



Community Garden 3231

Newsletter

June 2018

Growing food, friendships & community

Frank Repsys

2 July 1924 – 21 May 2018

We will miss Frank – his cheeky smile, his enthusiasm during working bees (except for weeding) and of course his enjoyment of evening social events. Frank taught us a



great deal about what being a member of the community garden really means.

Thank you Frank for all your contributions – you will be missed.

Thank you Alison for helping him come along to events – he was an important member of the CG3231 team.

UPCOMING EVENTS

WORKING BEES

Saturday 2nd June

Sunday 17th June

August 11th: Soup in the Garden

August 19th: AGM

11:30 – 1pm

At the Pub

Winter in the garden

Working bees will continue as usual in winter as there is always something to do. While CG3231 members are a peripatetic lot and many are currently in warmer climates, those remaining can warm up working in the garden. Rod and I have just returned from Japan where every square centimeter of flat land seems to be used for growing rice and vegetables. The trouble is there is not much flat land! I was staggered by the low cost of seafood and the high price of vegetables in the markets – for example broad beans were \$12.00 /kg and sweet corn \$3.60 per ear. Last night we loved picking broccoli from our plot and eating as much as we wanted. While everything in Japan seemed to be double wrapped and it was hard to refuse plastic carry bags in supermarkets, very little waste goes to landfill. It really is a fascinating country. I just wish we had the Japanese public transport system.

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.

The **AGM** is on August 19 in the Aireys Pub. There will be a guest speaker and finger food and drinks to share. All positions on the committee will be open and new members for the events, garden, building and other teams are needed – please think about joining a team! Want to know more? Ask a team member.

Green Manure in the Garden

Green manures are a cheap and effective way to add organic matter to depleted soils. There are many benefits to turning over your plot to green manure, including

- Increasing organic matter, earthworms and beneficial micro-organisms
- Increasing the soil's available nitrogen and moisture retention
- Stabilising the soil to prevent erosion
- Providing habitat, nectar and pollen for beneficial insects and reducing populations of pests
- Improving water, root and air penetration in the soil
- Increasing organic matter and soil humus
- Maintaining or improving soil structure
- Provide readily available nutrients to the next crop

Sow green manure in beds that need a pick-me-up. Once planted, leave the green manure in your plot for about 8 -10 weeks. You will need to keep an eye on it as it does need to be cut back before flowering. Dig into the soil prior to planting, allowing some time for the manure to decompose.



The Diggers Club website includes a great fact sheet on green manure.

(www.diggers.com.au)

Bed H in the Garden has been planted out with green manure.

Bags of green manure are available for sale in the Garden (\$1.00 per bag).



Building a Wicking Bed

At a recent working bee, the Garden Team and Rod demonstrated how to make a wicking bed. Using an old rubbish bin and discarded pipes, Rod explained the principles of wicking and the items needed to create a wicking bed. Wicking beds water plants from below rather than above. They're basically containers with water reservoirs at the base - like a giant self-watering pot. Moisture is drawn up through the soil via a process called capillary action or wicking.

This allows moisture to be more evenly distributed through the soil, creating better growing conditions for the plants.

The horseradish was successfully transplanted to the new wicking bed.

Rod used a number of sources from the internet to research this project.



<https://littleveggiepatchco.com.au/blogs/news/building-a-wicking-bed>

<http://www.abc.net.au/gardening/factsheets/building-a-wicking-bed/9435452>

Q & A for the Garden team

Q. What are the best plants I can have in my garden to attract bees?

A. Bees are the most important organism on the planet when it comes to food production. We rely on bees to pollinate about two thirds of our food crops here in Australia, but bee populations are under threat. But as gardeners we can help by using organic gardening practices and planting more flowers for bees.



You can plant out specific bee attracting perennials like **Sedum, Cornflower, Clover, Lavender, Salvia, Borage and Bergamot.**

The list goes on – just keep in mind that a bee's favourite colours are blue, purple and yellow and plan for successive blooms throughout the seasons. Honey bees forage all year, but most native bees take a break mid-winter, when their focus turns to shelter.

The Diggers Club website (www.diggers.com.au) provides many great tips for getting your garden buzzing and they have formulated a mix of species you can purchase that are a magnet for bees - poppies, cornflowers, dill, flax and coriander. Plant in your garden to help save the bees!

The King of Carrots

Keith Bremner tells us a little about what's happening in his plot.

Keith maintains a home garden as well as his plot at the Community Garden. Keith refers to his plot at the Community Garden as his out paddock (once a farmer, always a farmer).

In the Community Garden plot, Keith grows items that can remain in the ground for a while, rather than pick and eat type vegetables.

Generally Keith has a crop of his magnificent carrots and one other



vegetable in his plot. This year Keith grew capsicums and eggplants as his second crop.

Keith keeps his plot healthy and productive by keeping up the organic matter in this bed and Keith rotates his crops each season.

From Garden member Penny

Friday afternoon and a late arrival at Aireys. Just time for a quick walk along the cliff top and to swing past the Community Garden to see what's in season. Wow, some lovely vegetables that look like a variety of red capsicum. The plant is just near the pergola, in front of the rhubarb plants. We picked two lovely specimens to add to the dinner.

My beloved started cooking a chicken dish using these veggies and some others. Halfway through cooking I heard a cry "Aaaagh, I can't see, must have got paprika in my eye." We found saline and proceeded to do multiple eye baths. He went off to shower to help bath his eyes. I tasted the exotic dinner, OMG was it hot!



"What did you put in it?" "Oh just a few veggies and the capsicums we picked at the garden." Oh dear, the culprit was identified, both as the extremely hot ingredient and responsible for his burning eyes. We deconstructed the dinner and got rid of the sauce and most of the capsicum (now read hot peppers). After a rinse and a re-do the dinner was delicious.

There are two morals to this story:

1. Check your vegetables prior to cooking if you don't know what they are, especially for novice veggie gardeners.
2. Before you say yes to dinner at Penny and her beloved's, check what they are cooking for dinner

And for those interested in this plant, it's a Rocoto pepper or tree chilli. The Rocoto pepper is perhaps the most unique commercially available pepper available, largely due to the isolated region of South and Central America this pepper grows in. Our plant was originally purchased by Angela from Otway Herbs, but she donated it to the garden as it grew too big for her plot. Often difficult to source in areas outside northwestern South America and the southern regions of Central America, *the Rocoto is very hot*. Just ask Penny!!

Weaving Workshop with Caroline Hawkins



Anglesea artist Caroline Hawkins hosted a Walk, Talk and Gather Workshop in the Garden on Saturday 5th May 2018. Garden members joined Caroline to learn which local plants are suitable as weaving materials, where to find them, the season in which to harvest them and how to prepare them.

Caroline had some lovely examples of her work, all from local fibers.

May Working Bees





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

Facebook - <https://www.facebook.com/Community-Garden-3231-484723755029775/>

WORLD ENVIRONMENT DAY **UN environment**

"NO WASTE" EXPO

SATURDAY 2ND JUNE
1-4 PM

Seagull trapped in plastic, six pack holder pollution, photo from World Environment Day

'Sewage surfer' by Justin Mulran - Winner 2017 The Waste Photographer Award: Single Image

An art installation by Greenpeace Philippines depicting a lost whale choked by plastics

Each year, at least 8 million tonnes of plastic end up in the oceans, the equivalent of a full garbage truck every minute.

Presenting practical solutions to our excessive waste through
Mending • Remanufacturing • Mindful shopping • Repurposing • Alternatives • Change

- Organic waste management:
- Worm farms + composting
- Beeswax wraps workshops
- Caring for our bays
- Repair Cafes
- Transition Streets
- Reusable shopping bags
- Geelong Sustainability
- Films on waste (1.30pm and 3pm)
- Upcycled fashion show (2.30pm)
- Remanufacturing soaps
- Children's Activities

St Luke's Uniting Church Hall • Cnr Barrabool Rd & Scenic Rd Highton

DHY Design
Supporting the plastic. Redesign, instead of throw away.

Repair Cafe

A GOOD PLACE TO START

THE FARMER'S PLACE

Transition Streets Geelong

GEELONG SUSTAINABILITY