

# Uki Garden Club

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



Well it is "Happy New Year" time in the financial world and Winter is certainly upon us, but we are past the Winter Solstice so the days should be lengthening at last. Unusually we have been experiencing a very damp period following our dry summer and autumn. This is presenting some challenges to gardening, with soggy areas being difficult to tend.

My favourite plant this month has been the Poinsettia – their brilliant red bracts have been strikingly abundant this year. This photo I took of one in a garden not far from me in Bray Park. The property owner told me she 'does nothing' to maintain this wonderful specimen, when I asked her permission to photograph it. She offered me cuttings too so here's is hoping I can strike them effectively!



It was a delight to see Don and Sandy Capner's garden in June – quite a different scene to the one we see each November for our Christmas party. The veggie patch was overflowing with healthy food plants, due obviously to a great deal of TLC from Don. It was no surprise to see a record number of attendees (over 55) at this gathering, all of whom were keen to hear Don's wise words.

My thanks to our willing volunteer group, led by Hartmut, who held a working-bee at Wedgetail Retreat a few weeks ago. Your assistance with the raised vegetable garden was much appreciated by the staff, particularly those who (voluntarily) cook meals to tempt the patients staying in the facility. Fresh greens and herbs for garnishes help to make plates look more appetising, as well as more nutritious. There are now moves afoot to make a new raised veggie bed down the driveway where there is more sunlight and space for growing, so watch this space for opportunities to donate either time or goods to help with this project.

July brings around our Annual General Meeting, which will be (a very small) part of the garden gathering to be held at the property of Fran and Tim O'Hara in Clothiers Creek on the 27<sup>th</sup>. A new committee will be sworn in on that day, while three of our members step down – Julia Hancock, Bonnie Buzolic and Alexsandra Deen. More about this in my president's report which will be read at that meeting and published in the August newsletter. I will not be in attendance (but in Singapore on my way to the Italian Alps for a bicycle tour) so 'Vice President elect' Jenny Kidd will step in to chair the gathering. My thanks go to her, and to Buzz and Bonnie, who will be the returning officer and minute-taker, respectively, for the AGM. I will be continuing as your president in 2020 if you will have me!

At our committee meeting last week, we discussed subsidising the October bus trip (see details in this newsletter). We decided as a club to pay your entry fee into the exhibition, so all you need to do is pay the bus fare. It works out as very cost-effective for a day's trip all the way to Brisbane with many hours to wander the floral displays. We hope you will take up this offer.

Due to my Italian travels I will not be seeing you until the September gatherings but am sure you are in capable hands until my return in the Spring.

Happy gardening

Gillian

# Titbits from the June Food Group

Julia Hancock

More than 50 people attended the Food Group meeting on 11 June 2019 at Alex Deen's place near Tyalgum..

It was a glorious day in Tyalgum and unseasonably warm so we were very happy to be sheltered by Alex's huge new carport beneath which we could sit in comfort (and I'm sure it improved the acoustics too).

We welcomed several new members and visitors who joined in our lively conversations.

- Hartmut reminded us that our seed box is a wonderful resource and urged us to save seeds, particularly of vegetables.
- Hartmut and Philip called for volunteers to conduct a working bee to renovate the raised beds at Wedgetail Retreat. Enough people put their hands up on the day to not only lend a hand, but also to provide seedlings and herbs from their own gardens.
- David and Bronwyn Hancox held an open day for the locals on Sunday 9 June with huge success. Garden Club members will be able to enjoy the Hancox's extensive property when we hold our August Food Group meeting there.
- There was a long discussion on pawpaws beginning with a comment that copper sulphate works well on fungal disease. Either water it into the ground around the roots or apply it as a foliar spray. Bisexual pawpaws revert to males if they are under stress. A foliar feed of diluted Seasol helps keep the plants healthy and disease-free. Keeping fungal disease under control enables the tree to hold onto its leaves which is important if it is to continue to photosynthesise.
- Barb Waters wondered why her lettuces keep bolting to seed? They are stressed – keep food and water up to them. Julia has noticed that if lettuces self-seed for several seasons the seedlings eventually weaken and go to seed quicker.
- Simone has 50 pumpkins ripening and wondered when it's time to harvest them. They can be picked as soon as they have a bit of colour on them (often underneath the fruit so you need to pick it up and have a look). Lyn Reid recommended pressing a nail into the stem and if the stem weeps the pumpkin isn't ready. Make sure to harvest them before the rats get them. Store pumpkins on their side to avoid rot settling into the depression around the stem. The fruits continue to ripen after they have been picked.
- Nellmary has been kept awake at night by possums partying on her roof. They are feeding off the large lillypilly in her garden, which they are accessing via the power lines. Lyn Reid recommended slitting a section of ag pipe and making a sleeve over the power line so the possums slide off it when they try to cross.
- Sheila Stevenson advised that Trevor Murray, formerly of Palmvale who was a breeder of rare chickens has now resurfaced in Lennox Head and is in business again with his birds, as well as recycled plants.
- Tracy brought in a sample of leaf miner in citrus. This is a big problem in the Tweed and whilst it disfigures the tree it doesn't actually do it any harm. Prune the tree back hard after fruiting and spray subsequent new growth with horticultural oil several fortnights in succession. Or do nothing.







- Philip has been growing heirloom melons with great success since he started planting them in March rather than the recommended time later on in the year. So long as one can protect them from frost, March-planted vines shoot ahead much more satisfactorily once the weather warms up.

*(A: Alex's succulent patch using a clever variety of containers to hold her collection)*

- Cathy has moved to a unit in Tweed Heads and is experimenting with balcony gardening and growing everything in pots. She's discovered garden towers which are a combination of a worm farm and growing containers which she will order on the internet when she's ready.

- Following Kate Botham's example Lynn O'Hara has planted a 'Meyer' lemon in a pot and so far has harvested 12 big, juicy lemons.
- Several members complained about the destructive behaviour of bush turkeys. Kirsteen has peacocks in her garden which sometimes play up, while her neighbour Desiree suffers from echidna excavations.
- Tomatoes don't grow in colder areas during the winter. If you want a real old-fashioned tasting tomato go to the New Brighton (Tuesday mornings) or Mullumbimby (Friday mornings) Farmers' market where the tomato growers from Byron Bay sell their produce.
- Lyn Reid invested in four black potatoes from the local grower at Mullum market and they've already started to sprout. Her two blueberries are covered in fruit even though it's not the right time for them. Container-grown blueberries like very acid potting mix so use one that has been developed for camellias and azaleas and mix it with some fine grade pine bark mulch.
- Sue and Hartmut lost several of their guinea fowl to dogs and/or foxes, but have acquired 11 new keets [PS. 6 of these have been killed by neighbourhood dogs].

## Q & A

Q: Why are my snake beans not setting fruit even though the flowers appear but are drying out?

A: Snake beans are a summer crop. At this time of the year French beans are the best bet.

Q: How can I use the ash from my fire in the garden? I know I can't put it on azaleas and camellias.

A: Ash is a wonderful alkaline soil improver to use around vegetables, especially leeks, onions and garlic. Also sprinkle a small amount in your worm farm or compost bin.

Q: My rocket is normally healthy but recently the mature plants have been curling up and dying off.

A: Rocket grows best in summer. Remove the old plants and replace them (in another part of the garden) with new seedlings in spring.

Q: My blueberry bushes have lots of red leaves. Is this a problem, if so how do I fix it?

A: Blueberries originate in a cool climate in North America and their leaves turn red in autumn. No need to do anything except enjoy their brilliant display.

Q: How do I get rid of cat's claw creeper (*Dolichandra unguis-cati*)?

A: Sold as an ornamental plant because of its self-clinging properties and attractive yellow flowers, Cat's Claw Creeper is now one of the Tweed's most serious invasive weeds. It grows from a tuber which can attain an immense size but spreads through its masses of seeds via wind, flood water, birds and animals. Its little claws make it easy for the plant to climb up to the top of mature trees, eventually weighing down their canopy and killing them. It can be removed systematically by the scrape and paint method (scraping their stems and painting them with glyphosate) or stuffing a handful of cut stems into a jam jar filled with 50:50 mix of glyphosate and water. Seedlings can be pulled out by hand or sprayed with glyphosate (50ml to 1 litre) a job which will have to be done regularly to destroy successive sproutings. See: <https://weeds.dpi.nsw.gov.au/Weeds/Details/33>

Q: I've got lots of green passionfruit on my vine. Will they ripen over winter or will they pick up in spring?

A: They will ripen when the weather warms up.

Q: Does anyone want a young rooster?

A: No takers!

Q: My ginger is white and flavourless. Why? Help!

A: Kyla, you may be growing white turmeric, if so it's a cause for celebration as this is quite rare.

Q: Can someone come and help me re-organise my garden to make it easier for my older years? Barb Waters.

Q: Can someone tell me how to prune my dwarf lemon tree and identify two things in the vegie patch? Alex.



*(At left, another pretty corner in Alex's garden; and below as always the delicious, laden morning tea table)*



*(L: The ever welcoming hostess Alex on the right with fellow Club member Lyn on the left)*

*(Ed: thanks to Nellmary and Couz'n Lynn for the lovely meeting pics)*





# June Garden Gathering

## Sue Holzknicht

## Don & Sandra Capner's Place "Morning Song"

**Farrants Hill, Saturday 26th June, 2019**

About 55 people gathered at Don and Sandra's place for the June "Garden Gathering". Most of us just missed the heavy shower that swept through before 2.00 pm, but the weather after that was sunny, cool, and very pleasant for a mid-winter day.

Gillian chaired the meeting. She reminded us that membership renewals were due. At the AGM on Saturday 29 July, Jenny Kidd will stand in for Gillian who will be travelling at that time.



Gillian thanked the small team, headed by Hartmut, who helped refurbish the Kitchen Garden at Wedgetail Palliative Care, on Friday 21<sup>st</sup> June. She also thanked all those who donated compost, plants, manure, fertiliser and mulch for the garden, which is a central part of Wedgetail's commitment to providing nourishing, fresh and tasty organic food to the patients.

Fran O'Hara who compiles the Newsletter each month will be away in September. Gillian called for a volunteer to take on the September Newsletter. Please contact Fran or Gillian if you would be able to do it.

Gillian announced that the Instructions for Hosting a Food Group meeting and a Garden Gathering have been re-printed and laminated, and placed in the box with the teas etc. If you are hosting a meeting please take a minute to review the instructions.

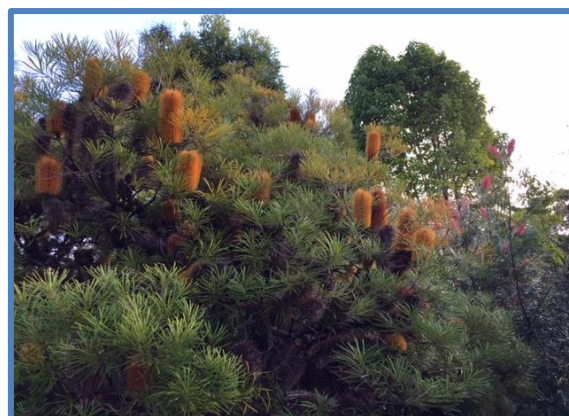
### Swap Table:

There were many items on the swap table including:

- ☼ Philip brought some special pots for potting up orchids. He also brought some cream *Clivea* plants, a blue mini Angel's Trumpet (*Lochroma australis*) and two Swamp Orchids (*Phaius tankervilleae*), which need to be kept very wet, with plenty of leaf mould, and demand more intensive, specialist care than Philip can manage.
- ☼ Lynn Reid brought some Queen Anne's Lace seedlings.
- ☼ And Fran O'Hara brought some very useful small plastic buckets with lids, good for many garden uses.

### Don spoke about the highlights of the "Morning Sun" garden in winter.

- ❖ The Banksias have been flowering since May.
- ❖ The Grevilleas began flowering in June and continue to bloom.
- ❖ The Lillypillies (*Syzygium floribundum*, formerly *Waterhousia floribunda*) is in full leaf, with lovely red-tipped foliage.
- ❖ In the vegetable garden, the tomatoes have been excellent this year but are now finished. Snow peas continue to produce, the carrots are developing strong roots and the fennel is forming good bulbs.
- ❖ There is a dove nesting in the Banksias.



- ❖ See if you can find Sandra's pet wombat! (*Ed: keep an eye out, it's hiding in the newsletter*)
- ❖ A question to Don: What is the deciduous tree losing its leaves up the hill? It is a Tung-oil tree (*Vernicia fordii* syn. *Aleurites fordii*), native to China, Burma and North Vietnam. The seeds, from which Tung Oil is made, are highly poisonous.

Cathy complimented Don on his "Streetlight" structures, iron pylons with brightly coloured Bromeliads in the tops which look like flares.



## Q & A

- ❖ Alex asked whether Dahlia tubers should be lifted after flowering. The foliage has died back. Should she mulch the tubers? John Bennet answered that if they are Exhibition Dahlias, they should be lifted and stored. If not, feed and mulch the tubers in the ground.
- ❖ Jackie said her citrus have been pruned heavily, the trunks scrubbed, and asked if there is a lime wash she can spray on the trunks? No, the lime wash is against sunburn, and not needed here.
- ❖ Jackie asked about Wampee fruit (*Clausena lansium*)? Is it worth growing? Philip says yes. It is available from Daley's Nursery. <https://www.daleysfruit.com.au/fruit%20pages/wampee.htm>
- ❖ Who is growing Betel leaf (Jackie)? Several people said yes. It is NOT Betel nut or strictly speaking, Betel pepper (*Piper betle*), but the leaf of a different pepper vine (*Piper sarmentosum*). It can be used raw in salads, or cooked, or to wrap food for cooking.
- ❖ Kate Botham is looking for lemons again. Please contact her if you have any to spare.

**Reminder: Swap Table.** If you bring something, you can take something. If you want something but have not brought anything to swap, please put a gold coin donation into the container on the Swap Table. If your items have not been taken by the end of the meeting, please take them home again.

The **Raffle** prizes as usual included some very desirable items: a pair of gardening gloves, a bird net, a DVD of Monty Don, hooks, Waterlilies, a book on growing African Violets. (*Pic at right of Couz'n Lynn – our wonderful Raffle Chief*)



R: One of Don's beautiful sculptures



L: John making good use of Don's mower during the meeting.

R: Lovely vista







After the meeting, Don led us to his veggie garden and showed us how to make the best of tomato plants: take the side shoots off to let air flow up through the plant, tie to a stake as you go.

His garlic did not do well this year, but he had planted Giant Russian cloves last year which did very well. He will keep trying the Giant Russian.

Snow peas are doing well,

bearing large numbers of fruit.

Don added washed river sand to all his raised vegetable beds this year, and mulched them. The onions, leeks and carrots loved the sandy soil.

Carrot seeds are planted in furrows. He never transplants carrots as this damages the roots. He mixes the seeds with sand and sprinkles them along the bottom of a furrow. When they grow up, he thins them out early, and again when roots are forming. Good size roots can be eaten. Just leave the "heroes" for later picking. Never fertilise carrots or the roots will divide.

Fennel was forming bulbs, and had good strong foliage.

Leeks are planted in furrows with some Organic Extra, and the soil heaped up around the stems as they grow up.

Tim mentioned that his broccoli just went to seed. Don suggested they might have been planted too early.

Afternoon tea was a feast of home-made goodies, as always. Thank you everybody for labelling your contributions; this is very important for people with Coeliac disease and others with serious allergies.

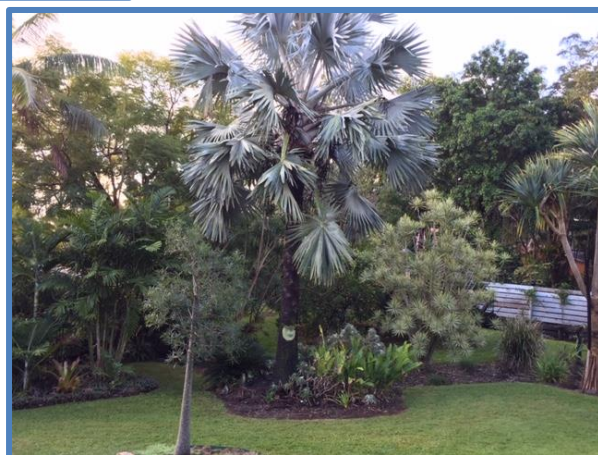
Thank you to Don and Sandra for hosting us in your wonderful garden. We love going there and seeing what is new, in the planting and the sculptures.



L: Don's famous wire balls

R: 'Couz'n Itt' courtesy of Couz'n Lynn's specs

B: A picture of tranquility



# Bus Trip Saturday 5th October 2019

We are off to the **Brisbane Garden & Plant Expo 2019** on Saturday October 5. (see <https://plantexpo.com.au/for-visitors/>)

## Some of the Expo Highlights Include:

- Interstate and local guest speakers – expert horticulturists
- Over 100 stalls of dedicated sellers of plants and related garden products
- Organic and edible gardening
- Native and non-native plants
- Plant creche and a variety of food stalls
- Entertainment for both adults and children



## Details

**Departure:** 7.45 am from bus pick-up Knox Park

**Cost:** \$25 members

\$30 non members

**Money must be paid by Food Group Meeting September.**

**Return:** By 5pm

**What to bring:** Hat, water, comfy shoes, lunch if you wish (there should be food stalls), bags to bring home your newly acquired goodies

**Payment Details:** Direct deposit

BSB: 722 744 (Southern Cross Credit Union)

Account: 90867 (Uki Garden Club)

Reference: Surname + BT

Any queries please contact Jan Brooks - 02 6672 2316 or 0406 620 628

## Membership Renewals Due

**As at the beginning of July we have over 50 members still to renew for the new membership year – are you one of them?**

A membership renewal form was attached to the May newsletter. If you haven't already –please complete the form and either bring it to a meeting or scan and email it to [ugcnews@gmail.com](mailto:ugcnews@gmail.com) ASAP.

Renewal fees (\$20.00 for emailed newsletter, \$25.00 for hard copy) can be paid either at a meeting via an envelope with your completed form 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 our Treasurer can match your renewal to your name.



# Wedgetail Working Bee

## Hartmut Holzkecht

In response to a request from Philip Wilson at the last UGC meeting an eager working group arrived at Wedgetail on the morning of June 21. The group consisted of UGC members Julia Hancock, Peter Hall, David and Bronwyn Hancox and Hartmut Holzkecht. The group's main task was to rejuvenate and replant the kitchen garden area. These volunteers brought along seedlings in trays, plant cuttings, manure, mulch, SoLife microbe spray and other varieties of seedlings. Many of these were donated by Ty Barker of Uki and David Hancox of Limpinwood. SoLife treatment was donated by David Gourlay.

We initially weeded the existing raised bed and other nearby containers, before adding manure, spraying the soil and turning the bed. With that done we planted up the prepared area under tomatoes, lettuce seedlings, young spring onions, and a number of other varieties. The various tasks proceeded smoothly and it seemed that in no time the work was done and we were invited to share a very pleasant morning tea and a chat with Meredith, the facility's manager.

One item in particular that was raised was Wedgetail's wish to have a second, possibly larger raised bed alongside the access road to the facility. We discussed how the UGC could be involved in the realisation of this wish. David Hancox offered soil to top up any new raised bed. The request was passed on to the UGC Committee for discussion.

Future working bees at Wedgetail will depend on the need at the time; UGC will be informed, volunteers will be called for in smaller or larger groups to undertake any required work. In principle we will try to stick to a policy of donations of materials and items for planting.

If you are interested in being involved as a volunteer, please contact me by text or email.

Thanks,

Hartmut Holzkecht  
Mobile: 0448880209  
Email: [hartmutholzkecht215@gmail.com](mailto:hartmutholzkecht215@gmail.com)

*(Below: Philip Wilson photographed us gathered at the raised bed)*



# Pomelo Ponderings

## Di Morrison

(Ed: Di brought along some pomelos to the June Food Group and there was quite some discussion about them so she has kindly passed on the following information and supplied the pictures to accompany her piece.)

The pomelo, shaddock (*Citrus maxima*, *Citrus grandis*) is an original, non-hybridised citrus species. It is presumed the common orange and grapefruit are hybrids between pomelo and the other original species, the mandarin. It grows well here and in much of sub tropical Asia. Presumably it also grows in Central and South America.

It is a large fruit up to 2kg in weight and tastes like a mild grapefruit. It can be white or pink. It has thick layers of membrane and the segments have clusters of citrus globules. It is dry compared to an orange with not much juice.

The recipes I know use the globules in a sweet/savoury salad with a dressing of chilli, lime, garlic, fish sauce and sugar. Prawns, squid, crab or even chicken can be added with garden herbs like mint and coriander and also peanuts or cashews. The salad doesn't keep well so eat after it has been tossed. I presume the peel can be candied but I have never done this so can't comment on the taste.



Photo at left shows the size compared to a lime and at right, a cut pomelo showing the membrane and segments.



And for a recipe using pomelos – click on the link below from the Murwillumbah Farmers Markets for a Vietnamese Pomelo Salad (Gỏi Bưởi Tôm Thịt) - [https://www.facebook.com/permalink.php?story\\_fbid=2395124143877020&id=182096728513117](https://www.facebook.com/permalink.php?story_fbid=2395124143877020&id=182096728513117)

Thanks Di!



Jackie Balk is giving her garlic a head start indoors – look forward to hearing a progress report in the months to come.







## Butter Bean Dip – Gillian Woodward

Gillian brought this delicious dip to the May Garden Gathering and as you can see from the pic below – it was pretty popular.

### Ingredients

- 1 400g tin butter beans, well drained (about 240g of cooked beans)
- 1 large clove garlic, crushed (or 1 teaspoon minced commercial garlic)
- 1 tablespoon unhulled tahini
- 1 tablespoon mayonnaise (lower fat or ordinary)
- 1 tablespoon lemon juice
- 1 dessertspoon (garlic) chives, chopped
- 2 teaspoons olive oil
- Water as needed for desired consistency



### Method

1. Blend all ingredients together in a food processor (or use a stick blender). If too thick add some water, just a few teaspoons at a time.
2. Pile into a dip bowl and serve with vegetable sticks (celery, capsicum, cucumber, carrot etc) and rice crackers.

This is very like hummus but with butter beans instead of chick peas. Adding the mayonnaise just gives it a bit of zing. Limiting the oil makes it a lower fat dip. Very quick to prepare.

## Vietnamese Rice Paper Rolls – Jackie Balk

Jackie brought along these tasty morsels to the June Garden Gathering and they were gone in a flash!

### Ingredients

- 12 rice paper sheets
- 4 spring onions cut into long thin strips
- 1 cup shredded carrot
- 1/2 bunch coriander, leaves only
- Fresh lettuce, mustard, endive, snow peas and baby spinach (whatever you have growing in the garden) all shredded
- Pickled vegies
- Sweet chilli sauce

### Method

1. Fill a wide, shallow bowl with hot water, dip 1 rice paper sheet into the water to soften, remove and shake off excess, add filling along the bottom edge, drizzle with the chilli sauce.
2. Fold the bottom edge over filling, then the sides and roll up tightly to enclose.



My twist is to have the dipping sauce inside for every bite! You can add virtually whatever filling you desire, traditionally vermicelli rice noodles and a protein are used.

# On the Road Again – Travellers' Tales

## Germany, Denmark, Sweden and Scotland May/June with Jan & Axel – Part 1

Axel and I have just returned from 4 weeks in Germany, Denmark, Sweden and Scotland. What a great but hectic time we had. Our travel story comes in 2 parts – this month we share with you our trip to Germany, Denmark and Sweden and next month we share Scotland. So here goes with Part 1...

We landed in Frankfurt and travelled by train to Itzehoe, near Hamburg. Axel's aunt and uncle live just outside Itzehoe in a village called Oldendorf. Although we only had 2 full days with them we were shown around the countryside, including a trip to see the orphanage that Axel's father grew up in after the end of WW2.

Oldendorf is a very garden-proud town and we were blown away with the rhododendrons. Garden after garden was just a mass of beautiful colours. We were told that northern Germany was experiencing a drought but our poor farmers would have loved to have their paddocks looking like theirs!

From Hamburg we flew to Copenhagen, a short 50 minute flight. Never having been to Denmark we played tourist and did the hop-on-hop-off bus.

Copenhagen is home to many interesting buildings and statues including Hans Christian Anderson and the Little Mermaid (pic at right) and several palaces. We waited and waited outside Fredensburg Castle (pic below) to be invited in for afternoon tea with Princess Mary, but alas she wasn't even in the country! It's not every day though, that you go into a small shop and find someone from Mullumbimby!

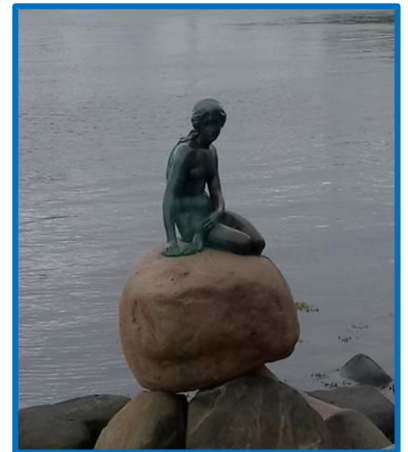


After 2 nights in Copenhagen we picked up our car and off we went. Rather an interesting time driving in a country where you can't read the signs and on the wrong side of the road, and pushbikes everywhere! Over the bridge and into Jutland. Our first night was spent in Odense, a lovely town with many small malls to spend our money in. Next day onto Aarhus, a beautiful seafaring town with cobbled streets, lots of mad cyclists and Uni students.

Off again and up to Skagen, the top of Denmark. Blowing a gale and freezing rain. We drove as far as you could go but due to the weather we weren't able to walk to where the Baltic and North Sea meet. The next day sun was shining but unfortunately we had to be in Frederikshavn to catch the ferry

across to Gothenburg, Sweden.

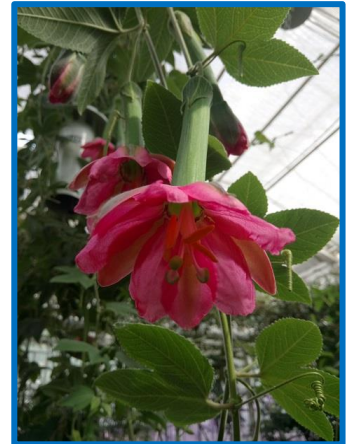
Thank goodness the rough seas of the day before were gone and we had a very smooth trip across the Baltic. The ferry was amazing as to how many semi-trailers, trucks and cars could fit in the hold. We were amused by the number of day trippers who do the journey just to purchase their duty-free alcohol. The voyage took over 3 hours and once docked we found our hotel for the next 2 nights. Luckily it wasn't too far from the docks.





Up next morning and out and about, no shops open. Everything is about 2 hours behind our time frame for here and of course, wind and rain.

By afternoon the clouds had cleared so we decided to find the Botanical Gardens. Three kilometres later we arrived. They were absolutely worth the walk. So much colour as the pictures below show.



The next day we travelled down the west coast of Sweden to Angelholm where we finally were able to get rid of all of our jumpers! Then down to Malmö and over the Øresund Bridge to Copenhagen. This bridge is interesting as it is part bridge and part tunnel. This is to allow the planes to land and take off from Copenhagen airport.

Our impressions of Denmark and Sweden... fantastic food, great hotels, beautiful countryside, lovely people and expensive wine! Would we go again, yes, but we would do it differently and not be so rushed.

Next month read about our travels through Scotland in Part 2 of our Travellers' Tales..



In case you missed it – Couz'n Lynn cleverly found Sandra's wombat...thanks Couz!



# July Jobfile – Julia Hancock

- Blueberries grow reasonably well in our acid soils. They need the coolest spot in the garden – preferably one which gets frost. For best results, plant at least two plants, and keep them well-watered in the summer and feed with a slow-release fertilizer. Birds love them, so wrap them in a sturdy net at fruiting time. They can also be grown in pots, using azalea and camellia potting mix.
- Feed containerized plants such as annuals and foliage plants with a liquid fertilizer once a month.
- If you've got a frog pond, allow grassy plants to grow along one side to provide amphibians with shelter from predators. Keep an eye on salvinia weed – scoop it out with an old sieve or strainer and mix in with the compost. Cull any overgrown plants and remove weeds from around the edges.
- Deadhead calendulas, pansies and violas regularly to promote more blooms.
- It's better to sow a short row of lettuces, Asian vegetables, shallots and radishes every couple of weeks than to sow the whole packet at once. Succession planting avoids the problem of gluts and means you always have succulent young veggies for the kitchen.
- Weed vegetable gardens methodically.
- Pick silverbeet before it becomes too large and leathery. The stalks are delicious steamed with a cheese sauce over them and the leaves are great for stir fries or soups.
- Chickens love Asian vegetables so grow a patch of them near the chook shed. All members of the Brassica family contain sulphur which stimulates egg production.
- If you're growing Delphiniums watch out for slugs. They love these beautiful blue blooming plants. Delphiniums get quite tall so stake them before they blow over.
- Is your lawn forlorn? Now is the time to spray for bindiis so that your feet and pets paws don't suffer this summer. For a general fertilizer you can't beat the hose-on brands of weed 'n' feed that are so easy to apply. A light application of lime during rainy weather also sweetens the turf growing on acid soils which bindiis love.
- Now is a great time to clean out the shade house to make room for sun-sensitive plants during the summer. Rake leaves off the roof, brush down the shelves, remove any weeds, and clean the lower walls if they are covered with mould/algae. Make sure all the nozzles of the misting system are working and that there is no water wastage from leaks and drips.
- Make compost out of the fallen leaves. Add some lime, dynamic lifter and grass clippings to make them rot down quicker. And from "Gardening Australia" – Millie suggests:
  - running over them with the mower and then mixing them with other organic matter from the garden.
  - using them as a mulch. Just put them on the garden bed (not too thick!) and keep them clear of small plants.
  - and lastly – the other thing you can do is use them for sowing seed by making your own leaf mould. Roll up the moistened leaves in an old tarp and then let them rot. In 10 – 12 months' time, you'll have the perfect base to make your own potting mix.







## Cycle for Life

Club Member Mel Darnley is part of the organizing committee for **Cycle For Life** which is being held on Sunday 28<sup>th</sup> July 2019.

The **Cycle for Life** is a fun social cycle event aimed at raising awareness within the community about organ donation.

There are four fully-supported options to cycle (or walk) through the beautiful Northern NSW countryside. Depending on your cycling level or fitness, choose from:

- A 100 km road cycle
- A 50 km road cycle
- A 30 km road cycle
- A 5 km family cycle/walk along the beach path from Salt Central Park to Cotton beach and return.

**When:** Sunday 28<sup>th</sup> July.

**Registrations** commence at 7am.

100 km cycle start at 7.30 am

50 km cycle start at 8:30 am

30 km cycle start at 9:00 am

Family cycle/walkers start at 9:15 am.

**Where:** Salt Central Park, Kingscliff, NSW

**Cost:** It's Free! All we ask is for you to learn about Organ Donation & talk with your friends and family.



Register link is here

<http://www.cycleforlife.com.au/>

## National Tree Day Planting

If cycling or walking aren't for you – you can also get involved with the **National Tree Day** planting which is also being held on Sunday 28<sup>th</sup> July 2019.

**National Tree Day** was co-founded in 1996 by Planet Ark and Olivia Newton John. It is Australia's largest community tree planting.

This year they hope to plant one million trees across the country and more than 300,000 volunteers are expected to take part.

Tweed Shire Council and Tweed Landcare are hosting this year's National Tree Day planting event on the bank of the Rous River adjacent to the Chillingham Community Centre sports field from 9am – 1pm on Sunday 28 July.

The site is ready to plant. Planting holes will be pre-dug and staked. Everything is ready for you to dig in and help plant over 1,000 rainforest and riparian trees, shrubs and groundcovers on the day.

Volunteers are asked to bring their friends and family along! Please also bring planting tools, a wheelbarrow or tub and mulch fork or shovel and some morning tea to share.

Tea, coffee, drinking water and snacks will be provided.

The open grassy area of the planting site is accessible for disabled people and vehicle parking.

Public toilets are available at the Chillingham Community Centre.

For details, including a map and registration please visit

<https://treeday.planetark.org/site/10021737>



## July Garden Gathering (& AGM)

Saturday 27<sup>th</sup> July, 2pm start time.

In the garden of Fran & Tim O'Hara

590 Clothiers Creek Rd, Clothiers Creek, 02 6677 6266, or 0429 810 038.

### Directions on how to get there:

**From Murwillumbah**, come up Clothiers Creek Rd, over Farrants Hill and head down the other side as if heading to the freeway. We are the first driveway on the right with lots of letter boxes out front – look out for the garden club sign.

**From Cabarita or the freeway**, we are 4.9kms from the Murwillumbah/Condong sign at the roundabout. Drive past Madura Tea, and as you start the climb up the hill towards Murwillumbah we are on the left – a sharp turn into the driveway. Again, look out for the garden club sign.

We are about 800m along the driveway and the road is shared so drive slowly. You will come to 2 sheds – one old brown wooden one on the right and a steel shed on the left. Directly after the steel shed is a bitumen driveway – that is ours – follow this up and you will come to our house high up on the hill. If you overshoot our driveway you will end up at our neighbours (we have 4 other houses on the road) so you will soon know you have come too far.

We don't have mobile reception at the bottom of the driveway so hopefully you won't get lost. Otherwise – if in doubt give us a call on the landline – old fashioned I know – but it works – on 6677 6266.

Car pooling is recommended but we do have parking up the driveway. Rug up because it can be cool in the afternoons.

## August Food Group Meeting

Tuesday 13<sup>th</sup> August starting at 9.30am.

At the home of David and Bronwyn Hancox

327 Limpinwood Valley Rd, Limpinwood, 0429 845 884

### Directions on how to get there:

The way to Limpinwood can be ***EITHER*** via Chillingham, turn left on to Zara Rd, continue for approx 6 mins, turn right into Limpinwood Valley Rd, drive 3.2 kms. ***OR***

via Tyalgum. Coming from Murwillumbah turn right at Tyalgum on to Limpinwood Rd, continue 5-6 mins, turn left into Limpinwood Valley Rd. Follow instructions as above.

Plenty of parking onsite.

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 [ugcnews@gmail.com](mailto:ugcnews@gmail.com)

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