



SELF SUFFICIENCY TIPS

- 1 Collect your seeds to plant in next years harvest.
- 2 Own chickens - collect fresh eggs, nature's pest control, you can feed them food scraps, and use manure as an organic fertiliser
- 3 Learn to store and preserve your harvest.
- 4 Plant flowers to attract pollinators to your garden.

COMPANION PLANTING:



Basil
 Plant with: Asparagus, beans, Chilli, Chives, Tomato
 Repels: Aphids, Flies



Onion
 Plant with: Beetroot, Capsicum, Carrot, Celery, Chilli, Cucumber, Lettuce, Parsley, Parsnip, Silverbeet, Spinach, Tomato, Turnip
 Repels: Ants, Aphids, Cabbage Butterflies, Caterpillars



Mint
 Plant with: Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Kale
 Repels: Ants, Aphids, Cabbage, Butterflies, Caterpillars, Fleas, Mice



Radish
 Plant with: Beans, Carrot, Cucumber, Sweet Corn, Cucumber, Lettuce, Parsnip, Pea, Spinach
 Repels: leaf miners



Wormwood
 Plant with: Fruit Trees, Chickens
 Repels: Cabbage Butterflies, Caterpillar, Fleas, Flies, Mice, Mosquitoes



EDIBLE PLANTING GUIDE

GROWING VEGETABLES IN THE WEST WIMMERA SHIRE



GARDEN BEDS:

Wicking beds are easily maintained, use very little water, don't take much space and are quick to set up.



Wicking beds water plants from below rather than above. They're basically containers with water reservoirs at the base - like a giant self-watering pot. Shuttles are an easily accessible option in the West Wimmera in building these wicking beds.

For tips on building a wicking bed visit www.abc.net.au/gardening/factsheets/building-a-wicking-bed/9435452



Plant	Tribe (planting bed)	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sow as	Harvest (weeks)	
		Spring			Summer			Autumn			Winter					
Broccoli	Brassica	✓					✓	✓	✓					Seed	20-26	
Brussel sprouts		✓					✓	✓						Seed	25-30	
Cabbage							✓	✓						Seed	15-18	
Cauliflower							✓	✓						Seed	18-30	
Kale												✓	✓	✓	Seed	
Turnips							✓	✓	✓			✓	✓	Seed	10-12	
Cucumber	Cucurbits	✓	✓	✓	✓									Seed		
Pumpkin		✓	✓	✓										Seed	16	
Rockmelons		✓	✓											✓	Seed	
Sunflower			✓	✓	✓	✓									Seed	n/a
Zucchini		✓	✓	✓											Seed	8-10
Beetroot	Leafy Greens	✓	✓	✓	✓								✓	Seed	10-14	
Lettuce		✓	✓	✓					✓	✓	✓	✓	✓	Seed	9-10	
Pak Choi		✓							✓	✓				seed	n/a	
Radishes		✓	✓	✓	✓			✓	✓	✓				✓	Seed	4-8
Silverbeet		✓	✓	✓										✓	Seed	10-12
Spinach		✓					✓	✓	✓				✓	Seed	8-10	
Beans – runner	Legumes		✓	✓	✓									Seed	10-12	
Beans – bush			✓	✓	✓	✓								Seed	8-10	
Broad Beans										✓	✓	✓	✓	Seed	20	
Pea – climbing										✓	✓		✓	✓	Seed	12-15
Pea – bush		✓	✓							✓	✓		✓	✓	Seed	10-12
Chives	Onions	✓	✓	✓	✓	✓	✓	✓	✓	✓				Bulb/seed		
Garlic										✓	✓	✓		Bulb		
Leeks									✓	✓	✓	✓	✓	Seed	24-26	
Onion									✓	✓	✓	✓	✓	Bulb	30-34	
Asparagus		Perennials										✓	✓	✓	Bulb	Sep-Oct
Carrot	Root Veg	✓	✓	✓	✓								✓	Seed	10-12	
Celery		✓	✓											✓	Seed	20-25
Parsnip									✓	✓	✓	✓	✓	Seed	20-24	
Basil	Solanums	✓	✓	✓	✓									Seed	4-8	
Capsicum/chilli		✓	✓	✓	✓									Seed	18-30	
Eggplant		✓	✓											Seed		
Potatoes		✓	✓											✓	Bulb	16-20
Tomato		✓	✓										✓	Seed	16-18	
Sweetcorn	Sweet corn	✓	✓											Seed	12	
Strawberry Seedlings	Rosaceae	✓	✓	✓									✓	Seedling	8-12	



Ready to get gardening but need more help? Here are some more resources:

Gardening Australia

www.abc.net.au/gardenin/g/vegie-guide/

The Organic Gardener

www.organicgardener.com.au/grow

Sustainable Gardening Australia

www.sgaonline.org.au/articles/edible-gardening/

The Garden Gurus

www.thegardengurus.tv/

