

Turrumurra Lookout community garden

Proudly supported by - Turrumurra
Community Bank Branch  Bendigo Bank

Everything grows better with TLC

NEWSLETTER - OCTOBER 2013



SPRING SEEDLING SALE

Well, a lot of people went home with great tomatoes and other plants.



Amidst a lovely sunny day the team put on another very successful seedling sale.

I think we had the most visitors into the Garden that we have ever had and so many more are now aware of the TCG which is great, and we raised some nice money, to boot, well done by all.

We also had representatives from the Marrickville and Macquarie Gardens visit on the day and both were extremely complimentary.

Seedlings: We had a really healthy selection of all sorts of plants and many

varieties to choose from. Thanks very much to all those who nurtured plants over recent months.

Sue and Kerry can feel very happy that all their really hard work in readying so many plants and organising the day has really paid off.



Cake Stall: A big thanks to Judy who organised and all her helpers on the day and those that made things for sale. We had a little less this year as we were competing with election day cake stalls.

Raffle: Well done Susanne in organising and Winnie in drumming up sales on the day.



Also a big thanks to Suzanne Saunders and Prue her friend who made the terrific quilt, our

1st prize, which was won by Rodney.

2nd prize of the \$50 Bunnings voucher went to a visitor Sally Robbins

3rd prize the 2 Better Homes and Gardens show tickets went to Jill Green.

So many to thank, for looking after the cash on the day, to collecting tables, buying items needed, setting up and clearing up, making items, morning tea, talk to visitors,

etc. etc. all of which was really appreciated.

To continue we need our Green house and this extra cash will help in meeting the target for that purchase (plus we have applied for another grant).

If you have any feedback or suggestions please let Kerry and Sue know.

Happy planting, the seedlings were terrific.



WATERING ROSTER



We need to get back into regular watering up at the Garden. Hopefully everyone can

assist at some time.

An email with the roster until the end of October has already been emailed to you, so please let us know if you can fit in.

This roster will be up at the Garden from Saturday, but you also can advise us by e-mail.

We urgently need helping hands over the coming summer months, so don't be shy.

WARNING

Don't mess with our member of the month!

Have a guess who this cheerful little girl turned into

(See page 5 to see if you recognised her)



THINGS WE LOVE TO EAT

CRUMBED ASPARAGUS

- 500 g fresh Asparagus
- 250 g Cheese (Gouda or Edam), in slices
- 250 g ham, big slices
- 2 beaten eggs
- 100 g flour
- 100 g breadcrumbs
- oil to fry

Peel the fresh asparagus. Boil in Saltwater with a little bit of butter. (Should still have a bit of 'bite' to it).

Take 2-3 spears, depending on thickness, wrap in Gouda then wrap in a slice of ham.

Secure with toothpick.

Roll these Asparagus-Gouda-Ham-Parcels in flour. Roll in beaten egg and then in breadcrumbs.

Heat oil in a sauce pan and cook until crispy brown.

Eat hot or cold - both are delicious.

Susanne



WHAT GOES WHERE

It looks like we will need to ensure that:

- weeds are put in the "weed tea" large bin down below the compost bins.
- any hard matter is either chopped small for composting or taken home for our home green bins.
- any soil can go in the compost bins.

REMEMBER

the first compost bin, nearest to the shed is the one to receive new material, the other 2 are "works in progress".

There are also large bins near that first bay to receive new material

Onions are ready to harvest when the tops have fallen over. Let the soil dry out, harvest, and store in a warm, dry, dark place until the tops dry. Cut off the foliage down to an inch, then store in a cool, dry area.



RAINFALL



SEPTEMBER: 27MM

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

ECG'S PLANT NURSERY

is closing at the end of the year.

There are a lot of plants still left for sale, especially bromeliads and succulents at \$4 per plant.

The plant nursery at 28 Britannia St, Pennant Hills will be open on

Thursday 10th October 9am to 11.30am
and again on

Saturday 12th October 9am to 11.30am.
The proceeds go to Easy Care Gardening.

Your invitation to



Open Day

Saturday

12 October 2013

10:00 am to 2:00 pm

at the award winning community garden

- ✓ plant sale
- ✓ fresh vegies
- ✓ preloved goods
- ✓ devonshire teas
- ✓ sausage sizzle
- ✓ craft & cakes
- ✓ jams & sauces
- ✓ raffle

73 Fullagar Road
Wentworthville

(behind the tennis courts, access pathway next to canal)

Love Food Hate Waste program

Free upcoming workshops

WORKSHOP 1

Reduce your food waste & your waist-line

Tuesday 10 September, 6.30pm
Gordon Library, Meeting Room 2

WORKSHOP 3

Loving leftovers & healthy lunchboxes

Tuesday 19 November, 6.30pm
Gordon Library, Meeting Room 2

WORKSHOP 2

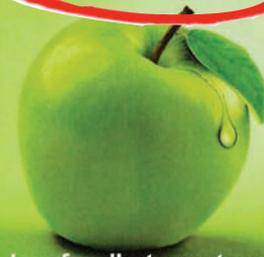
Grow your own food at home

Saturday 19 October, 9.30am
Turramurra Community Garden

WORKSHOP 4

Preserving garden produce

Wednesday 4 December, 6pm
Turramurra Community Hall



lovefoodhatewaste.nsw.gov.au
Waste less food, save money and our environment

Bookings

E: sustainability@mkc.nsw.gov.au
P: 9424 0893
www.mkc.nsw.gov.au/fhw



Readers Digest have been in and photographed the Garden this week for a new book to be published on Vegetables later in 2014. We will receive a couple of copies in due course.

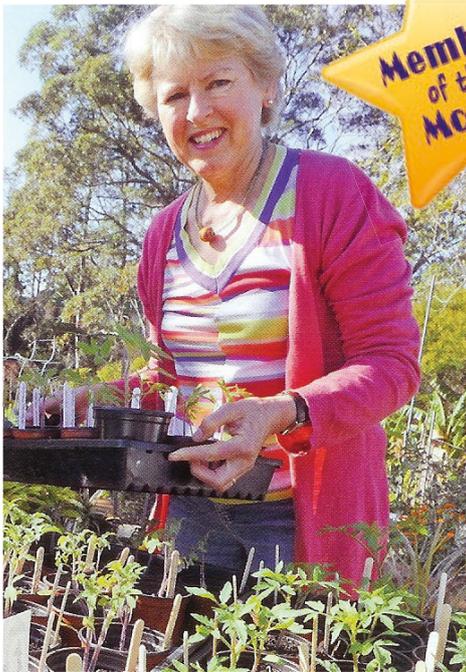
DID YOU KNOW?

The Native Americans planted corn, beans, and squash together so that they would benefit each other. The corn provides a structure for the beans to climb. The beans provide the nitrogen to the soil that the other plants utilize, and the squash spreads along the ground preventing weeds.



www.tlcgarden.org.au

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



Member
of the
Month

JULIE ANTILL (did you guess it?)

I have spent most of my life in Ku-ring-gai, except for two years in England and four years in Michigan in the USA. We were in

Michigan during the early 1970s which was a turbulent but fascinating time there with the Vietnam war, the womens' movement, black power, environmental teach-ins and Watergate unfolding. During this time I gained qualifications in Urban Planning and my late husband completed his degree in Psychology.

Returning to Sydney I commenced a career in Town Planning working with a private consulting firm then moving on to work in state and local government and as an independent consultant. My last job in planning was with Sydney Water where I was in policy development and management in the area of servicing new developments.

I have two lovely daughters who have grown up and left home but with whom I am very close. As yet there are no grandchildren for me to spoil, but we do have a wedding next year so I'm hoping it won't be too long.

Having worked as a town planner for most of my career I decided a change was long overdue so in 2003 I enrolled in a Diploma of Horticulture at Ryde TAFE. This was a challenging and rewarding course and led to new interests, work

opportunities and friendships. A few years later I did the Natural Areas Restoration (bush regeneration) course at Ryde also.

This led to employment in various capacities with Ku-ring-gai Council over the past six years. I am a Bushcare trainer and occasionally help out with the administration of the Bushcare program at Council. I have recently been appointed as a Community Ambassador for the Habitat Stepping Stones project being run by Macquarie University to increase native habitat in urban areas.

I have always loved being outdoors and particularly in the beautiful Australian bush. I am a keen bushwalker and have volunteered in Council's Bushcare program for over 20 years. Other interests include gardening, reading, tennis, theatre, films and travel. My most recent overseas trips were to France, Italy and Morocco and before that along parts of the Silk Road through China, Kyrgyzstan and Uzbekistan.

I have been involved in the TLC Garden since its inception in 2010, initially employed by Council to facilitate its setting up and now as a volunteer. In 2010 John and Sue Dailey were pressuring Council to have a community garden, so combined with a core group of about 20 others, we got things moving and in June 2011 had our official opening.

It has been a wonderful experience seeing the garden develop and prosper during that time due to the hard work, commitment and talents of its members. It is also rewarding to see the friendships forming and the connections within the community with other community groups and local businesses.



SAGE

Dorothy Hall, the well-known Australian herbalist, regarded sage as one of the 'Big three' important herbs; together with parsley and yarrow. These were the herbs called upon as herbal medicines for the times in life when renewed energy is needed, 'fight-back energy'. The name tells of some of its uses.

SAGE (*Salvia officinalis*)

This hardy little sub shrub is a perennial plant needing plenty of sun and good drainage. It prefers "limey", and "comfrey" soils. It is an undemanding plant which can be killed by overwatering and over-fertilising. There are many variegated sages, which do not possess medicinal values.

Sage's medicinal value lies in the leaves; these furry leaves used to be used as a tooth cleaner, for plaque removal or as a general mouth cleaner.

Sage is important to keep the blood vessels going to the brain in a healthy state. Dorothy regarded it as important for its brain damage protection potential. It enabled blood to flow to the brain and it aids or enables substances to be carried to the brain. Though, poorly understood, sage enables the brain to function when the body is very ill. Sage is important for the health of the blood/brain barrier. It is protective for the brain and it is especially good for the recovery pattern after brain damage.

Sage raises energy by getting better blood flow and blood quality to the brain itself -

nutrients into the brain. It raises the 5 sensory aspects to a better level of efficiency, through recovery of the sense of taste, sight, touch and smell.

Sage contains both oestrogen and testosterone and was generally not necessary for children except for leukemia and cancer.

Dorothy related a remarkable story of a young child with a severe meningeal infection, who had virtually become a vegetable with 1/3 of the left hemisphere showing as dead. Sage and comfrey herbal medicines were given. After 4 months (that is one blood cycle) the child was able to focus the eyes and tried to sit up. In 18 months, the child had an almost 94% renewal of brain cells acting again. This was a rare recovery.

However, after heavy physical activity sage is not recommended. It is something to eat when you feel like it, not on a regular basis.

Sage can assist those with very low blood pressure.

Uses: - As a hair rinse it is helpful.

Chopped sage leaves on toast are an old Scottish habit. It makes a pleasant morning tea accompaniment. I like it with green tea.

Sage can be used in a wide variety of both meat and vegetable dishes.

Notes prep. by Janet Fairlie-Cuninghame





October 5th

9:00 am – 12:00 noon
Working Bee

October 12th

9:00 am – 12:00 noon
Working Bee

October 19th

9:30 – 12:00 noon
Council Garden Workshop

October 26th

9:00 – 12:00 noon
Working Bee

12:30 pm
TLCG Member's Forum

October 28th

10:00 am – noon
Presentation to Ryde Garden Group

**WE LOOK FORWARD TO YOUR
ACTIVE INVOLVEMENT!**



Did you KNOW?

Green capsicum are invariably cheaper to buy than red capsicum because they are harvested weeks earlier. In order to develop their intense colour, red capsicum must be left to mature on the plant for a longer period.

Paprika is made by drying the seeded fruit of sweet capsicum, then grinding it into a fine powder.

Reed bee nesting box



THE NATIVE BEES IN COMMUNITY GARDENS PROJECT!

A group of 7 ecology students from the School of Biological Sciences, University of Sydney, who are super interested in native bees, have designed several new types of bee-house. They have been put up in our garden and are monitored as part of their senior project. The students will test which type of habitat works the best for attracting bees.

At the end of their project, we can keep the new houses.



Solitary bee nesting box



A WELCOME TO NEW MEMBERS

Paul and Isobel Brown, from St. Ives
and

Margaret Rice from Northaven in
Turramurra

Great to have you all on board.

HAPPY GARDENING!

GERMAN WINE

German wine is primarily produced in the west of Germany, along the river Rhine and its tributaries, with the oldest plantations going back to the Roman era. Approximately 60 percent of the German wine production is situated in the federal state of Rhineland-Palatinate, where 6 of the 13 regions for quality wine are situated. Germany has about 102,000 hectares (252,000 acres or 1,020 square kilometers) of vineyard, which is around one tenth of the vineyard surface in Spain, France or Italy. The total wine production is usually around 9 million hectoliters annually, corresponding to 1.2 billion bottles, which places Germany as the eighth largest wine-producing country in the world. White wine accounts for almost two thirds of the total production.



As a wine country, Germany has a mixed reputation internationally, with some consumers on the export markets associating Germany with the world's most elegant and aromatically pure white wines while other see the country mainly as the source of cheap, mass-market semi-sweet wines such as Liebfraumilch. Among enthusiasts, Germany's reputation is primarily based on wines made from the Riesling grape variety, which at its best is used for aromatic, fruity and elegant white wines that range from very crisp and dry to well-balanced, sweet and of enormous aromatic concentration. While primarily a white wine country, red wine production surged in the 1990s and early 2000s, primarily fuelled by domestic demand, and the proportion of the German vineyards devoted to the cultivation of dark-skinned grape varieties has now stabilized at slightly more than a third of the total surface. For the red wines, Spätburgunder, the domestic name for Pinot noir, is in the lead.

Germany produces wines in many styles: dry, semi-sweet and sweet white wines, rosé wines, red wines and sparkling wines, called Sekt. (The only wine style not commonly produced is fortified

wine.) Due to the northerly location of the German vineyards, the country has produced wines quite unlike any others in Europe, many of outstanding quality. Despite this it is still better known abroad for cheap, sweet or semi-sweet, low-quality mass-produced wines such as Liebfraumilch.

The wines have historically been predominantly white, and the finest made from Riesling. Many wines have been sweet and low in alcohol, light and unoaked. Historically many of the wines (other than late harvest wines) were probably dry (trocken), as techniques to stop fermentation did not exist. Recently much more German white wine is being made in the dry style again. Much of the wine sold in Germany is dry, especially in restaurants. However most exports are still of sweet wines, particularly to the traditional export markets such as Great Britain, which is the leading export market both in terms of volume and value. The United States (second in value, third in volume) and the Netherlands (second in volume, third in value) are two other important export markets for German wine.

Red wine has always been hard to produce in the German climate, and in the past was usually light colored, closer to rosé or the red wines of Alsace.



However recently there has been greatly increased demand and darker, richer red wines (often barrique aged) are produced from grapes such as Dornfelder and Spätburgunder, the German name for Pinot noir.

Perhaps the most distinctive characteristic of German wines is the high level of acidity in them, caused both by the lesser ripeness in a northerly climate and by the selection of grapes such as Riesling which retain acidity even at high ripeness levels.

Tschüss from Susanne inGermany

PHOTO ALBUM



Planting of the raised garden beds



Our magnificent Crab Apple Tree



One of our compost kings



Some at leisure after the seedling sale