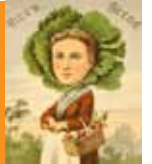


Turrumurra Lookout community garden

Everything grows better with TLC

NEWSLETTER - OCTOBER 2014



PRE-SPRING-SEEDLING-SALE

If the spring seedling sale taught me one thing, it is that weather reports are useless. I was checking the weather for sometime before the 6th, and depending upon which report was consulted, multiple weather outcomes were possible. On the day showers were forecast for 8am and 10am. What did we get - non stop rain, and consequently buckets of very unpleasant mud.

However, that was the only down side. Our customers came in their wellington boots and umbrellas and purchased hundreds of our seedlings. It seems that the garden has earned an excellent reputation for the product we sell: several people said they wanted to buy seedlings that grew in the area and gave a good crop. The lettuce didn't sell well but as a member pointed out, it was not the weather to think of salads.



The cakes, jams etc were set up in the greenhouse but as the morning wore on the mud became too difficult an obstacle to overcome, despite the temptation provided by our delicious goods.



Notwithstanding the awful weather we increased our profit and by continuing to sell seedlings for the 2 Saturdays after the big day we sold all but a handful, and will enjoy morning teas for weeks to come from the cakes that didn't sell (well deserved too).

If you cast your minds back to all the seedlings we started with and what we had left at the end, we have achieved an amazing result.

I would like to thank the members for their hard work and dedication. It takes a lot to set the tables etc up and then take them down again at the end of the day. Well done! It must make you feel good to belong to such a great group, I know I do.

Kerry



SUSANNE MÜLLER



Growing up in Europe, I spent spring, summer and autumn all day outside, enjoying the different seasons and what it had to offer.

I've spend my days building little dams and boats at a nearby little creek and when I

got hungry I picked cherries, apples, berries or laid down in a field of maize and ate the young fresh cobs. Occasionally I went home and picked more berries, rhubarb and - my favourite - parsley. If mum caught, me I would be sat down on a table, eating a proper meal. Not my idea of a good time.

On Saturdays, mum and my sister were cleaning the house, cooking and baking cakes. Not me! I was outside with dad in the garden, digging holes, planting things, cutting wood for the winter.

For a while I didn't have an own garden when I move out from home and into the big smoke. Be assured though, that on my trips home I picked up crates of freshly picked apples (which I turned into cidre) and farmfresh fruits and vegetables. The area is a well known farming area and farmers have in their driveways some of their produce for sale - fresh and cheap. Also my kitchen window was a miniature herb garden.

After coming to Australia and living for a couple of years on the Lower North Shore, I decided to move 'north'. I installed a huge vegetable garden and went wild. I was surprised by the crop it produced and walked once a week from door to door in my street with plastic bags full of salat, tomatoes, chillie, capsicum asking neighbours to please take it off me. I think I forgot about not putting all the seeds in at once ...

This is quit a few years ago and I am living back on the North Shore - unfortunately again without a piece of dirt (ahh yes, der is still my kitchen window...).

In Germany we have 'Schrebergarten' in nearly every city. Similar to Community Gardens, but you often have a shed on your area for your tools, or a small kitchen with a table and some chairs to flee from the elements.

So, about 2 years ago, I decided to find a 'Schrebergarten' in Sydney and after some not very satisfying visits I stumbled across TLCG. Even better - at tea time! 2 Minutes later I had signed up and since have been there nearly every weekend.

It is not just about the digging in the dirt, seeing the little plants grow and the joy of taking them home and preparing a meal from your own home-grown, healthy and fresh produce. It is also about the fellow gardeners who make this such an enjoyable experience. There is always something to discuss, ask, recommend, laugh or worry about. :)

Susanne



ROSEVILLE COLLEGE YEAR 9 MARKET DAY

We received an invitation to 'drop in' on the Year 9 class at Roseville College and John and I happily attended.

The girls were on a mission. They had to visit a successful community garden, plan, design and plant out their own nine raised beds back at school, and then come up with ideas on how to market their produce after it was harvested.



They had planted out seedlings on June 5th after their visit to TLC and when we visited on September 3rd the growth we viewed was amazing. They decided to hold a market day for the remainder of the girls at the school and cook and sell finger food at lunch time. The abundance and variety of the produce was breathtaking. We were so proud of their efforts and so were they!

There were girls running with trays, making smoothies, cooking pizzas, arranging quiches, rosemary popcorn, mint slices, macaroni cheese and



herbs, herbed sausage rolls, kale crisps and all being done with smiles and with such energy.

Ms Nada Burke, their enthusiastic teacher, said it had been a most rewarding

experience for them all and could we stand doing it with another class next term... how could we resist?

Many thanks to Sue and John for their wonderful assistance

Tina



THE AUSTRALIAN GARDEN SHOW

John, Sue and Kerry visited the Australian Garden Show at Centennial Park early September and were able to offer support to a few of our supporters who were exhibiting there, Elegant Outdoors, Graham and Sandra Ross and Indira Naidoo (book on the way).

John also had a chat to Costa about a visit to our Garden and has sent on an invite via Facebook.



Sue and Kerry picked up some great pointers re the sale of seedlings!



BOOK SHELF

THE ULTIMATE BOOK OF VEGETABLES

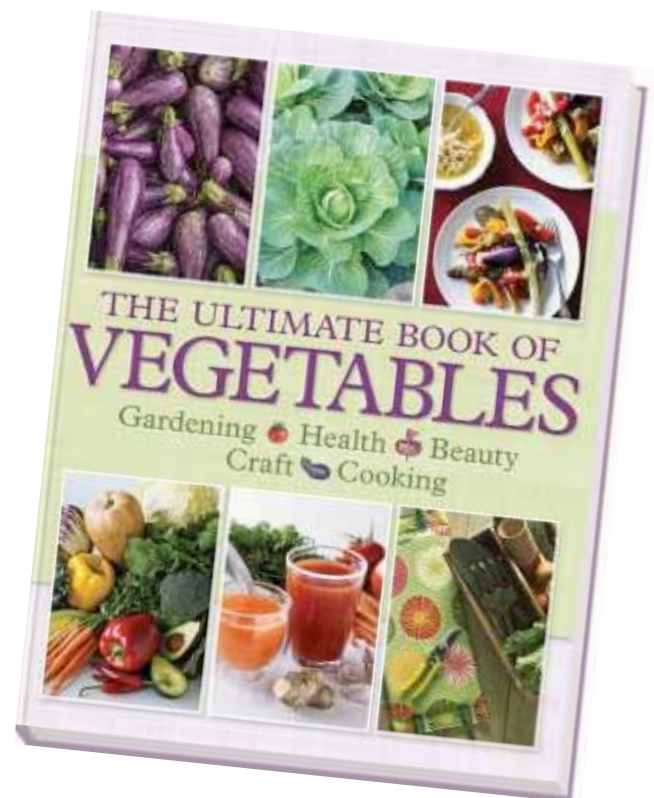
You might remember that late last year Readers Digest visited the Garden, and took many pictures of it for their new book "The Ultimate Book Of Vegetables", that has just been published at \$49.95

<http://www.readersdigest.com.au/ebooks/ultimate-book-vegetables>

It is a pretty nice book and they have provided a copy for the Garden that I will bring along on Saturday.

Many of our pictures have been used throughout the book and there is a page (119) devoted to the TLCG.

We will also feature in Indira Naidoo's new book that is in production at present.



John



October 4th

9:00 am – 12:00 noon
Seedling Sale

October 11th

9:00 am – 12:00 noon
Working Bee

October 18th

9:00 am – 10:30 noon
Working Bee

11:00am Talk @ Rotary Cottage “Protecting against summer biting pests “ Dr Cameron Webb (Doug)

October 25th

9:00 am – 12:00 noon
Working Bee
plus 9.30 to 12:00 noon “Vegetable Growing workshop”, Doug and volunteer members/Council

WE LOOK FORWARD TO YOUR ACTIVE INVOLVEMENT!

MORE EVENTS

November 15th AGM (no members meeting in October)

November 27th 10:30 am North Epping Probus Garden Club visit to TLCG



We would like to thank **CELESTE CATERING PTY LTD** for supplying a wonderful morning tea on the day of the seedling sale. It was nice to escape into the shed, away from the rain and mud and have a nice cup of something hot and something to eat.



RAINFALL



SEPTEMBER: 54MM

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

A reminder to keep fellow gardeners in mind when planting out your plot, and not to overshadow their garden!



FIRST AID

Don't forget, if needed at any time, that plasticised emergency sheets are now in the shed near the First Aid Kit and may be very helpful in any incident that might occur.





CALENDULA (CALENDULA OFFICINALIS)

A Mediterranean annual herb belonging to the Asteraceae family. It should not be confused with marigolds which belong to the Tagetes genus. The large orange flowers are blooming from spring to first frost. Calendulas thrive in most soil types.

There are several varieties, but only *C. officinalis* should be used medicinally.

Calendula flowers have many medicinal benefits when used externally. Their rich orange petals indicate that they are rich in 'carotene'. Calendula flowers are also rich in Vitamin A, Vitamin K, potassium, calcium and sulphur. The carotene and potassium are important oxygenating properties to help reduce swelling.

The medicinal values of Calendula lie in its petals. These are dried to make ointments, tinctures and washes. These are applied to burns, bruises and cuts and sunburn. Calendula is also astringent as well as being an anti-oxidant, and an oxygenating tonic for the surface skin tissues. It helps to heal torn blood vessels under the skin, where it removes inflammatory conditions and heals torn blood vessels. It can be used to reduce the inflammation of the lining of the eyelid (conjunctivitis). Calendula is used to improve skin hydration and firmness. It has also been shown to help prevent dermatitis or skin inflammation in breast cancer patients during radiation therapy.

Calendula ointment helps in the restoration of nerve tissue and nerve function. It is a soothing ointment that does not sting and it heals without scarring. It can be used for nappy rash.

Calendula ointment can be most helpful if massaged around varicose veins, and haemorrhoids. Previously, Calendula was taken orally. Today that is not recommended, except as homeopathic drops, as it can be too strong for the liver.

There are some contra indications: avoid during pregnancy and during breastfeeding or when trying to conceive, or if allergic to the Asteraceae family.

I have found that using the petals remaining after making ointment is an excellent 'hand' moisturiser.

Notes prepared by Janet Fairlie-Cuninghame August 2014.

RECIPE

CALENDULA-ORANGE BISCUITS

Makes approximately 10 biscuits

Active time: 15 min

- 2 cups unbleached flour
 - 1 tablespoon baking powder
 - 2 tablespoons sugar
 - 1/4 teaspoon salt
 - petals from 8 calendula flowers (2 tablespoons)
 - 1/4 cup unsalted butter
 - 1/2 cup organic milk
 - 1/4 cup fresh-squeezed orange juice
 - 1 teaspoon freshly grated orange rind
1. Preheat oven to 450 degrees.
 2. Combine dry ingredients, making sure calendula petals are mixed throughout.
 3. Using two knives, cut in butter until flour mixture looks like coarse crumbs.
 4. Stir in milk, orange juice and orange rind until well blended.
 5. Drop by spoonfuls onto lightly greased cookie sheet. Bake about 10 minutes until golden; brush butter on tops of biscuits a minute or two before taking out of oven. Let biscuits cool a few minutes before eating.

Enjoy these flavorful muffins with vegetable casseroles or homemade chicken soup. The muffin's orange flavor also tastes wonderful with breakfast eggs and bacon.

Recipe from <http://www.seasonalwisdom.com/2011/10/recipe-for-seasonal-wisdoms-calendula-orange-biscuits/>



PHOTO ALBUM



Is there such a thing as "3 wise ladies"??
"See no raindrops, hear no raindrops, speak no raindrops!"



Beginners luck!



JD's purple cauliflower, harvested this week.



Doug, I swear the crocodile went that way!



Mr. Brown, I think you are planting that upside down!



Our wet, soggy and muddy - but absolutely wonderful and well loved Seedling Sale.

See all the smiling, happy faces?