



'Let's Get Growing'

Warrnambool Community Garden Inc.

Post: PO Box 5181 Warrnambool VIC 3280
Email: info@communityhub.net.au
Website: www.warrnamboolcg.wordpress.com

Facebook: <https://www.facebook.com/pages/Warrnambool-Community-Garden/360924007270788>

Welcome to our new-look seasonal newsletter! Yep, we've decided to revamp our newsletter and release it on the first day of each new season. A little sugar snap(shot) of this Spring Fling! edition:

- Cultivating communal plot participation on Tuesdays
- Foreign Correspondent Tina Reilly reports back from France
- What to plant and when—according to Gardenate.com
- Profile on new member Lisa Rankin
- A pretty O.Kale recipe
- Why we should all support Farmer's Markets and Produce Swaps
- Get ready to get dirty!...Get the lowdown on the Dirty Weekend

We hope you dig it!

Cultivating Community... By Clare, Robyn and Evonne

Do you get a kick out of growing and sharing garden produce?! Then come and join us in developing the communal plot into a productive area for growing food and friendships. Currently we have many regular participants who all do their bit to make our garden community thrive and grow. We love growing vegies for sharing...we want to have continual supplies of lettuce, onions, herbs and spinach so that members can make a mixed salad all-year round! We also plan to grow seasonal crops of tomatoes, capsicum, garlic, snow peas, beetroots, carrots, zucchini, pumpkins and potatoes for various shared meals or pasta sauce or preserving sessions.



Some of our regular communal plot goers celebrating the first winter Cauliflowers! Left to Right: Clare, Marg, Robyn, Matt, Steve and Evonne.

SPRING FLING! EDITION...September 2013



How?

We have started with quality seeds purchased from Caroline Payne and will grow seedlings in the wonderful new greenhouse. The first batches of seeds were sown on Tues 6 August and the seedlings will be transplanted into the communal plot throughout spring and some will also be available for purchase at the upcoming Dirty Weekend. All money raised will go towards purchasing manures and mulch to keep feeding the soil through the growing season. Names are currently being collected by Pauline for members who want to use the Greenhouse.

When?

If you want to join in the fun in the communal plot...just turn up on a Tuesday morning or chat to Robyn or Clare and together we'll figure out a way to get you involved! robymdrechsel@gmail.com or clare.vaughan@gmail.com

Cooking produce from the communal plot

The Tuesday morning group are appreciative of Mark Wilson who has raised his hand to lead healthy cooking sessions on the first Tuesday of each month. We pay \$2 and cook and share lunch. If you'd like to come for lunch—please let Mark or Suzanne Hill know by dropping in on a Tuesday morning the week before the cook up (or email sjhill@internode.on.net).

Here's a list of some of the delicious lunches we have cooked so far:

- **May:** Pumpkin soup and roast pumpkin and fetta pizzas
- **June:** Sweet potato, carrot, potato curry and rice and an amazing mixed salad
- **July:** Veggie lasagne with ricotta, spinach and roast pumpkin and another amazing mixed salad.
- **August:** Spinach & ricotta mini quiche and yet another amazing mixed salad!

Next tasty lunch date is Tuesday September 3rd! Check out Eatwellbeactive.org.au for more general information on positive initiatives such as the WCG community kitchen



Tour de Tina...reflections from sunny France (yes this is 'French Script'!)

Bonjour!

August 2013

While cycle touring with 2 friends in France it has been impossible not to think of our community garden and growing food. I have seen many sunflower fields, pumpkin patches and small-scale gardens. This morning we are camped in Bar Sur Aube in the Champagne region - and just near our campsite is a community plot where beans climb on twisted wooden stakes.

I have been thinking....

That cycle touring is a bit like gardening because of its pace - and simplicity. Riding (and camping) has enabled me to see frogs hopping in the grass, watch a beautiful silver and green snake sunning itself on the road, smell the freshly cut hay and pay attention to the different stages that the grape vines, figs, apples, kiwis and corn crops are in. Which is just like the act of growing things giving us the chance to notice small changes in the seasons and appreciate what is ripe and blooming.

Things I have loved:

- Framboise, fraise, peaches and apricots abound
- Community/ town markets selling fresh bread, tapenade, seasonal produce and cured meats
- Sunflower and corn fields
- Small vineyards in the evening light
- The amount of cyclists in small towns off to do their shopping
- Fresh rock melon bought from a roadside stall with prosciutto, buffalo cheese and mint
- The pride the French take in the presentation of their towns - each with well kept, colourful flowers in pots lining the Main Street
- The way people greet each other on a Sunday 'Bon dimanche' (Good Sunday)

Well, that's about it from me. We are riding through Switzerland, Germany and Austria over the next 2 months. I hope that this finds you happy in your home and in your garden.

I hope you enjoy noticing the arrival of spring...and also had time to stop and appreciate winter for what it brings.



I look forward to being back in Warrnambool in October - and apologise for the weeds in our plot*. I guess our energy for the garden waxes and wanes..... Just like the seasons.

Au revoir!! Tina :)

* Editors note: Tina and Claire's plot is featured later in this edition as the current 'Plot of Shame'!



One of the many local fresh produce markets in France



Tina riding through the Champagne region on her trusty mountain bike



The Farmers' Market: Freedom to Choose...By Melanie Hall*

Anyone watching the evening news a couple of months ago would have seen the heart-wrenching scenes from Northern Victoria, as hundreds of productive, healthy fruit trees were destroyed and torn from the ground. In what has become an all too-familiar scene, farmers who can no longer compete with cheaper imported products are left with no alternative - and all this as many go hungry, not just across the world in far-flung places, but in our own back yard.

As individuals, it's easy to think that we are powerless to have an effect on the multi-national market forces which allow such madness to hold sway, and that may be true, but we cannot simply allow our food supply and security to be taken out of our hands.

Shopping at Farmers' Markets is one small way in which we can show our distaste and disapproval of this corporate manipulation, and certainly a much more enjoyable way of shopping for food than under fluorescent lights with bad music and out-of-season produce from the other side of the world?!

We can meet, and speak directly, with the people who work with passion and dedication to produce our food. We can choose not to be manipulated by market forces dreamed up by corporate executives in far away offices. We can put real money into the pockets of our farmers and producers, helping them to keep their properties, and their plans, viable and practical. We can ensure that heirloom varieties of fruit and vegetables remain in existence, even if they're not perfectly round or even-skinned and coloured.

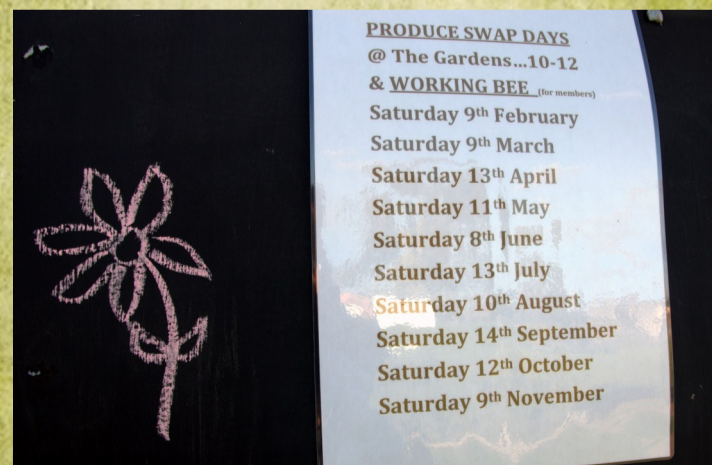
If a Farmers' Market doesn't exist near you, then I urge you to seek out the independent providers in your vicinity. Remember when every suburb had a strip of shops which contained a butcher, greengrocer, baker, hardware store? For many, unfortunately, the answer to this is no, and unless we all make that little bit of extra effort to support these remaining small businesses, they too will disappear into the fluorescent artificial world which is handed to us under the name of 'convenience'.

* Melanie is not a WCG member (yet!) but she has just started a great blog about all things food in the South-West. Check out more articles and great recipes on her Blog site...Kitchendiva.com.au

Visit :

- Port Fairy Farmers' Market: Railway Place. 3rd Saturday of each month. 8am - 1pm
- Progressive Farmers' Market: Venue alternates between Cobden, Timboon and Simpson. 2nd Sunday of each month. 10am - 2pm. Next one is in Cobden on 8th September. See www.12apostles.com.au for specific venue details.
- Food Swap Event: Simons Waterfront Restaurant. 1st Monday of each month. 12 - 2pm.

And don't forget we have Produce Swaps at regular intervals at our very own community garden. Keep it local and sustainable!



Our communal blackboard near the entrance of the garden. We hope to see you at our next Produce Swap/Working Bee!



Spring planting guide according to ‘Gardenate.com’.
Subscribe online for free tips/guides!

Crop	Where/when to Plant	Harvest Time
Asparagus	Plant in garden.	Harvest from 24 months
Asparagus Pea	Plant in garden.	Harvest from December
Basil	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Beans - climbing	Sow after frost	Harvest from December
Beans - dwarf	Sow after frost	Harvest from December
Beetroot	Plant in garden.	Harvest from December
Broccoli	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Cabbage	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Capsicum	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Carrot	Plant in garden.	Harvest from January
Celery	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from February
Chilli peppers	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Chives	Plant in garden.	Harvest from December
Coriander	Plant in garden.	Harvest from November
Cucumber	Bring on in pots	Harvest from December
Dill	Plant in garden.	Harvest from December
Eggplant	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January
Fennel	Plant in garden.	Harvest from January
Globe artichokes	Plant in garden.	Harvest from August
Jerusalem Artichokes	Plant in garden.	Harvest from February
Leeks	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January
Lettuce	Plant in garden.	Harvest from December
Mint	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Mustard greens	Plant in garden.	Harvest from November
Oregano	Plant in garden.	Harvest from November
Parsley	Plant in garden.	Harvest from December
Parsnip	Plant in garden.	Harvest from February
Peas	Plant in garden.	Harvest from December
Potato	Plant in garden.	Harvest from February
Pumpkin	Frost tender	Harvest from January
Radish	Plant in garden.	Harvest from November
Rhubarb	Plant in garden.	Harvest from 12 months
Rocket	Plant in garden.	Harvest from November
Sage	Plant in garden.	Harvest from 18 months
Snow Peas	Plant in garden.	Harvest from January
Squash	Frost tender	Harvest from December
Sunflower	Plant in garden.	Harvest from December
Sweet corn	sow after risk of frost	Harvest from January
Tomato	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from December
Turnip	Plant in garden.	Harvest from November
Zucchini	Frost tender	Harvest from November

Getting out and about in the garden!



Like our amazing new greenhouse?! Please contact Pauline on 0429 928 511 if you'd like to reserve a space to raise your little babies :)

This edition’s Proud Plots....



Above: Plot # 6 and Paul’s plot #21

Below: Claire and Tina’s plot # 19...

is teetering on the edge of a ‘Yellow Flag!’”. This situation is soon to be remedied! By the way—is that ‘crop’ on the left an edible weed?! Come to the Dirty Weekend on October 12th and participate in the Edible Weeds workshop to find out!



Someone’s losing the plot?! This edition’s ‘Plot of Shame!’



Dirty Weekend! 12th of October

With the Dirty Weekend preparations well and truly underway, there are lots of exciting things to look forward to and lots of opportunities to get your hands dirty and get involved. Activities include:

Dry stone Wall Workshop

David Long is an expert in constructing dry stone walls. Come along and learn the ancient art of dry stone walling and how to build one of your own! Cost: \$88 for this 2-day workshop (12th/13th). Bookings essential – contact Pauline on 0429 928 511

Whacky Pot Plant Competition

Get in touch with your creative side and grow a whacky pot plant out of any pre-loved recycled item! Great prizes will be awarded for the quirkiest and most creative entries. If you have a recycled item lying around the house that you would like to donate to the cause, please contact Lisa Rankin on 0439555203 (who will collect any donated items at the Garden). Bring your entry along to the Dirty Weekend on Saturday by 12pm.

Sticky Fingers

Do you know how to make delicious homemade preserves? Or are you keen to try your hand at preserve making? Why not enter your preserve in the Sticky Fingers competition for your chance to win an Ozharvest Cookbook?! There are two categories: sweet and savoury with a maximum of one entry per category per person (\$2 per entry). Submit your entry by CoB Wednesday 9th October at the Civic Centre, Warrnambool City Council (25 Liebig St). Include your name, phone number, name of preserve and ingredients list. Winners announced at 1.15pm on Saturday in the marquee!

Let's Get Food Smart and Cooking with Ugly Vegies!

Learn to make the most of your weekly groceries! This action-packed workshop will include creative tips to reduce food wastage, a cooking demonstration with leftovers and a lesson on innovative ways to deal with excess produce (11.30 – 1.30pm). Bookings essential – contact Pauline on 0429 928 511.

Edible Weeds Workshop - if you can't beat them, eat them!

We all know that weeds are everywhere, but did you know that a lot of common weeds are edible and delicious with a high nutrient content? Doris Pozzi is an edible weeds expert and she will be running an edible weeds walking tour between 2.30 and 4.30pm. So come along and learn how to make the most of weeds. Bookings essential – contact Lisa Rankin on 0439555203.

Food Forest Workshop – with Carolyn Payne

Join Carolyn for this one hour permaculture workshop (10.15 – 11.15am). Learn about the principles behind urban food forests and some practical tips to get one started. For bookings contact Pauline on 0429928511.

Compiled by Lisa Rankin: WCC Sustainability Officer and new WCG member...yeah!



Thanks for joining our garden Lisa! We look forward to seeing you around and benefitting from your contribution



Introducing our newest member Lisa Rankin!

Where have you moved to Warrnambool from?

I spent the past 18 months in Bendigo where I worked for the City of Greater Bendigo, but before that I spent 6 years studying in Melbourne.

Do you have a plot?

I don't have a plot yet but I look forward to getting my hands dirty in the communal plot.

What is your experience with gardening? Do you have a veggie patch at home?

I am definitely a novice gardener! I have always lived in apartment-style accommodation so my only experience is with pot plant herbs. My new Warrnambool house has a huge (empty) veggie patch so I am very keen to learn some gardening skills at the Garden and use them in my own backyard.

What is your favourite vegetable?

All of them! If I had to pick one I would choose sweet potato.

Do you have a gardening tip to share?

My most successful herbs were grown out of things that aren't normally used to grow plants – such as a watering can and a wicker basket. They look funky and it's a great way to reuse items that would otherwise go to landfill.

Can you tell us a bit about your job at WCC?

Being the Sustainability Officer at Council, my job involves working with Council and the community to facilitate environmentally sustainable projects and events. I will be organising the Sustainable Living Festival as well as being involved with events such as National Tree Day and Dirty Weekend. The best bit is that I get to meet lots of inspiring and passionate people from all the different community groups in Warrnambool.

What do you like about the WCG?

It's a great example of a grassroots community initiative that helps people be healthy, meet new people, learn new skills, save some money and help out the environment.

Ottolenghi genius...honey sweet potato

Chickpeas and kale with honeyed sweet potato

The original recipe calls for dried chick peas, (soaked overnight with a pinch of bi-carb in order to soften the skins) and then cooked until tender. I used a can of organic cooked chick peas, simply because I had used all the dried ones in the pantry; they were still delicious but I imagine the dish would be even better with freshly cooked peas.

2 tablespoons olive oil

1 onion finely chopped

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1 1/2 teaspoons ground cumin

1 tablespoon tomato puree

400g can Italian tomatoes, chopped

1 teaspoon caster sugar

100g young kale leaves, chopped (or use can use spinach as in the original recipe)

10g coriander leaves for garnish

Honeyed sweet potato:

500g sweet potato, peeled and cut into 2.5cm thick slices

700ml water

50g unsalted butter

3 tablespoons honey

1/2 teaspoon salt

Yoghurt sauce:

100g Greek yoghurt

juice and finely grated zest of 1 lemon

3 tablespoons olive oil

1 teaspoon dried mint (I didn't have any so used finely chopped fresh coriander)



The perfect way to finally use up all that winter-grown Kale!



Put the sweet potatoes into a wide saucepan with the water, butter, honey and salt. Bring to the boil, reduce heat and simmer for 35-40 minutes until the potatoes are tender and most of the liquid has been absorbed. Turn them carefully half way through cooking to colour evenly.

Meanwhile prepare the tomato sauce for the chickpeas. Heat the olive oil in a large frying pan and add the onion, cumin and coriander seeds. Fry for 8 minutes, stirring, until the spices have released their aromas and the onion is golden brown. Add the tomato puree, cook for a minute and then add the tomatoes, sugar and ground cumin. Cook for a further 5 minutes and season to taste with salt and pepper. Stir the kale or spinach into the tomato sauce then add the drained chick peas. Mix gently, cook for a further 5 minutes, taste again and adjust seasoning if necessary.

Make the yoghurt sauce by whisking all the ingredients together – season with salt and pepper to taste.

To serve, spoon the chick pea and tomato sauce into serving dishes, arrange the sweet potato slices on the top and garnish with coriander leaves. Serve the yoghurt sauce either on the top or alongside; whichever you choose – this simple dish is sure to become a favourite. (Recipe from kitchendiva.com.au)

OTHER STUFF...

More upcoming happenings....

- **Wednesday 11th September 7.30 pm:** Committee Meeting. All welcome
- **Sunday 15th September 2 - 4 pm:** Crochet workshop with Marita. Ph 5562 4295. Bring your current project or start from scratch (please bring 4mm hook, 8 ply wool)
- **Craft-a-noon 1st & 3rd Sunday each month.** Bring any small project or learn to knit with Pauline. Ph 0429 928 511

Great Grant news! By Clare Vaughan

The Finance & Funding pod has been busy re-developing our accounts to link revenue with planned expenditure so that we are well placed to attract and acquire grants.

In July we were successful in attracting an Australian Government Volunteers grant for \$4200 for a trailer and 4mx4m shed to protect the trailer from the weather. Having the trailer will enable members to collect manure and mulch for communal use. The Site Pod members have their heads together to determine the location of the shed on our site. If you have thoughts on this, please pass them on to Jenny Gent.

We have also submitted a grant to Australia Post for \$24,000 for the design and construction of a shelter in the central area of the WCG near the sandpit. Big thanks are extended to Fiona Golding and Dave Mitchell who helped put the costings together for the application.

Bring on the summer soirees eh?!

Thanks to!....

- ♦ **Saturday 10th August: Working Bee, Meeting, HUB Features Talk....** Thanks to all those who attended...this was a really successful day!...We'd like to especially thank Jamie Hayden for his discussion about the special "green" features used in the retro-fitting of the HUB and Steve Coveny for his explanations about the solar power features.
- ♦ The two Work for the Dole crews who have created some steps from below the rain tank leading up to the chook house.
- ♦ Robert for helping to prune the fruit trees and Paul for replacing a few dead ones.
- ♦ Dave, Keith, Damien, Paul and Bruce who collected and installed the benches in the Greenhouse.



Watch this space! ('The Patch')



**Margaret Olley. Australian Painter.
(1923 –2011)**

"I believe in the colour green. When this life-giving colour disappears from earth so do we. Watching gardens grow and plants go through their cycle of life, over the years I've come to believe the solutions to problems can often be found in nature and the garden. Plants and people are really very similar. As the earth restores the life-giving colour of green to the garden after rain, so should we be caring of each other and of our planet." (Excerpt from 'I Believe This'. Edited by John Marsden).

A sneak preview of our sizzling hot Summer Edition! (1st day of December)...

- Hot summer gardening tips!
- 'What's hot and what's not' in our plots
- Leunig reflects on Tomatoes
- Paper-making tips! Make your own sustainable Chrissy cards this year?
- What's growing on in the Greenhouse?
- Progress of 'The Patch'
- More Proud Plots
- A Red Hot summer recipe
- Your thoughts/ideas/contributions? :)
- Plus loads more!
- Subscribe now for only \$0! Bargain?!

See ya soon at our amazing garden!

