

# WINTER FRUIT TREE GUIDE 2010

There's something tremendously satisfying about growing your own fruit. At Dawsons you'll find a comprehensive range of fruit trees and nut trees, all selected to perform and fruit in your garden. You don't need to have a big garden to grow fruit trees. There are many dwarf or smaller growing varieties that are ideal for smaller gardens and pots.

**Pollination:** Some fruit trees require cross-pollination with another variety to ensure adequate pollination and fruit set. Where fruit trees require cross-pollination, specific information about suitable pollinating varieties is provided along with the description.

## Apples

**Anna\*:** Low chill variety. Skin is red blushed over yellow. White flesh. Matures February. Pollinates with Dorset Gold.

**Dorset Gold\*:** Low chill variety. Yellow skin. Matures mid January. Pollinates with Anna.

**Gala\*:** Pinkish-red skin colour. Matures late February. Pollinators are Granny Smith, Golden Delicious, Pinkabelle, Pink Lady and Sundowner.

**Granny Smith:** Ever popular, rich green skinned apple. Vigorous. Matures early April. Pollinates with Gala, Golden Delicious, Jonathan, Lady Williams, Pinkabelle, Pink Lady and Sundowner.

**Golden Delicious:** Pale greenish, yellow flesh. Sweet aromatic flavour. Matures mid March. Pollinates with Gala, Granny Smith, Jonathan, Lady Williams and Pink Lady.

**Jonathan\*:** A fine textured, sweet, red skinned apple. Matures late February. Pollinates with Golden Delicious and Granny Smith.

**Lady Williams\*:** Red skinned apple with good, well balanced flavour. Excellent keeping qualities. Matures late, around mid June. Pollinates with Granny Smith and Golden Delicious.

**Pink Lady:** Complex, tangy flavour, pink skinned with juicy flesh and good keeping qualities. Vigorous. Matures May. Pollinates with Golden Delicious, Granny Smith, Gala, Lady Williams and Sundowner.

**Sundowner\*:** Red skin. Low chill requirement. Pollinates with all other varieties except Anna and Dorset Gold. Matures late May.

*\*Very limited stocks available.*

## Dwarf Apples

This season we are excited to offer a range of Dwarf Apple trees. These are grafted onto dwarfing rootstock and will grow to mature heights of 2-2.5m. You'll find Dwarf Apples ideal space savers for smaller gardens and they're great in pots too. Variety descriptions are as per regular sized apples (see Apple variety descriptions above).

**Dwarf Gala:** Pollinates with Dwarf Granny Smith, Dwarf Golden Delicious, Pinkabelle, Dwarf Pink Lady, Dwarf Red Fuji and Dwarf Sundowner.

**Dwarf Golden Delicious:** Pollinates with Dwarf Gala, Dwarf Granny Smith, Pinkabelle, Dwarf Pink Lady, Dwarf Red Fuji and Dwarf Sundowner.

**Dwarf Granny Smith:** Pollinates with Dwarf Gala, Dwarf Golden Delicious, Pinkabelle, Dwarf Pink Lady, Dwarf Red Fuji and Dwarf Sundowner.

**Pinkabelle:** Compact, bearing pink skinned apples. Grows to 2m high and 1m wide. Ideal for containers. Matures late April-early May. Partially self fertile, but cropping can be increased by planting with another pollinator such as Gala, Granny Smith, Golden Delicious, Dwarf Red Fuji or Dwarf Sundowner.

**Dwarf Pink Lady:** Pollinates with Dwarf Gala, Dwarf Granny Smith, Dwarf Golden Delicious, Dwarf Red Fuji and Dwarf Sundowner.

**Dwarf Red Fuji:** Also known as Naga FU 2. Medium to large sized fruit. Red skin and crisp, sweet, white flesh. Matures mid April. Pollinates with Dwarf Gala, Dwarf Pink Lady, Pinkabelle, Dwarf Golden Delicious, Dwarf Granny Smith and Dwarf Sundowner.

**Dwarf Sundowner:** Pollinates with any other Dwarf apple variety.

## Apricots

**Moorpark:** Very popular variety. Large fruit, yellow with red blush. Matures January. Excellent flavour.

**Newcastle (also known as Newcastle Early):** Popular early season variety. Heavy bearer of small orange skinned and fleshed fruit. A wonderful apricot full of flavour and well suited to the metro area. Matures late November to early December.

## Avocadoes

Avocadoes are usually available in the warmer months. Provide protection from Winter cold for the first two Winters by driving in 3-4 stakes around the trees and wrapping with clear plastic. Remove plastic in Spring and replace with shade cloth to provide sun protection and prevent sunburn.

**Feurte\*:** Self fertile variety, but cropping can be increased by pollinating with Hass. Large green fruits. Seed is relatively small and flesh is rich and creamy. Can grow to a good sized spreading tree. Reasonable cold tolerance. Matures May to September.

**Hass\*:** Self fertile, but cropping is improved when Feurte is used as a pollinator. Fruit is small, rough skinned, black when mature and utterly delicious. Sensitive to frosts. Bears July to November.

**Wurtz\*:** Excellent dwarf home garden variety. Self pollinating and growing to a compact 2.5m high. Medium sized, pear shaped fruit with glossy skin. Seed size is small. Suitable for pots. Can also cross-pollinate with Feurte or Rincon. Matures June to December.

*\*New season avocadoes available from mid to late October.*

## Blueberries

Dawson's offer two excellent, hardy, low chill blueberry varieties: Misty and Sharpe. Both are very productive in pots and are proven performers in Perth. Both can grow to 1-2m high and wide, and are pretty much evergreen in Perth's climate. While Misty and Sharpe are both self pollinating varieties, growing these two varieties close to each other will give bigger crops.

**Blueberry Sharpe\*:** Extended fruiting period. Attractive rounded foliage. Excellent flavour and textured fruit.

**Blueberry Misty\*:** Lovely blue-green foliage, not as rounded as the foliage of Sharpe. Excellent flavoured and textured fruit.

*\*Blueberries available late Spring.*

## Cape Gooseberry

Small, shrub-like perennial growing to 1m tall. Fruits from Spring to Winter. Tasty orange yellow fruits are enclosed in papery bracts. Low maintenance, easy to grow fruit. Also grows well in pots. Great addition to fruit salads and perfect for jam and relish making. Seasonally available.

## Cherries

Recommended for cooler districts.

**Lapins:** Self pollinating variety. Large, dark red to mahogany skinned fruit. Firm red, juicy flesh. Matures late December-early January.

**Stella:** A self pollinating variety. Large black skinned fruit with dark red juicy flesh. Heavy cropper. Matures early-mid December.

**Trixie Mini Cherree Black Cherry:** Self pollinating dwarf cherry tree growing to only 2.5m high and wide. Round to somewhat heart shaped fruit. Flesh is red to dark red, firm and juicy.

## Chinese Gooseberry (Kiwi Fruit)

Chinese Gooseberries are vigorous deciduous vines, producing delicious fruit. A strong trellis or support is required to support the vines. Both female and male plants are required to produce fruit. The male does not produce fruit, but is required to pollinate the fruit bearing female vines. One male vine can pollinate up to eight female vines. They require fertile soil, adequate moisture and protection from hot drying winds. Fruit matures Summer-Autumn.

Limited numbers only available mid-late November.

## Figs

Figs do wonderfully well in Perth, providing delicious fruit for the table, for drying or for making jam. All varieties will produce two crops a year, one in late Spring/early Summer and the main crop in late Summer/Autumn.

**Adam:** Medium to large fruit. Blue/black blushed skin with pink/brown coloured flesh. Distinctive large, lobed foliage.

**Black Genoa:** Large, green to purple skinned fruit with red flesh. Sweet, rich flavour.

**Brown Turkey:** Large, brown skinned fruit with pink flesh. Rich flavour.

**Jenny Smith Blue:** Medium to large sized fruit. Purple-blue blushed skin with pink to red flesh.

**White Adriatic:** Medium to large fruit. Brown to green coloured skin and red/pink flesh.

**White Genoa:** Large, green fruit with red flesh.

## How to prune grape vines – cane or spur pruning?

**To spur prune:** Simply select the most vigorous canes and cut these back to short spurs of two buds in length. In Spring each of these buds produces a cane, which will bear a number of fruit bunches. Ideally spurs should be thinned, so that they are spaced about every 15-20cm among the main arms (branches). The following Winter the upper cane arising from the two-bud spur is cut off and the lower cane is pruned back to two buds to create the new spur.

**To cane prune:** Rather than pruning back to spurs, a number of the strongest canes arising from the main arms (branches) are selected and these are pruned back to 8-15 buds each. These canes are then twisted or tied onto support wires.

## Grapes

**Crimson Seedless:** Seedless crimson berries. Maturing early March. Prune to canes of 8 buds each.

**Flame Seedless:** Red, seedless berries. Spur prune. Matures early January.

**Italia:** Large, round, seeded, golden blushed berries. Muscat flavoured. Matures mid February to early April. Spur prune.

**Lady's Finger:** Large, oval and slightly elongated, white, seeded berries. Matures late February. Spur prune.

**Ribier:** A vigorous variety suitable for pergolas or high trellis. Large bunches of reddish-black, round, seeded berries. Matures February. Spur prune, also leave 6 canes of 6 buds each.

**Red Globe:** Bunches of large, rounded, seeded, red berries. Maturing mid to late February. Prune to canes of 8 buds each. Very popular table grape.

**Sultana:** Classic, green, seedless berries, developing a golden blush with age. Matures late January. Cane prune.

## Guavas

**Pineapple Guava (Feijoa sellowiana):** Attractive evergreen shrub. Fruit is small and oval shaped, tasty in fruit salads, jams and chutney. Group planting recommended for improved pollination and fruit set. Matures Winter.

## Mangoes

Available from late Spring. Mangoes are evergreen trees capable of growing to around 4-8m in Perth. Provide shade for young trees for their first two Summers, as they are prone to sunburn, until they adjust to our climate. Both grafted and seedling mangoes will begin fruiting as little as 3-4 years after planting. Grafted trees will sometimes fruit a year earlier than seedling grown trees.

### Seedling Mango Kensington

**Pride\*(Bowen):** The standard Australian mango. Large delicious highly coloured fruit. Fruit matures February.

**Grafted Kensington Pride\*:** Grafted with superior selections of Kensington Pride.

**Grafted R2E2\*:** Is a selection with larger fruit than Kensington Pride. Matures 2-3 weeks later than Kensington Pride.

*\*New season mangoes available from mid to late October.*

## Mulberries

**Black English:** Vigorous, spreading tree. Large, dark red berries later turning black. Matures December, delicious for dessert or jam.

**Hick's Fancy\*:** Vigorous, rapid growing tree. Prolific bearer of delicious red-black berries. Matures October-December.

**White Mulberry\*:** (Alba). Rapid growing tree, producing multitudes of long, greenish-yellow berries. Matures October-December.

*\*Limited stocks available.*

## Citrus Fruits

### Cumquat

**Calamondin:** Highly ornamental, upright and columnar small tree to 3m. Produces multitudes of small round, orange fruits. Fruit flavour is tart, suitable for marmalade. Wonderful Winter colour from the maturing fruits. Ideal for tubs. Matures July-December.

**Nagami:** A beautiful fruiting and ornamental small tree to 3-4m. Nagami is the most popular cumquat variety. It produces plentiful small, oval, orange fruits. Fruit rind is mildly sweet and flesh is moderately acid in flavour. Ideal for marmalade, liqueurs and crystallizing. Attractive container plant. Matures July-September.

### Grapefruits

Grapefruits perform well in Perth. Fruit matures between July and September.

**Marsh Seedless:** Very popular seedless variety. Large pale yellow skinned fruit, with white-yellow flesh. Matures June-September.

**Thompson's Pink:** Large fruit with few or no seed. Fruit colour can vary from yellow to light pink. Very large and juicy fruit. Matures May-June.

**Star Ruby:** Red fleshed variety usually seedless to few seeds. Thin skinned, sweet flesh and high juice content. Matures June-September.

### Lemonade Tree

The Lemonade Tree is a vigorous tree bearing rounded, lemon-like fruit. The flesh has a sweet lemonade flavour and can be eaten fresh or squeezed to make lemonade. Heavy cropper, ideal for pots. Carries some fruit for most of the year.

### Lemons

**Eureka:** A very hardy, rewarding variety. A large, roughly rounded tree. Produces and carries some fruit all year round. Main crop matures late winter to early summer. A prolific producer of large, rough skinned fruit. Every garden should have one.

**Lots of Lemons\*:** A new dwarf form of the popular Meyer Lemon. Produces an abundance of full sized, smooth skinned lemons. Average mature height is only 1-1.5m. Ideal for growing in containers.

**Meyer:** A smaller growing tree, ideally suited to growing in containers or small gardens. Fruit mainly matures during winter. The fruit is rounded in shape, thin skinned, juicy and sweeter than other lemons. Heavy bearer, even as a young tree.

*\*New season stock available November-December.*

## Limes

**Kaffir:** A slow growing, thorny small tree of irregular shape. Leaves are widely used in Asian cooking to impart a limey flavour.

**Sublime:** A new dwarf form of West Indian Lime, with small rounded fruit. Skin colour changes to yellow if left to fully mature. The fragrant flesh is greenish with classic lime flavour. Sublime is recommended for growing in larger pots and tubs. It will grow to around 1.5m high in a pot and in the ground it can grow to around 3m.

**Tahitian Lime:** Larger growing tree, well suited to Perth. Fruit resembles a lemon. The fruit rind varies from green to yellow-orange at maturity. Flesh is greenish yellow. Seedless, acid-lime flavour. Matures June-July.

**West Indian:** A large shrub or small tree, bearing small round greenish to yellow fruits. The flesh is greenish and has the true lime flavour. Carries fruit for most of the year. Less cold tolerant than Tahitian Lime.

## Mandarins

**Emperor:** Recommended mid-season variety. Heavy cropping producing large, easily peeled sweet fruits. Contains few seeds. Matures July.

**Honey Murcot:** Attractive thin skinned fruit. Excellent flavour and high juice content. Heavy cropper once established. Late maturing August-October.

**Imperial:** An early maturing Australian variety. Produces small, pale orange, sweet and tangy fruit. Contains few seeds. Matures April-July.

**Japanese Seedless:** Very early maturing with sweet, low acid fruit. Easy to peel. Matures April-June.

**Silverhill:** Smooth thin skin. Seedless variety with sweet, juicy flesh. Maturing April-July.

## Oranges

**Maltese Blood:** Orange-reddish skin colour, flesh with irregular red pigmentation. Matures July-September.

**Cara Cara:** A low acid and virtually seedless Blood Navel orange. Cara Cara's raspberry coloured flesh is sweet to taste, with subtle cherry undertones and extremely juicy. Matures Winter.

**Navelina:** Very sweet, slightly oval shaped fruit. Vigorous medium sized tree. Matures May.

**Valencia:** Popular sweet orange, medium sized, very juicy. Matures September-December.

**Washington Navel:** The most popular home garden variety. Large, seedless juicy fruit. Matures May-September.

## Tangelo

**Minneola:** Highly coloured fruit almost pear-shaped, very juicy, excellent eating. Matures July-September.

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continued...

## Nectarines

**Arctic Rose:** A taste sensation. Freestone, white, sweet flesh and red blushed skin. Eaten while still firm like an apple. Matures mid January.

**Dwarf Nectarine Crimson Baby:** Dwarf tree to 1.5-2m high and wide. Smooth red flesh with yellow flesh. Maturing early November.

**Dwarf Nectarine Royal Gem:** Dwarf tree to 1.5-2m high and wide. Medium sized, red skinned, clingstone fruit with unique pink blushed white flesh. Matures early December.

**Dwarf Nectarine Tuscany:** Dwarf tree to 1.5-2m high and wide. Red skinned with white fleshed, freestone fruit. Medium-large sized fruit maturing early February.

**Fantasia:** Yellow fleshed, freestone variety. Red blushed skin. Matures mid-late January.

**Goldmine:** Medium sized, red skinned and juicy white flesh. Clingstone fruit. Reliable cropper. Matures early February.

**May Grand\*:** Fine flavoured nectarine, has yellow flesh and highly coloured red blushed skin. Freestone fruit. Matures mid December.

**Trixie® 'Nectazee' Miniature Nectarine:** Another dwarf variety ideal for tubs or small gardens. Pink spring blossom, followed by highly coloured full sized fruit. Freestone variety with yellow flesh. Grows to 1.5m high and wide.

**Okee Dokee™:** Flat style Nectarine with juicy yellow flesh and excellent flavour. Clingstone. Matures in January.

**Queen Giant®:** White fleshed fruit with crimson red blushed skin. Full flavoured, freestone, fruit maturing late December-early February.

**Sunwright:** Medium sized firm fruit. Red speckled over yellow. Clingstone fruit. Good flavour. Matures December.

*\*Limited stocks available.*

## Olives

**Barnea:** An Israeli variety that crops well from an early age. Produces good quality olives with a high oil content. Matures April-May.

**Kalamata:** Sought after and famous pickling variety. Medium sized tree. Leaves are larger than most other olives. Kalamata fruit has a characteristic slight curve near the base. Traditionally pickled when fruit is fully mature and purple/black in colour. Matures April-May. Limited availability.

**Manzanillo:** Very good all round variety. Tree habit is low and spreading making it easy to harvest. Heavy bearer of medium sized olives, suitable for either pickling or oil production. Traditionally used for green pickled olives. Matures May.

**Mission:** Good dual purpose olive producing good pickling fruit and also a useful oil variety. Tall variety requiring pruning to keep to an easy picking size. Also does well in colder areas. Matures April-July.

**Oliva di Cerignola:** Also known as Jumbo or Super Kalamata. Unique, elongated large, oval shaped fruit. High flesh to seed ratio. Famous pickling variety.

**UC13A6:** A medium sized tree, which is a heavy and regular bearer. Originally developed for the cocktail olive market in America. Producing large almost round olives. Matures April-May.

**Verdale:** Good dual purpose variety. Widely grown in Australia. Utilised as a pickling and oil variety. Produces oval shaped fruit weighing 7-10gm.

## Passionfruit

With such tasty and rewarding fruit, these quick growing vines are a must for the home gardener. Fruit matures in Summer.

**Edulis Black:** Black/purple skinned fruit. Quick grower. Matures Summer.

**Nellie Kelly:** Australia's favourite passionfruit. Heavy cropping, purple-black skinned with yellow flesh. Frost resistant.

**Panama Gold:** A yellow skinned fruit with red flesh.

**Panama Red:** Red skinned fruit with red flesh. Don't pay a dollar each in the shops – grow your own!

**Pink Cheek:** Very large, pink skinned, oval shaped fruit. High pulp content.

## Peaches

**Angel Peach\*:** An exciting new peach with donut shaped fruits. The white fleshed fruit has red blushed skin and matures in December-January. Grows to 3m high and wide.

**Double Jewel\*:** Good flavoured, yellow fleshed, freestone fruit. Red blushed fruit and double pink spring blossom. Matures late December.

**Flavourcrest:** Yellow fleshed fruit, bright red blushed skin. Freestone variety. Matures late December.

**Flordagold:** Large fruit, light red over yellow skin, juicy yellow flesh. Clingstone. Matures mid December.

**O'Henry\*:** Large fruit, skin red blush over yellow. Flesh colour-yellow, freestone. Matures late February.

**Okee Dokee™:** Flat style peach. Yellow flesh and red blushed skin. Clingstone. Matures February.

**Peacharine:** A peach-nectarine cross. Large fruit, smooth red blushed skin and yellow juicy flesh. Freestone. Matures mid-late January.

**Trixie® 'Pixzee' Miniature Peach:** A dwarf peach growing to a height and spread of 1.5m only. Ideal for tubs. Spring pink blossom is followed by full sized delicious, yellow fleshed, freestone, red blushed fruit.

**Tasty Zee\*:** Very sweet, white fleshed, freestone peach. Skin highly coloured, dark red. Rounded, medium sized fruit. Matures mid to late January.

**Tropic Snow\*:** Large to medium firm fruit. Pale pink blush over green skin, with white flesh. Freestone. Good flavour. Matures early-mid December.

**Valley Red Dwarf\*:** Medium sized, red blushed fruit. Yellow fleshed. Freestone. Matures early March. Grows to 2m only.

*\*Limited stocks available.*

## Pears

**Bartlett (also known as Williams):** Medium to large fruit, smooth yellow skin, white flesh, good flavour. Matures January. Pollinates with Beurre Bosc and 20th Century(Nijisseiki).

**Beurre Bosc:** Large brown skinned fruit. Excellent flavour. Matures February. Pollinates with Bartlett, Red Sensation and 20th Century.

**Josephine De Malines:** Medium sized, roundish, green-yellow skin. Highly flavoured variety maturing in March. Pollinates with Kosui, Packham's Triumph and 20th Century.

**Kosui\*:** Asian or Nashi Pear. Medium sized rounded fruit. Skin colour golden bronze over light green. White flesh with crisp juicy flavour. Maturity mid-late February. Pollinates with Bartlett, Josephine and 20th Century.

**Nashi:** See 20th Century and Kosui.

**Packham's Triumph:** Very popular, clear yellow skin, delicious flavour. Matures February. Pollinates with Josephine De Malines.

**Red Sensation:** Red skinned, medium to large fruit. Similar in shape and size to Bartlett. Creamy white, smooth textured flesh. Matures early February. Pollinates with Beurre Bosc and 20th Century.

**20th Century (Nijisseiki)\*:** Asian or Nashi Pear. Round yellowish-green fruits. Flesh is creamy-white, with a delicious crisp flavour. Partly self fertile. Pollinates with Bartlett, Beurre Bosc, Kosui, Josephine and Red Sensation. Matures mid-late February.

*\*Very limited stocks available.*

## Plums

**Gulf Ruby:** Large, yellow fleshed fruit, with pink-red skin. Matures early to mid December. Considered as self fertile, but will pollinate with Santa Rosa. Low chill variety.

**Mariposa:** Large heart shaped fruit. Flesh is red and of good flavour. Matures mid-January. Good keeping quality. Pollinate with Ruby Blood, Satsuma or Santa Rosa.

**Ruby Blood:** Medium sized, red skinned fruit. Blood red flesh. Maturing mid February to early March. Pollinates with Mariposa and Santa Rosa.

**Santa Rosa:** Excellent, tasty blood plum. Crimson skin. Matures late December. Pollinates with Ruby Blood, Satsuma or Mariposa.

**Satsuma:** Delicious and juicy blood plum. Dark red skin and flesh. Matures mid January. Pollinates with Santa Rosa or Mariposa.

## Pomegranate

**Elche:** Variety selected from the town of Elche in Valencia, Spain. Exotic, pink blushed fruit, filled with delicious, jewel-like juice sacks which surround edible seeds. Grows 3-5m.

**Wonderful\*:** A deciduous large shrub to small tree. Grows to 3-4m. Has showy double red flowers in late Spring to early Summer, followed by large orange-red blushed fruits, which mature late Autumn. Attractive yellow Autumn foliage. Frost hardy.

*\*Limited stocks available.*

## Prunes

**D'Argen:** Partially self fertile variety. One of the best prunes. Medium sized fruit, very rich and sugary. Excellent for drying. Matures February. Also can be pollinated with Robe de Sargent.

**Robe de Sargent:** Very sweet, medium sized fruit. Dark blue-purple fruit. Maturing early to late January. Pollinate with D'Argen.

## Quince

**Smyrna\*:** Large roughly pear shaped fruits. Vigorous, productive tree, even at a young age. Matures late Autumn-early Winter.

*\*Very limited stocks available.*

### Need to know more?

Our friendly staff will be happy to advise you about selecting and growing fruiting plants. Just ask! See our Fruit Fact Sheets online at [www.dawsonsgardenworld.com.au](http://www.dawsonsgardenworld.com.au)

## Nut Trees

### Almonds

**Self Pollinating Almond:** Self fertile almond tree. Ideal for the home garden. Heavy bearer of soft-shelled, sweet, flavourful almonds. Matures mid February.

### Chestnuts

Recommended for cooler districts.

**Flemings Prolific\*:** A grafted variety. Prolific bearer of medium to large, light brown nuts. Maturing late March to mid-April. To ensure pollination, plant with another chestnut variety or seedling.

**Seedling Chestnut\*:** Grown from seed of trees specially selected for their fruiting habit and large sized nuts. To ensure pollination, plant with another chestnut variety or seedling.

*\*Very limited stocks available.*

### Hazelnuts

Recommended for cooler districts.

**American White\*:** Large mahogany-brown nuts. Good flavour. Pollinates with Cosford.

**Cosford\*:** Medium sized nuts with a light brown thin shell. Reliable cropper. Pollinates with American White.

*\*Very limited stocks available.*

### Macadamias

**Grafted Macadamia:** Trees grafted with reliable macadamia selections. Grafted trees start producing nuts after about 5 years. Macadamias are self-fertile and are fairly large trees growing to 5-8m tall. Mature nuts fall from February to September. Limited seasonal availability

### Walnuts

**Franquette\*:** Requires cold winters, suited to Perth Hills and inland South-West. Self pollinating variety producing large thin-skinned nuts. Matures April-May.

*\*Limited stocks available.*

## FLU BUSTERS!

*Home grown vegies to keep you healthy this Winter.*

**W**inter is the time many of us succumb to the ravages of colds and flu. Your vegie garden can help you fight this. Home grown vegies contain higher levels of healthy vitamins, nutrients and antioxidants. By maintaining a regular intake of vegetables through Winter, you'll be boosting your immune system and increasing your resistance to those nasty seasonal bugs.

Winter and Spring are times of plenty in the Perth vegie garden. Leafy greens like kale, lettuce, parsley, rocket, silverbeet and swiss chard all thrive during Winter and provide a constant source of healthy Winter greens and salads. Even if you haven't got space for a vegie patch, you can still grow some vegies in pots. All you need is 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 time to plant:** Artichokes, asparagus, 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.

Take a look at our online Vegetable Fact Sheet at [www.dawsonsgardenworld.com.au](http://www.dawsonsgardenworld.com.au) for 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 here.



## The Kitchen Garden

Take your home grown produce from garden to table!

### Preserved Lemons

#### Ingredients:

– 2 handfuls of sea salt

– 25 fresh ripe lemons

Wash lemons in hot water to remove waxy coating. Cut them in half, squeeze out the juice and then cut into quarters. Rub lemons all over with sea salt (best done in a bowl) and then pack them tightly into sterilised jars and cover with lemon juice and seal tightly.

If there is inadequate lemon juice to cover lemons, top with small amount of water.

Allow to sit for at least 6 weeks before using.

Preserved lemons will keep for 12 months.

To use, remove flesh and pith and discard.

Rinse and finely slice or dice the skin.

Use preserved lemon with your favourite Moroccan recipes, as a garnish, as a stuffing, with poultry or seafood dishes...

the list of possibilities goes on!

Recipe by Sandy Sharpe, Dawson's Swanbourne.

