

## EASY GROW WINTER VEGGIES IN POTS

With winter now upon us in Australia, it is still easy to grow our own nutritious vegetables. We can grow them in decorative pots, which not only looks good, but is great fun for the family. It's also a good idea if you have little space, or only have a balcony.

Grow the veggies singly in a pot or have some extra fun and mix up some different combinations. Some suggestions include silverbeet in the middle and surrounded by coral leafed lettuce. It's a really good combination.



### What You Need

1. Some large pots 20-45 cm in diameter – ceramic, terracotta or plastic
2. Organic potting mix (preferable)
3. Sea weed or fish emulsion fertiliser
4. Seedlings (obtain from a nursery, organic is best but optional)

### Winter Plants

1. Silverbeet, rainbow chard, perpetual spinach
2. Asian greens – bok choy, pak choy
3. Lettuce – cos, rocket, coriander or other varieties
4. Herbs – rosemary, bay (plant in a large pot on its own), coriander, winter savoury

Bok choy, or pak choy, is an Asian green that is terrific in stir-fries and soups and a great veggie to grow because it performs quickly. Just cut and eat some of the leaves and then let them keep growing. The other vegetable perfect for this time of year is rainbow chard – so named because of its yellow, orange and crimson stems. It's a relative of silverbeet. Use it either as a decorative or edible plant.

### How to Plant

1. Fill your chosen pot to 2cm (1in) below the top with potting mix

2. Gently tap to settle the potting mix and firm down with your fingertips to leave a level surface.
3. Scoop out the mix in the centre of the pot to leave a hole slightly bigger than the root ball of your plant.
4. Remove the seedling from its pot and place it in the hole, if there is more than one in the pot, gently separate them
5. Replace potting mix around the plant and firm down, making sure the surface of the plant is level with the top of the potting mix.

### **Harvesting**

They will take about six weeks to grow and be ready to harvest. Fertilise them initially with seaweed or fish emulsion fertiliser to give them a good start. Then fertilise every two weeks - liquid feeding is ideal to keep them growing.

