

Survey shows what Australians are growing in autumn

# RENOVATING

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A recent survey by garden and housewares brand HomeLeisure® shows that one-in-two Australians are growing vegetables in autumn. In the survey, respondents chose from a variety of options including vegetables (49%), herbs (19%), flowers (17%) and fruits (9%). The cooler weather in autumn makes it an ideal time for planting certain veggies and herbs. The HomeLeisure WaterSaver Metro 750mm Rectangular Planter (marketed by Master Distributors) is ideal for growing vegetables and herbs especially where space is limited.

**Baby Spinach.** Spinach is a healthy vegetable to grow in the kitchen. It is a source of iron, calcium and is a source of health and is a source of antioxidants.

**Snow Peas.** Develop a taste for snow peas, synonymous with stir-fry. Like spinach, snow peas are a source of dietary fibre and contain antioxidants.

**Kale.** Kale has become a popular vegetable to grow. It is a source of antioxidants and is a source of health and is a source of antioxidants.

**Garlic.** You can eat garlic in a variety of ways. Garlic should be grown in a sunny, well-drained area. It becomes overpowering if it is not harvested at the right time.

**Mint.** Mint is believed to help with a variety of ailments, including stomach or indigestion. It is a source of antioxidants and is a source of health and is a source of antioxidants.



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