



SPRING & SUMMER TIMES 2025

A PERFECT MIX FOR YOUR GARDEN

ISSUE 48

FREE. TAKE ME!

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LIFT OUT
PLANTING
CALENDAR
INSIDE!





Christmas from the garden. P12

After reading, tear me up and put in with your kitchen and garden waste!



THE PERFECT MIX FOR YOUR GARDEN!

TUI SPRING/SUMMER TIMES 2025

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Set your garden up for success



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Must have summer crops



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Discover which indoor plant you are

JOIN THE  CONVERSATION.

We'd love to see you over on our social media channels. It's abuzz with garden shares and tips & tricks.

Facebook: [TuiGarden](#)
Instagram: [@tuigardenandhome](#)
TikTok: [@tuigardenandhome](#)
YouTube: [@TuiTV](#)
Web: [tuigarden.co.nz](#)

Share your garden snaps & win!

We'd love to see how you're growing and harvesting in your garden. Simply tag your snaps with [@tuigardenandhome](#) in a post or story on Instagram to be in to win a bumper garden pack to keep your garden growing!

Entries close 31st January 2026.

Cover photo: Poppy @poppysfarmyard

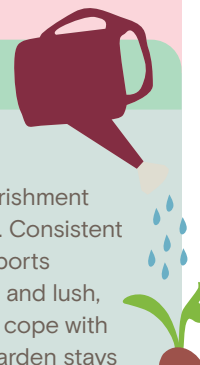
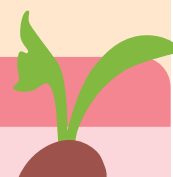


GROWING THROUGH THE SEASONS

Preparation early on and consistent care throughout the season will set you up for bountiful summer harvests.

The secret to success lies in understanding what your garden needs – and when it needs it.

1 PREPARE YOUR SOIL			
WHAT TO USE?		WHY IT MATTERS?	<p>Healthy plants start with healthy soil. Building nutrient rich soil now creates the perfect environment for roots to thrive later. Compost and sheep pellets improve structure, boost microbial activity and deliver essential nutrients, setting the stage for stronger plants, fewer pests, and bumper harvests down the track.</p>
2 PLANT SEEDLING			
WHAT TO USE?		WHY IT MATTERS?	<p>Give your plants a stronger start with A Perfect Mix. Our range of specialty growing mixes are boosted with the ideal balance of nutrients tailored to what you're growing. Whether it's crunchy lettuce, zesty citrus or juicy tomatoes, provide exactly what your crops need from the start with A Perfect Mix.</p>
3 FEED AND WATER REGULARLY			
WHAT TO USE?		WHY IT MATTERS?	<p>Just like us, plants need regular nourishment to grow strong, healthy, and resilient. Consistent feeding throughout the season supports abundant flowering, fruitful harvests, and lush, vigorous growth. It also helps plants cope with stress like heat and pests, so your garden stays vibrant and productive.</p>
4 MAINTAIN AND ENJOY			
WHAT TO USE?		WHY IT MATTERS?	<p>Smart maintenance pays off. Mulching locks in moisture, keeps weeds at bay, and adds organic matter as it breaks down. Regular doses of Tui Organic Seaweed Tonic keep plants healthy and resilient. With a little care, you'll enjoy a flourishing garden that gives back beauty, satisfaction and plenty of homegrown harvests.</p>



A PERFECT MIX

..... SUPER SOILS FOR A STRONGER START

TUI HAS THE PERFECT MIX

OF PRODUCTS, ADVICE AND INSPIRATION TO GROW YOUR GARDEN AT EVERY STAGE AND SEASON.

TUI SPRING/SUMMER TIMES 2025

4



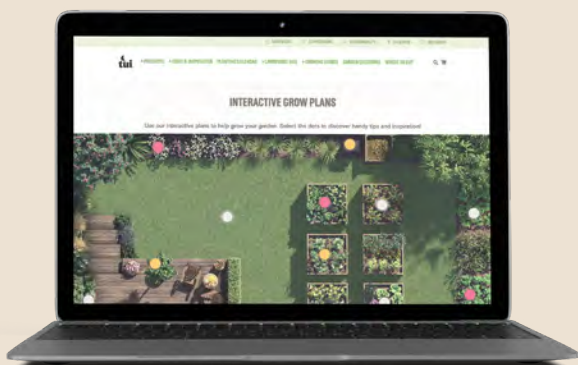
PRODUCTS

Products to deliver success at each stage of your growing journey.



INSPIRATION

Fresh garden ideas to keep beginner gardeners through to experts inspired in the garden.



ADVICE

Simple and accessible advice to grow a garden you love including our refreshed how-to videos.



Jenna @jennagardens

COMMUNITY

A community of gardeners that share, learn and grow together.



PLAN YOUR PERFECT MIX

A new growing season is here and planning is the first step to success, including quality products for the best start and epic growth across the seasons.

Nothing beats the thrill of harvesting a bowl of homegrown, flavour-packed fruit and veg. Whether you're growing citrus, tomatoes or veges, our range of speciality mixes are tailored with the exact nutrients your plants need to get the strongest possible start.

For superior results in your garden pair your plants with our specially formulated mix + liquid superfood.

No matter what you choose to grow we have a product match to supercharge growth for a bumper crop the whole family can enjoy.

Check out online planting calendar to plan what you'd like to grow and when to plant in your region.

THE RESULTS SPEAK FOR THEMSELVES

We planted two Perpetual Spinach seedlings on the same day – one using a basic mix, and one using **Tui Vegetable Mix**. Both plants were grown in the same conditions and watered at the same time. The seedling planted in the Tui mix was also fed using **Tui Vege & Herb Liquid Superfood**, providing **A Perfect Mix** for this lucky plant! As you can see, with the right balance of nutrients and on-going feeding you too can get the best possible start out of your plants.



JOIN US IN STORE

We're heading to a store near you this spring with garden advice and give-aways. Keep an eye out on our Facebook and Instagram pages for locations, dates and times!



TOP 10 SUMMER CROPS

Make the most of the summer by growing a rainbow of crops to take from garden to table. Fill your patch with these favourites and bring colour, flavour and sweetness to your summer menu.

1. TOMATOES

In sandwiches or salads, roasted or plucked straight from the vine – tomatoes take pride of place in Kiwi gardens. Thriving in full sun and warm conditions, tomatoes can be grown in the garden or containers with support.

2. CUCUMBERS

Thriving with sun and plenty of water, cucumber is popular sliced into sandwiches and salads, pickled, or added to drinks. Ensure good air flow and pick regularly.

3. BERRIES

Sun, sun and more sun is the key to success for juicy sweet berries. Raspberries, blueberries, boysenberries and blackberries are popular options.

4. COURGETTES

Courgette or zucchini is easy to grow and as a prolific producer. One plant is often enough. Add to stir fries, baking or try grilling.

5. SWEETCORN

Easy to grow with warm soil and sunshine. Sweetcorn's taste is unbeaten when freshly picked and cooked – try grilling on the BBQ! Add pumpkin and beans for a three sisters garden – a space saving solution where the three companion plants support each other's growth.

6. POTATOES

Roasted, boiled, mashed or in a salad – spuds always taste better dug out of your own garden. Sprout seed potatoes and plant in garden beds, containers or the **Tui Potato Grow Bag**. Serve for Christmas lunch with lashings of butter!

7. LETTUCE

Quick growing lettuce can be grown in the garden, pots and containers. Feed, water and pick your lettuce frequently as it can bolt in extreme heat. Harvest a leaf at a time and ensure a steady supply with succession planting.

8. WATERMELON

A sweet, juicy summer treat the kids will love. Watermelon loves hot weather and lots of space. Try planting in our **Tui Tomato Tower**!

9. PASSIONFRUIT

Thriving in warm, sunny spots, passionfruit is a vigorous climber producing fragrant, delicious fruit perfect for summer desserts and drinks. You can freeze excess pulp for use over the cooler months.

10. CHILLI

Adding spice and flavour to dishes, chillies come in many varieties and heat levels. They don't need a lot of special care or space but love sun and warmth.



TUI TIP:

Remember to feed crops regularly as they grow for healthy plants and continued harvests.

BIG BLOOMS FROM THE TINY GARDENS



Name: Ellie – Urban Flower Grower and Florist

@thetinygardens

Location: Taupō

Garden size: 300m² with 45m² of cut flower beds

My love for gardening started when I was around 10 and my dad, a keen gardener, suggested we start a vege patch together. I still remember the satisfaction of pulling up my first radish, despite not liking the taste! From then on, I kept growing food and found the whole process from seed to harvest incredibly rewarding.

As I learned more, I became interested in companion planting, adding flowers like calendula and marigolds to support my veges, which soon led me to the world of cut flowers. Through social media, I discovered flower farmers around the world whose beautiful creations inspired me to give it a try myself.



Ellie's homegrown bouquets



Ellie's largest growing patch

Although I dreamed of having acres of land, I was determined not to let my urban garden hold me back. My first space was less than 50m² and I eventually removed the lawn to create flower rows. I started with garden centre seedlings, before gaining the confidence to grow from seed.

I got creative with space, using flexi tubs and even lining our shared driveway with dahlias in grow bags – thank you neighbours! Once I felt confident growing a variety of flowers I began selling small, seasonal bouquets through social media and the response was amazing.

If you're starting a cut flower garden my advice would be to begin with a single raised bed and a few easy-to-grow varieties. Feed your soil well with compost and sheep pellets – flowers are hungry, and healthy soil will reward you with plenty of blooms!

Growing in a small space means careful planning. I rotate crops seasonally – spring flowers give way to summer dahlias and autumn seedlings. I've become very intentional with what I grow. My golden rule is that a flower must be either highly productive or have something really special about it. For example, statice produces heaps of stems, while delphinium is less prolific but magical. This rule helps me reign it in!

Growing flowers has taught me patience, creativity, and how to make the most of what I have. You don't need a perfect setup – just be willing to learn, experiment and get your hands a bit dirty!

TIP:

Let your favourite colours guide you!



Copper Boy – one of Ellie's favourite dahlias

ELLIE'S TOP CUT FLOWERS FOR BEGINNERS

Bulbs (tulips, gladioli, Iris), Statice, Zinnia, Cosmos, Sunflowers, Scabiosa, Persian Cress

Gladioli – easy to grow!





SEEDLING PLANTING CALENDAR

Across New Zealand there
Use this handy planting cal
fruit and veges. For a full p
discover the interactive pla
<https://tuigarden.co>

VEGETABLE / FRUIT	WHEN TO PLANT							
	January	February	March	April	May	June	July	August
Apple					🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Asparagus							🌱	🌱 🌱
Basil	🌱 🌱 🌱	🌱 🌱 🌱						
Bean	🌱 🌱	🌱 🌱	🌱	🌱				🌱
Beetroot	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱	🌱	🌱 🌱	🌱 🌱
Blueberry	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Blackberry					🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Bok choy			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱
Broad bean			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱		🌱 🌱 🌱
Broccoli		🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱				🌱 🌱
Brussel Sprouts	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱			🌱 🌱
Cabbage		🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱		🌱 🌱
Capsicum	🌱							🌱 🌱
Carrot	🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱			🌱 🌱
Cauliflower			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			
Celery	🌱	🌱	🌱 🌱		🌱	🌱		🌱
Chilli								
Chives	🌱 🌱 🌱		🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱	🌱	🌱
Coriander								
Courgette	🌱							
Cucumber	🌱 🌱	🌱 🌱	🌱					🌱
Eggplant	🌱	🌱						🌱
Feijoa			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱	🌱	🌱 🌱 🌱
Garlic				🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	
Kale			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱		
Leeks	🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱			🌱 🌱
Lemon			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			🌱 🌱 🌱
Lettuce	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱 🌱
Lime			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			🌱 🌱 🌱
Mandarin			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			🌱 🌱 🌱
Mesclun	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱 🌱
Mint								
Onion			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			🌱 🌱
Orange			🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱			🌱 🌱 🌱
Parsley	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱			
Parsnip			🌱	🌱	🌱	🌱	🌱 🌱	🌱 🌱 🌱
Passionfruit	🌱 🌱							
Pea				🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱
Pear					🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Potato	🌱 🌱 🌱	🌱 🌱	🌱 🌱					🌱
Pumpkin & Squash	🌱	🌱						🌱
Radish	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Raspberry					🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Rocket		🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱	🌱 🌱
Silverbeet	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱	🌱 🌱	🌱 🌱
Spinach		🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Spring onion							🌱 🌱	🌱 🌱
Strawberry				🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱	🌱 🌱 🌱
Sweetcorn	🌱 🌱 🌱	🌱 🌱						🌱
Tomato	🌱 🌱 🌱							🌱 🌱
Watermelon	🌱 🌱 🌱							

*Harvest times are a guide only and may vary with variety. This calendar is for planting seedlings. If growing from seed

Lift out our handy planting calendar and keep it close by for easy reference!

TUI SPRING / SUMMER TIMES 2025






























































































































































































































































































































































































are differences in climate and soils.
endar as a guide to planting common
lanting calendar by region and month,
nting calendar tool on our website:
.nz/planting-calendar/



Key:

-  = Northern
-  = Middle
-  = Southern

September	October	November	December	Time to harvest*
  				2-4 years
  	  	  		2 years
 	  	  	  	40-60 days
 	  	  	  	85-110 days
  	  	  	  	90-120 days
  	  	  	  	60-90 days from flower
  	  	  		1 year
  	  			20-45 days
  				85-110 days
  	 	 		60-120 days
  			 	120-140 days
  	  	 		105-140 days
  	  	  	  	80-100 days
  	  	  	 	50-65 days
				90-120 days
  	  	 	 	80-85 days
	  	  	  	100-120 days
  	  	  	  	60-70 days
  	  	  	 	30-45 days
  	  	  	  	60-85 days
  	  	  	  	60-80 days
  	  	  	  	85-110 days
  	  	  		2-3 years
				170 days
				60-70 days
  	  	 	 	160-180 days
  	  	  		2-4 years
  	  	  	  	40-70 days
  	  	  		2-4 years
  	  	  		2-4 years
  	  	  	  	40-60 days
  	  	  	  	60-70 days
 				70-180 days
  	  	  		2-4 years
  	  	  	  	45-85 days
  	 	 	 	120-140 days
	  	  	  	12-18 months
 	 			45-70 days
  				2-4 years
  	  	  	  	90-160 days
  	  	  	  	110-170 days
  	  	  	  	30-40 days
  	  	  	  	1 year
				30-40 days
				40-60 days
				30-40 days

TRY SOMETHING NEW THIS SEASON

Spring and summer are the perfect seasons to shake things up in the garden. Here are a few fresh ideas to try.



Select a new variety

Try colourful heirloom tomatoes, apple cucumbers, or tromboncino squash – they're great tasting conversation starters!



Plant for pollinators

Dedicate a corner to bee-friendly blooms like cosmos, borage or calendula to boost biodiversity and improve pollination for your veges.



Grow a portable salad patch

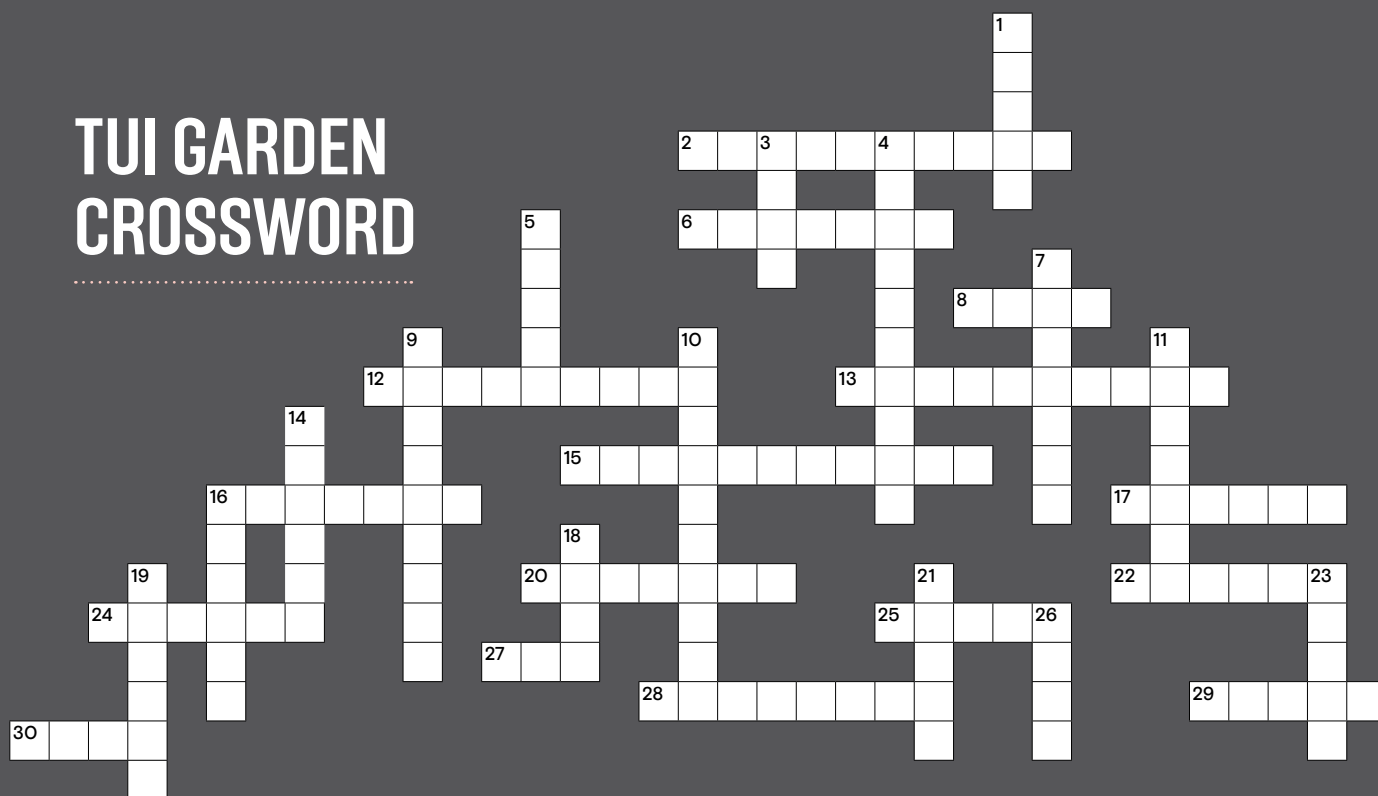
Grow lettuce, spinach, parsley, radish, spring onions, and basil in a compact, moveable garden – great for small spaces, taking to the bach, or as a Christmas gift.



Interplant for productivity

Tuck quick crops like radishes or baby spinach between slower growers like corn or brassicas. It's a great way to maximise space and reduce bare soil.

TUI GARDEN CROSSWORD



Across

2. Picking ripe crops
6. Where bees collect nectar
8. Soil-dwelling creature
12. Flower known for bright yellow petals
13. Another name for plant food
15. Gardening cart with one wheel
16. Natural tonic made from ocean plants
17. Sweet potato
20. Dig this into the garden to add nutrients
22. Dead plant material used as mulch
24. Small insects that can damage plants
25. Sown to grow plants
27. Pollinator insect
28. Young sprouted plant
29. Unwanted plants in the garden
30. Place to mow and play on

Down

1. To cut branches
3. Plant part that absorbs water
4. Fruit often used in jams and desserts
5. Garden pest with a spiral shell
7. Support for climbing plants
9. Fluttering garden insect
10. All year-round shelter for plants
11. Green leafy vegetable
14. Grow on a vine, often green or purple
16. Action of planting seeds
18. Common tool to water the garden
19. Season the garden comes back to life
21. A garden's border or edge
23. Tool for digging soil
26. Another name for dirt

TUI
FAVES



PASSING THE SPADE

In Kiwi backyards, something special happens when older generations pass on their gardening know-how. It's not just about when to plant tomatoes or how to compost properly – it's about sharing practical skills that last a lifetime.

Many of our grandparents gardened out of necessity, turning backyards into productive vege patches. They learned by doing, and some are now teaching the next generation. From digging spuds to sowing seeds, there's a lot to gain from this hands-on knowledge.

Today, with more interest in sustainability and homegrown food, there's a great opportunity for younger Kiwis to reconnect with these skills. A shared afternoon planting veges or herbs can be a simple, meaningful way to learn and spend time together.

TUI TIP:

Let kids take the lead on a small patch or container. Give them a few easy crops like radishes, cherry tomatoes, or strawberries and let them learn by doing.

GENERATIONS IN BLOOM

Plants and gardens can hold stories across time, connecting us to those we love.

Originally planted in Whanganui, these fourth generation family freesias fill Tui Team member Scott's Pāpāmoa garden with their fragrant scent and cherished memories.



Tui Team member Lianne was given this gorgeous hippeastrum when her grandmother passed away. More than two decades later it continues to thrive and is a wonderful reminder of her grandmother who was a keen gardener.

We asked our Facebook community where their interest in gardening came from – here are some of the heartwarming responses we received.

My Grandad, he was an avid gardener. I remember as a kid we'd go round and pick his scarlet runners. Even once I'd grown and was out flatting, I'd come home from work and find a bundle tucked in the door handle from a sneaky driveby. There is something very therapeutic about getting dirt under one's nails. **Mel**

My grandfather was the most amazing gardener. He grew food for his family during the war and made sure everyone was fed. Growing up we would help with the preparation of meals using whatever was grown by him. **Angela**

I would spend every summer holiday in the country with my grandparents and my grandad was in his big vegetable garden every night after work! I think it rubbed off on me! **Yvonne**

My Dad always had a fantastic vege garden and loved growing something new, while my Mum loved her flower garden. As we lived next door to a nursery and garden shop both were in their happy space. I was always told that gardening was two pronged – growing food for the table and keeping a healthy mind. **Judith**

My grandmother used to walk me around her garden in Nelson when I was a young child and tell me all the names of the plants. This memory stayed with me. **John**



CHRISTMAS FROM THE GARDEN

Spring is the perfect time to plant your homegrown festive feast! With longer days and warming soil, your garden can be bursting with fresh harvests in time for Christmas.



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GIFTS FROM THE GARDEN

- ✂ Pots of homemade jam
- ✂ Saved flower seeds
- ✂ Posy of summer blooms
- ✂ Pressed flower bookmarks
- ✂ Homegrown chutneys
- ✂ Herb salt or sugar blends

Check out our portable
vege planter idea on
page 10 and our
strawberry cheesecake
recipe on page 15.



Summer staples

Plant tomatoes, capsicums and cucumbers now for juicy, sun-ripened additions to your Christmas salads. Choose cherry or cocktail tomato varieties for quick harvests and festive colour.

Potatoes

Plant early varieties like Rocket, Swift, or Cliff Kidney – they'll be ready to harvest in 90–100 days, just in time for homegrown Christmas roasties or salad.

Leafy greens

Lettuce, rocket, and mesclun mixes grow fast and can be picked fresh on the day. Sow every few weeks for a steady supply.

Sweet treats

Strawberries planted now will be ripe and red for dessert. Try growing them in hanging baskets or containers to save space and keep fruit clean.

Festive herbs

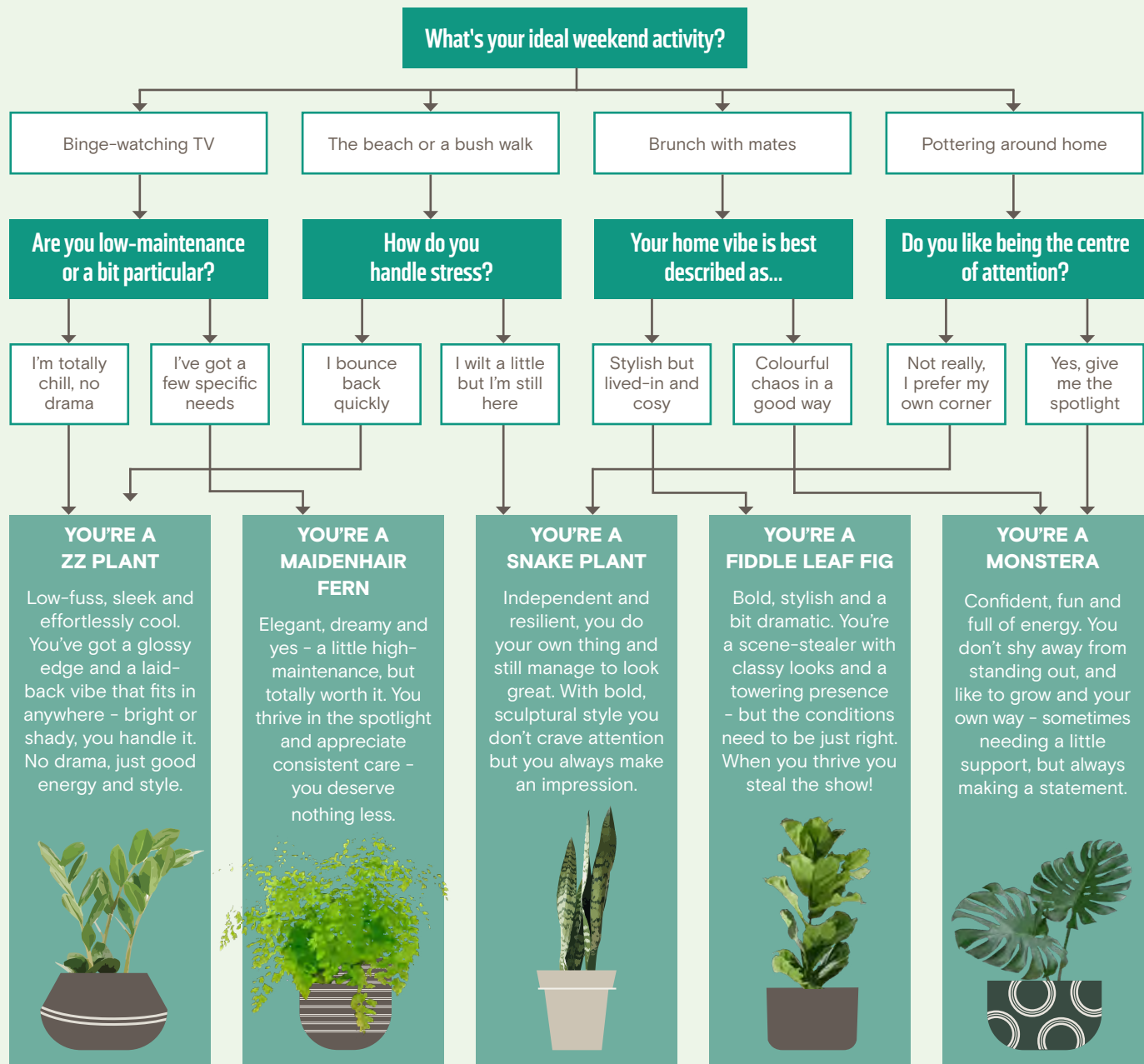
Basil, mint, parsley and rosemary add flavour and flair to everything from roast potatoes to cocktails. Grow in pots or garden beds near the kitchen for easy access.

GET REGULAR GARDEN ADVICE

Join the Tui newsletter for regular tips, inspo & give-aways, and receive 15% off your first Tui Seeds order! tuigarden.co.nz/about-tui/newsletter-sign-up

TAKE THE QUIZ TO FIND YOUR LEAFY MATCH

WHICH INDOOR PLANT ARE YOU?



IT'S LIQUID SUPERFOOD

Supercharged feeding for quick visible results

Boosted with Nitrogen and Potassium for healthy and lush Indoor Plants

Enhanced with Seaweed for healthy root and plant growth

Perfect for foliage and flowering indoor plants

TUIGARDEN.CO.NZ



SUSTAINABILITY AND COMMUNITY

SEEDLING SALE

Stock up for spring and help kids grow at your local Seedling Sale!

We're excited to once again support **Garden to Table** schools through their Annual Seedling Sale to help the children continue to grow and learn in their school gardens.

Every participating school will receive **Tui Seed Raising Mix**, **Tui Tomato Money Maker** seeds and **Tui Basil Sweet Genovese** seeds to start growing. This event is a fantastic opportunity for schools to raise funds for their Garden to Table programme by selling their own seedlings to the community.

Find out which schools are involved and support your local tamariki. Visit gardentotable.org.nz to learn more and get involved.

Let's grow together this spring!



NEW LOOK ESSENTIALS

We're continuing to move the Tui Essentials fertiliser range into our new look over spring and summer. This includes favourites from our 1.5kg range: **Tui Vegetable Food**, **Tui Rose Food**, **Tui Citrus Food** and **Tui Sulphate of Potash**, along with **Tui Rose Food** and **Tui Citrus Food** in our 5kg range.



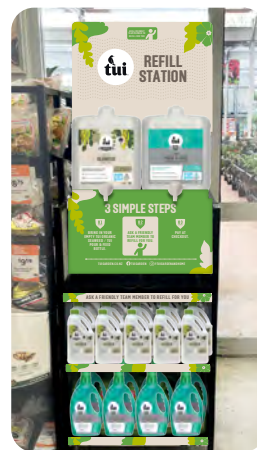
Exciting news for our indoor plant parents!

This spring, our **Tui Seaweed Refill Station** is getting a fresh new addition. To help reduce the number of plastic bottles, we're now offering the option to refill

your 1 Litre **Tui Enrich Pour & Feed** indoor fertilisers, alongside **Tui Organic Seaweed**, at selected stores.

Bring your empty bottle and do your part for a greener garden and planet.

Keep an eye on our newsletter, website, and social channels for updates on participating locations!



Did you know?



Tui Liquid Superfoods 500ml bottles are made from 100% recycled milk bottles

SUMMER RICE PAPER ROLLS

Enjoy a taste of summer with this delicious, fresh recipe for rice paper rolls shared by Katie @hi_its_katie_kai

Ingredients

Quick Pickle

250ml vinegar
½ cucumber
2 carrots
4 radish
1 tablespoon caster sugar
1 tablespoon mustard seeds
Handful fresh dill

Rice Paper Rolls

1 packet of rice paper
10 large pak choy leaves (you could use either spinach or bok choy)
1 tablespoon sesame oil
Handful edible flowers
Handful fresh coriander (or parsley)

Method

Quick Pickle (Prepare and refrigerate 3-4 hours prior – even better if left overnight).

1. Using a peeler, peel the cucumber, carrots and radish into thin strips. Each strip should be no bigger than your index finger. Turning your veges as you go creates angles and smaller strips.
2. In a jar, add the vinegar, caster sugar, mustard seeds and dill. Put the lid on and give a good shake.
3. Add all of the vege strips to the jar and refrigerate.

Rice Paper Rolls

1. Roll your pak choy leaves tightly, cut into thin strips and add to a bowl with the sesame oil.
2. Grab a large plate or shallow dish and add enough water to cover one rice paper.
3. Submerge one rice paper at a time, making sure the whole paper is under water. Once it's gone silky remove from the water and lay flat on a board.
4. Add your edible flowers (face down) then some coriander leaves around the edges of your flowers.
5. Add a tablespoon of your 'Quick Pickle' (try not to get the juice) over the top of the flowers and herbs, then top with a good handful of pak choy.
6. Fold the top, bottom and one side over, then tightly roll the whole rice paper roll over the remaining side to create a little parcel.

Visit our website to see Kate's tasty peanut dipping sauce too.



HARVEST RECIPES

Cut out and keep these tasty recipes shared by our gardening friends.



MINI STRAWBERRY CHEESECAKES

These mini strawberry cheesecakes are a **Garden to Table** special – and they're so easy to make.

Feel free to use any berries or seasonal fruit!

Ingredients

125g cream cheese
½ cup rolled oats
1 lemon
¼ cup coconut threads or desiccated coconut
½ cup plain yoghurt
2 teaspoons butter
1 teaspoon vanilla extract
3 tablespoons honey
5-6 strawberries
1 teaspoon icing sugar

Method

1. Preheat the oven to 180°C and line 6 holes of a muffin tray with cupcake cases.
2. Spread oats and coconut out in an ovenproof dish. Toast in the oven for 10 minutes.
3. Melt the butter in a small saucepan with 2 tablespoons of honey and mix. Add the oats and coconut and mix well until coated.
4. Put a spoonful of mixture into the base of each cupcake case and use the back of a spoon to press down firmly.
5. Zest the lemon. Put the cream cheese, yoghurt, vanilla, the other tablespoon of honey and lemon zest in a large bowl and whisk until smooth.
6. Spoon the mixture into the cupcake cases on top of the oat mixture.
7. Bake in the oven for 15 minutes. They should still wobble a little.
8. Chop the strawberries. Squeeze half the lemon.
9. Mix the strawberries with 1-2 teaspoons of lemon juice and the icing sugar in a small bowl until coated.
10. When the cheesecakes have cooled slightly, divide the strawberries over the top of each cheesecake.



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SUPER SOILS FOR A STRONGER START

Our specialty planting mixes are boosted with the exact nutrients your plants need to give them the best possible start.



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