

ABOUT THE RANGES

GOURMET VEGETABLES



PREMIUM VEGETABLE & HERB PUNNET RANGE



GOURMET VEGETABLES is a range that contains the best performing and unique vegies & herbs so you can create the best harvestable product. Produced in a large 4 cell, the seedlings are strong, vigorous and more advanced producing an edible product even quicker. Tasty, fresh and healthier!

QUICK START VEGETABLES



EVERYDAY SEEDLING PUNNET RANGE



QUICK START VEGETABLES is a range that features the most common garden varieties of vegetables and herbs. The seedlings are sold in an economical size to mature and flourish in the garden situation of your choice but have well established root balls and are sun hardened to ensure maximum garden performance.

SERVING THE NURSERY INDUSTRY
FOR OVER 30 YEARS

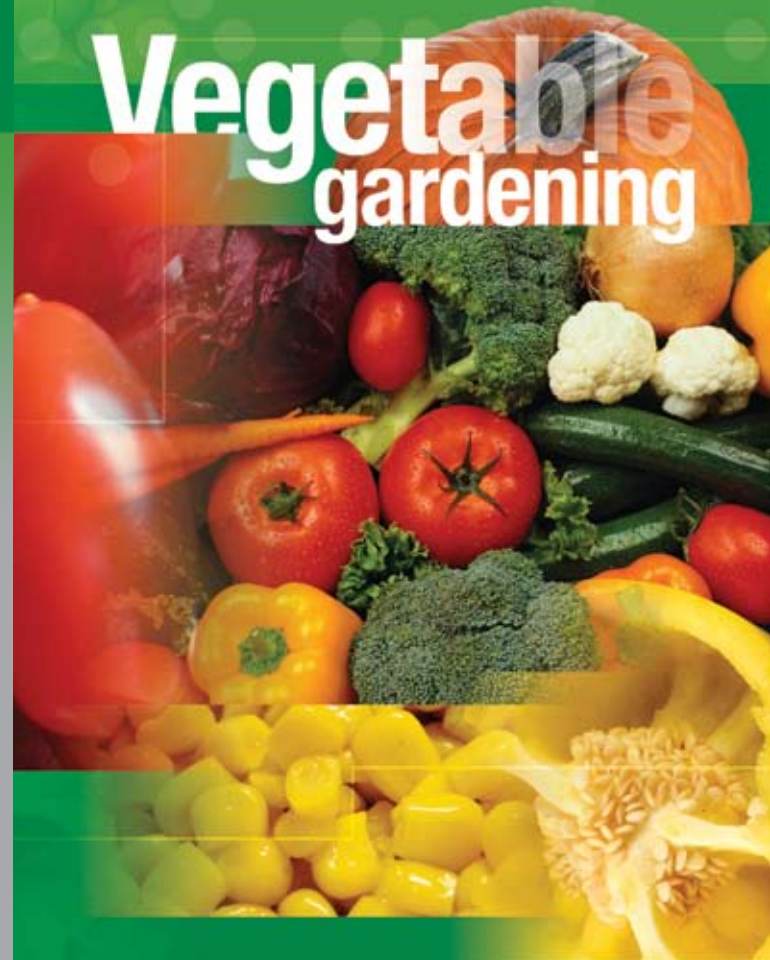


'The Plant People'

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Vegetable gardening



'The Plant People'

STARTING A NEW

VEGETABLE GARDEN

Good vegetable gardening is to do little but to do it often. A big area isn't necessary but a good site is. The key criteria involves a minimum of 6 hours sunshine, frost/wind protection, rainfall, irrigation, a flat site with good drainage and nutritious soil.

Using raised beds also lengthens the season as the soil warms earlier and stays warm later through the shorter days as well as minimising weeds. This will improve yields and plant health.

- 1 If starting from fresh, border up the area you wish to transform into a garden. Fill the area with the garden with an organic garden soil or mix to a depth of at least 200mm.
- 2 Before purchasing your seedlings or plants, refer to the chart inside this leaflet to determine the best time for planting and growing your chosen variety.
- 3 Remove the seedlings or advanced plants from the punnet or pot. Place them into the soil following the recommendation on the back of the label.
- 4 Water the plants in well, then cover the area with lucerne (When this breaks down it will create vital nutrients for the garden.) Leave a small area around the stem of the plants.
- 5 Water regularly or as indicated on the back of the ticket and follow the instructions

GROWING A GARDEN IN A POT

Whether it be in the patio or the annex of a small apartment we can still grow and maintain a great veggie smorgasboard. The benefits are; gain easy access to the kitchen, safer environments for children & the handicapped, no yard required, water maintenance & saving and an extremely attractive and dual purpose of style and function.

WHY

GROW YOUR OWN

BETTER TASTE

There is nothing as tasty as freshly picked food; from the traditional homegrown tomatoes and herbs to more exotic artichokes, rosella's & chillies. Choose which varieties to grow based on taste; varieties stocked by supermarkets are selected for their shelf life and uniform characteristics not for their taste.

MORE MONEY IN THE POCKET

Growing your own vegetables will reduce your weekly grocery bill. For a minimal outlay, the saving benefits will reap you great rewards in the garden and in the pocket.

MORE NUTRITION WITH EVERY BITE

We all know that fruit and vegetables lose vital vitamins from the moment they're picked. How quickly can you get from your garden/patio to your kitchen?

HEALTHY EATING & EXERCISE

The best way to be certain about what has been sprayed onto your fruit and vegetables is to grow it yourself. At the same time, working in the garden is a valuable yet enjoyable exercise.

REDUCE FOOD MILES

Even locally sourced food can travel hundreds of miles between supplier, distribution warehouse and retail store before it gets to you. Grow your own and you know exactly how far your food has travelled.


GET THE KIDS INTERESTED

Children who grow their own food have a greater understanding of the importance of food to health, the relationship between food and seasons and the environmental impact of the food they eat.

SAVING THE ENVIRONMENT

Not only will you be cutting back on the carbon emissions that will eventuate from a manufacturer, you'll also save on the packaging that comes with the produce. Did you know that an average household throws away 14 kilograms of food packaging per week! Any excess or waste - Don't throw it away, place in your compost pile and put it back into the earth as fantastic fertiliser.





LETTUCE


BENEFITS High H2O content
Some fibre & folic acid
71kJ/100gms

USES Salads, stir fries

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 6-8 weeks
APART 20cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



TOMATOES


BENEFITS High lycopene
Vita C & A
Low in carbs
88kJ/100gms

USES Salads, sauces etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-20 weeks
APART 40-45cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



CHILLI

BENEFITS High Vit C & A
Low in carbs
109kJ/100gms

USES Salads, Baked
Soups & Casseroles

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 16-20 weeks
APART 30-45cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



CAPSICUM


BENEFITS High Vit C & A
Low in carbs
109kJ/100gms

USES Salads, Baked
Soups & Casseroles

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 16-20weeks
APART 30-45cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



SILVERBEET


BENEFITS High Vit A & C
High in folic acid
Med. Calcium & Iron
96kJ/100gms

USES Steam, Boil etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 4-8weeks
APART 25cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



BEETROOT


BENEFITS High Vit A & C
High Folic acid
Low in carbs
96kJ/100gms

USES Salads, steam, boil.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 8-11weeks
APART 15cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CUCUMBER

BENEFITS High H2O content
Low in carbs
59kJ/100gms

USES Salad, bake etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 7-9weeks
APART 50-80cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



BROCCOLI


BENEFITS Good folic acid
High Vit A & C
Med. Calcium & Fibre
147kJ/100gms

USES Salads, stir fries, etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16weeks
APART 30cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CABBAGE


BENEFITS High Vit C
Med. Calcium & Fibre
Low in carbs
109kJ/100gms

USES Boil, steam, stir fries

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 10-12weeks
APART 40-60cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



CAULIFLOWER


BENEFITS Good Vit C
Fair folic acid & fibre
Low in carbs
109kJ/100gms

USES Steam, boil, etc.

BRANDS Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 20cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



CORN

BENEFITS Low protein & Vit C
Good dietary fibre
406kJ/100gms

USES Salads, stir fries

BRANDS Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 25-30cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ZUCCHINI

BENEFITS High H2O content
66kJ/100gms

USES Steam, bake,
Boil etc.

BRANDS Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 5-7 weeks
APART 75cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



SQUASH

BENEFITS High in Potassium,
calc. & magnesium
High in folate & fibre
Bake, raw, steam, etc.

BRANDS Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 6-8 weeks
APART 75cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D




SPINACH

BENEFITS High in Vit C & A
High in potassium
Low folate & fibre
Salads, steam, boil, etc.

BRANDS Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 8-10 weeks
APART 25cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



BEANS


BENEFITS Small mineral &
vitamin content
Some fibre
126kJ/100gms

USES Salads, stir fries, etc.

BRANDS Vegetable Seedlings

POSITION Full sun
HARVEST 8-11 weeks
APART 5-8cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



PEAS

BENEFITS Some protein, iron, thiamin & folic acid
Good dietary fibre
335kJ/100gms

USES Salads, boil, etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 5-8cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CELERY


BENEFITS Small amounts of minerals & fibre
Low in carbs
71kJ/100gms

USES Stir fry, soups, etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 16-20 weeks
APART 20cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ONIONS


BENEFITS Small amounts of minerals & vitamins
Rich in sugar
147kJ/100gms

USES Saute, BBQ, bake etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 18-24 weeks
APART 10-12cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ROCKMELON


BENEFITS High Vit C
Good Vit A & Fibre
Some iron
105kJ/100gms

USES Desserts & fruit salad

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 100-120cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



WATERMELON


BENEFITS High in Vit C
Some Vit A
113kJ/100gms

USES Desserts & Fruit salads

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 150-180cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CARROT

BENEFITS Very high Vit A
Some fibre
Low in carbs
151kJ/100gms

USES Raw, steam, bake etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 14-16 weeks
APART 15cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



EGGPLANT

BENEFITS High H2O content
Most minerals & vitamins
105kJ/100gms

USES Bake, fry, mash etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-14 weeks
APART 30cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



PUMPKIN

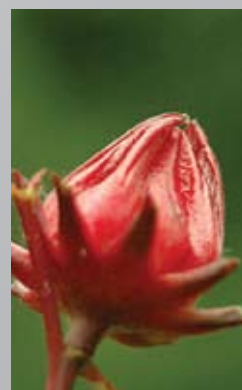
BENEFITS Good Vit A
Some fibre
Low in carbs
130kJ/100gms

USES Bake, boil, mash etc.

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 14-18 weeks
APART 60cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ROSELLA


BENEFITS High in Vit C & E
High in protein & essential oils
High in antioxidants

USES Tea, sauce, jams etc.

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 20-22 weeks
APART 150cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ORIENTAL


BENEFITS Chinese cabbage
Chinese broccoli
Pak Choi

USES Stir fries, salads & specialised cooking

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 8-10 weeks
APART 30-40cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



RHUBARB

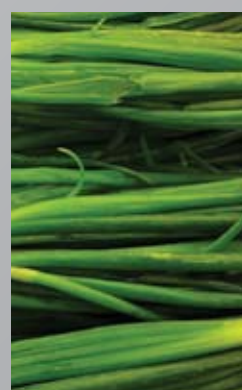
BENEFITS High in Vit C, fibre
calcium
Low in carbs
Lowers cancer risks

USES Great in pies

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 16-20 weeks
APART 50cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



SHALLOTS

BENEFITS Small amount of Vitamins & minerals
Rich in sugars
147kJ/100gms

USES Saute, bake, fry etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 12-14 weeks
APART 7-10cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



BRUSSEL SPROUTS

BENEFITS Excellent Vit C
Good folic acid & fibre. Low in carbs
205kJ/100gms

USES Salads, steamed

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 16-20 weeks
APART 60-75cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



ARTICHOKE


BENEFITS High in Vit A & C
High in protein & folate

USES Pizza, boil & Mediterranean dishes

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 20-28 weeks
APART 100-120cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



HONEYDEW

BENEFITS High in Vit C
Some Vit A
113kJ/100gms

USES Desserts & Fruit salads

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 12-16 weeks
APART 100-120cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D