

August Growing Guide

As the days start to get longer, August marks an important month to get your garden ready for spring.

If you're planning to plant tomatoes in the coming months, you can prepare the soil now. To do this, add compost, manure and lime to the soil of your tomato patch.

HERBS

This month, herb options for any windowsill, pot or patch include:

- Parsely
- Rosemary
- Thyme
- Native river mint (*Mentha australis*)
- Coriander
- Oregano

VEGGIES

August is an ideal time to plant seedlings of the following vegetables:

- Broad beans
- Spinach
- Asian greens
- Peas
- Potatoes
- Cabbage
- Broccoli
- Cauliflower
- Rocket

For more growing resources, head to:
www.foodfromhome.org/resources/

