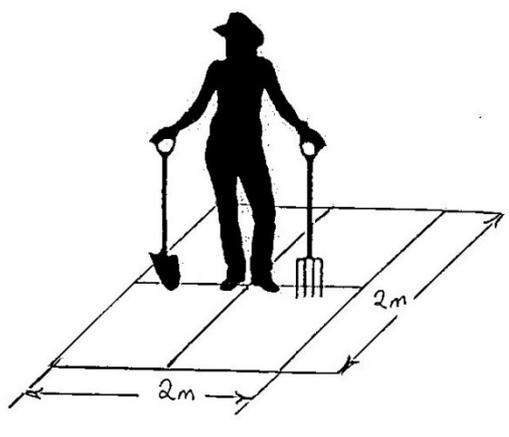




Volume 1 Issue, November 2020

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.

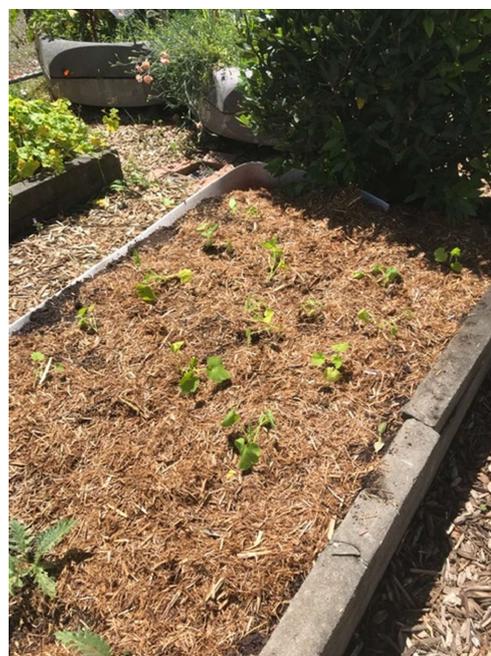
Do the three

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

Community beds

The community beds are being reassessed with the broad beans being removed due to disease. That area is being prepared for stringless beans. Pumpkin seedlings have been planted in the first bed and hopefully will result in a crop we can share. The new strawberry bed has started to settle down with the roots starting to spread in the new soil. While tending

to this bed it has been noticed the Noisy Miner birds (an Australian native) have been eating the fruit. We are looking at options to protect the plants from bird damage. The camellias have finished flowering and have been fertilized. The next step is to prune them to encourage a better shape. As we are coming into warmer weather, we all need to water the community beds.



New Pumpkins

Finding Water Pipes

The water pipes at the garden had to be found before we could start digging up the grass to plant the hedge plants. No-one knew where the pipes were situated so it was necessary for Council to locate them.

This has been done by a contractor to Council and the Co-ordinator is now in the process of drawing a plan of our garden watering system. This will be provided to Council and filed for our future reference.



Training manual review

The development of the new training manuals is progressing with the second book on propagation being almost completed. The Co-ordinator is in the process of replacing the old line drawings with photographs.

Strawberry sales

Our newly potted strawberries and rosemary plants are almost ready for sale.

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

It has become obvious that some members are not weeding their pathways either side of there beds. As Club members none of us are immune to pulling out weeds, we are all equals.

Protective footwear

A reminder to wear the correct footware to the garden. It is a Council requirement and a Club rule. Gardeners are to wear flat covered-in shoes to the garden in an attempt to prevent an injury to your feet.

Weed Tea Containers

Our Treasurer has been busy in the garage at home fitting taps to our two water drums to reinvigerate the weed tea fertilizer. Great work Bill.



How does it work

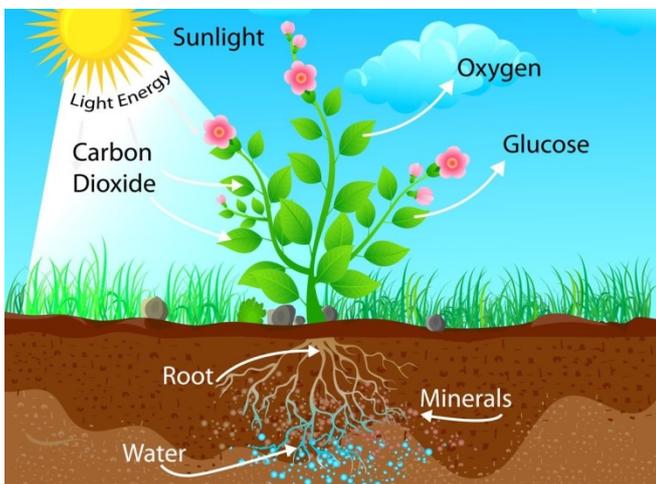
The tank is half filled with water and then weeds are added to the water. Leave the weeds to ferment for 6 to 8 weeks or until the weeds turn into a black brown slime. Various types of weeds can be placed into the tank such as sorrell, comfrey, chickweed, dandelion, flat weed, nettle, clover, twice washed sea weed, and wandering dew. It has been suggested onion weed is made inert during the soaking process, however some sketchy studies have indicated that it is possible that the seeds and bulbs lay dormant in the water and don't actually break down. After the tea has been made it can be stored in smaller containers.

What happens to the weed slime

After the fermenting process, the remains of the weeds can be added to the compost heap. This process completes the cycle and returns the plants back to soil.

What's in weed tea

The nutrients found in weed tea are dependent on what type of weed and the condition of the soil they have grown in. Minerals found in weeds are all related to what the plant has extracted out of the soil, e.g. weeds such as chickory are noted to be high in potassium, calcium and vitamin A. For the plant to contain these elements, the elements have to be extracted from the soil during the photosynthesis process.



How to use Weed Tea

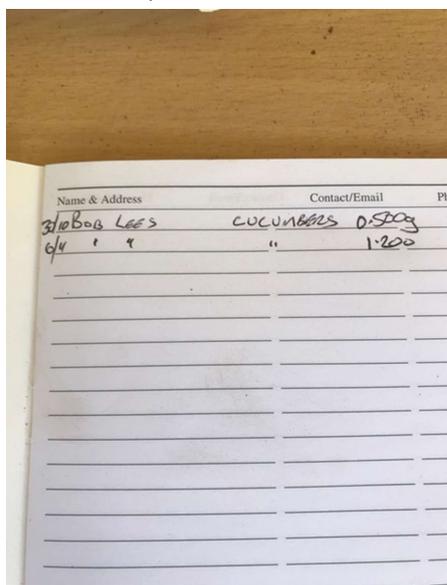
After the 6 to 8 weeks it takes for the weeds to decompose, decant the weed tea water into a watering can (about 1 part tea to 9 parts tap water). The weed tea is very concentrated and should never be directly applied to a garden as it may kill the plants.

Vegetable Growing Contest

Rose has done it again by organising a vegetable growing contest. The contest is for the highest yield by weight for cucumbers and tomatoes for this summer. This contest is only for produce grown at March Street. Bob Lee is leading the comp with his cucumber yield. If Bob wins, not only will he be the King of the carrots, he will be the King of the cucumbers. The winner will win a bottle of olive oil and balsamic vinegar.

How do I record my produce

In the box where the sign-in book is there is a booklet and scales. Weigh the produce, record the date, your name, and what the produce was.



Christmas Celebrations

This year, as usual, we will be holding two Christmas Celebrations. The first is lunch on Friday 27 November at 12.30pm at the Gates Hotel, Adamstown. The second event will be the Christmas morning tea at the garden on Friday 18 December at 10:00 am. Members are asked to bring a plate of food for the morning tea. There will be lawn games as well. Michelle will be sending out an email regarding the finer details for each event.

Herb of the month

Oregano and Marjoram

(*Origanum Vulgare* / *Origanum Majorana*)



These two closely-related perennial herbs are commonly mistaken for each other, with oregano also known as wild marjoram due to its stronger flavour. A simple way of remembering the difference is that oregano has a stronger flavour, whereas marjoram has a sweeter flavour. Both herbs are related to the mint family and are originally found in Eurasia and the Mediterranean regions. These herbs are easy to grow and are lovers of full sun and grow easily from seed when a soil PH of 7-8 is achieved. Fertilize every 3 months.

Both herbs are used in cooking in their natural state and are commonly used in the dried form as well.

When traveling through Turkey and especially the Gallipoli Peninsula you can see both of these herbs and rosemary growing wild around the old trenches. When I asked about the herbs, I was told they have been there since ancient times. The picture below is the Australia and New Zealand trenches at Lone Pine on the Gallipoli Peninsula. The reinforcing logs were introduced in an effort to prevent the trenches from caving in. The construction was provided by the Australian Government, but you can see the marjoram and oregano in the middle ground of the picture.



Recipes of the Month

The two recipes given for this month use oregano in its fresh form, but marjoram could also be used in both.

Braised Chicken with Lemon, Oregano and Olives



Source: Neil Perry – Australian celebrity chef

Ingredients

600g boneless chicken thighs, skin on
1 lemon
1 tablespoon extra virgin olive oil
2 tablespoons butter, cold
1 cup chicken stock (check gluten-free if required)
1 tablespoon chopped flat-leaf parsley leaves
2 teaspoons fresh oregano leaves, plus extra to serve

1/2 teaspoon chopped thyme leaves
1/2 cup of your favourite black olives
1/2 tablespoon honey
Sea Salt and freshly ground black pepper (to your taste)

Directions

Cut the chicken thigh pieces in half.
Cut about a quarter off one end of the lemon then slice very finely, stopping about a quarter from the other end. Discard the two end pieces and remove any pips.
Heat oil and half the butter in a shallow pan over high heat. Brown chicken on both sides in batches, remove from pan. Drain half the oil from pan and discard.
Add the stock and lemon slices to the pan and bring to a simmer, then return chicken to pan. Cover and simmer very gently for about 12 minutes, or until chicken is just cooked. Add parsley, oregano, thyme and olives to pan.
Increase heat, remove chicken and lemon, and simmer sauce until reduced by half.
Add remaining butter to sauce, remove from heat, and quickly start whisking. The sauce will change colour and thicken slightly.
Stir in the honey, salt and pepper then return chicken and lemon to pan. Simmer for 1 minute.
Check seasoning and garnish with oregano leaves.
Serve with rice or polenta and a fresh green salad and some crusty bread.

Golden Potato Salad with Rocket, Oregano and Capers

This is a very festive looking **warm salad** to have with a barbecue or roasted meat, or even on its own with crusty bread. It is also vegan-friendly.



Ingredients

- 4 Desiree potatoes (or other waxy potato)
- 2 zucchini, ends trimmed
- Olive oil spray
- 1 lemon
- 1 bunch fresh rocket, washed, dried
- 2 Roma tomatoes, halved, deseeded, thinly sliced
- 1/4 cup fresh oregano leaves
- 2 tablespoons drained capers
- 1-2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove, crushed
- 1/2 teaspoon brown sugar

Directions

- Peel and slice potatoes, then steam in microwave for 3 minutes.
- Use a vegetable peeler to slice zucchini lengthways into thin ribbons.
- Preheat a barbecue flat plate or large frying pan over medium-high heat.
- Spray the potato and zucchini with olive oil spray.
- Season with pepper. Cook the potato on the flat plate for 3-4 minutes each side or until tender. Transfer to a plate. Cook the zucchini for 1 minute each side or until tender.

Use a vegetable peeler to peel rind from the lemon and cut into really thin strips.

Combine the lemon rind, rocket, tomato, oregano and capers in a large bowl.

Whisk together the oil, lemon juice, garlic and sugar in a separate dish or jug.

Pour the dressing over the rocket mixture and toss to combine.

Put the cooked potato and zucchini on a plate, top with the salad mixture and serve.