



How does your garden grow?



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Acknowledgements

Thank you to Council's Positive Ageing Advisory Committee (CPAAC) and volunteers from the Clarence Community Volunteer Service (CCVS), for their commitment, time and support in the development of this resource.

Thank you to all schools, groups and individuals who provided their handy tips, recipes and resources and allowed us to photograph them and their gardens.

Introduction

Welcome to Clarence City Council's new resource to help you **'plant ahead'** for the future.

The seed was planted for "How does your garden grow?" back in 2009 when the Clarence Community Volunteer Service (CCVS) teamed up with Council's Positive Ageing Advisory Committee (CPAAC).

With the help of dedicated and hard working volunteer gardeners, older clients of the service were assisted in transforming their unmanageable gardens into more easy care, low maintenance.

Simple changes to the gardens such as mulching to reduce weeds, creating raised beds, and choosing water wise plants, helped them to enjoy their gardens more; feel better about remaining in their homes or 'ageing in place'; and have more time to pursue other activities.

Council is very supportive of the philosophy behind this resource kit, which is let's start early to look at how our own gardens grow before it becomes too late to be able to manage and care for them as we grow older.

On behalf of the Clarence Community Volunteer Service and CPAAC, we hope that no matter what age you are, this resource will provide information that will inspire you to think and start planning and planting ahead how your garden grows.

It is never too early to start!

Doug

Alderman Doug Chipman
Chair of the CPAAC and Deputy Mayor



Marie – CPAAC member at the Warrane Mornington Neighbourhood Centre garden



Message of Support

Growing our own food is one of the most rewarding things we can do for ourselves and our families but we don't always think about what a positive effect it can also have on our community at large.

It has been very inspiring to witness the explosion of gardening projects across the state, with schools, garden clubs, councils and self-motivated groups coming together to create this movement towards self sufficiency.

You may find that you start a garden for a single reason, to grow seasonal food or to save money, but then find that there are added benefits such as improved health and spending more time with your family. As we harvest our fruit and vegies, we can also take a moment to appreciate that we are part of something much larger, a global community.

Tino Carnevale
ABC Gardening Australia



Why easy care gardening?

It doesn't matter what age you are, **gardening is a fun** and enjoyable past time or hobby for so many people.

Often what is not so enjoyable is constant maintaining of garden spaces, large or small, flowers or vegetables, that are overgrown with weeds, require lawn mowing, and take up many hours of energy and work.

For many people these tasks can be overwhelming, particularly if you are less mobile than you used to be. Getting out in the garden starts to become a source of frustration and worry, instead of enjoyment, because you can't maintain the garden and have it looking like it used to.

The Clarence Community Volunteer Service helps older people who are frail and young people with disabilities, by matching them up with volunteers to assist them with everything from shopping, accessing medical appointments, light gardening and befriending.

Over the last few years the volunteer service began to notice an increasing need in older people requiring help with their gardens. Tasks such as pulling weeds, mowing lawns, removing leaves, planting and pruning were becoming too hard and overwhelming. People were starting to think perhaps they should move from their homes because their gardens were too much of a chore for them to look after independently or with help.

With just a few simple measures, such as mulching, raised gardens beds, and planting easy care water wise plants, many clients have had their gardens, and their lives transformed. You can too!

Don't leave it until it is too late – start thinking about transforming your garden now. There are so many ways you can do this that will make a big difference.

You can use this resource to help you navigate how to go about transforming your garden in big or small ways, and if you are just starting out, this kit can help you think about how to design a low maintenance easy care garden to suit your needs.

So let's get started!



CPAAC member Joan at home



Roches Beach

Raised garden beds

- Make sure the width of your garden bed is a little less than twice your arm reach. That means you can reach to the centre from either side. If you have small reach then make sure you don't have to stretch, make the bed narrower to suit you.
- Don't make the beds too long, so that you can walk around them without tiring out. 10 feet is a good length.
- Make the beds waist high so that you can garden with ease.
- Make beds lower if you want to garden sitting down.
- Beds can be light weight polystyrene containers, or a bench top. Eight by 16 inch containers could supply fresh vegetables all season for one or two people.
- Bench tops will need to be sturdy as soil is heavy, especially when wet.
- An old bath can make a good raised bed.
- When planting in containers, use a light soil mix which will drain easily. You can buy potting mix for containers but make sure it has a good amount of moisture retentive material such as vermiculite or peat moss in it, as pots dry out quickly.
- Lay out your raised beds in a north/south direction. This will ensure all plants receive equal sunlight throughout the day. With an east/west direction plants will shade one another as the sun moves across them.
- Many nurseries and hardware stores are now selling specially made galvanised iron raised garden beds.
- If you don't have a back problem, then bending can be a useful exercise to keep your back supple, but if you do have a back problem you could consider raised beds.

Source: Botanical Gardens; David Stephen, Creek Road Community Garden

Easy Gardening

As we get older we MUST NOT think we can't garden any more. The 'easy garden' is the way to go!

Easy gardens should be raised so they are not difficult to maintain. Use any containers that may fit on a table. Use an old sink or washing trough, or even go to your local tip-shop and pick up cheap containers. They should all have holes in the bottom for drainage.

Go for a walk in the Botanical Gardens and have look at their easy garden and see how easy it is to companion plant.

You can have a little of everything; home grown, fresh and no chemicals, and the important things, TASTE. It is all your own, grown with love and care.

I hope you have a go and enjoy yourself. Please play it safe, DON'T lift heavy pots and always use a safe area. Take a cup of tea or coffee and go talk to your plants, and watch them grow and produce!

Marie
CPAAC

Some alternatives to purchasing raised garden beds - Styrofoam containers and buckets with holes for drainage, old tyres, pots, wooden sleepers, star pickets and corrugated iron sheets.... visit for local tip shop, use your imagination, the sky is the limit!



Water wise gardening

Soil Mix Recipe

Raised bed soil mix 1:

- 50% sandy loam mixed with 50% sheep manure/mushroom compost/compost mix + blood and bone as per packet instructions.

Raised bed soil mix 2:

- Equal parts of loamy soil or coarse sand and a mushroom type compost.
- Add a tight fistful of dolomite lime and twice as much powdered animals or chook manure. Alternatively, use a fistful of blood and bone.
- A little kelp seaweed chips can also be used to supply potassium and trace minerals.

Raised bed soil mix 3:

- Good quality potting mix – be prepared for poor results from a poor quality potting mix. Results can be improved by mixing a high nutrient compost.

Maintenance:

- As soil level goes down: add sheep manure/mushroom compost/compost mix + blood and bone as per instructions.
- If the soil becomes water repellent remove top third and add any of the above mixes in with existing soil.
- Add soil wetter to help water penetrate the soil.

Source: Botanical Gardens; David Stephen, Creek Road Community Garden

- Use a hose nozzle with a hand trigger. This gives more control and will save water while walking from place to place in the garden.
- Put in new plantings in autumn after a good rain. This means they can get well established before summer. If you plant new plants in summer they will require constant watering.
- Use glazed pots for pot plants. Terracotta pots dry out much quicker than glazed pots.
- Water the roots of plants, the leaves.
- Water less frequently but water deeply to encourage root growth. Frequent light watering will encourage shallow root growth.
- Mulch, mulch, mulch. Mulch improves water retention and can reduce evaporation by up to 73%. It also adds nutrients to keep plants healthy and improves soil structure.
- Consider planting Tasmania natives. They have evolved to grow in Tasmania and many have low water requirements.
- Consider Australian natives. Many have low water requirements.
- Lawns use a lot of water. Consider reducing your lawn area or use drought tolerant grasses.
- Avoid cutting grass too low. Taller grass holds water better and protects the soil from the sun. Cutting grass too short encourages bare patches and growth of moss in the lawn.
- Lawn areas can be converted to native plant strips and mulched to reduce water use.
- Visit water wise gardens to familiarise yourself with the beauty and appearance of native plants.

Clarence City Council has published a FREE booklet "Plants for the Water Friendly Garden" based on some of the plants used at the Rosny Farm water wise garden.

Source: David Stephen, Creek Road Community Garden



Clarendon Vale School garden

JULIE'S TIP:
Always involve your children or grandchildren in all aspects of the garden and cooking!

Mulch

Nature has always provided mulch for the soil with fallen leaves, twigs, bark and animal droppings. This surface layer protects and nourishes the soil beneath.

Benefits of Mulch

- Reduces water evaporation from the soil by up to 73%
- Protects the soil from erosion effects of wind and rain
- Adds nutrients and organic matter which improves soil fertility, water retention and structure
- Reduces weed germination by keeping out light
- Reduces the need for watering

Some types of Mulch

- Pine bark, woodchips, sawdust, straw or hay, lawn clippings, leaves, sea-weed (water to remove salt before applying)

To be effective mulches need to be a minimum of 5cm thick, up to 15cm for a no-dig garden.

Newspaper can be used under other materials to help prevent weed growth. Needs wetting before use.

Compost

Compost is nature's soil conditioner, promoting good crumb structure, biological activity and can sometimes supply all of the nutrients required for healthy plant growth.

The following method of composting will take 2-6 months. There are other methods of composting but most home gardeners will identify with this simple method.

Step 1

Place non-woody green waste (weeds, grass, kitchen peelings, spent crops etc.) into an enclosure, as they become available. Chop everything into short lengths of 3 to 6 cm. If you have large quantities of grass clippings they should be dried in the sun for up to a week to reduce the ammonia content.

Step 2

Blend in some chopped brown waste. Choose from moist leaves, straw, pine needles, seagrass or shredded paper. Dampen, but don't saturate the pile.

Sprinkle a fist full of lime over each 15cm layer, if you intend to use the compost for a food garden. Also, blend in some moist animal manure (up to a third by volume) from time to time.

When your compost bin is quarter full, check to see if decay is underway by turning over the contents.

Mature compost is ready to dig into the soil when it is dark in colour and crumbles in your hands.

Source: David Stephen, Creek Road Community Garden



LEFT: Before mulching
BELOW: After mulching



Joan's Tip: Propagating Roses

Are you leaving a garden where you have lived for years and would love to take some of your favourite roses with you? It's easy to do!

The traditional time for taking cuttings is at pruning time because that is when you have lots of bits to play with but actually you can propagate at any time through the growing season, from early summer to winter. The important thing is that the wood is ripe enough and generally it is if the flower has fallen off. Make the cutting from a strong cane that has just bloomed.

A good propagating medium is a 50-50 blend of potting soil and perlite. This is a very light blend that encourages the roots to grow quickly. Rooting hormone is optional but success rate is much better with it.

Make your cutting 4 or 5 nodes long (a leaf grows at each node) trimming just above the node at the top, just below it at the bottom. Use really sharp cutters to prevent crushing the stem and make a very clean cut.

Make a little hole with a pencil – don't just push the cutting in as that can damage the delicate outer layer. Pat the cutting firmly into place, water it well and cover the whole thing with a plastic bag to keep it moist and humid.

Always take more cuttings than you need – not every one will grow. Label your rose cuttings with their proper name if you know it. Place the cuttings in a warm place with bright light but not in direct sunlight.

It takes 4 to 8 weeks for the cuttings to root, depending on the weather and the rose variety. In fact it may take as little as 2 weeks or as long as 6 months for roots to develop. Each cutting will develop differently.

Repot the cutting when you see the roots come through the bottom of the pot. Keep the cuttings moist at all times, with good air circulation and sunlight.

Good luck!



Warrane Mornington
Neighbourhood Centre

Sun protection

EXPOSURE LIMITS

Exposure	UV Index	Sun Protection Recommendations
Low	2 or less	You can safely stay outdoors with minimal protection
Moderate	3-5	Wear sun protective clothing, a hat, sunscreen, sunglasses and seek shady areas
High	6-7	Wear sun protective clothing, a hat, sunscreen, sunglasses and seek shady areas and stay indoors between 10am and 2pm (11-3pm daylight saving time)
Very High	8-10	Wear sun protective clothing, a hat, sunscreen, sunglasses and seek shady areas but stay indoors as much as possible
Extreme	11 or higher	Wear sun protective clothing, a hat, sunscreen, sunglasses and seek shady areas but stay indoors as much as possible

Check the weather section of the Mercury newspaper for daily UV limits.

Source: World Health Organisation protection recommendations for skin cancer prevention.

Kev's Tip: Recycle Potting Soil

Potting soil can be expensive, we should not waste it. Adding manure and compost to old potting soil will vitalise it for some time.

It is best to use pulverised sheep or shredded horse manure.

I use a mixture of about 10% manure to 90% potting soil. Well rotted compost can also be added.

If the mixture becomes too heavy, you can add some Perlite or some broken up Polystyrene Foam.

REMEMBER – when handling manure make sure you wear gloves.

MANURE

TYPES

Sheep – best if it is pulverized

Chicken – use only old, can burn plants

Horse – can contain seeds etc

Cow – probably the best

Mixture of above

OTHERS

Dynamic Lifter – use as directed

Blood & Bone – use as directed

Liquid Seaweed – use as directed

Choosing plants

- Plantings, especially trees, need to be considered carefully
- You may not want a fast growing, potentially tall, but short lived tree for example near the house, where it may become a problem in 15-20 years. You may also not want it on the roadside boundary where you may have to organise its removal in the not too distant future
- Low maintenance could simply mean choosing the plant for the proposed location and conditions
- Knowledge of the plant, its growth habits and requirements is essential for choosing the right plants
- Some plants considerations are: Height, spread, lifespan, dense/sparse. Prefers full sun/dappled shade, high/low water requirements, preferred soil type, pruning requirements, and susceptibility to certain diseases
- A good understanding of the site conditions where the plant is to go is also important. Some site considerations are: North/south facing, slope, amount of shade/sunlight, drainage, soil type e.g. clay or sandy
- Plants in the right place will be happier and healthier
- Plants in good condition are resistant to pests and diseases
- Find a friendly nursery that can give advice on plant selection



Lauderdale Primary School garden

Propagation/cuttings - you can still have your "high maintenance" plants, just think about where to put them so they are easier to maintain.



Organic recipes for pest control



CPAAC member Joan at home

- **Grubs and caterpillars**
Dust Caterpillars & slugs with wood ash, fine sand or flour. Soap spray is also effective.
- **Scale insects**
Combine a tablespoon of liquid soap with a cup of vegetable oil. Dilute a tablespoon of the mixture with a cup of water. Shake well before spraying on insects.
- **Aphids, caterpillars, white flies, mealy bugs and scale insects**
Dissolve 50grams of PURE soap in a litre of hot water. Allow to cool. Shake well and spray on plants affected by these. (Make sure to use pure soap NOT detergent)
- **Ants**
Use eucalyptus oil, tree tea oil or ground cloves along ant trails.
- **Mites & Powdery Mildew**
Dusting with sulphur, and wettable sulphur preparations.
- **Fungal Disease**
Sprays made from seaweed help reduce fungal disease of leaves and flowers.
- **Pyrethrum**
An insecticidal spray made from the dried flower heads of pyrethrum daisy. Is strong and should be used with caution.

Don't have a garden of your own? Do you have an interest in helping out in the community?

The Warrane Mornington Neighbourhood centre has 8 raised garden beds and is open Monday to Friday. Drop by and help out with planting and maintaining the vegie patches!



Tino Carnevale at the Warrane Mornington Neighbourhood Centre garden

Herbs

Herbs have been cultivated for thousands of years for both their culinary and medicinal purposes. These fragrant and flavourful plants still play an important role in every kitchen garden. Even a tiny plot can provide you with enough herbs to use fresh, frozen, or dried.

Herbs are easy to raise, even if you've never gardened before. If you have the space, you can plant a formal herb garden that is both attractive and productive.

Formal herb gardens use design techniques that are centuries old. Knot gardens, for example, where herbs are grown in a knot-like design, have been popular since medieval times. If you are short on space, however, you can tuck your favourite herbs amid other plantings in your vegetable or flower garden.

Many low-growing herbs, such as creeping rosemary and thyme make lovely edging plants for vegetable or flower gardens. Herbs are ideally suited to container growing, and can be placed in an easy to reach spot for cooking.

Source: Tasmanian company, Four Seasons Herbs
www.fourseasonsherbs.com.au

Have a look at our recipes - many contain some of these wonderful herbs that you can grow and cook with!



Clarendon Vale School garden

#Perennial herbs come back year after year and can be planted directly in the garden.

#Tender perennials are not frost tolerant but can live for several years if given proper care.

#Annuals are those plants which grow, produce and die within one growing season.

HERB	LIFESPAN #	SOIL TYPE	SUITABLE FOR POTS
Asparagus	Perennial	Light	No
Basil	Annual	Rich	Yes
Chamomile Roman	Perennial	Light	Yes
Chervil	Annual	Rich	Yes
Chives	Perennial	Rich	Yes
Comfrey	Perennial	Light/Poor	Yes
Coriander	Annual	Rich	Yes
Cumin	Annual	Rich	Yes
Dill	Annual	Rich	No
Fennel	Annual/Perennial	Rich	No
French tarragon	Perennial	Light	Yes
Lemonbalm	Perennial	Light	Yes
Lemongrass	Tender perennial	Rich	Yes
Mint	Perennial	Light	Yes
Oregano	Perennial	Rich	Yes
Parsley	Biennial	Rich	Yes
Rocket	Annual	Light	No
Rosemary	Perennial	Alkaline/light	Yes
Sage	Perennial	Alkaline/light	Yes
Spinach, English	Annual	Rich	No
Sweet Marjoram	Perennial	Light	Yes
Thyme	Perennial	Light	Yes

Royal Tasmanian Botanical Gardens

FREE sustainable gardening talks

TALK AND LEARN WITH
THE REAL EXPERTS

Casual, 1 hour sessions in the garden

Topics have included: Bulbs, Horticultural Tools & Equipment,
Frost Protection in Winter, Seed Germination, Propagation,
Mulch, Transplanting Trees & Shrubs, Tasmanian Natives,
Sustainable Native Lawn and much more.

**For information or to book your place, call the main office
at the Gardens on 6236 3059 weekdays only**

ALL SESSIONS ARE FREE BUT BOOKINGS ARE ESSENTIAL

Royal Tasmanian Botanical Gardens
Queens Domain, Hobart TAS 7000



Some useful resources

There is a wealth of knowledge out there about gardening. You only have to talk to your neighbours, friends and family to get good tips on their easy care, low maintenance advice.

We have included just a small 'taster' on other places you can turn to, to increase your knowledge about gardening, and where to go for resources. Your local garden centre or nursery is always a good place to start!

For other ideas...

Clarence City Council '**Water Wise**' gardening booklet, available at Council office

Magazines or website ABC Gardening Australia
www.gardeningaustralia.com

Blooming Tasmania Guide **www.bloomingtasmania.com**
or ring 6344 6233

Royal Tasmanian Botanical Gardens – run free sustainable gardening talks, hold community garden classes, website: **www.rtbg.tas.gov.au** or ring the Manager of Learning and Community Engagement on 6236 3086

Some alternatives for raised garden beds: For timber beds - Dovetail Timbers, ring 0429 13 2929 or email bodie@dovetailtimbers.com

Corrugated iron raised beds can be purchased at nurseries, contact your nearest nursery to enquire or inspect

Plant Species List: http://www.understorey-network.org.au/municipalities/understorey_clarence.pdf

Garden Design Template: http://www.yourclimateyourlife.org.uk/docs/garden_template.doc

Companion Planting: Sustainable Gardening Australia **www.sgaonline.org.au**
Sustainable Gardening Australia presents: The most comprehensive companion planting chart in the known universe (maybe)



Companion planting

Sustainable Gardening Australia presents: *The most comprehensive companion planting chart in the known universe (maybe!)* www.sgaonline.org.au

RESOURCES

Plant	Good Neighbours	How it works	Bad Neighbours
Apple	Nasturtium, Chives	Nasturtium climbs tree and is said to repel codling moth	Potatoes
Apricot	Basil, Tansy, Asparagus	Basil and tansy are said to repel damaging insects	
Asparagus	Apricot, Basil, Chives, Comfrey, Lovage, Marjoram, Parsley, Tomatoes	Basil and Parsley are said to improve flavour. Onions and garlic release substances reducing growth.	Garlic, Onions
Balm (Lemon)	Tomatoes	Attracts bees, said to enhance flavour and growth	
Basil	Tomatoes	Basil said to repel flies and mosquitoes	
Beans (climbing)	Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Corn, Lettuce, Lovage, Majoram, Parsley		Beetroot, Chives, Garlic, Gladiolus, Onions, Sunflower
Beetroot	Beans (bush), Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Kohl Rabi, Lettuce, Lovage, Marjoram, Onion, Peas, Potato, Spinach, Silverbeet	Bad Neighbours roots release substances reducing growth	Beans (Climbing), Tomato
Borage	Squash, Strawberries, Tomato	Said to deter tomato worm and improve tomato flavour and yield. Said to increase strawberry yield.	
Brassicas (Incl: Broccoli, Cabbage, Cauliflower)	Beans, Beetroot, Carrots, Chamomile, Coriander, Cucumber, Dill, Lettuce, Lovage, Marjoram, Marigold (French), Mint, Nasturtium, Pea, Potato, Rosemary, Sage, Tansy, Thyme, Tomato, Zinnias	Dill attracts a Cabbage White Butterfly controlling wasp. Nasturtium disguises and repels aphids. Sage repels the Cabbage White Butterfly. Zinnias attract ladybirds, which we love! Bad Neighbours roots release substances reducing growth	Garlic, Rue, Strawberry
Capsicum, Chilli	Carrots, Onions, Tomato		
Carrots	Beans, Chives, Coriander, Cucumber, Leeks, Lettuce, Lovage, Marjoram, Onion, Pea, Radish, Rosemary, Sage, Tomato	Bad Neighbours roots release substances reducing growth	Dill, Celery
Celery	Cabbage, Chives, Dill, Dwarf Beans, Leek, Lovage, Majoram, Onion, Pea, Sage, Spinach, Tomato	Bad Neighbours roots release substances reducing growth	Carrots, Parsnip, Potato
Chamomile	Cabbage, Onion	Deters flies and mosquitoes. Strengthens neighbouring plants	
Chives	Apples, Cucumbers, Lettuce, Peas	Prevents Apple Scab. Said to deter aphids	Beans
Cucumber	Basil, Beans, Borage, Broccoli, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Corn, Dill, Kohl Rabi, Lettuce, Lovage, Marjoram, Nasturtium, Parsnip, Pea, Radish, Sunflower, Tansy	Bad Neighbours roots release substances reducing growth	Potato, Sage, Strongly Aromatic Herbs
Dill	Brassicas (Incl: Broccoli, Cabbage, Cauliflower)	Dill attracts a Cabbage White Butterfly controlling wasp	
Eggplant	Beans, Spinach		
Garlic	Apricot, Cherry, Mulberry, Parsnip, Peach, Pear, Raspberry, Rosemary, Rose	Deters aphids, especially from roses and raspberry. Repels Cabbage White Butterfly	Beans, Cabbage, Peas, Strawberry
Kohl Rabi	Beetroot, Onion		Beans, Tomato
Leek	Carrot, Celery, Lovage, Majoram, Onion, Parsnip, Strawberry		Beans, Peas, Parsley
Lettuce	Achillea, Beans, Beetroot, Cabbage, Carrot, Chervil, Coreopsis, Cucumber, Lovage, Marjoram, Marigold (French), Onion, Parsnip, Pea, Radish, Strawberry, Zinnia	Achillea, Coreopsis & Zinnia attract pollinators and offer shade for lettuce	Parsley
Marigolds (French)	Numerous vegetables, including tomato	Kills root knot nematodes and eel worm	
Melon	Radish, Sweet Corn		
Mint	Cabbage, Tomato	Deters pests such as Cabbage White Butterfly, ants and fleas	
Nasturtium	Cabbages, Fruit Trees, Radishes, Zucchini	Flowers repel aphids and codling moth. Cabbage white butterfly is attracted to this plant, and will seek it out over cabbages	

Plant	Good Neighbours	How it works	Bad Neighbours
Onion	Beetroot, Broccoli, Cabbage, Carrot, Chamomile, Leeks, Lettuce, Lovage, Marjoram, Parsley, Parsnip, Silverbeet, Strawberry, Summer Savory, Tomato	Smell of onion said to deter numerous pests. Onions release substances reducing growth of Bad Neighbours	Asparagus, Beans, Gladioli, Peas
Parsley	Asparagus, Sweet Corn, Tomato	Said to improve flavour of asparagus and tomato	
Peas	Beans, Beetroot, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Lettuce, Lovage, Marjoram, Parsnip, Potato, Radish, Sage, Squash, Sweet Corn	Bad Neighbours roots release substances reducing growth. Sweet Corn has traditionally been used as "living stakes" for peas	Chives, Garlic, Onion, Shallots
Potato	Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Corn, Eggplant, Horseradish, Lovage, Marjoram, Marigold (French), Nasturtium, Parsnip, Peas, Sweet Alyssum, Sweet Corn, Watermelon	Sweet Alyssum and Marigolds attract beneficials and suppress weeds. Potatoes release substances reducing growth of Bad Neighbours. Horseradish should be planted at the corners of the patch	Apple, Celery, Cherry, Cucumber, Pumpkin, Raspberry, Rosemary, Squash, Sunflower, Tomato
Pumpkin	Beans, Cabbage, Eggplant, Peas, Radish, Sweet Corn	Bad Neighbours roots release substances reducing growth	Potato
Radish	Beans, Carrot, Chervil, Cucumber, Sweet Corn, Cucumber, Lettuce, Lovage, Marjoram, Nasturtium, Parsnip, Pea, Spinach, Sweet Corn	Radish is said to attract leaf miners from Spinach	Hyssop
Raspberry			Blackberries, Potato, Tomato
Rosemary	Beans, Cabbage, Carrot, Sage	Said to deter Cabbage white butterfly. Attracts beneficials	
Sage	Brassicas (Incl: Broccoli, Cabbage, Cauliflower), Carrot, Rosemary	Sage repels the Cabbage White Butterfly	Cucumber
Silverbeet	Beetroot, Cherry, Lavender, Lovage, Marjoram, Onion		Basil, Wormwood
Spinach	Celery, Eggplant, Strawberries		
Squash	Borage, Lovage, Marjoram, Nasturtium, Peas, Sunflower, Sweet Corn, Tansy		Potato
Strawberry	Beans, Borage, Chives, Leek, Lettuce, Marigold (French), Onion, Pyrethrum, Sage, Spinach		Brassicas (Incl: Broccoli, Cabbage, Cauliflower), Brussel Sprouts, Garlic
Sunflower	Apricots, Cucumbers, Squash		Beans, Potato
Sweet Corn	Beans, Cucumbers, Lovage, Marjoram, Melon, Parsnip, Peas, Potato, Pumpkin, Radish, Squash, Zucchini	Sweet Corn has traditionally been used as "living stakes" for peas. Bad Neighbours roots release substances reducing growth	Cabbage
Tomato	Asparagus, Basil, Celery, Borage, Broccoli, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Chives, Dill, Gooseberry, Grape, Hyssop, Lovage, Marigold (French), Marjoram, Mint, Nasturtium, Onion, Parsley, Parsnip, Turnip	Marigolds said to repel white fly and root knot nematode. Bad Neighbours roots release substances reducing growth	Apricots, Beetroot, Fennel, Kohl Rabi, Potato, Rosemary, Sweet Corn
Turnip	Cucumbers, Lettuce, Nasturtium, Peas, Tomato		
Watermelon	Potato		
Yarrow	Most aromatic herbs	When planted along pathways, is said to enhance essential oil production and herb flavour.	
Zucchini	Lovage, Marjoram, Nasturtium, Sweet Corn		

Marie's Tips: Companion Planting

It is great fun when plants really get on well together. A bit like people one can say, except, people don't grow smaller under shade or bigger and dry off in the sun!

Good companions

- Apples like garlic, onions and chives
- Beans love to be with carrots, cucumbers, cabbage and parsley
- Beetroot likes to be with cabbages, silver beet and dwarf-beans
- Lettuce gets on well with strawberries, marigolds and carrots

Bad companions

- Pumpkins don't like to be near potatoes
- Raspberries don't like blackberries or potatoes nearby
- Mint and parsley don't like to be near each other. Keep them separated
- Garlic is not a good companion for beans, peas, or strawberries

Other great companions

Catnip repels fleas, ants and rodents.

Caraway helps breakdown heavy soils.

Elderberry a general insecticide, the leaves encourage compost fermentation, the flowers and berries make lovely wine!

Fennel (not *F. vulgare* or *F. officinale*) repels flies, fleas and ants.

Hyssop attracts cabbage white moth keeping brassicas free from infestation.

Mint repels cabbage white moth. Dried and placed with clothes will repel clothes moth.

Nasturtium secrete a mustard oil, which many insects find attractive and will seek out, particularly the cabbage white moth. Alternatively, the flowers repel aphids and the cucumber beetle. The climbing variety grown up apple trees will repel codling moth.

Pyrethrum will repel bugs if grown around the vegetable garden.

Rosemary repels carrot fly.

Rue (*Rutis*, not *Peganum*) keeps cats and dogs off garden beds if planted round the borders.

Tansy (*Tanacetum*, not *Senecio*) repels moths, flies and ants. Plant beneath peach trees to repel harmful flying insects. Tansy leaves assist compost fermentation.

Wormwood (*Artemisia*, not *Ambrosia*) although it can inhibit the growth of plants near it, wormwood does repel moths, flies and fleas and keeps animals off the garden.

Clarence City Council

community volunteer service



Ray - a valued volunteer

- Want to make a big difference in the lives of others?
- Enjoy light gardening, shopping, chatting with people?
- Like to be recognized, for your, contribution and skills?
- Just retired - a few hours to spare?
- Like to work in aged care – need experience?
- Need to meet your Centrelink requirements?
- Have your own vehicle?
- Look no more!

The Clarence Community Volunteer Service aims to give the elderly and younger people with a disability some much needed support, enabling them to remain in their own home, as long as possible.

The personalised assistance offers a diverse range of services, from taking people to appointments, assisting them with shopping, shopping for them if they are unable to leave the house, phoning or visiting for a friendly chat, to light gardening.

Clarence Community Volunteer Service
PO Box 96 Rosny Park TAS 7018
Phone 03 6245 8678
Email ccvs@ccc.tas.gov.au
www.ccc.tas.gov.au

"...A tremendous service, helping to keep people in their own homes..."

"...you allow elderly to age, both with pride and happiness..."

"...I am so grateful for all you are doing, you are helping me to keep my home..."

"... a big thank you for the garden pebbles, it is so greatly appreciated..."

"...I could not be more grateful, as for many years my garden was my passion.....with your help it lives again and it's a pleasure to walk in my now flourishing garden..."

Garden design

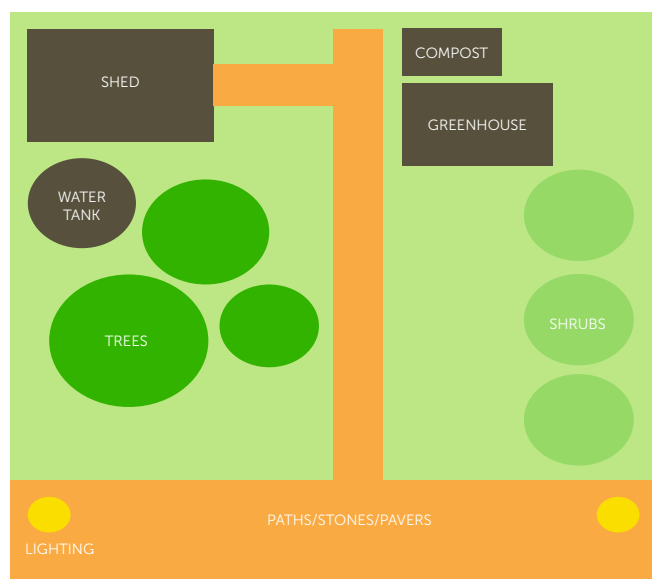
Why is good garden design important? It is important for many reasons but it doesn't have to be hard. It can be as simple as thinking and planning where to put things, designing areas with water wise plants, increase safety and security with lighting, paths, and planting shade borders etc.

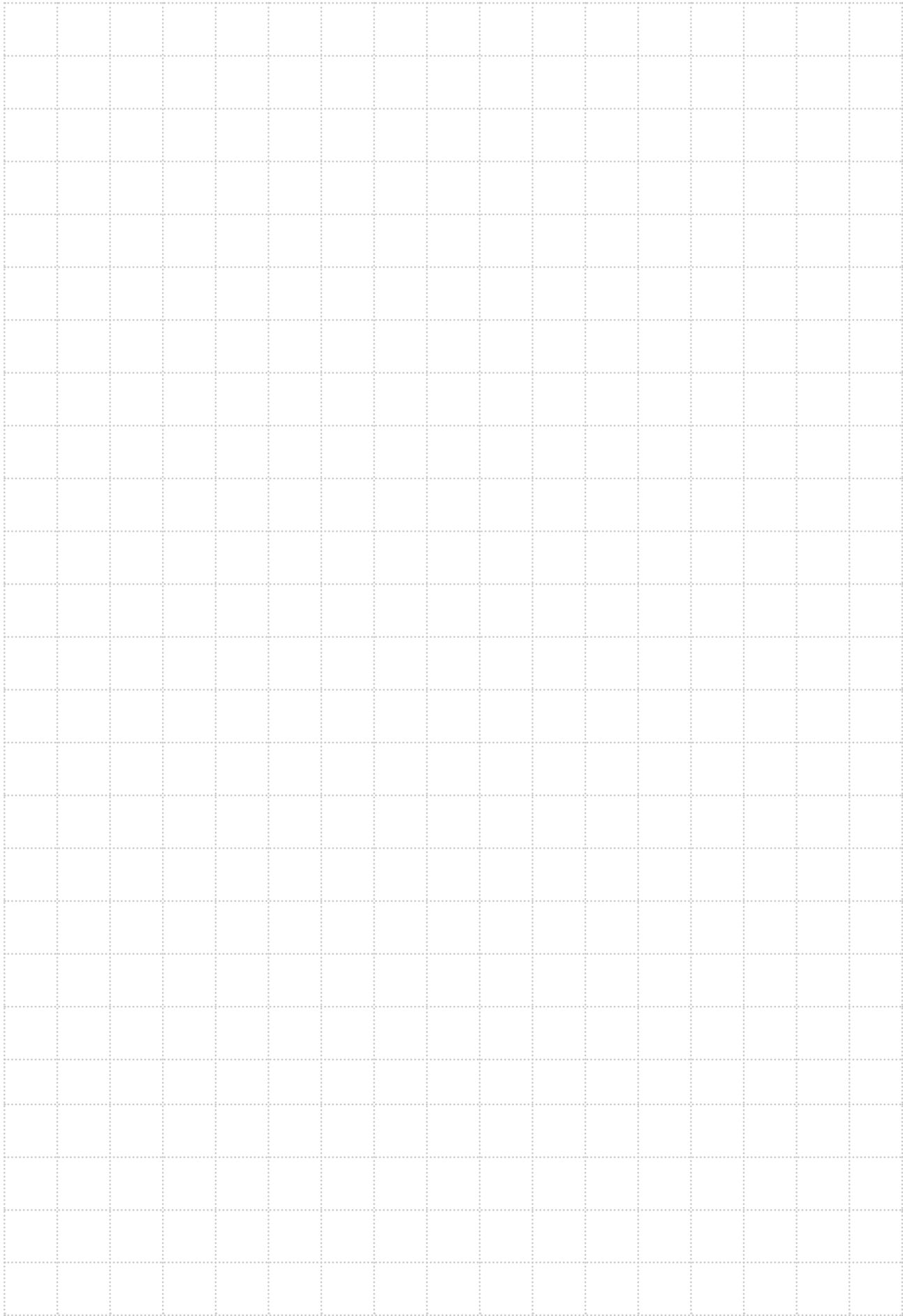
Gardens that evolve are lovely too – but a bit of planning can help you transform your garden into an easy care low maintenance haven.

You can free draw your design or use the graph paper provided at the back of this booklet. Below is an example of how you can create your own design online. You will find this website in our resource section on page 15.



TIP: Photocopy and then cut out shapes to design your garden





RESOURCES



Common Name

22 How does your garden grow?

Learning about gardening and all its benefits starts early!

One of the aims of the guide is to encourage younger people to develop an interest in gardening, healthy eating and cooking, and to promote how easy it can be to keep your garden low maintenance and "grow your own".

We thank the following schools for their contribution of tips, advice and recipes using products from their easy care school gardens.

Enjoy!

BELLERIVE PRIMARY SCHOOL



Broccoli Savoury Pie

1/2 cup self-raising flour

1 cup grated tasty cheese

Three quarters cup chopped ham or 2 rashers of bacon, cooked and chopped

2 cups lightly steamed broccoli florets

1 medium sized onion, finely diced and softened in a teaspoon butter

1 and half cups milk

4 large free range eggs

1 teaspoon curry powder

Salt and pepper to taste

Preheat oven to 190 degrees Celsius.

Prepare a deep quiche dish by greasing well. Mix together cheese, ham and broccoli. Add flour and stir until flour coats the other ingredients.

Whisk together milk, eggs and curry powder.

Stir the egg mixture in to the broccoli mixture taking care not to over mix.

Season with salt and pepper.

Pour into a well-greased quiche or pie dish and cook for about 40 minutes or until pie is set and lightly browned on top. The cooking time will depend on the size of the dish you use, the wider the dish, the less time it will take.

Serve warm.

NOTES: This 'pie' will separate into a soft crust with a quiche like centre. You can change the vegetables in this pie, for example you may like to add two cups of grated and squeezed zucchini or two cups lightly cooked corn kernels or lightly steamed cubed sweet potato.

Add a few chopped chives or chopped parsley if you wish. If you don't wish to include the bacon add more vegetables.



Carrot soup

500 grams carrot
 250 grams onions
 250 grams potatoes
 50 gram butter or 2 tablespoons oil
 1 bay leaf (optional)
 1 teaspoon salt
 1/2 teaspoon freshly ground pepper
 Half cup milk
 1.5 litres chicken or vegetable stock

Peel the carrots and potatoes and cut them into chunky pieces.

Peel and finely chop the onions.

Melt the butter in a large saucepan and add the onion and cook until soft. Add the carrots and potatoes and allow colouring slightly stirring occasionally while the vegetables are cooking.

Add the stock and bring to a simmer.

Cook gently for at least an hour.

Add the orange zest if using.

Add pepper and check for saltiness.

Remove the bay leaf and discard.

Puree and add the milk.

NOTES: You can vary the flavour of this soup by adding a teaspoon finely grated orange zest just before it is served or add a dash of freshly grated nutmeg.

You can use half carrots and half sweet potato for another variation.

If you are using stock which is salted be sure to taste the soup before adding any extra salt.

Warm winter coleslaw

400 grams Savoy or regular cabbage
 1 granny smith apple, grated with skin on
 1 cup grated carrot
 1 tablespoon white wine vinegar
 1 scant tablespoon runny honey
 Quarter cup natural yoghurt
 Half teaspoon ground ginger
 Half teaspoon caraway or fennel seeds, lightly crushed (optional)
 1 teaspoon Dijon mustard
 Salt and pepper to taste

This recipe is a pleasant change from steamed cabbage. It is great served with burgers, grilled lamb or pork chops or a piece of steak.

The crinkly leafed Savoy cabbage works well or use regular cabbage finely sliced.

Grate the apple after you have made up the coleslaw dressing and then fold the apple through it to prevent the apple from discolouring.

Cook the cabbage just before you plan to serve the meal, it only takes one minute to blanch.

Place a large saucepan of salted water on to boil.

Remove the tough outer leaves for the cabbage they can be used in the compost.

Cut a wedge from the cabbage and slice it finely.

Combine the honey with the vinegar and spices and then whisk in the yoghurt.

Fold the grated apple and carrot through the yoghurt mix.

When the meal is ready to be served add the sliced cabbage to the boiling salted water and cook for 1 minute. Drain well and stir the apple yoghurt mixture through the hot, drained cabbage and serve immediately.

Serves 4

GEILSTON BAY HIGH SCHOOL



Tomato Bruschetta



Half a teaspoon Dijon mustard
2 tablespoons red wine vinegar
2 tablespoons olive oil
2 tomatoes
12 basil leaves
2 slices crusty bread
Garlic oil

Combine mustard, vinegar and oil

Chop tomato finely and add to dressing

Add torn basil leaves

Preheat grill to medium high

Brush bread with garlic oil

Toast on both sides under grill until golden

Top with tomato and serve.

Chicken Dumplings (wontons) with Chilli Glaze

300 grams chicken mince
One quarter cup chopped canned water chesnuts
2 tablespoons coriander leaves
2 teaspoons finely grated ginger
2 tablespoons soy sauce
20 wonton wrappers
Vegetable oil for greasing

Chilli glaze:

4 large red chillies, seeded and sliced
Half cup white vinegar
Half cup sugar

Combine the mince, water chesnuts, coriander, ginger and soy sauce.

Place tablespoons of mixture into the wonton wrappers. Brush edges with water and join corners and seal.

Place in steamer over a saucepan and steam for 8 minutes or until cook through.

To make glaze, place the chillies, vinegar and sugar in a saucepan boil for 8 minutes or until syrupy. To serve drizzle glaze over dumplings.

Makes 20

Recipe from Donna Hay Magazine October 2010



Roast Beetroot Dip

1 bunch beetroot
 1 head garlic
 1 cup low fat yoghurt
 Olive oil cooking spray
 2 tablespoons dill, finely chopped
 Extra dill to serve
 Pinch salt and pepper

Preheat oven to 200 degrees. Line a baking tray with baking paper. Trim beetroot, leaving 1cm stalks attached. Cut 5mm off the top of the head of garlic.

Place beetroot and garlic onto prepared baking tray. Spray with oil. Roast for 45 to 50 minutes or until tender when tested with a skewer. Set aside for 15 minutes to cool.

Gently peel and discard skin from beetroot. Squeeze garlic flesh from head.

Roughly chop beetroot.

Place into a food processor with garlic flesh. Process until smooth. Transfer to a glass bowl.

Stir in yoghurt, dill and salt and pepper.

Cover and refrigerate for 3 hours to allow flavours to develop.

Transfer to a serving bowl and garnish with dill.

Serves 6

From www.taste.com.au/recipes

Caesar Salad

Half a Cos lettuce
 1 rasher bacon
 2 eggs
 1 slice bread
 2 tablespoons oil
 1 tablespoon shaved parmesan cheese

Dressing:
 2 anchovy fillets
 1 clove garlic
 1 tablespoon lemon juice
 3 tablespoons olive oil
 Salt and freshly ground pepper
 1 egg yolk
 Half teaspoon Dijon mustard



Croutons: Trim crusts from bread, cut into 1.5 cm cubes

Heat oil in frying pan over medium heat and fry the bread until golden, tossing constantly. Drain on paper towel.

Bacon: Remove rind from bacon and cut into small pieces.

Cook bacon in frying pan over medium heat until crisp. Drain on kitchen paper.

Eggs: Boil large saucepan of water.

Add 2 teaspoons vinegar and pinch of salt.

Create a whirlpool in centre of water. Add eggs one at a time. Cook for 8 minutes.

Remove from boiling water and place in a bowl of cold water.

Peel and slice in quarters length ways.

Dressing: Combine ingredients in a jug using a stick blender until smooth.

Lettuce: Carefully separate and wash leaves and dry with paper towel.

To serve: Arrange lettuce on plate.

Sprinkle on bacon, croutons and shaved parmesan cheese.

Add eggs carefully.

Just before serving drizzle on dressing.

Spanakopita (spinach or silverbeet pie)



8-10 stems silverbeet stemmed, washed, dried and chopped

10 mint leaves

6 stalks parsley

60 grams butter

1 large onion finely chopped

2 beaten eggs

100 grams feta cheese

100 grams Cheddar cheese

50 grams parmesan

Nutmeg

Freshly ground pepper and salt

10 sheets filo pastry

Olive oil spray

Pre-heat oven to 180 degrees Celsius.

Melt butter in large frying pan.

Add silverbeet or spinach and cook for about 5 minutes then add herbs. Tip into a colander and press with the back of a tablespoon to help drain and cool.

Mix the egg with the cheeses and add silverbeet or spinach. Add nutmeg, pepper and salt.

Spray a suitable tray with oil and line with baking paper.

Place 1 sheet of filo into a tray and spray with oil. Then another sheet and spray. Continue for 4-6 sheets.

Add silverbeet or spinach filling. Continue to add oiled filo on top. Bake for 25 minutes or until golden brown.

Can use pastry to make triangles if preferred. Serve warm or at room temperature.



Garden Tips

- Start on a small scale.
- Choose a location that has sun light most of the day. Protect from cold strong winds.
- Prepare your soil include lots of organic compost and well broken down manure.
- Plant easy to grow vegetables that you are likely to have success with e.g. silverbeet, lettuce, pumpkin, garlic, potatoes.
- Install a watering system, this is not difficult and saves time and water.
- If your neighbour has a veggie garden grow different vegetables to your neighbour and swap. That way you end up with more variety and not a glut of the one thing.
- Grow plants from seed and stagger the planting so you don't have too many of the one kind of vegetables ready at the same time. This also saves money.
- Gardening in raised beds and containers makes gardening easier to manage and minimises the need to bend and dig.



Sweet Pumpkin Pie

Small, sweet pumpkin

Cinnamon

Nutmeg

Salt

Brown sugar

Thick cream and chopped pecan nuts to serve

Scoop the flesh from a small sweet pumpkin and steam until cooked. Or roast first and then mash.

Add cinnamon, nutmeg and salt to taste and mix. Put the mash mixture into the shell of the pumpkin (or a suitable dish) and sprinkle top with brown sugar.

Bake until sugar bubbles in a moderate oven around 15 minutes. Serve with a dollop of thick cream, a sprinkle of cinnamon and chopped pecan nuts.

You can also make a rice pudding then add the 'mash' mixture and bake.

Queensland Blue, Thelma Sanders, Golden Nugget and Butternut are all suitable pumpkin/winter squash for this recipe. Seeds are available at most garden nurseries.



LAUDERDALE PRIMARY SCHOOL



RECIPES & TIPS

Forgotten how easy and delicious fried rice is? Here's our favourite recipe that we use in the classroom, combining our garden produce.

Fried Rice

2 cups cold precooked rice

4 bacon rashers

1 onion

1 small can of corn

1 small can of peas

2 eggs

1 red or green capsicum

1 tablespoon Cooking oil

Soy sauce

pepper

Dice the onion, bacon and capsicum

Lightly fry the cooked rice in oil

Add the diced vegetables

Add the raw egg and stir through as it cooks

Add a splash of soy sauce and pepper to taste



Garden Tips

First set up by volunteer parents, our garden provides a host of learning experiences in a pleasant and peaceful setting. Many students visit the garden at lunchtimes and garden buddy classes operate throughout the school. School gardens foster an appreciation of biodiversity and the environment. They allow students to work together towards a common goal, and encourage responsibility and accountability for what's growing or grazing. School gardens can only exist with adult volunteer help. Thought of offering help at your local school garden?

- Believe it or not, chickens make wonderful pets. Easy and cheap to feed, chickens lay an average of one egg a day. You could be saving money on eggs and enjoying the quality of free range eggs.
- Old tyres make great gardens. Stack them at different heights and paint them different colours. Portable too, just roll them away!



CLARENDON VALE PRIMARY SCHOOL

Garden Tips

- Use old baths as raised vegetable garden beds. They also make excellent worm farms with an old door as a lid.
- Vegetable garden beds can be made from discarded pine packing cases used for transporting glass. They are long and narrow and ideal for strawberries.
- Be confident with your planting! Experiment! Snow peas and lettuces will grow all year round in Tasmania.
- Get into the habit of doing "little and often" in the vegetable garden. It is disheartening to be faced with a jungle of weeds!
- When sowing carrots, plants seed, wet thoroughly and then cover with an old fence paling to stop seed from drying out. Remove board in 5-7 days (after germination).
- Old CD's tied with string may discourage birds.
- Lemongrass will grow in Tasmania in a glasshouse.
- Allow coriander and rocket to seed for easy picking salad all year round.



Pear and Loganberry Crumble

4-5 pears (or apple or nashis)

1/2 cup fresh loganberries

2 tablespoons of butter

1 cup self raising flour

1/2 cup brown sugar

Stew 4 or 5 pears (can substitute apple or nashi peras).

Add half to 1 cup fresh or frozen loganberries (or blackberries).

Top with crumble made from 2 tablespoons of butter, 1 cup SR Flour and half a cup brown sugar. (Rub in butter or combine in a food processor)

Bake in a moderate oven (180 degrees) for 30 minutes.

