

Weed-It

March Street Community Allotment Gardens Newsletter

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October Birthday Celebrations

Michelle H	10 Oct
Adam R	30 Oct

Wishing a very happy birthday to Michelle and Adam.

Pavers being laid on the far walkway

With the leftover road base from the paving of the pergola area, work has started with the cleaning of weeds and the removal of the nice soil which has been returned to compost. The anti-weed mat that was laid all those years ago is in good condition. It was found that by lifting the matting up the weeds and soil fall off. We will need to purchase more road base and obtain more pavers to complete the job. After completion there will be no more weeds to worry about.

Pavers wanted

The Club is wanting to pave the walkways between the garden beds. If you come across any free pavers 230mm x 110mm x 50mm on social media and various market places, or maybe know someone that is renovating their property, please let the Secretary know and we can organise transport for them.



What to grow in October

October/November is midway through Spring and it's time to ponder what plants you would like to grow in your garden bed for the warmer months ahead. Here are some ideas!

Asian greens, Basil, Bush beans, Beetroot, Carrots, Celery, Chives, Climbing beans, Dwarf beans, Coriander, Cucumber, Dill, Fennel, Leeks, Lettuce, Parsley, Parsnips, Peas, Potato, Pumpkin, Radish, Rocket, Sage, Shallots, Silverbeet, Snow peas, Spring onions, Squash, Sweet corn, Tomatoes, Zucchini.

Fruit of the Month

Passionfruit

Passiflora edulis



Another edible delectable that was discovered by European explorers on their journeys to the New World and South America. The fruit was noticed by missionaries in the 1700's while endeavouring to convert the masses in Brazil. The vine is a species of the passion flower which is native to Brazil and now commercially cultivated in Brazil, Paraguay, and northern Argentina. The fruit is of the Pepo, a type of berry which is round to oval shape and ranges in colour from yellow to a deep purple at maturity. The Catholic missionaries incorporated the passion fruit into a church message calling it, *flor das cinco chagas* or "flower of the five wounds" in an attempt to present the message of the crucifixion of Christ. The fruit was also incorporated as an emblem of the passion of Christ.

Everything about the flowers comes down to the number five. The flower is between 5 to 7 cm wide, there are 5 green sepals, 5 white petals with 5 stamens which combined give a lovely fragrance.

In Australia we have 50 different varieties of the fruit to choose from, the most popular variety is the Nellie Kelly.

This variety is a very sturdy variety which can tolerate extremes of temperature. They will grow in the cool of the Blue Mountains to the hot summers of Newcastle. This variety is disease-resistant which makes it a great choice for the home gardener. The Panama passion fruit is another popular variety with its fragrant and plentiful juicy flesh.

The vine is easy to grow from cuttings using growth hormones and placing in a cutting pot. The vine is also easily grown from seed. For best results purchase the seeds from the Diggers Club.

Happy Gardening!

Recipes of the Month

Pavlova with Passionfruit and Caramelised Honey Mousse



Most of us love the pavlova, and it is fabulous in the usual manner with strawberries and cream, but this recipe is something a bit different. Maybe show off your skills for the Christmas table!

Ingredients

6 egg whites
1/2 tsp cream of tartar
1 1/2 cups (330g) caster sugar
1 tsp cornflour
1 tsp white vinegar
Pulp from 6 large passionfruit (about 175g), plus extra to serve
1/2 cup (180g) runny honey, plus extra to serve
725ml thickened cream
2 titanium-strength gelatine leaves, softened in cold water for 5 minutes

Directions

Preheat oven to 160°C. Trace a 20cm circle, using a cake pan as a guide, on a piece of baking paper. Turn over so the circle is on the underside and use to line a large baking tray.

Place egg whites and cream of tartar in a stand mixer with the whisk attachment and whisk to soft peaks. With the motor running, add 1 tbs sugar every 30 seconds and continue whisking until well incorporated. Whisk for a further 8-10 minutes until mixture is thick and glossy and sugar has dissolved.

Add cornflour and whisk to combine, then whisk in the vinegar. Spoon meringue on prepared tray and use a palette knife to smooth the sides and top. Using a small palette knife, drag the side of the meringue from the bottom upwards into peaks. Repeat around the entire edge.

Place pavlova in the oven and reduce oven temperature to 100°C. Bake for 1 hour 30 minutes, then turn off heat and let pavlova cool in the oven for at least 4 hours or overnight until cooled completely.

To make the mousse, place honey in a medium saucepan over medium-high heat. Cook, swirling pan frequently, for 5-6 minutes until the honey begins to caramelize. Stir in passionfruit pulp until combined. Remove from heat and add 1/2 cup (125ml) warm thickened cream. Squeeze excess water from gelatine and stir into cream mix until melted and combined. Cool to room temperature, then lightly beat to loosen. Whisk remaining 600ml cream to stiff peaks and fold cream through passionfruit mix. Chill for 2-3 hours until set.

When ready to serve, lightly whisk the mousse to loosen. Place pavlova on a serving platter and spoon over mousse. Drizzle with extra passionfruit and honey, to serve.

Coconut Sago with Passionfruit Syrup



For something a bit healthier, and dairy free, this is a great recipe. Perfect for serving with Asian food. You can also substitute the pineapple for mango slices.

Ingredients

3/4 cup sago or tapioca pearls (available in Woolies)
2 cups coconut milk
6 passionfruit, pulped
65g palm sugar, grated (available in Woolies)
225g can pineapple pieces in juice, drained (or fresh pineapple, cubed)
2 tablespoons caster sugar

Directions

Place sago, coconut milk and 1 cup cold water in a heavy-based saucepan. Stand for 30 minutes to soak.

Meanwhile, place passionfruit pulp and palm sugar in a saucepan over low heat. Cook, stirring for 4 minutes or until sugar dissolves. Increase heat to medium. Bring to a simmer. Simmer for 4 to 5 minutes or until slightly thickened. Remove from heat. Stir in pineapple. Cool completely.

Heat sago mixture over medium heat. Bring to the boil, stirring occasionally. Reduce heat to low. Cook, stirring often, for 10 to 15 minutes or until sago is tender. Remove from heat. Stir in caster sugar. Spoon sago mixture between four 1 cup-capacity glasses. Cover with plastic wrap. Refrigerate for 15 minutes or until slightly chilled.

Spoon passionfruit mixture over sago mixture in glasses. Serve immediately.