



Community Garden 3231 Newsletter

Growing food, friendships & community

November 2018

Working bees: Saturday 3 and Sunday 18 November

Volunteers are needed to pick up green waste from Little Feast and the Aireys Pub.
Put your name on the roster.

Always Needed for Compost: Wood ash - put in metal rubbish bin beside Bay 1.
Shredded paper;

Coordinator's Comments:



Wow, doesn't the garden look great. The broad beans are fabulous, the fruit trees have lots of flowers and the tomatoes are growing nicely. But best of all, don't the paths mulched or mowed look spectacular! Let's hope we can keep those pesky weeds under control – it is a lot easier now to manage the paths around your plot.

We have been given a grant by the Anglesea & District Community Bank to cover the cost of one of wicking beds – the two community herb gardens will be installed over the next few months near the top gate. Of course we will have a celebration when the project is finished.

We now get a lot of green waste from local restaurants which means a lot more compost which means the need to transfer from one bay to the next. More help is needed for this task – think of it as upper body exercise.

Never do more than you feel comfortable with. Plus you may be serenaded. After a few worms, a magpie gave me a wonderful performance as it mimicked parrots, wattle birds and even a kookaburra.

Lots of events are being planned for the summer – let us know what you want to do.

See you in the garden
Gretel

Our October working bee was a very active morning.



We commenced at 9am with **exercises for gardeners** for 30 minutes. This was a great opportunity to learn warm up exercises to avoid injury and ways to lift and move as we do our gardening. Whilst not specific to gardening the exercises are important to our daily living, but also made us think to think about how we move in the garden – how we lift, how we push wheelbarrows, how we turn.

The handout that includes exercises is included as an attachment.

Our exercise activity was followed by the important work to prepare the paths as well as our spring planting.

Then at 10.30am several of us headed off to visit **Breamlea Community Garden**. The community gardeners from Breamlea had invited CG321 community gardeners and the SpringDale Community Garden (Curlewis) to come together on the same day.

A delicious morning tea was provided (the garden has no



facilities - hot water for morning tea was provided in a flask and there are no toilets)._

After the warm welcome, morning tea and a brief history of the garden's development by Susan and Julie we went on a guided tour of the garden. Their community garden has some 30 members and SpringDale too has a small membership, but they are generally permanent residents.

They have developed a beautiful herb garden with an amazing variety of herbs, a range of fruit and almond trees alongside member's plots. And an amazing no-dig composting system with green waste from their garden



along with a range of donated additions (their worm farm processes all vegetable food waste).

The visit provided inspiration and ideas: a new shredder was being put to work to add garden clippings to their no-dig compost system and bees from their bee hives were enjoying the spring flowers.

We hope they will be able to visit our garden in the New Year.

From the gardening team

The Paths Project has been completed - thanks to all those who contributed to its success. Please keep up the weeding around your plots and around the Community Beds.

The garden has had a superb spring clean, making visible the fruits and vegetables of our labour in the community beds and leaving us with more time to tend our own plots. Oh what a feeling!

Mulch

One of the surprising revelations from taking up the carpet was that the combination of weeds and wood-chip mulch settling along the pathways for the last few years has created beautifully rich soil/compost. You'll be pleased to know that this has not gone to waste – it's now being incorporated in this month's rotation system. We hope that in a month or so there will be enough for all plot holders to share in the bounty.

A propos the above, ALAS as yet we haven't invented a Robot to turn the compost from one Bay to the other, so the heavy lifting has recently been

executed by a few of the 'older' members. Whilst there have been no reported back injuries I can vouch that it is a pretty tiring job.

SO if we can **share the load** there's usually a notice on the left-side W/B saying which bay is due to be transferred.

Mulch/compost is extremely necessary in the creation of healthy soils. It supports the development of fungi, which in turn is crucial to providing the root systems of the plants growing above ground, with nutrition. (Recommended reading for further information: The Holistic Orchard by Michael Phillips. Gabriel can lend you the book if you're interested.) It also keeps the soil cool in summer whilst preventing moisture loss.

Water

Keith has set up two new watering systems along the beds on the Eastern and Fraser Drive sides of the garden. It will make watering much simpler and faster. Make sure you put these hoses on when you begin your rostered duty. Thanks to all those of you who have put your names on the list. Hopefully we'll manage to get through summer with everyone's help. If you don't know how to work the automatic watering devices please ask Gretel or one of the garden team.

Seedlings for you:

Bed C is used for propagating seedlings for the community beds. If there is a surplus we will let you know via the newsletter or a notice on the shed. At the moment we have excess tomato plants, which you are welcome to use in your plots or home gardens. Please return the pots. There are also some advanced tomato seedlings in the mini greenhouse in a polystyrene box.

Please leave all other vegetable seedlings for the community plots - we will let you know if there are some to spare.

Wooden stakes

If you have any wooden stakes not being used at home, could we have them at the garden please?

Cheers, Gabriel and Avril, Barbara, Angela, Jo, Kim, James, and Debra.

Sustainability: Choosing to live with less stuff

For this month's topic, I thought I would introduce you to The Minimalists, Joshua Fields Millburn & Ryan Nicodemus. Here's a bit about what they do:

"At first glance, people might think the point of minimalism is only to get rid of material possessions: Eliminating. Jettisoning. Extracting. Detaching. De-cluttering. Paring down. Letting go. But that's a mistake.

True, removing the excess is an important part of the recipe—but it's just one ingredient. If we're concerned solely with the stuff, though, we're missing the larger point.

Minimalists don't focus on having less, less, less. We focus on making room for more: more time, more passion, more creativity, more experiences, more contribution, more contentment, more freedom. Clearing the clutter from life's path helps make that room.

Minimalism is the thing that gets us past the things so we can make room for life's important things—which aren't things at all."

If you want to find out more, check out their website (www.theminimalists.com), blogs, podcasts and more.

Scrunchable Plastics

Thank you to everyone who has been recycling their scrunchable plastics through the REDcycle program.

Here are a few FAQ reminders about how it works and what can and can't be included:

- Packaging materials should be **'empty and dry'** or they can create a mould problem. A few crumbs are OK.
- Place all scrunchables into a bag (not a box or other container), rather than individually in the bucket, so they can be easily picked up and taken to the drop-off points.



If you are going to a Coles or Woolies, please consider taking a bag or 2 of scrunchables from the shed and dropping them off. This helps us all.



Biscuit trays, strawberry and other fruit punnets etc are classified as rigid plastic and should be disposed of in the council's kerbside collection, ie. yellow bin. This varies between councils, so check with your council if you are planning on recycling them outside the Surf Coast Shire.

(Toothpaste tubes go in the buckets on the shelves and are recycled through the Terracycle program).

Small stick-on labels are OK and don't need to be removed but metal clips and zips are not. These must be cut off.

If you are not sure if something is recyclable or not, it's better NOT to put it in a recycle bin rather than risk contaminating the rest of the load.

For a full list of what can and can't be recycled via this program: <https://www.redcycle.net.au/what-to-redcycle/>

Angela's Broad Beans



We have been following the development of Angela's broad beans since the July newsletter. It is late October and they are now producing a great crop.

Our recipes section includes a broad bean dip recipe for all those gardeners who have a plentiful crop of broad beans and are looking for new ideas for their broad beans.

Recipe

Simple Broad Bean Dip

400 g broad beans
100 g feta
1 garlic clove
1 tbs lemon juice
80 ml olive oil
2 tbs chopped mint

Cook the broad beans and cool. Blend the beans, feta, garlic and lemon juice in a food processor and then drizzle the olive into mix. Add the mint and salt and pepper as required. Enjoy

"Beyond the Fence"

The Anglesea Community Garden extends a welcome to join them at their end of year celebration: Friday 30 November:

The poster features a yellow background with a faint floral pattern. In the top left corner is the Anglesea Community House logo, which includes a stylized house and the text 'anglesea community house'. To the right of the logo, the text reads 'Invites you to our end of year celebration'. Below this, in pink cursive, is 'With a special performance by the Anglesea Community Rock Choir followed by local band Trailhead'. The event details are listed in two columns: 'When: Friday November 30 at 6:00pm', 'Where: YMCA Anglesea Recreation Camp', 'Tickets on sale through Trybooking at www.trybooking.com/YTSC', 'Community House Members \$15, Single Adult \$20, Family Tickets (2 adults and children) \$40, Children under 12 free' on the left; and 'Korean inspired finger food', 'Children's activities', 'Cordial and tea/coffee provided', 'BYO alcohol' on the right. A small illustration of pink cherry blossoms is on the right side.

Invites you to our end of year celebration

With a special performance by the Anglesea Community Rock Choir followed by local band Trailhead

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Where: YMCA Anglesea Recreation Camp
Tickets on sale through Trybooking at
www.trybooking.com/YTSC

Community House Members \$15, Single Adult \$20,
Family Tickets (2 adults and children) \$40,
Children under 12 free

Korean inspired finger food
Children's activities
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Repair Surf Coast:

Sunday 11 November, 10am - 2pm, Aireys Inlet Community Hall
Bring your broken and worn-out items and skilled, knowledgeable volunteers will help you fix them.
Small mechanical and electrical items, bikes, textiles and clothing, jewellery, furniture, gardening equipment, toys and more.
IT Help Desk for phone, tablet and computer problems. JP Service for the signing of documents. Tea, coffee and homemade cakes and slices.
Donations appreciated.

Be our friend, our Facebook friend

Our Facebook page will keep you up to date on activities and working bees in the Garden and provide you with tips and ideas from our Garden Team and members. We also aim to share and promote all things good about gardening and sustainable living.

For those member who want less, not more Facebook in their lives (or no Facebook), we will still keep you up to date regarding garden activities and events via the monthly newsletter and website

Join us on Facebook <http://bit.ly/2xBXVAN>

Finally

Please send articles or ideas for the newsletter to
communitygarden3231@gmail.com