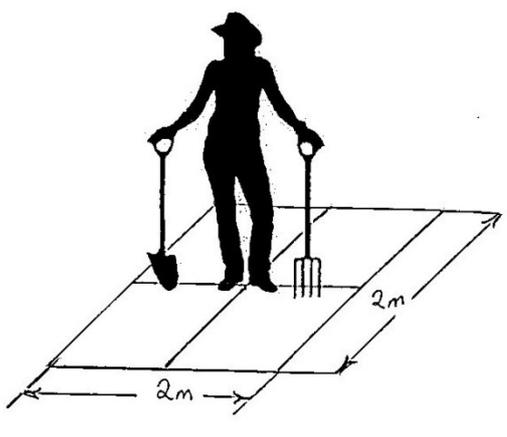




**Volume 1 Issue, July 2020**

**The COVID – 19 Virus and social distancing**



If we keep in the centre of a 4 metre square this should give about a 1.5 metre distance between gardeners.

**Do the three**

- 1. Wash your hands.**
- 2. Maintain a 1.5 metre distance.**
- 3. If sick stay home.**

**Our new website**

Our new website is being continually updated, and we are now investigating if it is plausible to add paid advertising to our website to generate extra income.

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**Renewal of membership**

As of the 30<sup>th</sup> June Club memberships are due for renewal.

**Composting area**

The composting area has been completed with one last job remaining - lining the compost triage area in corrugated iron.

**Container roof has been repaired**

The container roof has been repaired by glueing and riveting patches over the holes. The back end of the container will need to be covered in some sheet steel to stop any further erosion of the roof structure, then further cleaning and painting. *(see photo next page)*

**Community beds**

We have planted 50 broad bean seeds to the community beds for all to share in the produce when it comes. We have also made some plant signs indicating where the broad beans are.

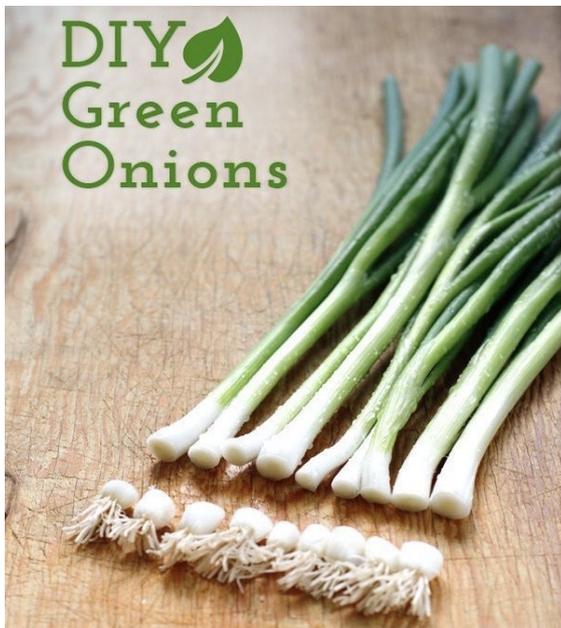
When at the garden can we all endeavour to water these plants as they have been planted for everyone's benefit.



- Cut off the bulb end leaving the roots attached.
- Stand the bulb ends in a small jar (I use an egg cup or a shot glass). Add a little water just to cover the roots with the top end out of the water.
- Place the glass on the window sill, but be vigilant as the water evaporates during the regrowth phase.
- In a few days you will see shoots emerging from the top of the bulbs. Once the new foliage has started you will find the shoots grow very quickly.
- To ensure continued growth change the water twice a week.

### How to Regrow Spring Onions from Scraps

Spring onions are sold with the roots attached. Most of us discard the root part of the stem and it normally ends up in land fill. When you buy the onions the plant is still alive, so why do we throw away the root end? The root end can be re-grown and in theory you could have an endless supply of spring onions which most of us use in our cooking.



- When the shoots grow to about 15cm in length you can plant them into a good quality potting mix. If you leave the onions in the water they will weaken and eventually die.
- As the spring onion grows in the garden gentle trim off the excess leaves as this will encourage the stem to grow and thicken and become larger than the spring onions in the shop.
- The spring onions flowers are a great flavourful touch to any salad.

### **How to regrow Spring Onions**

It is really child's play when it comes to regrowing common food scraps that would be normally thrown away.

## Herb of the month

Rosemary  
*Salvia Rosmarinus*



Rosemary is a perennial evergreen herb with fragrant needle like foliage and bears white, purple, pink or blue flowers. This herb is another native to the Mediterranean region and a member of the mint family “Lamiaceae”. In 2017 the herbs scientific name was changed from “*Rosmarinus Officialis*” to “*Salvia Rosmarinus*” a synonym, the herb is now part of the genus salvia.

This hardy herb can flourish in cold to high heat climates and survive periods of prolonged drought.

In the herb’s natural environment, seeds have difficulty in germinating but once germination takes place the plant can be expected to last upwards to 30 years. When touring in Turkey once, we found fields of prostrate rosemary and in some of these areas the herb is regarded as pest. When at Gallipoli Peninsula you can see the slopes and old trenches now covered in rosemary.

Archaeologists have noted a carving of a rosemary plant dating back 5000 years BC being found on a stone tablet. The ancient Egyptians used rosemary to adorn the burial chamber of past pharaohs during religious rituals.

Rosemary can be used in foods as a stuffing to enhance the flavour of lamb, chicken, pork and turkey. The herb can be also used in teas although there is no evidence nutrition being found. Rosemary extract has been proven to improve the shelf life of

omega-3 rich oils which are normally prone to becoming rancid quickly.

The phytochemical properties of this herb include rosmarinic acid, camphor, caffeic acid, ursolic acid, betulinic acid, carnosic acid and carnosol. The essential oils derived from rosemary contains: 10-20% camphor.

### Common Rosemary varieties

Common Rosemary  
Prostrate Rosemary  
Majorca Pink Rosemary  
Rosemary Corsican Prostrate  
Miss Jessopp’s upright Rosemary  
Tuscan Blue Rosemary

## Recipe of the Month

There are unlimited recipes using rosemary, so I have chosen a couple of more unusual ones. But, basically, it goes with most lamb dishes, many chicken dishes, vegetable tray bakes, roasted potatoes, even steak as in Florentine Steak. It also pairs well with thyme and especially with garlic.

## **Kale with Rosemary and Chilli**

(from Sophie Grigson – UK chef)



**Prep Time:** less than 30 mins **Cook Time:** 10 to 30 mins **Servings:** Serves 4

### **Ingredients**

3 tbsp extra virgin olive oil  
1 large onion, sliced  
2 sprigs fresh rosemary

1 medium or hot fresh red chilli, deseeded and thinly sliced  
4 garlic cloves, sliced  
250g kale - trimmed of tough stems, rinsed and cut into 1cm thick slices  
Salt and freshly ground black pepper

### Directions

Heat the olive oil in a deep, heavy-bottomed lidded pan over a medium heat. Add the onion, turn down the heat and fry gently until very tender.

Add the rosemary, chilli and garlic and fry for one more minute.

Add the kale and season with salt. Cover with a tight-fitting lid; reduce the heat to its absolute minimum and leave to cook gently for about 20 minutes. Stir once after five minutes, then again ten minutes later.

Remove the rosemary stalks, then taste and adjust the seasoning. Serve at once.

### Notes

Makes an excellent side dish with roast chicken, or as a topping for bruschetta - griddle slices of good bread, rub with raw garlic, top with the cooked kale and then finish with a spoonful of mild, creamy goat cheese.

## Farinata (Chickpea Pancake)

(from Jamie Oliver – UK chef)



**Prep Time:** 10mins **Cook**

**Time:** 30mins **Difficulty:** Easy **Servings:** 6

## Ingredients

1 2/3 cups (250g) chickpea flour (available from Woolworths)  
100ml extra-virgin olive oil  
3 rosemary sprigs, leaves picked

### Directions

Combine flour and 1 tsp salt in a large bowl. Gradually whisk in 800ml warm water until very smooth. Cover with plastic wrap and set aside overnight to ferment.

The next day, preheat oven to 220°C. Skim off any impurities that have risen to the surface, then whisk in 2 tbs oil.

Heat 1 1/2 tbs oil in a 30cm ovenproof frypan over high heat, until almost smoking. Working quickly, add the rosemary and fry for 15 seconds. Add 2 cups (500ml) batter to come 4mm up the side of the frypan. Tilt the pan so it's evenly covered, then cook for 30 seconds or until starting to bubble. Transfer to the oven and bake for 10-12 minutes until crisp and golden on top. Transfer to a plate and keep warm. Repeat with remaining batter.

Serve warm from the oven.

### Notes

Delicious served with an antipasto spread for a light lunch.

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Don't forget to look at this month's issue from the Seed Collection.

[www.theseedcollection.com.au](http://www.theseedcollection.com.au)