



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

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Autumn EDITION—March 2016

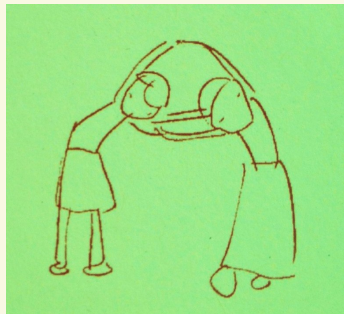
Autumn. A time of change, colour, harvest, slowing down, preserving and replenishing. What is it for you? It's a wonderful time as the garden gets some relief from the heat and we enjoy some mild evenings and the creeping in of crisp mornings. But as Justin Russell mentions in his 'Organic Gardener' article for March—Autumn, for some "feels like an irrevocable plunge into winter darkness and there's a genuine feeling of despair." May we be reminded in this season to look out for and connect with those in our close and wider circles who need extra help and support and help them tend to their 'plots'. We hope that you are feeling excited about the season to come—and get your fruit trees fertilised, your green manure crops in, garlic planted and perennials divided.

In this edition...

- The Big Quarry Question
 - Communal Plots update—full of photos and good news
 - Delicious Recipes
 - Kylie Treble's Latest
 - Have a giggle with some top Vegie Jokes!
 - Workshops galore!!! Sign up!
 - Our new Indigenous Acknowledgement Space
- Happy Days—there's so much to look forward to.
Claire and Tina



It IS possible to grow straight carrots! A harvest from the communal plot.



Drawings by Trish Hay (1980-2016) who loved everything our garden represents.



Above: Tuesday gardeners enjoying a meal together.

Below: Literally planting by the moon :)



WCG acknowledges and respect the past and present custodians of this rich and fertile land.



What will our quarry become? Geoff Rollinson Explains...

Located in the heart of our garden space, the quarry is a feature that inspires many a thought, and for others triggers memories of former times. For some years now we have been musing over its future use, thus the push to set up the Quarry Consultation project.

Bruce Campbell has been selected as project coordinator, assisted by Geoff Rollinson and Garden members Keith Fisher, Christopher Worrall and Dave Mitchell. Bruce is currently setting up a reference group consisting of WCG members and representatives from Wannon Water, Warrnambool City Council and DELWP. Each of these bodies has an interest from a planning or infrastructure perspective.

Through Julie we managed to secure \$6500 funding from the David and Isobel Jones Foundation, which will be used to carry out project planning and community consultation work. It may well get us to the point of having 2 to 3 well-defined options for its future use.

As members may have noticed, the quarry has now been cleared of the large woody weeds and the lower surface has been levelled to an extent. We're looking at options to move forward with the weed management plan as part of preparing the space for it to become a "blank canvas" to work with.

So what is the expected outcome of the quarry consultation project? According to the associated terms of reference, it is to set up a consultation process that is open to community garden members and the public. It aims to develop a preferred option for the quarry that is visionary and realistic (with costing), that aligns with the community garden's values, purpose and goals, and will be a strong feature of the garden for our members and the general public.

Thanks to Dave Mitchell, Dave Stockdale (Stocky), Peter Austin. and their teams for all of the work you do!

Pictured below: The Quarry site.

Getting out and about in the garden!



Above: Young Gardener Hudson and Mum Candice enjoy a monthly Tuesday community meal.



Above: Communal Plot Summer Bounty

Below: A familiar sight in Summer



SUSTAINABILITY FESTIVAL and ANNUAL PLANNING UPDATE

As part of the Warrnambool Sustainability Festival we held two free workshops at the garden on February 20th with funding assistance from Warrnambool City Council. Both were popular. Run by Marie Economedes from Nature's Way Sanctuary - the first covered an Introduction to Everything About Herbs and the second the mysteries of Moon Planting. Several of our members also ran garden tours for interested people.

Other suggested workshop topics from our annual planning are:

Bushfoods

Fruit Tree care, Fruit Tree pruning and Fruit Tree grafting

Building Wicking beds

Vertical gardens

Habitat Gardening

Keeping Backyard Chooks

If you are interested in helping plan for these workshops, please contact Julie Eagles



Above: Kevin and Joyce Sparrow enjoying the Sun and the workshop.



Above: Tuesday Communal Gardeners group cooking preserves for the Sustainability Festival fundraising hamper. Photo from Candice Guillaumier

Below: The Shelter being used as a learning space.



A suggested motto for us this year is...

"Warrnambool's Community Garden provides fertile soil for ... sharing food, knowledge and community."

28 people came along to our annual planning held on Wednesday January 27th. It was facilitated by garden member Roy Reekie. Roy says "Boiled down to basics, this is what people said about the garden's strengths:

- ♦ The things that bring us together are important and valued
- ♦ Work-for-the-dole is a strength and an asset
- ♦ The built environment and other visual things like art are important
- ♦ Creating art is an important development
- ♦ These things 'draw people in'. They are our 'fertile soil'"

Our list of priorities for garden projects and work for 2016 was discussed and shared and people added their names to areas of interest. This list was shared in our member email out of 12th Feb. And it's also posted on the HUB noticeboard.

If you are still interested in putting your name down to be part of any of the key work areas/projects for 2016 – please contact the following 'lead' people or send an email to Jess our Secretary warrnamboolcommunity@yahoo.com.au

- ♦ Mosaic Art – stage 1 pizza oven, fiona@livearchitecture.com.au
- ♦ Quarry Consultation Reference Group grollinson@netspace.net.au
- ♦ Herb Garden superstocky1969@yahoo.com.au
- ♦ Kids in the Garden llewellyn@llewellynwishart.net
- ♦ Chooks at the Garden david67mitchell@gmail.com
- ♦ New Member information Pack daltonhannah@hotmail.com
- ♦ Workshop program julie.eagles@bigpond.com
- ♦ Bushfood Landscaping Project julie.eagles@bigpond.com
- ♦ November Launch of Indigenous Acknowledgement and Bushfood area. julie.eagles@bigpond.com
- ♦ Communal Garden Ideas and Plans clare.vaughan@gmail.com, jen-nie_miller1@yahoo.com.au, robyndrechsel@gmail.com

If you are interested to read Roy's full report from our annual planning, it is available via our Secretary and will also be posted on the HUB noticeboard.



Keith and Di know that good cooks always clean up.

A word from Kylie Treble at

The Place of Wonder

Hello Everyone! It's official and very exciting! Thank you to all the people, family and friends who have helped me get to this stage.

Beginning February 2016 the Green Garden Kitchen at The Place of Wonder will be open for bookings on Thursday and Sunday evenings and Sunday lunches.

My Kitchen offers a vegetarian banquet dining experience with a seasonal selection of five savory and three sweet home grown and locally sourced dishes. My Green Garden Kitchen caters for special food preferences and accommodates couples and groups of up to twelve people.

An introductory rate of \$55 per person is current which includes the eight dish banquet, aperitifs and non-alcoholic beverages. An optional garden tour is also

available. Bookings are essential and can be made via email to info@theplaceofwonder.com.au or by calling me on **0417 781 343**.

Also check out the Workshops below... Commencing at The WCG on Saturday the 2nd of April at 10am I will be talking, practicing and demonstrating about produce keeping and storage.

Although we may dip into related aspects I am keen to cover the impact of the timing of harvest on storage, low or no energy storage options and the varieties which are well suited to storage. So come along, learn a bit, swap a yarn and connect with others.



GROW YOUR OWN FOOD

With Kylie Treble

2016 WORKSHOPS



Preparing and preserving your produce at Port Fairy Community House 10am-1pm Tues and Thurs

| | |
|--------|--------------|
| 17 Mar | Zucchini |
| 21 Apr | Apples |
| 12 May | Lemons |
| 16 Jun | Fermentation |
| 8 Sep | Rhubarb |
| 20 Oct | Silver beet |
| 17 Nov | Potatoes |

For bookings and more information
5568 2681
Lucy.m@portfairycommunityhouse.com.au



Sustainable and cost-effective gardening at Natures Way Sanctuary 10am - 2.30pm Sundays

| | |
|--------|----------------------------------|
| 17 Apr | Year around vegetable production |
| 15 May | Orchard care |
| 21 Aug | Eating and cooking |
| 16 Oct | Propagation |

For bookings and more information
0407 567 399
natureswaysanctuary@gmail.com



Opens the Door to Sustainable Living

Making the most of your resources at Warrnambool Community Garden 10am - 12noon Saturdays

| | |
|-------|----------------------------------|
| 2 Apr | Produce keeping and Storing |
| 2 Jul | Time effective gardening |
| 1 Oct | Maximising space and climate |
| 3 Dec | Efficient use of water and mulch |

For bookings and more information
0429 928 511
warrnamboolcommunity@yahoo.com.au



Pumpkin Curry

Serves 15 (Thanks to Chamari for the recipe)

3kg Pumpkin
2 onions
2 chillies
Curry leaves
2tsp pepper
6 garlic cloves
Tin coconut cream
2 tsp curry powder
2 tsp salt
Turmeric
Water



Method

1. Cut pumpkin into 1 inch pieces
2. Chop onion, chilli and curry leaves and add to pumpkin in pot.
3. Add the turmeric, salt, curry powder and water and bring to the boil.
4. When the pumpkin is tender, add the coconut cream, grated garlic, ground pepper.
5. After 2-3 minutes it is ready to serve – with rice and yoghurt dish (recipe on next page.)



Communal Plot Happenings

Another summer draws to a close and what a glorious one it has been. Lots of sunshine and warm days so the communal plot team have been very busy ensuring all plants were regularly watered (thanks to our regular waterers), fertilised and weeded so we could all reap the benefits. And reap we have! Produce has included zucchinis aplenty, cabbages, beetroot, lettuce, cucumber, peppers, onions, chillies, tomatoes and eggplants to name just a few. Our garlic was harvested early in the season, plaited together for storage by Clare and has been used steadily in our preserves and monthly lunches.

We have been extremely lucky with a steady increase in the number of 'workers' who are coming on Tuesday mornings ably led by Robyn. This has meant we have not had any excess produce for sale this season but we have managed to make preserves for sale thanks to Evelyn, Robyn and Di (who is rapidly becoming known as our second queen of preserves). It's always a good idea to check the HUB to see what is available.

The WCG recently supported the Council's Sustainability Day with workshops and tours at the gardens and a stall on the Green. Many thanks to all the volunteers who made bread and butter pickles for sale and put together the produce hamper for the raffle on the day. The stall with preserves and the raffles (including also a 'Guess the weight of the pumpkin') was well manned by members. The 'man' of the day award went to Keith who worked on the stall all day even though it was his birthday! His dedication was rewarded however, as he won the produce hamper raffle.

Please remember that any members are welcome to spend some time with us in the communal plots on a Tuesday morning. Two hours work for a cuppa and sharing of produce is a pretty good exchange?! Our monthly lunches are held the first Tuesday of every month and are well attended. Twenty-two grateful people (a record number of attendees) were present at March's feast of pumpkin curry with dhal, rice, salad and a yummy yoghurt mix. Recipes for the pumpkin curry and dhal are provided in this newsletter for you to try and enjoy.



Above: On the Green at the Sustainability Festival Keith, Chris and Gran.



L-R—Chefs Clare, Chamari and Keith., Alan with the first of the pumpkins - Cinderella, Queensland Blue, Musquee de Provence. Chamari with her curry, dahl and yoghurt delights and below, Keith the King of the Pumpkin.



We are still keen on having a communal plot working group on Sundays once a month to attract either existing or younger would-be-gardeners who work and cannot attend our Tuesday morning sessions. If you are interested and/or know someone whom you think would benefit, please get in touch with Jennie Miller on 0421568248. The first session is planned for Sunday, 10th April from 2.00 – 4.00pm.

Have a very Happy Easter later this month, hopefully chilling out, not eating too much chocolate, and spending time with your family and friends.

Written by Jen Miller (Committee member) & Clare Vaughan (one of our inaugural communal plot gardeners)

Healthy Red Lentil Dhal Recipe Thanks Chamari for the recipes!

Ingredients

- 1 cup red lentils
- 3 cups hot water
- 1 teaspoon ginger/garlic paste
- 1 teaspoon turmeric
- ½ teaspoon yellow or black mustard seeds
- ½ teaspoon cumin seeds
- 1 onion sliced finely
- 1 tablespoon oil

Method

Heat oil in saucepan and fry ginger/garlic for approx. 2 minutes. Add hot water.

Wash red lentils and put into water. Add salt, turmeric. Bring to boil and simmer for 10-15 mins. stirring once or twice. Heat oil in another saucepan and fry onion until light brown. Add mustard and cumin seeds and fry until mustard seeds start popping. Take off heat immediately. Add onion mix to lentils and stir through. Delicious served with plain cooked Basmati rice.



Goes so well with this yoghurt dish

500ml of Jalna natural yoghurt
1/2 cup milk
Chopped cucumber, tomato, bell pepper, onion and coriander
Mix all together and add salt/black pepper and healthy squeeze of lemon or lime juice.

Public Launch of our Bush Food and Indigenous Acknowledgement Area

There has been great interest and positive feedback about the beautiful Indigenous acknowledgement now on site at the community garden. Designed by Elly Rollinson and built by Bamstone, the seat was delivered on site on February 12th. Landscaping works in this area will now go ahead with Stage 1 expected to be finished by mid July and stage 2 by mid November. The landscaping is a Work Experience/Work for the Dole project led by Dave Mitchell with assistance from our other supervisors, Dave Stockdale and Peter Austin and in partnership with Australian Plant Society via Kevin and Joyce Sparrow and with Fiona Golding taking a lead on the beautiful design and plans and costings.



L-R seated Daphne Lowe, Rob Lowe Snr, Geoff Rollinson, Tracey Roach, Fiona Golding. Standing L-R Kirsty Hawkes and David Mitchell.

Rob Lowe says many thanks for making this acknowledgement happen - it is, he said something very, very special and that he can't believe it has actually happened! Once the work in this area is more advanced, Rob would like to start bringing school and other groups into the garden to the seat as part of the cultural awareness tours he does. Tracey Roach will paint the seat with a design inspired by local stories over the coming months.

What a great team effort this has been. Well done to everyone involved in getting us to this point. Bamstone gave us a significant discount, Gwen and Edna Jones Foundation gave us \$2,500 and David and Isobel Jones Foundation have said they will help us to top up the shortfall for this area, so that is great. Special thank you to Geoff Rollinson, who has been key in helping to bring the indigenous acknowledgement seat from an idea to reality.

Written by Julie Eagles

We are thinking we will do a small members and committee launch sometime in the coming months so Rob Lowe Senior can light the smoking bowl and tell the story he has told many times to groups at our garden gate about why this area is significant. We've talked also about doing a bigger public event once the bush food landscaping works are near completion in late November with music, dance and food. We haven't settled on a date yet but if you are interested to be part of the organising for this event please let Julie know.



Geoff Rollinson, David Mitchell and David Stockdale positioning the timber seat of our Indigenous acknowledgement seat designed by Elly Rollinson and built by Bamstone.



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FB: Nature's Way Sanctuary
Tina: 0487 238 624
Pauline: 0407 567 399

Our mission is to create community by providing a place of learning, sharing and experiencing sustainable living practices through courses, workshops and demonstrations facilitated by experienced and trained presenters.

GET INVOLVED WITH THESE INTERESTING AND INFORMATIVE WORKSHOPS

Saturday 12th March 8.00 – 4.30 - Stone Wall Building with Alistair Tune

Basic knowledge to construct a free standing dry stone wall. Topics covered include, safety, stone selection, set up and construction principles, wall types, uses and styles.

Sunday 13th March 9.30 – 3 - Moon Planting with Maria Economedes

Using the Moon's cycles to our advantage in the garden.

Saturday 19th March 9.00 – 3.30 - Backyard Bee Keeping with Fraser McKenzie

The Basics of Backyard Bee Keeping including "pack down" for winter.

Saturday 2nd April 8.00 – 4.30 - Stone Wall Building with Alistair Tune

Basic knowledge to construct a free standing dry stone wall. Topics covered include, safety, stone selection, set up and construction principles, wall types, uses and styles.

Sunday 10th April – 9.00 – 3.30 - Backyard Bee Keeping with Fraser McKenzie

The Basics of Backyard Bee Keeping including "pack down" for winter.

Wednesday 13th April 10.00 – 1pm - Organically Controlling Bugs in Your Garden with Marie Economedes.

Using plants and herbs to manage common pests in your garden.

Sunday 17th April 10.00 – 2.30 - Year Round Vegetable Production with Kylie Treble

Plan and prepare for the year's vegetable production.

Saturday 23rd April 9.00 – 12.30 – Moon Planting

Saturday 23rd April 1.30 -5 - Introduction to Bush Foods with Marie Economedes

Growing, harvesting, storing and using local indigenous bush foods.

Sunday 24th April 8.00 – 4.30 - Stone Wall Building with Alistair Tune

Basic knowledge to construct a free standing dry stone wall. Topics covered include, safety, stone selection, set up and construction principles, wall types, uses and styles.

Saturday 7th May 9.30 – 2 - Food Forest with Rebecca Phyland

Planning the backyard Food Forest.

Saturday 8th May 9.30 – 3 - Moon Planting with Maria Economedes

Using the Moon's cycles to our advantage in the garden.

Sunday 15th May 10.00 – 2.30 - Orchard Care with Kylie Treble

The basics of planning and caring for your orchard.

Sunday 22nd May 8.00 – 4.30 - Stone Wall Building with Alistair Tune

Basic knowledge to construct a free standing dry stone wall. Topics covered include, safety, stone selection, set up and construction principles, wall types, uses and styles.

Saturday 4th June 9.30 – 1 - Indigenous Coastal Gardens with Rebecca Phyland

Discover the wonders of our local Indigenous plants and how you can use them.

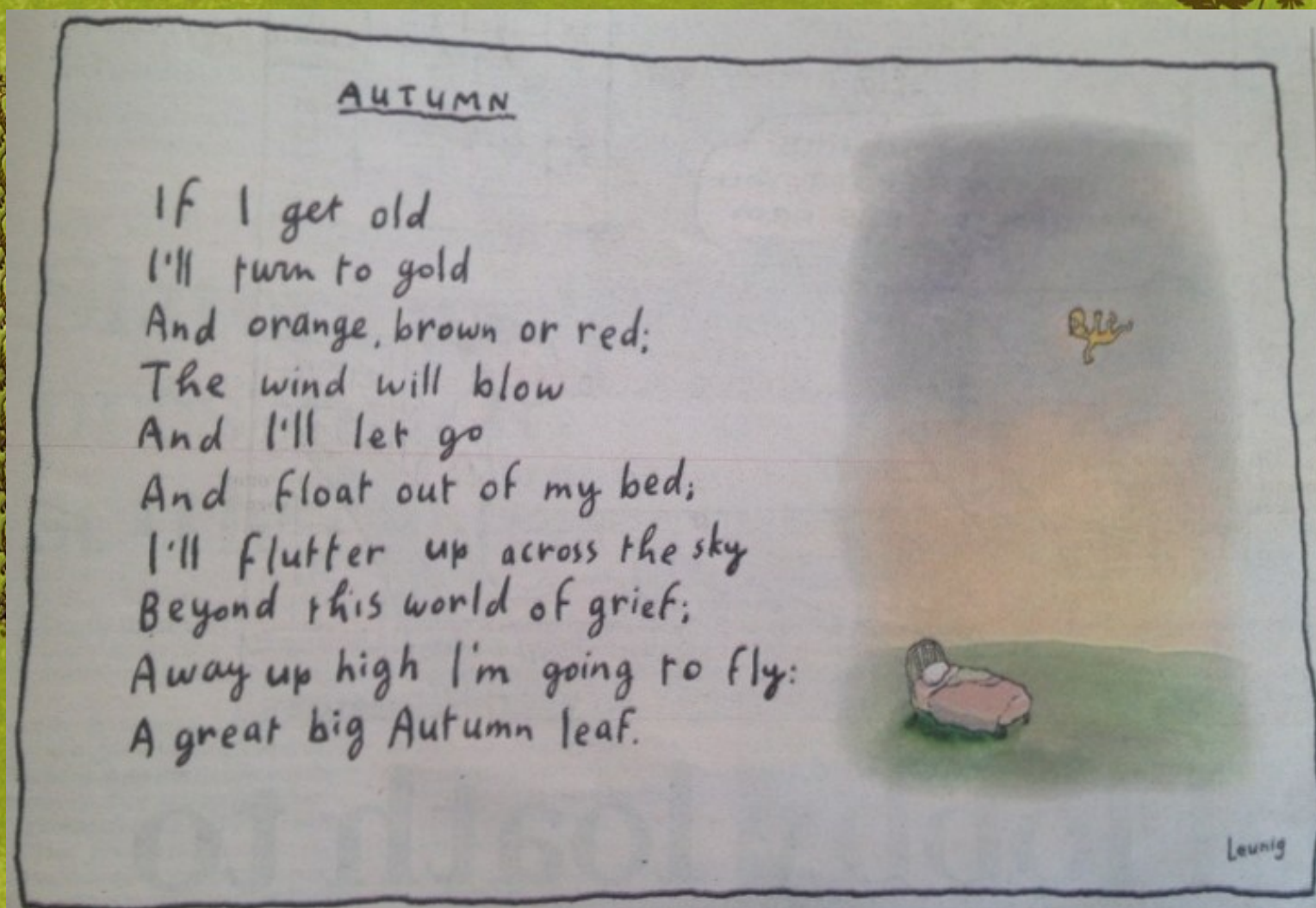
Please contact nature's way for more information.





A Big Thanks to....

- ◆ All the contributors to our newsletter.
- ◆ Communal gardeners and chefs for sharing their produce and cooking.
- ◆ Clare Vaughan for all of the energy she has put into the committee over the years and for her genuine and infectious love of getting people together to share produce and food.
- ◆ The committee, helpers and initiators with our new garden works.



Wondering what to do with your excess apples, lemons, potatoes, spinach, eggs, tomatoes, kiwifruit, rhubarb, peaches, herbs, etc?



Join us in another aspect of community spirit by exchanging food, ideas, plants, gardening hints, etc at the

PRODUCE EXCHANGE

Under the auspices of the Warrnambool Night Owls CWA

No MONEY CHANGES HANDS



Open to everyone who has produce to share. Place your excess food on the communal tables and choose something you would like in exchange.

10 - 11am

Dates for 2016 (1st Saturday of the month)

6th February, 5th March, 2nd April, 7th May, 4th June, 2nd July,
6th August, 3rd September, 1st October, 5th Nov, 3rd December

CWA Hall, 30 Kepler Street, Warrnambool

Enquiries: Sandy Vanrenen 0409 185 066
or Merrin Hartrick 0427 894 199

sonatural2@gmail.com
merrin3280@gmail.com

Hahaha are you Joking???

- What's the fastest vegetable?
A runner bean
- Why did the Tomato go out with a prune?
Because he couldn't find a date!
- Why did the tomato blush?
Because he saw the salad dressing.
- Why do fungi have to pay double bus fares?
Because they take up too mushroom.
- Why do potatoes always argue?
Because they can never see eye to eye.
- Why did the carrot get embarrassed?
Cos it saw the chick pea!
- What is small, red and whispers?
A hoarse radish!
- When do you know a snail is lying?
When he tells you he's not at home!

Thanks Julie Eagles for the laughs!

Hoping this season brings you all that you want and need—in and out of the garden. Happy days and G'day from Hugo (the newest member of WCG)

