



Welcome to 2012!!; (Not sure where 2011 went?!)

Looking back on 2011, we have come a long way. 2011 was our first full year of Veg2Table, during the year we saw quite a few developments, including our range of Groovy Garden Beds, we started out in the world of Facebook, we attended the Stirling Autumn Garden fair and the Hills Garden and Environment Expo, and we also started forging some good relationships with other like-minded businesses, which will grow further in 2012.

We are looking forward to an exciting year in 2012 where we hope to start holding some workshops on various aspects of fruit and vegetable growing, we plan to attend more garden expos and further develop some new products and relationships, so watch this space!!

What's happening in the garden?

I love this time of the year in the garden, there is usually plenty of vegetables and fruit coming on in the garden, if you are lucky enough to have had your tomatoes in early enough you are probably harvesting them by now, along with some basil to go with it. There are also, beetroot, cucumbers carrots, corn and plenty of leafy veggies as well.

While the garden is at its most productive, it's important to keep the water and fertiliser up to it. Regular foliar feeds are good for your vegetables right now. These are liquid fertilisers applied to the leaves and soil which are quickly taken up by the plant. Pelletised or granular fertilisers are also useful and will last longer than liquid.

Water your vegetables regularly, but according to the weather. Mulch is also vital at this time of the year. Mulch will help keep plant roots cooler on hot days and reduce soil moisture evaporation. I find pea straw is the best product to use. Some gardeners tend to shy away from pea straw because of the peas which may germinate, but I find that the peas aren't that hard to remove and won't become long term weed pests.

Giant pumpkins

This summer I have started growing my first 'giant' pumpkins. We have 3 plants in and so far we have 2 pumpkins that are both basketball sized along with heaps of other babies still to come along.

Did you know that the world's heaviest pumpkin weighed in at over 800kg!! ...We still have a long way to go!

Some things to plant in January:

- 🍅 Asian Greens, (Bok choy, pak choy)
- 🍅 Basil
- 🍅 Beetroot
- 🍅 Carrots
- 🍅 Celery
- 🍅 Chives
- 🍅 Corn
- 🍅 Dill
- 🍅 Kohlrhabi
- 🍅 Leek
- 🍅 Lettuce and other salad greens
- 🍅 Oregano
- 🍅 Radish
- 🍅 Rocket
- 🍅 Silverbeet
- 🍅 Spring onion
- 🍅 Swedes
- 🍅 Thyme
- 🍅 Zucchini

NB: this list is only an indication of some of the things that can be planted during January, there are many others, depending on where you are in SA.



Want to know more, or book an appointment?

Contact Veg2Table at:

P: 0457 929 998 E: rachel@veg2table.com.au W: www.veg2table.com.au

FB: www.facebook.com/veg2table.au

How to Grow: Zucchini

Well what can I say, you put the seedling in the ground, add water and 6 to 8 weeks later you have enough zucchinis to feed you, your family and all the families in the street! Yes it really is that easy. If you are just starting out, zucchinis are one of the easiest vegetable to grow.

Varieties: Black Jacks are the most commonly available variety, but there are many other heirloom varieties starting to come onto the market, including Black Beauty and Tromboncino.

Soil Preparation: Plant zucchinis in a sunny well drained position, with moderate fertility. Adding compost is an advantage.

Planting: Zucchinis are a summer vegetable and planting can continue through until February. Plant seedlings approximately 1m apart to allow for a little room to spread. For a family of four, 2 to 3 plants will be ample.

Management: Zucchinis need very little management, other than the occasional liquid fertiliser through the growing season. As the season progresses and the plant ages, it will become susceptible to powdery mildew if humid conditions occur.

Harvesting: For the best flavour, harvest fruits when they are smaller than 15cm, but be careful, they can grow very quickly in a short space of time. Older fruits are still edible, but they will have higher moisture content.

Companions: Don't plant with potatoes, but chamomile, comfrey, marigolds, borage and sunflowers will encourage bees.

Uses: Zucchinis can be used in many ways including: soups, slices, patties, cakes, relishes, raw in salads, steamed, cooked on the bbq. If you have any suggestions, I'd love to hear from you, or post your ideas on the Veg2Table facebook page: www.facebook.com/veg2table.au. The recipe below came from one of our Facebook likers:

Zucchini Chocolate Cake

Ingredients:

½ cup veg oil
½ cup apple puree (make it or use a goulbourn valley snack pack)
60g melted choc
3 eggs
1 cup brown sugar
1tsp bicarb
2 cups grated zucchini
1 ¾ cups plain flour
¼ cup cocoa

Method:

Wisk oil, eggs, apple and sugar.
Mix in chocolate and then zucchini and sifted dry ingredients.
Pour into greased and lined tin of lined muffin tins.
Bake on 180°C for 20 minutes for muffins or 40 minutes for cake.

A zucchini joke!

A guy walks into the doctor's office.

A banana stuck in one of his ears, a zucchini in the other ear,
and a carrot stuck in one nostril.

The man says, "Doc, this is terrible. What's wrong with me?"

The doctor says, "Well, first of all, you need to eat more sensibly."