. This one is native.



**Long-leaf Wax Flower**  
*Philotheca myoporoides*  
NAT

Hardy, tolerates range of soils but prefers well drained, not exposed locations, prune just after flowering season, fast growing, good for a new garden or fill in holes.



**Tassel-rush**  
*Baloskion tetraphyllum*  
NAT

Tolerates inundation, looks like small bamboo.



**Tall Sedge**  
*Carex appressa*  
NAT

Tolerates inundation, used for filtering water urban runoff (e.g. in stormwater catchment gardens).



**Box-leaf Hebe**  
*Hebe diosmifolia*  
INT

Variety of uses, from hedge to foliage contrast plants, mass planting.



**Bright Eyes**  
*Euryops pectinatus*  
INT

Hardy, long lived, recovers after heavy pruning, easy to propagate from cutting, good for a mix shrubby border, tolerates frost & hot weather.



**Firecracker Plant**  
*Russelia equisetiformis*  
INT

Tolerates a variety of soils, needs full sun, flowers up to 8 months, almost leafless, doesn't like cool climate, ideal spillover.

## Other uses (cont.)



Sage  
*Salvia spp*  
INT

Fast growing, edible, frost & drought tolerant, grown for its flowers, foliage and upright habit. A good border, or for pots and containers. Butterfly attractor.



Shasta Daisy  
*Leucanthemum maximum*  
INT

Dwarf forms are good edging plants/pot plants, also good fill-in, needs sun and decent soil, easy to maintain, propagate by division.

## Other useful outdoor plants

- Bush Mint *Mentha satureioides/ Prostanthera* NAT
- Bush Basil *Plectranthus graveolens* NAT
- Midgen Berry *Austromyrtus dulcis* NAT
- Native Violet *Viola hederacea* NAT
- Society Garlic *Tulbaghia violacea* INT



## Trees



**Tree Waratah**  
*Alloxylon flammeum*  
NAT

Grows from nth. Qld to Melbourne (gets smaller towards south).  
Hardy and adaptable, tolerates a range of soils, and moderate frost.

Evergreen



**Lemon Myrtle**  
*Backhousia citriodora*  
NAT

Grows in coastal NSW & QLD. Needs good drainage, and frost protection while young. Tolerates a variety of reasonable fertile soils (sandy to loamy).

Bush Tucker & fragrant flowers.

Can be pruned to form a hedge/shrub.

Evergreen



**Oyster Bay Pine**  
*Callitris rhomboidei*  
NAT

Widely distributed (from S.E. Qld to Tas).

Can also be used as a hedge/screen.

Tolerates a range of conditions incl a variety of soils, drought tolerant.

Can be pruned to shape.

Evergreen



**Blackwood, Black Wattle**  
*Acacia melanoxylon*  
NAT

Grows from nth. Qld to Tas.

Hardy, tolerates a variety of soils.

Good for shade or for screening along borders.

Evergreen



**Tuckeroo**  
*Cupaniopsis anacardioides*  
NAT

Grows from Sydney to nth. Qld. Hardy, tolerant of exposed coastal salty locations and variety of soils, doesn't need to be pruned unless req'd (self-shapes), forms dense even canopy, tolerates root pruning.

Evergreen



**Mugga Ironbark**  
*Eucalyptus sideroxylon*  
NAT

Grows from west. Sydney to central NSW & VIC, good in arid areas, hardy & adaptable, tolerates a variety of soils (except for poorly drained).

Evergreen



**NSW Christmas Bush**  
*Ceratopetalum gummiferum*  
NAT

Popular ornamental tree. Performs best on sandy soils but will grow in clay soils provided they are not too salty and have reasonable drainage. Needs a bit of wind protection, also a good understory/screening tree. Attractive & dense flowers. Can be pruned to shape.

Evergreen

Note: each Australian state has its own 'Christmas Bush'.



**Turpentine**  
*Syncarpia glomulifera*  
NAT

Grows mainly in coastal NSW.

Good alternative to Eucs as it is more tolerant to poor soil conditions e.g. compaction, casts better shade than many Eucs (denser foliage), more pest and disease resistant but slower growing.

Good windbreak/screen.

Good for schools.

Evergreen

## Trees (cont.)



**Snow in Summer**  
*Melaleuca linariifolia*  
**NAT**

Grows from sth. QLD to Melbourne (very popular Melbourne street tree).  
Fast growing.  
Tolerates a variety of soils and poor drainage (like all Melaleucas), drought tolerant.  
Flowers profusely.  
**Evergreen**



**Lightwood, Hickory Wattle**  
*Acacia implexa*  
**NAT**

Grows from nth. QLD to sth. VIC.  
Hardy, tolerates a variety of soils, and tough conditions (e.g. car parks).  
**Evergreen**



**Claret Ash**  
*Fraxinus angustifolia*  
'Raywood' **INT**

Grows in temperate regions (ACT, S.E. SA, VIC, S.-E. NSW).  
To get the reddish coloured autumn leaves, you need sunny days and cold nights (temperature variability).  
Clean air, protection from hot dry winds, reliable water supply, good soil conditions, good genetics help too.  
Tolerates a variety of soils (except for poorly drained).  
**Deciduous**



**Green Spartan Juniper**  
*Juniperus chinensis* 'Spartan'  
**INT**

Grows in cooler climates (up to Sydney). Prefers moist well drained but not too sandy soils, adaptable.  
Cone shaped, also popular as a formal hedge (e.g. in schools), or as a topiary specimen – tolerates a variety of pruning styles.  
**Evergreen**



**Citrus cultivars**  
*Citrus*  
**INT**

Grows in a variety of climates, some cultivars tolerate frost. Prefers moist, well-drained, moderately fertile neutral-acidic soil.  
**Evergreen**



**Callery pear (ornamental)**  
*Pyrus calleryana*  
**INT**

Prefers cold-cool temperate regions (up to Sydney).  
Handles tough conditions (e.g. compacted soil) and a variety of soils, if well-drained. Uniform plants - ideal for avenues / where uniformity is desirable e.g. schools. A popular espalier. Fastigate (narrow upright) cultivars available.  
**Deciduous**



**Crepe Myrtle**  
*Lagerstroemia indica*  
**INT**

Grows well in most parts of Australia. The 'Indian Summer' cultivars have good cold & pest tolerance.  
Can also be grown as a shrub.  
Great flowering tree, needs well drained moderately fertile soil.  
**Deciduous**

### Some trees are prone to dropping branches

This anomaly, known as "summer branch drop" is known in Australia. It usually occurs on calm, clear, warm days and often on mature trees.

The most common species known to drop limbs in this way are:

- Several species of eucalypts, notably the 'Gums' – with smooth bark, the best-known being the River Red Gum (*Eucalyptus camaldulensis*).
- Elms
- Pines
- Plane trees
- Olives
- Figs

There is no decisive explanation for this anomaly, but it appears to be related to internal and external water movements and their effects on wood cells.

# Gardening Guide



## Before you start gardening, consider

- **Sunlight.** In general, plants grown for their fruit (e.g. tomatoes, cucumbers) require full sun – min. 5 hours per day, but plants grown for their leaves (e.g. spinach), their stems (e.g. celery) or their roots (e.g. radish) will grow in part shade.
- **Water.** Rainwater is preferred, is it directly available to your garden bed/do you have a rainwater tank nearby? Do you have a tap/irrigation?
- **Soil / Potting mix.** What type of soil/potting mix are you using? In general, soils are suitable for landscaped areas and large garden beds, potting mixes are for pots and smaller garden beds. Do not mix natives and veggies/herbs in the same soil/potting mix, as most natives – in general prefer low nutrient (especially phosphorus) soil/potting mix unlike veggies/herbs and other non-natives. Same logic applies for fertilizers.
- **Care & Upkeep.** Is your team on board? Are you involving children, families, educators, and cooks? Is your process reflected in the QIP?

## Soil – for use in large outdoor areas and larger garden beds

Soil consists of minerals, organics, water & air. You will only be able to grow vegetables and herbs if your soil is healthy. *Note: Potting mix is not soil.*

There are 3 key characteristics of soil:

- Soil texture – Feel it
- Organic matter – Add it
- pH – Test it

### Soil texture – Feel it

Most of us are familiar with clay and sand. These are 2 opposites when it comes to suitable soil for vegetable gardens, and they are not suitable for growing edibles. Clay can be nutrient rich, but doesn't let water, and air in. Sand allows air, water and nutrients in, but doesn't hold water and nutrients. Soils have different textures due to the size of these mineral particles in the soil and their relative proportion. Ideally - you would have an optimal ratio of large particles (sand), small particles (clay) and organic matter. This soil type is loam – a preferred soil type for growing vegetables & herbs.

Your soil is then likely to:

- Hold water long enough to provide nutrients without drowning the roots

- Be aerated, letting vital microorganisms in without drying the roots
- Absorb and distribute nutrients - if present - to the roots

To identify a loamy soil, do a 'sausage test':

1. Take a sample of soil sufficient to fit comfortably in the palm of the hand. Remove any gravel or organic matter.
2. Moisten the sample with water, a little at a time, and knead it until there is no apparent change in the way it feels. Ensure all the sample is moist and that any lumps can no longer be felt. The moisture content should be such that the soil just fails to stick to the fingers.
3. Squeeze the sample into a "sausage", noting whether the "sausage" will remain together or fall apart readily.

If you get a "near sausage" – you are close to loam. Great!

It is vital to feel the texture of your soil because the particle sizes and their relative proportion influence the suitability of your soil for different purposes. This matters before selecting plants and trees, not only edibles, as some plants require well-drained soils, while others tolerate poorly drained soils (e.g. Melaleucas).

Do not use soil in small pots! It's too heavy and compacted for root penetration.



Clay



Sandy



Loamy near sausage – YOU GOT IT!

## Organic Matter – Add it

Soil organic matter consists of plant and animal residue at various stages of composition, cells and tissues of soil organisms and substances formed by soil fauna and microbes found in or the surface of a soil. It encourages the activities of soil microorganisms which bind soil particles together into lumps and encourages larger organisms which form burrows and pore spaces. That's why ideally you would dig as little as possible in order not to disturb this natural ecosystem.

## Adding organic matter

Organic matter is the original, and for centuries has been the only, soil stimulant. Its role in improving soil structure and modifying water holding capacity is well known. The most common types are:

- Compost
- Manure
- Worm juice and castings
- Sawdust
- Coir-Peat

These allow the soil to “open up” while preventing it from compacting, making it more friable. But remember – it is naturally in or on the surface of a soil (e.g. top 100mm) so avoid putting it to the bottom of planting holes or in large, deep planter boxes. These practices often lead to the decomposition of organic matter and the consequent production of gases, which may be toxic to roots or may displace soil oxygen. The organisms in the soil would be competing for oxygen with the roots of the plants.



Soil profile: Dark brown colours near the surface indicates high levels of organic matter. The darker the soil generally the more organic matter.

## pH – Test it

pH is a measure of acidity or alkalinity and is measured on a scale of pH 1 – 14. A soil pH in the range 6.0–7.0 is desirable, as many plants (incl. edibles) like a slightly acid soil (around 6.5). This is because most nutrients in the soil are available in this range.

Most potting mixes have pH of 5.7. If the soil pH is either too high (alkaline) or too low (acid) the availability of certain nutrients to plants is affected, giving rise to nutrient deficiencies (too little) or toxicities (too much). You can test your soil pH by using a Soil pH test kit (under \$20 from hardware stores). pH probes are not accurate.

pH testing kit



## Wormfarming

Wormfarming is composting with worms. When worm compost is added to soil – either liquid in the form of worm juice, or solid in the form of worm castings, it boosts the nutrients available to the plants and improves the soil structure.

Worm farming can help with reducing your centre's food waste. Once you have a sheltered spot, it's easy to do and creates nutritious & free plant food for your garden. Feed approximately 1 handful per fortnight, don't overdo it.



Wormfarm

See 'Wormfarming Factsheet & Poster' on p.30/31 & 32



## Composting

Composting is a biological process in which organic materials are 'broken down' into a product called compost – a dark, nutrient rich form of organic matter. By composting organic waste, we return nutrients back into the soil for the cycle of life to continue.

The two types of compost bins above are common in many centres. The type A has no base and stands on a soft organic surface to allow natural breakdown of nutrients. The type B works in areas where no soft natural surface is available, and the breakdown is accelerated by rotation. Place your compost bin in a sunny spot (unlike your wormfarm).

Regardless of your type of compost bin, the most important principle is to get the ratio of NITROGEN (wet natural part) and CARBON (dry natural part) component right: 1 part Nitrogen to 2-3 parts Carbon.

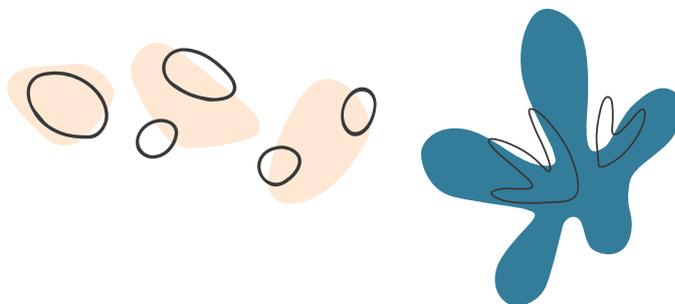
See 'Composting Poster' on p.33

## Potting mixes

Use for pots and smaller garden beds. Potting mix is specially blended mix of composted bark, trace elements, coir fibre, wetting agent and controlled release fertilizer (premium mixes only). It is not soil. The main feature of potting mix is its ability to retain moisture within a container that contains a plant or several plants, and that it provides a stable growing medium for plants. Use only premium potting mix – with a red tick. This ensures that it's been tested and is not just full of composted sawdust. These cost approx. \$8 per one 25L bag.



Notice the red tick



## Potting mix safety

Potting mix is classified as hazardous when dry. It is because it contains a variety of living organisms, including bacteria and fungi. People should handle it with care and read the labels on the packaging.

To handle potting mix safely:

- It is recommended that children & adults use gloves when handling potting mix
- Take the bag of potting mix outside
- Make a large opening in the top of the bag, along the width of the bag
- Leave the open bag outside for 10 mins to allow the fine particles to dissipate in the air.

If planting indoor plants, It is recommended that you plant outside and bring the pots inside once planted.

Storing potting mix:

- Close the bag to prevent dust dispersing
- Always wash hands after use
- Do not get potting mix into open cuts.

## Mulches

Mulch is a protective cover placed over the top of soil/potting mix, and it:

- reduces water loss, erosion and temperature fluctuations in the soil
- suppresses weed growth and seed germination by reducing light levels reaching the surface of the soil
- provides nutrients as the mulch materials decompose

For most garden beds and outdoor pots, the best mulch is the soft type, such as sugar cane mulch. It is tender around fragile seedlings. In the landscape, the coarse type is often used, such as woodchips. It is heavier, and suitable around larger plants, shrubs and trees. It also withstands being walked on.

Note: Do not place mulch directly against plant stems, as it may retain excess moisture around the base of the plant, which can cause a disease like Stem Base Rot (p.19). Keep it between 50-75 mm thick.



# Pest and plant disease management

## Pests

Many organisms do not cause damage to plants and are not considered to be pests. Most creatures you see near the plants are unlikely plant pests. Many insects have an important beneficial role in pest control, and their protection and conservation must be considered when treating pests.

Plants become more prone to pest and disease damage if stressed when the site chosen is unsuited to their specific needs, or when the plants are mistreated.

Failure to select plants carefully or preparing your site to meet plant needs will often result in weak, pest and disease-prone, produce.

### 3 categories of pests exist:

1. Piercing & sucking (mealy bug, aphids, scales)
2. Rasping & lacerating (thrips, mites)
3. Biting & chewing (caterpillars, ants, snails)

## Integrated Pest Management

The principle of IPM is to prevent pests from reaching damaging levels with the least risk to the environment and health. It is a management system that requires continuing observation in anticipation of pest outbreaks. Careful assessment and calculation of plant injury and loss determines the type and timing of control measures to minimise plant damage rather than reacting to pest or disease occurrences and symptoms.

### 3 Rules of Green Pest Control:

- Plant a variety of plants, incl. fragrant plants around your gardens, most pests identify prey by smell, and this will confuse them
- Plant plants that attract natural enemies of pests, e.g. calendulas attract ladybugs who feed on a variety of pests
- When planting vegetables, instead of neat rows of the same crop – easy target for pests, mix them up to make it harder for pests to damage your produce.

## The IPM process



Ensure all pesticides are organic, non-hazardous, and are stored out of reach of children at all times.

## The pests you are most likely to encounter:

Pest	Prevention & Treatment	Natural enemies	Last Resort
<b>Green Caterpillars</b> 	<ul style="list-style-type: none"> <li>● Netting.</li> <li>● Squish caterpillars and dispose, feed chooks.</li> <li>● Make a large white moth and put it in the garden, this scares white butterflies, who lay eggs that become caterpillars.</li> <li>● Introduce natural enemies.</li> <li>● Remove and dispose of entire plants when harvesting, crop residue can provide breeding grounds.</li> </ul>	 <p>Ladybugs, their larvae, and Lacewings attack eggs (not mature caterpillars)</p>  <p>Skins, dragonflies, small birds Parasitic wasps (safe to humans) <i>Diadegma parasitic wasp</i></p>	<p>While organic, this is likely to kill parasitic wasps that feed on caterpillars.</p> <ul style="list-style-type: none"> <li>● Applying organic caterpillar pest control, Dipel.</li> <li>● Download and print a sticker from p.29 and label the bottle if you are making up a solution - based organic pest control.</li> <li>● The SDS is available on the manufacturer's website.</li> </ul>
<b>Aphids</b> 	<ul style="list-style-type: none"> <li>● Rubbing off, hosing off.</li> <li>● Prevent ants from access (e.g. by applying a horticultural glue) as they often protect aphids from predators in return for a feed of honeydew – aphid secretion.</li> </ul>	 <p>Ladybugs &amp; their larvae, Lacewings, hoverfly larvae Lacewings Parasitic wasps (safe to humans) <i>Aphidius parasitic wasp</i></p>	<p>This is likely to kill other beneficial insects. Oils &amp; soapy solutions kill insects because they block the pores in their skin which suffocates them.</p> <ul style="list-style-type: none"> <li>● Applying home-made White Oil.</li> <li>● Download and print a sticker from p.29 and label the bottle if you are making up a solution-based organic pest control.</li> </ul>

## The pests you are most likely to encounter (cont.)

### Mealy Bugs & Scale Insects



Mealybug detail



Mealybug damage

#### Prevention & Treatment

- Pruning to minimize sheltered feeding spots.
- Wiping off.
- Prevent ants from access (e.g. by applying a horticultural glue) as they often protect these pests from predators in return for a feed of honeydew pest secretion.

#### Natural enemies

Ladybugs, their larvae & Lacewings



Ladybug



Ladybug larvae



Lacewings

Cryptolaemus "Mealybug destroyer" & larvae



Mealybug destroyer adult



Mealybug destroyer larvae

#### Last Resort

This is likely to kill other beneficial insects. Oils & soapy solutions kill insects because they block the pores in their skin which suffocates them.

- Applying home-made White Oil.
- Download and print a sticker from p.29 and label the bottle if you are making up a solution - based organic pest control.

### Citrus Leaf Miner



#### Prevention & Treatment

- Dangerous only to juvenile citrus trees, unsightly on mature trees.
- Mild pruning.
- Remove affected foliage.
- Do not overwater & fertilize in late summer & autumn to limit flush growth (infestations occur during this time).
- Hang Eco-CLM Trap on the tree.

#### Natural enemies



Lacewings



Parasitic wasps (safe to humans)

Trichogramma parasitic wasp

### Slugs & Snails



#### Prevention & Treatment

- Place cut-off plastic bottles around young seedlings (but avoid humidity building up and promoting fungal disease), lift off once established.
- Hand pick after dark (they are nocturnal) and dispose, feed chooks.
- A damp hessian / newspaper attracts snails to shelter beneath it. Check in the morning, collect & dispose.

#### Natural enemies



Blue tongue lizard



Frogs



Birds



Leopard slugs (carnivorous)

#### Last Resort

This can kill other beneficial insects and carnivorous slugs. Coffee is also relatively acidic.

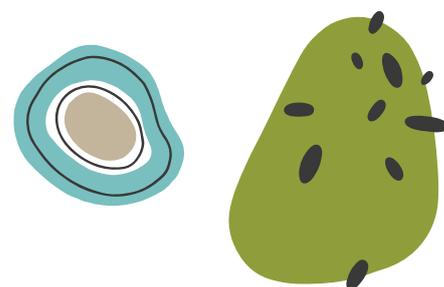
- Applying coffee mix (caffeine kills snails & slugs).
- Download and print a sticker from p.29 and label the bottle if you are making up a solution - based organic pest control.

### Fungus Gnats (mainly indoors)



#### Prevention & Treatment

- Ensure plants have good drainage.
- Apply yellow sticky traps (indoors).
- Use sterile potting mix, or apply a "Gnat Barrier".
- Dry-out potting mix (don't water until there is no evidence of gnats, they lay eggs in wet soil).



## Plant disease

Some symptoms of plant disease are black/brown spots and rings on foliage, yellowing/falling leaves (these may also be caused by nutrient deficiencies (see below), wilting shoots and stems, grey mould growing on plant parts, dieback, decline and many other worrying developments on plants. The type of a specific disease varies among plant types, location, soil conditions, under/overwatering, excess humidity, lack of airflow, etc. In principle, the way of addressing plant disease is similar to the way of addressing pests (the IPM circle on p.17).

## Plant Nutrient Deficiencies

Nutrient deficiencies (too little) and toxicities (too much) are common non-pathogenic diseases/disorders. Deficiencies of major nutrients such as Nitrogen, Potassium and Phosphorus generally result from low levels of these elements in the soil. Plants usually display nutrient deficiencies by discoloured leaves.

### Three common nutrient deficiencies are:

#### 1. Nitrogen deficiency



Nitrogen deficiency on citrus leaves

The even yellowing across the whole surface of leaves, starting with the older leaves. Nitrogen is vital mainly for leaf growth.

#### 2. Potassium deficiency



Potassium deficiency on tomato leaves

Yellowing between leaf veins, on tips and margins, plus scorched and curling leaf edges. Potassium is vital mainly for flower & fruit growth.

#### 3. Phosphorus deficiency



Phosphorus deficiency on tomato leaves

Older leaves turn purplish, and/or looking burnt at the tips. Phosphorus is vital mainly for root growth.

## The most common plant diseases

### Powdery Mildew



#### Prevention & Treatment

- Pruning: improves airflow to dry out fungal cause.
- Make up a solution of milk and water (20% milk, 80% water), and after wiping the plant, spray it on the affected areas (Note: only if there are no milk allergies in your centre).
- Download and print a sticker from p.29 and label the bottle if you are making up a solution - based organic plant disease control.

### Stem Base Rot



#### Prevention & Treatment

- Control weeds.
- Practice crop rotation.
- Inspect all plants before purchasing.
- Remove all plant debris when harvesting.
- Keep mulch away from crowns of susceptible plants.
- Stake tall plants such as tomato to keep fruit and foliage off the ground.

### Sun Scald



#### Prevention & Treatment

- This often affects indoor plants.
- Check plants' care instructions before distributing throughout the centre.
- Do not expose indoor plants to direct sunlight.
- Remove affected foliage.

### Fusarium Wilt



#### Prevention & Treatment

- Control weeds.
- Inspect all plants before acquiring.
- Destroy infected plants (don't put in the compost).
- Practice crop rotation.

### Overwatering



#### Prevention & Treatment

- Use your finger or a moisture probe from a hardware store (under \$15) to determine whether the soil is wet, moist or dry. Store the probe out of reach of children.
- Always check plants' specific water requirements
- Do not allow plants in pots to sit in water for extended periods (this often causes odour).
- Overwatering can cause Root Rot: If you are overwatering, the middle and bottom layers of the soil will remain damp, although the topsoil looks dry. If there aren't enough drainage holes, this water will accumulate over time and drown the roots. You will notice that the leaves will turn yellow, limp, and soggy.
- Underwatering is often accompanied by brown spots on leaves as they dry out.

### Underwatering



## Treatment of Nutrient Deficiencies

If a plant is suffering obvious symptoms of nitrogen deficiency, for example, then the addition of nitrogen to the soil will in most cases remedy the problem.

For the purposes of this Guidebook, we recommend ensuring that your plants grow in well-composted soils with a neutral pH (this doesn't apply to natives, which in general prefer more acid soils low in phosphorus). In most cases, addition of organic matter (p.15) and general all-purpose liquid fertilizer should alleviate the problems. Contact a qualified horticulturist/landscaper for advice.

## Companion planting

It is a method of growing plants together, with the idea that they will assist each other in some way, like discouraging pests, improving growth, boosting flavour, attracting beneficial insects, fixing nitrogen, and disrupting "patterns" to confuse pests.

For example, it is a good practice to grow green leafy vegetables that like lots of nitrogen next to legumes that "fix" it for them and don't need as much themselves. A good companion planting chart is on the Sustainable Gardening Australia's website.

## Plant groups and variety

- It is useful to be vaguely familiar with these plant groups when planting edibles:
- Leafy veggies (e.g. spinach, broccoli, lettuce, bok choy)
- Root veggies (e.g. carrot, beetroot, radish, sweet potato)
- Legumes (e.g. beans, peas)
- Fruit (e.g. tomato, cucumber, eggplant, melon)
- Flowering plants & Herbs (e.g. oregano, thyme, chamomile)

Some veggies (e.g. leafy greens) require lots of nutrients and if planted repeatedly in the same patch (without variety), the soil will be depleted. Other veggies - especially legumes - don't require lots of nutrients, they also "fix" nitrogen back into the soil. The Seasonal Planting Guide (p.24/25) groups the crops in these groups.

This guidebook recommends planting a variety of plants - that means, at least one member of each group in your garden bed. It is diversity that creates a healthy soil and environment, which are indispensable for growing healthy crops.

Crop rotation is defined as 'The successive planting of different crops on the same land to maximise soil fertility and help control pests and diseases.' By rotating the crops - that means, planting with a different plant family each season (warm & cool) - your soil will, according to this principle:

- Be replenished by addition of nutrients from plants that replace them
- Interrupt the cycle of host specific pests and diseases

## Starting a garden bed

Soil in some areas, often in the inner-city suburbs, and especially around older buildings often contains trace amounts of lead and other heavy metals. It is not recommended to start an edible garden in the ground, but in raised garden beds (depending on your location). That is because vegetables (especially leafy greens e.g. spinach and root veggies e.g. carrot) can absorb excess lead from contaminated soils. You can get your soil tested for around \$20 at:

<https://research.science.mq.edu.au/vegessafe/>

## If your soil is safe / You have raised garden beds:

- Start by digging up and loosening it a little (only if the soil is too compacted)
- Add about 5cm thick of organic matter (p.15)
- Cover with mulch (if you plant seedlings, otherwise plant seeds & add mulch once they've germinated)
- Water well and leave for a few days
- Planting / Sowing

An existing raised garden can be revitalized by adding organic matter & mulch (p.16).

## Bees

There would be no food without bees - the most important pollinators. Regarding plants that attract bees, it is vital to ensure you know of any children who possibly have an intolerance/allergy to bees. If you have flowering plants, a Risk Assessment should be completed to ensure you have plans in place to minimize the risk to your children if a child is stung (what first aid is required). Consider getting a native beehive (the bees are stingless) if your geographical location allows it.

## Summary: Caring for your plants

- Plants need: Sun, Air, Water, Nutrients, and Care.
- Nominate one educator for your centre, or one per room to care for your plants.
- Caring for nature (plants) is an important part of the Curriculum. Perhaps some children want to help as a regular experience, checking all the plants, watering as required or overseeing the IPM (p.17)
- Plants breathe in carbon dioxide (CO2) and give us oxygen in return. Keep the leaves dust free, so they can breathe.
- Once or twice a year, most plants will benefit from a little boost. For most outdoor plants you can add organic matter to the top of your soil. For indoor plants, add worm juice or general all-purpose liquid fertilizer. Differentiate between natives / non-natives.





# Seasonal Planting

This section provides a general guide to growing vegetables and herbs in different parts of Australia. Planting times can vary within climatic zones and are affected by specific local conditions.

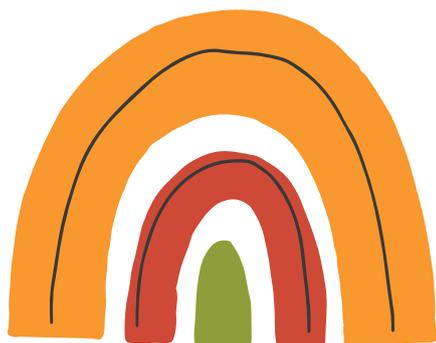
In general:

- Seeds should be sown at the beginning to the middle of the planting season, so they have time to establish.
- Seedlings can be planted throughout the planting season



## 6 Rules of a (seasonal) thumb:

- A good practice is to maximize vertical space if you don't have large garden beds. Plants like tomatoes, beans or corn grow vertically. Think about yield, do you want to wait 6 months for a pumpkin to grow? Radishes grow all year round and take 6 weeks from seeds to harvest.
- If you are growing plants to consume leaves (e.g. herbs, spinach, kale, rocket) – you need to stop them from pollinating (remove flowers/blossoms) as you're after leaves, not fruit/flowers. The plants will keep producing leaves only = more produce. This rule doesn't apply if you want to harvest seeds for the following season.
- If you're growing plants to produce actual fruit (e.g. tomato, zucchini), you need to allow pollination otherwise you won't get any produce.
- Plant a variety of plants – that means, at least one member of each group in the same area/garden bed. Companion planting helps too (p.20).
- Remember to mulch your gardens (weed control, moisture retention, temperature insulation, slow release of nutrients). Sugar cane mulch works well.
- Experiment, observe and have fun!



Plants	Climate zone					
	March	April	May	June	July	August
<b>LEAFY VEGGIES</b>						
Alfalfa – grow in a jar	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Bok Choy	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Broccoli	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Brussels sprouts	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cabbage	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cauliflower	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Celery	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Chives	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Coriander	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Dill	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Endive	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
English spinach	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Leek	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Kale	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Lettuce	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Rocket	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Parsley	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Silverbeet	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Watercress *	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>ROOT VEGGIES</b>						
Asparagus crowns	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Beetroot	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Carrot	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Celeriac	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Fennel	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Garlic	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Jerusalem artichoke	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Kohlrabi	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Onion	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Spring onion	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Parsnip	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Radish / Daikon	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Swede	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sweet potato	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Turnip	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>LEGUMES**</b>						
Bean: French/Climb	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pea	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Snow pea	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>FRUIT</b>						
Artichoke	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Asparagus crowns	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Capsicum	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Choko	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cucumber	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Eggplant	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Melon	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Okra	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pepino	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pumpkin	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Strawberry plants	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sweet corn	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Taro/Cocoyam	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Tomato	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Zucchini/Squash	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>FLOWERING PLANTS &amp; HERBS</b>						
Basil	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Chamomile	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Herbs – Mediterranean***	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Mint	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sunflowers	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■

## Cool season growing

It's all about the pea, cabbage and onion families this season, and a speedy start to planning and planting will maximise your return.

In cold areas, sow seed early while the soil is still warm and be prepared to cover tender young plants if you are expecting early frost. Brussels sprouts and cauliflower need a lengthy cool season so plant them by April in warm temperate and arid zones. In the subtropics, there's time for one last crop of corn and cucumber if you move quickly, and in the tropics, almost anything goes so get in and make the most of it!



The climate zones

- Tropical
- Subtropical
- Arid/Semi-Arid
- Warm Temperate
- Cold Temperate

\* the most nutrient-dense vegetable

\*\* Plants in Legume family "fix" nitrogen back into the soil. It is a good practice to grow legumes with plants that require lots of nutrients (most fruits and leafy veggies), or to grow them in an area which previously hosted these "demanding" crops to replenish the soil nutrients.

\*\*\* Mediterranean herbs: rosemary, sage, thyme, winter savory, marjoram and oregano

Plants	Climate zone					
	September	October	November	December	January	February
<b>LEAFY VEGGIES</b>						
Alfalfa – grow in a jar	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Bok Choy	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Broccoli	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Brussels sprouts	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cabbage	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cauliflower	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Chicory/Radicchio	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Celery	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Chives	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Coriander	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Dill	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Endive	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
English spinach	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Leek	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Kale	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Lettuce	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Rocket	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Parsley	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Silverbeet	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Watercress *	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>ROOT VEGGIES</b>						
Asparagus crowns	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Beetroot	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Carrot	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Celeriac	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Fennel	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Garlic	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Ginger	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Jerusalem artichoke	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Kohlrabi	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Onion	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Spring onion	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Parsnip	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Radish / Daikon	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Swede	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sweet potato	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Turnip	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>LEGUMES**</b>						
Bean: French/Climb	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Bean: Snake	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pea	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Snow pea	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>FRUIT</b>						
Artichoke	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Asparagus crowns	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Capsicum	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Choko	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Cucumber	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Eggplant	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Melon	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Okra	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pepino	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Pumpkin	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Rosella	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Strawberry plants	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sweet corn	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Taro/Cocoyam	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Tomato	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Zucchini/Squash	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
<b>FLOWERING PLANTS &amp; HERBS</b>						
Basil	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Chamomile	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Herbs – Mediterranean***	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Mint	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■
Sunflowers	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■	■ ■ ■ ■ ■

## Warm season growing

Plant tomatoes, greens, corn, zucchini, with follow-up sowings to spread your harvest throughout the warm season.

Things heat up early in tropical, subtropical and arid zones, so don't delay when planting your warm season crops. Be prepared to shade sensitive crops on hot days. From mid-season onwards, focus on planting heat-lovers such as corn, okra, sweet potato and snake bean. You can still grow cabbage and broccoli in warm and cool temperate areas, and it's a great time for tomato, basil and parsnip. With a little shade, you will extend your coriander harvest into summer.



The climate zones

- Tropical
- Subtropical
- Arid/Semi-Arid
- Warm Temperate
- Cold Temperate

\* the most nutrient-dense vegetable

\*\* Plants in Legume family "fix" nitrogen back into the soil. It is a good practice to grow legumes with plants that require lots of nutrients (most fruits and leafy veggies), or to grow them in an area which previously hosted these "demanding" crops to replenish the soil nutrients.

\*\*\* Mediterranean herbs: rosemary, sage, thyme, winter savory, marjoram and oregano

# Plants to Avoid Keep Out of Reach List

## Plants to Avoid / Remove

These are either poisonous, hazardous because of their spines, or can cause an allergic reaction



**Asthma Weed, Stick Weed**  
*Parietaria judaica*



**Angels' Trumpet, Datura**  
*Brugmansia spp. / Datura spp.*



**Apple-of-Sodom**  
*Solanum linnaeanum*



**Arum lily (white), Calla Lily**  
*Zantedeschia aethiopica*



**Autumn Crocus, Meadow Saffron**  
*Colchicum autumnale*



**Belladonna, Deadly Night Shade**  
*Atropa belladonna*



**Bittersweet, Woody Nightshade**  
*Solanum dulcamara*



**Bushman's Poison, Poison Arrow Plant, Wintersweet**  
*Acokanthera oblongifolia, Acokanthera oppositifolia*



**Cactus**  
All species and cultivars with sharp edges



**Castor Oil Plant, Ricin**  
*Ricinus communis*



**Chillies**  
*Capsicum annuum* and other species



**Coral Tree**  
*Erythrina vespertilio*



**Cycads**  
All species and cultivars



**Daphne**  
*Daphne spp.*



**Day Jasmine, White Cestrum, Green Cestrum, Chilean Cestrum, Green Poisonberry**  
*Cestrum diurnum, Cestrum spp.*



**Delphinium**  
*Delphinium x cultorum*

Plants to Avoid / Remove (continued)



English Ivy, Common Ivy  
*Hedera helix*



Foxglove  
*Digitalis purpurea*



Glory Lily  
*Gloriosa superba*



Hellebore, Winter Rose  
*Helleborus spp.*



Hemlock  
*Conium maculatum*



Lantana  
*Lantana camara*



Larkspur  
*Consolida ambigua*



Lily-of-the-Valley  
*Convallaria majalis*



Monkshood  
*Aconitum napellus*



New Zealand Laurel  
*Corynocarpus laevigatus*



Nightshade, Blackberry  
*Solanum nigrum + spp.*



Oleander  
*Nerium oleander*



Poinsettia  
*Euphorbia pulcherrima*



Rhubarb  
*Rheum rhabarbarum*



Rhus  
*Toxicodendron succedaneum*



Rosary Bean, Crab's Eye  
*Abrus precatorius*



Sheep Laurel, Mountain Laurel  
*Kalmia latifolia, Kalmia angustifolia*



Spanish and Weaver's Broom  
*Spartium junceum*



Water Hemlock (Cowbane)  
*Cicuta virosa*



White Cedar Tree  
*Melia azedarach*



Wild Mushrooms (Death Cap, Fly Agaric and Yellow Stainer Mushroom)  
*Amanita spp. Agaricus xanthodermus*



Wisteria  
All species and cultivars



Yellow Oleander, Daffodil Tree  
*Cascabela thevetia*



Dumb Cane  
*Dieffenbachia sp.*

Plants to Avoid / Remove (continued)



African Milk Bush  
*Synadenium grantii*



Moreton Bay chestnut  
*Castanospermum australe*



Brazilian Nightshade  
*Solanum seaforthianum*



Duranta  
Golden Drowdrop, Sky Flower  
*Duranta erecta, D. repens*



Naked Lady, Pencil tree  
*Euphorbia tirucalli*



Physic Nut  
*Jatropha spp*



Stinging trees  
*Dendrocnide excelsa, D. moroides*

Plants to Keep Out Of Reach

These popular and hardy indoor plants can be harmful if eaten or irritating to the skin



Arrowhead Plant  
*Syngonium podophyllum*



Devil's Ivy  
*Epipremnum aureum*



Peace Lily  
*Spathiphyllum*



Philodendron  
*Philodendron xanadu*



Swiss Cheese Plant  
*Monstera deliciosa*



Zanzibar Gem  
*Zamioculcas zamiifolia*



Agapanthus  
*Agapanthus orientalis*

It is recommended that you contact the **Poison Information Centre** on **13 11 26** if in doubt about plant safety

# ORGANIC PEST CONTROL

## Bottle Labels

If you are making up a solution-based organic pest or disease control, print these labels, and attach to the appropriate spray bottle to ensure the contents are clearly labelled.

**Dipel and White Oil (dishwashing liquid part):** Ensure that SDSs have been downloaded and are available and stored with the products.



### DIPEL

Caterpillar Killer  
Bio-Insecticide

Certified bacteria-based organic caterpillar control product which can be used on edibles (herbs, vegetables and fruits) and ornamentals. Aus. Certified Organic - meets the strict production guidelines and is perfect for organic gardening. Edibles can be eaten straight away. Controls leaf-eating caterpillars but does not harm bees, ladybirds, birds, fish, mammals and pets. Non-hazardous and can be ingested, however refer to SDS for advice on potential skin & eye irritation.

Store out of reach  
of children



### HOME MADE WHITE OIL

Against Scale Insects,  
Mealy Bug & Aphids

A typical mixture is 4 parts vegetable oil to one-part dishwashing detergent (for washing by hand). It may be blended until all ingredients are mixed together. Dilute 1:30 with water and spray leaves from above and below. Non-hazardous however do not ingest, get in eyes, on skin or inhale.

Store out of reach  
of children



### COFFEE MIX

Against Snails & Slugs

1-part espresso (not instant coffee granules) to 10 parts water, then spray over mulch or onto the plants where the slugs and snails are a problem. Non-hazardous however do not ingest, get in eyes, on skin or inhale.

Store out of reach  
of children



### MILK & WATER MIX

Against Powdery Mildew

Make up a solution of milk and water (20% milk, 80% water), and spray it on the affected areas. (Note: use only if there are no milk allergies in your centre). Non-hazardous however do not ingest, get in eyes, on skin or inhale.

Store out of reach  
of children



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# WORMFARMING



Worm farming is a great way to reduce your centre's food waste. Once you have a sheltered spot, it's easy to do and creates nutritious & free plant food for your garden.

## What do I need?

- A wormfarm
- Compost worms (not earthworms) minimum 500
- Newspaper and/or a hessian sack
- Veggie scraps
- Compost/potting mix (for bedding)

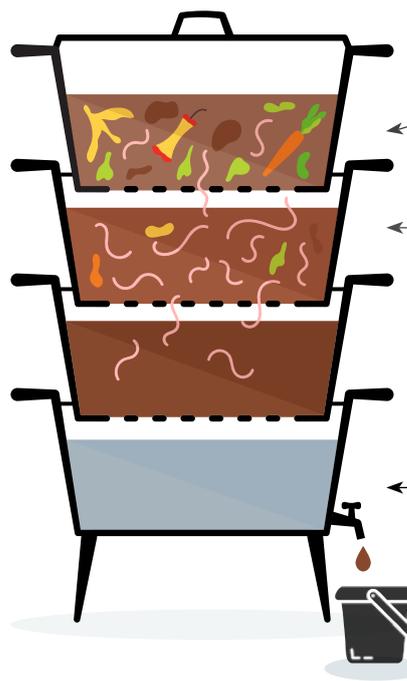
## Getting started?

### Find a location

Keep your worms in a cool, sheltered spot, away from direct sunlight.

### Set up your worm farm

The easiest way to get started is to buy a commercially made worm farm. These usually have 2-3 trays, all of which do different things. It's useful to think of them like a house.



### Top level

#### *The Kitchen & Dining Room*

This is where your worms will eventually eat. You add this level after your worm farm is established.

### Middle level

#### *The Bedroom & Livingroom.*

This is where your worm rest, digest and poo. It is where you begin feeding them until the worm farm is fully established.

### Bottom level

#### *The Toilet*

This is where the worm wee gathers. It's a good practice to put a container under the tap.

## SETTING UP YOUR FARM

**1** Prepare your worm farm by lining the base of the middle level with newspaper or cardboard.

**2** Put a layer of compost/potting mix in the middle and top tray (the top and middle trays must touch for the worms to move in between).

**3** Add your worms and cover them with 5 sheets of damp newspaper and/or a hessian sack. Once your middle layer is full to the brim, you can begin to use your top, level. Start by placing food, in both the top and middle layer. Always keep the top layer covered. Your

worms will gradually move upwards to live and feed. Keep the bedding moist but not wet, otherwise the worms will dry out.



# Feeding your WORMFARM

Create a centre wide process for worms, children love caring for the worms and dedicate a day to checking!



**YES**



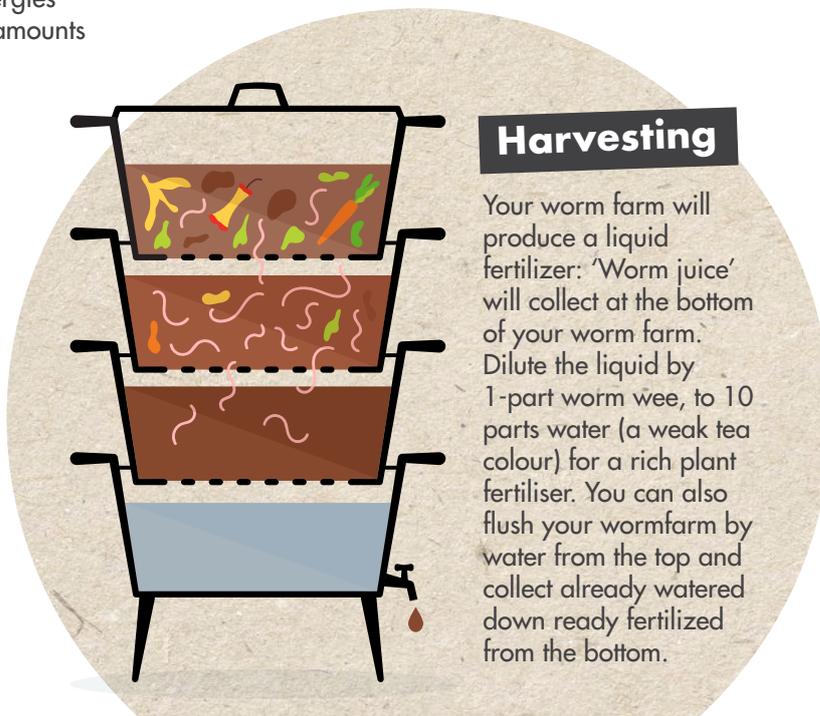
**NO**

 Fruit	 Meat/bones
 Vegetables scraps	 Fish
 Teabags/coffee	 Onion, garlic, chilli
 Crushed eggshells*	 Dairy
 Bread/pasta**	 Citrus
 Cardboard/paper	 Oils or grease

## Remember!

- Each day a worm will consume approximately it's body weight in food. This means you can feed your worm farm a few handfuls every fortnight.
- Once it's established and the worms are breeding, you can try feeding them more food.
- Cut food into small pieces - it is easier for the worms to eat.
- Worm farms process less food than a compost bin, so make sure you're not overfeeding them. Uneaten food will smell, begin to rot and attract pests, at which point it needs to be discarded.

\*consider allergies  
\*\*only small amounts

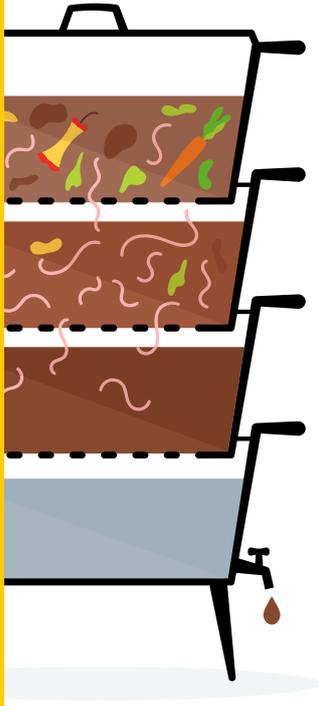


## Harvesting

Your worm farm will produce a liquid fertilizer: 'Worm juice' will collect at the bottom of your worm farm. Dilute the liquid by 1-part worm wee, to 10 parts water (a weak tea colour) for a rich plant fertiliser. You can also flush your wormfarm by water from the top and collect already watered down ready fertilized from the bottom.



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# Feeding your **WORMFARM**

Keep your worms happy by feeding them the foods they like



**YES**



**NO**



Fruit



Meat/bones



Vegetables scraps



Fish



Teabags/coffee



Onion, garlic, chilli



Crushed eggshells\*



Dairy



Bread/pasta\*\*



Citrus



Cardboard/paper



Oils or grease

\*consider allergies \*\*only small amounts



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# What should go in the

# COMPOST BIN?



## GREEN

NITROGEN RICH, WET – 1 PART

Fruit scraps ✓

Vegetables scraps ✓

Tea bags & coffee grounds ✓

Cut flowers ✓

Fresh grass clippings ✓

Weeds without seeds ✓

Seaweed or manure \* ✓

## BROWN

CARBON RICH, DRY – 2-3 PARTS

Torn paper/cardboard ✓

Paper towels ✓

Egg cartons ✓

Dry leaves ✓

Sticks & tree prunings ✓

Crushed egg shells \*\* ✓

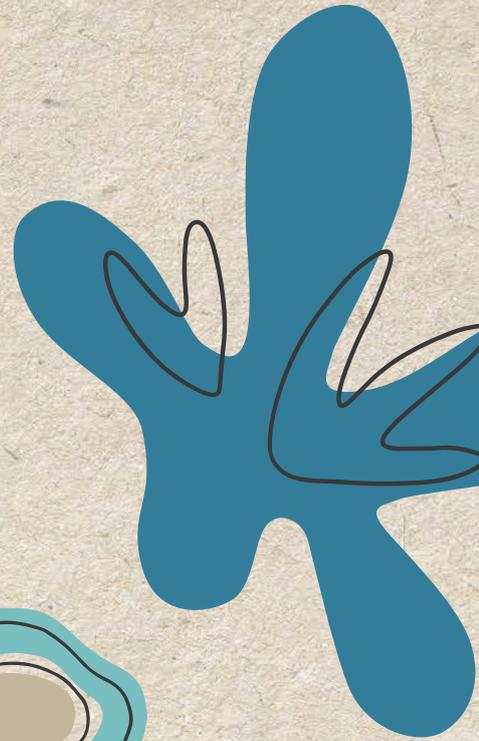
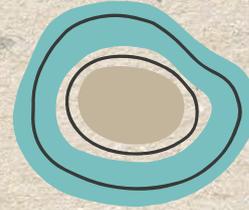
Untreated sawdust & wood ash ✓

\*only small amounts \*\*consider allergies



# Sustainable Butterflies®

Reducing Costs.  
Helping the Planet.  
Improving Compliance.  
While Shaping Future Generations.



Tailored sustainability audits based on your centre's size, layout, licensed places, A&R rating, culture, current practices, state, energy, greenery & waste profile, and more.

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Sustainable Butterflies identify 5 Columns of Sustainability:

- 1) Electricity reduction & Efficiency
- 2) Waste management
- 3) Indoor & Outdoor greenery
- 4) Resourcing & Procurement
- 5) Behaviour change & Leadership

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