



Volume 2 Issue2, February 2021

January Birthday Celebrations

Ray Birch 13-Feb

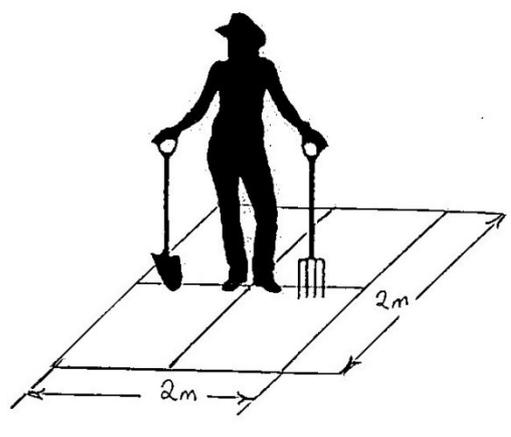
Mikayla Crossley 26-Feb

Gwen Fenton 15-Feb

Greg Horan 20-Feb

Wishing; Ray, Mikayla, Gwen and Greg 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



Hedge planted

The entire 56 Japanese box hedge plants have been planted. The next step to take place is the planting of the roses in the centre row of the hedge. The funds to purchase the roses will be done through a fund-raising campaign called “Fund a Rose” with a few local businesses to take part. The selected rose will be “Rose Angel Face”. This rose, when in

flower, will present a sea of pink like what's found on an artist's paint palette.



Angel face rose flower

The hedge will take a couple of years to develop but the end result will be spectacular.

Community beds

The first community bed closest to the bay leaf tree will be filled with comfrey which will generate enough leaves to make comfrey tea with the goal of producing enough fertiliser for the garden as comfrey is one of the best organic fertilisers we can make.

Camellia beds

The camellia beds are slowly being cleaned out of weeds and the old dead plants to make way for the lime tree waiting for a spot to grow in.

The cleaning of the orchard area

The weeding and clean-up of the orchard area is almost complete with special thanks going to Ray Birch, Robert Carter and Dan Callen for the removal of the weeds. Ray has also helped with the pruning of the fruit trees and some of the trees have come into flower this week. We still need to dig out the old olive tree stump and level off the ground. We are planning the plant some passionfruit vines this year for all to share the fruit. The work is still ongoing in the yard.

Watering the Community beds

We still have a few day of summer left 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

The removal of weed from the pathways is a continual task that needs to be done. Members are reminded it is a condition of your mebership to keep both pathway either sides of your bed free of weeds and to remove the weeds out of your garden beds as the garden bed weeds are the main source of weeds growing in the pathways. The Friday working bees would like to spend more time planting plants in the community beds and tending to the orchard, making compost, maintaining the worm farms and learning about permaculture instead of weeding pathways that their fellow members cannot do.

Tree of the month

Lemon Trees

Citrus limon



This amazing evergreen fruit tree produces a fruit that is used in cuisines all over world from jams, marmalades to roasting and everything in between. A lemon tree is the all-round good guy in any garden from it beautiful ever green foliage, fragrant flowers, and colourful lemon scented fruit. With all these attributes any keen gardener should have one in the ground or growing in a pot sitting on the balcony floor of your apartment. The plant's origin is very hotly debated to this day but research tells us the first cultivation happened in the Himalayas in the north of India, although the Chinese and Burmese lay claim to the plant. Lemon trees were introduced to Italy during the second century AD as an ornamental tree but around 700AD the Moors in Spain were selling the plant to Egypt, Persia and Iraq and in the 12th century

the Spanish Moors published a book on the cultivation of lemons for the production of preserved lemons, with the trees being grown around Granada and Seville. It wasn't until the 15th Century that lemons were cultivated for food in Genoa, Italy. Today the lemon tree can be found all over the Mediterranean and the world in orchards, backyards and growing in pots in shopping malls.

Are lemons good for you?

Lemons are a good source of vitamin C with one 58 gram lemon providing about 29 mg of vitamin C, which is 50% of the Reference Daily Intake (RDI). Research has indicated the eating of fruit and vegetables rich in Vitamin C helps to reduce the risk of heart disease and stroke. The vitamins found in lemons are Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic acid (B5), Vitamin B6, Folate (Bg), Choline, and Vitamin C. Minerals found in lemons are, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium and Zinc.

Which lemon tree variety should I grow?

Eureka lemons are the most widely grown lemon in Australia. The tree is virtually thornless with its crop coming to maturity during winter with a small crop in spring and summer and it's a high yielding tree.

Eureka SL was developed in South Africa. The plant is a totally seedless and is prized for its rind oil qualities. The fruit is a more rounded than the original Eureka.

Allen Eureka is a clone of the original Eureka tree and is a thornless variety of semi-high yielder and mainly grown in California, USA. These are the lemons we get in supermarkets here in the season when our local lemons are not available.

Fino and Verna – these two plants are a recent import from Spain into Australia. The Fino plant has a similar harvesting pattern as a Eureka lemon maturing during winter with a harvest in spring and summer. The fruit is somewhat smooth to touch and the plant is a heavy cropper. The branches of the plant are somewhat thorny. The Verna tree harvests around November with its long elongated with rough skin fruit. The Verna is a suitable tree for commercial purposes and the branches are hornless.

Genoa - this Italian variety has fewer thorns on the fruit branches with the fruit being smaller in size than the Eureka varieties. The foliage is denser which makes it suitable growing in cooler climates.

Lisbon - the Lisbon is a plant that can tolerate hot and cold climates and harvests similar to the Eureka varieties. The Lisbon produces a better skin quality on the fruit and the fruit is mainly found on the inside of the foliage. The tree is a very upright and tall which makes it suitable for a wind break.

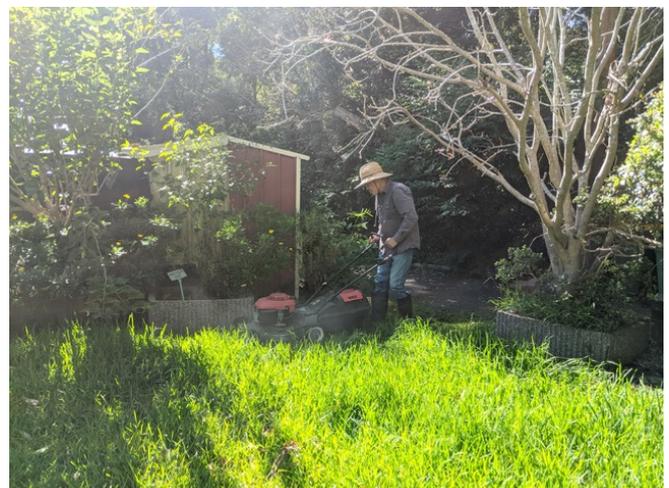
Meyer - this plant produces a very low acid content in the fruit with a thin rind or skin which makes it susceptible to wind damage as fruit will hit each other or hits branches in the wind which results in bruising of the fruit. The fruit is somewhat elongated. Meyer's are nearly thornless with the main crop to be expected around winter.

Growing lemons

All the lemon varieties tolerate a range of different soils, but they prefer a minimum top soil thickness of 60cm and slightly acidic pH of between 6.0-7.0 and the soil needs to be well drained.

Lawn mowing

With all the rain we've had in recent times our lawn was growing longer and longer and longer. The Council was approached and I was informed their mowing employee was on Christmas leave and the lawn wouldn't be mowed. To reduce the risk of ticks and some unmentionable reptiles, Dan Callen came to the rescue and mowed the lawn or should I say the new jungle.



Dan and family did a great job which took several hours to complete. The end result was fantastic.



The two rubbish bins were both filled to the brim and the grass is now cooking away in the compost heap. Two week after Dan & Co's efforts, Stan mowed the lawn with more grass produced for our compost heap.

Compost bins

The compost bins are working well under the eye of Bill, our Treasurer. The recent testing of the soil we produce shows that Bill and the guys have got this job done to a fine art as all the right elements and bacteria are present in the soil.

Test performed 18 January 2021

Ph	7%
Nitrogen N	Medium to high
Phosphorus P ₂ O ₅	Medium
Potassium K ₂ O	Medium
Bacteria	7%

When using and handling the compost please use gloves and wash your hands in soap when finished.

What to plant now in our temperate zone

- Silver beet
- Lettuce
- French & climbing Beans
- Cabbage
- Beetroot
- Carrots
- Peas
- radish
- Kale

Recipes of the Month

Smoked Salmon Pasta (one-pan dish for lazy days)



Servings: 2

Ingredients

220g pasta (I use orrechiette but any smallish pasta such as shells would work well)
2 tablespoons extra-virgin olive oil
2 teaspoons finely grated lemon rind
1/4 cup lemon juice
3 spring onions, finely chopped
2 tablespoons baby capers, drained
200-250g smoked salmon, chopped
Small bunch dill, chopped
2 tablespoons cream cheese

Directions

Cook pasta in a saucepan of boiling, salted water, following packet directions, until tender. Drain and keep in colander.

Using the same saucepan add oil and sauté spring onions briefly. Add lemon rind, lemon juice, capers, dill and salmon. Then add cooked pasta and stir until combined (about 1 minute).

Place in bowl and dollop with cream cheese. Serve with a good grind of black pepper.

I get the Huon Deli Bites smoked salmon from Woolies for about \$6 a pack and it is great – in bite sized pieces ready to go and relatively inexpensive.

Lemon Ricotta Dessert Cake



Ingredients

125g butter, at room temperature, chopped
155g (3/4 cup) caster sugar
1 lemon, rind finely grated
250g fresh ricotta (see note)
3 eggs
150g (1 cup) self-raising flour
60ml (1/4 cup) fresh lemon juice
100g (1/4 cup) lemon curd, plus extra to serve
Pure icing sugar, to dust
Vanilla ice cream, to serve

Directions

Preheat oven to 170C/150C fan forced. Grease and line the base of a 20cm spring form cake pan with baking paper.

Use electric beaters to beat the butter, sugar and lemon rind until pale and creamy. Add the ricotta and beat until just combined. Add the eggs, one at a time, beating well after each addition.

Use a large metal spoon to fold the flour into the mixture. Stir in the lemon juice. Transfer mixture to the prepared pan and dollop with lemon curd. Use a flat bladed knife to swirl the lemon curd into the batter. Gently tap the pan on the bench to settle the batter. Bake for 45 minutes or until the cake springs back when lightly touched (see note).

Cool the cake in the pan for 10 minutes, then release the side of the pan. Cut the cake into wedges and serve warm, drizzled with extra curd and topped with ice cream.

Notes

If you can, use ricotta bought from the deli as it tends to be firmer and less watery. If you are using ricotta from the supermarket, place it on paper towel on a plate to drain for a few minutes, then weigh it.

When you test the cake, try and avoid the lemon swirls on the top. Placing the skewer in these parts can give you a wetter outcome due to the lemon curd but the rest of the cake is cooked and perfect. You then run the risk of overcooking.

To serve the cake cold, remove sides as directed then leave to cool until firm and just warm. Use baking paper to lift the cake off pan and place onto a wire rack. Carefully slide the paper out and leave to cool completely.

I use pre-made lemon curd – Barkers brand from Woolies - but you could make your own.

Check out this month's seed collection website.

www.theseedcollection.com.au