

Health and wellness initiatives - Lunch and Learn

'Eat, learn, live and grow – Spring gardening'

Ms Peta Watson

TAFE Teacher, Horticulture

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Introduction

- Rather 'Grow, live, learn and eat'
- Gillies St campus
- Resources, Instagram, facebook, google, diggers, books, books and more books



How to start gardening- Millie from Gardening Australia

1. *You will kill plants* – azalea hedge

- It teaches you lessons.

1. *Observe* – pests / diseases / plant requirements / what you want to see

2. *Do not panic* – avoid underwatering / overwatering / treating pests too hastily

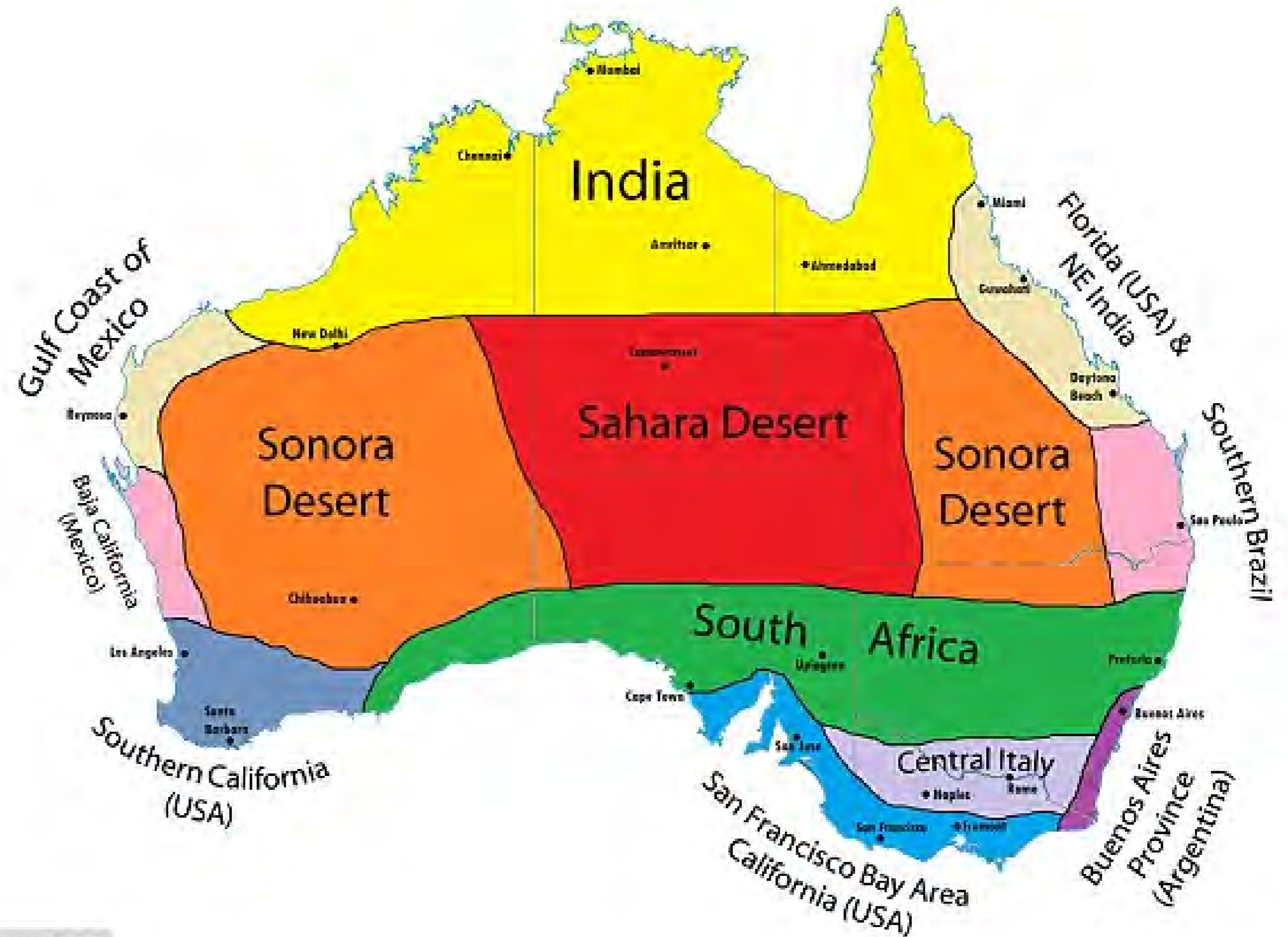
3. *Weeds* – maintenance will take the most time, a little every day

4. *Start small* – make sure you can look after one area before you move onto the next

5. *Finally*, let yourself learn as you grow

What to plant in spring

- Plant for temperate/Mediterranean climate
 - Then plan for your microclimate
 - [Climate dogs resource](#), agvic
- Resources:
 - Diggers calendar
 - Stephanie Alexander
 - Jane Edmanson



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What to plant in spring - vegetables

<https://www.diggers.com.au/>

Veggies

tomatoes

Cucumber

Zucchini

Watermelon (if you are prepared to water!)

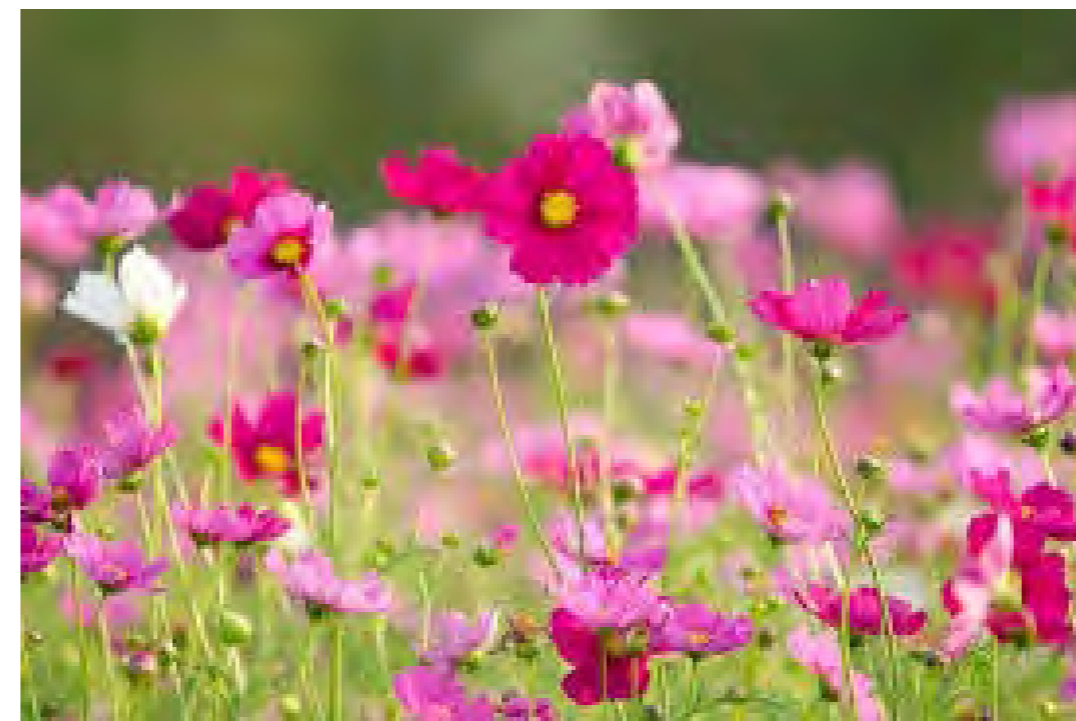
Corn

Carrots, beetroot, spinach - anytime



What to plant in spring - flowers

Visit 'thecottageflowerfarm' on Facebook inspiration



Flowers

Dahlias

Petunias

Zinnias

Foxgloves

Cosmos

Sunflowers

Getting your garden beds ready to plant

Testing soils:

- pH; acid/alkaline test, very useful
- Soil ribbon tests. Soil texture
 - <https://www.agric.wa.gov.au/soil-constraints/soil-texture-estimating-hand>
 - https://www.youtube.com/watch?v=TAHY_sW9n8E
 - <https://www.youtube.com/watch?v=2FjxKnJURBI>
- NPK; nutrient tests, harder to do nutrient availability



Getting your garden beds ready to plant – what to add

Fertilisers

Manure

Dynamic lifter

Slow release

Liquid fertilisers

Soil conditioners

Seasol

Permafert

Mulches

Newspaper

Lucerne

Straw

Woodchips

Composted screen long
(dark brown to black) \$95
per metre

Good bugs and bad bugs – white oil kills them all

Good bugs

Bees

Lady beetles

Bad bugs

Aphids

Gnats

Slugs

Moths/butterflies

Additional information from Dennis Crawford

(<http://oneminutebugs.com.au/>)



Thank you and questions?