

# SMALL POPPY NEIGHBOURHOOD GRANTS



## Tips for how to start up a Neighbourhood Veg Garden

LOCAL PEOPLE + GOOD IDEAS + ACTION = A BETTER NEIGHBOURHOOD

Anyone can grow vegetables and there are a number of simple options for growing vegetables in your neighbourhood from garden pots to a plot in the ground.

### Step 1: Select a type of vegetable garden

- **Container gardening** – this is ideal for people with limited space. Tubs or containers such as pots or eskies can be used as long as they are 30cm deep and wide enough to accommodate the plants you want to grow.
- **No Dig gardening** – raised bed gardening is ideal for people who want easy access. This consists of layers of organic material stacked up to form a garden bed without any soil. The beds can be contained on the sides (using wooden sleepers or corrugated steel roof sheeting) or they can be a free standing 'pile'. These can even be set up over concrete!
- **Veggie Bed gardening** – find a patch of land, 3m x 1.5 m is a good starting size.

### Step 2: Select a suitable site

- Choose a location that gets plenty of sun
- Your vegetable garden should also be sheltered from strong winds
- Not too close to trees as the roots of trees will compete with your vegetables for water and nutrients

### Step 3: Prepare your soil

- **Container gardening** – fill your pots with premium grade potting mix (it has a higher water holding capacity so you will not need to water as often) and combine with 10% compost and a handful of blood and bone.

- **No dig gardening** – stack layers of straw, leaves, grass clippings, weeds and manure. Each layer should be 10cm in depth except layers of manure, which should be 5cm in depth. Water each layer as you add it. Allow the bed to settle for a few weeks prior to planting (the bed will end up around half of its original height)
- **Veggie Bed gardening** – the area should be thoroughly weeded and the soil cultivated to a depth of about 30cm. Spread a thick 10cm layer of aged animal manure or commercial compost over the garden, add blood and bone (one handful per m<sup>2</sup>), dig thoroughly and water in. You can also add your home compost. Finally, add a fine layer of 'feeding mulch' like pea straw or hay to retain moisture.

#### **Step 4: Choose your plants**

- Plant the veggies that you all like to eat.
- Speak to your local nursery staff about which vegetables are best to grow from seedlings or seeds.

#### **Step 5: Put 'em in the ground**

#### **Step 6: Maintenance**

- Veggie gardens should be watered on a daily basis in hot weather and young seedlings may need several light waterings a day until established so set up a watering roster!
- Rotate your vegetables crop families each season as this will help reduce the build up of pests and diseases.

#### **Useful websites:**

<http://www.ecocentre.com/>

<http://www.communitygarden.org.au/>

<http://www.abc.net.au/gardening/stories/s867068.htm>