



**Volume 1 Issue 3, March 2020**

**Water Restrictions.**

With all the rain over the past few weeks the water restrictions have been eased back to Level 1 as from 24<sup>th</sup> February 2020.

Restriction Level	Home & Business
1 February 24 2020	<ul style="list-style-type: none"> <li>• Outdoor watering before 10am or after 4pm with trigger nozzle.</li> <li>• All hoses must have a trigger nozzle.</li> <li>• No hosing of hard surfaces such as concrete, paths and driveways.</li> <li>• No sprinklers.</li> <li>• No dribbling of hoses onto your garden.</li> </ul> <p>No trigger nozzle left running and unattended.</p>

*(Information on water restrictions was obtained from Hunter Water.)*

**Our new website**

The feedback from our new website has been very positive. The website is continuing to grow with all issues of the Weed-It newsletter can be found in the news and video tab. More info will be planned for the website in the future. The next step is to link our website with the Council's webpage which will be happening soon.

[www.mscgardens.org](http://www.mscgardens.org)



Col's raw honey  
 Unheated and unpasteurised  
 \$8.00 a jar  
**We are currently out of stock.**  
**It will be coming soon.**

## Herb of the month

Mint

*Mentha*



Mint is an interesting subject for this edition of “March Weed-It”. There are over 42 different varieties of mint available with every Continent on earth having at least one or more indigenous mint varieties. The most commonly grown mints are *Mentha Spicata* (Spearmint), *Mentha x Piperita* (peppermint). Other plants bear the name “mint” but most of these plants are not mint at all and are seen in Aussie back yards. One of these is Vietnamese mint, also known as Vietnamese coriander (*Persicaria Odorata*). Mint is easily grown from seed or root cuttings or a divided clump. These plants love damp soil and full sun, but will grow well in filtered light. This herb can be used in teas, sauces, or my favourite dish, Tabouli, which is the recipe for this month.

## Recipe of the Month

### Couscous Tabouli Salad

Tabouli salad is found everywhere across the Middle East and Mediterranean. It is most commonly made with burghul (cracked wheat), but this version with couscous is quick, tasty and light.

It goes well with all Mediterranean meals, especially meat or vegetable koftas, lamb and even sausages. It can be used in a wrap or as a salad and you can crumble some feta cheese on top for extra flavour.



### Ingredients (2 generous serves)

½ cup of dry couscous (I use the San Remo wholemeal one because I like the texture better than the usual one - you can also get gluten-free couscous in some stores)  
2 large ripe tomatoes, finely chopped  
1 Lebanese cucumber, finely chopped  
3 spring onions, finely chopped (you can also use red onion in place of this)  
1 cup **mint**, roughly chopped  
1 cup flat-leaf parsley, roughly chopped  
1 clove garlic, crushed (or more to taste)  
2 tablespoons olive oil  
2 tablespoons lemon juice  
Salt and cracked black pepper to taste

### Method

Prepare couscous by putting the dry couscous in a heatproof dish and adding the same amount of boiling water (i.e. ½ cup couscous, ½ cup of boiling water). Allow this to stand for 10 minutes and then fluff it up with a fork until it is light and crumbly. Then let it cool completely.

Chop the tomatoes, onions, mint and parsley and place in a mixing bowl then add the cooked couscous. Then add the crushed garlic, lemon juice and olive oil and season with salt and pepper. I usually try to get it done so it has at least 30 minutes to sit before serving – I find the flavours develop better that way.

You can then crumble some feta cheese on top if you wish, and it's ready to serve!



## **Dates to Remember**

7<sup>th</sup> March - Tighes Hill Community Garden, first birthday. There will be a birthday party starting at 3.00 pm at the garden. Bring a gold coin donation if attending.

### **Composting area**

We are in the process of obtaining some hardwood pallets to rebuild and replace our current compost bins. After reviewing several designs it has been decided to go back to the original pallet wall idea with chicken wire attached. The bins will be bigger and longer than the current bins which will give the garden more soil to use.

### **Concrete floor for chicken house**

We will be laying the new concrete floor for the chicken house this month as the daytime temperatures are becoming more suitable for laying concrete.

## **Events**

Monthly Working Bee  
The 1<sup>st</sup> & 3<sup>rd</sup> Friday  
Commencing at 8.30