



Lets get growing!

NEWSLETTER

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Winer Edition 2017

WELCOME TO THE WINTER 2017 EDITION OF THE WCG NEWSLETTER!

There has been so much going on at the Garden, with lots of workshops and other activities. Hope you enjoy keeping reading all the happenings.

Inside:

- HART Award
- Herb Garden Update
- Workshop, events
- Winter in the garden
- Winter Soup Recipes
- Winter – What to plant?
- HUB Renovations
- Chook Update
- Definition of Permaculture

UPCOMING WORKSHOPS AND EVENTS!!!!

July:

Sunday 16th July - 'Connect' cooking with Kylie 10am-12pm

August:

Saturday 5th August - Working Bee 10am-12pm

Sunday 13th August - No Dig Garden 10am-12pm

Sunday 27th August - Seed Propagation 10am-12pm

September:

Sunday 10th September - Fruit Tree Grafting 10am-12pm

Sunday 24th September - Herbs 2pm-4pm

Friday 29th September (AFL GF Public Hol) - Backyard Chooks 10am-12pm



The newest sculpture in the garden titled 'Scorpion' was made by Francis Van der Mark and donated by Cr. David Owen. It's had a new coat of paint thanks to Erin and Stocky and sits very well in the bushfood garden.

WCG acknowledges and respects the original custodians of this rich and fertile land the Gunditjmara people and the traditions and knowledge of their elders both past and present

WCG FINALIST IN 2017 HART AWARDS

While we didn't win, we were very honoured that Warrnambool Community Garden was a finalist in the 2017 HART awards in the small community organisation category for our Indigenous Acknowledgement Seat.

The Helping Achieve Reconciliation Together or HART awards are in their fourth year and are organised each year by the Victorian Local Govt Association and Reconciliation



COMMUNAL HERB PLOT

Hi members from the communal herb plot.

What is a herb?

Herbs are plants of which leaves, stems, flowers and roots are used in many ways – in cooking, in medicines, for dyes, to repel household pests, as cosmetics, in perfumery or simply to increase pleasure and beauty in the garden.

The plantings in our 4 raised beds consist of traditional kitchen herbs, herbal teas, medicinal herbs and Asian herbs (to be planted in the summer) with a few new and unusual herbs added in recent times.

Our aim is to raise awareness in the value of herbs and their uses in the garden and we will be conducting a herb workshop with Marie Economedes from Maries' Eco Nursery on Tuesday 4th July between 11.30 to 1.30pm. All members and visitors most welcome.

Heather from the 'Herbies'

PS: If you'd like to join the 'Herbies' at the community garden then please have a chat with Heather.

PLANT PROFILE

Alpine Strawberries. – Fragaria vesca

Did you know...The Alpine Strawberry is a runnerless cultivar of the Wild Strawberry popular in Europe. It grows in a compact clump with the typical white flowers and yellow centres that occur in groups of three to ten. Far superior in flavour and fragrance to hybrids.

The delicate fruit of these summer jewels are fragrant, tangy, sweet, ideal for pastries, tarts or a glass of bubbly! The leaves make a very mild tasting tea which has medicinal properties. Too refined for commercial production and not available in supermarkets. Makes a great little edging plant for the herb or veggie garden. Varieties available: Reine de Valles, Yellow Wonder, Musk and Mignonette.



WORKSHOPS, EVENTS & COMMUNITY ENGAGEMENT PROGRAM

Program Manager Appointment

Following the Expression of Interest process, the WCG appointed Hannah Chisholm as Program Manager - Workshops, Events and Community Engagement for the next 12 months. **Thank you so much to Isobel and David Jones Foundation for the funding for this program for this year.** If you have any suggestions or would like to be part of planning or running something at the garden - please contact Hannah in person or email daltonhannah@hotmail.com

To date there has been 4 workshops/events and it has been wonderful to see so many garden members as well as people new to the garden take part in these.



Working Bee/Fruit Tree Pruning Workshop:

In April we combined a working bee with the Fruit Tree Pruning Workshop. We had a number of garden members spend the morning planting trees and weeding and David Stockdale then conducted a fantastic fruit tree pruning workshop.

In retrospect we wouldn't link a workshop with a working bee again as we became a bit pressed for time but all who attended had a great morning followed by a beautiful lunch!

Children's Afternoon:

On the 23rd April Llewellyn Wishart and Suzanne Coulson held an afternoon for children at the garden. This event was open to all garden members to bring along their children, grandchildren, extended family and friends. Seven kids attended on the day and had a delightful afternoon taking part in a gardening activity, a craft activity and a building/construction activity.

These all had a chook theme and the diverse range of things to do appealed to each child's differing interests. The kids all really enjoyed themselves and it was lovely to see them having so much fun.





Backyard Chook Workshop:

On the 25th April Kylie Treble from The Place of Wonder held a Backyard Chook Workshop. We had a huge response from the public to this particular workshop and we ended up needing to close registrations due to demand. We will run a repeat of this workshop in September for those who missed out. Those who attended found the workshop really informative and there was a great mix of people who already have chooks and those thinking about getting some. The feedback was really positive and people seemed to enjoy getting together to share information:

"Great presentation – very entertaining presenter, providing lots of useful information in a relatively short time. Opportunity to see chooks and pen onsite was very practical"

"It was great to get some hints/ideas for pen design as well as feeding tips and natural remedies for lice/mites etc"



Pumpkin Festival:

On a beautifully sunny Sunday afternoon (21st May) we teamed with Warrnambool City Council's Active Hub and held an open garden afternoon to celebrate pumpkins and all things Autumn. Almost 200 people came through the gates to tour the garden, partake of pumpkin soup, scones, grain crackers and cupcakes, listen to wonderful music, have a look at the variety of pumpkins grown on site, taste test from Kylie Treble's new book 'Connect' and play with the giant games the active hub had on site.

This was a wonderful afternoon and the huge efforts made by many of our garden members resulted in it all running smoothly. The garden looked stunning and it was fantastic to see so many people relaxing in the sun and having a great time.



WINTER IN THE GARDEN

1. Rake the leaves and pick up twigs, sticks and bark.

This is a winter job that can involve all the family and warms you as you work. Drifts of fallen leaves and bark, along with twigs and sticks, accumulate on lawns and paths over winter. Rake leaves, bark and small twigs for mulch or to add to the compost heap. Sticks need to be broken up or use them instead to light indoor winter fires, for a family barbecue or as plant support.

2. Aerate the lawn

Many lawns are compacted and weedy after the long drought. Aerating now lets moisture into the soil so you can begin to rejuvenate the lawn in spring.

- Use a garden fork or hire a powered aerator.
- Top dress with a fine layer of coarse sand or loam.
- Fertilise in spring.
- If rain is puddling and not soaking in, even after aeration, apply a hose-on soil wetting agent.

3. Dig the vegie garden & plant new crops

Provided your soil isn't sodden, winter can be a great time to dig a new vegie or garden bed or to turn in green manure crops to get the garden ready for planting in spring. It's also a good time to pull or hoe out weeds and cut back invasive plants.

There's still plenty of time to grow some tasty fresh vegetables in your garden. Plant snow peas, English spinach or some mini vegies, such as small-headed cabbage or cut-and-come-again lettuce.

4. Prune and tidy

While plants are bare you can more easily remove dead or crowded growth or spot invasive climbers and remove them. Don't prune late winter or spring-flowering shrubs but do get stuck into roses and grapevines.

5. Cheer yourself with potted colour

Plant up a couple of pots with annuals. Choose pansies or polyanthus that are already in flower for an instant show. Water well after planting and keep in bloom by deadheading and watering every 10 days with a liquid plant food.



PUMPKIN & GINGER SOUP

Ingredients

- 1 kg pumpkin
- 2 shallots
- 75 g ginger
- a few sprigs of fresh herbs , such as chives, mint
- extra virgin olive oil
- 1 litre organic vegetable stock
- 125 ml coconut milk , plus extra to serve
- ½ tablespoon chilli powder
- 1 lime

Method

1. Deseed and roughly chop the pumpkin, peel and chop the shallots, then peel and finely grate the ginger. Pick and finely chop the herbs.
2. Place the pumpkin, shallots, ginger and some oil in a large saucepan and sauté until soft.
3. Add the stock, coconut milk and chilli powder. Season, then bring to the boil and simmer for 40 minutes.
4. Blitz in a food processor then serve with the fresh herbs, lime juice and a splash of coconut milk.



MALAYSIAN CAULIFLOWER SOUP

Ingredients:

- 1 tablespoon oil
- 1 small onion, diced
- 500g cauliflower, cut into small florets
- 1/2 cup red lentils, rinsed
- 1L Campbell's Real Soup Base - Malaysian
- 1 tablespoon fried shallots
- 1/2 cup coriander leaves

Method:

1. Heat oil in a medium saucepan, cook onion for 1-2 minutes.
2. Add cauliflower, lentils and Campbell's Real Soup Base Malaysian. bring to the boil.
3. Reduce heat and simmer, covered, for 15 minutes or until cauliflower and lentils are tender.
4. Remove from heat. Use a stick blender to puree the soup until smooth.
5. Ladle soup into bowls. Serve topped with fried shallots and coriander.

PROUDLY SUPPORTING THE CHOOK HILTON



WHAT TO PLANT IN WINTER

There are a lot of great vegetables that we can plant in our winter garden. Plant now for a bumper crop in spring:

Cauliflower	Leeks
Broadbeans	Cabbage
Asparagus	Onions
Spinach	Broccoli
Garlic	Cabbage
Artichoke	Potatoes

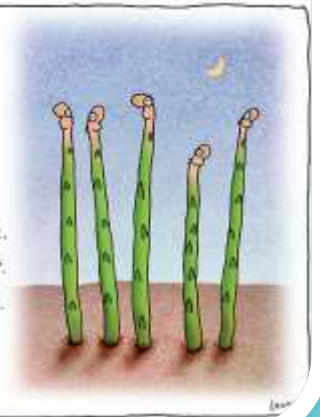
HUB Renovations

Our HUB building has had a makeover in the past 6 months thanks to funds from a WCC Infrastructure Grant and Our Work Experience crews led by Dave and Stocky. We have a new roof over the verandah with better lighting and a beautiful new big window now gives us views to the garden from the HUB building. We also made changes so that we enter what was before an unused door and this helps make the area flow from the pizza oven/bushfood garden area into the HUB. Fly screens on all the windows and new tiles at the doorways and into the toilet area along with vital maintenance and small changes have made our HUB building more user friendly for all the many purposes it is used for. Thanks to members for their patience while the dust continues (almost done now). I think everyone would agree the changes are wonderful.



ODE TO ASPARAGUS

Asparagus is tender at the tip,
If you bend her there she'll snap.
The part that grows is sensitive,
With much to love and much to give.
Our truest art is growing in the dirt,
And where we grow is where we hurt.



Chook Update

The chook crew are very happy to announce that 3 of the 5 babies we raised have left home. Garden member and chook crew member Llewellyn Wishart and family are proud and first timers for keeping backyard chooks.

Llewellyn says "Here are some pictures of the young girls in their new digs. We have names for them Momo (Black Australorp Bantam cross), Pip (Auracana Bantam Cross) & Honey (Auracana Bantam Cross with honeycomb pattern on head and neck feathers). They are settling in quite nicely to a very different home with a small run, cozy house and a big backyard to roam around in. We're learning a lot as first time chicken owners, lots of background reading helped. Appreciate all the support from WCG, Stocky, the chook crew & Kylie with the chook workshops with them bringing to their new home. Nice to know where your birds were raised and even who their surrogate Mum was! Would recommend WCG doing the chicken raising again, great way to share the love and know-how. We all learn more especially those of us who are new to having chooks."



At our strategic planning in December 2016, we decided to include permaculture principles in our statement of purpose as the garden's founders always intended. In our statement of purpose we now have:

4. Use organic and sustainable gardening techniques, *based on permaculture principles*.

Definition of Permaculture

Originally, the word "Permaculture" was the combination of the two words "permanent" and "agriculture". Two Australian men named Bill Mollison and David Holmgren coined the term in the 1970's. It is an agricultural philosophy that allows us to use the resources that we have around us to their fullest potential. By observing and learning from our environment, such as how does nature replenish its soil, how does nature protect and conserve its water resources, how has nature adapted to the specific climate of an area, etc...we can learn how to imitate these natural processes in our daily living. The more closely that we can work with nature, the more likely we are to establish a balance which will provide us with the things that we need without hurting the environment.

There are three ethics that guide permaculture.

1. Care of the Earth
2. Care of the People
3. Fair Share of Resources

Four Basic Permaculture Principles:

Permaculture is rooted in the fact that no single problem or solution stands on its own. In recognition of this balance, it embraces four basic principles:

1. Working with nature rather than against it
2. Thoughtful observation rather than thoughtless labor
3. Each element should perform many functions rather than one
4. Everything is connected to everything else

Permaculture Principles for Vegetable Gardeners

The five guidelines below summarise one approach to putting permaculture principles to work in a productive vegetable garden.

1. Use your best spot to grow vegetables in permanent beds

Growing vegetables involves a big investment of time, and many gardeners struggle with small spaces and too much shade. The sunniest spot is always the best place for veggies, which cannot reach their peak of flavour and nutrition without at least 6 hours of direct sun each day. Once you have selected the best spot, you may need to thin low branches from nearby trees as you gradually create deeply dug, permanent beds that provide fertile, well-drained growing space for your home grown veggies. Do everything you can to make sure your vegetable garden site is as good as it can be.

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2. Grow perennial vegetables and herbs that are adapted to your site, soil and climate

Food crops that come back year after year like asparagus and rhubarb are huge time-savers in the garden, and the same goes for long-lived kitchen herbs. Upkeep is usually limited to pruning, weeding and fertilising once or twice a year, and I think perennial plants help give a garden personality. Because they like it there, a distant area of my garden is becoming a preserve for medicinal herbs like echinacea, elecampane, lemon balm and valerian. A low spot that stays moist for a long time after it rains has proven ideal for rhubarb. Finding the perfect site for a productive perennial you love earns you a permaculture star.

3. Enrich boundaries with berries

Blueberries, currants, grapes, raspberries, blackberries and other small fruits can be used to structure the landscape's boundaries. Most benefit from a trellis or other support, so training them over or along a fence is often quite practical. Grapes are especially useful in small yards, because they can be trained.

4. Use mulching, drip irrigation and composting to minimise water inputs and eliminate waste

These are permaculture principles that smart organic gardeners follow anyway, mostly because they are good for our gardens and our plants. I always need more mulch and compost, so I cultivate several grassy areas for clipping production, and pull up and compost what seems like tons of cover crop plants. I am not trying to reform the world. Rather, attentive organic gardening practices such as these naturally transform any spot into a more beautiful and productive space.

5. Watch and learn

This echoes the permaculture principle to observe and interact, but my garden humbles my fragile human intellect season after season. Too often our tendencies are to take thriving crops for granted, and react with alarm when problems develop. Taking the time to stop, watch and learn is critical to your development as a vegetable gardener - a complicated process that requires learning a little about ten thousand things, from soil science to plant pathology. The best way I have found to make sure I take learning breaks is to make myself walk among my beds for ten minutes without doing anything - just looking to see how the plants, soil, insects, and sun are getting along together. It's rare for me not to discover something new.

<http://www.neverendingfood.org/b-what-is-permaculture/>