

Autumn Herb Garden



The nights have a noticeable nip in the air, and the mornings are getting darker. There has been an obvious shift from summer to autumn in the last couple of weeks, which sets the scene to begin or resurrect your herb garden. Now is a great time to plant/sow your herbs to support you and your family through winter and spring.

Coriander, garlic, marjoram, oregano, parsley, thyme, tarragon, lemongrass, mint, rosemary, shallots just to name a few.

Parsley and coriander planted in autumn grow particularly well over winter, as they don't bolt to seed as they can in summer. But consider planting a few seeds every month so you have a succession of plants ready for picking. Once you have planted these herbs you rarely have to replant as they reseed easily and proliferly.

Most herbs enjoy a sunny, well prepared bed, however some herbs like the mints prefer a partly shaded area. I HIGHLY recommend you keep the mints in a pot and on a concrete base, also dispose of prunnings in a plastic bag and leave in the sun before disposing of them as they root easily in the paddock!

Kale, beetroot, broccoli, cabbage, carrot, cauliflower, celery, English spinach, lettuce, parsnip, peas, radish, silverbeet, broad beans, brussels sprouts, Chinese cabbage, onion and spinach can all go in now too.

Most herbs will be grateful for a feed or two from time to time but it isn't always necessary. Heavy feeders like leafy greens and Brassicas love a liquid fertilize every 10-14 days, whilst actively growing.

If you don't have a garden area don't worry, herbs and most veggies perform very well in autumn in pots and toughs.

Herbs can be turned into many home remedies such as inhalations for sinus congestion and viruses, preserved in honey for tickly coughs, oxymels to treat viruses, pestos, garnishes and flavour to slow cooked meals over the cooler months to keep you and your family in tip top shape through the colder months. If you would like to learn how to do this then follow us on social media or touch base via our clinic. We love sharing this information.