



Volume 2 Issue1, January 2021



Too all our members, wishing you a better Happy New Year!

Editorial

This issue of the Weed-It newsletter marks a milestone of 12 months since the newsletter started. We have had a regular column on the “herb of the month” and recipes, some of which have been developed by my wife over years of cooking. In our house the food just keeps evolving and enlightens the taste buds to new flavours. This year the newsletter will explore the finer points of gardening, looking at

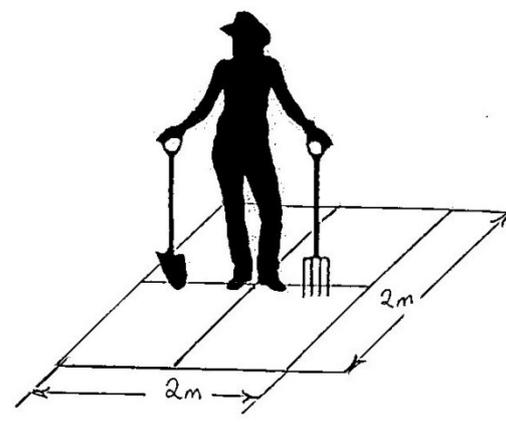
soil mixes and how to get the best results for the plants we grow. We will be looking at different plants, fruiting trees and learn about pickling, jam-making, and infused- oil making just to name a few. We will be also celebrating birthdays in the newsletter, starting this month (don't worry it will only be the day and the month and not the year, as I don't want members thinking I'm a dinosaur).

January Birthday Celebrations

Robert Lee	6-Jan
Robbie Carter	7-Jan
Rose Eyre	9-Jan

Wishing; Rose, Robert and Robbie a very happy birthday.

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.**

The planting of the hedge



Bill digging holes

The first 27 Japanese box plants have been planted for the hedge. Thanks again to Robert Lee for the donation of the plants. The final 27 plants will be planted this week weather permitting.



Michelle planting the hedge

Community beds

The pumpkins in the community beds have failed as the quality of the female flowers were undesirable for bearing fruit. The pumpkins were grown from seed and before planting the seedling the soil was tested and enriched with the missing elements which would have stimulated production fruit. Towards the end of the year we will try again.

Our storage container

The repairs to the container have been complete which buys the Club extra time for the inevitable. We will need to replace it as the rust is winning and taking hold. I am reviewing options of fund raising to purchase a single use container which would give the Club about 25 years' service.

Watering the Community beds

Summer is here and 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 and surrounding areas

On Friday the 8th January major weed removal took place in the orchard, driveway area and behind the Kiwi fruit vines with a result of four garbage bins full of weeds. This coming Friday 15th January the weeding will continue with the completion of orchard and the removal of the old olive tree stump.

Vegetable Growing Contest

Bob Lee is the likely winner as he is still leading the comp with his cucumber yield. My cucumbers have been a bit slow in growing and it looks like at this stage Bob is still winning.

Tree of the month

Olive

Olea Europaea



The first fossilised evidence of an olive tree dates back to around 20 to 40 million years ago. These olive tree fossils were found in Oligocene which is now Italy. The botanical name *Olea europaea* means “European olive” which is traditionally found around the Mediterranean basin.

Olives found in the Mediterranean basin



Olive trees were first cultivated about 7000 years ago in the Mediterranean region with the fruit being developed to an edible olive in the early Bronze Age, around 5000 to 6000 years ago. Olive trees are the first known tree to be grafted and the grafting process for these trees has been handed down to the generations since before Christ and is still practiced to this day in Italy. Olives have been and are an important cooking and eating companion for thousands of years and there are over 500 different varieties of olive trees. This important crop produced globally 2018/2019 3.28 million metric tons of olives with Australia producing 125,000 tonnes of fresh olives.

Are olives good for you?

One olive weighs about 4g and an average serving may be around 15grams, or about 4 olives, which is about 30 calories. Olives are made up of about 80% water and are renowned for their good fat content which is a monounsaturated fat known as oleic acid. Olives have been researched for their health benefits, with at least one study showing they can reduce inflammation and heart disease. Their carbohydrates are on average 1.25g per 20g serving. There is no sugar as they are low in fibre and protein. Olives are high in salt as they are cured in brine or salt water and eating five olives equates to about 0.5g of salt with the recommended salt daily intake of 6g for an adult and 2g-5g a day for children.

Extra virgin olive oil is the best to use for the person that has to watch their salt intake with most oil having little to no salt content and you still have the benefits of all the other properties which come from the olive.

Italian Olive trees under threat!

Since 2013 the bacterium called *Xylella Fastidiosa* has killed millions of olive trees in Italy. The bacterium was brought into Italy in coffee imported from Costa Rica. Waste produced during the coffee manufacturing process was used as fertiliser on the olive trees. The bacterium spread through the soil infecting all the trees with up to 60% of the trees in southern Italy being destroyed. Some of these trees were over 600 years old. The infected trees were cut down and most of the good wood is used in furniture making, kitchen cutting boards and wooden utensils. Olive tree wood is one of the best hard woods around. The EU and the Italian government have been cleaning the soil in old orchards with new crops of olives trees are being planted. Some of these olive plants have been donated by the Australian Government.

Which Olive tree variety should I grow?

Italian varieties

Leccino, Frantoio, Coratina, Correggiola, Pendolino

Spanish varieties

Picual, Manzanillo, Arbequina, Hojiblanca

Greek varieties

Kalamata, Koroneiki

French Varieties

Verdale

All these olive tree varieties are available in Australia.

Growing Olives

The tree will tolerate harsh conditions including stony soils where few other plants will survive. The best soil is a heavy soil that holds moisture well and they prefers natural rather than alkaline soils (PH of 7.0 – 8.0 is desired)

What to plant now in our temperate zone

- Silverbeet Lettuce Leeks
- Beans Corn Squash (summer)
- Eggplant Beetroot Carrots
- Chilli Cucumbers Pumpkin
- Zucchini

Recipes of the Month

Spaghetti Puttanesca



Servings: Serves 2-4 (4 as an entrée)

Ingredients

300g dried spaghetti
3 tbsp olive oil
1 onion, finely chopped
2 large garlic cloves, crushed
½ tsp chilli flakes (optional)
400g can of chopped tomatoes or cherry tomatoes
5 anchovy fillets, finely chopped
120g pitted black olives
2 tbsp capers, drained
½ small bunch of parsley, finely chopped
Grated parmesan or pecorino cheese, to serve

Directions

Heat the oil in a non-stick pan over a medium-low heat. Add the onion along with a pinch of salt and fry for 10 mins, or until soft. Add the garlic and chilli, if using, and cook for a further minute.

Stir the tomatoes, anchovies, olives and capers into the onion; bring to a gentle simmer and cook, uncovered, for 15 mins.

Season well with black pepper.

Meanwhile, bring a large pan of salted water to the boil. Cook the spaghetti following pack instructions, then drain and toss with the sauce and parsley.

Grate parmesan or pecorino on top and serve.

Hummus



Prep Time: 10 min

Ingredients

600g canned chickpeas, drained, rinsed
1 teaspoon ground cumin
2 tablespoons tahini paste (sesame paste)
3 garlic cloves, crushed
Juice of 1 lemon
¼ cup (60ml) water
100ml olive oil, plus extra to serve

Directions

Place the chickpeas, a pinch of salt, cumin, tahini paste, garlic and lemon juice in a food processor and process until combined. Add ¼ cup (60ml) of water and process again.

With the motor running, drizzle in the olive oil and process until quite smooth.

Place hummus in a bowl, drizzle with olive oil and a sprinkle of ground chilli (optional). Serve with flatbread.