



**Volume 3 Issue 5.6, May/June 2022**

## **February Birthday Celebrations**

Brooklyn K  
Chris H  
Stan R  
Robert C  
Robert R

Wishing a very happy birthday to Chris, Brooklyn, Stan, and the two Roberts.

## **Honey for sale**



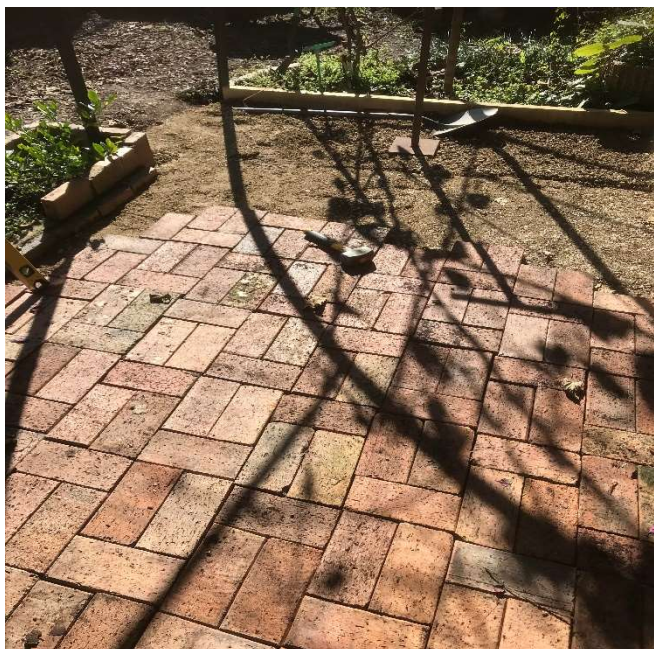
We still have plenty of honey for sale. The new batches of honey have two different types: Clover honey which is light and blue gum honey which is dark. The price hasn't changed and is still \$8.00 per jar for members and \$10.00 for non-members.

## **What to grow in June?**

Artichokes, Asian Greens, Asparagus, Broad Beans, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Chives, Coriander, Dill, Endives, Eschallot, Fennel, Garlic, Jerusalem Artichoke, Kale, Kohlrabi, Leek, Lettuce, Mint, Mustard Greens, Onions, Peas, Radish, Rocket, Silverbeet, Snow Peas, Spring Onions, Sugar Snap Peas, Spinach, Turnips.

## **Paving the pergola area**

We have been talking about paving the pergola area ever since I've been a member at the garden. The Committee made a commitment to fulfill the dream to getting the job done. Lee Rowan Landscaping was approached to supply one cubic metre of road base and because we are a community garden, Lee Rowan gave the Club a discount on the cubic metre price. The laying of the road base was started on the Friday working bee which was then compacted. After compaction the pavers were laid with the job being two thirds done by lunch time Friday. We will be endeavouring to finish the job by Monday 27<sup>th</sup> June.



Many thanks to the two Dans, for all their help on Friday. We will be fixing a park bench for sitting after the paving is finished.

## Fruit of the month

### Chilli

*Capsicum annuum*



Chilli peppers are a member of the capsicum family, and part of the nightshade family of plants. The eatable chillies were cultivated and eaten by the Incas. Inca food is generally spicy and some of the traditional recipes are still eaten today. The origin of the chilli prior to the arrival of Christopher Columbus is thought to be from Bolivia with cultivation quickly spreading to

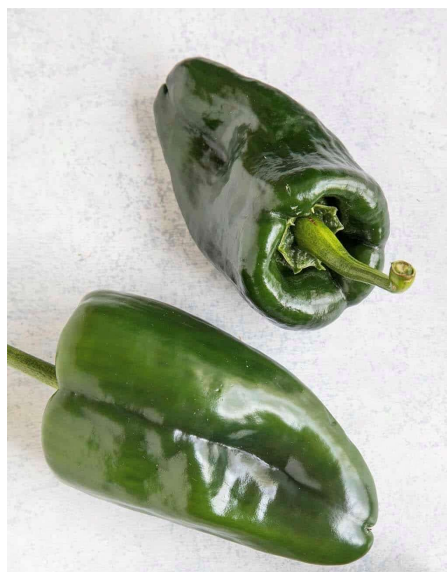
Mexico. The first European to encounter chillies or any of the other eatable nightshade plants was Christopher Columbus and his crew. It was recorded in Columbus' notes they enjoyed the flavour of the fruit.

There are twenty-three different family groups of chillies available with some being so hot they are inedible by themselves. Here is a list of the main chilli fruit.

Jalapeno, Habanero, Poblano, Serrano Pepper, Cayenne Pepper, Ghost Pepper, Capsicum Annuum, Capsicum Pubescens, Capsicum Chinense, Scotch Bonnet, Banana Pepper, Birds Eye Chilli, Carolina Reaper, Guajillo, Tabasco Pepper, Chile De Arbol, Chipotle, Pasilla, Shisito, Capsicum annuum var Gladriusculum, Fresno, Datil pepper, Trinidad Moruga scorpion.

Out of the twenty-three different types of chillies available there are six popular chillies with different heat factors ranging from two to four.

### Poblano



A large variety with a mild heat and flavour which is ideal for beef dishes that gives a little kick.

Heat factor 1



### **Jalapeno**



This sensible choice with its thick flesh is used in cuisine around the world. It can also be pickled.

Heat factor 2

### **Green Cayenne**

Not as hot as the red cayenne chilli, these chillies are great in Mexican, Thai, and Indian cuisines, as well as in a garnish or a salad.

Heat factor 3

### **Red Cayenne**



The bright red variety of chilli is great in stir-fries and noodle dishes, rendangs, and Indian curries.

Heat factor 3

### **Birdseye**



If you like eating red hot coals, this is the chilli for you. This fire stick is used in southeast Asian dishes and Indian food.

Heat factor 4

### **Habanero**



These extra hot chillies are great for making into jams salsas.

Heat factor 4

## The Scoville scale

The Scoville scale is the measurement of pungency or heat of the chilli fruit and recorded using the abbreviation (SHU). This scale is based on the concentration of capsaicinoids as well as capsaicin which are prominent elements of the fruit. The creator of this scale, Wilbur Scoville, in 1912 developed a method as Scoville organoleptic test. The test is basically an assessment of willing victims taste buds in an attempt, to gauge the capsaicinoid sensitivity and recording the heat of the fruit. After each test it has been recorded the tester drank around 600 mls of milk in an attempt, to quench the burning sensation!

### Recipes of the Month

## Cavolo Nero, Chilli and Sausage Risotto



**Source: Silvia Colloca – Australian TV Chef**

### Ingredients

**6 cups (1.5L)** good-quality chicken or vegetable stock  
**2 tbs** olive oil  
**3 (315g)** Italian sausages, casings removed (I like the Italian Pork & Fennel sausages from Woolies)  
**80g** unsalted butter  
**1** large onion, finely chopped  
**2** garlic cloves, finely chopped  
**1** long red chilli, thinly sliced  
**400g** arborio or carnaroli rice  
**1/2 cup (125ml)** dry white wine  
**1** bunch cavolo nero (Tuscan Kale), stems removed and discarded, leaves chopped  
**1/2 cup (40g)** grated parmesan

### Directions

Place stock in a saucepan over high heat and bring to the boil, then reduce heat to low and keep at a gentle simmer.

Heat olive oil in a large heavy-based saucepan with a lid over medium-high heat. Add sausage meat and cook, breaking up continuously with a wooden spoon, for 8-10 minutes until meat is caramelised and almost crispy. Transfer to paper towel to drain. Set aside until ready to use.

Heat half of the butter in the pan and reduce heat to medium. Add onion, garlic, and chilli, and cook, stirring occasionally, for 7-8 minutes until onion has softened. Add rice and stir for 2-3 minutes until well coated in the mixture. Add the wine and simmer, stirring continuously, for 1-2 minutes until reduced by three quarters and wine is absorbed. Stir in hot stock, 1 cup (250ml) at a time, stirring continuously and allowing the stock to be absorbed before the next addition, until all stock has been used, the rice is cooked, and the mixture is thick; this will take about 18-20 minutes. The rice should be creamy but still retain some bite.

Turn off the heat and stir in remaining 40g butter, cavolo nero and grated parmesan. Season to taste. Cover with the lid and stand for 2-3 minutes until cavolo nero has wilted. Add the cooked sausage meat, stir through and serve immediately.

## Chilli Sauce



You can use this as a condiment or as a strong seasoning – toss it through fried rice, Hokkien noodles or a chicken stir-fry. The chilli sauce can be used straight away or cooled and stored in an airtight container in the refrigerator for up to one week.

Source: Kylie Kwong – Australian Celebrity Chef

### **Ingredients**

**8** large red chillies, roughly chopped

**6** garlic cloves, roughly chopped

**75g** ginger, roughly chopped

**125ml** (½ cup) peanut oil

½ tsp brown sugar

**1** tbsp light soy sauce

### **Directions**

Process chilli, garlic and ginger in a food processor or blender until finely chopped.

Heat oil in wok until the surface seems to shimmer slightly.

Reduce heat to low-medium, add chilli, garlic and ginger and cook, stirring regularly, for about three minutes to cook out the flavours.

Add sugar and cook for one minute, stirring regularly so the sauce doesn't catch on the base of the wok.

Stir through soy sauce, reduce heat to low and cook, still stirring, for 10 minutes, or until the sauce has darkened and the oil has started to separate.



