

# Feature Plant Spinach

Popeye's favourite, spinach the super green!

This dark green leafy vege is packed with loads of nutrients important for skin, hair and bone health. It is one of the most versatile leafy greens which can be eaten raw and cooked and blended into smoothies too!

The spinach takes it roots from ancient Persia and is still a widely popular vegetable today! The plant is easy to grow, preferring a sunny position with well drained soil and plenty of organic fertiliser and a steady watering regime.

The best time of the year to grow Spinach is from Spring

to late Autumn. Remember to give your plants a dose of liquid seaweed fertiliser like Katek Neptune & Super Growth every couple of weeks and you'll have plenty of leafy greens to harvest in no time at all! There is a handy trick to keep your cut flowers fresh for longer! Place a copper penny in the water with your flowers - it is a natural fungicide and bactericide! Your flowers will stay lookings fresh & healthy!

When gardeners garden, its not just the plants that grow, but the gardeners themslves.

Ken Druse

Feature Product
Super Grass
Lawn Fertilizer





Our specialised composted poultry manure with synthetic high performance fertiliser provides excellent results on all types of nature and hybrid turf and lawns, including buffalo, couch, carpet grass! It's the secret to a healthy, lush green lawn that'll make the neighbours green with envy!





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## What to Plant

### Flowers

### Cool Climate/Temperate

Antirrhinum Cornflower Gazania Lobelia Salvia

Begonia Cosmos Hollyhock Marigold Zinnia

Carnation Dianthus **Impatiens** Petunia

### Subtropical

Alvssum Carnation Geranium Marigold Rudebeckia

Aster Cockscomb Gerbera **Pansy** Sunflower

Begonia Dianthus **Impatiens** Petunia Verbena

### Tropical

Antirrhinum Coxscomb Dahlia Kangaroo Paw Portulaca Torenia

Begonia Coleus Dianthus Marigold Salvia Verbena

Carnation Cosmos Gerbera Petunia Sunflower

## Feature Farm

- Remulch garden beds ready for the warmer weather.
- Aerate your lawn with a pitchfork or aerating device, your lawn will love you for it!
- Prune fig trees to shape and improve fruit crop for the next season. Mulch around
- Feed Mangoes & Bananas with Katek Citrus & Fruit Fertilizer or an all round fertiliser like Super Growth.
- Fertilise plants and lawns and water in well.



### Vegetables/Herbs

### Cool Climate/Temperate

Beans Carrot Broccoli Celery Lettuce Eggplant Mint Pumpkin Rockmelon Silverbeet Strawberries **Tomato** 

#### Subtropical

Artichokes **Beans Asparagus Beetroot** Capsicum Carrot Lettuce Chives Ginger Mint Radish Zucchini

#### Tropical

Basil Ginger Mustard Greens **Sweet Potato** Rosella Sweet Corn



### Ian Faulkner, Sugar Cane Grower, Mackay, QLD

lan is a sugar cane grower in the Mackay Region. Apart from singing to it every night, Ian uses Katek's Super Booster as a side dress on his plant cane, experiencing great results.

Super Booster is a composted poultry manure product with added humates and microbes. The slow release pellets help build organic carbon levels in the soil which improves the soils structure and stimulates soil biology.

