



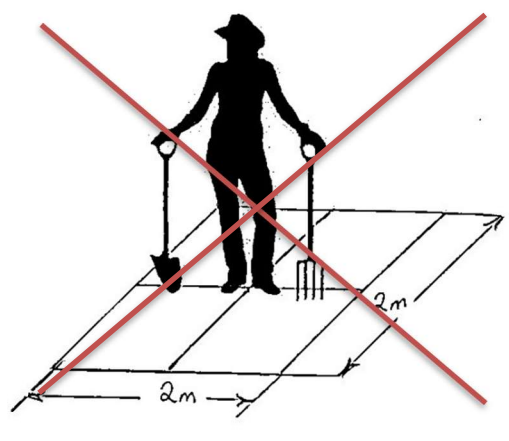
Volume 3 Issue 3, March 2022

February Birthday Celebrations

Judy J	5 Mar
Estrella R	30 Mar

Wishing a very happy birthday to Judy and Estrella.

No More Social Distancing



Do the two:

1. Wash your hands.
2. **If sick stay home.**

We have done it! Well done to all members.

Restrictions have been lifted and we have all survived the pandemic. The lessons learnt from this pandemic have been that if you are feeling unwell, just stay at home and together we can beat the common cold and Covid-19.

Mosquito problems



Japanese encephalitis is not in the Hunter region yet, but authorities say it's only a matter of time. Over this period of La Nina with its heavy rain we have experiencing a steady increase of mosquito activity at the gardens.

Over the last few weeks NSW Health have tested several people for the virus and have predicted that case numbers will increase steadily over the next two weeks. We should all use some form of anti-mosquito repellent while at the garden. Mosquito repellents such as spray or roll-on have with us for most of our lives. The Mozzigear mosquito patches are a great alternative for people who may have a reaction to using the sprays or roll-ons. All you do is peel off the paper backing and stick to your clothing. They are Citronella-based and they work great. They also come in wrist bands. The patches and wrist bands are available at Chemist Warehouse and Kmart.

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 that you have to do is weed the right-hand side of your garden bed.

Council donations

Council has provided 4 bags of sugarcane mulch and 1.5 cubic metres of forest mulch to be scattered over the camellia beds. We need to remove the weeds from the camellia beds to top dress the beds with the mulch. This will help the camellias for their flowering.

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.

Vegetable of the month



Parsnips
Pastinaca sativa

The parsnip is a root vegetable closely related to carrots and parsley with varieties available are Hollow Crown, Guernsey, Yatesnip. The parsnip is a native of Eurasia and have been cultivated since antiquity and widely used by the Romans as a food source and a sweetener prior to the arrival of cane sugar to the region. Parsnips are usually cooked but can be eaten raw and they are a rich source of vitamins, antioxidants, and minerals especially potassium. Now the hot weather is behind us, March is the best time to plant parsnip seeds or seedlings as the soil is still warm enough to germinate seeds or if planting seedlings the warmth will give an extra boost to the plant's growth. Don't leave it to late when planting seeds as the mature plants may become stunted due to the colder weather. Other crops to consider are turnips, radish, beetroot, and carrots. For the best seed results sow the seed in seedling tubers and place in a roomy plastic bag.

After germination when the plant is around 5cm tall transfer the new seedlings to bigger pots until well established. Two weeks prior to planting the seedlings loosen the soil with a fork to break up the lumps to a depth of 40 cm then evenly dig in the cow or chicken manure, this is also a good time to add the minerals the seedlings need which are urea, potassium, phosphorus. Add a couple of inches of compost as a topping then water in well and let the bed rest to aid in the absorption of the minerals. When planting ensure the distance between each seed is about 15 cm. This will allow the parsnips to develop wide and long.

Harvest time is between 14 to 20 weeks, or the general rule is when the top foliage has died back. Keep in mind parsnips can be harvested at any stage. If you leave them too long in the ground the parsnips will rot in the ground so don't try to obtain that extra cm of growth.

Diseases and pests

Root knot nematodes and other nematodes may cause serious problems to the root, while pests such as the two-spotted mite can attack the foliage and give a mottled look to the leaf. Other pests to watch for are aphids, leafhoppers, red legged earth mite, and thrips. Another problem is orange rust. All the above can be managed with commercial sprays.

Ph 6-7

Vitamins

Thiamine B1

Riboflavin B2

Niacin B3

Vitamin B6

Folate B9

Vitamin C

Vitamin E

Vitamin K

Minerals

Calcium

Iron

Magnesium

Manganese

Phosphorus

Potassium

Sodium

Zinc

Recipes of the Month

Pumpkin Soup



Ingredients

1 kg Kent pumpkin - unpeeled weight

1 brown onion, diced

2 garlic cloves, peeled and left whole

1 tablespoon olive oil

1 litre chicken stock (salt reduced)

1 tsp chilli powder or **1** red chilli (optional)

1 tsp cumin powder

1 tsp coriander powder

Salt and pepper

2-3 tablespoons cream or yoghurt – to serve (optional)

Directions

Peel pumpkin and cut into chunks. Chop onion and peel garlic.

Saute onion in olive oil until browning. Add spices and stir. Add pumpkin and garlic, and then stock. Season with pepper and salt if needed.

Bring to boil, then reduce to simmer for 10-15 minutes until pumpkin is well cooked.

Remove from heat and use a stick blender until thick and smooth.

Ladle soup into bowls, drizzle over a bit of cream or yoghurt, sprinkle with pepper and parsley if desired. Serve with crusty bread!

Roast Potatoes, Parsnips & Carrots



Thanks to Jamie Oliver for the inspiration for this one. We have this quite often, and serve with roasted or grilled meats, but it would also be delicious served over brown rice or couscous with a drizzle of tzatziki.

Ingredients

6 roasting potatoes (I like Desiree)
6 parsnips
6 carrots
1 bulb of garlic
3 sprigs of fresh rosemary
Olive oil

Directions

Preheat the oven to 200°C.

Peel the vegetables, halving any larger ones lengthways. Break the garlic bulb into cloves, leaving them unpeeled, and bash them slightly with the palm of your hand. Pick and lightly chop the rosemary leaves.

Parboil the potatoes - I microwave them for about 3 minutes.

Tip the vegetables, garlic, and rosemary into a large baking tray, add a good few glugs of olive oil tray, season with a good pinch of sea salt and black pepper and turn the veg over to coat them in the flavours. Spread them out evenly into one layer – this is important, as you want them to roast, not steam as they will if you have them all on top of each other.

Roast for about 1 hour, or until golden and crisp, then serve immediately.

