

**Community Garden 3231
Newsletter
December 2013**



**End of Year Party
Friday
December 13
Details below**

***Next Working Bee
Sunday December 8***

Alistair and Unice aren't able to come to the next working bee but they have done their share already!

If you can't attend the working bee, feel free to pull a few weeds, prune some of the bushes outside the fence, or spread some mulch on the paths.

Next working bee we will need some soil replenishment in the fallow community plots and a final layer of manure and soil in the top tank bed in readiness for pumpkins.





Liz and Kate on Sunday weeding, mulching and planting for summer.

What do you want grown in the community garden beds? Email Kim at kineubecker@iinet.net.au with your wish list and volunteer to help with growing seedlings and caring for them when they need some TLC.

The communal garlic has been harvested. Pick some up at the Dec 8 working bee. If you can't make the working bee and want some, let Kim know and she will give it to you at the Christmas Party.

Community Garden 3231 Xmas Party

This year we are celebrating the end of another successful year and all the seasons' festivities on Friday, Dec. 13th. Put your name on the list on the garden shed asap.



From 5.30pm onwards, come down for an evening of friends, food, wine and fun.

There is a \$5 per head to cover the cost of meat/fish to barbecue, and members are asked to bring a salad or a sweet to share. BYO drinks.

Pay at the working bee on Dec 8 or contact Brenda for information or further information bro46146@bigpond.net.au.

Ready to Pick and Eat Don't forget to reap what you've sown!

The community garden beds are presently chokka with stuff to eat, but there are very few takers. Why? Do garden members prefer their food to be picked, washed and packaged and available from a refrigerated cabinet? Or do they want it spanking fresh straight out of the garden, pesticide free, available to be washed at home and free of plastic wrapping?



Ready to pick – quickly before it all bolts and goes to seed. The spinach is fantastic, as is the Mizuna despite the flowers. Lettuce leaves can be picked individually or if the plant looks ready to bolt, take the lot. The red oakleaf lettuce looks fantastic in salads! Add some nasturtium flowers and you have a beautiful salad.

Talking of salads, the green and red mustard leaves (right) will add spice to your salads and the curly cress beside the green mustard is spicy too.

Don't forget the fantastic range of herbs including samphir, mint, rosemary and of course we have bay leaves and kaffir lime leaves as well.



CG3121 Webpage!

Liz Wood has created a web page for CG3231. Have a look at it and let us know what you think. <http://aireyscommunitygarden.weebly.com> This is just a start - there are plans to put photos of the garden over time and other things of interest. Instead of cluttering your email inbox with this newsletter, it could be posted on the web page. Do you think that is a good or bad idea?

More CG3121 News

From Terrence

The new sheep poo shed is up thanks to Daryl, Alastair and Graham. Then Keith and James collected 100 bags of sheep manure from the Winchelsea and Moriac Scouts and loaded it, with help from Alastair into the shed. For those wanting to purchase a bag or two, the price remains the same at \$6 a bag for members. There is also a new key in the key safe beneath the key for the garden shed. This key will unlock the padlocks on both the toilet and the manure shed. If you unlock them, don't forget to replace the key in the safe after locking things up again.

The cost of pea straw remains high so we have not purchased any. There is still a good deal of straw and silage left under the tree which can be used for mulch. As well there is a quantity of sea grass near the compost that works well as a mulch to protect plants as the weather gets hotter as well as being full of minerals that will feed your crops as it rots down.

I priced some metal cupboards recently to put into the garden shed and keep out mice from cups and eating utensils. They cost around \$300 each. If we buy one or two, we will need to do some fund raising over summer. Is there anyone with some ideas on good ways to raise funds and who is prepared to do the organising to set up the team to raise the money? Get back to me at thof4@bigpond.com and we will set things going.

Missing tools!

While weeding the shed surrounds on Friday and Saturday Terrence noticed that some small gardening tools such as weeding forks and trowels are no longer in the shed. Could members who may have borrowed them or taken them home by mistake please return them. Also there is now just one plastic basket to contain weeds and to carry items about when four were purchased. Where are they?

December vegetable planting guide

Seeds to sow - Leeks, broccoli, cabbage, cauliflower, celery, kale. These can be sown into punnets or boxes ready for planting out in late January or early February. You will need to protect the brassicas from cabbage moth.

Other vegetables include: bush beans, climbing beans, beetroot, capsicum, carrots, chilli peppers, cucumber, eggplant (seedlings are best because of the long growing period required), lettuce, mustard greens, pumpkin, silverbeet, spring onions, turnip, radish, zucchini,

Herbs to plant: basil, chives, French tarragon, oregano, parsley, sage.

Live longer and better with five immortality herbs

By Angela Doss. Contributed by Sue Reilly

Answers to the mystery of immortality may already be growing in your home garden. The very same herbs that help in the healing of innumerable diseases, infections and chronic illnesses can also help us to live longer, healthier lives.

A great number of the most effective herbs are known as adaptogens, which assist the body in its natural task of maintaining homeostasis - the delicate state of balance necessary to survival and healing. A body out of balance is considered to be in "negative homeostasis," a condition in which the restorative (anabolic) and degenerative (catabolic) systems of the body may not function properly, eventually leading to experience symptoms of fatigue, anxiety, depression, insomnia, weight fluctuation and impaired libido. But adaptogens help the body adapt to and compensate for change. In a person with high blood sugar, for example, an adaptogenic herb might help to lower glucose levels in the body; whereas, in a person with low blood sugar, the herb would help to raise them.

Because of this ability to improve the body's stress response, adaptogenic herbs can literally add years to a person's life. Here are a few you should know:

Sage

Sage stands alone on this list as the only herb not considered an adaptogen, but that doesn't appear to diminish its ability to promote longevity. Of the nearly 900 varieties of sage known today, garden sage and Spanish sage are the two most commonly used for healing. Revered by the ancient Aztecs, this "herb of immortality" has an immediate calming and clarifying effect on congestion, making breathing easier, and even banishing headaches as it contributes to clearer thinking and enhanced memory. You may also find the quality of your sleep improves. In some



cultures, those who drank sage tea were thought never to grow old. Sage oil has even demonstrated cancer-fighting, immune-boosting and heart-protecting properties.

Believed to be a many Hindus, the sweet basil) is also one." This name unparalleled increase energy most often conditions, Doubling too as an plant is easy to fresh or dried.



Holy basil

sacred incarnation of divinity by holy basil plant (a cousin of called tulsi, or "the incomparable refers to its seemingly abilities to reduce stress, and encourage longevity. It is recommended for cardiovascular hypertension and diabetes. insect repellent, this incredible grow and may be served either

The other immortality herbs are:

Reishi is known in Taoist tradition as the "mushroom of immortality" and considered by traditional Chinese medicine to be a "superior herb," red reishi is the most common variety used medicinally.

Jiaogulan, similar to ginseng in its chemical composition, this miracle herb is literally called "the immortality herb" by the Chinese. One of its primary features is that it increases the fat-burning rate by assisting the liver to move carbohydrates and other sugars into the muscles, rather than storing them.

Astragalus: Another of Chinese medicine's healing marvels, astragalus has earned a reputation for its deep healing effects on the immune system.

Remember that medicinal herbs can have reactions with some medications and certain health conditions. Those who are pregnant, nursing or who have autoimmune conditions may be especially vulnerable to complications. Be sure to seek counsel from a health professional before you begin any new herbal protocol.

http://www.naturalnews.com/038287_immortality_herbs_Reishi.html#ixzz2EhcER0Ak