

Community Garden 3231 Newsletter

Growing food, friendships & community

November 2017



**Working bees:
Saturday 4 November and
Sunday 19 November**

**Pizza in The Garden:
Friday 10 November**

Coordinator's Comments:

I always love seeing the changes in the garden after being away for a few weeks. I love all the signs and new growth. Thanks everyone for your efforts at working bees and other times. Check out the white boards for jobs.

The next pizza night is on November 10. We have invited members of the Anglesea Community Garden to join us. We plan to have more pizza nights and BBQs over the summer, and of course the End of Year party.

In the mean time, enjoy the produce – aren't the broadbeans fantastic!
See you in the garden – Gretel

Help needed

1. We need volunteers to collect green waste from Little Feast and The Pub. You pick up the bins, empty them into Bay 1, rinse them out and return. Have a look at the notice board for details or ask Jo or Gretel.
2. Watering – newly planted seeds need daily watering and the garden is starting to dry out. A roster is on the board. One of the great things about watering is that you find rewards - like strawberries. Yum

Upcoming events

Pizza in the garden is on Friday November 10. Dough will be provided, but please bring toppings and nibbles, salad or dessert to share. (and of course, drinks, glasses and utensils).

Sustainability

Why Do We Sow Our Community Bed Crops From Seed?

Up to 75% of the genetic diversity of food crops has disappeared in less than 100 years.

For thousands of years, farmers grew crops and saved their seeds that were adapted to the microenvironments in which they thrived. The enormous diversity of heirloom varieties provided farmers with reliable seeds suited to their climates and needs.

Today, industrial agriculture demands genetic uniformity and is totally dependent on synthetic fertilisers, pesticides, hybridised and genetically modified seeds. Vast tracts of land are planted with a single, high-yielding variety or a handful of genetically similar cultivars, which have lost their ability to adapt and evolve to suit their environment.



Luckily, in our own gardens, we can still grow many heirloom crops.



In our shared, community beds, we try to grow as many of our plants from seed as possible. This enables us to trial different varieties and choose the ones which grow best in our area. We can then save the best seed for sowing the following year. We benefit in many ways including the ability to grow a wide variety of crops (eg. more than 10 different varieties of tomatoes and 6 varieties of pumpkins). We also do this at little cost as we are not having to buy new seeds and seedlings each year.

When we raise seedlings in trays, we generally have more than enough for the community beds and these are given away to members to plant in their own plots.

Here are some basic dos and dont's from The Little Veggie Patch Company that increase our chance of success

- Adhere to use-by dates
- Generally, seeds should be stored in an air-tight container in a cool, dark place
- Timing is crucial – if it's too wet or too cold the seeds won't germinate and will just rot in the ground
- Sow seeds every 4-6 weeks to ensure a continual harvest
- Each and every growing region is different – the microclimate in your garden will be different from one in another part of town, because of aspect, wind and trees. Get to know your own microclimate, experiment, keep notes and record successes and what didn't work
- Some larger seeds, eg. beans, will benefit from pre-soaking (put them in a glass of water overnight) to speed up the germination process

If you want to learn more about sowing from seed, come to a working bee where we generally sow one or more varieties of seed each time to ensure an ongoing harvest of a variety of crops throughout the year. Talk to one of the members of the Gardening Team who will be happy to show you what to do. You could also join the Propagation Group to help with raising seeds in trays in preparation for planting them out.

Jo and the Sustainability Team



From the Gardening Team

Spring has certainly sprung.

Please take a walk through the garden and pick what you like from the community beds. There are abundant peas in Bed F, broad beans Bed G, red-lettuce and rocket Bed B, ground cherries - Bed L, asparagus,



artichokes behind Bed J, a few strawberries to pick and eat, dill in bed T, and herbs in beds NOP. Plus there's heaps of oregano, and thyme at the base of the pizza oven and 2 types of mint in the laundry troughs. You might also find some broccoli stalks still pickable in Bed G.

The grape vine is rampant, the garlic leaves are a cute rust colour and the new passionfruit beside the compost bays is shining green as its tendrils latch on to the fence nearby.

See you Saturday morning 4th November. It's a busy weekend for all of us. Come and get your hands dirty in the garden.



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

Membership

Membership is paid for the financial year and is due on the 1 July each year. Three reminders are sent to members who have not paid. We have a pro rata of 3 months and any person joining from the 1 April will receive 15 months membership. Members who choose not to renew their membership will remain on the membership list and receive the newsletter for one year.

Financial Reporting

The Community Garden's Financial Report is balanced monthly with the Anglesea Community House. This report is available to any member who is interested in the garden's finances. If you are interested in receiving a copy please email communitygarden3231@gmail.com

Community Gardening German-style

One of our members, Kim Neubecker, recently returned from a visit to Berlin. While there, Kim visited the Prinzessinnengarten, a community garden in the city centre built on wasteland which had been disused for many years. The garden, which is about the size of a soccer field, grows crops locally and organically. The garden as a whole is mobile. Crops are planted in raised beds made from stacked crates or in rice sacks. A method of cultivation that is independent from the ground below, combined with the use of food-grade materials, allows for organic farming in a city where the land available is usually either paved or contaminated. In addition, a mobile garden allows for the possibility of temporary use. The Prinzessinnengarten rents the land from the City Council. The possible

privatization of the land could lead to the relocation of the garden to a different site, hence the mobile garden.

Community inclusion is achieved by not only the community garden but through gardening workshops and social events.

There is even a bar on site.

The bar, a kitchen, workshop and storage facilities are located in disused and converted shipping containers. One of Kim's photos is included here, but for a great read on how the garden started and to see photos of the transformation of the site, go to



<http://prinzessinnengarten.net/about/>

Recipes

With broad beans prolific at the moment here are a couple of broad beans recipes:

Broad Bean Burgers *

½ tsp each whole cumin, coriander & fennel seeds
25g spinach or silver beet
4 tbsp olive oil
50g potatoes, peeled and diced
350g shelled broad beans
½ mild chilli, deseeded and chopped
2 garlic cloves, peeled and crushed
½ tsp turmeric
3 tbsp fresh coriander, chopped
40g dried breadcrumbs
1 free-range egg
50g plain flour
180g sour cream
2 tbsp chives, 2 tbs fresh coriander chopped
1 tbsp lemon juice
120ml sunflower oil
Salt and pepper

Method

Put the seeds in a pan, dry-roast until they release their aromas, then grind.

Wilt the spinach (or silver beet) in a tablespoon of olive oil, chop and set aside. Boil the potatoes in salted water for eight minutes, then add the beans and simmer until cooked. Drain, peel the broad beans if necessary, transfer to a bowl and add the ground spices, chilli, garlic, turmeric, two tablespoons of olive oil, salt and pepper, then mash roughly. Add the spinach, coriander, breadcrumbs and egg, and stir. Fry a tiny bit of the mix in sunflower oil, taste and adjust the seasoning. Shape into fat patties (wet your hands first), coat in flour and chill for half an hour.

Stir together the cream, chives, coriander, final tablespoon of olive oil, lemon juice, salt and pepper. Heat the sunflower oil and fry the 'burgers' on a high flame for five minutes a side, until golden-brown. Serve with the sauce on the side and a lemon wedge.

* Adapted by Gretel

Broad bean and herb salad

<p>50g pearl barley 300g broad beans, fresh or frozen 1 head of baby gem lettuce, cut into 1.5cm slices 1 tbsp preserved lemon skin, finely chopped 15g mint leaves, roughly shredded 15g basil leaves, roughly shredded 1 tsp dried mint 1 tbsp lemon juice About 60ml olive oil Salt and black pepper 60g soft goat's cheese ¼ tsp pink peppercorns</p>	<p>Put the pearl barley in a small saucepan, cover with plenty of fresh water, bring to a boil, then simmer for 30-35 minutes, until the barley is cooked but still has a certain bite. Refresh in cold water, drain and set aside to dry.</p> <p>Throw the broad beans into a pan of boiling water, simmer for two minutes, depending on size, drain and refresh under cold water. (If you wish, pop the beans out and discard the skins.)</p> <p>Put the beans in a mixing bowl, add the barley, lettuce, preserved lemon, herbs, lemon juice and olive oil, stir gently and season to taste; add more olive oil if needed. Transfer the salad to serving bowls and crumble the goat's cheese on top. Crush the pink peppercorns with your fingers, sprinkle over the top and serve.</p>
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