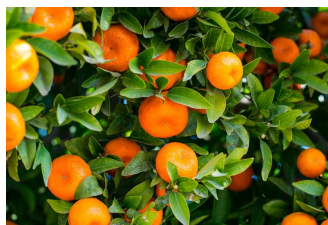
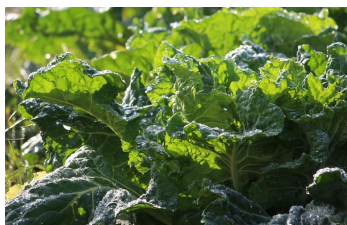




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Getting started with your veggie garden

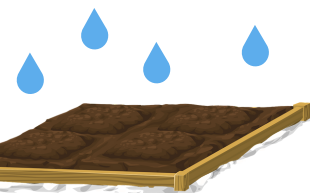
A BEGINNERS GUIDE TO HOME-GROWN FOOD

Pick the right location and start small

1 Plant in a sunny location. Most vegetables need at least 6 hours of direct sunlight per day. There are a few veggies that will tolerate some shade.



2 Plant in moist, well-drained soil. If you have poorly drained soil (water pools), plant veggies in a raised bed. If you have rocky soil, till and remove the rocks.



3 Plant in a stable environment. Avoid places that receive strong winds which could knock over your young plants or keep pollinators from doing their job. Nor do you want to plant in a location that receives too much foot traffic or floods easily.



Top 10 vegetables that are easy to grow

Tomatoes (*tōmato*)

Zucchini (*hukīni*)

Pumpkin (*paukena*)

Dwarf beans

Lettuce (*rētihi*)

Silverbeet (*korare*)

Carrots (*kāreti*)

Radishes (*rarihi*)

Peas (*pī*)

Climbing beans (*pīni*)

Sweetcorn (*kānga reka*)

Broccoli



Prepare your soil before planting

It's a good idea to prepare your vegetable bed **approximately 3 weeks** before sowing seeds or seedlings.

If you don't already have an area to grow vegetables, use a spade and fork to **dig up, aerate and turn the soil**. Add compost and sheep pellets as you go to nourish the soil and make it suitable to grow your veggies.

If you don't have your own **compost**, add organic mix which can be purchased from a garden centre.



Bonus - Marigolds to discourage pests and add some colour!



Some guidelines to arranging your vegetables

You will likely use the same area to rotate your veggies according to the season.

There are "cool-season" veggies that grow in Autumn (like lettuce, spinach and root veggies) and "warm-season" veggies that aren't planted until the soil warms up (like tomatoes and peppers).

Save the shady areas of your garden for "cool-season" vegetables.

If shade is unavoidable in parts of your garden, save those areas for cool-season vegetables which appreciate shade as the weather heats up.

Plan differently for perennials and annual crops.

Most veggies are *annuals*, which means they grow from seed, bloom, produce seeds, and die in one growing season. If you're planning on *perennial* crops, which live for longer than two years (such as asparagus, rhubarb, and some herbs) provide permanent locations or beds.

Consider different harvest periods or "days of maturity"

Some crops mature quickly and have a very short harvest period (like radishes or bush beans). Other plants, such as tomatoes, have a longer harvesting period. These "days to maturity" can be found on the seed packet.

Stagger plantings.

You don't want to plant all your seeds at the same time or all those veggies will need to be harvested around the same time! It's best to plant in different moments to have a longer harvesting period for that vegetable.



What can you grow in pots?

Climbing beans (with stakes)

Silverbeet

Chillis

Peppers

Kale

Lettuce

Onions

Radishes

Spinach

Tomatoes

Lettuce

Zucchini

Strawberries

Pumpkin (which will trail over the garden)

Herbs: thyme, parsley, coriander



Caring for your vegetable garden

During **Summer**, water your vegetables every day watering at the base, if there has not been any rain.

Harvest vegetables when they are the approximate size of vegetables in the fruit and vegetable shops.

Check your vegetable garden each day for harvesting. (Zucchinis will be small one day, and overnight they can become a marrow!)

Keep weeding to keep your vegetables clear so they have room to grow.