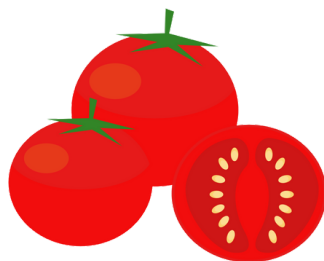




GROW & COOK

Participant Handbook
Spring Edition





Growing Tomatoes

Things to consider about growing tomatoes:



Where to grow?
Full sun and avoid anywhere windy.



What to grow them in?
Some tomato varieties can be grown in pots. They can also be grown directly in the ground. Plant seeds directly where they will remain growing.



How long will it take?
About 10-15 weeks from seed to harvest.

How to grow tomatoes from seeds:



1. Start your seeds indoors, in either a seed tray or an empty egg carton. Fill each section with a small amount of premium potting mix, leaving some space at the top. Place 2-3 seeds per section and cover lightly with soil. Then, cover the egg carton with plastic wrap to create a mini greenhouse. Place in a warm spot in your home.



2. Once the seedlings have sprouted, they are ready to be moved outside. Fill a pot with premium potting mix. The brand 'Osmocote' from Bunnings is a good option. Mix in some compost or mulch. Tomatoes grow best in well-drained, potassium rich soil. Water regularly and feed with fertiliser fortnightly.

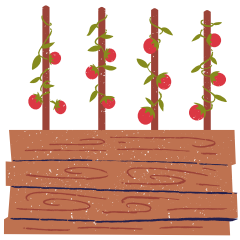


3. Tomato plants grow best vertically. You can use a stick or trellis to support the plant to grow upwards. Tie plants loosely to the stakes with soft garden ties. As the plant grows, pick side shoots off to encourage plants to grow straight up.

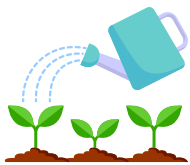


Growing Tomatoes

Caring Instructions:



1. As the seedling starts to grow, pick the side shoots and stems between the main branches. This will allow air to travel up the plant and will also support the plant growing straight up.



2. Soil should be kept moist but not too wet. Water tomatoes daily at the base of the plant. Avoid wetting the leaves as this can cause fungal disease.



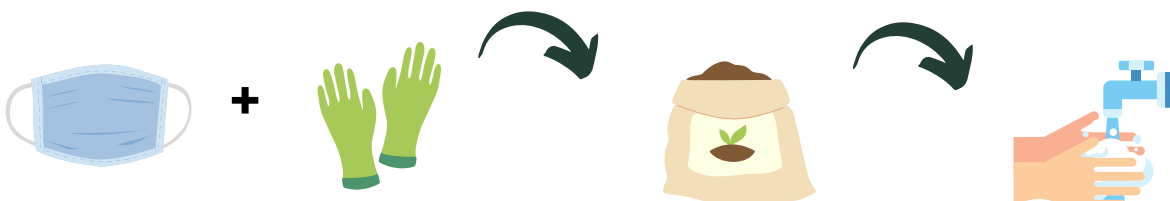
3. You can use slow-release organic fertiliser once per month. You can also add liquid fertilisers which are high in potassium. This is good to do as the tomatoes are fruiting but wait a few days before harvesting.



4. Harvest tomatoes by picking the fruit when the colour looks ready. If they stay on the vine for too long, they can “split” and crack open.

Safety Considerations:

Be careful when touching soil. Wear a mask and gloves if you have them. Wash your hands with soap and water after gardening.





Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Melbourne/VIC

VEGETABLES

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Artichokes (Jerusalem)	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Basil	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Corn	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Peas (Snow)	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onion	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter



Seasonal Food Guide

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Seasonal Produce Guide – Melbourne/VIC

FRUIT

Apples			Autumn	Winter
Apricots		Summer		
Bananas	Spring	Summer	Autumn	Winter
Berries	Spring	Summer		
Cherries		Summer		
Figs		Summer	Autumn	
Grapefruit	Spring	Summer	Autumn	Winter
Grapes		Summer	Autumn	
Kiwifruit				Winter
Lemons	Spring			Winter
Limes	Spring			Winter
Mandarins (Imperial)	Spring		Autumn	Winter
Melons		Summer	Autumn	
Oranges (Navel)				Winter
Oranges (Valencia)		Summer	Autumn	
Peaches		Summer		
Pears		Summer	Autumn	Winter
Plums		Summer		
Strawberries	Spring	Summer	Autumn	

Vegetable Pasta Sauce

Season: All

Serves: 10 large serves/15 small
serves

Fresh from the garden: basil, tomatoes

Use up all of those late-season tomatoes and winter vegetables with this easy pasta sauce that can be used for any type of tomato-based dish when tomatoes are no longer in season.

Equipment:

2 large stockpots with lids
clean tea towel
chopping boards
knives
wooden spoon
colander
stick blender
graters

Ingredients

2 onions
1 leek
2 sticks celery
3 cloves garlic
2 zucchini
2 carrots
1 handful herbs
1 jar passata
2x400g tins tomatoes



What to do:

1. Finely chop the onion, and celery and garlic
2. Grate the rest of the vegetables
3. Add all vegetables to the pot and fry until softened
4. Add tinned tomatoes, passata and herbs- whatever herbs you have in the garden- rosemary, oregano, basil, parsley, thyme.
5. Simmer vegetable sauce for 20-30 minutes-then blend until smooth.
6. Cook pasta according to packet instructions



Developed in partnership by Food from Home and the Stephanie Alexander Kitchen Garden Program



 <https://foodfromhome.org>

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