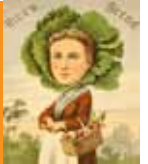


Turrumurra Lookout community garden

Proudly supported by - **Turrumurra Community Bank Branch**  **Bendigo Bank**

Everything grows better with TLC

NEWSLETTER - MARCH 2014



THE LONG AWAITED GREENHOUSE

Many thanks to all who worked to get it together for our benefit



Kale goes to Hollywood

Kale, a staple in Germany is now the star of the vegetable market in Hollywood and New York.



Hardly a week goes by without the *New York Times* supplying its readers

with kale recipes: sautéed, as chips or liquid as a pistachio green smoothie. Kale, the English name of the firm green leaves called Grünkohl (green cabbage) in German, is now regarded as a cult vegetable on the American East and West Coasts. Hollywood stars such as Jennifer Aniston and Gwyneth Paltrow are devotees of the low calorie green cabbage and have put it in the headlines. On the Net there has long been a “kale community”. The *New York Magazine* even called kale the “super hero” amongst vegetables.

In Germany people marvel at it’s popularity. The

humble vegetable is known to be rich in vitamins, but its image is



rather traditional, even if there is now a Kale Academy. “Kohl und Pinkel” (kale and sausage), a kale mush with a chunky sausage, is a classic of winter home cooking especially in Northern Germany. There, eating kale is a custom celebrated in many communities with a “cabbage tour”.

The cities of Bremen and Oldenburg even compete to see whose original “speciality” kale is. In Bremen, kale has always been served since 1545 in February at a “Schaffermahlzeit”. This social event is the oldest continuous annual fraternal meal in the world.

Source: *Deutschland.de* 17.02.2014

SEEDLING SALE

On the 5th of April **Turrumurra Lookout Community Garden** will be holding its increasingly popular **Autumn Seedling Sale**. You will be able to buy seedlings grown from heritage seeds and seeds harvested from the garden. There will be a **Guessing Competition** with great prizes.

And don't forget to buy from the **Cake Stall** for a wonderful treat.

TLC members are great bakers as well as gardeners.
Looking forward to seeing you between 9 and 12.

Soon for Sale again ... Guessing Game Tickets

- 1 Ticket = \$1
- 4 Tickets = \$3
- 7 Tickets = \$5

for our Seedling Sale

Prizes are:

- 1st: \$50 Voucher for Kieplings Garage
- 2nd: Spade & watering can
- 3rd: Spade
- 4th: Planter Herb Box

VISITORS IN MARCH AND UPCOMING

March 3rd and 7th, Tina, John and Julie have welcomed the **HILLVIEW PLAYGROUP** to the Garden, great fun with the little ones.

PARAMATTA GARDEN CLUB

On Monday, March 10th, the Paramatta Garden Club visited our Garden.

John, Tina and Julie showed the ladies around.

WESTLEIGH PROBUS CLUB

On Thursday, March 27th, we have more visitors. Julie and Janet will make them feel welcome and give a talk to them.

HORNSBY YOUNG PARENTS SUPPORTED PLAYGROUP

Julie, Tina and John will be looking after this group on Monday, May 12th at 10.30-11.30.

On Friday, 2nd May at 8pm a talk will be held to the **BEECROFT GARDEN CLUB**.



There were usually a few punnets of seedling planted and waiting to grow on to planting-out size. Peas, lettuce, tomato, beans and all rest were part of our daily life. Chokos were abundant over the garage and shared the space with passionfruit, while lady finger bananas grew next to the compost heap and back yard incinerator.

Dad always made his own compost, first in the usual heap system and later in a compost-tumbler that you can see in the attached photo. His vegetable garden is also in the background. Our house was built on a fertile old vineyard and with Dads added compost we always had rich friable soil with abundant crops.

DOUG WILLIAMSON

Gardens and gardening have always been part of my life but it wasn't until 2005 that I realised it could be possible to make a living from it. I enrolled at Ryde TAFE in a four year course - Diploma of Landscape Design.

Dad was a keen gardener and loved growing vegetables and annual flowers. One of my earliest memories is about the poppies that he grew in the front garden in Brisbane. Mum picked the flowers every day as this encouraged more flowering and would be pick an armful most days.

Mums pride in the garden was her flowering peach that could be seen from her bedroom window. She also loved the hydrangeas that grew on the southern side of the house. They were pruned to within an inch of life each year but always grew back with a magnificent crop of flowers every.

With a lifetime of gardening experience I was astounded to learn at TAFE that most of my knowledge was either completely wrong or partly wrong. And in the few years since the course I have learned that the science isn't always right either and that a combination of science and experience seem to work very well together. I love that I can continue my gardening education every week at the garden.

DID YOU KNOW?

Jerusalem artichokes are free of starch and are suitable for diabetics. This vegetable is particularly popular in England and with some European cultures. The flowers cut from Jerusalem artichokes have a considerable vase life and can be used for home and table decoration. The tubers, stems and foliage can be used as fodder for animals.

DID YOU KNOW?

Winged beans, runner beans, lima or Madagascar beans and snake beans have similar cultural requirements to French beans, the latter two being particular suited to warm climates.

RAINFALL



FEBRUARY: 79MM

Thanks to Janet and Ian Pollock for taking the rainfall readings at the garden!



EVENTS

March 1st
9:00 am – 12:00 noon
Working Bee


March 8th
9:00 am – 12:00 noon
Working Bee

March 15th
9:00 am – 12:00 noon
Working Bee

10:30 – 11:30
Monthly Garden Talk: Irrigation and Watering

March 22nd
9:00 am – 12:00 noon
Working Bee

March 29th
9:00 am – 12:00 noon
Working Bee



REMINDER

Please make sure that the shed is locked when you leave.

John, Tina, Midori, Julie, Sebastian and Pru attended the *Healthy Soil, Healthy Food* seminar at *The Coal Loader Centre for Sustainability* this week.
Great talks on good soil, creating safe produce and discussion re Community Gardens.
We came away with some ideas and potential speakers for Garden activities.


WE LOOK FORWARD TO YOUR ACTIVE INVOLVEMENT!



SOLAR PANELS UPDATE

Last Monday, our additional solar panels went on the roof.



JOIN THE AUSTRALIAN CITY FARMS & COMMUNITY GARDENS NETWORK FOR THEIR 6TH NATIONAL GATHERING...



Food + Thought

HOBART, TASMANIA / 21 - 23 MARCH 2014

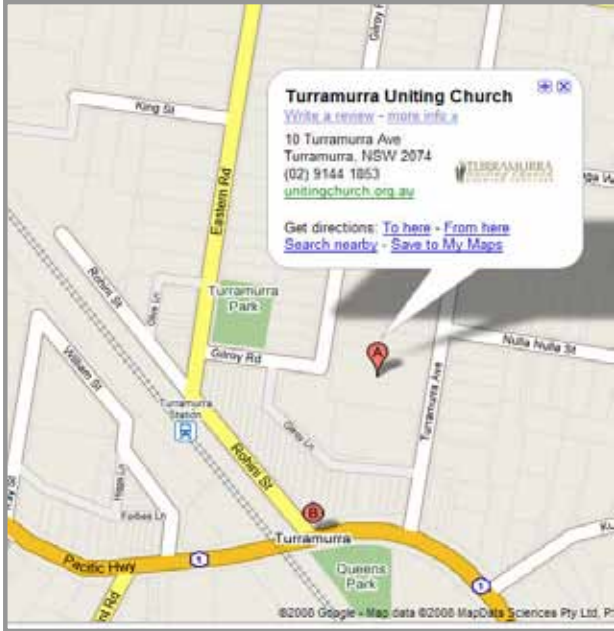
A NATIONAL GATHERING NESTLED IN HOBART WITH SOME OF AUSTRALIA'S GREATEST FOOD GARDEN INNOVATORS COMING TOGETHER TO TEACH, CONNECT, SHARE, INSPIRE & MOBILISE

ORGANISED BY  FOR MORE INFO & TO REGISTER YOUR PLACE WWW.COMMUNITYGARDEN.ORG.AU / EVENTS@COMMUNITYGARDEN.ORG.AU GOLD SPONSORS 



WEATHERWATCH NEWSLETTER FEBRUARY 2014

THE NEXT MEETING of the AMOS Sydney Weatherwatch Group will be held in the Uniting Church at Turramurra on **Wednesday 26th February 2014** at 7:30pm (19:30) for a 7:45pm (19:45) start.



OUR GUEST SPEAKER will be John Dailey from the Turramurra Community Garden who will speak on “*Gardening and Weather*”; the establishment and growth of the Turramurra Community Garden

Additionally, Don White will lead discussion on this summer’s weather. If time permits, Alan Williams will talk on “*The new bad boy on the block*”; Arctic stores of methane have the potential to dramatically accelerate warming.

THE PROVISIONAL PROGRAM for the evening:

- Michael Scollay
 - o Welcome, attendance book + apologies.
 - o Future meetings.
- Don White
 - o This Summer’s weather.
- John Dailey
 - o Talk “*Gardening and Weather*”.
- Alan Williams
 - o Talk “*The new bad boy on the block*”.

Margaret Rice and Mark attended with John and it was a very interesting night overall, this Group really know their “weather”

PHOTO ALBUM

The new ‘pool people’ Paul and Isobel putting new fish in the pond.



Hail, rain or shine, the work goes on!



Hard at it.



FENNEL (FOENICULUM VULGARE) SEED TEA

The fennel 'bulb' and the feathery leaves are the more usual parts of this remarkably useful plant. After its tall umbrella shaped bright yellow flowers in summer, the large brown seeds develop. The cooling aniseed flavour of fennel is pleasing to the palate. The cooling effect comes from the anethol oil found in all members of this Umbelliferae family of plants.

One of the many uses of this northern hemisphere plant of disturbed areas is as a tea that has



been used for centuries to sooth red or inflamed eyes. It is most effective for the yellow patches (pterygium) in the white of the eye that can come

from repeated sun and dust irritation. Many people in the country develop pterygia which can be a problem if they interfere with the iris. These dirty yellow spots which can be blood streaked can arise from difficulty in absorbing fats. Bathing with fennel tea can be soothing but is a symptomatic treatment only and not a cure.

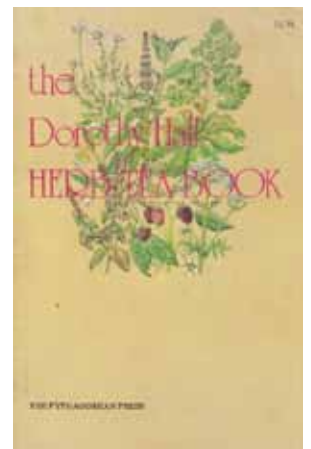
Fennel tea can be drunk by those with diabetes to help support a pancreas that is labouring with sugar difficulties. It is also helpful in assuaging the desire for something sweet in those who tend to be pre-diabetic.

The nutritional and therapeutic properties of fennel are complex. They have a high content of potassium and sulphur compounds and anethol oil which helps digest fats. Fennel seeds contain sugar and starch in a balanced form which should neither raise or lower the sugar levels of a diabetic.

Fennel tea can have a mildly laxative effect. But its great support for the pancreas/spleen is especially important for those for those who are great 'worriers'.

Janet Fairlie-Cuninghame

I acknowledge Dorothy Hall from her *Dorothy Hall Herbal Tea Book*. ISBN 095963892X



TETRAGONULA (NATIVE BEE) TALK



Event details: Community Event
For : Everyone
When: 20 Mar 2014 10:00 -11:30 AM
Where: Turramurra Library
5 Ray Street, Turramurra

Contact details
Contact Person: Sustainability Team
Telephone: 9424 0893
Email: sustainability@kmc.nsw.gov.au
Cost: Free

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