



Community Garden 3231

Newsletter

September 2018

Growing food, friendships & community

When writing my report for the AGM, I thought about what the garden means to its members. While our motto is "growing food, friendships and community" it is clear that community and friendships are most important. Perhaps the motto should be "growing community and friendships and food". Sometimes I'm asked how many people we have at working bees – my answer is always I don't know and don't care as long as everyone has a good time.

Over the last year, apart from growing fantastic fruit and veggies and many social activities there were a number of activities to which the wider community was invited:

- Art in the Garden (with Surf Coast Arts)
- Tastes from the garden (during OpenMic festival)
- Soup in the Garden (Love Aireys in Winter)
- Ecoprinting workshop
- Weaving with natural materials

One of the problems with having events in the garden is that we are dependent on the weather. Since there's nothing we can do about it, we just have to accept some frustrations.

Around the garden some of the things are:

- Recycled plastic boards to replace rotting wood (funded by the Surf Coast Shire)
- A dumped bath turned into a garden bed
- Food and flower field
- Reorganisation of compost
- Collection of green waste from The Pub, A la Grecque, Little Feast & Truffles
- New tap installed, tree maintenance
- Much greater emphasis on sustainability with recyclable collection
- Improved communications with better newsletter, Facebook and web page.

A big thank you to all the committee and team members for making it all happen.

UPCOMING EVENTS

WORKING BEES

Saturday 1st September

Sunday 16th September

September 29th: Tip Shop

October 6th: Exercise in the Garden and visit to Bremlea Community Garden

So what about the year ahead. Some of the things planned are:

- Surf Coast Shire sponsored exercises for gardeners
- Raised herb beds outside the fence for all the community to share. STCA
- A little library
- Possibly more plastic boards around beds – do you like them?
- Revamping of paths
- Watering systems in some communal beds

CG3231 garden is looking ready for winter – the brassicas are looking great and the broad beans are thriving. I just wish the weeds would take a break.

See you in the garden.

Gretel



Heather, Debra and Barbara with winter harvest

AGM August 19th 2018

At the Garden's AGM held recently at the Aireys Pub, the Committee for 2018 – 19 was elected. New members were welcomed to the Committee, while those leaving the Committee were thanked for their contribution to Community Garden 3231. Guest speaker, Katie Traill, from Zero Waste Geelong, spoke about how we can minimise our impact on the environment by adopting practical sustainable options.

2018-19 CG3231 Committee

- Co-ordinator – Gretel Lamont
- Secretary – Leonie Mugavin
- Treasurer and Membership – Therese Hutchens
- Garden Team – Gay Fuller and Avril Blay
- Events Team – Mandy Entwistle
- Sustainability Team – Jo Murray
- Building Maintenance and Equipment Team - Keith Bremner
- Communications Team – Leonie Mugavin



AGM guest Katie Traill

Community Garden Team Report 2017 – 2018

Thanks to Avril for job-sharing the co-ordination of the Gardening Team. Thanks to other team members, each who share the working bee organisation if neither Avril nor Gabriel can make it: Jo, Kim, James, Barbara, Angela, Debra, and Gretel who is the back-up person.

Successes: What we have achieved over the last year.

The Friends of ...Program has been instrumental in developing and maintaining the following aspects of the Garden. We would welcome anyone to become a Friend of.....

- Tending the food and flower field
- Providing food for sharing on the verge – citrus and sweet potatoes and herbs in future
- Building compost leading to healthier soils
- Caring for a communal bed
- Keeping a healthy worm farm
- Growing a wide variety of herbs
- Pruning the fruit trees and maintaining the espaliers
- Recycling and creating minimal waste
- Growing excellent potatoes and pruning the Grapevine, ensuring a bumper and delicious crop
- Propagating seeds and organising bed rotations.



Garden Team Leader Gay



Phil and Therese - August working bee

What other successes?

Great working relationship with the maintenance team:

- New shelves in the shed
- New tap near the compost
- New edging using recycled plastic– thanks to Gretel and the Building and Maintenance team

Garden maintenance to which everyone can contribute:

- Watering and regularly feeding plants with worm tea and Seasol
- Keeping the shed tidy and cleaning tools after use
- Ridding our garden of the Kikuyu and Couch grass
- Keeping plots and paths weed free



Shed make-over - Debra and Garden Team

Projects for the next year.

- Up-grade paths. Need your input - fill out survey attached to September newsletter, or hard copy in the shed on the noticeboard.
- New Herb bed on the verge – encouraging passers by and neighbours to take what they need.

Long live this Community Garden and see you in the garden.

Gabriel

Sustainability – Cleaning Products

This month I'm going to research natural cleaning products. I try to avoid chemicals as much as possible, both for my own health and also for the health of the environment, but I still use some.

I use Enjo products for most of my cleaning, so it's just water and a microfibre cloth to clean the stove, oven, benches, shower, bath, mirror, windows inside and out and also the car. I still buy dishwashing liquid for the sink, and powder for the dishwasher and also the washing machine, but I have been buying the most environmentally-friendly options I can find.



I have heard and read a bit about making these products from a few simple ingredients like soap flakes, lectric soda, borax, bicarbonate soda, teatree oil and eucalyptus oil, among others. So this month I'm going to give it a try. We have plenty of limes and lemons so I use these to clean the inside of the kettle, the chopping boards and sometimes an extra scrub for the tiles in the shower although sometimes nothing seems to work on the grout - aargh!

If you already make your own or know some good, natural cleaning methods then I would love to learn more. I have found a couple of websites and there is plenty more information available from just a quick online search. If you're interested, then you could start here:

<https://www.stayathomemum.com.au/houseandhome/>

<https://wellnessmama.com/6244/natural-cleaning/>

Jo

Soup in the Garden – August 11th 2018

Thanks to the Events Team and all Garden members who made soup for the recently held Soup in the Garden event. It was certainly the weather for eating soup, which many members and visitors to the Garden enjoyed. We will have the soup recipes for you in the next edition of the newsletter.



Up Coming Events:

Visit to Bremlea Community Garden

Jo Murray has organised a trip to the Bremlea Community Garden on October 6th at 11am. Springdale Community Garden (Curlewis) will also be there on the same day, so it should be fun to have all three community garden groups get together.

Like us, they have a working bee that morning, but will have morning tea ready for us all at 11a m and then we can chat and wander the garden. Jo will put a sign on the Shed noticeboard and a sheet for people to sign up.

Depending on numbers, we might arrange a bus, or we can just car pool if everyone is happy with that.

Exercises for Gardeners

The Garden has received a grant from the Surf Coast Shire for an event during the Victorian Seniors Festival Week. Aireys Inlet physiotherapist, Greg Walsh, will conduct a session on beneficial exercises for gardeners prior to the working bee on 6th October 2018.

This will be a free event, open to all Garden members and the Aireys community, even those not over 55! More details will be available closer to the date, but in the meantime pencil this date in your diaries.

New Garden Member- Mark Garkaklis

One of our newer garden members is Mark Garkaklis, who has recently moved from WA to Aireys Inlet.

Mark is developing a bird-attracting garden at his new home and hasn't yet started a vegetable garden.

Mark did grow up with a vegetable garden at home and remembers his father in the garden, a memory for many gardeners.

Mark joined the Garden to meet people and join a community of gardeners.

Mark loves the feeling of having his feet in the dirt and there is plenty of that in the Community Garden for Mark to enjoy.



Welcome Mark

What we need

- Volunteers are needed for the next tip shop roster at the Anglesea tip. We are rostered on for Saturday **September 29th 2018**.

If you are able to volunteer on this date, please add your name to the white board at the Shed. You will still be home in time to watch the Grand Final!

- Thanks to Debra and the garden team for the tidy up and re-organisation of the shed. As there are some high shelves in the shed, if anyone set of kitchen steps they no longer need, could they donate them to the shed.

What's growing in the garden - Jen and Tim's plot

Having a small plot in Melbourne has been good for Jen and Tim to grow tomatoes and herbs, but having a plot in the Community Garden has enabled us to grow many more varieties of vegetables.

Currently our peas are coming along very nicely and we have beetroots, Asian greens and brassicas also doing very well. Lots of manure and compost has been added to the plot to keep it healthy.



Jen generally decides what we plant in the garden, she is a great cook and makes some delicious meals from our home grown vegetables. Tim loves being able to spend time in the Garden and working on their plot.

*Jen was at home with a cold when this photo was taken

What's growing in the Garden – Broad Beans

Taken in August, this photo shows how well Angela's broad beans are coming along. What great flower this variety of broad bean produces (Crimson Flowered).

There are also broad beans in the community plots and while they are still a little way off from harvesting, this great vegetable is worth the wait.

The pods can be enjoyed at many stages of development. Harvesting encourages more flowers to form and more pods to develop so it's more than in your interest to pick and eat.



Outside the Fence

PICK MY PROJECT Anglesea Resale Shed Improvement

CG3231 supports the resale Shed at the Anglesea Tip and we receive funds in proportion to the hours we volunteer. Support is needed to fund expansion of the verandah.

Pick My Project is sponsored by the Victorian Government who have provided \$30 million to fund local projects. Voting is now open.

The Extension of the Community Resale Shed, Anglesea Transfer Station Project.

This project will extend the verandah to provide more undercover space to store goods for resale which will divert more goods from landfill and recycle more and.... maybe generate more funds!!

How to vote:

- register for a Pick My Project account at <http://www.pickmyproject.vic.gov.au>
- view the project ideas in your local community
- vote for your three favourites.

Voting closes 5pm on Monday 17 September 2018.

Women's Health Week Event For women and men of all ages



Celebrate the women in your life at the Women's Health Week Dinner

Lorne Community Hospital invites you to join us for a relaxed and entertaining evening out with friends at the Lorne Bowls Club.

Dinner will include a delicious 3 course meal, welcome drink on arrival and the gentle tones of local duo, The Pickers.

Learn practical strategies for improving your wellbeing from health professionals specialising in nutrition and mental health.

When: Thursday 6 September at 6pm

Where: Lorne Bowls Club

Tickets: \$25 per head. You can either purchase your ticket at the Lorne Community House or book online www.trybooking.com/XHWQ



www.lornecommunityhospital.com.au