

Cut your food bill to \$8.00 each week

For an annual cost of \$396 we can provide you with enough seeds, fruit trees, strawberries, canefruits and potatoes to be self sufficient in fruit and vegetables for twelve months. Follow our successful mini-plot planting plan below showing when to sow, how many plants and when to harvest.



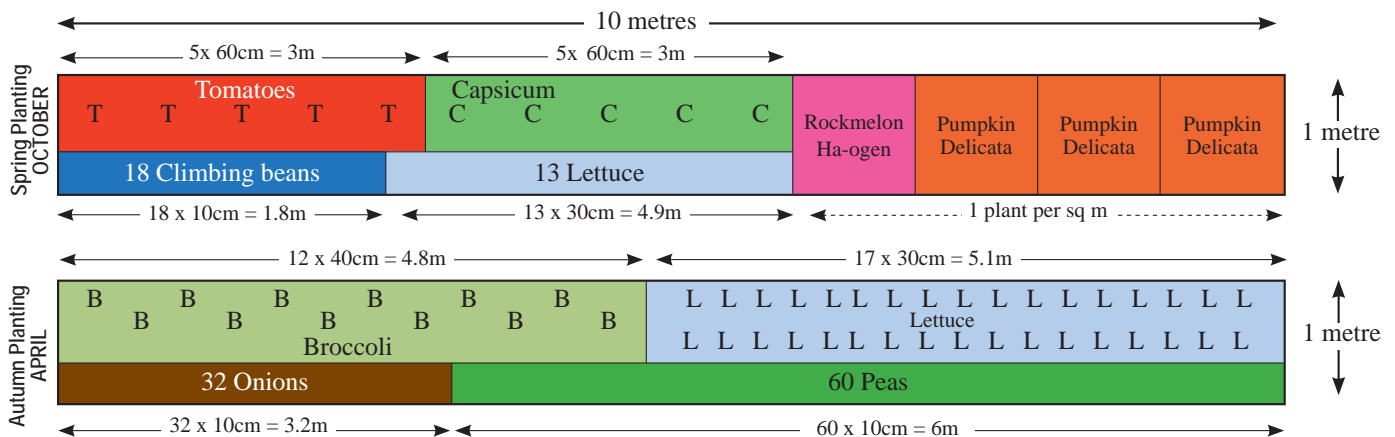
The cost of being self-sufficient

9 packets of seed	\$19.50
48 potatoes	\$32.95
30 strawberries	\$39.00
12 canefruit	\$90.00
5 fruit trees	\$103.80
	\$285.25
Plus garden advice	
Club m/ship and Fruit & Veg book	\$79.95
Add post and pack	\$31.00
TOTAL	\$396.20

The typical Australian family consumes 96 kilos of vegetables and 96 kilos of fruit per year (Source: Australian Food Statistics, 2004). We can provide this amount of food in just 10 square metres for vegetables in our mini plot during spring and summer.

EXPLANATION						
Produce	Harvest	Yield/ plant (kg)	N° of plants	Spacing (cm)	Total row (metres)	Notes on variety yields
Tomatoes	25kg	5	5	60	3.0	Tigerella 20kg = 4 times average
Capsicums	10kg	2	5	60	3	
Climbing Beans	10kg	.56	18	15	2.7	
Rockmelon Ha-ogen	10kg	10	1	100	1	
Pumpkin Delicata	15kg	6.8	3	100	3	Lowest yielding at 2m/plant 25kg possible
Broccoli Waltham	10kg	.8	12	40	4.8	
Climbing Snap Peas	10kg	.168	60	10	6	
Onions	8kg	.250	32	10	3.2	
Lettuce	10kg	.210	47	30	15	Baby cos 500g = 2 times stated

Digger's Mini Plot



108 kg food from 9 packets of seed. Successional 10 metre planting plan