

FLU BUSTERS!

Home grown vegies to keep you healthy this winter.

Fight colds and flu this winter with healthy, home grown vegies. In winter many of us succumb to the ravages of colds and flu. This is where your vegie garden can really help.

Home grown vegies contain higher levels of healthy vitamins, nutrients and antioxidants.

By maintaining a regular intake of vegetables throughout winter, you'll be boosting your immune system and increasing your resistance to colds and flu.

Winter and spring are the time of plenty in the Perth vegie garden. Leafy green vegies like Kale, Lettuce, Parsley, Rocket, Silverbeet and Swiss Chard all thrive during winter and provide constant healthy winter greens and salads.

No space for a veggie patch? No problem! You can grow some vegies in pots. You'll need a pot with a minimum diameter of 300-400mm. Fill it with Dawson's Premium Potting Mix and you're ready to plant.

Remember you are what you eat!

Winter is the time to plant: Artichokes, Asparagus (Crowns), Beans, Beetroot, Broad Beans, Brussels Sprouts, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Cabbage, Chives, Coriander, Fennel, Kale, Leeks, Lettuce, Mint, Onions, Parsnip, Parsley, Potatoes (tubers), Radish, Rocket, Rhubarb, Rosemary, Sage, Silverbeet, Spinach, Spring Onions, Swiss Chard and Thyme. Asparagus available Late June / early July

Find it online! ↙

Take a look at our online vegetable fact sheet. It's a useful guide to establishing either a traditional soil based vegie garden or starting a "no dig" straw based garden. You'll also find a complete monthly vegie and herb planting guide. It's all at: www.dawsonsgardenworld.com.au

