



### Volume 3 Issue 11-12 Nov-Dec 2022

#### October Birthday Celebrations

Lindsay R	18 Nov
Zoe B	19 Nov
Pham T	22 Nov

Lynda H	3 Dec
Prim F	30 Dec
Angela T	30 Dec

Wishing a very happy birthday to Lindsay, Zoe, Pham, Lynda, Prim, and Angela.



### Christmas Morning Tea on the lawn



Don't forget we have our traditional Christmas morning tea this coming Friday the 16<sup>th</sup> December 10:00 am.

### **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 December**

December is the first month of Summer and it's time to think about what plants you would like to grow in your garden bed for the summer months ahead. Here are some ideas!

Carrots, Cucumbers, Eggplants, Lettuce, French beans, Leeks, Pumpkins, Silverbeet, Squash, Sweet Corn, and Zucchini.

## **Fruit of the Month**

### **Peaches**

*Prunus Persica*



I have fond memories of my father's garden which predominantly consisted of native plants and trees, some of which were endangered species. I loved to climb the trees as a child, and I would see how far I could climb and look out over the cow dairy paddocks that were over the back fence and watch the cows grazing. I did have my favorite climbing tree but the tree that I would water most days in the midst of the garden was the peach tree. I can remember its sweet fragrant flower and would get excited when the fruit started to grow. My father would put a bird net over the tree with the aid of a tomato stake carefully positioning the net so the birds could not attack the growing fruit. My father never used any sprays on the fruit. The only additive was the good quality compost for the soil that we produced at the back of the garden from lawn clippings, newspaper and dead leaves. Then around Christmas time the peaches were ready for harvest. This was an exciting time in our house as my mother would make her stewed peaches for Christmas dessert. My father would help mum pick the fruit and she would hide her stash from us kids, mainly me. The peach tree grew very easily as our back yard was once a cow paddock for the dairy since the 1800's.



The soil was rich and black for about 18" deep, which was a good environment for growing peaches and most of the farms in the area were peach or citrus farms.

The peach tree originated in Eastern China and made their way across the world to Persia (modern day Iran) via the Silk Road. The trees and fruit made their way to Europe. The tree belongs to the Prunus which includes, Cherry, Apricot, Almond, and Plum in the rose family. Peaches are classified with almonds due to its corrugated kernel shell. The peach shell can be ground down to make a cheap ingredient for marzipan known as persipan. Peaches and nectarines are the same species but are regarded as different fruit commercially.

Peaches are easy to grow especially in the Newcastle region as it is the ideal climate for growing the fruit, provided the soil is well composted regularly. The lower trunk may need to be painted using rock lime which acts as a barrier for crawling insects and grubs.

Happy Gardening!

## Recipes of the Month

### Peach and Raspberry Cheesecake Slice



#### Ingredients

**250g** Granita Biscuits (or similar)  
**100g** butter, melted  
**3** yellow peaches, halved, stones removed  
**3** white peaches, halved, stones removed  
**100g** fresh raspberries (frozen will also work)  
**500g** cream cheese (reduced fat will work for this)  
**1/3** cup (75g) caster sugar  
**1/2** cup (120g) sour cream  
**2** eggs  
**1** teaspoon vanilla bean paste

#### Directions

Grease a 20 x 30cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.

Place biscuits in a food processor and process until crushed. Add the butter and process until combined. Spoon into pan and use a glass to press over base. Place in fridge for 30 mins or until firm.

Preheat oven to 150C. Coarsely chop 1 yellow peach. Place in a saucepan with 2 tbs water. Cook over medium heat, stirring occasionally, for 5 mins or until tender. Set aside to cool slightly.

Process the peach mixture in a food processor until smooth. Add the cream cheese, sugar, sour cream, eggs and vanilla and process until smooth. Pour over the prepared base. Sprinkle with raspberries. Cut remaining yellow peaches and the white peaches into thin wedges. Arrange, in alternating colours, over the top of the cheesecake.

Bake for 45 mins or until just set. Turn the oven off. Leave cheesecake in the oven, with the door ajar, for 30 mins or until cool. Place in the fridge for 2 hours or until chilled. Cut into pieces to serve.

### Notes

You can use regular balsamic, sherry or white wine vinegar if you don't have white balsamic, but just use a little less.

## Peach, Bacon, and Bocconcini Salad



### Ingredients

#### DRESSING

- 1/2 cup (120ml) extra virgin olive oil
- 1 tablespoon white balsamic vinegar (see note below)
- 1 teaspoon sea salt flakes

#### SALAD

- 4 large rashers of bacon (pan fried) or 4 slices of prosciutto, chopped
- 4 good-sized handfuls small rocket leaves
- 3-4 sweet, ripe peaches, halved, peeled, and fairly thickly sliced
- 8 medium-sized bocconcini, torn into pieces
- 2 tablespoons pine nuts, toasted
- Freshly ground black pepper, to taste

#### Directions

For the dressing, put all the ingredients into a jar, seal it tightly and shake it until the salt has dissolved, then set it aside.

Place rocket on the serving plate, then top with some peach slices, bocconcini chunks, and a scattering of bacon or prosciutto pieces, then drizzle with a little dressing. Repeat this layering so you end up with a pretty pile of salad on the plate. Drizzle the remaining dressing over the top.

Sprinkle with toasted pine nuts and a good grind of black pepper.