



Horticultural Therapy Association of Victoria

Water Saving Tips

Saving water in the garden not only saves money, it also helps protect the environment.

Most Water Authorities in Victoria have water restrictions or new water saving rules. These generally limit the areas in your garden you can water as well as what time you can water.

Contact your local Authority, to find out what restrictions apply.

Tips to save water in your edible garden

1. Use mulch around plants. This not only reduces evaporation, but also suppresses weeds and looks good.
2. Make little basins around plants so the water doesn't run off, (particularly if you are on a sloped block)
3. Use hand watering, hand watering is affected less by water restrictions. This is very efficient as well as therapeutic, as some people may not want to work in the soil but love to water
4. Water your plants when cool and still. Early in the morning is the ideal time.
5. Drip Irrigation is also water efficient
6. Get a rain gauge to see if nature has watered the garden overnight. If using a mounted rain gauge, this can either be a group activity to check, or one person's responsibility.
7. Check the weather forecasts and see if rain is coming.
8. Water the roots and not the leaves, particularly pumpkins, cabbages, cucumbers, tomatoes, etc
9. Keep your plants well fed. Healthy plants resist stress from pests and diseases or low water, much better than sick plants.
10. Get a good quality water-wand, with an on/off switch
11. Don't let your soil dry out completely, or it may become hydrophobic and then you may need to use a lot more water to get it moist again.
12. Use compost. This helps retain moisture in your soil - another good group activity.
13. Keep the soil aerated to increase water penetration.

All the above tasks are simple to do and often can be done as an activity. You may have someone who loves to hand water so they may wish to take responsibility for the job (with distant supervision).

Remember to have fun, get involved, be sun smart and don't stop gardening in the warmer weather because of water restrictions.

For further information regarding the benefits of gardening contact –
Horticultural Therapy Association of Victoria

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