

Uki Garden Club

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<http://ukigarden.club/wp/>

President's Report

Gillian Woodward

As Autumn now draws to a close, we are finally experiencing some cooler weather - perfect for working out in the garden. The recent rains have certainly helped our vegetable plants to grow as well as our lawns. Lawn mowers are ringing through our neighbourhoods again especially on weekends!

I am writing to you from Norfolk Island which looks very like the lush green of our Tweed Valley at present. But like us, they had almost no summer rain until March. For an island that has no water storage (everyone relies on their own water tank) this was a great concern. They also rely on their own production of all their fruit and vegetables, so water is certainly a limiting resource. Nearly every home we pass has a vegetable patch, many in the front garden. Bananas, rockmelon and passionfruit are the only fruits available here at present (at double or triple the price we usually pay).

You may not be aware that the Garden Clubs of Australia Convention is being held on Norfolk Island on October 14-18th this year. Registrations are closing this week so you would need to be snappy if you wanted to attend. *(Pic at right of Gillian and the President of the Norfolk Island Garden Club - Jan Keeping.)*

I can really recommend the island - it is truly beautiful. The water is a glorious turquoise colour and still a good temperature for swimming (as it would be in October). The frangipanis are still flowering and hibiscus of many colours abound.



The April bus trip was a great success as you will see from Tim Hunt's report (on the next page). Don't forget to put the date in your diary for our October bus trip to Brisbane for the Plant and Garden Show in early October. This will be a great chance to see a wonderful display without having to drive yourselves and battle to find parking. If we have 35-40 people we can take a large coach which has plenty of room for your purchases. Please note that this bus trip is in addition to the Garden Gathering held at the end of the month.

My thanks to those who have already agreed to be nominated for committee positions at our AGM in July. Let us know also if you would like to assist in the running of our club in other ways than being on the committee. There are many small tasks to be shared so don't be backward in coming forward!

I hope to see you all at gatherings in some new gardens over the coming months.

Happy gardening

Gillian



April Gathering – Bus Trip

Tim Hunt

We had a very pleasant bus trip with approximately 24 members on 27th of April.

Our first stop was in Billinudgel at Flogardens with Adam Glowinski.

At first it seemed like a small nursery with aquaponics and wall gardens and bromeliads and medicinal herbs and local native plants and I wondered how we would spend 2 hours there.

However Adam (*pic below*) gave a very fascinating talk about aquaponics, natural pools and weeds.



He explained that aquaponics replicates nature and only requires a pump to set up a self-cleaning, complete system. He uses fish to supply nitrogen and food, inert pebbles for bacteria, water plants and fresh water shrimp to clean. Cuttings sit in the water and go from seed to plate in six to eight weeks. He explained it is possible to grow almost anything in this medium from lettuce to pawpaw. It does not need a lot of light and in fact needs shading from direct summer sun.

The natural pools run on a similar system and can range from small spa-size pools with a waterfall to full size swimming size pools which with rocks and planting look quite natural (*pic as below*).



The fish can be fished and eaten and should not be too colourful to avoid predators.

Adam showed us examples of a frighteningly long list of local weeds including Asparagus fern, Cassia (*Senna pendula*), Taro, Madeira vine, Crofton weed, Lantana, Freckle face (*Hypoestes* sp.), it was great to have them demonstrated.



(Pic at left of Club members Sheila, Jenny, Jackie and Michael enjoying Flogardens)

We went from there to Ballina with of course the fabulous raffle beautifully executed by Lynn.

Ballina lunch was pleasant if a bit windy.

We finished at Summerland to check out the antiques and sculptures and the very well-run nursery with fruit trees, shrubs and indoor plants (*pic below of trip organiser Jan admiring some of the offerings at Summerland*).



I was lucky enough to be dropped at the door in Burringbar on the way home full of enthusiasm for the natural pools. We might be able to see one at my place in August.

Thanks to the organisers for a fabulous day.

Tim Hunt

(Ed: Thanks to Couz'n Lynn and Jackie Balk for the great pics)

Note from Dot Francis

The seedlings I took to the last Food group meeting, I take no credit for. They were actually grown by Alex Wilkinson, so kudos need to go to her for propagating what is regarded as one of our rarer local species.

Thanks Dot and well done Alex!

Membership Renewals Due

A membership renewal form is attached to the end of this newsletter. Please complete the form and either bring it to a meeting or scan and email it to ugcnews@gmail.com by the end of June.

Renewal fees can be paid either at a meeting via an envelope with your completed form dropped into the Treasurer's Box or by direct deposit to the Club account – details as below:

BSB: 722-744 (Southern Cross Credit Union)
Account: 90867 (Uki Garden Club Inc)
Reference: Surname + renewal

Please remember to put your name on the deposit or envelope so Bonnie can match your renewal to your name.

Open Garden – Jerry Coleby- Williams

Sue Holzknecht

Hartmut & I visited Jerry Coleby-Williams' amazing garden 'Bellis' in Wynnum on Saturday 11th May.

It is an amazing use of a tiny Brisbane block. Jerry's aim is to be 'sustainable' rather than 'self-sufficient'.



Jerry has 12 native beehives around his small garden. The bees are important for pollinating crops as well as honey. He grows a lot of flowering plants as nectar and pollen sources for the bees, e.g. several varieties of Cosmos (*pic as below*).



A Weed Indeed

Giant Devils Fig (*Solanum chrysotrichum*)

Commonly found under trees where the seed may have been dropped by cattle, bats or birds or sometimes in open paddocks where there has been disturbance.

GDFs will soon be flowering and shortly after will be setting seed. Large plants (above head height) are best drilled and injected with glyphosate. Smaller plants can be sprayed with metsulfuron or glyphosate. Spray the leaves and thorny stem until the point of runoff from leaves and stem. If plants are very small they can be carefully hand pulled, but wear thick gloves as the plant is viciously spikey. The plant is very hardy and well known for coming back so try to do it right the first time.



NOW really is a good time to control them either because they are about to set seed and/or because they are visible and easy to spot for effective control. Try setting aside an hour here and there to work on a patch of these terrible weeds to knock them before next season. Aim for a kill the first time, not necessarily by using a stronger mix of herbicide but by using the best technique and herbicide for the type and size of plant.

Desmodium (*Desmodium intortum/uncinatum*)

Also known as 'velcro plant' or silver leaf Desmodium, this is a sprawling or climbing vine from South America. Stems and seed pods have dense hooked hairs. The three leaflet foliage is green with or without a silver stripe and the pea-type flowers are pink to blue or white in small clusters appearing summer to autumn. The pods, constricted around the seeds, adhere easily to clothing and animal fur so they are often dispersed by livestock, pets and wildlife, or by humans on clothing.



Treatment is hand removal ensuring the tuberous root is completely dug out. For large infestations, foliar spray with glyphosate at 10ml/L or metsulfuron-methyl at 1.5g/10L + surfactant. Follow-up will be required to address germination from the soil seed bank.

Reproduced with thanks to Kim Stephan – Project Officer Tweed Landcare

Update on Slasher – Sue & Hartmut Holzknacht

We have tried Slasher and IT WORKS!

After trying to kill this year's crop of Bindii and using up about 10 litres of vinegar and half a kilo of Epsom salts, with no results, we finally tried the new "organic" weedkiller SLASHER. It works immediately!

I emptied one whole 750 ml spray bottle on several patches of Bindii, and they were brown and dead with 24 hours. However, the spray bottle is difficult to handle; the part around the top cut into my hands, and the flow of the spray was poor.

Today we bought the next size up, a one litre bottle refill. It cost \$29.95 at Mitre 10. That is quite expensive. The spray bottle was about \$16.95, possibly more.

The main ingredient is 36.8g/l Nonanoic Acid, also called Pelargonic Acid. However, one Internet site said it contained glyphosate, although the label declares it is "Glyphosate free"!

Members' Receipes

Fire Cider – Sue Holzknecht

With the cold and flu season upon us Sue has kindly sent through a recipe to take away the winter ills and chills.

Core ingredients:

- Two large onions,
- 200 g fresh turmeric,
- 200 g root ginger,
- 200 g garlic,
- 6 hot chillis,
- 1 litre apple cider vinegar with 'The Mother' still in,
- 1 strip lemon rind.

Optional ingredients:

- Horseradish
- herbs such as rosemary,
- thyme,
- bay leaves,
- raw honey



Method:

1. Peel the onions, ginger, turmeric and garlic. Chop with chillis into small pieces roughly the same size.
2. Combine chopped ingredients and any herbs you are going to use, place in a 1½ to 2 litre glass jar with a good lid.
3. Top up with cider vinegar.
4. Place lid on, and store out of direct sunlight for 2-4 weeks. Stir gently every day.
5. After fermentation time (at least 2 and up to 4 weeks) strain the mixture into a bowl.
6. Stir 2 good spoonfuls raw honey into the liquid, pour into a bottle and cap it and store in a dark corner.

Do not throw away the solid ingredients: add them to dhal, rice dishes, soups.

Taking your tonic:

- Some people take Fire Cider tonic during cold and flu season, or just as a daily tonic. Serve in a small shot glass. Or, take 1-2 tablespoons when symptoms of cold, sore throat or flu first appear. Take every 3-4 hours until symptoms disappear. Do not dilute, it is best taken neat.
- You can also add the liquid to salad dressing or a Bloody Mary.
- Lasts indefinitely!

Source: Vanessa Murray, 2017. *Made to Last: A compendium of Artisans, Trades and Projects*. Hardie Grant Books, Melbourne.

Indonesian Nutmeg Cake – Philip Wilson

The cuisine of Indonesia has been heavily influenced by centuries of traders. The Portuguese, Indians, Arabs and many others have all left their mark on the complex food. This cake is rich and has quite exotic flavours. For a truly decadent treat, serve it with some fresh clotted cream or pure cream sprinkled with brown sugar.

Ingredients

- 2 cups of plain flour
- 2 cups of soft brown sugar
- 1 tbsp mixed spice
- 2 tsp baking powder
- 130g butter (chopped)
- 1 tsp bicarbonate of soda
- 1 egg
- 2 tsp nutmeg powder
- 1 cup of milk
- 2 tbsp white sugar
- 1 tsp powdered ginger
- Quarter of a grated whole nutmeg, extra



Method

1. Preheat oven to 180C, and generously butter the sides of a 20cm springform cake tin.
2. Remove the sides from the base of the tin and lay a sheet of baking paper over the base. Replace the sides, locking the paper base firmly into place. Set aside.
3. In a large bowl, mix together the flour, brown sugar, mixed spice, ginger, grated nutmeg and baking powder, rubbing the butter through the flour mixture until it resembles coarse breadcrumbs. I personally use a food processor for this step on pulse mode which saves a lot of time and effort. Spoon half of this mixture over the paper base of the prepared tin.
4. Whisk the bicarbonate of soda, egg and powdered nutmeg into the milk, then add the milk mixture to the remaining flour mixture in the bowl. Stir thoroughly to combine the ingredients.
5. Pour the batter onto the crumbs in the cake tin, then sprinkle the white sugar over the top of the batter.
6. Bake the cake at 180C for one hour and ten minutes, or until golden brown and springy when gently pressed at the centre.
7. Allow to cool in the tin for ten minutes, then turn out onto a wire rack to cool further.

Can be served warm as a dessert with fresh cream.

Date Correction for August Food Group Meeting

Thanks to Couz'n Lynn who spotted the typo in the date for the August Food Group Meeting.

Please amend your calendars to show the date as being Tuesday **13th August** not the 8th as previously mentioned.

Thanks for picking this up Couz'n Lynn.



Life at the Cat Hill Allotments

Welcome to a new feature on life at the Cat Hill Allotments. Thanks to my London based sister and brother-in-law who happen to be very good friends with Pat and Dick Stile who are active members of these allotments (Pat is actually Secretary and Trustee on the 38 year lease) we are going to be learning more about allotment life. Over the coming months we will learn about the history of UK allotments, and especially this particular site including its history, size, ethnic make-up of the members, what they are growing and even all about a murder that occurred on one of the Barnet allotments (move over Midsummer!).

The Cat Hill Allotments are one of the larger Allotment sites in Barnet, London occupying 9 acres and consisting of some 172 plots measuring roughly either 10 or 5 poles. Now what on earth is a pole as a measurement, you may well ask – as I did to Dick and he responded that a pole (or rod or perch - it's the same thing) is a medieval square measure of land approx. $5\frac{1}{2}$ yards square. Some say it even goes back to Anglo-Saxon times. It is also said to be the length of an ox goad (ploughman's whip) which enables him to encourage his oxen while standing behind the plough (distance from his hand to the rear ends of the oxen is $5\frac{1}{2}$ yds). In the 17th & 18th centuries an allotment was 20 poles or $\frac{1}{8}$ th acre which was thought to be enough to be self-sufficient for a large family of 8+. This was reduced to 10 poles when allotments came back in fashion. And so dear readers – approx. 250 sq metres is a full plot.

The water is shut off over Winter (Nov) and turned on again in March each year due to the danger of pipes' freezing. Many people visit and work their plots in winter, and do repairs to sheds, raised beds etc. Also they take deliveries of cow and horse manure in bulk from local farms which is spread or worked into the plots over winter.

At the moment the site is beginning to come to life, with the soil warming and the plants raised in the greenhouse and polytunnel soon to be planted out. Pat and Dick have some 10 varieties of tomatoes planted out in cells/pots in the greenhouse and polytunnel along with cucumber, squash, courgettes, French and runner beans and aubergines.

Seed potatoes were planted out mid-April and are coming through already. They have had to protect them from frost (using grass cuttings as first earthing up). The more perennial fruit like strawberries are now flowering and also need protection from frost. Dick says it had been a good year for asparagus with so far some 3.5 kilos picked and enjoyed straight or in omelettes, quiche and soup – you lucky, lucky bastard, as Monty Python would say.



Below and at left are some pictures of the allotment where we can see the greenhouse/ polytunnel in background and beautiful blossoms on the apple trees.



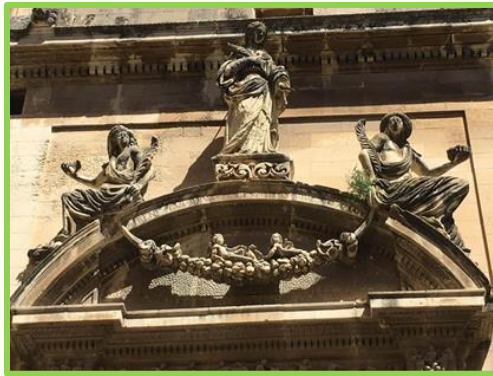
Hope you enjoy reading about Cat Hill.

Fran

On the Road Again – Travellers' Tales

Italy with Penny Riley

Maybe Murwillumbah should work on an impressive entry into the place: this one has stood the test of time. And bless that bike repairer behind the city gates who could replace my cracked rim. Hopefully all good to go!



Cloudehill Gardens with Jean Nuttall

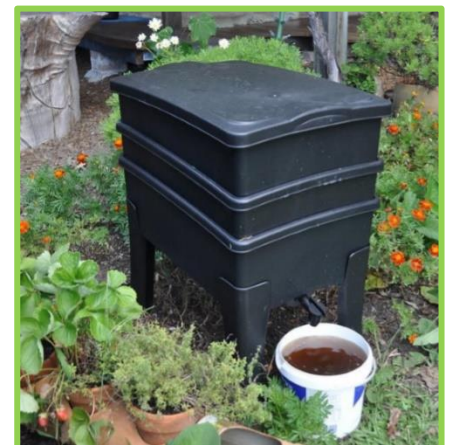
Early autumn in the garden at Cloudehill, Dandenongs, Victoria.



May Job File

Julia Hancock

- Sprinkle bulb fertilizer around any bulbs that have broken through the surface of the soil and water in well.
- Repot your hanging baskets. This is a great job to do when the weather is cool enough to enable the newly replanted plants to get going again strongly. It's messy so work on a piece of plastic or several layers of newspaper. Tip out the contents of the old basket, tease the plant out of its soil ball, and trim off any excess, dead or damaged roots. Some plants may have reproduced offshoots which can now be separated and replanted elsewhere. Trim off any dead or diseased foliage and any extra-long trailing pieces. Replant in excellent quality potting mix that has been enriched with slow-release fertilizer and water storage granules (don't put in too many granules otherwise the plant will float out of its container as they swell with water). Give the basket a good soak in diluted seaweed solution and reposition in its chosen location.
- Clumps of daylilies which are more than three years old can be divided now. Simply dig up the clump and separate the individual plants. Trim back the foliage to within 150mm (6") of the base, creating a fan shape. Replant into soil which has been dosed with trace elements and Dynamic Lifter and water well. Daylilies look best grown in a mass, and once you've got a few varieties of colour your stock plants can be increased for free thereafter.
- Prune Sasanqua camellias straight after they've finished flowering, making sure you use sharp secateurs so the wood doesn't tear. Try taking cuttings from prunings.
- Got a damp spot in your garden? Plant Callistemons, *Banksia robur* or Casuarinas, which thrive in moist conditions.
- Check your citrus trees for suckers, which may sprout from the rootstock and take over the grafted scion. Rub off small shoots with your finger, or trim larger shoots with a pair of sharp secateurs. Check the trees for any signs of late scale and spray with PestOil if necessary. Citrus branches which are overlaid with fruit as a result of our wonderfully wet autumn may break off. Avoid any damage by thinning the fruit if there is too much on the branch.
- We're heading towards that time of the year when we get lovely leaf litter. Don't waste any of it! It can all go into the compost, or directly onto the garden beds as mulch. If any Club member has leaves they don't want or can't use, please notify other members who will be happy to come and collect the excess.
- The gorgeously moist weather has resulted in the soil moisture being at the optimum level for cultivation. Digging garden beds in the drought is a practically impossible task, but at the moment the soil is lovely and friable and even the most stubborn clay can be worked. Take advantage of these perfect conditions to really give your soil a big boost for the next couple of years, by incorporating as much structure-improving material as you can afford. Heavy clay soils need lots of gypsum (as much as 1kg per square metre if the soil is severely compacted), perhaps some river sand, rock powders, rotted sawdust, manures of all types and of course compost, grass clippings and any other green material you can get your hands on. Don't forget to apply some worm juice if you've got it as this is a brilliant natural soil conditioner.
- If you haven't already got a worm farm make a point of getting one. You don't have to buy a ready-made one, you can simply make up your own using polystyrene boxes with holes stamped out of the bottom and a tray at the bottom to catch the juice. Coir bricks are an inexpensive way of getting your worm farm started, and compost worms (different from earth worms) can be purchased at most garden centers. It takes a long time to build up enough worm castings to actually use in the garden, but it's worth the wait as the castings are like black gold and the plants love them.





Ever wanted to go to Norfolk Island – now there's a great excuse!

The Garden Clubs of Australia's Convention is being held on Norfolk Island in October 2019.

Your hosts, the Norfolk Island Garden Club invite you to Gardening Norfolk Island-style: Convicts, Community and Coral. Experience a unique history, people and beauty while you enjoy sub-tropical gardens & endemic species. Timed to coincide with the Norfolk Island A&H Show.

From \$1229pp twin share ex BRISBANE

12 - 19 Oct 2019

Free Call: 1800 1400 66

Email : maria@travelcentre.nf

www.facebook.com/norfolkislandtravelcentre

Feral Deer Make Bad Neighbours



Fallow deer (*Dama dama*) are one of the deer species found in Qld close to the border of Tweed. (Photo: Marc Baldwin

<https://www.wildlifeonline.me.uk/>)

Please report ANY sightings of deer in the Tweed or on the Queensland border close to Tweed to 1300 795 229 and put your record on Feral Deer Scan

<https://www.feralscan.org.au/deerscan/>

Deer cause fatal car accidents, threaten our World Heritage areas, destroy crops, damage fences, spread ticks, and compete with livestock and wildlife for food. We don't want them here!



Fighting the flu

Just a reminder that flu jabs are available from pharmacies and your medical centre.

If you're over 65 you can get the superbooster which covers four other strains of the virus at zero cost. Get in early so you don't miss out!

For more info check out

<https://www.health.nsw.gov.au/immunisation/Pages/flu.aspx>

Wanted!

UGC member Faye Martin is wondering if anyone has any of the ginger plant with the pure white flower with the divine perfume, please. If you can help Faye out please see her at a meeting or email us and we will pass on the details.



(NB: a quick google for a pic resulted in a warning that this is a restricted invasive plant – so if you do have it make sure you keep it in a pot and under control)

Upcoming Meetings



Garden Gathering Saturday 25th May

2pm start time at Riverbend Permaculture
23 Tarcoola Lane, Uki

Directions: Drive through Uki. We are just past the village towards Nimbin direction.

Turn off at the Tarcoola lane sign on Kyogle Rd, then there's a turn-back bend around the big tree by the mail boxes. As you pass through, you'll see the Private Road signs, keep going over the river.

As you come up from the river, you'll see gates in front of you (the old 'Frangipanis R us' nursery).

Turn right before the gates and stay right. Follow the driveways all the way to the big fancy ranch-style fences on the left- they're not mine. I'm on the right.

Parking: please follow the signs.

Note: Access is via a private dirt road across a river. Not just 4WD but not the best road. I would ask you to carpool from Uki where possible.

Food Group Meeting Tuesday 11th June starting at 9.30am

At the home of Alex Deen
'Solace'
11 Tyalgum Ridge Road
Tyalgum 0428 793 690

For both meetings please bring along your cup, chair, a hat, plate to share, and any produce or plants for the swap table.

That's all Folks...

Well, that's it for this month. Thanks to all the contributors for another full newsletter.

Keep sending your hints, tips, recipes, travel stories, bragging photos to us at ugcnew@gmail.com

And thanks as always to our printer – Sandra & Alan Guthrie at **Poster Paradise, Murwillumbah.**

Uki Garden Club Inc Membership Form Year 2019/20

PO Box 580 Murwillumbah 2484 ugcnews@gmail.com

1) Member Type Please tick appropriate box as below.			
<input type="checkbox"/> New Please fill out all the details below.		<input type="checkbox"/> Renewing Please fill out any details that have changed.	
<input type="checkbox"/> \$20 for emailed newsletters		<input type="checkbox"/> \$25 for posted newsletters	
2) Member Information			
First name:		Last name:	
First name:		Last name:	
3) Contact Details			
Address:			
Suburb:		State:	P/code:
Phone (Home):		Phone (Mobile):	
Email:			
4) Agreement to Share Contact Details			
My contact details may be shared with other club members <input type="checkbox"/> YES <input type="checkbox"/> NO			
5) Payment Type Please indicate payment method			
<input type="checkbox"/> Cash			
<input type="checkbox"/> Direct Debit			
Bank:		Southern Cross Credit Union	BSB 722-744
Account name:		Uki Garden Club Inc	Account No 90867
6) Signature			
<i>I agree to be bound by the rules and constitution of the association.</i>			
Signature _____		Date ____/____/____	

Office Use Only	Date Processed ____/____/____	Receipt No _____
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