

## Watering

Watering correctly will provide you with succulent tasty veggies, while under-watering leaves your veggies, woody and stunted. When planting from seed, water everyday for at least 10 minutes, once the plants are 3cm tall, you can reduce the watering to every second day. As long as the soil remains slightly damp, the plants will be fine. In very hot, dry and windy conditions it might be necessary to water daily. Covering the ground with a layer of mulch will help to conserve water and will keep any weeds under control.

## Pests and Diseases

If your plants should become infected with any insect, a spray with Agrevo Fruit and Veg Insect Killer will sort them out. It is a completely environmentally friendly substance that breaks down within 12 hours. Your food is safe to eat only 24 hours after spraying.

## Harvesting

Veggies taste the best when harvested in the cool of the morning. If you are freezing your crop, do so as soon after picking as possible as this limits the nutrient loss.

All that's left to say is savour the taste of your fresh, nutrient packed vegetables!

## Contact details:

For details and further information, come in to any GardenShop or call our GardenLine on 0860 100 403.  
Alternatively, e-mail us at [info@gardenshop.co.za](mailto:info@gardenshop.co.za) or log on to [www.gardenshop.co.za](http://www.gardenshop.co.za)

### **BRYANSTON**

Cnr Main and Halifax Roads, Bryanston, JHB.  
Tel: (011) 463-5773/4, Fax: (011) 463-5775  
e-mail: [info.btn@gardenshop.co.za](mailto:info.btn@gardenshop.co.za)

### **PARKTOWN NORTH**

Cnr Jan Smuts Avenue and Bolton Road,  
Parktown North, JHB.  
Tel: (011) 447-2368, Fax: (011) 880-1640  
e-mail: [info.ptn@gardenshop.co.za](mailto:info.ptn@gardenshop.co.za)

### **FOURWAYS**

Cnr William Nicol and Monte Casino Boulevard,  
Fourways, JHB.  
Tel: (011) 465-2226, Fax: (011) 465-2712  
e-mail: [info.fws@gardenshop.co.za](mailto:info.fws@gardenshop.co.za)

### **CONSTANTIA**

Cnr Doordrift and Nursery Roads, Constantia, CT.  
Tel: (021) 794-5015, Fax: (021) 794-4653  
e-mail: [info.cta@gardenshop.co.za](mailto:info.cta@gardenshop.co.za)



# Vegetable

An expert guide to the planting and care of Vegetable gardening



**GardenCare**



## Vegetable gardening

A great deal of satisfaction can be gained from planting your own vegetables. And in today's day and age, where things are genetically engineered, sprayed with all sorts of poison and still radiated to boot, Veggie gardening has become an attractive alternative.

## Getting started

Veggies need at least 6 hours of sunlight in order to thrive. From a maintenance perspective, it is easier to group the veggies into one area, but in a townhouse where space is limited, they can be creatively incorporated into any garden's planting scheme or planted into containers.

If you are setting aside an area, the ideal size "plot" for the average family is 8m<sup>2</sup>. To facilitate crop rotation, divide this into 4 equal parts. Either leave small pathways in between, or make a path with stepping stones to allow you to water, weed and harvest effectively. Dig the area over to a depth of about 1/2 a meter, keeping the top soil separate from the subsoil. In heavy (clay) soil, fill the lower level with stones, tin cans, torn cardboard etc. This will facilitate drainage. Add organic matter such as compost, leaves, kitchen peelings, egg shells, kraal manure etc with the rest of the subsoil and firm down. To the pile of top soil, add compost, 3 handfuls of Superphosphate per m<sup>2</sup> and 2 handfuls of

2:3:2 per m<sup>2</sup>. Mix this all well and place the soil back. Rake the area and firm it down lightly. Water the area well and let it stand for a few days if you have the time.

## Choice of crop

The type of vegetables you can plant is determined by the seasons, with summer bringing the most variety. It is better to plant small quantities regularly to lengthen the harvest period.

Seed should be sowed in rows and covered with a fine layer of soil. Very fine seed (like carrots) can be mixed with maize meal when sown, so the seeds are distributed better. Once the plants have germinated, thin them out. If you don't the plants will be overcrowded and will not grow into healthy plants.

Seedlings of certain varieties will give you a jump start, as the plants are already at least 1 month old when they are purchased.

## Feeding

Periodically, compost can be added to the bed, this does more than just feed, it aerates the soil, and helps with water retention. Once a month fertilizers like 2:3:2 or LAN can be added at a rate of 1 tablespoon per m<sup>2</sup>. Your veggies will also benefit from a monthly feed with Multifeed or Phostrogen plant food.

Below is a sowing guide, listing the ideal planting months for individual crops.

Vegetables	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Beans Broad		•	•	•	•							
Beans (Runner & Bush)	•	•							•	•	•	•
Beetroot	•	•	•	•				•	•	•	•	•
Broccoli		•	•	•					•	•	•	•
Brussels Sprouts	•	•									•	•
Cabbage	•	•	•	•				•	•	•	•	•
Cape Gooseberry								•	•	•	•	•
Capsicum								•	•	•	•	•
Carrot	•	•	•	•					•	•	•	•
Cauliflower	•	•	•							•	•	•
Celery	•							•	•	•	•	•
Cucumber	•								•	•	•	•
Eggfruit								•	•	•	•	•
Endive		•	•	•	•			•	•	•	•	•
Granadilla									•	•	•	•
Kohlrabi	•	•	•	•				•	•	•	•	•
Leeks	•	•	•					•	•	•	•	•
Lettuce	•	•	•	•	•			•	•	•	•	•
Mealies	•								•	•	•	•
Melon									•	•	•	•
Onion	•	•	•					•	•	•	•	•
Parsley	•	•	•					•	•	•	•	•
Parsnip		•	•					•	•			
Peas		•	•	•				•	•			
Pumpkin									•	•	•	•
Radish	•	•	•	•	•			•	•	•	•	•
Rhubarb		•	•					•	•	•	•	•
Salad Sprouts	•	•	•	•	•	•	•	•	•	•	•	•
Spinach	•	•	•	•	•			•	•	•	•	•
Squash									•	•	•	•
Sweetcorn	•								•	•	•	•
Tomato	•	•						•	•	•	•	•
Turnip	•	•	•	•			•	•	•	•	•	•
Watermelon									•	•	•	•

When planting year after year, try to rotate the position of the different veggies as they all remove and add different nutrients to the soil.