



# GET THE BEST WINTER HARVEST

## VEGIES SUITABLE TO GROW OVER AUTUMN AND WINTER IN MELBOURNE

Growth is slower over the winter months so try and get your plants in the soil before it cools right down in May.

### Autumn / Winter plantings

	Best time to sow seed and plant seedlings	IN POTS?
Asian Greens	March to October (sow in punnets or direct sow)	Yes
Broadbeans *	March to July (plant seed direct into soil)	No
Broccoli	March to September (sow in punnets)	Yes
Cabbage	July to March (sow in punnets)	Some varieties
Carrot *	Sept to April (plant seed direct in ground)	Small varieties
Garlic	Mid-March to mid-June (plant cloves directly into soil)	Yes
Kale**	Anytime, best grown over winter (sow in punnets)	Some varieties
Lettuce	Anytime, except very cold months (sow in punnets or direct sow)	Yes
Shallots	March to Sept (plant from shallots)	Yes
Peas, Snow Peas*	March – August (plant seed direct in ground)	Dwarf varieties
Radish	Anytime (plant seed direct in ground)	Yes
Rocket	Avoid hot months (Sow in punnets or plant seed direct in ground)	Yes
Silverbeet	July to March (Sow in punnets or plant seed direct in ground)	Yes
Spinach**	March to August (plant seed direct in ground)	Some varieties
Spring Onion	Anytime (Sow in punnets or plant seed direct in ground)	Yes
<b>HERBS</b>		
Chives	September to April (sow in punnets)	Yes
Coriander	Avoid hot months (Sow in punnets or plant seed direct in ground)	Yes
Parsley**	July to December (plant seed direct in ground)	Yes

\* The vegies as marked disliked being transplanted and that's why it is suggested they are sown directly into the prepared garden bed.

\*\* You can start these off in a bio-degradable container, such as newspaper pots, so that you don't disturb the roots when you plant them; or to keep them protected until they grow large enough.

### Sunshine

For optimum growth and faster cropping, place your autumn/winter vegies where they will get as much sun as possible. If getting enough sun is a problem over winter, keep in mind that the vegies will still grow but you may only start cropping once daylight hours start to lengthen again noticeably, in early spring.



## BEFORE YOU PLANT...



- 1. Clear your summer crops when it is time to do so.**  
This might be when they have finished cropping or have slowed right down in the cooler weather.
- 2. Compost any non-diseased plant material.**  
If it is covered in powdery mildew or has been attacked by insects, do not compost but place in your green waste bin to be picked up by council.
- 3. Save seeds from favourite plants**  
eg from very ripe tomatoes and overgrown cucumbers or beans. Make sure you label them with the name of the variety and the month/year when they were harvested.
- 4. Water your empty vegie patch thoroughly.**  
Use a hose with the shower nozzle and gently water and keep watering until the water penetrates and wets the soil completely. You will need to rake over the soil to help the water penetrate. A soil wetting agent that you dilute in a watering can may help. The vermicast from a worm farm also helps hold water in the bed.
- 5. Add compost or cow manure or mushroom compost to the wetted soil.**  
Add as much as you can. These soil conditioners (gentle manures and composts) will add organic matter to the soil that has worked hard for you over the productive summer months.
- 6. Add organic fertiliser.**  
For most vegetables – except root vegetables (carrots, parsnips, beetroot, garlic and onions) – add generous amounts of organic fertiliser, such as the chook manure pellets or other rich organic manures, such as rabbit or guinea pig droppings and sheep manure. Fresh chicken manure should be composted before being added to the soil.
- 7. Lime the soil.**  
If you haven't added lime to your soil in the past two seasons, add some garden lime (or dolomite lime) according to directions on the pack. This is needed for any brassicas (broccoli family) and alliums (onion family). You could also use some for the legume family (broadbeans, peas). If you can't remember when you last added some, do a soil pH test. Simple kits are available for use. NB IMPORTANTLY – **Add lime two weeks after adding fertiliser** and before planting.
- 8. Get your seedlings** and pop them in this rejuvenated soil. Note which are best grown from seed and which by seedling.
- 9. Protect seedlings.** If you are growing any of the **brassica family**, protect them from attack by the **cabbage white butterfly**. There are decoys you can make but the most effective way is to cover the brassica bed with **exclusion netting**, to stop the butterflies landing on the plants and laying eggs on them. It is the caterpillars hatching out of these eggs which can devour seedlings overnight! If you do see signs of attack, such as holes in leaves, spray with organic *Dipel* or *Yates Success*, both safe to use for anything except caterpillars.
- 10. Reward your efforts.**  
The hard work is now done. Grab yourself a much deserved cuppa and enjoy the last of the sun before we head off into winter!

