



For us it's true wealth to give away the kiwi fruit, press limes on satiated friends, take armfuls of daffodils up to town to  
 Anyone who has ever watched a child's face as they fill a basket of oranges or as they disappear to spend an hour in the  
 I, like all humans, am part of the earth. To work it, watch it, live within its rhythms - for me, that is the deepest satisf

### **Chapter 1**

Planning the Self Sufficient Garden

Knowing What to Plant

Getting to Know Yourself

Few of us today really know what we eat. This is because most of the food we eat is bought on impulse- or near impuls

How many people know how many potatoes they eat a year- or even a week? How many apples, how much parsley, ho

Even adding together what you buy now won't necessarily tell you what you may decide to eat home grown. Peaches ar

Leftover avocados go into the compost, the harder bits of asparagus, beetroot that get a bit shrivelled. In the self suffic

Home grown means you can indulge your taste for luxury.

It's taken me many years to work out what our family eats- how many brocolli plants we like, or brussel sprouts, how n

### **Looking at Your Garden**

If you want a 'self sufficient ' garden you need to be able to look at your garden. Work out different ways of using space

Start from the outside and work in.

Fences

Most fences don't grow anything. I hate naked fences - they look better green. Try -

- . perennial climbing beans- they'll come up every year and give you thick wide beans you can eat young and tender or
- . chokos- eat the shoots as well as the fruit
- . hops- hops die down in winter and ramble all over the place in summer. Eat the young shoots in early spring; make b
- . passionfruit in frost free places; banana passionfruit in cold areas
- . loganberries, marionberries, boysenberries and other climbing berries, trained up wire stapled to the fence
- . grapes - there are hundreds of grape varieties in Australia - suitable for any area, from snowy winters to tropical sum
- . flowering climbers like clematis, wonga vine, perennial sweet peas bougainvillea, jasmine, rambling roses - to attract l
- . edible Chinese convulvulus
- . sweet potatoes (temperate areas only)
- . or use your fence to stake up tomatoes, peas, broad beans.

Fruit Trees

The area next to the fence is the best for large fruit trees. Hedge your garden boundaries with tall fruit trees. Plant the

With close planting a normal backyard block will have at least twenty fruit trees. The selection is up to you- what grows same variety may be too may for you to use if they cropped at the same time; but a January ripener will be finished by

Plant dwarf fruit trees along paths as a hedge - dwarf apples, dawf peaches, pomegranates or nectarines - or trees like

Small fruit

Next to the trees plant 'small fruit' - raspberries, blueberries tamarilloes, pepinoes, pineapples, tamarilloes, elder trees

Most 'small fruit' is naturally an understory crop anyway- they accept shade for at least part of the day. They will also c

### **Permanent Beds**

These are the crops you plant once and harvest for the rest of your life. I think they're wonderful - a bit of mulching an

Asparagus

This is the first spring crop - fat tender spears that will keep shooting for months. We eat asparagus twice a day from S

Artichokes

Artichokes are a form of thistle. Once established they crop every spring, tolerate drought and heavy frost and keep mu

Dandelions

Eat the young spring greens as a salad or like silver beet- they are bitter in summer heat but can be blanched in boiling

Rhubarb

Some rhubarbs are small and red; some fat and green; some produce through winter but most die down. All are hardy

Rocket

This is a peppery salad green; it reseeds itself after flowering and spreads. Very hardy.

Sorrel

Once you have sorrel you'll always have it. It's perennial but seeds and spreads. A bit bitter but makes a good soup, sa



Rethink all waste space. Plant the drive with strawberries - you'll squash a few berries sometimes - but that's better than  
Even a small backyard should be able to grow about 40 trees, thousands of strawberry plants, several dozen berry bushes  
Self sufficient gardens are beautiful - a ramble of productivity, a profusion of smells and colour. We've forgotten how beautiful