

# October 2022

## Meadow Sweet Herbs & Flowers



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Fertilise	2 Fertile period
3	4	5	6	7	8	9
Propagate and plant food and medicine crops that provide above-ground harvests.						
10 	11 ○ Harvest, cultivate soil, weed.	12	13	14 	15 Sow root crops.	16 
17	18	19	20	21 	22 Sow root crops. Check pests.	23 
24	25	26 ●	27 	28	29	30
Rest, plan and do odd jobs.			Fertile period. Sow and make cuttings of all crops, plant			
31	<b>NOTES:</b> Companion planting is a fun way to increase your yields, protect your crops, and add beauty to your garden. Many herbs and edible flowers also have companion planting attributes, e.g. Borage, Calendula, Chamomile, Marigolds, Foxgloves, Hyssop and Basil					

**Vegetables:** Amaranth, aubergine, artichoke, beans (broad, climbing and bush), beetroot, cabbage & cauliflower, carrots, capsicum and chillies, chicory, corn, cress, cucumber, Florence and herb fennel, lettuce & mizuna, spinach (true, NZ, and silverbeet), okra, onion & spring onion, pea, radish, squash & pumpkins, tomato, tomatillo, sweetcorn and zucchini.  
Plant seedlings of above in warmer areas, as well as globe and jerusalem artichoke, horseradish, potato, strawberry, rhubarb.

**Herbs:** Angelica, basil, cardoon, chives, coriander, dill, lemon balm, marjoram, mint, oregano, rocket, salad burnet, sage, savory, thyme.

**Flowers:** Borage, calendula, cleome, cornflower, cosmos, cleome, dahlia, marigold, meadowfoam, rudbeckia, salvia, sunflower, sweetpea, viola, zinnia

**Fruit:** Cape gooseberry, passionfruit, melon,

Icons by Muhammad Atiq from The Noun Project

<https://meadowsweet.co.nz>