



# Horticultural Therapy Association of Victoria

## Edible Gardens - Plant propagation

Growing your own food is a wonderful experience for many reasons. One of the real wonders of gardening is actually creating your own plants. Whether it be planting tomato seeds or dividing clumps of mint, we can easily grow our own food from scratch. This fact sheet gives you some basic information on the major forms of plant propagation that you might use in your edible garden.

Although not technically a form of propagation, planting out seedlings may be the most practical form of growing plants for some residential units, when we consider the skill levels of residents and the overall level of care provided.

If you wish to take the next step of creating your own plants, you have a number of options based on the types of plants you wish to grow.

### Seeds

Growing plants from seeds is not only cheap and fast, but can be for free if you collect some seed from your previous crop for planting out in the next season. Most seeds need 3 basic elements to germinate. (1) Moisture, (2) Warmth and (3) Soil (or potting mix). All seeds have slightly different requirements so it is important to read the seed packet as to how and when to plant each variety.

The following is a rough guide to some common food seeds

<b>Seed</b>	<b>Size</b>	<b>Planting depth</b>	<b>Spacing</b>
Parsley	Very small	2 - 5 mm	200 mm
Cucumbers	Medium	5 - 10mm	500 mm
Tomatoes	Small	5 mm	500 mm
Lettuce	Very small	2 - 5 mm	200 mm
Beans	Large	10 mm	200 mm
Peas	Large	5 - 10mm	200 mm
Pumpkins	Large	10 - 15mm	700 mm
Silverbeet	Small	5 mm	300 mm
Corn	Large	10 mm	400 mm
Sunflowers	Large	10 mm	300 mm
Capsicum	Medium	5 mm	500 mm
Chives	Very small	2 - 5 mm	50 mm
Celery	Very small	2 - 5 mm	300 mm

For further information contact –

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