

Grow your own veggies

A great way to get exercise and have fun in the garden, is to grow your own vegetables. You may only have a small space, or a window sill, or you may have access to a back garden. No matter the size of your space, you can still grow some veggies.

You can grow them from seeds, or you can grow them from seedling plants you can buy from your local garden nursery.

It's Autumn at the moment—so what seeds can we plant right now?

Radish, spinach, shallots, parsley, lettuce, chives, broccoli and pak choy are just some examples.

To find out which seeds can be planted in which months, look at the [Gardening Australia](#) website.

Radish and lettuce will grow quite quickly and you will be able to eat what you have grown in just a few weeks.

You will need:

Seeds, soil, water, watering can and sunshine.

- Find a plant pot or container and fill it with soil or plant directly into the ground.
- Read the back of your seed packet. There will be instructions on how to plant your seeds. How deep to place them in the soil and how far apart the seeds should be from one another.
- Give your seeds sunshine and water everyday to help them grow.
- Follow the timeline indicated on the seed packet for growing and harvesting.
- Eat and enjoy the veggies that you grow.

