



# Community Garden 3231

## Growing food, friendships & community

May 2022

### **Working bees:**

Saturday 7 May 9am and  
Sunday 22 May 9am

### **New members:**

Glen Robbins and Selina Cooks  
and family

***We are on Instagram and  
Facebook***

*communitygarden3231*

***Check out our new website at:***

*cg3231.org.au*

## From the President

Tying up tomatoes, liquid feeding or spraying to prevent white cabbage butterfly are all jobs which can be invisible. There are many jobs in the garden that are done and go unnoticed by many, yet they are so important to the health and well-being of a thriving garden.

The same can be said for the management of the Aireys Inlet Community Garden. We have a small team of folk who have volunteered to be committee members. Mostly we meet monthly (Friday arvo), and we discuss projects, issues, and ideas. We identify any actions and where we can, we engage other garden members in getting jobs done. Our intention is to keep things low key and ensure we do everything within the philosophy of the garden.

Paul Hermecz and John Pahlow have done amazing work over the past 2 years getting our new webpage up and running, upgrading our cloud storage (where we keep all the "paperwork") and generally getting all things IT sorted out. Heather McKee and Caitlin Bourke have worked to improve our newsletter process. Avril Blay and Gretel Lamont have written grant applications and led the garden team. Keith Bremner has coordinated building and maintenance jobs and Anne Whelan has taken over treasurer's duties and looks after our finances. These are the jobs of our committee members.

We anticipate that at this year's AGM (usually Oct/Nov) we will need a few new faces to join us on the committee. It's easy to take a back seat but we do need a few

people to put their hand up and allow others who have contributed for many years to also enjoy the benefits of just being a garden member.

So, I'm asking you to think about how you might be able to get more involved and join our committee. It's a great way to meet members and get to know your community! It's also very rewarding.

If you'd like to find out more about what's involved, speak to a committee member at a working bee. In the meantime, enjoy this mild autumn weather and the last of our figs!

Catch you in the garden

Liz



Our Easter Sunday working bee: Ewan and a large crop of apples and some hidden chocolate!



## Soup in the Garden – 11am Saturday 11<sup>th</sup> June

We will again be hosting a Love Winter in Aireys event this year. Soup in the Garden is a great community event and always attracts new visitors to the garden. Last year we managed to feature on the front page of the Surf Coast Times! We will need a few volunteers to make a tasty soup or two and we will send a message out closer to the day. So put this date in your diary.

NEWS

# Garden friends brave the elements for a souper time

BY JAMES TAYLOR

A GROUP of hardy supporters of the Aireys Inlet Community Garden braved the cold conditions and enjoyed reviving cups of soup in the latest event on the Love Winter in Aireys calendar.

The "Soup in the Community Garden" gathering on Saturday invited people to enjoy hot home-cooked soups made with produce from the garden as well as locally baked breads.

"Despite the fact it was the coldest day of the year - according to the Bureau of Meteorology website, the maximum temperature was nine degrees in Aireys Inlet - we had an incredibly busy working bee and then handed out more than 70 cups of soup at various times," organiser Gretel Lamont said.

"It was a wonderfully warm, happy day, despite the weather; it was great.

"Everyone was so happy to be there.

"There's something post-last year where people actually get together and do something outside in the cold, just chatting - it's wonderful."

There were eight soups on the menu, including minestrone, two kinds of pumpkin soup, a broccoli and blue cheese soup, and a chicken soup.

The Aireys Inlet Community Garden has been quietly growing at its Fraser Drive home for 11 years.

"We were going to have our 10th anniversary last year, but that obviously didn't happen, so we're going to have a 10+1 party this year, probably in November," Ms Lamont said

"When I was co-ordinator, we had about 60 members, and now we've got about 180, so it's just thriving.

"There's real support in the community for a community garden.

"It's a great way people to meet other people in the community.

"It's very casual and there's always something



Aireys Inlet Community Garden president Liz Wood with Malcolm White. Photo: MICHAEL CHAMBERS

to do, even if you're not particularly interested in gardening."

She said the Love Winter in Aireys festival was showcasing the best of the town.

"There's wine tasting, there's concerts, there's soup in the garden, there's art galleries - it's extraordinary that in a little community like Aireys Inlet you can have such a diversity of activities and talent.

"I think a lot of people moved here during the lockdown and realised what a wonderful place it is.

"If they're not living here permanently, they're spending a lot more time here than they used to pre-COVID."

For more details about Love Winter in Aireys, which runs until August 31, head to [aireysinlet.org.au/event/love-winter-in-aireys-festival](http://aireysinlet.org.au/event/love-winter-in-aireys-festival).

## From the Garden Team

Have you checked out the bed Kim Neubecker planted at the workshop on February 20<sup>th</sup>? While the rest of the garden is looking quite bare, Kim's ability to plant the right things together has produced a lush and prolific plot. Lettuces have already been harvested and there is lots of parsley and coriander for the taking. The beetroot will be thinned at the working bee and the broccoli is starting to produce heads. Planting in warm February soil certainly made a difference. Thanks Kim.

The two new wicking beds (plots 26 and 27) are almost ready to be planted out. It was great having Surf Coast Shire support for these. Look out for more wicking beds in the near future.

The apples were wonderful this year and the figs are finally ripening. Remember to only take soft fruit as they do not ripen off the plant and return the netting to keep the birds out. Also remember to help yourself to herbs, chard, and a lemon.

The brassicas are growing well in community and private plots, but there have been issues with cabbage butterfly caterpillars and grey aphids. Keep an eye out for them and remove immediately. We will be spraying with Dipel to keep the caterpillars under control until the cold knocks them back.

Broad beans are popping up and soon garlic shoots will appear. Before too long we will be harvesting the next crops.

In the meantime, keep chopping up your green waste before putting it in Bay 1 and cover with sawdust from the bag beside.



Kim Neubecker's plot growing very well!

## New wicking beds

If you are finding it at all difficult to physically manage your plot, you might be interested in swapping to one of the new raised beds just installed in the garden near the espalier. These are wicking beds which need less watering, have fewer weeds and are much easier to work with good access from both sides. Less bending and no kneeling required! They are a little smaller than your current plot but can be just as productive. If you are at all interested, please contact us via email ([membership@cg3231.org.au](mailto:membership@cg3231.org.au)).

## What's growing in the garden? ... Figs

The fruit on the fig tree is finally ripening. If you need some inspiration, here is a suggestion for a special afternoon tea/dessert.

### Natalie Paul's Cocoa Meringue Roulade with Toffeed Fig and Crème Fraîche

Recipe available at: <https://thedesigntfiles.net/2018/03/beatrix-bakes-cocoa-meringue-roulade/>

#### INGREDIENTS for the roulade (makes one, 30cm x 40cm)

180g egg whites (from around 6 eggs)  
pinch tartar cream  
300g caster sugar  
50g Dutch cocoa powder  
5g vanilla paste  
Pinch of good sea salt

#### INGREDIENTS for the filling

500g mascarpone  
1/2 teaspoon vanilla paste – or half a vanilla bean scraped out  
Zest one lemon  
4 large ripe figs, each cut into three slices

#### Method

##### FOR THE ROULADE

Preheat oven to 150°C.

Line a 30cm x 40cm flat tray with canola spray and baking paper.



Place the egg whites and cream of tartar in the stand mixer bowl and whisk at a medium-high speed. Whisk the whites until they reach a firm peak and look creamy.

Add half a cup of the sugar gradually- around a tablespoon at a time to start with, then two at a time as the mix gets glossy and firm.

Add the vanilla.

Sift the cocoa, salt, and remaining sugar together, turn off the mixer then add all at once to the meringue at a low speed. The cocoa can fly so drape a tea towel over the top!

Scrape the mix out into the prepared tray, in a large rectangular shape, and smooth out with an offset spatula, leaving a small margin as the meringue will puff and spread when baking. Spread it all the way if using a tin with higher sides or split the mix between two canola sprayed and lined 20cm round cake tins to make a layer cake.

Bake for 25-30 minutes until the top feels crunchy but not hard – like a crunchy pillow!

Cool the meringue completely on the tray.

## **Method**

### **FOR THE FILLING**

Stir the mascarpone, vanilla, and lemon zest.

Lay the fig slices on a baking tray and scatter with sugar blowtorch the sugar to caramelize

To fill and assemble, turn the meringue out onto a sheet of Gladwrap dusted with Dutch cocoa. Flip the meringue onto the Gladwrap so the top becomes the outside and the longest side is closest to you.

Spread the mascarpone out starting from the side closest to you and leave an un-creamed 2cm strip at the top.

Tear the toffee figs and scatter over the cream.

Start the roll by moving along the roulade with your fingers – just tucking the first bit.

Using the Gladwrap, lift and roll the roulade until the seam is on the bottom – roll onto a platter and eat!

**If you have some recipe suggestions for fruit or vegetables we are growing in the garden, please send them in to share !**

## Beyond the Fence

We are writing to you about a recital that we are presenting for the Barwon Heads Fine Music Society on 8th May. Some of you have expressed an interest in attending, and we would certainly like to welcome you all. No pressure at all from our part, as we realise it's a bit of a trek from Melbourne and it is also Mother's Day on 8th, so we fully understand that people may not be able to attend.

Here are some details, and we look forward to seeing you there, if you can attend. As tickets are purchased at the door, there is no need to RSVP.

Date: Sunday 8th May

Time: 2.30 pm

Venue: All Saints Anglican Church

61-63 Hitchcock Ave. Barwon Heads

Ticket price: \$20

Duration of concert: approximately an hour

The details will also be on the BHFMS website:  
<https://www.barwonheadsfinemusic.org.au/events2/>

best wishes,

Avi & Peter