



Volume 1 Issue , May 2020



The COVID – 19 Virus

The COVID–19 Virus in the Hunter New England area had no new cases for more than a week. The NSW Government and Newcastle City Council imposed restrictions for access to Council-managed lands are still enforceable; however our members have been allowed access to maintain

our garden plots with the guidelines being sent by email on Monday the 4/05/2020.

Guidelines are as follows;

We have a duty of care for each other to ensure we work in a safe and virus free environment using social distancing measures.

- No sitting and gathering on Friday mornings
- There will be no Friday working bees until further notice.
- Please bring a thermos from home as club cups are off limits.
- If you feel unwell, stay at home and recover.
- Bring your own garden tools from home.
- If you need to use the club tools, operate taps and hoses please ensure you use rubber or latex gloves.
- Garden gloves are not sufficient protection against the virus.
- Sign in and out using gloves.

On Going Work to be Done

- Remove the weeds from pathways and your gardens.
- Please take home your garden plot weeds and place them in the green collection bin.

- All weeds for the garden grounds can be placed in the bins provided.
- Chicken pen needs to be cleaned and the pumpkin vine to be removed from the fence.
- The continued construction of the compost bins.
- Various overhanging plants from garden beds need to be pruned back.
- The continuation of the preparation of the community beds.

Our new website and Facebook page

Our new website is being continually updated and a Facebook page for the garden is being developed.

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Herb of the month

Dill

Anethum Graveolens



This annual herb from the celery family is grown widely in Eurasia where the leaves and seeds are used as an herb or spice to flavour food. The plant grows between, 40-60 cm in height.

The word dill is found mostly in Germanic languages and its ultimate origin is unknown. Dill is easy to grow from seed; sow in a sunny spot in mid spring in well-drained soil. Dill resents disturbance to the soil around it. Position it near plants that will benefit from the insects it attracts. Continue sowing seeds though out summer to ensure a continuous crop.

Fresh dill leaves, called dill weed, are widely used throughout Europe and central Asia in many foods such as borscht, okroshka, tvorog and flavouring in dill pickles. In Russian cuisine dill was used in the Russian space program to feed to the cosmonauts during manned space flights as it was an antifatulant. The Americans now use dill in their astronaut food.

Recipe of the Month has two recipes

Potato Salad with Dill



Salad, Vegetables

Ingredients

500g baby potatoes, cut in half/quarters and microwaved for about 4 mins (I use them unpeeled)

1/4 bunch dill, finely chopped

3-4 spring onions/shallots, finely chopped

1 tbs baby capers (or big capers finely chopped)

2 tbs extra virgin olive oil

1 tbs white wine vinegar

salt & freshly ground pepper

Description

A nice fresh potato salad without mayo.
Recipe by Lynda Hoskin.

Directions

Cut baby potatoes and microwave for about 4 mins or boil until tender.

Cool slightly and then add onions, dill and capers.

Add olive oil and vinegar and season.

Let cool and it's ready to eat

Greek Spinach and Rice Recipe (Spanakorizo)



Rice, Vegetables

Prep Time: 10 min

Cook Time: 20 min

Servings: 8 Persons

Ingredients

1kg spinach, rinsed and stemmed (35 oz.)

200g rice white rice (7 oz.)

1/2 cup olive oil

4 spring onions, chopped

1 red onion, finely chopped

1 leek, sliced

1/2 bunch dill, finely chopped

150g tinned chopped tomatoes (5.5 oz.) or
200g of fresh tomatoes, if in season.

1 tbsp tomato paste

salt and freshly ground pepper

Directions

To prepare this spanakorizo recipe (Greek spinach and rice), heat the olive oil in a large skillet over medium high heat. Add the onions, spring onions and leek and sauté for 3-4 minutes, until translucent.

Add the spinach and cook stirring for a few minutes, until wilted. Stir in the tomatoes, the tomato paste, a glass of hot water, the rice and season. Reduce heat to low and simmer for about 20-25 minutes, until the rice is tender. During cooking, stir the spanakorizo

once in a while and check if the pan appears to be getting dry, and add some more hot water, if needed. Finish the spanakorizo with fresh chopped dill and cook for a few more minutes.

Serve this traditional Greek spinach and rice (spanakorizo) with a squeeze of a lemon and top with crumbled feta. Enjoy!