

EDIBLE GARDEN Autumn & Winter



Autumn leaves make great mulch!

All you need to do is bag them up and come springtime you'll have superb organic fertiliser for your vegie garden. You can create this as you rake them up and tidy the garden.

Grab some large, tough garbage bin bags and stuff them with leaves about one third full. Using a watering can sprinkle them with water and stuff in the leaves until two thirds full, then water them again.

Keep filling the bags with more leaves until almost full. Do a final wetting then seal the bags tightly. Use a strong stick and punch small holes all over the bags to let the air in as this helps to break down the leaves into a good mulch for the garden. Put them behind the shed out of sight and forget about them.

As soon as the weather starts to get warmer and you're planning the spring vegie garden you can take those old bags out of hiding. Hey presto, on opening them you will discover what is known as leaf mould, a superb organic fertiliser and mulch!

fast winter food

Adelaide's mediterranean climate means that winters are kind to leafy greens and we rarely get an icy frost. Pop in some seeds or seedlings of Asian greens and you'll be picking your dinner in seven weeks.

'Asian greens' are Chinese cabbage, bok choy, Chinese broccoli and Chinese spinach. Plant them in a nice sunny spot and they'll soon take off. They love a well dug patch with plenty of good compost and organic fertiliser.

Seeds can be grown in shallow trenches and seedlings can be bought in punnets and ready to pick in four weeks. So give them a go as you'll find them pretty easy.

asian greens are yummy in:

Stir fries with noodles
Salads with noodles

Spring rolls
Asian style soups and broths

Ask the experts from the market stalls below if you'd like more advice, they're full of helpful tips to make sure you get the best out of your vegie patch.



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