

# Community Garden 3231 Newsletter

Growing food, friendships & community

December 2017

**Working bees:**

**Saturday 2 December and Sunday 17 December**

**Upcoming events**

**Friday 15 December: Christmas BBQ (see attached flyer)**

**Saturday 27 January: Art in the Garden**

**January TBD: Dyeing with plants from the garden; A workshop led by Jenny Bannister**

**Friday 5th January 2018 and Friday 19th January 2018:  
Pizza/BBQ in the Garden**

**February 18: Recycle Shop Anglesea**



## **Pizza Night – Friday 10th November**

We had a great turn out of members at our most recent pizza night. Rod stoked up a mighty good fire in the pizza oven in readiness for some fantastic pizzas created by members.

We plan to have more pizza nights in 2018 as they are great way of sharing and socialising with members.

Thanks to Rod and Liz for keeping the fire going. Thanks also to Jen McIver our events organiser for her efforts and for adding her own touch of style to the night!

## **Coordinator's Comments:**

It has been another wonderful year in the garden. Have you tried the loganberries? The extra care with pruning, water, and weed removal they have been given has really paid off. They are delicious. Just remember to put back the pegs or bricks so the birds can't get in.

Lots of new members have been welcomed at working bees and functions. It's great getting new ideas and extra hands sharing the work.

Thanks to local businesses for supporting us: Truffles, Little Feast, The Aireys Pub and The General Store have all made contributions. Plus Bunnings and of course, Anglesea Community House.



I would like to thank everyone for their support over the last year. It has been a great year and I am looking forward to sharing lots of wonderful produce over the summer.

See you at the Christmas BBQ on the 15<sup>th</sup>, In the Garden!!!

### **Volunteers urgently needed**

While we have been lucky with rain so far, we need people to put their names on the watering roster.

With the population surge over summer green waste collection is really important. Bins need to be collected twice a week from Little Feast and The Pub. *PLEASE HELP.*

Recycle Shop – this is an important fund raiser but is also good fun.

Sign up in the garden or send an email to [communitygarden3231@gmail.com](mailto:communitygarden3231@gmail.com) if you can go on a roster.

## Sustainability Report from Jo Murray

Recently I read an article (from a website: *Attainable Sustainable – building a more self-reliant lifestyle, one small step at a time*), with a list of small things that can collectively make a difference to our own lifestyles and also our impact on the planet.

As I said at our AGM, I'm concerned about the future of our planet, as I know a lot of other people are. Many people are trying to minimise their ecological footprint and live as sustainably as possible so that future generations will be able to enjoy access to the healthy food, clean air and beautiful environment that we have enjoyed but which are all being destroyed.

It can be difficult in a busy world to take the time to slow down and think about our actions. I think we all want to play our part but sometimes it's hard to know where to start and sometimes we can feel that we are the only ones doing anything.

A focus on sustainability in the garden can help us tackle this problem **together**, where we can share ideas and get support from each other. The garden can be a role model and a support base for the rest of the community.

The way I like to tackle it is to focus on individual actions and try to change these one at a time so that gradually, over time, there is a major change. In 2018, I'm aiming to add one new action each month, which by the end of the year should add up to a significant change.

I'm hoping there will be other members of our Community Garden who will be interested in joining me and together we will make an even bigger difference. By a group of us taking these actions, the ideas may even spread further throughout our community.

If you wonder how to line your bin without using plastic bags or have heard of beeswax wraps but don't know what they are, if you want to use environmentally-friendly cleaning products (which are also better for your health) or you want to start a home worm farm, then these are all things we can talk about and share ideas, successes and failures and hopefully learn a lot along the way.

Would you be interested in making some of these changes too?

I have prepared a list of sustainable actions (see attachment). If you are interested, please print the list and **circle the top 12 actions** on which you would like to focus and give your list to me. I will collate all responses and come up with a final list of the 12 most popular items (one a month) we can then work on collectively, helping and supporting each other along the way.

Perhaps you might also share this list with friends and family and use it to start a conversation about living more sustainably. It's not only good for the planet, but many ideas are great for the hip pocket and even better for our health.

## Kim Neubecker and garlic

This is a photograph showing 2 different crops of garlic.

The variety is basically the same and they were harvested on the same day (the first week in November).

Both crops were grown without irrigation - just rain and were spaced apart the same distance.

The basket crop was grown in my community garden bed and are a lot smaller.

The underneath crop were grown in my home garden.

The soil in my community garden plot is much better than at home and would normally grow a superior crop.

The garlic in the community plot was infected with the rust fungus - the home garden crop was clean.

Interesting.

The picture also shows how to manage fungus infected garlic to restrict moving the disease off site. I peeled the outer leaf layer off and pulled it down over the bulb and pruned off the root plate and the upper leaves. These went in the rubbish bin at the community garden. That is why the top crop looks different from the one at the bottom of the photo (apart from size).



## Mary and Keith Bremner and the visiting parrot

Mary and Keith were showing their visitors from NSW around the Community Garden when one of them spotted this lovely parrot. Recognising it immediately



as a turquoise parrot, their friend snapped some photos. Mary and Keith were familiar with our local blue-winged parrots, often seen on the cliff top at this time of year, but were keen to check their bird book to confirm their friend's identification. Sure enough, this showy bird, normally only seen in a small part of northern Victoria, NSW or southern Queensland, was well out of his territory - perhaps an escapee from someone's cage or a migrant pushed south by dry conditions.

We're glad he found our garden a place of welcome.

## From the Gardening Team

**Summer is here** and the garden is rejoicing even before Christmas has arrived. Indeed there's lots of new growth at 3231 Community Garden.



- Grapes swelling
- Berries begging to be picked
- Peas and broad beans almost gone
- Asparagus still popping up
- A 2<sup>nd</sup> round of strawberries looking imminent
- Red lettuce and rocket abounding in Beds A/B
- Rhubarb, rhubarb
- Tomato plants waiting in propagation Bed C, to be take by members for planting in their own plots
- Summer curcurbits racing up the arbour and reo fence
- Passion-fruit looking green and healthy after the rain
- Fruit trees laden
- Pathways growing abundant compost greens – weeds waiting to be harvested then composted

- *Cheers from the Garden Team - Gabriel, Angela, Barbara, Jo, Kim, Avril, and James (plus Gretel on whom we very much rely).*



## Mowers needed in the Garden

The Garden team is looking for members who would like to join the list of occasional mowers in the Garden. Rather than have your name added to a set roster, we would like a list of keen mowers to call on when the mowing needs doing. This involves mowing over the garden waste before its added to the compost and the occasional mow outside the fence.

The mowing needs to be done outside working bees, due to the noise from the mower and to limit the risk to members from flying debris. But it also can be done at a time that suits you.

If you are interested in having your name added to the pool of mowers, please let us know via email [communitygarden3231@gmail.com](mailto:communitygarden3231@gmail.com) or one of the Team the next time you are in the Garden.

## Natural Dye Workshop

At a recent working bee, one of the members, Jenny Bannister outlined her proposed plant-based dyeing workshop. Jenny bought along some samples of fabrics dyed with natural dyes. Jenny also used native flowers and leaves in her designs. And they do look fantastic.

Jenny plans to run a natural dye workshop in the new year. We will provide more information on the workshop but in the meantime, Jenny suggested members start by collecting natural fabrics to dye. Wool, silk and cotton will take to natural dyes, but any polyester or polyester blends won't work. Also you can start collecting materials to make your dyes, such as parsley, onionskins, avocado skins, celery tops, which you can keep in the freezer until needed. More details to come!



## Recipes

### Angela's delicious recipe tasted at a recent working bee: The Garibaldi

Some suggest this fruity slice – apparently originally baked as hard rations for Giuseppe Garibaldi's Red Shirts in 1860 while they were unifying Italy – got its name because it looked as pitted as Garibaldi's complexion. By 1909, H G Wells was writing about them as 'squashed flies' – one of the names by which they are more commonly known today. The other, believed to be a South Australian variation, is the equally evocative 'fly cemetery'.

#### Ingredients

2 sheets of frozen shortcrust pastry (24.5 cm x 24.5 cm) – I used Carème Short Crust but it's expensive and so just make your favourite shortcrust.

½ cup currants

½ cup raisins

1½ (250 g) sultanas

1 tbsp muscat (or sherry)

¼ cup sugar, for sprinkling

1 egg

#### Method

- Preheat oven to 180°C
- Chop the fruit
- Lay a sheet of pastry on a greased and lined baking tray
- Top with the dried fruit evenly spread across the pastry. Splash the dried fruit with muscat. Place another sheet of pastry over the top. Using your hand, press down on the pastry to eliminate air pockets. Crimp the ends of the pastry together. Score the top of pastry sheet into separate tiles, prick with a fork and brush with a roughly beaten egg wash (or not, depending on how buttery your pastry is). Sprinkle with sugar.
- Blast in the oven for about 10 minutes. Then reduce the temperature to 160°C and cook for about 20 minutes, or until the biscuits have browned up.
- Cool on a wire rack.