

JULY

SOWING GUIDE ACCORDING TO CLIMATE

WARM/HOT

Sow Beans
Beetroot
Cabbage
Capsicum
Carrot
Chicory
Choko
Cucumber
Endive
Herbs
Lettuce
Marrow
Melon
Parsnip
Potato
Pumpkin
Radish
Silverbeet
Squash
Sweet corn
Tomato

MILD/TEMPERATE

Sow Artichoke
Asparagus crowns
Broad beans
Comfrey
*Lettuce
Onion
Peas
Potato
Radish
Spinach

COOL

Sow Artichoke
Asparagus crowns
Broad beans
Comfrey
Onion
Peas
Potato onion
Radish
Spinach
*Tree onion



*Transplant seedlings

A tea made from NETTLES is both a useful insecticide and liquid fertiliser.

JULY NOTES

The first planting of early potatoes can start in frost-free areas. Pinch out the tops of broad beans as they flower to encourage fruiting. If you have a greenhouse or warm sunroom, sow seeds this month of spring and summer cabbage, broccoli, cauli, and chinese greens. Plant them out in about 6 weeks time. Be warned:- spraying citrus trees with white oil (against scale) in the winter makes trees more prone to frost damage. Spray them with starch in water instead. When dry, the starch drops off taking the insects with it. You can lift the roots of tuberous perennial runner beans (climbing butter or scarlet cultivars) as if they were dahlia tubers, and store in a cool dark shed until early spring. When new growth commences, replant at the same depth for early cropping. Some vegies benefit from a light frost, when a chemical change takes place within the root systems, making them sweeter to the palate. Examples are parsnip, salsify, scorzonera, swede, Brussels sprouts, leek, endive and nasturtium. Graft new varieties onto fruit trees now, and prune deciduous trees and shrubs — if they need reshaping — before new buds begin to swell. The exceptions here are plum and cherry trees, wait until drier weather arrives before pruning these.

It is unlikely that vegetable seeds grown either domestically or commercially over broad-acres, are going to escape and spread into farming areas. But herb seeds can and do. The former are weaklings in the plant kingdom, but herbs are still largely undeveloped wild plants. All Departments of Agriculture are concerned at the importation of more and more herbs as cash crops, which have the potential to damage our Australian pastoral industry, as horehound has done. Wind-pollinated herbs such as feverfew and balm should have flowers removed before seeding occurs. Propagation by root division is safer for the home garden.

RAW EGG WHITES

Raw egg whites contain a protein called avidin that impairs the absorption of vitamin B. Cooking eggs will inactivate avidin, making them more nutritious and easier to digest. Whipping up egg whites as in omelette preparation also makes the albumen easier to digest.

MILDEW DISEASES

There are 2 kinds of mildew — Downy mildew gets right inside the plant and can kill it. Classic symptoms are spotting of the upper surfaces of the leaves with a white mould underneath. Worse in cool, wet seasons. Copper sprays may work if the mildew is recognized in time. Powdery mildew remains on the surface of leaves and stems of apple trees, roses, cucumbers, tansy and is worse in dry seasons. Try a spray made either from boiled elderberry leaves, or 2 grammes of bicarbonate of soda in a litre of water.