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Using this journal

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This journal is organised by season. It is full of hints, tips and inspiration for planning your kitchen garden in summer, autumn, winter and spring – and for making the most of your fresh harvest.

Each section includes practical advice on key gardening tasks, tips on what to plant and harvest and month-by-month planting and harvesting charts by climate zone. It is also full of ideas for how to use your produce in fresh, seasonal dishes.

There is plenty of space in the journal for jotting down your ideas and notes, and in its pages you can keep track of what you've planted and harvested. Use this to reflect on your successes and failures, and to help plan your kitchen garden year after year.

Hint and tip boxes provide family-friendly advice and activity ideas – we encourage you to involve children whenever possible, and for them to do as much hands-on gardening and cooking as the grown-ups.

This journal offers general information and inspiration for growing and eating seasonally. The planting and harvesting guides offer examples of what to grow in Australia's climate zones, however some produce might not be suitable for the season or weather conditions in your area, so for gardening advice specific to your region it's always best to speak to an expert. Head to your local nursery, seek out green-thumb neighbours, or join a local gardening club or permaculture group.

Good luck on your kitchen garden adventure through the seasons!

WHAT TO DO IN THE GARDEN

The weather may be cooling down but there's still plenty to do in the garden to keep you busy. Autumn is the second major planting period of the year, with seeds planted now being harvested during spring and summer. It's also the time to compost, decorate, save seeds and work on your worm farm.



Composting

After the highly productive spring and summer seasons, your garden will need a good feed to keep it productive.

Organic compost and manure are the best soil feeders. Children can help create organic compost very simply for use in the garden.

Mix leaves and garden waste with kitchen scraps, and throw in some chicken manure. This combination of materials – carbon, nitrogen and activator – keeps compost cooking sweetly.





Garden decoration

Autumn is a great time of year to decorate your garden. Kids can have fun creating signage and labels out of recycled materials such as old wooden spoons, fence palings, pots and wire. Construct potato towers with a cylinder of chicken wire – the lower half of the frame needs to provide protection from hungry creatures and sunlight, but you can decorate the upper section of the wire frames. Scarecrows are also fun and easy to make; use a couple of stakes, some straw and old clothes.



TEMPERATE AND COOL PLANTING GUIDE

June		July		August	
Fruit & Vegetables	Herbs & Edible Flowers	Fruit & Vegetables	Herbs & Edible Flowers	Fruit & Vegetables	Herbs & Edible Flowers
Asian greens	Chervil	Asian greens	Chervil	Asian greens	Chervil
Asparagus	Mint	Asparagus	Mint	Asparagus	Coriander
Broad beans	Oregano	Beetroot	Oregano	Beetroot	Dill
Cabbages	Rosemary	Broad beans	Parsley	Cabbages	Mint
Garlic	Sorrel	Cabbages	Rosemary	Capsicums	Oregano
Jerusalem artichokes	Tarragon	Garlic	Sorrel	Eggplants	Parsley
Lettuce	Thyme	Jerusalem artichokes	Tarragon	Fennel	Rosemary
Peas		Lettuce	Thyme	Globe artichokes	Sage
Raspberries		Parsnips		Jerusalem artichokes	Sorrel
Rhubarb		Peas		Kohlrabi	Tarragon
Rocket		Potatoes		Lettuce	Thyme
Shallots		Raspberries		Parsnips	
Spinach		Rhubarb		Peas	
Spring onions		Rocket		Potatoes	
Turnips		Shallots		Radishes	
		Spring onions		Raspberries	
		Strawberries		Rhubarb	
				Rocket	
				Shallots	
				Silverbeet	
				Spring onions	
				Strawberries	
				Tomatoes	

Wintertime companion planting

When planting winter vegetables like beans, beetroot, broccoli, cabbages, cauliflower and peas, keep their neighbours friendly. Some plants are just healthier and happier sown close to each other, and companion planting is great for fostering a thriving garden. Throw some nasturtiums, borage and alyssum into the mix to suppress weeds and attract beneficial insects.



MY WINTER PLANTINGS

What I planted

Date

Notes

SAMPLE

SUBTROPICAL AND TROPICAL HARVESTING GUIDE

September

Fruit & Vegetables

Beetroot
Bok choy
Broccoli
Cabbages
Cauliflowers
Carrots
Celery
Kai lan
(Chinese
broccoli)
Eggplant
English
spinach
Garlic
Kang kong
(water
spinach)
Leeks
Lemongrass
Lettuce
Pak choy
Peas
Potatoes
Radishes
Silverbeet
Spring onions
Sweet
potatoes
Tomatoes
Wombok

Herbs & Edible Flowers

Basil
Coriander
Cornflowers
Cosmos
Dill
Garlic chives
Lemongrass
Marigolds
Mint
Nasturtiums
Oregano
Parsley
Sage
Sunflowers

October

Fruit & Vegetables

Beans
Beetroot
Bok choy
Cauliflowers
Carrots
Celery
Kai lan
(Chinese
broccoli)
Cucumbers
Eggplants
Garlic
Ginger
Kang kong
(water
spinach)
Leeks
Lemongrass
Lettuce
Pak choy
Potatoes
Radishes
Silverbeet
Spring onions
Sweet
potatoes
Taro

Herbs & Edible Flowers

Basil
Cosmos
Dill
Garlic chives
Lemongrass
Marigolds
Mint
Nasturtiums
Oregano
Parsley
Sunflowers

November

Fruit & Vegetables

Beans
Beetroot
Bok choy
Cauliflowers
Carrots
Kai lan
(Chinese
broccoli)
Cucumbers
Eggplants
Garlic
Ginger
Leeks
Lemongrass
Lettuce
Pak choy
Potatoes
Radishes
Silverbeet
Spring onions
Taro

Herbs & Edible Flowers

Basil
Dill
Cosmos
Garlic chives
Lemongrass
Marigolds
Mint
Nasturtiums
Oregano
Parsley
Sunflowers



MY SPRING HARVEST

What I harvested

Date

Volume/Notes

SAMPLE

WHAT TO COOK

As the weather warms up, the hearty food of winter gradually makes way for lighter dishes that celebrate spring's bounty.

Broad beans

For a starter or light lunch, try bruschetta topped with broad beans, parmesan and herbs. Kids will have fun podding the raw beans (and then again, double-podding the cooked beans!). Show them how to pound the herbs and beans in a mortar and pestle, then combine with olive oil and parmesan to make a delicious bruschetta topping. Broad beans also lend themselves well to dips, risottos and salads.





Spring vegetable dumplings

Make your own wheat dumpling dough and create Vietnamese dumplings, gyozas or wontons filled with a mixture of finely chopped spring vegetables. Use asparagus, beans, spinach and spring onions, combined with minced ginger, garlic and seasoning, for the filling. Steam, boil or pan-fry, to cook. Serve with a spicy dipping sauce.



Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) on a textured, aged paper background.



SAMPLE