



Volume 3 Issue 4, April 2022

February Birthday Celebrations

Dan C
Aiden S

Wishing a very happy birthday to Dan & Aiden.

Lessons learnt from the COVID Pandemic

The lessons we have all learnt over the past two years is if you are unwell stay at home and if you are unsure of the environment, e.g. you are in crowds of people, wear a mask as this protects yourself, your family, friends, and work colleagues.

Weeding of paths - HIGH IMPORTANCE

Some of the pathways are in desperate need of weeding. Remember it's your responsibility to keep the pathways clear of weeds and it's a condition of membership. All you have to do is weed the right-hand side path beside your garden bed.

Clearing out of far pathway and weeds

The Committee investigated methods of weed reduction at the gardens with one idea being the hire of a skip bin and to then organise a working bee to fill the bin. This idea was considered too expensive.

Council was approached and they gave us eight chaff bags which have been filled with the weeds from the far pathway and two-thirds of the camellia beds. The camellia beds were then top dressed in the forest mulch supplied by Council.

Honey for sale



We still have plenty of honey for sale. The new batches of honey have two different types: Clover honey which is light and blue gum honey which is dark. The price hasn't changed and is still \$8:00 per jar for members and \$10:00 for non-members.

What to grow in May?

Artichokes, Asian greens, asparagus, broad beans, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Chives, Coriander, Dill, Endives, Eschalot, Fennel, Garlic, Jerusalem artichoke, Kale, Kohlrabi, Leek, Lettuce, Mint, Mustard greens, Onions, Peas, radish, rocket, silver-beet, snow peas, Spring onions, Sugar snap peas, spinach, turnips.

Vegetable of the month

THE LEAF - the forgotten superfood

Blueberries take the crown in the realm of superfoods along with kiwi fruit and avocado to name a few. Often when grocery shopping, we tend to go for the high-end berry varieties of super foods without give a thought to the leafy alternatives such as Swiss chard, Spinach, Chinese cabbage, Kale, and Watercress that are just as good for you to eat, especially if you are on a budget. Even better is growing your own leafy greens in the garden at home or the community garden allotment. The consumption of these leaves is beneficial to our daily nutrient needs and I like to refer to them as powerhouse foods. Let's look at the plants and what they offer.

Chard/Swiss Chard also known as Silverbeet



Also known as rainbow chard with an extensive range of varieties, the most popular being Bright lights, Bright Yellow, Fordhook Giant, Lucullus, Ruby, and Rainbow.

The plant originated from the Italian island of Sicily before being grown in English and American gardens. The name Swiss was adopted to separate the plant from French spinach around the 19th century. Swiss chard is a great substitute for spinach when cooking. The plant has a rich source of vitamins A, C, K and an abundant source of magnesium potassium, iron, and dietary fibre.

Spinach



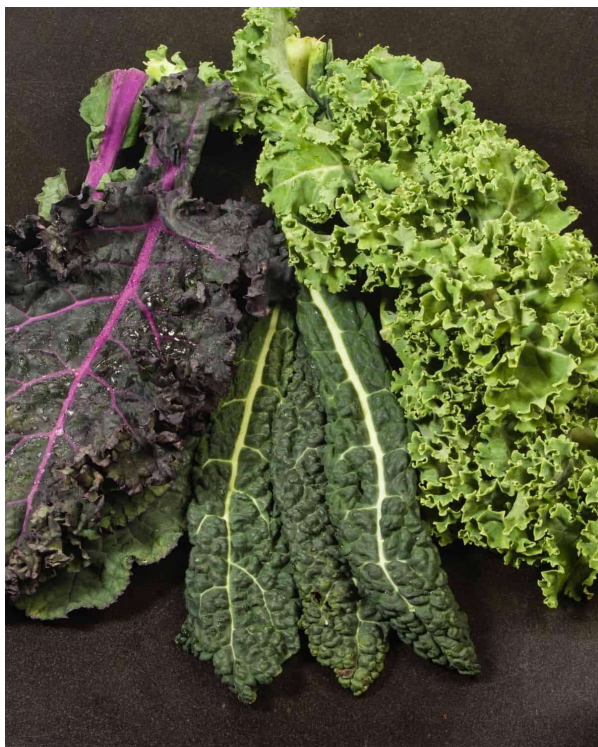
Spinach is a leafy green vegetable native to Asia and a close cousin of the beet and chard family and is a true superfood. Spinach is full of vitamins and minerals. Vitamins A, B1, B2, B3, C, E, K. Minerals are Calcium and iron - more than double the iron content of most vegetables. Other minerals are Magnesium, Manganese, Phosphorus, Potassium, Sodium, and Zinc. You can understand why Popeye loved eating it. It's also claimed to aid in the prevention of macular degeneration.

Chinese cabbage (Wombok)



Chinese cabbage is found in most Asian cuisines. The vegetable is fermented in Korea and served as a side dish. Chinese cabbage is high amounts vitamin A, B1, B2, B3, B5, B6, C, and K, and a great source of calcium, iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc. It is also claimed to have antioxidants, but these claims are hard to justify.

Kale



Another member of the brassica family, kale comes in many different types with the most popular being the Tuscan, Curly leaf, and Russian. All the family group contain the same health benefits as Chinese cabbage.

Watercress



Watercress is the king of the superfoods as it has high levels of 17 commonly found nutrients per 100 grams serve. Watercress contains more vitamin C than oranges. Its rich peppery taste makes a great addition to salads

Growing

When growing your own leafy plant, you are in complete control of how well the plant will grow as it is up to you to ensure the plant is obtaining the right amount of element to support the plants growth and its general health which are the responsibilities of the mineral trio, Nitrogen, Potassium and Phosphorus, as well as good quality compost.

Recipes of the Month

Italian Sausage and Kale Soup



Ingredients

2 tablespoons extra virgin olive oil
400g pork and fennel sausages, casings removed
1 brown onion, finely chopped
1 carrot, peeled, finely chopped
1 baby fennel bulb, finely chopped
1 stick celery, finely chopped
3 garlic cloves, crushed
1 litre (4 cups) chicken stock (salt reduced)
250ml (1 cup) water
400g can brown lentils, rinsed, drained
1 small bunch kale, leaves thinly sliced
Parmesan toast, to serve (optional)

Directions

Heat 2 teaspoons oil in a large saucepan over medium heat. Add the sausage meat and cook, breaking up with a wooden spoon, for 6 minutes or until browned. Use a slotted spoon to transfer to a bowl. Set aside.

Heat remaining oil in pan over medium heat. Add the onion, carrot, fennel, celery, and garlic. Cook, stirring occasionally, for 8 minutes or until softened. Add the stock and water. Cover and bring to a simmer. Simmer for 4 minutes. Add the lentils and sausage meat. Simmer, covered, for 2 minutes or until warmed through. Add the kale and simmer, covered, for 2 minutes or until just wilted. Serve with parmesan toast, if using.

Greek Spinach and Rice Recipe (Spanakorizo)



Ingredients

1kg spinach (or silverbeet), rinsed and stemmed
200g white rice (arborio is good for this)
1/2 cup olive oil
4 spring onions, chopped
1 red onion, finely chopped
1 leek, sliced
200g (half a can) tinned chopped tomatoes
1 tbsp tomato paste
1 cup hot water
1/2 bunch dill, finely chopped
Salt and freshly ground pepper
Crumbled feta cheese (to serve)
Lemon wedges (to serve)

Directions

Heat the olive oil in a large skillet over medium high heat. Add the onions, spring onions and leek and sauté for 3-4 minutes, until translucent.

Add the spinach and cook stirring for a few minutes, until wilted. Stir in the tomatoes, the tomato paste, water, the rice and season. Reduce heat to low and simmer for about 20-25 minutes, until the rice is tender. During cooking, stir the spanakorizo once in a while and check if the pan appears to be getting dry, and add some more hot water, if needed. Finish the spanakorizo with fresh chopped dill and cook for a few more minutes.

Serve this traditional Greek spinach and rice (spanakorizo) with a squeeze of a lemon and top with crumbled feta.

This is nice with grilled meat or fish or even on its own with a nice green salad.

