

Turrumurra Lookout community garden

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Community Bank Branch  Bendigo Bank

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NEWSLETTER - APRIL 2014



AUTUMNS SEEDLING SALE

The 2014 autumn seedling sale is over and, despite the best efforts of the vandals who destroyed so much hard work, the garden members rallied and overcame all disappointments and difficulties. We have consequently had our most successful autumn sale ever. This will be a hard one to top next year!

A big thanks to Sue for all her hard work ordering the seeds, potting them, and then nursing most of them for the sale. It was a gut-



wrenching blow when the seedlings were upended, and many were lost, but with the help of members we were able to re-pot and the sale continued.

A new seed raising mix was trialled this time with a view to containing costs and though successful, Sue feels that a bit more tweaking is needed. This is of great benefit to the garden as the mix is something we can all use.



The knock out success this time was the cakes. Thanks Janet P, the ladies (sorry didn't see any men) who served (and upsold) and all the people

who put their aprons on and baked. How can we be anything but ecstatic with this outcome?

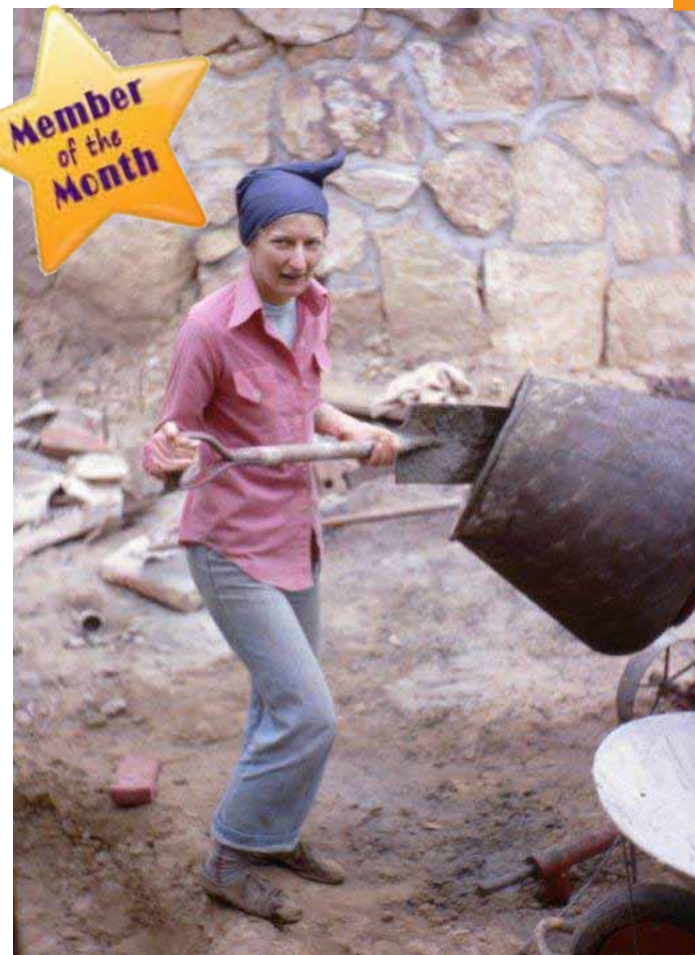
This year we had a Children's corner with seed planting and face painting. Alix and Amy read about the vandalism on Facebook and came along to help - thank you so much girls. This was an excellent example of how the community at large was shocked by the vandalism and responded with kindness and generosity. The other example was the number of people who came and donated. We even had a \$50 cheque sent from Western Australia. Thank you to all the kind people out there.



The seedling sale is a work in progress and every sale we improve, even when we think we can't do better than the last one, we seem to do so.

As you will all be aware, there is a lot of organising that is needed to ensure that it all runs smoothly. John has given his thanks in his email but I would also like to thank the members who planted seeds, baked cakes, helped set up and pack up, helped with the advertising and all the other jobs that are required to get the job done. I would also like to thank John whose commitment in terms of time spent at the garden was greatly increased by the vandal problem.

See the last page for more photos from the sale.



JANET POLLOCK

I spent the first 11 years of my life living in a flat overlooking the North Sea in Yorkshire before moving to New Zealand and a house with a garden. I know we had apricot and peach trees and seem to remember Mum growing a few vegetables and Dad rushing out on frosty nights to cover the



RAINFALL

FEBRUARY: 206MM

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

passion fruit. I'm afraid my involvement never got beyond dead-heading roses and rolling eyes at Dad's obsession.

Four years living in grotty flats in London, where Ian and I met, followed by another four in much nicer apartments in Boston Massachusetts, were enough to put an end to any horticultural urges.

However, five weeks after arriving in Sydney in 1971, we bought a steep bush block with views of the Woronora River in Sutherland Shire. We then set about re-enacting the experiences of the early pioneers, not to mention convicts, by cutting down 4 trees with a large old fashioned bushsaw where the house was to be. Next, we cleared space for a small grassy area and used the large boulders, split by Ian, to build a series of high retaining walls. When this was done we moved enough soil, by bucket and slide to the bottom of the block to create a vegetable garden. I can't believe the degree to which we had lost our senses or where the energy came from but we do have photographs to prove it.

We moved 'up North' to Lindfield in 1988 and created another vegetable patch but thankfully this time it only involved wheelbarrows. We are now back living in an apartment and feel very fortunate to still be able to grow a few vegetables and continue to learn.



April 5th

9:00 am – 12:00 noon
Seedling Sale

April 12th

9:00 am – 12:00 noon
Working Bee

April 19th

9:00 am – 12:00 noon
Working Bee

April 26th

9:00 am – 12:00 noon
Working Bee

Due to all the holidays, we won't have a monthly Garden Talk this month.



PURSLANE *PORTULACA OLERACEAE*

You may think this herb is a weed, but think again.

This succulent little green leafed herb with reddish stems originates on the Indian subcontinent. It is a hardy summer annual that with a little fertiliser and water does very well. Throughout the recent drought it just kept growing.

It has a slightly salty/bitter taste. It is excellent in salads, soups, stir fries and omelets. With cucumber and yogurt it is delicious. All parts of the plant are edible. The small black seeds can be made into tea.

Research has shown that nutritionally it is a valuable plant. Its leaves have more omega-3 fatty acids than other leafy plants. It is an excellent source of Vit. A, C, and B. and is high in magnesium, iron, calcium, potassium and manganese as well as being rich in antioxidants. However it does have more oxalic acid than spinach, but for most people this is not a problem.

RECIPES

SALADE KHORFEH - SHIRAZI STYLE

PURSLANE SALAD

- 2 cup purslane leaves
- 5 Persian cucumbers or any small and seedless cucumbers, peeled and cut into small pieces
- 4 firm plum tomatoes or any small ripe tomatoes, cut into small pieces
- 1 small onion, (red or yellow), cut into small pieces, I used red onion.
- 1 teaspoon dried mint *optional
- 1/3 cup olive oil or vegetable oil
- 1/3 cup fresh-squeezed lemon juice
- Salt and pepper to taste

www.tlcgarden.org.au

www.facebook.com/pages/TLC-Garden/318635698227162

In a large mixing bowl combine the purslane, cucumber, tomatoes, onion and dried mint.

Add the lemon juice, olive oil, salt and pepper and mix well. Taste, adjust the seasoning and serve.

Serve this beautiful and delicious salad cold or at room temperature with your favorite dish.

www.turmericsafron.blogspot.com.au/2011/08/salade-khorfeh-shirazi-style-purslane.html



PURSLANE QUICHE

- Pastry for a 9-inch one-crust pie
- 2 cups washed Purslane (leaves and small stems)
- 2 cups shredded Swiss cheese (about 8 oz)
- 1/2 cup chopped onion
- 4 eggs
- 2 cups heavy cream (can substitute half-and-half but baking time will increase)
- 3/4 teaspoon salt
- 1/2 teaspoon grated Nutmeg

Heat oven to 425-degrees. Prepare pastry and line pie pan.

Sprinkle chopped onion and 1 cup of the shredded Swiss in the pastry-line pie pan. Add Purslane.

Beat the eggs slightly then add in the cream, salt, and Nutmeg. Stir the cream/egg mixture, then pour the blended mixture into the pie pan.

Add remaining cup of Swiss cheese.

Bake 15 minutes. Reduce oven temperature to 300-degrees and bake 30 minutes longer, or until knife inserted near center comes out clean. Allow quiche to stand 10 minutes before cutting (if you can wait that long).

www.woodridgehomestead.com



PHOTO ALBUM



