

# May Growing Guide

As autumn comes to an end, it's time to give some brassicas a go in the garden. Brassicas (part of the cabbage family and also known as cruciferous vegetables) such as broccoli, cauliflower and brussels sprouts are perfect additions to your May patch.

Don't forget about your herb garden! There are still plenty of herbs that remain productive heading into the cooler parts of the year.

## HERBS

This month, herb options for any windowsill, pot or patch include:

- Chives
- Parsley
- Rosemary
- Dill
- Mint
- Thyme
- Coriander
- Sage
- Oregano

## VEGGIES

May is an ideal time to plant seedlings of the following vegetables:

- Bok Choy
- Spinach
- Turnip
- Carrot
- Rocket
- Artichoke
- Cabbage
- Silverbeet
- Peas

For more growing resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)

