

Community Gardens

Community gardens are plots of land, usually in urban areas, that are rented by individuals or groups for private gardens or are for the benefit of the people caring for the garden. Dig into these resources to learn about healthy, local food.

There are quite a few benefits to community gardens. Among which:

- Making fresh produce accessible
- Promoting healthier lifestyles
- Cleaning up the environment
- Building stronger communities
- Making friends and building connections
- Opportunities for learning
- Relieving stress and increasing wellness
- Beautifying the landscape

There are several types of community gardens:

- Plot gardens (divide into individual plots)
- Cooperative gardens (work as a team on one large garden)
- Youth gardens
- Entrepreneurial market gardens (sell produce)
- Therapeutic gardens

In addition, community gardens can help reduce negative environmental impacts by promoting sustainable agriculture; reducing food transportation costs and reducing water runoff. Humans, plants and animals can all benefit from urban agriculture since it creates habitats and improves the ecology of the area.

Further information on community gardens in Australia:

- **Community Gardens Australia**
<https://www.communitygarden.org.au/category/resources/info-sheet/>
- **NSW Department of and Environment**
<https://www.environment.nsw.gov.au/get-involved/sydney-nature/gardens/communities-for-nature>
- **Sustainable Table**
<https://sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide/>
- **Love Food Hate Waste**
<https://www.lovefoodhatewaste.nsw.gov.au/sites/default/files/2020-09/0648%20DL%20Seasonal%20Food%202020%20V4%20230920.pdf>

On the next pages you will find a summary of some important information on fruit and vegetables that can be found in NSW community gardens.

Please note:

- Not all fruit and vegetables you'll find in a community garden are represented. If you find any missing, it could be a good task for the students to research the information and create their own information card.
- The 'time to harvest' is based on the time from planting the seed to harvest



Artichoke

Grows: As a thistle

We eat: The flower bud

NSW season: Spring

Growing conditions:

Coastal regions, likes cooler climates, very hardy, likes well drained soil

Plant in: Autumn, winter

Related plants:

Artichokes are a type of thistle.

Plant next to: Peas or cabbage

Time to harvest: 12-14 weeks



Asparagus

Grows: Sprouts above ground

We eat: The stem

NSW season: Spring to summer

Growing conditions:

Temperate/cold climate, loves water, very hardy

Plant in: Spring

Related plants: Agave, broccolini and bluebells

Plant next to: Lettuce and leafy herbs

Time to harvest: 2-3 years



Avocado

Grows.: On a tree

We eat: The fruit

NSW season: Spring to summer

Growing conditions:

Loves tropical climate, but can also grow in cool climate. Plant in a sunny location with well drained soil.

Plant in: Spring-summer

Related plants:

Cinnamon and bay trees.

Plant next to: Rosemary or lavender.

Time to harvest: 13 years



Beans

Grows.: On a vine/plant

We eat: The seeds

NSW season: Spring

Growing conditions:

Cool-temperate climate, sensitive to high salt in soil, like full sun and a trellis to grow on.

Plant in: Winter

Related plants: Peanuts, chickpeas and soybeans.

Plant next to: Broccoli and carrots.

Time to harvest: 9-10 weeks



Beetroot

Grows: Under ground

We eat: The root

NSW season: Summer

Growing conditions:

Prefers mild climate, like full sun and lots of well drained water.

Plant in: Late winter

Related plants: Spinach and Swiss chard.

Plant next to: Beans and onions.

Time to harvest: 7-8 weeks



Bok Choy

Grows: Sprouts above ground

We eat: The leaves

NSW season: All year

Growing conditions:

Best in mild climate, but can grow in warmer too, like full sun and lots of well drained water.

Plant in: All year

Related plants: Cabbage and pak choi.

Plant next to: Carrots and spinach.

Time to harvest: 5-8 weeks



Broccoli

Grows: Sprouts above ground
We eat: The florets
NSW season: Spring, autumn, winter
Growing conditions: Prefers mild climate, not too much water, in full or part sun.
Plant in: All except summer
Related plants: Cauliflower, kale and Brussels sprouts.
Plant next to: Celery, onions and garlic.
Time to harvest: 14-21 weeks



Brussels Sprouts

Grows: Sprouts above ground
We eat: The buds
NSW season: Spring-summer
Growing conditions: Cool climates, lots of water, firm soil, part shade
Plant in: Winter
Related plants: Cabbage, broccoli and cauliflower.
Plant next to: Beetroots and celery.
Time to harvest: 26-31 weeks



Cabbage

Grows: Sprouts above ground
We eat: The leaves
NSW season: Spring, autumn, winter
Growing conditions: Prefers cooler climate
Plant in: Grows all-year (mostly winter)
Related plants: Broccoli, cauliflower and Brussels sprouts.
Plant next to: Potatoes and lettuce.
Time to harvest: 8-14 weeks



Capsicum

Grows: On a plant
We eat: the fruit
NSW season: Summer, autumn
Growing conditions: (Sub-) tropical temperatures, need protection from the cold and like lots of water
Plant in: Late winter
Related plants: Chillies, eggplants and tomatoes.
Plant next to: Basil, onions and tomatoes.
Time to harvest: 8-13 weeks



Carrots

Grows... Under ground
We eat: The root
NSW season: Year-round
Growing conditions: Cool temperatures, don't like swings in temp or water, need loose well drained soil
Plant in: Year-round
Related plants: Parsnip and parsley.
Plant next to: Basil, capsicum and tomatoes.
Time to harvest: 10-12 weeks



Cauliflower

Grows: Sprouts above ground
We eat: The florets
NSW season: Spring, autumn, winter
Growing conditions: Likes cooler conditions in full or part sun
Plant in: All except summer
Related plants: Broccoli, Brussels sprouts and cabbage.
Plant next to: Beetroot, broccoli and Brussels sprouts.
Time to harvest: 10-12 weeks



Celery

Grows: Sprouts above ground

We eat: The stem

NSW season: spring, summer

Growing conditions: Likes cool climate, boggy ground and lots of water

Plant in: Spring, summer

Related plants: Carrots, parsley and dill.

Plant next to: Beans, leeks and onions.

Time to harvest: 19-21 week



Corn

Grows: Sprouts above ground

We eat: The fruit

NSW season: Spring

Growing conditions: Corn loves the sun and needs protection from strong winds

Plant in: Spring-summer

Related plants: Rye, barley and rice.

Plant next to: Beans, leeks and onions.

Time to harvest: 16-18 weeks



Cucumber

Grows: On a vine

We eat: The fruit

NSW season: Spring, summer

Growing conditions: Likes cool temperatures, but love the sun. Cucumbers love warm, loose soil and something to climb on.

Plant in: Autumn, winter

Related plants: Zucchini, pumpkin and squash.

Plant next to: Corn, peas and lettuces.

Time to harvest: 8-10 weeks



Eggplant

Grows: On a plant

We eat: The fruit

NSW season: Summer

Growing conditions: Like a very sunny place with well draining soil, need consistent water

Plant in: Spring

Related plants: Tomatoes and potatoes.

Plant next to: Peas, beans and capsicums.

Time to harvest: 10-14 weeks



Fennel

Grows: Underground

We eat: The root/bulb

NSW season: All-year

Growing conditions: All climates, grows easier from seeds which are soaked. Sunny spot, with well-draining soil

Plant in: All-year

Related plants: Carrot, celery and parsley

Plant next to: Peas, beans and capsicums.

Time to harvest: 8-13 weeks



Kale

Grows.: Sprouts above ground

We eat: The leaves

NSW season: Spring, winter

Growing conditions: Likes cooler climate/months, frost improves flavour

Plant in: Autumn, winter

Related plants: Brussels sprouts, broccoli and cauliflower.

Plant next to: Rhubarb, beetroots and celery.

Time to harvest: 8-11 weeks



Leeks

Grows: Sprouts above ground
We eat: The stem
NSW season: Spring, winter
Growing conditions: Likes cool climate/months, Likes sunny spot
Plant in: Autumn, winter
Related plants: Onions, garlic and spring onions.
Plant next to: Carrots, spinach and beetroot.
Time to harvest: 17-21 weeks



Lettuce

Grows: Sprouts above ground
We eat: The leaves
NSW season: All-year
Growing conditions: Likes cool climate/months, need to be well watered and plant them in part shade
Plant in: All-year
Related plants: Lettuces are part of the daisy family
Plant next to: Strawberries, cucumbers and radish
Time to harvest: can be as quick as 4 weeks (but other varieties up to 8 weeks)



Okra

Grows: On a vine
We eat: The seed pods
NSW season: Summer, autumn
Growing conditions: Loves tropical climates, but can be grown in cooler too. Needs protection from the cold and like lots of water.
Plant in: Summer, autumn
Related plants: Hibiscus and cotton
Plant next to: Lettuce, peas and radishes
Time to harvest: 12-14 weeks



Onion

Grows: Under ground
We eat: The root
NSW season: All-year
Growing conditions: Likes temperate climate, needs abundant sun and good drainage
Plant in: Autumn
Related plants: All-year onions, leeks and fennel.
Plant next to: Herbs, garlic or root vegetables.
Time to harvest: 14-17 weeks



Parsnip

Grows: Under ground
We eat: The root
NSW season: Summer, autumn, winter
Growing conditions: Loves colder climates/months and thrives on frost
Plant in: Winter
Related plants: Carrots, parsley and lots of herbs
Plant next to: Root vegetables such as garlic, onion and potatoes
Time to harvest: 7-25 weeks



Potatoes

Grows: Under ground
We eat: the tubers
NSW season: All-year
Growing conditions: Likes temperate climate, love a sunny spot with compost rich, well drained soil
Plant in: Spring, winter
Related plants: Eggplants, tomatoes and capsicums
Plant next to: Corn, garlic, onions and peas
Time to harvest: 11-13 weeks



Radishes

Grows: Under ground

We eat: The root

NSW season: Spring to summer

Growing conditions: Like a cooler climate/months, grow quickly in a sunny place rich, loose soil

Plant in: Any season

Related plants: Lettuce, spinach and cucumbers

Plant next to: Cabbage, broccoli and cauliflower

Time to harvest: 3-5 weeks



Pumpkin

Grows: On a vine

We eat: The fruit

NSW season: Autumn to winter

Growing conditions: Grows in most climates, need lots of compost water and space.

Plant in: Summer, autumn

Related plants: Zucchini, squash and gourd.

Plant next to: Marjoram, nasturtiums or climbing vegetables.

Time to harvest: 12-17 weeks



Snow Peas

Grows: On a vine

We eat: The fruit

NSW season: Autumn to winter

Growing conditions: Loves temperate climates, doesn't do well in heat, need something to climb on

Plant in: Winter, spring, summer

Related plants: Beans, chickpeas and peanuts

Plant next to: Corn, carrot, celery, eggplant

Time to harvest: 10 weeks



Sweet Potato

Grow: Under ground

We eat: The root

NSW season: Autumn

Growing conditions: Prefers a (sub-) tropical climate, love the heat and composted, loose soils

Plant in: Spring

Related plants: Morning glory and water spinach

Plant next to: Bush beans, beetroots and parsnips

Time to harvest: 16-18 weeks



Tomato

Grows: On a vine

We eat: The fruit

NSW season: spring to summer

Growing conditions: Thrives in warm sunny conditions, need something to climb on, they love the heat, lots of water and well composted, loose soils

Plant in: Spring, summer, autumn

Related plants: Chillies, capsicums and eggplants

Plant next to: Basil, capsicums and eggplants

Time to harvest: 10-12 weeks



Zucchini

Grows: On a vine

We eat: the fruit

NSW season: spring to summer

Growing conditions: Zucchini is a warm-season crop that cannot tolerate frost or freezing temperatures

Plant in: Spring, summer

Related plants: Pumpkin, squash and gourd

Plant next to: Parsley, radish and corn

Time to harvest: 5-8 weeks



Spinach

Grows: Sprouts above ground

We eat: The leaves

NSW season: Spring and winter

Growing conditions: Spinach loves a cooler climate and grows best in partial sun

Plant in: End of spring

Related plants: Beetroot, quinoa

Plant next to: Beans and peas

Time to harvest: 5-7 weeks



Strawberries

Grows: On a plant

We eat: The fruit

NSW season: Spring to autumn

Growing conditions: Strawberries love sunny conditions, although would like some shade if its too hot

Plant in: late winter

Related plants: Roses, other berries and plums and peaches.

Plant next to: Dill, chives, coriander, thyme, and sage

Time to harvest: Up to a year (quicker in hot climates)