



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

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Hello Everyone—Happy Autumn. Yesterday was the most beautiful end to Summer. The ocean was clear and glassy, there was hardly any breeze, we had warm sunshine and a generous shower of rain.

Our garden is looking superb and is overflowing with produce. Autumn is the season to enjoy all the hard work and bottle it for the future. In this edition...

- Lots of news to keep you up to date
- John Madden shares some ideas
- Leunig on Autumn
- A Preserving workshop with Val and Leo
- Photos of our garden
- A Visit from Deakin Students
- Kylie Treble's Tips
- Communal Plot Update
- Plus loads more....

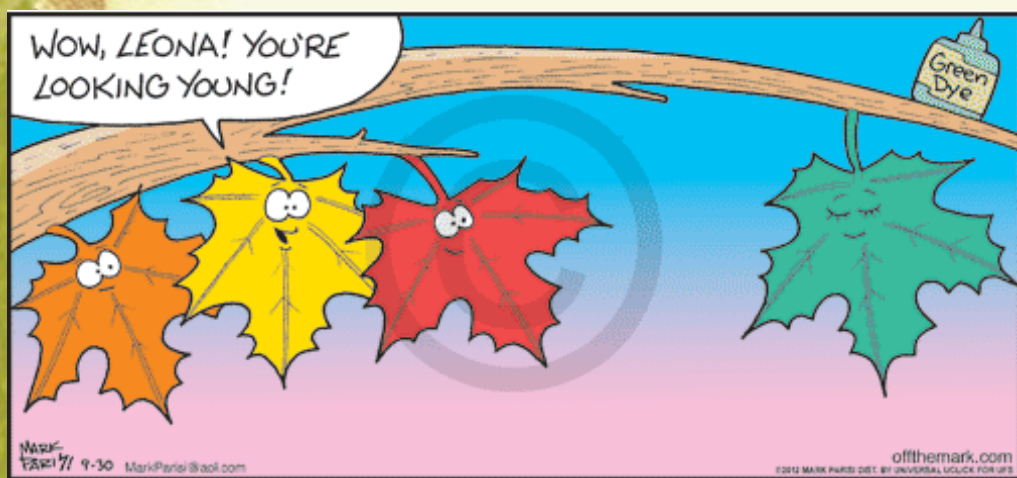
There's so much to look forward to—See you at the Garden for a Friday afternoon produce swap and chat.

## Marching into Autumn EDITION—March 2015



This photo was taken at our garden by Claire Bishop.

Next edition we will be asking for your input. So over the next 3 months try and capture photos of our garden, its people and your produce as best you can. We will use them to add some colour to our Winter Edition.



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

## Pumpkin Patch on steroids!



What an amazing specimen! Well done to George and John for growing this whopper. Unfortunately one of the giant ones came to a premature end—i.e. was stolen!...But the others are still hanging in there!





## What's Happening Around the Garden and Messages from The Committee.

### Harvest, share, swap & catch-up on Friday Arvos @ WCG from 4-6pm

- Communal plot vegies & preserves for sale. Bring a few goldies to buy produce.
- Swap your home-grown vegies or preserves with other members.
- Tend your own plot or help pick and potter in communal plot.
- From time-to-time our musos will play a few tunes.

Come along and enjoy our beautiful garden on the 'best arvo of the week' at the 'best time of the year in Warrnambool - Autumn.'



### 'Bring a friend' who might like to become a member



Dear members, we'd like you to help boost our membership by **'bringing a friend'** who might like to become a member! They can check out the garden, meet other gardeners and share in the harvest where produce is available. If they take out a membership and even better...snap up a vacant plot then that's great. Tuesday mornings and Friday arvos are great times

for potential new members to visit the garden.

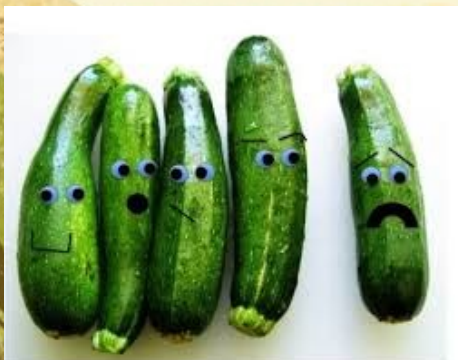
### Preserves and cooking

Members interested in cooking and preserving produce are most welcome to help out. The best way is to pop in to the garden on a Tuesday morning or Fri arvo and ask for Evelyn, Mark Wilson, Anne Maree or Jennie Miller.



These guys have a flare for food and flavours and are creatively combining ingredients to tempt your taste buds. There are jars of zucchini and rhubarb relish, spiced tomato relish and dill cucumbers in the preserves cupboard and containers of tomato passata (a great base for a pasta dish or casserole), zucchini soup and frozen beans in the freezer. For sale in the HUB. Please note: It's appreciated if you return clean jars and freezer containers to the HUB after use.

- Evelyn  
Garth



## Fresh Food Goodness

Each fortnight, usually on a Friday afternoon, Paul Clancey from Wannon Water loads a trailer with organic waste from staff lunch rooms and does a drive by the racecourse to top the trailer up with manure and straw from the stables and delivers the load to our cold compost bins near the front gate.

As a way of saying thanks to Paul and to show staff that their small effort to separate their waste is used and appreciated by others, we invited them to come to the garden to pick some vegies from the communal plot for Wannon Water staff to share. It was great to be in a position to return the favour by refilling their buckets with *Kale, Cucumber, Zucchini and other fresh produce.*



Cat Huff and Paul Clancey in the communal plot

## Chook Team



There is a chook crew that Adrian Benson is leading. Anyone who'd like to be involved in making the lives of our chickens healthier and happier is welcome to be involved. First meeting took place Saturday 28th Feb. Please contact Adrian if you're interested in getting involved. [a\\_k\\_benson@yahoo.com.au](mailto:a_k_benson@yahoo.com.au)



## Don't Lose The Plot!!

There are vacant plots ready for someone to take over and grow things in! Please contact the garden if you or any friends are interested!



# Vegetable Planting Guide

## *A Guide to When Vegetables Can Be Planted In Autumn in the Western District of Victoria*

### March

**Inland:** Broccoli, brussel sprouts, cabbage, cauliflower, leeks, lettuce, peas, shallots, spinach, swedes, turnips.

**Coastal:** Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, leeks, lettuce, parsnips, peas, radishes, shallots, silverbeet, spinach, swedes, turnips.

### April

**Inland:** Broccoli, cabbage, cauliflower, leeks, lettuce, peas, shallots, spinach, swedes, turnips.

**Coastal:** Beetroot, broccoli, cabbage, carrots, cauliflower, garlic, leeks, lettuce, onions, parsnips, peas, radishes, shallots, spinach, swedes, turnips.

### May

**Inland:** Broad beans, broccoli, cabbage, cauliflower, garlic, lettuce, onions, peas, shallots, spinach, swedes, turnips.

**Coastal:** Broad beans, broccoli, cabbage, carrots, cauliflower, garlic, lettuce, onions, peas, radishes, shallots, spinach, swedes, turnips.

### Source:

<http://members.dodo.net.au/kbears/month.htm>

Thanks to John Madden for this information!

And a wise word from the man himself....

*"Members should not be deluded by seed/seedling companies into believing that Warrnambool is in a temperate zone. This is very much a cold zone".*

## Worm Tea and Worm Castings available

2 litre bottles of worm tea are available for sale to members from the big box near the blackboard at the front gate. When it is not too hot, there will also be small containers of worm castings in the box too. A walnut sized amount of worm castings beside a newly planted seedling will provide a water supply and nutrients for the little ones to bound out of the ground.

- Terry Lowen



## Getting out and about in the garden!



Evelyn's Ginormous Zuc!



The flowers are blooming





# Communal Plot Update



It is always rewarding to come to the end of a planting cycle when you start to reap the results of the hard work undertaken by an enthusiastic band of community garden members.

Over the past few weeks we have been enjoying cucumbers, zucchinis, eggplant, beans, kale, potatoes, tomatoes and sweet corn (a variety called Honey and Cream sourced by our seed man extraordinaire, John Madden) that was to die for! Let's also not forget the sneak to the strawberry patch for three or four sweet treats! If you're a member and haven't yet discovered this plot, you're missing out.



As we've said before, in the communal plot we grow food to share. We still have our regular monthly get-together lunch (first Tuesday of every month).

With many of us imbued with our mothers' motto of 'Waste Not, Want Not' a number of cooking events have occurred in the HUB kitchen demonstrating the value of team work!! Anne Maree and Maida whipped up the tomato, roasted garlic and onion passata, Robyn, Clare and Mark 2 prepared the garlic, scallions and beans for cooking and I threw together a zucchini soup made all the more delicious by the inclusion of four different varieties of zucchini. Our preserves queen, Evelyn, Mark 1 and Pauline Moloney have made zucchini relishes, dill cucumbers and spicy tomato relish.

All of these cooked products are available for sale and can be found in the HUB, either in the freezer or preserves cupboard for a couple of gold coins (say \$2 - \$5). The actual amount is up to members; being mindful that it's good to reward growers and cooks for their efforts. Please help yourself or buy it from us on Fri Arvos).

Over the next month or two we should continue to experience a tomato avalanche, more eggplants (hybrids Heirloom, Fairy Tale, Listada Di Gandai, Black Beauty) our capsicum/pepper varieties will mature and the pumpkins will ripen.



Our pumpkin patch is the result of work by John and George and contains varieties originating in Australia, USA, Japan, France and other parts of Europe. The incredible array includes Ironbark, Australian Butter, Queensland Blue, Jarrahdale, Triamble (Australian heritage) and PotiMarron and Musquee de Provence (French heritage). In addition, Golden Nugget, Futsu, Dutch Crookneck, Lakota, Wrinkled Butternut and Bush Table Queen are featured. We will have to wait a little while yet before tasting but look out for a blackboard message, email or Facebook post inviting you to a pumpkin tasting session!



So with some of our beds depleted of produce but thriving on a compost boost, it's been a perfect time to plant seedlings and John has delivered yet again and we have been planting broccoli, kale, cabbage beetroot, lettuce, Asian greens seedlings. Names of these seedling varieties are in the plots and details a will be provided in next month's newsletter but as a teaser one special kale variety may well be the first of its kind grown in an Australian community garden!

**Written By Jennie Miller & Robyn Drechsel**



## Weed Management Updates from WCG member Peter Austin

**The Weed Walk and Talk at the Garden Saturday March 14 from 2.30-4.30pm** ALL members are encouraged to come along.

The **Weed Walk and Talk** will unearth the reasons for weed dominance when we disturb soil to create vegetable gardens. Weeds have their place in ecosystems as species that pioneer a site after disturbance and are deeper-rooted and have greater photosynthetic powers than typical species making them excellent competitors. By understanding their modis-operandi we can then control or exclude them from our growing areas.

The walk and talk will cover weed identification, understanding weed dominance and attributes of particular weed species, organic weed control methods, effective weed hygiene (reducing soil importation onto site), weed-free garden establishment, and ongoing weed control principles. Kikuyu climbs power poles so the community garden has a significant foe. Join the walk and talk to better understand how to tame this weed and others over the long-term.



**Weed control trials** will be initiated at the community garden in coming months to provide visual and objective proof of the efficacy of various weed control methods. As one-size weed control does not suit all and to provide evidence that the use of chemicals only promotes weed growth various trial and control methods will be used and not limited to the following:

Steam, Boiling Water, Flaming, Pine Oil, Solarisation, Acidic mulches, Organic acidic sprays, competitive planting, various mulch types and methods, varied garden establishment methods, exclusion border plantings etc. Some of these methods will be combined and will be compared to control plots.



## What's happening with the Quarry?

As you may have noticed we have started to attempt to enhance and provide future sustainable weed control within the under-utilised quarry area. Works will take a 2-5 year period and in the short-term future actions will be based on using endemic native tree and grass species to outcompete weed re-invasion and provide long-term sustainable weed control, as well as enhancing the site from its current pest and weed infested state.

Works this calendar year will include chemical spraying of the entire site, woody weed control via cut-stump methods, a low-intensity burn conducted by the CFA Warrnambool, follow-up spraying, planting *Allocasuarina verticillata* in clumps along the perimeter of the quarry, direct-seeding of native grass species post-burn, and clearing rubble and levelling the area in the centre of the quarry, to improve access for future perimeter weed control and revegetation works.



## Shelter Belt Planting

We are keen to get some shelter belt planting done on the HUB and Grafton Road fencelines to shelter us from the wind. WCC gave us some funds for plants - these have been ordered - sheoaks and calistemons - species that Peter Austin has recommended for us for weed control and for attracting birds and that will grow well on our site. We will wait till the weather and rain is more conducive to the plants surviving and call a working bee of



## A Word from Some Visitors to The Garden

On Thursday February 5, I was very privileged to be able to take my students to visit the Warrnambool Community Garden. The students were participating in a cross faculty unit called Creating Sustainable Futures.

They came from all Deakin Campuses (Melbourne, Geelong and Warrnambool) and from all four Faculties (Arts and Education, Science, Health, and Business and Law). The aim of the unit is for the students to work on possible solutions for a sustainable future by working in interdisciplinary teams. Visiting the gardens was a real highlight for the students. It really opened their eyes to actions they could take when they returned home. In fact one of the Burwood students has already enrolled in a sustainable gardening course she was so inspired! Some of the students mentioned that while they had been to community gardens in the past, nothing compared to the Warrnambool Community Garden.



Thankyou so much for volunteering your time to take us through the garden, and to explain the history of the garden's evolution, and what it has brought to the community. Special thanks to Julie, Christian and Emma for taking the time and for making us feel so welcome.

**Written By: Janine McBurnie, Senior Lecturer School of Life and Environmental Sciences, Faculty of Science Engineering & Built Environment**





## Leo and Val are running a Preserving Workshop Saturday March 14th 9.30am – 12.30pm



If you're keen to get some tips on how to preserve your home grown produce using a Fowlers Vacola Preserving kit and avoid the traps that cause preserves to spoil, then come along to a workshop at the **HUB from 9:30am to about 12:30pm Sat 14 March**. The workshop is free for WCG members and non-members are welcome for the small fee of \$5. Please pay on the day.

Val and Leo Ryan have been preserving their home grown produce for many years and enjoy sharing their experience with others. 'We'll give a brief intro and then get people chopping the fruit, filling the bottles and stacking them in the preserver. There's a trick to that' said Leo.

Pears or quinces should be in-season by mid-March and so if any members have a good supply to donate for the workshop, then please contact the Ryan's at the email address below. Fruit that is firm is ideal; that is, it's not rock hard and definitely not over-ripe, so pears should have just a tinge of yellow. Those who want to come are welcome to bring a couple of size 36 or 31 fowlers jars with good lids so they can take some of what has been preserved home. It's a good idea to bring your own kitchen knife but there are plenty of chopping boards in the HUB kitchen.

'We'd prefer people to register before coming along so that we have some idea of numbers; but saying that, it is ok to just try your luck and just turn up. Last year we had about 20 people and that was fine' said Leo

Register by email: [valleo4647@gmail.com](mailto:valleo4647@gmail.com) or write your name on the list in the HUB



### Helpful Hints From Kylie Treble—Using Your Garden to Clean Your House

Kylie Treble always has great ideas.... Check out her website here to read some creative recipe ideas, garden tips and growing hints.

[www.theplaceofwonder.com.au](http://www.theplaceofwonder.com.au)

Her ideas were recently published in **Bluestone Magazine**. Just a taste of the handy hints she offers.....

- ⇒ Cucumbers can be used to brighten and shine stainless steel
- ⇒ Lemon juice and vinegar makes a great scrub for your toilet, shower and mouldy tiles

The magazine is a great publication celebrating South-West Victoria's diverse people, food, ideas and art. Check it out and show your support by subscribing.

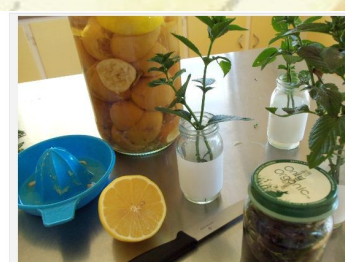
#### *Using your garden to clean your house*

Posted by Kylie Treble on February 15, 2015 | 0 comments



A 1930s edition of Australian Home Cookery - received by Kylie for Christmas - reveals just how much cleaning practices have changed, and not necessarily for the better. Image: Supplied.

Bluestone Link <http://www.bluestonemagazine.com.au/2015/02/15/using-your-garden-to-clean-your-house/>



Not your average cleaning cupboard: lemon and mint make the basis of some excellent home cleaning products and mouse deterrents. Image: Supplied.

**Cucumbers** - Brighten and shine stainless steel when rubbed over the surface followed by a polish with a dry cloth. They also help to clean dirty wall and door frame smudges from exploring hands.

**Walnuts** - Walnut meal when rubbed into scratched wooden surfaces takes marks away.

**Chamomile** - Pour boiling water over a jar packed full of chamomile leaves and leave to steep and cool. The strained solution makes a powerful fungicide useful for cleaning and preventing the return of mould on walls and ceilings.



## A Big Thanks to....

- ◆ All of the Communal Plot contributors!
- ◆ Everyone who wrote something for the newsletter
- ◆ People who have come to the Friday arvo produce swaps
- ◆ Christian for playing great music
- ◆ The Committee for your great work
- ◆ The Chook Caretakers
- ◆ Everyone for reading this
- ◆ See if you can spot this duck in our garden ←



Autumn.

We give thanks for the harvest of the  
heart's work;

Seeds of faith planted with faith;

Love nurtured by love;

Courage strengthened by courage.

We give thanks for the fruits of the  
struggling soul,

The bitter and the sweet;

For that which has grown in adversity

And for that which has flourished in  
warmth and grace;

For the radiance of the spirit in autumn

And for that which must now fade and die.

We are blessed and give thanks.

Amen



Progress of The Patch...

The Strawberries are in bloom! Thank you to everybody who has been taking care of them. Here is Hayley with a record haul. She picked them to share with others at the Produce Swap last Friday night.

*The Sweet Corn Was so Sweet! So was Summer...*

*Thanks growers!*



## Thoughts on Autumn

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

Nathaniel Hawthorne,

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

Henry David Thoreau

Share yours on the blackboard at the garden?...

Hoping this season brings you all that you want and need—in and out of the garden. Happy harvesting, cooking, mulching and preserving.

