



# Community Garden 3231 Newsletter

July 2018

## *Growing food, friendships & community*

August is going to be busy with Soup in the Garden on the 11<sup>th</sup> August and the AGM on the 19<sup>th</sup>. We originally planned to have the working bee on the same day as Soup in the Garden, but at the last working bee quite a few people said they wanted to keep it on the 4<sup>th</sup>. There won't be a working bee on the 19<sup>th</sup>, but if anyone wants to help out during August there will be a list of tasks on the board after the working bee on 4 August.

Five different soups will be available to try on 11 August: pumpkin, tomato, cauliflower and more. Along with baguettes from Truffles and recipes to take home we hope to promote the Garden. Let us know if you can help out. Hopefully the weather will be kind.

Please think about joining the committee or one of the teams – we need new ideas and enthusiasm. We meet in the pub at 4pm on the Friday before the first working bee each month. All positions are open – see the AGM notice for more details or talk to a committee member.

The garden team is thinking about solutions for the never-ending pathway issue. We would all rather be doing something other than fixing paths so we need to find a long term solution. We could pay someone to mulch all the paths, and/or renew the gravel on the through path. However, weeds will always grow on the degrading mulch and through gravel. Another option is to let the weeds grow and simply mow the paths. The ultimate solution would be to pave the lot – not an attractive option. What do you think?

See you in the garden!

**Gretel**

### UPCOMING EVENTS August

#### **Working bee**

Saturday 4 August

#### **Soup in the garden**

Saturday August 11

#### **Annual General Meeting**

Sunday August 19,  
11.30am-1pm at the  
Aireys Pub

## From single use plastic bags to garden borders

We try to use recycled materials in the garden wherever possible, so the thought of using plastic boards around plots sounds a bit strange. We send a lot of waste for recycling, but what happens to it once we pass it on?

'Scrunchable' plastic is turned into plastic boards that are nontoxic and long lasting. The Surf Coast Shire gave us boards to replace rotting



hardwood borders. Last week Daryl and Rod installed the boards in plots 18 and 19. They commented that they were easy to cut but it was heavy work.

Since we recycle 'scrunchable' plastic, we provided the materials for the boards!

**Plastic bags to long life boards**

Plastic in the garden sounds counter intuitive, but if there is not a market for recycled plastic products, plastic won't be recycled. Of course a better solution is to reduce the amount of single use plastic in the first place!



**Daryl and Rod joining boards**

What do you think about them? Should we replace rotting borders with recycled plastic boards?



**Long lasting boards around a garden plot**

## What we need for our compost please:

Shredded paper, wood ash, wood shavings, leaves and lawn clippings. And of course your kitchen scraps (no meat, fish or dairy).

Thanks to a la Grecque for talking to Graham recently and offering their kitchen scraps. We now have 4 local restaurants providing us with their kitchen scraps for our compost (Truffles, Little Feast, Pub, a la Grecque)



Sally dropping off from Little Feast

## Annual General Meeting

The Annual General Meeting will be held on Sunday 19<sup>th</sup> August in the Pub, from 11.30 am. Our guest speaker this year is Katie Traill who will speak

about how we can reduce our environmental footprint and develop sustainable lifestyles. Katie encourages everyone to learn the importance of understanding where food comes from and why supporting locals is the best thing you can do.



Finger food and drinks will be available to share at the conclusion of the meeting. All positions on the committee will be

open and new members are encouraged for the garden and building teams and to help with events. Please think about joining a team. Want to know more? Come along on the day or contact a committee member.



We welcome three new members to the community garden - Dianne and Graham Cooper and Susan Funder. Dianne is seen here with Heather and Debra helping out at our last working bee.

## Sustainability

Plastic Free July has given us an opportunity to think about all the plastic in our lives and wow - isn't there a lot! It's not just the single use coffee cups, water bottles, straws and plastic bags that we are all avoiding.

As well as taking jars to the bulk food stores for nuts, rice, pasta etc and containers for dishwashing liquid, washing powder, shampoo etc, I've also been trying to take containers to the shops for meat, fish, olives etc.



Most shops are getting used to this, so it's becoming easier, and once I'm in the habit of putting a bag of containers in the car it will be even easier.

I've also been trying to make my own seeded crackers more often, rather than buying dry biscuits in plastic foil packaging. Again it's soooo simple, and now that I'm in the habit it's something I'll keep

doing and also look for other recipes to try as well as more dips, not just my usual hummus. I've added my cracker recipe in this newsletter. If anyone has simple, yummy dip recipes I would love to try them.

At the Geelong Sustainability get-together this month we were shown how to make beeswax wraps (soooo easy) and also origami bin liners made from newspaper. I used to just overlap 2 sheets of newspaper which was fine but now I just put my rubbish straight into the bucket and empty this into the outside bin as necessary. If I do have any meat scraps or bones, I just wrap them in newspaper first.



In the Community Garden, we decided to try not to purchase any food for morning tea but rather to ask members to bring their homemade treats to share. This has been a great success and, without even knowing this, our new member, Di, even turned up to her first working bee with homemade pikelets with jam and cream – YUUUMMM!!!

We're also decided to make more worm and weed teas, to avoid buying liquid fertilisers in plastic containers.

Plastic Free July has ended, but hopefully we have all got into some new habits and will continue to be conscious of the plastic around us and look at ways to avoid it.

For August, the project I set myself was to work more on Collaborative Consumption. Earlier in the year, one of our members, Sue, donated some reusable cups to the garden.

Sue ran a series of Dogs' Breakfasts over the summer and rather than giving drinks to the dog owners in single-use plastic cups, Sue bought reusable ones at the Op Shop.

She then donated these cups to the Garden and we have used them at a range of events. This led us to think about all the items we have in the Garden cupboard, which could also be shared.



Leonie did an inventory and we now have a list of the glasses, cutlery, plates, platters, a water dispenser (and possibly a few other things which I have forgotten) available for members to borrow for their own functions.

More than this, we all have things in our own homes which we don't use very often but have bought for those

few occasions on which we use them (garden equipment – hedge trimmers, ladders, trailers, pruning tools; camping gear – tents, camping mats, chairs, cookers; cooking equipment – Fowlers Vacola units, dehydrators; the list goes on. I have some of these and I'm always happy to lend them to others who need them. Why go out and buy a new one, if you can borrow it from a community member?

Currently, we don't lend out tools and equipment from the garden but maybe this is something to consider for the future. What do you think?

### Recycling

**TerraCycle** is an organisation eliminating waste by recycling the "non-recyclable." They have a range of programs and we have introduced bins for a few of them into the Garden – **dental items** (toothbrushes, toothpaste tubes, packaging) and **beauty products** (shampoo bottles, make-up containers and more).

Click on this link

(<https://www.terracycle.com.au/en-AU/>) to find out more about TerraCycle and what they do. If there are other items, you think we should recycle, then let me know.



Rather than each of us having to take these items to the collection points (eg. Spring Creek Community House, Anglesea Recycling Facility), we have placed bins in the Garden shed so that we can all leave the items there and once they're full, someone can drop them off for all of us. In addition, we have a bin for **corks** which will be recycled elsewhere. We're also adding one for **batteries** and Scott has offered to take these to his workplace for recycling.

**Jo**

## What's growing in the Garden

### Gretel and Rod's plot



We have quite a bit in our plot at the moment. I am particularly pleased with this year's parsnip crop as, in the past, parsnips haven't been all that successful. You can also see from the attached photo, I won't be challenging Keith's "King of Carrots" status.

The broad beans, broccoli, leafy greens and snow peas are growing well, but the purple sprouting broccoli is certainly taking its time to sprout. Potatoes are about to be planted and I am preparing my bed with a top up of compost, newspaper and straw.

There is a crop rotation plan for the plot and what works well in our plot is physically dividing the plot into two separate beds.

One of the great joys of having a plot is to wander down to the garden, see what ready to pick and then decide how to prepare my delicious home grown vegies for dinner.

Last month we showcased Angela's plot. Each month we will show how her beautiful broad beans are progressing.

## Beyond The Fence

Repair Café Surf Coast, this Sunday, 10am to 2pm at the Airey's Inlet Hall. Check your cupboards and sheds for all those broken and worn-out things that you have kept in the hope that one day they might be fixed.

Volunteers will help you fix everything from clothing and textiles to jewelry, furniture, garden tools, small mechanical and electrical items and more. Boomerang bags, vegetable bags and a range of reusable items to help you avoid single-use plastics are also available.



From the editors of NewsAngle

Tell us your news!

We always welcome submissions to NewsAngle and encourage you to think about any events, information or news you'd like to share with the local communities of Anglesea and Aireys Inlet.

'Community Corner' is a regular section where we include small items of interest and columns from various local groups.

Note that the copy deadline for contributions to the next edition (issue 135, out mid September) is 13 August. Good photos are always welcome too. If you miss this one, the deadline for the following edition (summer - issue 136) is 7 November.

If you would like to include a lengthier article, please get in touch with me ASAP so we can allocate some extra space if needed. We look forward to hearing from you.

Libby Stapleton, NewsAngle Editor, [newsangle@anglesea.org.au](mailto:newsangle@anglesea.org.au)

### **Jo's Recipe for seeded crackers:**

Ingredients:

½ cup (80g) sunflower seeds

¼ cup (45g) linseeds (flaxseeds)

¼ cup (40g) sesame seeds

2 tablespoons chia seeds

1 teaspoon sea salt flakes (plus extra for sprinkling)

1 cup (130g) white spelt flour

1 cup (125 ml) water

½ cup (80ml) extra virgin olive oil

Preheat oven to 180 degrees Celsius (350 degrees F). Place all the seeds, the salt and flour in a large bowl and stir to combine. Add the water and the oil and mix and mix to form a dough. Divide the dough in half and roll each piece between two sheets of non-stick baking paper to 3mm thick. Transfer to baking trays and remove the top sheets of paper. Sprinkle with extra salt, pressing lightly to secure, and bake for 15-20 minutes or until lightly golden and crisp.

Allow to cool on wire racks and break into large pieces to serve. Store in an airtight container for up to two weeks.

*(There are many versions of this recipe on the internet, the source of this recipe is unknown)*

**Website** – <http://aireyscommunitygarden.weebly.com/>

**Facebook** - Community Garden 3231