

Growing Your Own Food at Home in Salisbury Series

Pack D Notes 1 VEGETABLES - FEEDING AND SOWING CHARTS



With the best site in your garden for growing vegetables selected and the soil prepared (refer to **Pack A** and **Pack C** for information on how to do this), it is time to start sowing seeds and planting seedlings. These notes contain information to assist the home grower in selecting suitable vegetables to grow in each season, and guidance on how to grow them to have a continuous supply of variety of vegetables throughout the year.

To start, plant families are introduced and classified into three basic groups according to their feeding requirements, a *What to Sow When Chart* for common vegetables and information on seasonal gardening is included.

Growing your own food is fantastic and rewarding. But there is no doubt, there's much information to understand, numerous factors to consider, and various approaches to take. Separate information sheets on manage multiple crops over the seasons will help, but for now we'll build some basic understating of the plants we want to grow and their requirements. Firstly, vegetables belong to families, and these families have similar growing requirements, which means you can conveniently group them together, usually!

Below is a list of families and the vegetables of those families.

Family Name	Vegetables	Type of Feeding Requirements
Alliums	onion, garlic, shallots, chives	low fertiliser requirement
Apiacea	carrot, parsley, parsnips	low fertiliser requirement
Asteracea	lettuce, endive, chicory Jerusalem artichoke	moderate fertiliser requirement
Brassicacae	cauliflower, broccoli, cabbage, kale, Brussels sprouts. (Grow in cooler months) Asian and sprouting broccoli. (Summer growing) Asian greens-bok choy, mizuma (Grow all year)	high fertiliser requirement (gross feeders) apply high Nitrogen compost
Chenopods	beetroot, silver beet, chards Amaranth, leafy vegetable	moderate fertiliser requirement
Cucurbit	cucumber, melon, squash, pumpkin, zucchini	high fertiliser requirement need fertilizer with high potassium=K to Nitrogen=N ratio need
Fabiaceae	legumes – beans in summer peas and broad beans in winter	low fertiliser requirement Nitrogen fixing
Solanums	tomato, eggplant, capsicum, chilli, potatoes	high fertiliser requirement need fertilizer with high potassium=K to Nitrogen=N

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Families into feeding requirement groups

Plant families can be split up into three basic groups.

Gross feeders This group need a rich soil that has been fertilised recently.



- **Brassicas**- cauliflower, broccoli, cabbage, kale, Brussels sprouts grow in cooler months. Asian and sprouting broccoli grow in summer. Asian greens- bok choy, mizuma etc. grow all year. These are all gross feeders-apply high Nitrogen compost
- **Corn** requires high nitrogen compost and plenty of water and sun
- **Solanums**- tomato, eggplant, capsicum, chilli are all summer time fruit. May be perennial in warm conditions, 25°C plus temperatures. Fertilise with high Potassium=K to Nitrogen=N ratio fertiliser. Protect from late western sun. Potatoes can be grown all year where no frost.
- **Curcubits**- cucumber, melon, squash, pumpkin are all summer time fruit. They require 20°C plus temperatures. Deep water and train up a support. May mound. Fertilise with high Potassium=K to Nitrogen=N ratio fertiliser

Moderate feeders This group can follow the first group with little need to add fertiliser.



- **Alliums**- onion, garlic, shallots, and chives generally grow in cooler months. Plant in autumn for summer harvest. They may follow gross feeders
- **Apiacea**- carrot, parsley, all year parsnip harvest winter. Deep rooted
- **Asteracea**- lettuce, endive, chicory all year-direct seed to reduce water use, intercrop Sunflower, Jerusalem artichoke, summer
- **Chenopods**- beetroot, silver beet, chards all year, large seeds-direct, deep rooted low maintenance. Amaranth summer grain, leafy vegetable. Saltbush. High quality protein

Light Feeders/ and Nitrogen builders



- **Leafy greens**
- **Fabiacea** – Legumes - beans in summer, peas and broad beans in winter. These are Nitrogen fixing by using bacteria nodules in their roots. Bush beans crop quickly. They have a low fertilizer requirement

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VEGETABLE SOWING AND PLANTING GUIDE - SOUTH AUSTRALIA												
SEASON	SPRING			SUMMER			AUTUMN			WINTER		
MONTH	S E P	O C T	N O V	D E C	J A N	F E B	M A R	A P R	M A Y	J U N	J U L	A U G
VEGETABLES												
Asparagus +										•	•	
Beans – Broad *								•	•	•	•	
Beans – Bush *	•	•	•	•	•							
Beans- Runner *	•	•	•	•	•							
Beetroot *	•	•	•	•	•	•	•				•	•
Broccoli +								•	•	•	•	•
Brussels Sprouts +				•	•	•	•	•				
Cabbage +	•	•	•	•	•	•	•	•	•	•	•	•
Capsicums +		•	•	•	•							
Carrots *	•	•	•	•	•	•					•	•
Cauliflower +			•	•	•	•	•					
Celery +	•	•	•	•	•	•						•
Chilli +	•	•	•	•								•
Cucumbers *	•	•	•	•	•							
Eggplant +	•	•	•	•	•							
Garlic *							•	•				
Kale +							•	•				
Leeks +	•	•	•	•	•	•	•					•
Lettuces *	•	•	•	•	•	•	•	•	•	•	•	•
Melons *	•	•	•	•					•			
Onions +						•	•	•	•	•	•	•
Parsnips *	•	•	•	•	•		•	•	•	•	•	•
Peas *						•	•	•	•	•	•	•
Potatoes *	•	•	•		•	•				•	•	•
Pumpkin *	•	•	•	•								
Radishes *	•	•	•	•	•	•	•	•	•	•	•	•
Rhubarb *	•	•	•							•	•	•
Silverbeet *	•	•	•	•	•	•	•				•	•
Spinach *						•	•	•	•	•		
Summer Squash *	•	•	•	•								
Swedes *					•	•	•					
Sweetcorn *	•	•	•	•	•							•
Sweet Potato *		•	•	•	•	•	•					
Tomatoes +	•	•	•	•								•
Turnips *					•	•	•	•				
Watermelon *	•	•	•	•								
Zucchini *	•	•	•	•	•							

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SOWING METHOD: * DIRECT SOW OUTSIDE				+ SEEDLINGS & TRANSPLANT		
VEGETABLE SOWING AND PLANTING GUIDE - SOUTH AUSTRALIA						
VEGETABLES # Sowing Variation	ROW SPACING (cm)	PLANT SPACING (cm)	SEED DEPTH (mm) (2 x seed w)	BEST SOIL TEMP Celcius °C	GERM-INATION DAYS	AVERAGE MONTHS TO MATURITY
Asparagus #Crowns	150	30	10-20	16-30	-	24-36
Beans – Broad	50	20-25	50	6-24	7-10	2-4
Beans - Bush	50	10	20-30	16-30	7-10	2-2.5
Beans - Runner	70	15	20-30	16-30	7-10	2-3
Beetroot	30	10	20	8-30	7-10	2-3
Broccoli	60	40	5-10	7-30	14-18	2-3
Brussels Sprouts	100	50	5-10	7-30	6-10	2.5-3.5
Cabbage	50	30	5-10	10-35	10-12	2-4
Capsicums	100	50-60	6	18-35	10-14	2.5-3
Carrots	20	10	5-10	10-30	10-14	2-3
Cauliflower	60	30	4-6	10-30	6-10	4-5
Celery	50	20	2-5	12-21	14-24	4
Chilli	50	50	6	18-35		2-2.5
Cucumbers	120	100	10	16-35	6-10	2-2.5
Eggplant	60	60	5-8	24-32	10-14	3-4
Garlic # Bulbs	20	20	70-80	10-20	-	6-10
Kale	50	50	10	8-30		2
Leeks	30	15	5-10	8-30	10-14	3-4
Lettuces	30	30	6	8-27	7-10	2-3
Melons	200>	200>	20-30	21-35	6-10	2-3.5
Onions	25-30	10	5-10	8-30	10-14	6-12
Parsnips	30-40	15	5-10	6-21	10-14	4-5
Peas	60	10	20-30	8-24	7-10	3-4
Potatoes # Tubers	100	30	100	10-20	-	4
Pumpkin	200	200	30	20-32	6-10	3.5-5
Radishes	20	5	10-20	8-30	5-8	2
Rhubarb # Plant	100	100	10-20	10-20	-	12
Silverbeet	50	25	15-20	10-30	10-14	2-3
Spinach	30	20	20-30	5-30	7-10	1.5-2
Summer Squash	100	100	20	21-35	6-10	3-3.5
Swedes	30	10-15	10	15-30	6-10	2-2.5
Sweetcorn	100	30	20-30	16-35	6-10	3
Sweet Potato #Tuber	100	30	100	15-30	-	4-5
Tomatoes	100	60	5	16-35	7-10	2-3
Turnips	30	10	10	12-30	6-10	1.5-2
Watermelon	40	40	5	10-25		1-1.5
Zucchini	100	70-80	20-30	21-35	6-10	1.5-2

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Adapted from Harry Harrison, Grow your Own Food workshop series 2015

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