

What to plant and do in your food garden in January

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What to plant in January

Most of your efforts in the vegetable garden should be directed towards harvesting what you have already planted though continue to plant quick turnover and staggered planting vegetables such as rocket and lettuce. You can also start planting your early autumn brassicas crops (broccoli, Brussels sprouts, cabbage and cauliflower) in seedling boxes for planting out as seedlings in February.

WHAT TO PLANT IN JANUARY (Ballarat & District)		
FROM SEED		FROM SEEDLING
Beans – bush S ^o	Fennel S ^o	Basil
Beetroot S ^o	Lettuce S ^{io}	Leek
Broccoli S ⁱ	Pak Choi S ^{io}	Lettuce
Brussels sprouts S ⁱ	Parsnip S ^o	Pak Choi
Cabbage S ⁱ	Spinach S ^{io}	Silverbeet
Cauliflower S ⁱ	Rocket S ^o	
Carrot S ^o	Turnips S ^o	

S^o - Sow outdoors Sⁱ - Sow indoors in seedling boxes for planting out as seedlings.

What to do in the veggie patch

- Continue to regularly weed your beds, though the drier conditions of summer should mean there are fewer weeds to pull.

- Keep on top of the removing and training of tomato laterals. If birds are eating your ripe tomatoes then simply pick them as soon as they show the first pink flush of ripening and bring them inside to ripen off in the safety of the kitchen.
- Apply liquid fertiliser to all newly planted seedlings and vegetables that like a heavy feed such as capsicum and celery.
- Make sure you keep up with the watering. Ideally this should be done in the morning so that the leaves and surface soil is dry by the end of the day. Watering late



Creamgold onions ready to harvest on the left and hung up to dry on the right. To hang them up make a loop of cord and plait the onion tops through the loop. Hang them in a dry place with a good airflow.

in the day creates the moist conditions that attract slugs and snails.

- Mulch all beds except those recently planted with small seeded vegetables such as carrots.
- Lift your onions when the leaves lie over on their sides and the roots begin to lose their grip on the soil.



Corn approaching maturity with its tassels beginning to form on the left. Mature corn cob on the right. Corn is ready to pick when the silk at the top of the cobb turns brown.

- Make sure you pick all vegetables that are ready to harvest. If you can't eat it all then give it away or

preserve it. Vegetables that can be preserved include:-

- * **Beans: Blanched and frozen.**
- * **Corn: Cut into cobbettes then blanched and frozen.**
- * **Basil: Made into pesto and frozen.**
- * **Tomatoes: Stewed and frozen or heat sealed in jars using the Fowlers preserving method.**
- * **Zucchinis and cucumbers: Pickled.**

What to do in the garden

- Give your fruit trees a deep water as needed, usually about once a week in dry weather.
- As the crops on your fruit trees approach maturity summer prune them and cover with bird netting.
- Harvest any fruit and berries that are ripe. If you can't eat them immediately then preserve as much as you can and give the rest away. Preserving options include:-

- * **Berries: Frozen for use in desserts or made into jam.**
- * **Apples: Stewed and heat sealed.**
- * **Pears: Preserve in a syrup and heat sealed.**
- * **Mulch around trees and shrubs with a woody mulch. Use a general woody mulch, do not use pine bark as it is too acidic.**

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