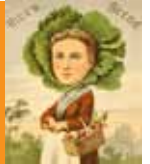


Everything grows better with TLC

NEWSLETTER - FEBRUARY 2014



THE NEW RAINWATER TANK

I have always wondered why falling rain makes the garden grow so much better than ordinary tap water. Some say it is because of the nitrogen and other goodies absorbed by the rain as it falls, but others say it is because it does not contain chemicals like fluoride added to tap water during processing and before it comes out of the tap. Whatever the reason, rainwater seems to be much better for our gardens.



At last our water tank has been fitted and we can make use of the good stuff to grow our

plants, and there should be plenty of it. If we receive our normal rainfall this year there will be enough water to completely fill the tank about six times, and the full tank will hold about 550 full watering cans. So don't hold back, the water is there to be used and it will be good for our gardens.

To stop leaves entering the tank we had leaf guard fitted to the guttering on the shed and we also fitted a "first flush"

attachment to catch any dirt etc that comes down the downpipe when rain starts. This will require regular maintenance for it to work correctly.

The tank is finally in position and connected and it looks like it was a very simple job, but each step



of the way required generosity from our sponsors and an enormous effort from our members. In particular our thanks go to Ku Ring Gai council who donated the tank and had it transported to the garden as well as contributing to the cost of installation.

Now we can ponder one of life's other mysteries - "Why does installing a water tank cause an extended period of fine weather?"

Doug

WARRIGAL GREENS

(Tetragonia tetragonoides)

Also known as Botany Bay spinach (or New Zealand spinach, Warrigal greens, kōkihi (Māori language), sea spinach, tetragon and Cook's cabbage). It is native to New Zealand, Australia, Japan, Chile and Argentina and was spotted by Captain Cook on his visit to Botany Bay and used as a deterrent to scurvy.

Joseph Banks took seeds back to England where it was popular for a time.

I first came across plants along the south coast and cooked it in a billy. Over the Christmas break I 'fine dined' on a leaf in a very delicate batter....crunchie! So seeing the lush growth in the 'potato patch' decided to gather some soft tips and steamed it delicious.

According to Wikipedia it contains all the vitamins plus minerals as well as protein and carbohydrates. Captain Cook was really on to something.

Although it usually grows along the coastline in saline conditions it seems to thrive in our garden so cut off a few tips when you next see it growing in our garden and try it (our current supply was removed for the new Greenhouse). The leaves apparently contain oxalates so it needs to be blanched and then rinsed in cold water before cooking, however I just steamed it.



by Judy

WARRIGAL GREENS QUICHE

- 2 tablespoons water
- 1 medium onion, chopped
- 1½ cups warrigal greens
- wholemeal pastry
- 2 eggs
- ¾ cup skim milk
- ½ cup grated cheese
- ¼ teaspoon ground pepper

1. Preheat oven to 220°c and oil a quiche dish.
2. Heat water in a fry pan and add onion and warrigal greens. Cook until soft and onion is clear.
3. Roll out pastry and line dish.
4. Beat together eggs and milk, add the cheese and the warrigal greens and onions.
5. Add pepper and mix well.
6. Pour mixture into quiche dish
7. Bake in oven for 5 minutes, then reduce temperature to 160°c and bake for a

8. further 25–30 minutes or until set.
8. Serve hot or cold with a salad.

To blanch warrigal greens

- Fill a saucepan with water and bring to a rapid boil.
- While the water is heating up, fill a bowl half full with ice and add enough cold water to cover to the top of the ice.
- Place the leaves in the boiling water and leave for 3 minutes. Tip out the boiling water and discard.
- Plunge the blanched leaves into the ice water for a few seconds.
- Remove the leaves and continue cooking them as per your recipe.



Member
of the
Month



JOHN DAILEY

I was born (at the end of the war), bred (well), educated (not a lot), and married (early), in the “state of excitement “, South Australia, many moons ago.

My early and teenage years were heavily occupied with sport, baseball, tennis, basketball (as a first grade player and junior coach), and surrounded at home by family activity in Aussie Rules clubs.

We left Adelaide soon after marrying and after 18 months working in the USA/Holland/UK, returned and set up home in NSW, initially at Coogee and then for the last 41 years or so here in leafy Turrumurra. We have a son with his own IT consulting endeavour and a daughter who is the renal nurse educator at RPA.

Until 6 years ago I was active in the International Reinsurance industry (insuring insurance companies), here and overseas, initially opening a new Australian Company for a US Corporation, and we then commenced our own family Consulting and Executive Recruitment Company back in 1986 that we

subsequently sold on to a German Consulting Group, eventually retiring after some 46 years in Insurance and Reinsurance.

We are heavily involved in our Christadelphian Church at Castle Hill, and have been taking the opportunity in recent years to visit Europe (France particularly), and the UK, with the Chelsea Flower Show and other Open Gardens being the centre of attraction.

I enjoy reading, am interested in genealogy, walking the family pooch (Oskar), dining, love a good curry, and nice wines. I’m a member of the Swans (the mighty red and whites), and really look forward to the footy (the one and only AFL), season.

It was partly to work at recovering the long lost village atmosphere of Turrumurra that I originally approached the Council about the concept of a Community Garden, only to find that Julie Antill was making a similar approach, and so some 5 years ago efforts were made to begin to make this joint desire a reality.

It has been great over those years to work with so many who have laboured effectively to make Lookout Park into the TLC Garden, a flourishing place that works to promote organic gardening and provide growing opportunities particularly for those who are unable to do so at home, or who live in units or retirement complexes.

My involvement over the years in gardening has largely been as a labourer, working under instruction, in Sue’s garden at our home, and having one’s own plot at the TLCG, has been an exciting new adventure. My “in house” adviser has proved to be invaluable in guiding my attempts at that endeavour and also I have learnt much from the other experienced gardeners that we are privileged to share the TLCG with each week.

The Garden has become an interesting part of the Turrumurra Village scene and with our seedling sales and growing identity we have the opportunity to really encourage a healthy approach to organic gardening and provide a centre for solid friendship and communal spirit.

NEW ROSTER TO BE IMPLEMENTED AT TLC

A new Saturday working bee roster will have begun by the time this newsletter goes to print.

Thanks to all members who volunteered their efforts to help make the process work. This is a new initiative and in the true spirit of TLC Garden we will work hard to make it effective and the rewards will be both productive and enjoyable thus greatly enhancing the organisation at the garden.

John had a phone call from Ku-Ring-Gai Council this week praising our joint efforts and congratulating us on the way we have worked hard together. I guess this is yet another example of how well we can operate.

This roster does rely on members communicating with each other if they are unable to arrive at the job in hand on the due date. So don't be shy about ringing me if there is a problem and notifying your buddy in advance - and if you have not yet volunteered, hope to hear from you soon.

This roster is designed to support our team leaders and for all of us to learn some new skills along the way. I can't wait to learn more about worms.

Here's to a good start on Saturday!

Tina

Email: marktina@tpg.com.au Phone: 94494405



February 1st

9:00 am – 12:00 noon

Working Bee

February 8th

9:00 am – 12:00 noon

Working Bee

February 15th

9:00 am – 12:00 noon

Working Bee

10:30 – 11:30

Monthly Garden Talk: Watering And Fertilising

February 22nd

9:00 am – 12:00 noon

Working Bee

12:00 noon

Members Meeting at Rotary Cottage

NEW POSITION HOLDERS

- Judy Moore will be liaising with the *North Shore Times* relative to ongoing publicity
- Paul and Isobel Brown have agreed to take on looking after the pond
- Julie Antill is taking over the Secretaries role, for which we are very grateful !



A WELCOME TO NEW MEMBERS

Mitch Riley from Turramurra who is a budding Opera singer

Great to have you on board.

www.tlcgarden.org.au

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

RAINFALL



JANUARY: 27MM

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



MEMBERS CORNER

Dear Members,

Could we suggest that maybe we have a “members corner “in the newsletter, where members can add in any personal

items of interest which could include info on any of the services/talents/”scrabble eveings” they might have and if they subsequently wanted to put in a small ad (at say \$10), then that could be considered?

Following, as an example, my ad:

DO YOU LIKE THIS NEWSLETTER?

Do you need Graphic work done?

- Cards (business / customised birthday / birth / invitations/...)
- Flyers
- Brochures
- Newsletters
- Letterhead
- Posters
- Labels



CONTACT SUSANNE FOR COMPETITIVE QUOTES
(MEMBERS DISCOUNT !!!)

globular-cluster-m31@hotmail.com

THE GREENHOUSE

The site is prepared and ready to go



... to have our Greenhouse installed.

DID YOU KNOW?

Green capsicum are invariably cheaper to buy than red capsicum because they are harvested several 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 a sweet capsicum, then grinding it into a fine powder.



“The vegetable in the picture is a ‘giant’ zucchini see what happens when one goes on holidays!”

Judy



A Few Suggestions for HERBAL TEAS from plants growing in the Garden.

PEPPERMINT (MENTHE PIPERITA)

Peppermint is perhaps the strongest of in flavour of all the mint family.

The plant is easy to grow and likes sun and moisture. This perennial is a hybrid plant of the cooler temperate regions of the northern hemisphere. It dies back in the winter months. When fresh leaves are not available it can be used as dried leaves. It can be used as a hot beverage , a cool drink or as a base in fruit punch. The instant form of dried leaf may have lost some of its valuable menthol oil.

It is used to settle upset stomachs or after a meal of heavy or rich food. The menthol oil is a valuable digestive enzyme stimulant, as well as refreshing the palate. Hot peppermint tea is excellent for anyone with a clogged head during a head cold. Children respond well to the clearing effect of its menthol oil as their breathing becomes easier, as their sinuses, and respiratory passages become clearer. A slice of lemon and or a little honey appeals to some.



PENNY ROYAL (MENTHA PULEGIUM)

This mint is native to northern Europe. It is a perennial, grows best in moist shade but tolerates full sun well. It is a creeping plant which gives off a characteristic, pleasant aroma. This oils given off when crushed or walked on are not liked by mosquitoes and so it

has its place as a doormat in the garden. It has clusters of small mauve flowers in summer.

Penny Royal can be used as a tea, either fresh or dried. Penny Royal should not be used on a regular basis. It offers specific therapeutic benefits and should only be drunk for its corrective properties. A cup of Penny Royal for women who suffer pre-menstrual tension or menstrual cramps may be helpful once in the prior week.

For children its mild anti-depressant properties can be helpful only if taken occasionally. Its pleasant flavour may tempt you to drink it more often, but always treat it as a medicinal beverage only.



I acknowledge Dorothy Hall for these comments and information from her book entitled the Dorothy Hall

Herbal Tea Book; (1980, Pythagorean Press; Sydney).

Janet Fairlie-Cuninghame



FAREWELL ANNA CHUBB

Our esteemed secretary Anna, is unfortunately moving from the quite leafy climes of Turramurra for the vibrant and exciting



allure of the Lower North Shore!

Anna will be relinquishing her Plot, however she will still remain a member and will continue to watch with interest “ how the Garden grows”.

Anna has been involved from the beginning and has contributed significantly over the 4 or 5 years of our establishment, we will really miss her efforts and her smiling face.

PHOTO ALBUM FROM A VERY SUCCESSFUL CHRISTMAS 2013

