



'Let's Get Growing' Warrnambool Community Garden Inc.

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Hello! We hope this Springtime Edition finds you dusting off some cobwebs and feeling newfound energy for the season ahead. It has been a looong, cold, winter down in these parts, and we hope you're as excited as we are to welcome some long-awaited sun-shiny warmth back into our days.

In this edition....

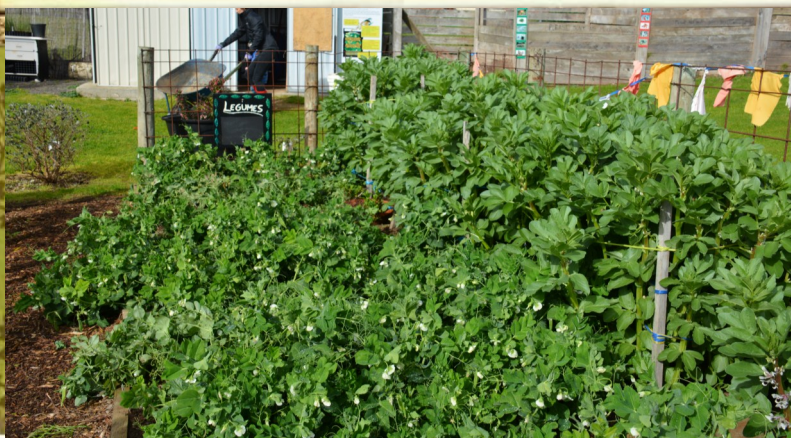
- Helter Shelter...well done to all those involved
- September gardening tips
- A 'More Fool Me' Rhubarb recipe from the Kitchen Diva
- Travel stories from Clare V and Tina
- Upcoming events...get involved!



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.



Above: Spring has sprung

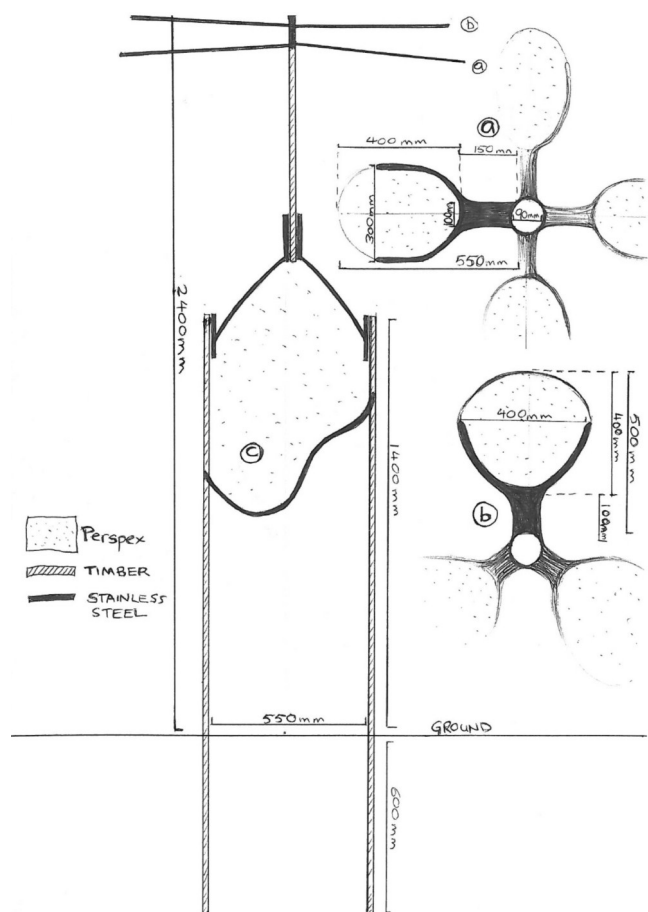


Helter Shelter!

Hopefully by now you've all had a chance to check out the amazing new shelter located in prime position in our garden? Either way, come join us for a shelter-opening party in October—date and time to be advised via email sometime soon. The shelter shed is pretty much done...it just needs a few finishing touches by Master Builder Dave Mitchell. Dave and all the helpers have created a really special place to sit, be together, eat, talk, sing...whatever! It has sliding walls which can be moved to suit the wind conditions (and they really work) to create a very cosy corner.

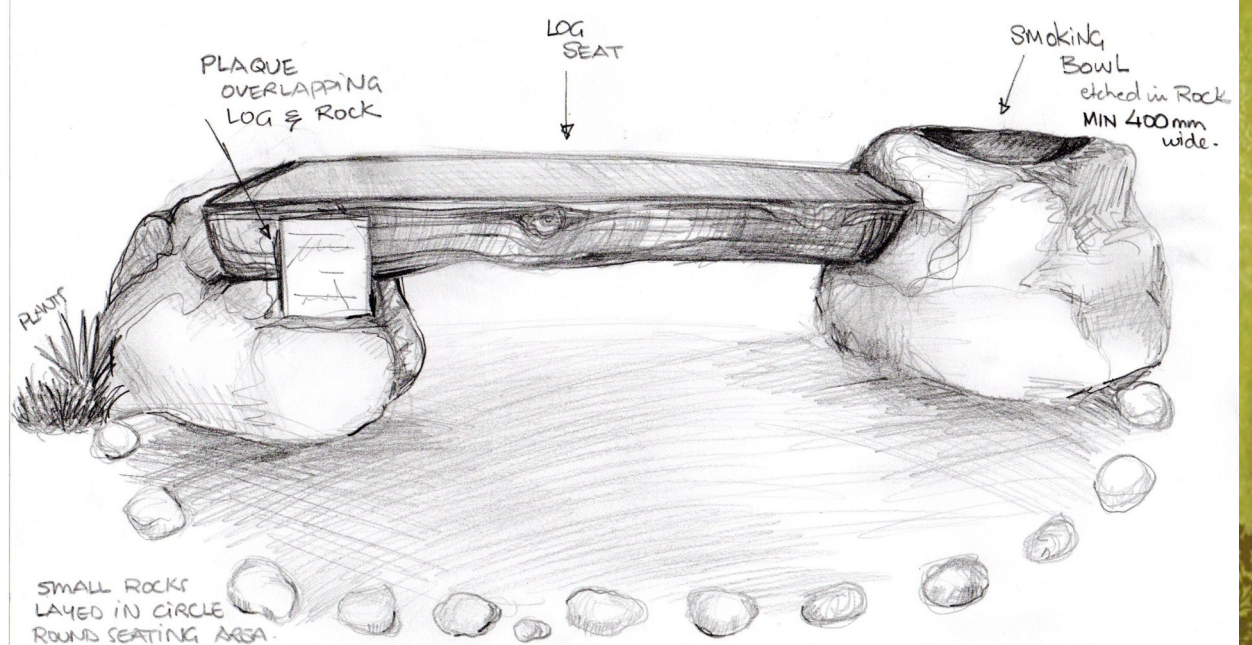


From this.....to this:



Artist's impression of the Water Story sculpture

Most members will be aware that construction of the new shelter is well underway in the central plot area. A water feature/sculpture will also appear in the coming months beside the shelter to describe our water supply in artistic terms. It has been designed and will be constructed by F Project's Becky Nevin Berger. Thanks Becky! The sculpture will be made out of reclaimed timber beams, perspex and metal fixtures and is designed to attract the interest of members and those who visit our wonderful garden.



Several members have been working with local elder Rob Lowe and Michael Steel from Bamstone on the design and supply of materials to construct an indigenous marker at the Garden. It recognises the special significance of the site in terms of its proximity to the racecourse, which was previously an area utilised by the original indigenous custodians of that space. Rob has been conducting tours to the area for some time, telling the story of what occurred during the early years of white settlement and prior. The design (by Elly Rollinson) incorporates the various natural and ceremonial elements that resonate with the Maar (Gunditjmara) nation and it will hopefully be installed in the next few months.

A big thank you to Rob, Michael, Elly and everyone else involved

September planting tips from Gardenate.com

Vegetable	When to Plant	Harvest Time
Asparagus	Plant in garden.	Harvest from 24 months
Asparagus Pea	Plant in garden.	Harvest from December
Basil	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Beans - climbing	sow after frost	Harvest from December
Beans - dwarf	sow after frost	Harvest from December
Beetroot	Plant in garden.	Harvest from December
Broccoli	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Cabbage	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Capsicum	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Carrot	Plant in garden.	Harvest from January
Celery	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from February
Chilli peppers	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Chives	Plant in garden.	Harvest from December
Coriander	Plant in garden.	Harvest from November
Cucumber	Bring on in pots	Harvest from December
Dill	Plant in garden.	Harvest from December
Eggplant	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January
Fennel	Plant in garden.	Harvest from January
Globe artichokes	Plant in garden.	Harvest from August
Jerusalem Artichokes	Plant in garden.	Harvest from February
Leeks	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January
Lettuce	Plant in garden.	Harvest from December
Mint	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Mustard greens	Plant in garden.	Harvest from November
Oregano	Plant in garden.	Harvest from November
Parsley	Plant in garden.	Harvest from December
Parsnip	Plant in garden.	Harvest from February
Peas	Plant in garden.	Harvest from December
Potato	Plant in garden.	Harvest from February
Pumpkin	Frost tender	Harvest from January
Radish	Plant in garden.	Harvest from November
Rhubarb	Plant in garden.	Harvest from 12 months
Rocket	Plant in garden.	Harvest from November
Sage	Plant in garden.	Harvest from 18 months
Snow Peas	Plant in garden.	Harvest from January
Squash	Frost tender	Harvest from December
Sunflower	Plant in garden.	Harvest from December
Sweet corn	sow after risk of frost	Harvest from January
Tomato	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Turnip	Plant in garden.	Harvest from November
Zucchini	Frost tender	Harvest from November





"MORE FOOL ME!"



I love rhubarb. I love the colour; I love the mouth puckering sensation of eating it, I love the look of the ruby stems in the garden. It is not, however, to everyone's taste, and too much of it can have a laxative effect. But when cooked to achieve just the right balance of tart and sweet, and when gently folded through whipped cream, the combination is much greater than the sum of its parts.

The title of this post refers to a quintessentially English pudding, the fool, which along with the trifle, has been around since the 1600's. And once again, for those of you resolutely wedded to precise measurements and methods, this will prove to be a frustrating process – and indeed it is a process, rather than a recipe to be slavishly followed. There are several reasons for this – the tartness of the fruit, your own sweetness barometer, and which foods and flavours have gone before.

If rhubarb is your choice of fruit, remove the poisonous leaves and any tough parts along the stem; cut into 3cm lengths. Melt 2 tablespoons of butter over a gentle heat in a frying pan or oven proof dish and add your choice of sugar – you can use brown, or raw, or rapadura according to your preference. As a rough guide – for 450g of rhubarb, begin with 5 generous tablespoons of sugar. Oranges and rhubarb are excellent friends – add the juice and zest of one whole orange if you like, if not just a little water to stop the rhubarb sticking. Some water will be released by the cooking process so don't overdo it, or you will have mush. Cook gently, either on the stove top or in the oven, until soft but not pulpy. Taste for sweetness, drain off any excess liquid (keeping the ruby juice for drizzling at the end) and allow to cool.

Meanwhile, whip 350ml cream to soft peaks, or if you prefer add 150ml of Greek yoghurt to 200ml whipped cream. Gently fold the rhubarb through the cream so that the pink and white are evenly visible and serve immediately – whilst the individual components of a fool can be prepared ahead of time, once they meet one another they should be served straight away.

Should rhubarb not be your thing, or unavailable, a fool is every bit as successful made with other fruit such as berries. Make a coulis by gently warming either fresh or frozen berries with a small amount of sugar (add vanilla if you wish) until the fruit begins to give up its juices and soften slightly. Allow to cool, crush slightly, and fold through the cream or cream/yoghurt mixture as above.

And, as a final irritant to those looking for neat, orderly instructions, another of my favourite cooks, Nigel Slater, suggests that you can make your fool with a combination of custard and cream instead.

Hope this puts a Spring in your step! Cheers, Melanie

Report from Adrian- for the Chook Crew

It seems our 2 chooks have started laying again so please invite members to check the fridge for 6-packs and to fill out the honesty book - \$2 per 6 eggs. We are hoping to do a bit of refurbishment of the chook house this year and maybe we'll then be in a position to get some more chooks to keep up a more plentiful supply of eggs, and also have the girls available to work over some plots.



Thanks to the chook-caring crew!

If you'd like to be part of the chook crew then please let Adrian Benson know: a_k_benson@yahoo.com.au

Planting Day Working Bee



Hi Members,

Here's a great opportunity to catch up with fellow members, volunteer, get some exercise and enjoy a BBQ!

**10am – Noon Saturday September 5th
at Warrnambool Community Garden.**

We'll be planting trees around the quarry then enjoying a barbie afterwards.

All you need to do is bring yourself along - family members and friends welcome too! If you have a preference for vegetarian food please let us know and we'll cater accordingly.

See you soon, Geoff Rollinson

Hello Everyone,

Wow didn't the weather turned it on for the first day of spring - just a lovely sun-soaking day!

As it is the first Sunday of spring (oh and September) this Sunday I will be holding my regular Open Afternoon. We can chat about all things spring but I am aiming to talk about composting both the normal and the unusual and how we should change our gardening habits with spring in the air. So if you can drag yourselves away from (or include in with) your Father's day obligations, I would love to see you. As usual I will be making a lovely home-grown and produced afternoon tea. Entry is \$15pp.

Also a note to put on your calendars for the following Sunday (13th) which is Sustainable House Day. Tina and Arthur Stubbs will be opening their amazing straw-bale home (off Sharkey's Rd, Warrnambool side of Port Fairy) for the day (10am - 4pm). I will also be there with others to discuss and take enrolments for the sustainable programs that we will be running based from there over the next 12 months. Check the SHD web site for more details.

And for those of you in or around Port Campbell - don't forget next Monday's (7th) Food Swap 6pm at the Community Park.

Best wishes to all,
Kylie Treble
0417 781 343



Hi members,

A visitor to our garden has brought some program guides for the upcoming Port Fairy Festival of Words, which includes topics that may be of interest. You may have heard of Clive Blazey or sourced seeds from his business, the Diggers Club on the Mornington Peninsula. Clive has authored a number of books on gardening and is speaking at the Festival of Words on Saturday 12 September.

If you are interested, the program is online at www.exlibris.port-fairy.com, or you can email the organiser Margaret (thanks for dropping the programs in Margaret!) to exlibris@port-fairy.com

We are also in the process of adding a number of new items to our library in the HUB. So please feel welcome to have a look soon if you are interested in borrowing one. You can also contact me with any comments or questions about the library.

Thanks and enjoy the Spring!

Christian

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Haiku's by Christian

When with joy behold;

tender green and happy gold,

Growing has begun.

I lie underneath-

waving branches, frozen cold

When will warmth return?

Take my hand in love,

mere friends we, in love with Spring!

joined we outward look.



Two stories from abroad (well from two top broads actually ;p)...

Foreign Correspondents' Clare Vaughan and Tina Reilly

I love a zelena tržnica (green market)!

My awareness of the steady passing of the seasons is in overdrive here in Croatia. We go to the zelena tržnica (green market) often and I'm enjoying buying and eating delicious fruit and vegies that taste as they should.

I know it's a bit tragic to admit this but I felt a bit sad as the cherry season was coming to an end a couple of months ago. I was soon comforted by the fact that after the cherries came all sorts of bobice (berries... maline, borovnice, kupina, crveni struje!). Before I could miss the berries the stone fruit and melons were available and now the grapes are in and I've got pears and apples to look forward to next.

This leads me to the other reason why I love going to the zelena tržnica... it makes me practice speaking Hrvatski; not just the names of produce but also the amount I want and the cost. Market sellers usually smile with encouragement as I slowly sound out my words...or maybe they smile at me to distract me from the fact that they just doubled the price for me...I wouldn't know! I do know that I get a lot of pleasure from shopping at the green markets and noticing the new season produce coming on!

My mother-in-law Gena would be proud of me as I carefully select and ask for kupus, luk, mrkve, rajčice & paprika for our salata! Now I'm showing off that I know so many words! Google translate is handy :)

The sign 'domaca' always draws me in... in Croatian it means home grown or home made. These were domaca nectarines below and gosh they were good.



Stone fruit at Zagreb's Dolac Market in July



August in Vukovar market!



Vodece market in August. Dried figs, grapes, tomatoes and capsicum. It's a tourist spot so there are bananas from Ecuador!



Island of Cres zelena tržnica (green market) in June.



Choosing dinner at the supermarket

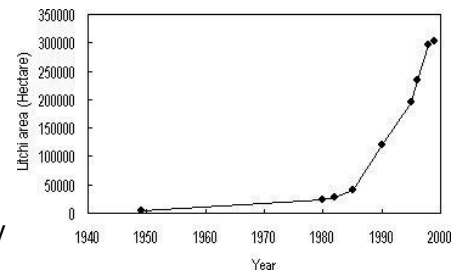


Market vegetables

nǐ hǎo 你好 !!



I am writing to you from Guangdong Province in China – where I will be for 6 weeks until mid-September. Our school has brought 45 students over here, and we are living at Utahloy International School. It is on the outskirts of a city called Zeng Cheng which is about a 2 ½ hour drive from Hong Kong. The campus is in a Botanic Garden, so the grounds are very picturesque. There are 140 gardeners here, who are constantly pruning, whipper snipping and keeping things looking beautiful. There is no ride-on mower in sight, and the grounds are about 4 times as large as our garden so they definitely have a lot to do! Yesterday it was 37 degrees and the humidity is intense. This area is the biggest lychee growing area in China. Production of Lychees has increased by nearly 30 fold since the 1950s.



I was reminded of our Community Garden recently as we went on a bike ride through the nearby village and lychee forest. There were many people tending to their crops of melons, eggplant, cucumbers and leafy greens. Meanwhile the older generation were in their houses looking after the little children who bounced out full of laughter and curiosity as we rode past. China is full of extremes and contrasts. A man ploughs his rice field with an ox, while teenagers hang around in Starbucks in town. People sell fruit on street corners, while big name supermarkets have a wide selection of imported foods. Some young people have T-shirts with slightly funny English sayings e.g. "Restaurant Name", "Condensation" and my local taxi driver had some English – but his phone ringtone was a familiar song by an English Band called Passenger. The world is certainly getting smaller and people are sharing and learning from faraway places and cultures. This also makes me feel it is more important than ever for us connect to our local community and eat local food.



I have loved exploring supermarkets, which have a section that we would expect to see at a Farmer's market or whole-foods store. There are many kinds of rice, herbs, dried squid and fish, loose-leaf tea, 10 kinds of mushrooms that you can measure and weigh yourself. There is also a live produce section where locals come to choose their turtles, shrimp, crabs and fish. At a local market – see picture – there were live snakes and small birds that looked like kingfishers for sale (all for eating).



I am soaking it all up here and enjoying the warmth, the new scenery and practising my Mandarin. However, I look forward to returning to the Warrnambool Spring and tending to our little plot. It's the simple things. I hope this finds you all well. Bye for now and see you later in September. Tina



A big THANK YOU to.....

- All of the WCG Committee members for putting in a huge amount of time and effort, especially with particular projects that require a big investment of time, energy and expertise. Please let the Committee members know if you would like to be involved
- Hannah Chisholm: for your huge effort during your time as Garden Secretary. We wish you all the best in all of your other endeavours, and look forward to seeing you around the garden
- All the Communal Plot gardeners – especially Robyn Drechsel for coordinating everything
- Dave Mitchell and all of his helpers – for building our amazing new shelter
- Christian Shultink – for his lovely haiku's, and other contributions to this newsletter
- Clare Vaughan and Tina Reilly – for their beautiful stories and insights from afar
- The chooks – for being faithful layers and feathered friends. And thanks to all their carers
- Work for the Dole crew – for their consistent hard work in making our garden a better place



THANK YOU

A big thanks to all the newsletter contributors!

Thanks to everyone for all your efforts to keep our garden community thriving



A photo of the mulch pile up high over the quarry ridge. It might not look like much of a photo, but it's a good story. There were some introduced species of trees up near the western boundary that were not good in the long term. However they have now been removed and mulched - ready to go on paths. So this is a good example of WCG becoming a 'closed system' - minimal transport etc and instead, just using what is made onsite. By Christian



Here are some recent pics of a few garden plots. Enjoy the bountiful growing season everyone! Happy gardening and healthy eating :)



It is Spring
And man has ruined everything;
Every thing he touches,
Every thing that falls into his clutches,
Politicians clutch at lies and get elected.
I'm not represented or dejected.
What are leaders for?
They all believe in war;
The mess of lies. Power is a curse.
The lies they tell themselves are worse.
I am represented by a bird
That builds a nest and has not heard
The rotten lies.
It sings and represents me as it flies.

