



## Community Garden 3231 Newsletter

Growing food, friendships &  
community

September 2019

### Notice of AGM

7 September 2019, 11.30am

Aireys Inlet Hotel

*Refreshments following meeting*

**Guest Speaker: Sarah Bolus**, Local Food and  
Sustainability Officer, Surfcoast Shire

#### Agenda

1. Accept minutes from 2018 AGM
2. Reports from the Coordinator and team leaders
3. Accept the treasurer's report
4. Election of the Committee for 2019 – 2020
5. Consider a motion to maintain membership and  
plot rental fees



#### Dates for your diary

**Working bees: Saturday 7 September and Sunday 22  
September from 9am**

**Anglesea Recycle shop - 5 October - volunteers  
needed**

## From our Coordinator

I would like to thank the committee and team members for making our garden the wonderful place it is. Being the coordinator for over 5 years has been wonderful and the garden has grown and prospered. I am looking forward to helping the new president – it is certainly time for a change and new ideas. With incorporation, we also need a Vice President. Please think about nominating.

The garden team led by Gay and Avril has been fantastic: planning what to grow where and organising the working bees. It's a big job and new team members are always welcome. They introduced the 'friends' system with one or two people taking over management of various areas – have a look at the list on the shed. Thank you Angela, Kim, Barbara, Debra and James for sharing the work and welcome Susan.

Keith and his group of willing workers including Conrad, Daryl, Barry and Graham have been busy building and repairing. The wicking beds, little library and odds and ends have kept things looking good.

The newsletter comes out just in time for the first working bee with Heather and Leonie not only making it happen but also interesting and attractive. Jo keeps us thinking about waste reduction and Therese keeps membership and money up to date. I miss Leonie, but Janice has been filling some of the gaps.

Then of course there are all the people who regularly contribute so much: weeders, compost turners, people who collect green waste etc etc.

Thank you for making the garden such a wonderful place.

See you in the garden.

Gretel



## Growing Native Foods

The workshop at the Anglesea Community Garden about growing native food plants was fantastic and inspired us to grow more native foods. Did you know that we already grow a number of native foods including finger limes, Davidson's plum, Warrigal greens and sea parsley. Look for the new plants: lemon myrtle, round leaf mint, native celery, mountain pepper and midyim berry. Anglesea grow native yams with some success. If you want to know more about native food plants, how to grow them and what to do with them, sign up for the trip to Peppermint Ridge Farm being organised by Sarah Bolus – details below in Beyond the Fence.



Warrigal Greens and  
Davidson's Plum



## Sorrel Sauce

I found this recipe in the New York Times in 1986. It inspired me to grow sorrel, but since this is the only recipe I use it for, I dug out my plant. To my delight, the community garden now has sorrel growing in Bed T.

This chunky sauce goes beautifully with salmon.

### Ingredients (all measures are approximate)

1 shallot or large spring onion, finely sliced  
Small tomato – skin and pulp removed, chopped finely  
1 cup chopped sorrel  
Handful of chopped parsley  
½ cup of chopped spinach or silver beet  
50ml fish stock  
Cream to taste  
Salt and pepper



### Method

Gently fry the shallot in butter until translucent then add tomato and fry a little longer. Wilt the sorrel, parsley and spinach with the onion and tomato. Add the fish stock, bring to the boil briefly, reduce the heat and add cream, salt and pepper.

## Garden Team report

Excellent work was done in the Garden during August, despite it being wintery and wet. People rugged up and braved the cold and were warmed by friendly chats over morning tea.

Kim achieved an astonishing amount of pruning and spraying of the espaliered fruit trees, figs, peach, apples and nectarine with minimal pruning of the quince, apricot and pomegranate, one morning. This work was followed up with a good mulching done at the working bee. So the fruit trees should be happy now and we're already seeing blossoms emerge. Here's to a bumper crop in the summer and autumn.

Happy weeders got to work to complete the big task of ridding (hopefully) the verge in Fraser Drive of kikuyu around the citrus. The trees were then thickly mulched with cardboard and council mulch. Thank you, Scott, for doing the heavy lifting to load and unload wheelbarrow after wheelbarrow of the mulch. Not satisfied with this for a morning's work, he then mowed the rest of the verge to tidy it all up! Having rid the berry beds of the weeds on the other side of the fence attention could be given to the raspberries in Bed T, previously struggling against the weeds. These were fed and mulched at the second working bee in August and now all the berries look in good shape ready for summer. Thanks to everyone for their help there.

Bed Q was dug over, manured and mulched in preparation for the potatoes. Thank you to Barbara for ordering the different varieties of potatoes, preparing the bed (with others) and for planting. Can't wait for harvest time in December!

The arbour will soon look very pretty with the broad beans and sweet peas in flower. The broad beans growing along the reo were grateful for the weeding they got at the working bee. Sadly few of the pea seeds germinated in Beds A and B, but there may be some sugar snaps a little later. The garlic in Bed H and the onions Bed I are doing well, although still a long way from harvest and the asparagus is shooting. Most of the brassicas have been picked now, including the kohlrabi, so there is likely to be a short hiatus in vegetable produce until the broadbeans start, but there is lovely parsley, coriander (coming on), rosemary, bay leaves ... for the last of the winter stews!



The team will meet soon to plan the next seasonal plantings, following a (flexible) six bed rotation. Other beds are used seasonally too as it's a challenge to fit everything in.

New members of the garden team are always welcome, ask at the AGM or anytime if interested. It will soon be the busy season in the garden and we look forward to seeing you there.

Oca going to a good garden - from Avril

If anyone would like to grow something a bit different, I have some small tubers of Oca (*Oxalis tuberosum*) I don't need. Also known as New Zealand Yam, it is actually from the Andes though popular as an alternative to potato in New Zealand. I have found it easy to grow – a set and forget sort of crop with quite attractive foliage. It does take up a bit of space for a long time but that might be seen as a good thing – a low maintenance ground cover with little need of attention. Here's a link to a useful article by Penny Woodward <https://www.organicgardener.com.au/blogs/lowdown-oca> . I'll bring them to the working bee on September 22 and we might even try find a spot in the garden for them if there is enough interest. And yes it is a form of Oxalis but not weedy.

**Cheers from Angela and Avril and the Garden Planning Team**

## Beyond the Fence



### SEPTEMBER

Avi Cytrynowski Piano Peter Bray

Sunday September 8th - 2.30pm

All Saints Anglican Church

Avi Cytrynowski is a pianist, accompanist and retired piano teacher. He has presented a number of concerts for the Barwon Heads Fine Music Society and for this concert, will be joined by Peter Bray who is currently studying both classical and contemporary singing.

Their program will include works by Beethoven, Mendelssohn, Brahms, Schubert, Tchaikovsky, Mahler, Mancini, Lerner & Lowe.

*Barwon Heads Fine Music Society presents*

**AVI CYTRYNOWSKI  
AND PETER BRAY**

Sunday 8th September, 2.30pm

**All Saints Anglican Church,  
Hitchcock Avenue, Barwon Heads**

*Please join us for afternoon tea following the concert*

Community Gardeners are invited to a "SPRING INTO ACTION" Gathering on **Sat 14th September** from 9:30 to 2pm at Grovedale Community Centre Heyers Rd Grovedale. From 2pm to 4pm there will be a tour of Grovedale Community Garden, Geelong's oldest Community Garden (CG)

Participants are asked to bring something to share for lunch. If you have special dietary requirements please BYO although vegetarian & vegan food is generally available at these events.

Contact: Lorna Martin Vic Rep ACFCGN. Mobile: 0407044870

### **Peppermint Ridge Farm: Australian Native Food Farm**

Following the edible natives workshop in Anglesea and expression of interest by so many from the gardens, Sarah Bolus is organising a bus trip to Peppermint Ridge Farm in Gippsland <http://peppermintridgefarm.com.au/> This will be a full day excursion, possibly leaving at 7:30/8am and returning around 4pm.

Possible dates are:

#### **October**

Tuesday 8<sup>th</sup>

Wednesday 9<sup>th</sup>

#### **November**

Monday 11<sup>th</sup>

Tuesday 12<sup>th</sup>

Wednesday 13<sup>th</sup>

If you are interested in going, email [communitygarden3231@gmail.com](mailto:communitygarden3231@gmail.com) with preferred dates.

