



02-13-SD03

## WATER AND FOOD

### HOW MUCH DO I WATER AND WHAT DO I FEED MY VEGETABLES?

Providing your growing vegetables with sufficient water and food is vital if you want a bountiful and healthy harvest. Depending on what vegetables you have planted the fertiliser requirements will vary. There are lots of commercially available organic and non-organic plant foods available. Simply choose the product which best suits your preference and follow the manufacturers recommended dosage rates. If you have any doubts or concerns, your local nursery professional will be only too happy to advise you.

Your watering regime should be based on the size of your vegetable garden and the position it is located (or aspect).

Central Highlands Water have developed a handy guide which details exactly how long and how often you'll need to water. There is also a handy weatherproof watering tag you can fill out and attach to your tap so you never forget.

Both items are available free of charge from Central Highlands Water.



### Watering Frequency Ready Reckoner

Garden Zone	North				South				East				West			
	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	
Lawn	14	7	21	35	18	9	26	44	16	8	24	39	14	7	21	35
Cottage Garden	14	7	21	28	18	9	26	35	16	8	24	32	14	7	21	28
Established Shrubs	14	14	14	35	18	18	18	44	16	16	16	39	14	14	14	35
Annuals	5	3	7	14	6	4	9	18	6	3	8	16	5	3	7	14
Fernery	4	4	7	21	5	5	9	26	5	5	8	24	4	4	7	21
Vegetables	4-5	2-3	6-7	14	5-6	3-4	7-8	18	5-6	3-4	7-8	16	4-5	2-3	6-7	14
Fruit Trees	10	7	21	35	13	9	26	44	11	8	24	39	10	7	21	35
Perennials	14	7	14	24	18	9	18	30	16	8	16	27	14	7	14	24
New Garden Beds	7	5	10	21	9	6	13	26	8	6	11	24	7	5	10	21
Native Plants	21	14	28	45	26	18	35	56	24	16	32	51	21	14	28	45
Exotic Plants	14	7	21	35	18	9	26	44	16	8	24	39	14	7	21	35
Mixed Borders	10	7	15	35	13	9	19	44	11	8	17	39	10	7	15	35
Trees	14	14	21	45	18	18	26	56	16	16	24	51	14	14	21	45



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“GROW YOUR OWN FOOD” IS AN INITIATIVE OF CENTRAL HIGHLANDS WATER  
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# GROW YOUR OWN FOOD





## YEARLY PLANTING GUIDE

### WHEN SHOULD I PLANT MY VEGETABLE SEEDLINGS?

**Grow your own food is an exciting new initiative of Central Highlands Water to assist you in starting your very own vegetable garden.**

#### Autumn (March, April & May)

**Time to plant:** Globe Artichoke, Broad Beans, Broccoli, Garlic, Pea, Radish, Spinach, Spring Onion, Strawberry, Turnip, Cauliflower, Lettuce, Rocket, Nasturtium.

#### Winter (June, July & August)

**Time to plant:** Jerusalem Artichoke, Broccoli, Kale, Onions, Pea, Strawberry, Turnip, Cabbage, Cauliflower, Lettuce, Rhubarb.

#### Spring (September, October & November)

**Time to Plant:** Asparagus, Broccoli, Brussel Sprouts, Cabbage, Leek, Pea, Radish, Spring Onion, Strawberry, Turnip, Beetroot, Carrot, Celery, Lettuce, Parsnip, Potato, Silverbeet, Sunflower, Tomato, Capsicum, Chilli, Eggplant, Chives, Parsley.

#### Summer (December, January & February)

**Time to Plant:** Pea, Strawberry, Beetroot, Cabbage, Carrot, Cauliflower, Lettuce, Parsnip, Silverbeet, Beans, Corn, Cucumber, Pumpkin, Squash, Sunflower, Tomato, Zucchini, Capsicum, Chillies, Eggplant, Peanut, Rockmelon, Watermelon, Basil, Chives, Corriander, Parsley.



## BEFORE YOU START

### WHICH PLANTS DO I PUT TOGETHER?

Companion planting is a great way to get a good head start with your vegetable garden. If you match the vegetables that grow well together they will assist in pest control and nutrient balance. There are many combinations possible so your best bet is to use a search engine to find further information or purchase one of the many books available on companion planting.



## SETTING OUT YOUR VEGETABLE GARDEN

### WHERE DO I PUT MY VEGGIES?

Vegetables generally like lots of sun, so a north facing position is the best choice. If you are not sure choose a spot that is in the sun for the majority of the day. The size of your vegetable garden will be dictated by how much space you have available and how many veggies you'd like to grow. If you are just starting out then start small or even in pots and up-size as you become more proficient.

## CROP ROTATION

### WHAT IS CROP ROTATION?

Crop rotation is a vital part of producing quality home grown produce year after year. The usual practice is to have four beds or areas in your veggie patch that you can rotate your plants through. This will ensure disease and pests don't ruin your hard work or elements of the soil become unable to support your crops. There are loads of free illustrations and examples available online. A simple example is shown below.

