

## *Hi, I'm your DIY Veg Box*

In these times of troubles, or in fact any time, it can be a good thing to be able to grow some of your own food, and this veg box is here to help you with that. If you already grow food, great, but if not this veg box will give you a start.

The box has been put together by placing a layer of organic material, in this case either lawn clippings or a straw/chook manure mix in the bottom of the box. This will slowly break down and provide nutrients for the growing veg, reducing the need for you to provide fertiliser. Over the top of this organic layer is a second, and top layer of commercial potting mix, for the vegetables to grow in.

There are three types of vegetable in the box –

- Radish (Variety: Cherry Belle) – radish are a root crop so the seeds need to be sown where they are to grow and they are sown in a line down one side of the box, 8 to 10 of them. They are the quickest growing vegetable in the box, you should be able to harvest them within a month. Once harvested will leave more room for the other veggies to mature.
- Lettuce (Varieties: Oak leaf and Green mignonette) There is one of each planted either side of the central leaf vegetable. These are different from the usual iceberg lettuce for sale at woollies. Oak leaf does not head at all, the leaves are harvested from around the bottom and sides of the plant as they grow, this makes for a longer harvest time. The green mignonette can be harvested in the same way but will eventually form a small heart. You can usually start harvesting in a month and half to two months. Once they start to bolt (send up seed heads) and go bitter they can be removed to leave space for the third veg.
- Spinach beet (Perpetual spinach) This is the central veg which was raised as a seedling then put into newspaper pots for transplanting. It is a short lived perennial, lasting up to 2 years, and is a slower grower than the other two vegetables being ready for harvest in six to eight weeks.

Place the box in a nice sunny place that gets at least 4 hours of direct sunlight per month and water it regularly, depending on the weather but in most cases twice a week at least. Check the soil regularly though to make sure it is not drying out.

So have fun, and good luck!

