

# SPRING INTO ACTION

ISSUE 44

FREE. TAKE ME!



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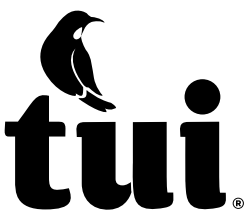
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**tui**®

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**SPRING &  
SUMMER TIMES**  
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# SPRING & SUMMER 2023/24



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JOIN OUR COMMUNITY OF 125,000 KIWI GARDENERS FOR TIPS, INSPO AND GIVEAWAYS!

Follow us on:  
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Winter hibernation is over and it's time to spring into action and get your backyard brimming! Sow a garden full of delicious fresh food, plant vibrant floral displays and touch up your lawn for summer cricket! This issue we've put together plenty of inspiration to spring into action and create a garden space to be proud of and enjoy with family and friends.

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Watch our handy Instagram reels for extra tips & tricks



## SHARE YOUR SPRING GARDEN ACTION & WIN!

We'd love to share in your spring garden journey - what you're growing, creating and harvesting! Share snaps from your garden to show us how you're 'springing into action'. Simply tag with **#myprideofplace** on Instagram or share on our Facebook page **TuiGarden** to be in to win a bumper garden pack to keep your garden growing.

Tag **@tuigardenandhome** in your stories to be featured!

Entries close 30 November 2023.



# GROWING FROM SEED

Nurturing your plant from a tiny seed to a delicious crop of veges, or a stunning floral display, provides satisfaction second to none! Grow seeds in seed trays, your garden, or containers.

For seed success start with a light, free draining mix, like **Tui Seed Raising Mix**, specially blended to provide ideal conditions for germinating seeds and seedling establishment.

Some seeds are best sown directly into the garden, like peas, beans and carrots; whereas other seeds are best sown in seed raising trays – check the seed packet for individual instructions.

## SOWING IN CONTAINERS AND SEED RAISING TRAYS:

- Fill your container with **Tui Seed Raising Mix** up to 1cm from the top.
- Tap the container gently on the ground to settle the mix.
- Water lightly to ensure mix is moist.
- Sow the seed as directed on the packet.
- Lightly cover with **Tui Seed Raising Mix**.
- Cover your container with glass or a light bag to retain moisture and warmth for germination.
- Place in a warm spot with natural light.
- Water lightly and regularly.
- Transplant seedlings into small pots filled with **Tui Vegetable Mix** once they have two sets of true leaves.
- As seedlings begin to develop harden them off by putting them outside during the day.

They are ready to plant in the garden when they are about the size you buy in the garden centre, and there is no risk of frost.



**Tui Tip:** Once planted out, feed your seedlings regularly to replenish nutrients. Select a fertiliser specially blended for your plant or crop from the **Tui Food** range, or use an all purpose variety, such as **Tui NovaTec Premium fertiliser**.



33% extra FREE this spring!

## DIRECTIONS FOR SOWING IN GARDEN BEDS:

- Make shallow furrows in the soil.
- Place 2cm of **Tui Seed Raising Mix** in the bottom of the furrows and water.
- Sow the seed as directed on the packet.
- Lightly cover with **Tui Seed Raising Mix**.
- Press soil gently.
- Water lightly and regularly.

### POPULAR SPRING SEEDS



Watermelon



Eggplant



Carrot



Cucumber



Tomato



Pea



Pumpkin



Lettuce/Mesclun/  
Rocket



Silverbeet/  
spinach



Courgette

## NEW THIS SEASON!

### TUI IN-GROUND COMPOSTER

Recycle your kitchen scraps straight into the garden with the **Tui In-Ground Composter**. The perfect addition to any garden bed, this in-ground composting system creates healthy soil as worms feed on the organic matter. Top up with kitchen scraps for the worms to process into rich nutrients to naturally feed your garden.





# SPRING INTO ACTION

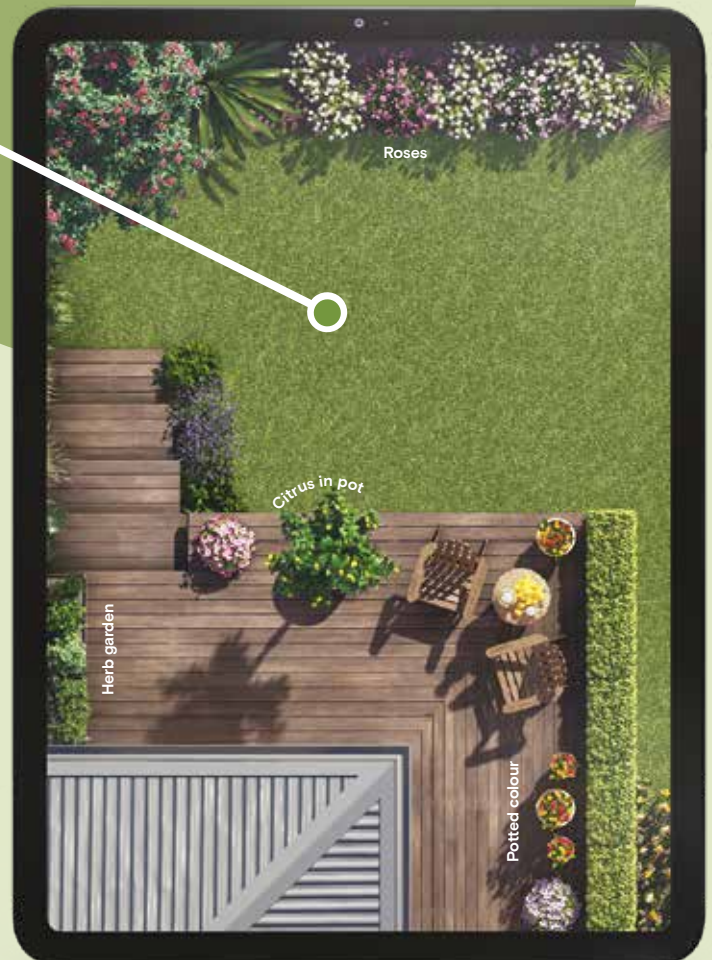
A new growing season is here and summer entertaining is just around the corner! We've put together handy interactive plans to help you spring into action. Our grow plans offer inspiration for your garden space, along with plant and product tips for success!

Select your lawn seed using our VR tool!



## GROW THE ULTIMATE LAWN

- Spring is an ideal time to sow a new lawn and carry out lawn care.
- Before sowing or patching a lawn, prepare the area well for the best chance of success. Spray any existing grass and weeds and clear away once browned off. Then apply a layer of **Tui LawnForce® Lawn Preparation Mix**.
- When sowing, select a lawn seed from the **Tui LawnForce® Superstrike® Lawn Seed** range based on location, use and climatic conditions.
- A thick, healthy lawn stops broadleaf and other weeds from becoming established. Whether you're looking to feed, green or weed the **Tui LawnForce®** range has a perfect partner for your lawn!





## PLANT TOMATOES FOR SUMMER

- Depending on your region, tomato planting starts from September, with Labour weekend being traditional tomato planting time.
- Select a tomato based on your taste and cooking preferences, along with how much space you have.
- Soak seedlings in **Tui Organic Seaweed Plant Tonic** for an initial boost and to help prevent transplant shock.
- Choose a sunny spot and prepare your soil with compost or sheep pellets.
- Add a layer of **Tui Tomato Mix**, formulated with extra potassium to encourage a plentiful harvest of big juicy fruit.
- Feed tomatoes every four weeks with **Tui Tomato Food** to replenish nutrients.
- Water your tomatoes (avoiding the leaves!) deeply and regularly, especially as it warms.

## SORT YOUR SPRING VEGE PATCH

- Choose a sunny, sheltered area in your garden.
- Consider the following when choosing your crops: the time of year, amount of garden space you have, along with what you and your family enjoy eating and cooking with!
- Essential spring crops include: lettuce, spinach, beetroot, peas, spring onions, and fragrant herbs like coriander, basil and mint!
- Prepare your soil with organic matter like compost and sheep pellets.
- Add a layer of **Tui Performance Organics Vegetable Mix** to plant into.
- Feed regularly with **Tui Performance Organics Tomato & Vegetable fertiliser pellets**.
- Add a layer of mulch and keep your veges well watered as they grow.



Try our new interactive grow plans this season at [tui.garden.co.nz](https://tui.garden.co.nz)



# SPRING GARDEN INSPIRATION

We caught up with some gardening friends from our online community to find out how they're breaking out of winter hibernation and springing into action over the warmer months!



Ezra

 @diyplantman | Location: Auckland

As a small space gardener spring offers plenty of excitement as I plan out my 6x4m<sup>2</sup> space! For me, it's important to select the right plants for the right places to maximise production. Before I buy my seeds and seedlings I'll be mapping out my garden and assigning spaces to different crops, taking into consideration their size at maturity.

I've found if you provide the plants with proper light, space, and healthy soil they really do thrive! I'm looking forward to growing Glass Gem Corn over summer which is a popping corn variety. I'm also going to focus on growing plenty of patio tomato varieties as these are a great space saver and grow well in grow bags.

 @poppysfarmyard | Location: Galloway

Spring is so much more than just a season, it's a time for inspiration, action, and new beginnings. I can't wait to get stuck in! This is my first season in my new Central Otago kitchen garden. First up is starting seeds for the raised beds and new tunnel house. This year I'm keen to experiment with more heat-loving crops like eggplant and capsicum. The process of nurturing and growth brings me so much joy and satisfaction. I'm also going to create a large no dig patch for crops that require more space. In the mini orchard I'll level the ground and mulch around trees. To merge this space with the rest of the garden I'll add a few whimsy pathways, bordered with flowers and decorative edibles.



Poppy



Melika

 @our.vineyard.garden | Location: Kerikeri

We have lots of exciting projects planned utilising natural resources to expand our growing space and make our garden a magical place for our kids. We're building an arch using sticks and vines from around our property, which we'll grow climbing summer veges on. We're building teepees for peas using fruit tree and vine prunings, and will be adding more garden beds using old logs for the edges. More pathways using log pavers are on the list, lined with alpine strawberries, cherry tomatoes and bush beans for foraging. We can't wait to get stuck in!

 @likegrandmadid | Location: Mid-Canterbury

I'm springing into action with loads of preparation and planning! Garden preparation involves chopping and dropping cover crops, adding compost and mulch, trimming overgrown perennial plants, and of course weeding!

I'm also being mindful of soil health as I harvest the last of the yams and prepare to plant the early crops. Seed sowing has started and I can't wait to crank into growing all the goodness this season. I plan to grow the majority of vegetables for our upcoming wedding, so this year's planning looks a little different as we accommodate producing a lot more food later in the season. This means I'll be using the early beds to produce leafy greens and brassicas, followed by carrots, parsnips and beetroot.



Stevie



Terri

 @wild\_waereas | Location: Pahiatua

We've been giving the garden a facelift by extending our growing space, ready for spring. I want to incorporate more flowers into the māra kai, with a dedicated dahlia garden and pollinator patch. We're extending the no dig garden, stoning the pathways and adding edging which will make everything level, keep it tidy and provide a weed barrier. And we're going vertical! Hubby is making archways for along the back of the garden alleyway for all the climbing kai. Thoughts of new paths and extra beds for spring planting got me through winter!

 @therenoproject | Location: Hamilton

As the vibrant days of spring emerge, we'll be embarking on a thoughtful lawn maintenance routine to ensure a lush and thriving landscape. Weekly lawn mowing takes centre stage, keeping grass at an ideal height of around 50-60mm to promote healthy growth and discourage weeds. Pair this with a well-timed fertilising regime to fortify the soil and nourish the roots, and scheduling the irrigation system to water early in the morning or late in the afternoon to minimise water loss. Let's not forget the art of precision – mowing the lawn with sharp blades to achieve clean, even cuts, for a velvety carpet-like expanse!



Levi and Callum

# PLAN YOUR SUMMER SHOW

It's time to start thinking about planting summer flowering bulbs such as dahlias, begonias, lilies, and gladioli. These stunning blooms are one of the easiest and most rewarding flowers to grow, providing you with endless stems of flowers over the summer months. Follow our top tricks and picks for a stunning show.

## FEED EXISTING BULBS

Spring flowering bulbs including daffodils, freesias and tulips will be starting to pop through now. Feed with **Tui Bulb Food** when stems begin to appear, when starting to flower and when dying down to promote healthy, vibrant blooms.

## EXTEND YOUR SHOW

Summer bulb favourites include dahlias, begonia, peonies, lilies and gladioli. With so many beautiful options available the hardest part is picking what to plant! Choose a variety of different shapes, sizes and colour for added interest.

For extra pops of colour you can also pot up bulbs around your garden. Pots can be hidden in the garden until they start to bloom, then can be brought out to brighten to deck or patio. When they've finished flowering you can tuck them away again!



## POPULAR PICKS



Café au lait Dahlia



Wizard of oz Dahlia



Peony Highlight



Peony Duchesse de Nemours



Oriental Lily Jaybird

## TRY SOMETHING DIFFERENT



**Begonia Boliviensis** are stunning perennial plants known for their cascading, fuchsia-like flowers in shades from red through orange to white.



**Begonia Narcissiflora 'Daffodil'** is an enchanting species of begonia known for its trumpet-shaped flowers resembling daffodils.

## 5 STEPS TO BULB PLANTING SUCCESS

1

Prepare your soil with organic matter like sheep pellets or compost.

2

Add a layer of Tui Bulb Mix to plant into.

3

Plant your bulbs at a depth twice their diameter.

5

Water well and keep the soil moist while bulbs are growing.

4

Cover your bulbs with the mix.

# GROWING MORE SUSTAINABLY

We've had a busy 2023 making progress on our sustainability journey and have more to come as we keep improving in the way we work and the products we deliver.

## REFILL STATIONS

We're aiming for 100% recyclable, reusable, or compostable packaging by 2025 and our seaweed refill stations are one of our initiatives towards this. In the last year we've rolled out 13 more refill stations and hope to add more in the future!

## RECENT PACKAGING IMPROVEMENTS

We're continuing trials with our growing media and compost packaging to include a higher percentage of recycled material.

- **Tui Certified Organic General Fertiliser 5kg** and **Tui Certified Organic Mini Sheep Pellets 1.5kg** packaging both now contain 40% recycled plastic.
- This spring **Tui Potato Food**, **Tui Strawberry Food**, **Tui Tomato Food** bags are moving to 30% recycled plastic, in resealable pouches.
- Our **Tui Enrich Controlled Release fertiliser** 500g and 1kg pottles have moved to 100% recycled plastic.

We've also made it easier to identify packaging that contains recycled materials and packaging that can be recycled through the **Soft Plastics Recycling Scheme**, by including icons on the front of pack.



Coming soon!

Tui Enrich Pour & Feed Indoor Plant Fertiliser refills!

Scan to discover seaweed refill stations



## HELPING KIWI KIDS GROW

We're in our ninth year of supporting the **Garden to Table** programme in schools, including donating a total of \$90,000 over the last three years to continue helping Kiwi children learn to grow and prepare nourishing meals. At our recent community day we recycled fruit bins into new garden beds at Rangiuuru School. The children are now harvesting and cooking with delicious fresh ingredients!

## WORKPLACE WELLNESS GARDEN

Our garden is enjoying the warmer weather and we're busy planning what to plant next! Over winter we had a steady supply of mesclun, bok choy, kale, spinach, silverbeet and herbs for staff to pick.

For summer we're dreaming of harvesting our garlic and planting tomatoes, chillies, more fresh greens and herbs for salads, along with strawberries and watermelon. We'll also add in plenty of colourful blooms for the bees!

Follow our garden adventures on our social channels:  
Facebook: [facebook.com/TuiGarden](https://www.facebook.com/TuiGarden) Instagram: [@tuigardenandhome](https://www.instagram.com/tuigardenandhome)



## SUPPORTING OUR ENVIRONMENT AND WILD BIRDS

With our new **Tui No Sprout Wild Bird** range we're helping improve the environment and support the habitat of our wild birds by donating 50c from each product sold to **Trees that Count**. Discover the range in stores this spring.



## NEXT UP....

### GARDEN TO TABLE SEEDLING SALE

Supporting the Garden to Table seedling sale in October.

Working with Waste Management toward zero waste to landfill at our sites.

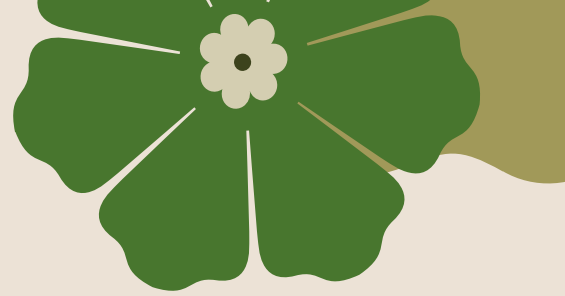
We are continuing work to reduce our emissions and from August the forklifts located at our Mount Maunganui site moved from fossil fuel to electric.

Follow our sustainability journey and latest improvements here





# CREATE A NATURALLY GREAT GARDEN



## ORGANIC INGREDIENTS THAT GET GREAT RESULTS!

**Tui Performance Organics** harnesses the power of nature to deliver outstanding results through ingredients you can be sure are true to nature, just like the garden you're keeping.

We've taken the best bits from two fantastic ranges - Tui Performance Naturals and Tui Organics, to offer you even better performance with the benefit of 100% BioGro certified organic ingredients.

The range has everything you need to prepare, plant and nourish your garden.



Ceres Organics workplace garden

## PROVIDE THE BEST START

Sow, prepare and plant naturally with the **Tui Performance Organics** growing media range: Seed Raising Mix, Compost, Vegetable Mix and Potting Mix.

## NOURISH

**New Tui Performance Organics fertiliser pellets** combine fast acting natural nutrients with slow release feeding to support rapid and consistent growth – the natural way.

**All Purpose** fertiliser pellets are suitable for all garden plants, veges, flowers and herbs, containing seaweed extract to stimulate root development and improve overall plant health.

**Tomato & Vegetable** fertiliser pellets contain added calcium to help you grow healthy, luscious tomatoes, vegetables and herbs.



## KEY BENEFITS OF THE RANGE



100% BioGro certified organic ingredients.



Easy to use pellets in a handy resealable bag!



Unique fast action feeding with long lasting organic nutrients for optimum plant health.



Bags made from at least 30% recycled plastic, and recyclable through the Soft Plastics Recycling Scheme.

# JOIN US ON OUR ROAD TRIP

This spring the Tui Team are hitting the road and visiting stores around the country on our Tui 'Spring into Action' Road Trip! Come and visit us to chat all things gardening and spin our winning wheel for your chance to win product and prizes to spring into action!

### Where you'll find us:

- **September:** Auckland, Hamilton, Cambridge, Tauranga, Taupō, Palmerston North.
- **October:** Whanganui, Napier, Hastings, Masterton, Wellington, Nelson, Marlborough.
- **November:** Christchurch, Dunedin, Invercargill, Wānaka, Queenstown.

Visit [tuigarden.co.nz](http://tuigarden.co.nz) for more details including locations, dates and times.

We look forward to chatting soon!



# GROWING THROUGH THE SEASONS

## SPRING GARDEN CHECKLIST:

- ❑ Blend **Tui Compost** or **Tui Sheep Pellets** into garden beds in preparation for the upcoming growing season.
- ❑ Choose crops to plant that you and your family like to cook with and enjoy eating.
- ❑ Apply **Tui Organic Seaweed Plant Tonic** every 2-4 weeks to help prevent transplant shock, promote strong growth and keep your garden thriving.
- ❑ Sprinkle **Tui Quash slug & snail control** throughout your garden to protect vulnerable new seedlings.
- ❑ Start getting your lawn into tip top shape for summer entertaining and backyard activities by sowing, patching and fertilising.
- ❑ Keep your garden regularly fed – your fruit trees will love an application of **Tui Citrus Food** and roses a boost with **Tui Rose Food**.
- ❑ Harvest your crops regularly to help promote fresh new growth throughout the season.

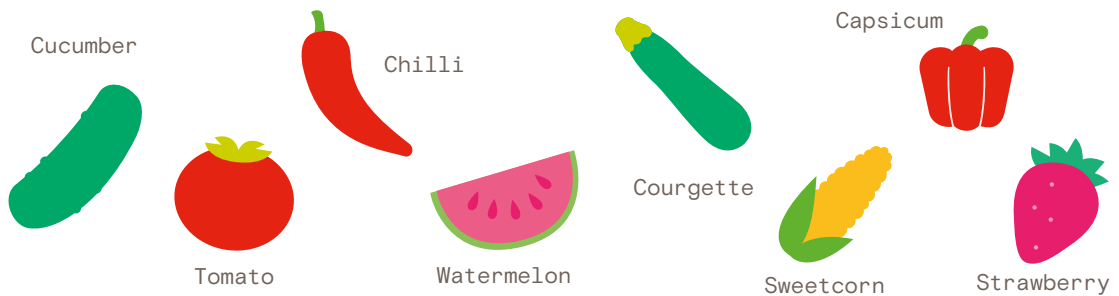


**Tui Tip:** If you have a small space, are renting, or have simply run out of planting space, pots and containers are the perfect way to grow your own! Top plants for pots include: leafy greens, herbs, strawberries, tomatoes, dwarf fruit trees, potatoes, pansies or violas, cucumbers, dwarf beans, and ficus tuffy for some lush green foliage!

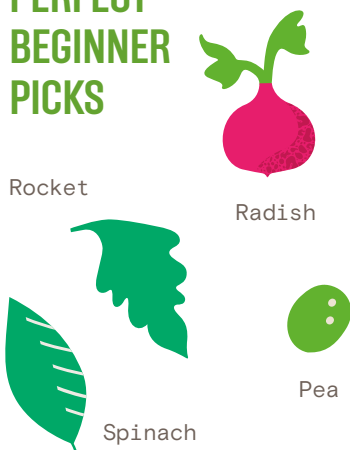
## PLAN YOUR GARDEN

Mix and match from these favourites.

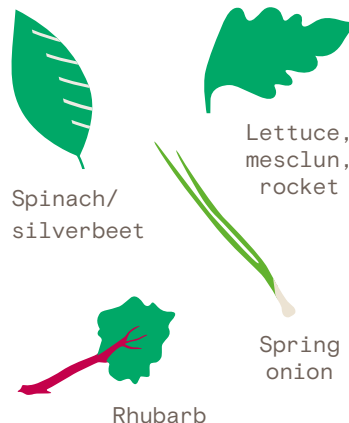
### SUMMER STAPLES



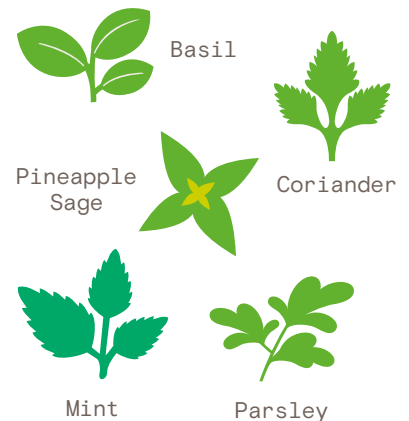
### PERFECT BEGINNER PICKS



### CUT & COME AGAIN



### FRESH & FRAGRANT





## SUMMER GARDEN CHECKLIST:

- Add **Debco SaturAid** granular soil wetter to all areas of your garden over the warmer months. This will help your plants make the most of water, and can reduce water use by up to 50%.
- Mulch around your plants. A good layer of **Tui Mulch & Feed** or **Tui Pea Straw Mulch** on your garden will conserve moisture, protect plants from heat, and suppress weeds.
- Water in the morning before the day gets too hot. A good deep soak every few days is better than shallow watering every day. This will encourage deep roots and helps plants to better survive short term drought.
- Weed regularly so your plants aren't competing for water and nutrients.
- Give plants an application of **Tui Organic Seaweed Plant Tonic** at least every month to help them thrive.



## PICK THE PERFECT PARTNER FOR YOUR PLANTS

Companion planting is the practice of grouping plants together so they are mutually beneficial, creating an ecosystem within the garden for plants to thrive. It's a great way to repel insects, attract pollinators and beneficial insects to the garden, and improve soil fertility.



### Basil

Basil improves the flavour of tomatoes when planted alongside. It can also be planted next to capsicums.



### Sweetcorn

Sweetcorn does well planted with potatoes, peas, beans and squash. The beans can use the sweetcorn as a structure to grow up!



### Nasturtium

Nasturtium attracts caterpillars, aphids and whitefly so planting it alongside or around vegetables such as lettuces, cabbages, beans and tomatoes will help protect them. The adult insects will lay their eggs on the nasturtium leaves instead. The nasturtium plant can be pulled while the eggs are at a junior stage to rid the garden of this cycle, catching it before they become a problem.



### Bee Friendly

To help with pollination plant bee friendly flowers like calendula, sunflowers, Queen Anne's Lace, echinacea, borage and purple tansy (phaecelia).



### Marigolds

Marigolds help battle aphids by emitting a smell that deters these pests and attracts their predators.

### Tui Tip

Crop rotation is important and goes hand in hand with companion planting. Avoid growing tomatoes and potatoes in the same space each season as they are from the same family and susceptible to the same pests and diseases.



Discover what to plant each season and sign up to our fortnightly newsletter at: [tuigarden.co.nz/planting-calendar/](https://tuigarden.co.nz/planting-calendar/)



# PICK THE PERFECT INDOOR PLANT FOR YOUR HOME

When finding the right plant for your indoor space be sure to consider natural lighting, temperature and airflow. Indoor plant queen Hollie @hollielovesplants shares her tips on finding the perfect plants for your place.



## LIVING AREAS

Our **living areas** are usually light, warm and airy, making them perfect for plants like:

- **Peace lilies** - very easy care, keep them out of direct light.
- **Monstera & philodendron** - they don't mind a dark corner, water when dry and they'll be happy.
- **Begonia** - keep out of direct light and don't let them dry out OR get wet feet!
- **Anthurium** - make the perfect housewarming gift as they're so easy care! A great beginner option.
- **Rhipsalis** - will thrive in your lounge. Give them some filtered light and they'll even flower for you.



**Tui Tip:** Make sure you adjust your watering routine to the different room conditions and don't forget every plant needs a good feed. **Tui Enrich Pour & Feed Indoor plant fertiliser** is ready to use with no mixing required. Simply pour onto moist soil to promote healthy, lush green plant growth.



## KITCHEN

**In the kitchen**, make sure you don't place any plants in hot places like above your hob, oven or airfyer. Hoya are a hardy plant that tend to do well in the kitchen.



## BATHROOM

Our **bathrooms** are darker, more humid and we spend less time in there so the plants need to be able to look after themselves. Heart leaf philodendrons and peperomia are ideal. Your rhipsalis may not flower in here, but it still looks great.

**HAVE FUN FILLING YOUR HOUSE WITH LITTLE POCKETS OF GREEN JOY!**

Find more advice and information for your indoor oasis here:





# BRING ZEST TO YOUR GARDEN

Citrus trees laden with juicy lemons, oranges, limes and mandarins ready to be plucked from the branch are a quintessentially Kiwi addition to many home gardens. Plant in your garden or in pots for fresh citrus at your fingertips!



## TOP CITRUS TIPS

- Replenishing nutrients used by your citrus ensures they will grow to their full potential, producing abundant and juicy crops. Feed your citrus in spring and summer with **Tui Citrus Food** or **Tui Enrich Citrus, Fruit, Tree & Shrub fertiliser**.
- Prune if you need to for either a desired shape, to remove any diseased stems, or to improve air circulation. Remember leaves are the life of the tree, so don't cut unnecessarily, particularly before the trees have matured. Try and avoid September/October as there is risk of lemon tree borer laying eggs in fresh cuts, or if you do prune, ensure you seal cuts with pruning paste.
- In the first year after planting remove any fruit that sets. This allows the tree to establish itself and encourages better fruiting in the following seasons.
- Citrus require more watering over the summer months - and well watered, well nourished citrus will have a better chance of keeping healthy!



## CHOOSE A VARIETY:

There are dwarf options available.

Pick a variety suited to your garden and cooking needs. Popular varieties include:

- **Orange:** Best Seedless, Harwoods Late, Ruby Blood, Seville.
- **Lime:** Bearss lime, Makrut lime, Tahitian lime.
- **Lemon:** Eureka, Meyer, Lemonade.
- **Mandarin:** Burgess Scarlet, Clementine, Satsuma.
- **Grapefruit:** Golden Special, Orlando, Wheeny.

## WHAT SIZE POT CAN I PLANT CITRUS IN?

- Look for pots or tubs that are at least 40 litres. Half wine barrels are a good size too.
- You can expect fruit in one to two years from planting. Fill your container with a quality potting mix such as **Tui Citrus & Fruit Mix**. Make sure you place your pot in full sun as they do best in a consistently sunny environment.

**Tui Citrus & Fruit Mix** has the right blend of nutrients to provide your citrus and fruit trees with the best possible start and sustained growth. Use in garden beds, pots and for a bumper crop of juicy citrus.

## CHRISTINE'S LEMON BROWNIES



### INGREDIENTS:

- 1 ½ cups flour
- 1 ½ cups sugar
- 250g butter
- 4 eggs
- 2 tsp baking powder
- 2 tbsp lemon rind
- ¼ cup lemon juice

### METHOD:

1. Preheat oven to 180 degrees.
2. Beat flour, half of the sugar and butter together until well combined.
3. In a separate bowl, whisk eggs, lemon juice, lemon rind and the remaining sugar together.
4. Pour the egg mixture into the flour mixture and beat on a medium speed until smooth (don't panic if it looks curdled, it will come together with mixing).
5. Pour the mixture into a lined 20cm x 30cm tin.
6. Bake for 25 minutes or until golden and just firm to touch.
7. Allow to cool before removing from tin, serve with a dusting of icing sugar or Greek yoghurt and enjoy!

Discover more citrus tips, recipes and seasonal advice here:



# EDIBLES FOR A VISUALLY STUNNING ARCH

Weave some magic into your garden with an edible garden arch! Jodie from [@derivedfromnaturenz](#) shares her top 5 edible crops for a stunning arch that will elevate the aesthetics and productivity of your space.

Beyond their visual appeal, an edible garden arch is a clever space-saving solution. In smaller gardens, every inch matters, and by utilising vertical space you'll free up valuable real estate for more plantings on the ground, and ultimately increase your harvests.

When growing vertically opt for climbing varieties. Some of my favourite vegetables and fruits that thrive when grown vertically:

## 1. Pumpkins:

These trailing vines aren't just for Halloween decorations. With proper support and training, pumpkins can gracefully grow up the arch, providing a charming and unusual sight. Be sure to choose smaller pumpkin varieties to ensure they don't overwhelm the arch.

## 2. Tomatoes:

A staple in many gardens including mine, tomatoes are perfect climbers. Their luscious fruits hanging down add a delightful pop of red, yellow, or even purple, depending on the variety you choose.

## 3. Scarlett Runner Beans:

Known for their scarlet red flowers and green pods, these vigorous and prolific climbers bring a burst of colour and dense foliage to your arch. They also fix nitrogen in the soil, benefiting neighbouring plants.

## 4. Grapes:

For a touch of elegance and a delectable treat, train grapevines along the arch. Imagine walking through a lush grape arch, plucking juicy bunches of grapes as you go!

## 5. Passionfruit:

If you live in warmer climates, let passionfruit vines weave their way around the arch. Their beautiful flowers and evergreen foliage create a lush dense and hardy garden arch all year round. In cooler climates, you may lose some of the foliage during the cooler months of winter.

Celebrate edible garden arches this spring and summer and let your imagination run wild with the possibilities!

Whether you're an experienced gardener or a budding enthusiast, consider adding this whimsical & practical design element to your green sanctuary and watch your garden flourish!

 [@derivedfromnaturenz](#)



Scarlett runner beans



Pumpkin



# GROW YOUR OWN SUPERFOODS

Growing your own super foods at home is a great way to fuel the soul, both inside and out. Superfoods are fruits, grains or vegetables that have a high concentration of nutrients, antioxidants and minerals.

Citrus



Citrus are well known for being high in vitamin C, and they also assist iron absorption, aid digestion and are a good source of fibre.

Tip: In the first year after planting your citrus, remove any fruit that sets. This allows the tree to establish itself and encourages better fruiting in the following seasons.

Blueberries



A fruit high in antioxidants, higher in fact than any other fruit or vegetable, blueberries are also a rich source of vitamin C, K1 and fibre.

Tip: Don't let your blueberries produce too many fruit when young. They tend to over-fruit when young, so not enough energy is put into root and branch development.

Broccoli



Broccoli is an excellent source of vitamin c (better than oranges) it has more vitamin A than most other foods and it also a good source of bone-building vitamin K. Plus it's full of fibre as well. Did you know the leaves and stalks can be eaten as well? Grate or chop into salads, soups and slaws.

Tip: Sow seeds in spring, autumn and winter. Seedlings can be planted all year round.

Spinach



Packed full of iron, high levels of potassium and calcium; it's a good source of fibre. It also contains beta carotene, folate (naturally occurring folic acid) and vitamin C. Spinach is also a good source of omega 3 fatty acids, which helps out those people who are not so fond of fish oil.

Tip: Being a hardy crop it can be grown all year round.

Kūmara



Also known as a sweet potato, it has more fibre than oatmeal and provides many essential nutrients, including vitamin B6, calcium and iron.

Tip: Lift the foliage regularly as the vines put down new roots where they touch the ground. This will allow the plant will put more energy in tuber growth rather than leaf growth.

## TRY SOMETHING DIFFERENT!



Goji berries

Exceptionally high in antioxidants. They also contain high levels of beta-carotene, vitamins B1 and B2, minerals and amino acids. Widely used in traditional Chinese medicine, they work to strengthen the immune system, help eyesight and improve circulation.

Tip: Plant in spring, summer or autumn and harvest berries when ripe.



Quinoa

One of the best wholegrains you can eat as its high in protein, fibre and a good source of iron. It also has high levels of zinc, vitamin E, and selenium.

Tip: Sow seeds in spring directly in the garden. Scattering them on top of the soil is fine too as they readily germinate. It is a taller crop, maturing to 90cm-110cm – so give it plenty of room.

## PLANTING TIPS

1

Choose a position in full sun to plant your superfoods. More sun will ensure its ability to flourish and feed you.

2

Prepare soil by digging in compost and **Tui Sheep Pellets**.

3

Sow seeds in trays of **Tui Seed Raising Mix** and transplant once seedlings are about finger size. Limit transplant shock and speed up the growing process by applying **Tui Organic Seaweed Plant Tonic**.

4

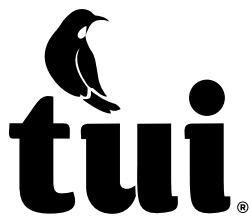
Cover crops with netting while birds are hanging around.

5

Nourish your plants for super crop with **Tui Vegetable Food** or **Tui Citrus Food**.

6

All these crops appreciate regular and effective watering. Deep watering every few days is better than a light sprinkle every day.



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