



Community Garden 3231

Growing food, friendships & community

September 2021

From the President

All gardeners get a bit excited at this time of year. A hint of warmer weather means spring is in the air and how lovely it is after what seems to have been a very long and cold winter. September 1st is the beginning of our traditional spring season. The Indigenous calendar recognises 6 seasons (and up to 8) and September-November is known as petyan - wildflower season. Petyan season is characterised by warmer days as the bush bursts into life. If you can, take a walk out on Teds Track or the ridge in Fairhaven above Forest Drive and you will see that the wildflower season is in full swing. The Emu constellation appears – so get stargazing! It is also a season known for tempestuous weather.

We had a terrific attendance for the AGM and those who joined us enjoyed a special presentation from founding garden member and horticulturalist Kim Neubecker. There's always something to learn about gardening and Kim has a wealth of knowledge and experience gardening in Aireys Inlet for 40 years.



Wild flowers on Teds Track

We now eagerly look forward to celebrating our 10th anniversary (in our 11th year!) on Sunday 31 October. We hope everyone will be able to join us. Heather, Sue and John are busy getting this event organised and may need a hand closer to the event. In the meantime, we will push ahead with renovating the shed. We anticipate that the interim shipping container (temporary storage) will be on site next week and once restrictions have eased for regional Victoria, we will be able to forge ahead!

Do you know anyone who is renovating locally who has an old kitchen that could have a second life? We're in the market for cupboards and benchtops. Please contact me president@cg3231.org.au

Now out into the garden I go!!!

Cheers
Liz

Liz Wood
President

Our 3rd Annual General Meeting

Community Garden 3231's Annual General Meeting was held on Saturday, August 28 and was attended by 34+ members by Zoom.

President, Liz Wood welcomed all and acknowledged that we garden and meet on the land of the Eastern Maar and Wadawurrung people and that we pay our respect to Elders past, present and emerging. Liz described the difficult year we have again experienced, but also the achievements that have been made. These, and reports from the Garden Team and the Building and Maintenance Team are detailed in the Annual Report that was sent to all members prior to the AGM. Gretel's article on the first ten years of the Garden along with photos taken at the very start are of interest as we plan to celebrate the Garden's tenth anniversary in October.



Apricot blossom

A new committee was appointed at the meeting and we welcome new Committee member, Anne Whelan. Liz also thanked retiring Treasurer Therese Hutchens for her great work. The 2021 committee appointed at the meeting is:

President: Liz Wood , Vice President: Heather McKee , Treasurer: Anne Whelan and Secretary: Paul Hermecz. General Committee: Keith Bremner, Gretel Lamont , Avril Blay and John Pahlow.

Our Guest Speaker and community garden member, Kim Neubecker captivated us for an hour, taking us on a tour of urban gardens overseas, particularly in Istanbul and Berlin. Interspersed with fascinating photos of these urban and community gardens, Kim shared her own home garden with vegetables growing in polystyrene boxes close to the house to capture the northern winter sun and re-used water tanks growing potatoes. These photos prompted question and discussion. Concluding the presentation, Kim was handed Life Membership of the community garden by Liz, an acknowledgement of her role in the community garden from the start.



Growing vegetables - Theodosian Walls Istanbul

From the Garden Team

The garden team has been busy planting seeds for the Community Garden in their homes, including 12 varieties of tomato, zucchini, tromboncini, spaghetti squash, Queensland Blue pumpkin, Malabar greens, capsicum, celery and lots more. It's a good antidote to the COVID blues. There will be lots of tomato seedlings to share so start thinking about your plot.

Barbara and Gay have used their allotted exercise time energetically planting potatoes (in socially distanced beds).

If you can't get to the garden and are worrying about your plot, let us know and we'll have a look at it and share if things need harvesting. Excess produce can be left in the basket to share.

Spring is really springing and looking at the beautiful blossom, I think we will have a great crop of peaches, apples and apricots, but not so many quinces.

Even without working bees, there is always something you can do during your daily lockdown exercise time. There is a list of quick and easy jobs on the board. There are other jobs best done with 2 cohabitees. We have 2 recycled raised beds that need installing, plus a wicking bed that came as a flat pack. If you are interested, let us know and details will be provided. But always remember to use the QR code and follow all the COVID regulations.

There are still lemons to harvest as well as chard and sprouting and other broccoli. Asparagus will be ready to pick soon.

Remember if you are going to install netting on your plot, the law has changed to help protect birds and bats. Mesh size can be no more than 5mm x 5mm fully stretched.

Gretel on behalf of the Gardening Team



Beyond the Fence

Contributed by a community garden member

['If you talk, you live well': the remote Sardinian village with eight centenarians, August 8 2021. *The Guardian*](#)

A village in Sardinia may have cracked the secret to a long and happy life

The village of Perdasdefogu is home to a lot of people aged in their 100s, known as centenarians. In fact, the tiny spot has 13 times the national average of centenarians, and 10 more citizens could turn 100 within the next couple of years. So what's the secret?

"There is of course the fresh air and the good food, but I believe one of the reasons for their longevity is their approach to stress," says **Luisa Salaris**, a demographics professor at the University of Cagliari. Local **Adolfo Melis**, 98, agrees, saying there were rarely arguments at the dinner table between him and his brothers and sisters growing up (scusi?).

But Salaris expounds on the good food theory too — "everything we ate came from the garden," said Adolfo. "What you put into your stomach is so important — if you abuse the stomach, it doesn't resist [illness]". Another local, **Bonino Lai**, 102, says it's down to the little things, too: "Reading, walking, playing cards ... the simple things are the best things". But, **Giacomo Mameli**, 80, adds, being part of a community is the most important ingredient. "Sociality is so important because if you have good social contacts, you remember, talk, and evaluate ... you live well". Hope you enjoy the simple things today, folk.