

TOP TIPS FOR THRIFTY GARDENERS



GROWING CONTAINERS

Free or cheap growing containers include: foam fruit boxes (with drainage holes), free used (washed) pots from nurseries, old olive oil tins with the tops cut out, old olive containers and straw bale growing (use for mulch afterwards).

GARDEN INPUTS

Chickens and quails are not cheap to keep and feed, but if you have them you have lots of 'free' fertiliser! Collect neighbour's lawn clippings, kitchen waste, and autumn leaves from parks, coffee grounds from local cafés, 'chop & drop' weeds as mulch.

PATH MATERIALS

Thick cardboard from furniture stores (choose those with no coloured ink) with mulch from council depots over the top (often free), sawdust from local businesses.

PLANT SEEDS OR RAISE YOUR OWN SEEDLINGS

Make your own greenhouse from a repurposed foam fruit box. Use the QR code here to check out our video for some great tips for growing your own seedlings cheaply.

Use old toilet rolls or newspaper pots for biodegradable pots.



GROW YOUR OWN SALAD GREENS

Salad mixes are expensive to buy. Grow your own from: Lemon Sorrel, Red Dock, Red-Ribbed Chicory, Nasturtiums, Land Cress, Lebanese cress, Watercress, Mizuna, Mitsuha, Rocket leaves & flowers, Wild rocket, Native Violets (edible leaves and flowers).

Also, young leaves of Mustard Greens, Bok Choy.



GROW YOUR OWN KITCHEN HERBS

Sunny areas – Rosemary, Thyme(s), Sage, Oregano, Tarragon, Chives

Shady areas – Flat Leaf Parsley, Vietnamese Mint, Perilla, Garlic Chives

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GROW YOUR OWN HERBAL TEA

The Mints: Regular, Peppermint, Spearmint, Chocolate Mint, Apple Mint, Native Mint.

The Lemons: Lemon Balm, Lemon Verbena, Lemon Thyme

Take a bunch to a friend as a gift!

GROW LONG HARVEST FOODS

Grow Sprouting Broccoli instead of regular Broccoli.

Perpetual picking - Silverbeet, 5-Coloured Chard and Perpetual Spinach, Leafy Lettuce, Endive, Radicchio and Leafy amaranth will all produce over a long period of time

Harvest Spring Onions and Leeks 25-50 mm above the roots and let them regrow for a second harvest.

LEARN TO USE ALL OF YOUR EDIBLES

Broad Beans – eat flowers, young shoots, young pods and older beans, as well as dried beans.

Snow Peas – eat flowers, young shoots, pods.

Zucchini – eat flowers and fruits

GROW YOUR OWN FRUIT

Sunny areas: Strawberries

Shade: Alpine Strawberries, Midyim Berries

Sun or Shade: Rhubarb and Thornless Blackberries, Loganberries, Youngberries and Raspberries.

NOTE: It's worth paying for grafted fruit trees (check out Werribee Park Heritage Orchard).

SAVE SEEDS WHERE POSSIBLE

Allow seeds to mature before removing old plants. Save in labelled recycled paper bags. Store in repurposed jars with reclaimed silicon pouches to reduce any moisture, in a cool dark cupboard.

Swap seeds at seed libraries or food swaps or with friends.

GROW PLANTS FROM CUTTINGS

Pineapple Sage, Rosemary, Lavender all grow easily from cuttings.

GOOD VALUE VEGIES

Quick harvest

- Bok Choy
- Radish
- Bush Beans

Extended harvest

- Sprouting Broccoli
- Parsley
- Sorrel
- Red Dock
- Leafy Amaranth
- Celery

Spring Planting

- Leafy greens -Bok Choy, Silverbeet, Lettuce, Kale
- Celery
- Spring Onions
- Cherry Tomatoes
- Beans – Bush and Climbing
- Pumpkin
- Zucchini

Autumn Planting

- Spring Onions
- Celery
- Snow Peas
- Peas
- Kale
- Broad Beans
- Perpetual Spinach
- Radish
- Mizuna
- Bok Choy

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LEARN TO MANAGE PESTS & DISEASES WITH LITTLE – NO INTERVENTION

Plant flowers to attract beneficial insects.

Prune excess growth of vegetables to allow better airflow for pest and disease build-up.

Pickup snails by hand after rain and put in green bin.

- a. DIY sprays and low impact recipes top QR code
- b. Milk spray
- c. Pot collars, crushed eggshells
- d. Left over beer traps



EXTEND YOUR GARDEN

1. Landshare with neighbours, nature strip garden.
2. Join your local food forest & community garden and food swaps.
3. Foraging with respect and care – Lilly Pillies, edible weeds.

REFERENCES

Take care with social media. Look to established well-known Australian gardeners, Organic Gardening Australia, Green & PIP magazines, your local library, Sustainable Gardening Australia, My Smart Garden.

- TOMATO - KNOW SOW GROW FEAST buy your own tomato growing and eating resource with colourful recipes, a comprehensive pest & disease section, and over 220 heirloom varieties described – BUY [here](#)



PESTS

- Slugs and snails
- Earwigs
- Possums and birds
- Fruit fly

LOW IMPACT OPTIONS

- Plant flowers for beneficial insects
- Blast off with water, remove by hand
- Beer or orange traps
- Barriers, pot collars, nets, crushed eggshell

STRONGER OPTIONS

- Homemade white oil
- Homemade soap spray
- Homemade garlic spray

DISEASES

- Powdery mildew
- Damping off
- Leaf spots

LOW IMPACT SOLUTIONS

- Add organic matter to soil
- Prune to allow more air flow
- Use milk or Casuarina spray to prevent powdery mildew
- Avoid overhead watering
- Use disease resistant varieties

