



Volume 1 Issue , April 2020



The COVID – 19 Virus

The COVID – 19 Virus is now established in the Hunter New England area. The NSW Government and Newcastle City Council have imposed restrictions and access to Council-managed lands. I have provided the relevant section from the State Government Gazette **No 65, 30th March**

Weed-It

March Street Community Gardens Newsletter

2020 (Public Health COVID 19 Restrictions on Gatherings and Movement) Order 2020.

Part 4 Closures of certain premises.

Community Facility; means a building or place (other than, Educational establishment, Hospital, Retail premises, Place of public worship or residential accommodation).

- (a) Owned or controlled by a public authority or non-profit community organisation, and.
 - (b) Used for the physical, social, cultural or intellectual development or welfare of the community.

The highlighted section in Clause (a) refers to our garden club, (Non-profit community organisation) The chairmen has coped some flak regarding the closure of the gardens by various members. The decision to close was made by the government and which the garden club committee fully supports. Together we can beat this virus by staying at home as we need to protect ourselves and each as most of us are in the right age demographic which the virus takes hold.

Our new website

Our new website is being continually updated.

Herb of the month

Thyme

Thymus Vulgaris



Caraway Thyme; *Thyme herba-barona*

Orange – scented Thyme; *Thymus x Citriodorus 'Fragrantissimus'*.

Cone head Thyme; *Thymus Capitatus*, also known as Persian Thyme

Wild Creeping Thyme; *Thymus Serpyllum*

Composting area

We have replaced the back wall on the compost bins with new pallet. These pallets are to be lined with wire and shade cloth. The work is ongoing when we have access again. Many thanks to Greg Horan for his valuable assistance.

Chicken moved to the Hunter Valley

Our only chook is now living on a farm in the Hunter Valley. She is with all the special chickens that the farmer uses for showing. Her new home has lighting and a heated concrete floor for the winter months. Not surprisingly, she has started laying again.

Recipe of the Month

Baked Meatballs with Kale And Bocconcini



Thyme is an aromatic perennial evergreen herb from the genus thymus in the mint family of Lamiaceae. Thyme is closely related to oregano genus *Origanum* and both have culinary, medicinal and ornamental uses.

Thyme has an interesting history that starts with the Egyptians, who made an essential oil from the herb that was used in the embalming process. The ancient Greeks used the herb in their baths and as incense in their temples. Thyme was spread through Europe by the Romans and used as an air fresher. During the middle ages it was also believed to be an inspiration for courage; women would give sprigs of thyme to knights to bring courage to the bearer. It was also used during this time as a remedy for nightmares by placing the herb in or under the pillow when you went to bed. Today thyme is symbolically laid on a coffin during a funeral to support the journey into the next life. The different types of thyme are listed below. This month's recipe of the month features thyme and kale.

Common Thyme; *Thymus Vulgaris*

Lemon Thyme; *Thymus x Citriodorus*

Pizza Thyme; *Thymus Nummularis*, also known as Italian Thyme.

Ingredients

1 pack Pork and Beef Meatballs (Aldi or Woolies)
2 tbs olive oil
1 can diced tomatoes
1 brown onion (finely diced)
2 cloves garlic (crushed)
Small handful fresh thyme
1 tsp dried oregano
3-4 large leaves fresh kale (maybe more of Tuscan kale), roughly chopped
1/2 container cherry bocconcini (or other fresh mozzarella)
1/2 cup pizza cheese
Freshly ground black pepper

compromised immunity or who are required to self-isolate.

To register for Priority Assistance please log in, complete the form and include any supporting documentation to help our teams assess your request.

Our team will review your request and contact you within 24 hours to confirm your request status.

You must enter your NSW Seniors card number as pension card numbers don't work. As we have found out.

<https://www.woolworths.com.au/shop/discover/priorityassistance>

Directions

Spray pan with olive oil spray and pan fry the meatballs until brown. Remove from pan. Add olive oil to pan and sauté onion and garlic until slightly browned. Add chopped kale and sauté until it starts to wilt. Add canned tomatoes and thyme/oregano and season with pepper. Continue to sauté until slightly thickened. Put cooked meatballs in a greased ovenproof dish and cover with tomato/kale mixture. Allow to cool slightly and then top with sliced bocconcini and pizza cheese.

Bake in 200c oven for about 20 minutes or until browned on top.

Serve with crusty bread and a green salad. Serves 2-3 people.

Food home delivery

Woolworths Priority Assistance: home delivery for seniors.

To ensure vulnerable customers in the community have access to delivery services at this time, we will be providing a Priority Assistance service with dedicated delivery windows. Eligible customers include seniors, people with a disability and those with