



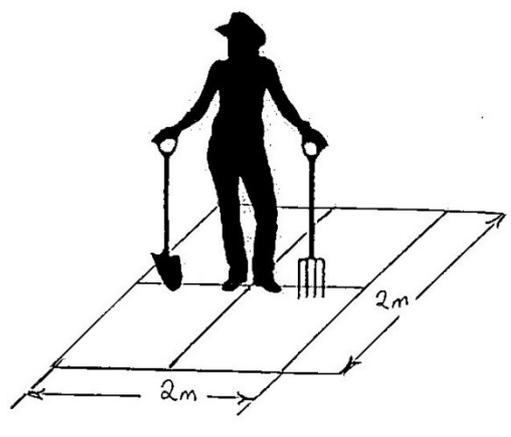
Volume 2 Issue 9, September 2021

August Birthday Celebrations

Robert Dobosz	14 Sept
Marg Birch	24 Sept
Kristine Horan	30 Sept

Wishing; Robert, Marg and Kristine 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.**

Hedge and Roses

The roses are in full bloom with more flowers every day. The fragrance of the flowers fills the air.



Weeding of paths

The new rule for weeding the pathways is working well. Keep up the great work.

The Trellis flooring

The trellis area has been held up due to the lockdown. Once the lockdown is finished we can start preparing for laying the pavers.

Honey for sale



We still have honey for sale at the garden \$8:00 per jar for members and \$10:00 for non-members.

Please note the honey is candied and makes a great spread.

Our Lawn

It's encouraging to see our locals are using the lawn at our hidden garden. Several times I have watched small children crawling around on the grass with their mums playing with them. Good to see community use of our lovely space!

Companion planting

This is about taking advantage of a plant's ability to attract or repel insects or provide nutrients to support other plants. You may also need a plant to provide shade. Finding the desired best outcome when planning a veggie bed can sometimes be a daunting task. This is the art companion planting.

We have all grown veggies that bugs and pests like to eat more than we do. Sometimes we don't even get to eat the crops we so tenderly nurture and look after. The art of companion planting can help reduce the risk of insect infestation and reduce the likelihood of pathogens propagating in the soil and all without using chemicals. Some plants grow well when combined with other species and at the other end of spectrum we see some plants will not grow at all when grown with certain species. The main goals of companion planting are (1) provide pest control; (2) attract the beneficial insects; and (3) provide nutrients and bacteria for plants.

Pest Repellent plants:

French Lavender: This strongly scented plant will protect nearby plants from insects such as white fly when planted near fruit trees.

Marigolds: Planted randomly around the garden not only do they give a pleasing look around the garden; they also confuse flying insects which keeps them away. Marigolds are good neighbours when planted with tomatoes as they repel white fly and prevent soil nematodes. They are also great company with carrots, and help mask the smell of brassicas. Marigold is helpful when growing beans as they deter spider mites and a range of beetles.

Marjoram and oregano: These two valuable herbs deter pumpkin beetle when planted near cucurbits. The Cucurbitaceae family are mostly climbing or trailing plants which includes squash, pumpkin, cucumber, gourd, watermelon, and rockmelon. Cabbage butterfly becomes confused, when these two herbs are planted in the same bed around brassicas. Try growing a marjoram and oregano hedge around onions as this will deter onion maggots.

Garlic: Garlic is a great friend in the garden; it is easy to grow and repel most flying insects and soil-borne pests.

The smell the garlic plant omits deters carrot fly and the white cabbage butterfly. In cooler climates they make great companions with raspberry canes as garlic will protect them from a variety of bugs.

Sage: Sage is a necessary plant in any veggie garden as they have the ability to attract bees and a good deterrent for ants and onion maggots.

Basil: Basil makes a good fly deterrent when grown in a pot near a household doorway. Basil is a good companion for tomatoes, beans and cabbage; they are also used to aid the prevention of downy mildew on cucumbers, beans and squash.

Rosemary: Rosemary is a good companion for brassicas and repels carrot fly. A sprig of rosemary is useful deterrent for silver fish in cupboards.

The desirable insects:

Our community garden is a little eco system which we need to keep in a balance. Some of the insects in our garden work behind the scenes and eat away at unwanted pests. If we use pesticides you are not only killing the bad bugs, you are also killing the good bugs. This is where companion planting and the understanding of what to grow with what comes into play. Not only it is better for the plants it also assist the insect population as well.

Bees, wasps and butterflies: Are a necessity for the global eco system as they pollinate and cross pollinate the flowers which in turn will bear fruit and the cycle of plants life continues.

Lady birds: Are a garden's best ally as they have a ferocious appetite for white fly, aphids and thrips.

Spiders: Play an important role in the garden when it comes to aphids, leaf miners, spider mites, caterpillars, flies, moths, thrips and grasshoppers.

Provide nutrients and bacteria for plants:

A good example of this type of gardening is the combination of legumes, peas and beans. Legumes take advantage of symbiotic rhizobia bacteria which aids nitrogen to fix into the root system via nodules of the plants roots. Rhizobia bacteria convert nitrogen gas (N₂) to ammonia (NH₃) in a process called nitrogen fixation.

When the legumes are finished producing the plants should be shredded and dug into the soil as green compost. This returns the nitrogen back to the soil during decomposition and the cycle starts all over again.

Beans and corn are often planted together because the beans fix the nitrogen for the corn and again when mulched together makes a great soil booster.

On the last page of this edition there is a vegetable companion planting spreadsheet.

Plant of the month

Sunflowers

Helianthus annuus



This member of the daisy family is a much loved plant which brings joy and happiness to most people. A native of South America has a history of cultivation dating back to 2100 BCE when it was domesticated by the Mexicans for its seeds. Just as the flowers bloom the immature young flower will follows the sun as it makes its path across the sky then during dusk the flower moves back and faces the east ready for sunrise. Science believe this phase is to attract pollinators to the flower.

To help the flower move and follow the sun, the plant stem has two different growth rates with the eastern side of the plant growing faster than the western side.

This different growth rates help the movement of the plant to face the sun and is important for its growth with the scientific botanical name Heliotropism meaning “the directional growth of the plant in response to sunlight”. This phenomenon happens with most flowering plants when the flower buds and when the new flowers open. This only happens for a short time.

The sunflower grows to around 1.5 to 4.0 metres depending on the variety. Each flower centre is really a disc of tiny flowers to form a false flower head with the outside petals being bright yellow or maroon in colour. Sunflowers are a great resource for bringing the beneficial insects to the garden like bees and other pollinators. After the flower has died cut the flower off at the stem and lay it flat face up to dry, then clean the surface with a cloth. After cleaning gently rub the old flower buds off to reveal the seeds. Using a dinner fork to remove the seeds from the flower base over a bowl to collect the seeds, some seeds may need to be pulled out with fingers.

Removing the seed husk

Firstly dry the seeds in the sun. The traditional way, is to bite the husk off and chew the seed and remove the husk from your mouth. The 21st century way is to use an electric blender by placing about a cup full in to the blender and giving a few bursts. This will remove the husks.

Sunflower vitamins and minerals

Vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin E

Minerals

Niacin B3

Phenolic acids

Flavonoids

Calcium

Potassium

Iron

Antioxidants

Sunflower oil helps in anti-inflammatory activity.

What to plant now in our temperate zone

- Cucumbers
- Capsicum
- beans
- Beetroot
- Carrots
- Lettuce
- Corn
- Pumpkin
- Tomatoes

Check out this month’s Seed Collection on their website: theseedcollection.com.au

Recipe of the Month

Asian Salmon with Thai Noodle Salad & Nam Prik Dressing



This is a nice fresh Spring recipe to get our tastebuds ready for the delights of summer.

Recipe quantity serves 2, but could easily be doubled.

Ingredients

2 x 170g salmon fillets

Beansprout Salad

1 portion of rice vermicelli noodles, soaked in boiling water 10 mins, drained and cooled

100g beansprouts

1/2 red capsicum, finely sliced

1 spring onion, finely sliced

4 snow peas, finely sliced

1/2 telegraph cucumber, finely diced

1 handful coriander

1 handful mint

1 tsp sesame seeds

1 tbsp peanuts chopped

1 tbsp crispy shallots

Nam Prik Dressing

3 tbsp fish sauce

3 tbsp lime juice

1 teaspoon sugar

1 red chili finely chopped

2 cloves garlic crushed

1 thumb sized piece ginger grated

2 tbsp coriander finely chopped

Directions

Nam Prik

Mix all ingredients together and set aside until ready.

Salmon

Season the salmon with salt and rub in olive oil. Heat oven to 180c. In an ovenproof frying pan cook the salmon on medium/high heat for 3-4 minutes, flip and cook for a further minute before placing in the oven for 3-4 minutes.

Beansprout Noodle Salad

Mix all the ingredients together and set aside.

Mix in rice noodles and dress with nam prik dressing.

Place salad on one side of the plate with salmon next to it. Drizzle the nam prik dressing over salad and salmon.

	Asian Greens	Basil	Beans	Beets	Broccoli	Cabbage	Carrots	Cauliflower	Celery	Chives	Coriander	Corn	Cucumbers	Capsicum	Dill	Eggplant	Fennel	Garlic	Kale	Leeks	Lettuce	Marigolds	Melon	Mint	Onion	Oregano	Parsley	Peas	Potatoes	Radish	Rocket	Rosemary	Sage	Sorrel	Spinach	Squash	Strawberries	Sunflowers	S Potatoes	Swiss Chard	Thyme	Tomatoes	Zucchini			
Asian Greens			Green	Green		Green	Green						Green														Red						Light Purple			Green				Light Purple						
Basil														Green													Green							Light Purple										Green		
Beans	Green				Green		Green	Green	Green	Red	Red	Green		Red		Green		Red	Green	Red		Red			Red			Green	Green	Green	Green			Light Purple		Green		Green		Green		Green	Green			
Beets	Green		Green			Green													Green															Light Purple												
Broccoli			Green				Green			Green	Green		Green	Red	Green			Green			Green					Green	Brown				Red	Green	Light Purple		Green	Red				Green	Red					
Cabbage	Green		Green	Green			Green						Green	Red	Green			Green			Green				Green		Green			Red	Green		Light Purple	Green	Green	Red	Red					Green	Red			
Carrots	Green				Green	Green		Green			Green				Red											Green								Light Purple												
Cauli			Green				Green			Green	Green			Red	Green			Green								Green	Brown						Light Purple		Green		Red			Green		Red				
Celery																				Green	Green					Green		Red						Light Purple		Green						Green				
Chives			Red			Green	Green							Red					Green							Green	Green	Red	Red	Red			Light Purple										Green			
Coriandr																	Red																	Light Purple		Green										
Corn			Green										Green			Green								Green			Green	Green	Green	Green			Light Purple			Green		Green				Red	Green			
Cucumbr	Green				Green	Green		Green						Green						Green						Green		Green	Green	Green			Light Purple	Red									Green			
Capsicum		Green	Red		Red	Red		Red					Green						Red							Green	Green	Green	Green				Light Purple			Green					Green		Green			
Dill					Green	Green	Red	Green				Green							Green							Green							Light Purple				Green						Red	Green		
Eggplant			Green																							Green							Light Purple			Green								Green		
Fennel											Red																							Light Purple												
Garlic			Red		Green	Green		Green											Green														Light Purple					Green						Green		
Kale			Green				Green			Green			Green	Red	Green				Green							Green	Green				Red	Green		Light Purple			Green	Red	Red				Green	Red		
Leeks			Red																														Light Purple											Green		
Lettuce					Green	Green	Green	Green					Green						Green	Green						Green							Light Purple			Green		Green						Green		
Marigold			Red																														Light Purple				Brown							Green		
Melon												Green											Green		Green								Light Purple					Green								
Mint						Green																									Red			Light Purple											Green	
Onion			Red		Green	Green	Green	Green					Green						Green	Green	Green				Green		Green	Red	Red	Green			Light Purple			Green							Green			
Oregano		Green			Brown	Green		Brown					Green			Green			Green														Light Purple												Green	
Parsley	Red					Green			Red			Green		Green												Green		Green	Green	Green			Light Purple											Green		
Peas			Green			Green	Green			Red	Red	Green		Green				Red								Red		Green					Light Purple			Green	Green	Green						Green		
Potatoes			Green			Green	Green			Red	Red	Green		Green				Red	Green	Red						Red		Green	Green	Green			Light Purple							Green					Green	
Radish			Green										Green												Red								Light Purple													
Rocket			Green	Green	Red	Red	Green						Green						Red							Green							Light Purple			Green										
Rosemar			Green		Green	Green	Green						Green			Green			Green														Light Purple													
Sage	Light Purple												Red																				Light Purple													
Sorrel						Green																											Light Purple					Green							Green	
Spinach					Green	Green		Green	Green												Green												Light Purple					Green								
Squash			Green		Red	Red		Red				Green		Green																			Light Purple												Red	Green
Straw'bry	Green		Green		Red	Red		Red										Green	Red							Green		Green	Green	Green			Light Purple													
Sunflower												Green													Green								Light Purple													
Sweet Potato			Green	Green											Green																		Light Purple					Red						Red		

