

# JANUARY

## SOWING GUIDE ACCORDING TO CLIMATE

WARM/HOT	MILD/TEMPERATE	COOL
See Artichoke	See Beans	See Beans
Beans	Beetroot	Berries
Broccoli	Broadbean	'Broadbean
Cabbage	Broccoli sprouts	'Broccoli sprouts
Capitatus	Cabbage	'Cabbage
Cauliflower	Carrot	Carrot
Celery	Cauliflower	'Cauliflower
Cress	Celery	'Celery
Cucumber	Cherry	Cherry
Eggplant	Corn	Chives
Herb	'Cucumber	Chives
Kidney	Eggplant	Herb
Leek	Herb	Kale
Lettu	Leek	Kohlrabi
Marrow	Lettu	'Leek
Peas	'Marrow	Lettu
Pumpkin	Mustard	'Marrow
Rhubarb	Peas	Mustard
Spinach	'Pumpkin	Parsley
Sweet potato	Rhubarb	Parsley
Tomato	Spinach	Raspberries
	'Sweet corn	Sally
	Swede/Turnip	Shallots
	Wheat/Tritic	Shallots
		'Sweet corn
		Spring onion

\*Temperate sowing



ROSEMARY: A traditional skin and hair tonic, also a tea for headaches and to sweeten the breath.

## JANUARY NOTES

Crops to sustain a family for winter and early spring are planted during the summer months, so start preparations now. Tomato, cucumber and eggplant seedlings can go into the greenhouse for a late crop. Irrigate root crops deeply if only to make them easier to pull. If leaves of mature carrot or parsnip are tangled, trim them with shears. To force lazy strawberry bushes to fruit — hopefully in March — cut off all the leaves and apply seaweed extract fortnightly to moist soil. To maintain disease-free chard (silver-beet) throughout winter, start seeds growing now, spring sown chard lose vigour after 8 months and are therefore prone to fungal spot disease. Use soapy water against all sucking insects. Pick your crops young, tender, and regularly to encourage more of the same. Remove unwanted runners from strawberries. Cool summers of recent years (southern states) allow crops of peas and broad beans planted in January or February to mature before winter.

## OUTDOOR TOMATOES

This is the most heavily planted summer crop. Seedlings planted before air and soil temperatures reach 15 degrees can mean poor yields and stunted growth. The roots of a strong plant in a good soil can travel about 50 cm deep, with a similar spread, but don't cultivate to this depth. Add compost progressively to a greater depth over a long season.

Cultivars are numerous in colour of red, yellow, pink and yellow-white. Shapes vary from round to pear, plum or cherry shape. Grafted tomatoes are ordinary varieties grafted onto vigorous rootstocks. The resulting growth can weigh heavily on a trellis and cover as much as 3 square metres or more in a hot house.

There are two types — bush tomatoes and vertical tomatoes.

Bushes will cover about 1 square metre of soil, so plant 1 metre apart. Tomatoes trained up wooden stakes or trellis (secured overhead) should be 40cm apart for 1 plant per stake. Two plants per stake give a much heavier crop and make maximum use of space. Prune side shoots (lateral growth) weekly to maintain one only single stem or leader. Tying the stem to a 2 metre stake is best done with strips of polythene. Inoculate the soil against tomato diseases by using a compost made largely from old tomato leaves, stems and roots. Alternatively, sow broad beans straight after tomatoes to help disinfect the soil of tomato diseases. A north facing wall sheltered from wind and droughts with at least 8 hours of sunlight is an excellent site.

## HOW FOLIAR FERTILISERS ARE USED

When liquid fertilisers, such as seaweed extract are sprayed onto leaves of veggie crops, house plants, pastures or fruit trees, nutrients enter the sap stream in a few hours, even where root action is restricted by drought, or other poor soil conditions. It's a useful practice for sick trees, etc., under stress. Foliar sprays are much more economical and effective to use, compared with regurgitating with the same liquid fertiliser.

## SEED SAVING HINT

Home saved compost-grown seeds become regionally adapted and acclimatised to your climate and don't bear any of the genetic scars of the chemical growers. Collecting your own seeds costs nothing except a little time, know-how and patience. A good reference booklet is 'Seed Production for The Australian Home Vegetable Gardener' by Allen Barry (25 lines HORA, Box 62, Australia Square, NSW 2000) or from Phoenix Seeds, Box 9, Stanley, Tasmania 7311.

