

Growing Your Own Food at Home in Salisbury Series



INTRODUCTION

This collection of notes is provided for residents of City of Salisbury who want to grow vegetables, herbs and fruit at their home. They aim to answer the question “What do I need to know?” to the extent that people feel confident to start and succeed.

Home produce gardening notes introduction

Starting a food garden at home is rewarding and does not have to be hard. It can be as simple as finding a bare patch of ground, weeding, loosening the soil, planting some seeds and watering. However, if you want healthy, robust, tasty and nutritious plants then it is worth considering a few things first. This is where these notes come in.

The City of Salisbury has been working with experts in the field, and local gardeners to build a resource pack to provide practical information that enables residents to grow a variety of nutritious food at home. We recognise that local knowledge is essential to success, and that this knowledge is something to share.

We aim to cater for budding gardeners with varying ambitions, from turning their yard into a thriving food source, to those wanting a few pots of their favourite herbs. Our shared aim is to grow food with the best nutritional value and taste and to eat it fresh from the garden.

If you are starting out growing food at home, we recommend notes in **Pack A** which cover site and resource assessments. Early on it's worth considering whether it's best to grow in the ground or in containers, as making the right choice for your situation can save a lot of time and resources. **Pack B** contains information that will help you determine what is best for you. Then, if you are growing in the ground you need to understand your soil, and how to prepare it for growing produce. **Pack C** contains comprehensive information on how to test and prepare the different types of soils in Salisbury Council. Information on growing in various containers including wicking beds is in **Pack E** if that's your best option. After reading and doing exercises in these packs we hope you feel confident enough to start growing your own produce. There are notes on what to grow in each season in **Pack D** including sowing seeds and caring for seedlings, and basic pest and disease management.

Further notes include: turning your green waste into valuable fertiliser (**Pack F**); water sensitive gardening (**Pack G**); starting an orchard (**Pack I**), and a whole lot more. We sincerely hope you enjoy gardening, harvest plenty and share fresh vibrant food with friends and family, and love the whole process as much as we do.

Acknowledgements:

These notes arise from gardening information sessions conducted by numerous facilitators, held at Paralowie Communal Garden over 10 years. The Garden coordinator has collated the handouts to compile this current series. We are particularly thankful of the generosity of Dr Harry Harrison and Ross Pitman.



Trees, plants and produce from the Paralowie Communal Garden