



Summer is Sweet Tomato Time

Tomatoes are one of the nicest things picked straight from the garden. You know when they are ripe as they change colour from green to red, yellow or orange and are sweetened by the warmth from the sun.

Did you know, tomatoes:

Are one of the oldest food items

Can be used in lots of different ways

Come from a family of over 1000 different varieties

And are really, really good for you!

For tomatoes to flourish in your garden the need:

- σ Plenty of direct sunlight (8 hours or more each day)
- σ Good drainage and plenty of organic matter to help keep the moisture in
- σ A good soak every week once established, more often if in pots
- σ Liquid fertiliser every month
- σ Watch for pests!

Growing your own food means that less fuel will be used transporting food across Australia which means less pollution. The more food we produce in our own back yards means that the food we eat is not only really fresh and tastes great but is really good for the environment too.

Make a new start in your garden this year, start an eco friendly organic garden.

- σ Set up a water tank at home
- σ On rainy days fertilise and mulch your garden
- σ Grow natural food plants to provide seed and nectar for native birds
- σ Set up a bird bath in your garden for hot, thirsty birds
- σ Avoid using chemical sprays. Try not to kill ladybirds, bees and all the good guys like praying mantis, lizards and frogs
- σ Don't forget to mulch the garden to help keep in the moisture and help keep out the weeds