

# Turrumurra Lookout community garden

Everything grows better with TLC

## NEWSLETTER - AUGUST 2014



COMING UP SOON!



## Spring Seedling Sale

Saturday 6th September, 2014 - 9am to 12pm

Turrumurra Lookout Community Garden

Pacific Highway, Turrumurra (top of Rohini St)

Buy seedlings



Walk through the garden



Cake stall



Proudly Sponsored by



Turrumurra

Community Bank Branch



[www.tlcgarden.org.au](http://www.tlcgarden.org.au)



Samoan Bee Attracter

## MARK HOWARD

### EARLY BEGINNINGS

My father grew up on a small fruit/potato farm in Southern Tasmania's Derwent Valley and my earliest memories are of Dad hoeing furrows for potato planting on our garden plot in Hobart while I lay in a patch of broad beans looking at the flowering stalks and the green caterpillars arching themselves thereon.

I fell in love with flowers grown by my mother and older sisters, this turning into a lifetime of macro photography, but I did no actual gardening.

### DID YOU KNOW?

Fennel is said to aid digestion and prevent flatulence. Seeds are often added to cabbage, cauliflower and onion dishes for this reason.

### AGE 15 AND BEYOND

An end of school year a job as a 'billy boy' with the Tasmanian Forestry Commission, educated me into general forestry and an appreciation of Australian eucalyptus trees and fauna. I enjoyed the experience so much I decided this was for me, but alas, my father would not agree, and on leaving school I was apprenticed into the graphic arts, which also became a passion, the skills developed supported Tina and I into our own business which we sold after 20 years of successful trading.

### TINA AND I JOIN TLC

On retirement, Tina being an avid gardener joined TLC at its formation, she suggested I might like to give my fishing rod a rest and use my handyman skills to assist anything needed at TLC. Knowing that "A Happy Life - Is A Happy Wife" I joined, and in a small way I have assisted in building various projects as they have presented themselves.

The most enjoyable thing about the garden, for me, is the stimulation received working alongside others from a diversity of backgrounds, and the satisfaction of a project well executed in good company.

*The image is to illustrate my macro hobby and who knows, there may be another macro nut in the club.*



# WORM JUICE AND COMFREY FERTILIZER

A reminder to fellow Members that we have a good supply of Worm Juice and Comfrey Fertilizer to use on your plots. Below is information on their benefits which I hope you will find interesting, and encourage Members to make full use of these marvelous aids to healthy plants and soil.

It was decided at the Member's meeting that we should start charging a small fee for Worm and Comfrey and a price of 50 cents was agreed on.

Remember to lightly shake the bottles to stir up the 'sludge' at the bottom and please return the bottles for refilling.

Comfrey has been a popular health drink in the past but THIS IS DEFINITELY NOT FOR DRINKING, IT'S FOR PLANTS ONLY.

## WORM JUICE

Worm Wee is rich in good nitrogen fixing bacteria plus readily available liquid minerals and trace elements for immediate uptake.

Worm Wee is not a NPK fertiliser. Whilst it contains some Nitrogen, Phosphorous and Potassium its major strength lies in its biological activity and complex range of other nutrients and minerals. Plants need more than NPK to grow well and you should maintain your normal fertiliser program. Remember, the value of Worm Wee is in the millions of beneficial bacteria that starts work in your soil and on your plants as soon as it is applied. Bacteria and microbes help in the uptake of nutrients from the soil and atmosphere. The increased microbial activity in the soil aids the release of "locked up" nitrogen and other nutrients, thus helping the development of vigorous roots. It is also very effective to soak seeds in worm wee for an hour or two before planting to promote germination.

As well as applying Worm Wee around the roots and directly to the soil, it is very beneficial as a foliar spray encouraging quick natural growth and aiding plant health. It encourages cell division and strengthens the natural defence mechanism against fungal disease. It stimulates flowering and fruit set and improves the uptake of high NPK fertilisers. If possible, avoid application during the middle of the day, especially in summer, as plants will not be able to extract all of the nutrients effectively at this time. But remember if spraying vegetables, leave 2/3 weeks between spraying and harvesting.

## COMFREY LIQUID FERTILIZER

Comfrey 'tea' makes a powerful liquid organic fertilizer. The roots run very deep and pull up minerals that other plants cannot reach. It is rich in nitrogen, potassium and vitamin B12 which stimulates rapid root growth. B12 reduces transplant shock, so use diluted comfrey fertilizer at transplanting time. It's particularly good on tomatoes, peppers, cucumbers and berries. Apply around the roots or as a foliar spray. Liquid teas are like a "protein shake" for your garden. They are quickly taken up, help stimulate microbial activity in the soil and can quickly address nutrient deficiencies. They are best used in conjunction with good organic soil building techniques to provide optimal growing conditions over the long term.

Comfrey liquid is potent so dilute it with water until it resembles weak tea (depends on the concentration but usually around 1 part comfrey liquid to 8 to 10 parts water). Use every 10 to 14 days from flower set through to the development of fruits. If using as a foliar spray, quit applying at least a month before harvest. It has been found that Comfrey used as a foliar spray can slow the growth of powdery mildew spores on plant leaves.

**Comparative Nutritional Analysis of comfrey, compost and manure**

Material	Water %	Nitrogen (N) %	Phosphorus (P) %	Potash (K) %	Carbon-Nitrogen Ratio
Farm Yard Manure	76.0	0.64	0.23	0.32	14 - 1
Wilted Russian Comfrey	75.0	0.74	0.24	1.19	9.8 - 1
Indore Compost	76.0	0.50	0.27	0.81	10 - 1

Please note, this is sometimes called Comfrey Tea but it is NOT safe to drink.

by Janet Pollock



### August 2nd

9:00 am – 12:00 noon

Working Bee

### August 9th

9:00 am – 12:00 noon

Working Bee

### August 16th

9:00 am – 10:30

Working Bee

10.30 Garden Talk/Workshop

### August 23rd

9:00 am – 12:00 noon

Working Bee

12:00 noon

Members meeting (Chair: Noel Ireland )

### August 30th

9:00 am – 12:00 noon

Working Bee

## WE LOOK FORWARD TO YOUR ACTIVE INVOLVEMENT!

### A EMAIL FROM JENNIFER ACROSS THE WORLD

As much as I enjoy hearing what is going on with the garden, I think its time to remove my name from the members all group as I get too much email especially when I travel. I have an allotment now that came with plums and black currants and a lot of work to do on the rest of it. I miss the TLC group and would welcome anyone to come stay with us if visiting the UK or Wales. My contact number is +44 1903256299 and my new house address is 16 Scholars Drive Cardiff CF239FE United Kingdom.

Cheers,  
Jennifer Heffner



### THANK YOU

My neighbor, Kim, is moving from the area and has kindly donated gardening equipment, compost bins, a heat tray and his worm farm to the garden.

On behalf of all members I would like to thank Kim for his generosity and wish him luck in his new home.

*Kerry*



### A WELCOME TO A NEW MEMBER

Andrew Alder is Linda's friend from St Ives and he will work with her on her plot.

Great to have you on board.

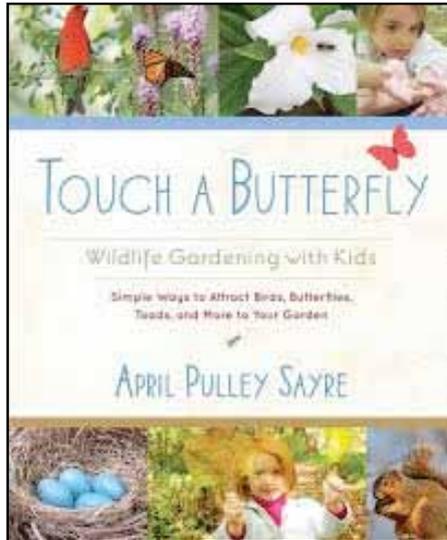
**HAPPY GARDENING!**

[www.tlcgarden.org.au](http://www.tlcgarden.org.au)

[www.facebook.com/pages/TLC-Garden/318635698227162](https://www.facebook.com/pages/TLC-Garden/318635698227162)



## BOOK SHELF



### Touch A Butterfly

Paperback: 224 pages

Publisher: Roost Books (April 23, 2013)

ISBN-10: 1590309170

The simple act of gardening with children is wonderful, but when elevated to embrace wildlife, it can become an even more exciting and joyful family experience, full of surprise and delight. When you work your garden so that it invites wildlife-the flutter of butterflies, the croak of toads, the quick zip of hummingbirds-a wider world of nature opens up for investigation and inspiration. Discover the plants that attract colorful birds and bugs. Embrace the sensory experiences that a garden can bring, from the symphonic rustling of seed pods to the calming drip of water from a sprinkler. Understand the ecosystem of your yard and how the landscape, plants, and animals all work together. In this family-friendly guide to wildlife gardening, April Pulley Sayre leads readers on a path to discovery, where trees are transformed into habitats, sunny spots are revered for dragonfly viewing, and where your garden is an active and alive kingdom. See your yard from an animal's perspective and discover the simple ways you can more actively support the wildlife in your immediate environment, no matter where you live.



## RAFFLE ITEMS

Thank you to those who have contributed or promised items to our hamper for the Seedling Sale Raffle. However it is looking quite lean and more would be very welcome.

If you are not sure what to contribute or would like to check in case of double ups, please call me on 91442891 or email [gillianlord@yahoo.com.au](mailto:gillianlord@yahoo.com.au) If I am not home leave a message and I will return your call. Also I will take a labelled box and leave it in the shed on Saturday for contributions.

With many thanks

*Gillian*

### REMINDER

Please make sure that the shed and greenhouse are locked (not just shut) when you leave.



Julie and John presented to the North Epping Probus- Garden Club recently. They showed great interest in the TCG and have indicated they would like to arrange a mid week visit later in the year.



## VIOLETS VIOLA ODORATA AND HEARTSEASE VIOLA TRICOLOR

There are many varieties of sweet violet, with flower colours varying from violet to the uncommon pink and white. Heartsease also varies in colours. All belong to the Violaceae family, including our native *V. hederacea* but beware the spread of the Victorian form. The 2 local Sydney violas are much more polite.

The perfume of sweet violets at this time of year is most appealing, especially when picked as they as they last well in a vase. All violas are useful ground covers and easy to grow. The sweet violet is a hardy evergreen rhizomatous herbaceous ground cover, reaching a height of about 4-6 cm. To flower well violas need morning sun and a calcareous, well composted moist soil. As violas spread they need to have their annual runners trimmed back, rather like strawberries. Rabbits, snails and red spider mite like their leaves.

The natives of northern and southern Europe were favourite flowers of the ancient Athenians. Homer relates how the Athenians used violets to "moderate anger", while Pliny recommended wearing a garland of violets to prevent headaches and dizziness.

Heartsease was used in love potions, hence the name. The Chinese used a similar species *V. yedoensis* in similar ways. This same viola has also been used successfully with other herbs to treat severe childhood eczema at a London hospital.

Medical researchers have found that violet leaves are possible blockers of random cell production through protein material interference.

Violets assist the Lymphatic system (the body's sewage collection 'pipes'). Many cancers are caused by the mind, through our conscious and unconscious beliefs/thoughts, and the effect of

mind on body. Sweet violet leaves can assist in clearing blocked lymphatics and through that process the mind (thinking) process improves. However, do not eat violet leaves randomly, as too many can give you diarrhoea. No more than 4 leaves a day, was Dorothy Hall's recommendation. Personally I find 4 violet leaves are a useful addition to my salads. They are beneficial for the lungs.

Up to 1924 violet leaf tea was listed to be used for cancer of the throat. Violets can still be recommended after lung and breast surgery to help prevent the development of secondary tumours.

Some people use violet leaf tea for sore or dry throats, coughs, or hoarseness and chest congestion.

The aerial parts (leaves and flowers) of both violets and heartsease are eaten or taken as an infusion for nervous strain, both physical and mental exhaustion. Many women find that violets are helpful at reducing hot flushes at menopause, and older people find they assist with incontinence.

Others apply a poultice of violet leaves directly to the skin to cool inflammation, or as a skin cleanser, or for cradle cap.

The culinary decorative use of violas has long crystallised the flowers for cake decoration. The addition of sweet violet and heartsease flowers to salads and fruit salads can also be most attractive.

This is a most useful plant well deserving of a place in the garden, if only for the perfume.

*Notes prepared by Janet Fairlie-Cunninghame, with acknowledgement to personal communication from Dorothy Hall.*

*Also with reference to Penelope Ody, MNIMH The Complete Medicinal Herbal, Viking 1993.*

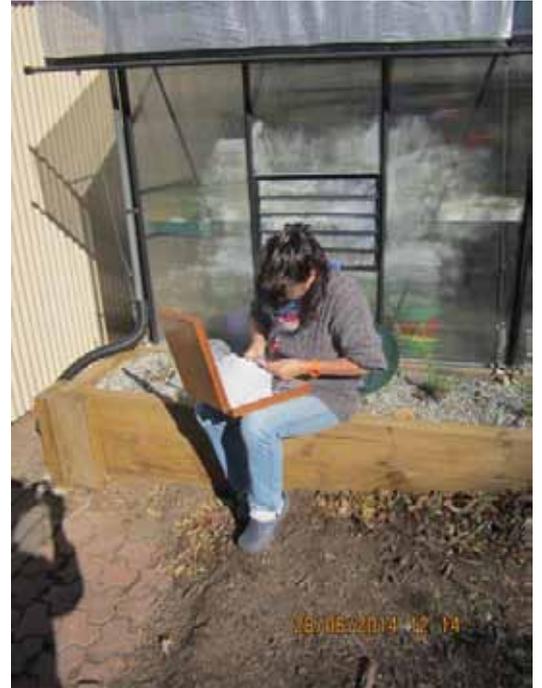


# PHOTO ALBUM

Xxxx



THE NEW FOOD FOREST STEPS  
The proud builders. Well done!



New members labels: nearly done!



Nifty Neville's new fence so that we dont fall into the greenhouse, very professional!



A man and his cabbage

