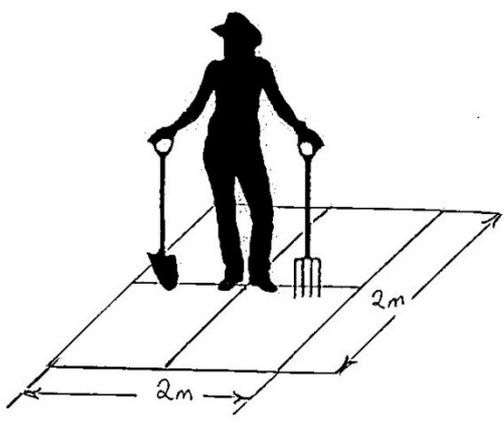




Volume 1 Issue, September 2020

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.**

Community beds

As the days are becoming warmer all the planted seedlings in the community beds are growing well and are being watered every two days. The middle camellia bed preparation is almost complete with two of the gardenia plants are in. We are still waiting on the rest of them to become available from the supplier.

Site meeting with Council

On the 25th August the Coordinator and Secretary had a meeting with the Council's Community Garden Coordinator for a walk around and to discuss the plans to beautify the grassed area to a more formal garden setting. The renovations will be done in stages and take about 2 years to complete. There will be a hedge placed between the tarred path and the community gardens, the hedge plants have not been decided as yet but they will need to be non-hay fever causing species. *(See plan on last page)*

The first stage will look something like below.



The style of hedging, with an inlayed bench seat fitted into the lower hedge. The upper hedge will be about waist height.

Far pathway behind camellia bed

At the Council site meeting, our Secretary mentioned her concern regarding the weed problem on the far walkway next to the Council screen. Council are endeavouring to address this issue by having the walkway tared or concreted which will be the best solution for this continual weed problem.

Training manual review

The MSCG Coordinator and Council are reviewing the old training modules with the future view of reinvigorating the old greening program, with topics to be taught by Council staff on:

- Community gardens
- Introduction to volunteering
- Propagation
- Seed collection
- Composting and worm farming

Pergola area

Council have given approval to pave the floor of the pergola using the stack of pavers near the container. Council will provide the bedding sand for the job.

A central meeting point

Our community gardens will be the meeting point for the first Newcastle City Council Community Gardens Coordinators meeting when all the garden clubs in the city will come together to discuss garden funding, and the potential establishment of an Association of all the gardens which will mean we, as a community gardening group will be able to apply for State and Federal Government funded grants to better our gardens. There will be funding council funding specialist at the meeting to advise on what is available. Also to be discussed will be the revision of the old greening training manuals for all community gardens.

Watering the Community beds

When at the garden, can we please all endeavour to water these plants as they have been planted for our mutual benefit.

Weeding of pathways

A reminder to weed the pathways either side of your beds. If we all chip in, it will not be such a big job to maintain the paths.

Compost bins

Gardeners – Please Note

When adding suitable waste to the compost storage area, can pieces please be cut into small pieces?

- No roots
- No diseased plants or produce
- No onion weed
- No weeds with seeds

Insect Repellent Plants

Do you have a problem with insect pests in your garden?

If so, here is a list of some of the insect-repellent plants that you can use in your garden to help control these problem pests.

INSECT	PLANT CONTROL
Ants	Tansy, Spearmint, Pennyroyal
Aphid's	Chives, garlic, orange red nasturtiums
Borers	Tansy, lavender
Cabbage	
Butterfly	Peppermint
Grasshoppers	Larkspur, horehound
Harlequin Bugs	Radish, turnips, onions
Mosquitoes	Lavender, santolina, flea bane
Nematodes	Marigolds, mustard, French marigold
Thrips	Marigolds, orange & red nasturtium

Herb of the month

Coriander
Coriandrum Sativum



Coriander: herb or spice? Coriander is an annual herb from the family of “*Apiaceae*” and is also known as *Chinese parsley, Dhania or Cilantro* and is a native herb to Southern Europe, North Africa through to India and South-East Asia. Coriander seeds have been found in archaeology digs around Israel dating back to pre-Neolithic period in earthen pots. The Ancient Egyptians wrote about coriander in medical texts dating back to 1550 BC. This must-have annual herb is a great addition to any garden. The leaves, stems and seeds can be used in a variety of dishes – it is essential in many Indian, South-East Asian and Middle Eastern dishes. If you are cooking an Asian dish and wanting a deeper more intense flavour than the leaves, try using the coriander roots, there are many Thai dishes that use the coriander roots. The herb contains Vitamin, A, B1, B2, Niacin B3, B5, B6, Folate B9, C, E, K, Calcium, iron.

Coriander Allergy

Some people are allergic to coriander leaves or seeds, having symptoms similar to those of food allergies.

Recipes of the Month

Thai Fish Cakes



Ingredients

500g white fish fillets, skinless and pin boned, cut into chunks (redfish is authentic, but any white fish such as ling, barramundi or hoki will work - make sure it is well dried if it has been frozen and thawed).

3 tbsp red curry paste

1 tbsp coriander leaves, chopped

1 tbsp fish sauce

1 tbsp lime juice

1 egg

1/4 cup (40g) cornflour or rice flour

6 green beans, finely sliced

Vegetable oil for shallow frying (canola, peanut, sunflower)

TO SERVE:

Sweet chilli sauce

Coriander leaves

Lime wedges

Directions

Place fish, red curry paste, coriander, fish sauce, lime and egg in a food processor. Whizz until the fish is minced and it looks like a paste.

Transfer to a bowl and stir through cornflour and green beans until flour is all incorporated.

Measure 1/4 cup of mixture to form 1cm thick patties.

Heat enough oil in a frypan over medium high heat to cover the base.

Place in oil, cook 2 minutes until deep golden brown, then turn and cook the other side for 2 minutes.

Transfer to paper towel lined plate.

Repeat with remaining mixture, adding more oil into the frypan if required.

Serve with Sweet Chilli Sauce, garnished with coriander leaves and lime wedges on the side.

Coconut and Coriander Chicken Curry



From Adam Liaw – Australian TV chef

Ingredients

3 coriander roots (whole plants, about 10 stalks per plant)

2 medium brown onions, peeled and roughly chopped

4 cloves garlic

1 tbsp grated ginger

2 tbsp vegetable oil

6 chicken thigh fillets, cut into large chunks

400ml can coconut milk

1 cup fine desiccated coconut

Steamed rice, to serve

Spice mix

2 tbsp curry powder

1 tsp ground coriander seed

1 tsp salt

½ tsp chilli powder (optional)

Directions

Wash the coriander well and separate the leaves from the stalks and roots. Set aside the leaves. In a food processor, process the stalks and roots with the onions, garlic and ginger to a smooth paste.

Heat oil in a large saucepan over a medium heat and fry the paste for about 5 minutes, stirring frequently until very fragrant. Add spice mix ingredients and fry for a further minute. Add the chicken and stir to coat. Add the coconut milk and a further 400ml of water or chicken stock. Reduce heat and simmer, covered, for 15 minutes or until chicken is well cooked.

In a separate, dry frying pan, toast the desiccated coconut for about 5 minutes, stirring constantly over a medium heat until it is well browned.

Finely shred the reserved coriander leaves. Stir the coconut and coriander leaves into the curry, remove from heat and allow to stand for about 10 minutes before serving.

Serve with steamed rice and cucumber salad.

We all know curries taste better the next day. If you don't have time to wait, you can achieve a similar effect by just allowing the dish to cool, then reheating it.

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

www.theseedcollection.com.au

Planned renovations to the grassed area

