



Grow your own vegetables

Looking for fresh, flavoursome vegetables? Why not grow your own at home? Even if you don't have a lot of space, you can always find something to grow! Plus you won't have to wait long to see the rewards; many varieties grow from seed to harvest in as little as six weeks!

When starting your vegetable garden it's important to remember that not all vegetables will grow all year round. For temperatures between 15 and 25°C the best vegetables to grow include beetroot, cabbage, carrot, celery, leek, lettuce, parsnip, radish and silverbeet. As the weather starts warming up to 20+°C the best vegetables to grow are green beans, capsicum, eggplant, potato, sweet corn, sweet potato, tomato and zucchini. In order for your vegetable garden to thrive, you'll need to consider the position, soil, fertilizer, watering and pest control.

Do you only have a balcony or small courtyard? Don't worry! There are vegetables that will happily grow in pots, provided they get enough sun and water. Pot friendly vegetables include carrots, cucumber, eggplant, green beans, lettuce, radish, potato, sweet corn, sweet potato, turnips and zucchini.

What's the next step? Put together a list, head down to your local garden centre, and get planting!

VIS Sports Dietitian, Kylie Andrew