

Uki Garden Club

Volume 21/05 May 2021 ugcnews@gmail.com P.O. Box 580 Murwillumbah 2484

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



As we near winter, it is good to see a few Autumn-coloured leaves about on the few exotic trees that are spotted throughout the district. Deep rusty reds and a few yellow-tinged leaves make a stark contrast against the deep evergreens that abound in our well-forested valley. The rain continues to fall it seems and the temperatures still seem quite mild for this time of year, making it very pleasant to be out in our gardens.

April saw some very well-attended meetings, both for food group near Mt. Chowan and our coastal Saturday gathering at North Star at Hastings Point. Our guest speaker at the latter was very inspiring so I'll be interested to see how many members manage to grow some of the edible plants that CJ not only informed us about, but also distributed the cuttings/seeds etc. so generously. The four gardens we visited were a pure delight, and a great example of just how much one can do in a limited space. My special thanks also to all of you who opened your gardens and again gave so generously of cuttings/seedlings etc. I am sure members who attended were extremely grateful to you all – Lynn, Dawn, Shannon and Ursula. You made us appreciate how special each of you has made your own little paradise – well done!

Our calendar for 2021 is now full, with a venue selected for all future meetings/gatherings. In August we will visit a local nursery/café, so the committee decided we will defer our AGM until the September gathering. Please do consider putting forward names (either your own or another member's) for being on the committee in 2021-2022. We will have at least two vacancies to fill, so if you feel you can contribute in some way to the running of your club, don't be shy. The Committee nomination form can be found on our website <http://ukigarden.club/wp/downloads/forms/> and will be in next month's newsletter as well.

COVID still dominates our lives to some extent, but so far in the Tweed we have been spared any local outbreaks. We still need to be mindful of social distancing at our meetings, and our committee feels it is wise to continue to use the Trybooking system so that we have accurate records of attendees at all gatherings, in case the Health Department needs to access them. We keep a hard copy for insurance purposes and an on-line copy for ready access by government agencies (should they be needed). It has also been helpful to our hosts to know just how many guests to expect at their home, and has been useful in planning/siting of the events.

Our membership has stayed strong despite the Pandemic and we continue to welcome new members to our Club. Currently we have about 102 memberships with 133 members (spouses/partners included in the latter). At least this year we are able to make contact with each other regularly for discussions and sharing, so for that we are grateful (after a long absence in 2020).

So keep well and keep gardening!

Gillian

(one of the lovely floral arrangements seen at the Kyogle Plant & Flower show – see more further on in the newsletter)



April Food Group Report

Julia Hancock

April 13th was a perfect Autumn day and we were lucky enough to enjoy it at the home of Simone Renton in Chowan Creek. Simone purchased the property five years ago after finding it by accident – it had been for sale for three years, obviously waiting for her to grab it.

During the four years she's been living there she has made extensive improvements to the property including installing a spa, a hot house, and renovating a cow shed dated 1908. And the 14 acre garden has also enjoyed a makeover with an orchard and an avenue down the driveway.



Simone is self-sufficient regarding utilities – she has solar with battery back-up and having numerous springs on the property, which also straddles Chowan Creek, means she will never run out of water.



Simone provided a delicious morning tea for us – thank you so much!

The group had lots to report.

- Jim and Jenny have planted a 4m² patch of garlic which will last them a year when they harvest it.
- Sue Y is putting her garden to bed as they're going away. She's fertilized her citrus heavily with organic preparations which makes a huge difference. She loves to grow edamame, buying the seed and inoculant at J H Williams.
- David K had only one thing to say: "Mow when you can and wait until you can mow again."
- Diana declared her garden to be a warzone "and I'm losing the war". She uses coffee grounds to repel chooks and brush turkeys from her plants.
- Anamaya had lots of embryo fruit on her dragon fruit but they didn't develop.
- Sheila has rescued her citrus from a boggy patch and planted them in pots.
- Amanda said Tyalgum had rain every day in March, totaling 1000mm so they haven't been able to do anything. She is having to feed her bees as the nectar and pollen were washed off the flowers on her trees.

Below: At right the generous hostess with one of her helpers.



- Hartmut eats weeds! Farmer's friend is the most widely-grown vegetable in sub-Saharan Africa. He cultivates a number of Pacific/PNG vegies including highly nutritious edible members of the hibiscus family.
- Jenny K passed on a handy tip. Plant your banana suckers 400mm down and upside down. This enables them to establish firmly.
- June enjoyed a glut of chokos and passionfruit but her Mediterranean herbs haven't enjoyed the big wet.
- Dot's garden is an Eden of self-sown vegies like bok choy, wasabi, pumpkin and two types of pawpaw.
- Linda's fruits are all being eaten by bush rats.
- Jackie wants to grow feijoas but was warned that fruit fly is a big problem in this area.



(Above: View from Simone's back deck)

Simone's very productive hot house.



(Ed: many thanks to Jackie Balk & Gillian for the great pics)



April Garden Gathering

Sue Holzknecht

We met at Lynn and John's place in the Cavanbah Community Centre of the North Star Holiday Resort, Hastings Point, on a fine, cool day. Autumn was definitely in the air!

Lynn's children – Shannon and Sean, pictured at right - acted as chauffeurs for the shuttle service from the front entrance to the community centre – huge thanks to them both for their efforts which were much appreciated.

Lynn introduced us to North Star resort, which hosts a mix of holiday cabins, camping sites, privately-owned homes with their own gardens, a restaurant, playground as well as amenities such as a pool, the community centre, and a new Marine Discovery Centre. Lynn has lived there for 13 years.



Our guest speaker was CJ Lopez (pictured at left), who gardens on a small plot in Cabarita. CJ grows most of his own food on this small plot, gardening vertically as well as horizontally to make the most of the small area. He brought several examples of the edible plants he grows, including some unusual ones.

These plants included:

Moringa, a small tree with edible, highly nutritious leaves, flowers and seed pods. It is also called the “Drumstick plant”, for the long, edible pods which appear after the flowers. Moringa is reputed to contain, besides protein, Calcium, Iron, Magnesium, Amino acids, Vitamins A,C, and other alphabet letters! It is said to be good for diabetes, healing wounds, weight loss and other ailments. It can be grown from cuttings and

seeds, loves to be pruned hard, and the leaves can be eaten raw, cooked, dried and crumbled into everything including cakes, salads, stews, stir fries and curries.

White chokos, which CJ prefers over the green one for taste and texture. However, he mainly harvests the growing tips for cooking in everything, as a vegetable by itself, and in stir fries etc.

Tropical lettuce (*Lactuca indica*) is a tall-growing lettuce, suitable for the tropics. The younger leaves are best eaten raw in salads, but older leaves need to be cooked as they can be bitter.

Ceylon or Malabar spinach (*Basella alba*, *Basella rubra*) is a vigorous climber, with round leaves. The leaves and stems are cooked and are known for their laxative properties. Leaf juice is used to treat catarrh in Nepal. The whole plant is a febrifuge (reduces fevers) and its juice is reportedly safe for pregnant women. The red juice of the fruit is used as eye drops against conjunctivitis. (Thank you *Plants for a Future*: <https://pfaf.org/user/Plant.aspx?LatinName=Basella+alba>). However, some people do not like the slightly slimy texture.

Okinawa spinach (*Gynura crepidioides*). A low-growing, attractive plant with dark red-purple on the underside of the leaves. In summer it bears bright orange daisy-like flowers. Highly nutritious, it is eaten raw in salads or cooked in dhal, curries, stir fries. Do not overcook it as it can become slimy. In Japan it is coated in batter and cooked as tempura. It is easily grown from cuttings and is a very attractive ground cover, or a plant for a rockery. It likes full sun, but can tolerate part shade. It needs regular water. Prune by picking leaves to use.

Longevity plant (*Gynura procumbens*), (yes, the same genus as the one above). The plant helps lower levels of cholesterol and triglycerides in the body. Having low cholesterol levels can protect the body from heart and liver diseases, ensuring maximum health. Another benefit is reported to be weight loss, considering the plant's fat-lowering properties. Evidently, Gynura is the complete health package for a diabetic patient! (Thank you <https://orlandostylemagazine.com/longevity-spinach-what-it-is-why-you-should-be-growing-it/>). It grows under same conditions as Okinawa spinach.

Chinese Amaranth: *Amaranthus* species (there are many). Can have green or red leaves and flowers. This is truly a wonderful plant, and is especially good for vegetarians, vegans and those on a gluten-free diet. Use the little new leaves in salads, cook as for spinach in other dishes. Grow from seeds: just strew them on the ground anywhere. Use the whole plant if thinning out.

- ✓ The **leaves** are a good source of protein - a portion of 100g will provide half of the body's daily allowance for protein.
- ✓ The iron content can be as high as 5 times the recommended daily allowance, the calcium content at least double and the vitamin A content can be up to 20 times the recommended daily allowance.
- ✓ Cooked amaranth leaves are also a good source of vitamin C, folate, thiamine, niacin, riboflavin and minerals including calcium, iron, potassium, zinc, copper, and manganese.
- ✓ Amaranth **seeds** are a good source of thiamine, niacin, riboflavin, folate, and dietary minerals including calcium, iron, magnesium, phosphorus, zinc, copper, and manganese –comparable to common grains such as wheatgerm, oats and others.
- ✓ Amaranth contains about thirty percent more protein than cereals like rice, sorghum and rye and can be a promising source of protein to those who are gluten-sensitive. Unlike the protein found in grains such as wheat and rye, Amaranth protein does not contain gluten.

Cooking suggestion: Heat a wok until smoking. Add some vegetable oil and swirl it around. Quickly add chopped garlic and the Amaranth greens, and stir constantly. After a minute, add salt, sugar and sesame oil, stir until just wilted. You can add chilli or chilli flakes if you like. Thanks to: <http://www.herbgarden.co.za/mountainherb/herbinfo.php?id=566>

Black Turmeric: (*Curcuma caesia*). The rhizome is black, and the leaves have a purple streak running up the middle. Black turmeric is known to possess antioxidant and anti-fungal properties and may help in fighting inflammation in the body, as well as keep infections away.

Cranberry hibiscus: (*Hibiscus acetosella*). This is a very attractive plant with cranberry-red leaves and dark pink, hibiscus-like flowers. It is a very nutritious vegetable; the leaves are high in vitamins B3 (niacin), B2, A and C. It is high in protein and an excellent source of antioxidants and anthocyanins. The young leaves are known for their pleasantly tart flavour, eaten either raw or cooked. As the leaves contain oxalic acid, cranberry hibiscus should not be eaten in large amounts – e.g. as the only raw green vegetable in a salad – or more than once a week. Unlike Aibika (*Abelmoschus manihot*), it is not particularly slimy.

Red Burgundy Okra: a variety of okra (*Abelmoschus esculentus*) with dark red, long pods. The red colour disappears when cooked. Grow like okra, from seeds, and harvest pods for eating when young. Leave some to get mature and collect seeds when dry. Cook like other okra. [Ed: if you don't like the slimy texture of cooked okra, cut the pods into 1 cm rounds, dry on kitchen paper, and fry until brown. Sprinkle with a mixture of salt, cumin, coriander and chili powder. Great for snacks or a curry accompaniment].

CJ brought lots of cuttings and seeds to share. Thank you so much, CJ, for a fascinating and eye-opening talk about alternative and nutritious vegetables to grow in our climate. Thank you also for tips on growing in a small space. Gillian presented CJ with a coffee mug painted by Jan Brooks to thank him for his great presentation.

[PS. CJ suggested harvesting **Chickweed** from our gardens. The leaves and flowers are a highly nutritious addition to salads etc].

Q & A

Q. Sue: My Coleus have scale on the stems. **A:** Marie: Cut off, dig out, start again. Spray with neem oil.

Q. Lynn: Is it OK to dig out and replant Azaleas now? **A:** Don: Yes, it's a good time now. Dig out, replant and water in well.

Q. Laverne: When should I pick Rosellas? **A:** Don: Pick now, when calyces are deep red and juicy, and seed pods are green. [Ed: Tip from Don: cut off the base of rosella fruit just below the sepals, which will fall off. Use base and sepals in the jam, keep green seed pods and boil in water. Drain water into the pot of sepals to add pectin to the jam]. Don dries his rosella calyces to make tea.

Q. CJ: Has anyone heard of or is growing Rosella plants with yellow fruit? **A:** No, but a quick check on internet resulted in pictures of the feathered variety!

Q. Chris: How do you make weed tea that is not a stinky, slimy black mess full of weed seeds? **A:** Don: Make sure you use Comfrey leaves in weed tea. And it will always be stinky! [Ed: I have found Jackie French's Weed Tea recipe the best. It contains Comfrey, Yarrow, Nettles, a handful each of green weeds (no seeds), grass cuttings, straw, some animal manure, a splash of Seasol and Charlie Carp. Put it all into a large bucket and cover with water. Cover the bucket as it does get very smelly. When it turns brown, in about a month, fish out the solid stuff and put into the compost heap. If you can persuade anyone to wee in the bucket regularly it helps a lot! Dilute 1:10 in a watering can].



The swap table was laden as always and CJ left lots of seeds and cuttings for the Swap table.

The raffle was great as usual and included a beautiful Anthurium donated by Don.

After the more formal part of the meeting was finished, and members had had some refreshment, we wandered off in small groups to look at the four gardens that had flags out, indicating they were "open" for viewing.

I visited all 4 gardens: Ursula's, Shannon's, Lynn's and Dawn's gardens.

All these lovely little gardens were so different to each other, but each was magnificent in the detail, colours, variety; the love and hard work that had gone into creating them was obvious.

First, Ursula's garden was threaded with wooden walkways, which made walking through the garden very easy and comfortable. Like in the other gardens, many orchids were in flower, and the colourful leaves

and different leaf shapes made an art work of the garden.



Ursula's garden





Ursula in her lovely garden.



Then we went to Shannon's garden. Shannon has only recently moved into this house and she inherited the magnificent garden. Most of the plants are in pots, with a few small trees planted in the ground. The paths wind between the densely packed, colourful foliage plants, with some in hanging baskets and orchids attached to the trees. The colours of the leaves have been carefully chosen for contrast, shades of one colour, and complementary colours and the plants chosen with an artist's eye for height, leaf shape, as well as scent of the flowers.



Shannon's gorgeous garden



Lynn & John's garden is truly beautiful, with well-placed garden ornaments, hanging baskets as well as beautiful plants in borders in a myriad of colours. Lucky Lynn also has the oversight of a small community lawn area, ringed by shrubs and borders and a small potting area nearby. Her property borders the little stream which had blue waterlilies in bloom. And she has a "borrowed view" of the paperbark forest across the stream which is part of a National Park that features very rich birdlife.

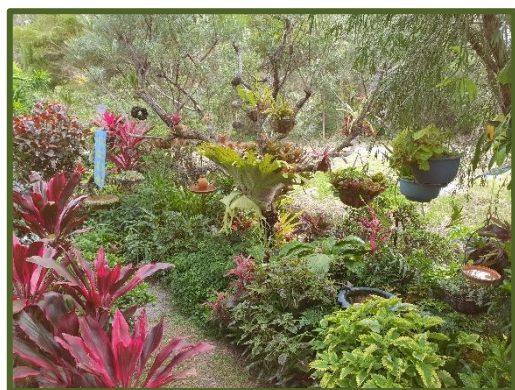


Lynn & John and their little piece of paradise



The 4th garden I ventured into was Dawn's, at the end of the road going through the resort, 500 metres from the gate, as Dawn informed me! Dawn's garden had so many lovely features and views that my head was spinning. It even has fruiting citrus trees, a wealth of flowering plants, orchids and other epiphytes and colourful foliage plants. And Dawn's little preparation area is highly desirable!

Dawn's colourful garden





The beauty of these little gardens was almost overwhelming. Each one was laid out according to the aesthetics of the owners, using similar plants but presented in such different ways.

Congratulations to all of you on your achievements! And thank you all for your generosity in offering cuttings, plants and flowers. I am sorry I didn't have the opportunity to look at the Community vegetable garden. Perhaps next time?



Happy Clubbers!



Many thanks to Couz'n Lynn, Jackie Balk & Gillian for their photographic skills on the day.



David Hancox - Organic Herbicide Recipe

At last month's Food Group it was mentioned that Dave had a good organic recipe for fixing pesky weeds. He has now supplied it for us to make our own, however if that is all too much for you to do, then if members are able to bring their own containers Dave will sell it for \$3 per litre as he makes it in bulk and is happy to share.

- 5 litres Coles double-strength vinegar
- 750g Epsom salts
- 125ml cheap washing up liquid.

Mix everything up but don't dilute.

Spray on weeds in the full midday sun.

Thanks Dave!



Thanks as always to Penny Riley for supplying the laughs...

A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well-known cardiac surgeon in his shop.

The surgeon was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiac surgeon, a bit surprised, walked over to where the mechanic was working.

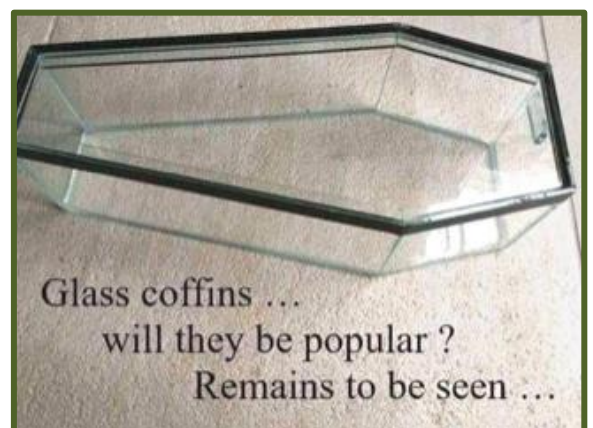
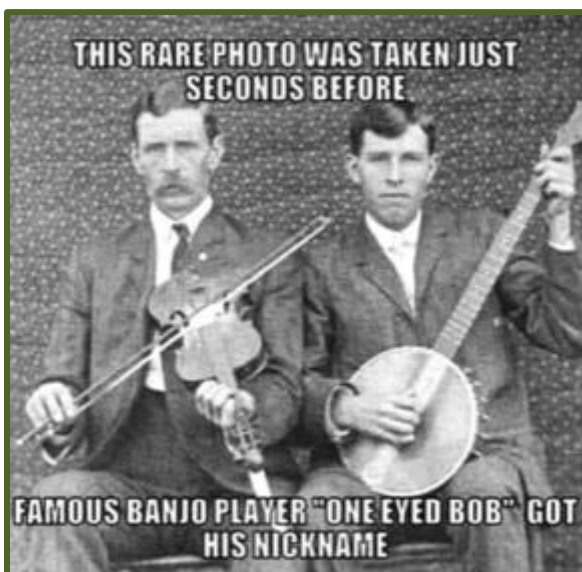
The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new!"

So how is it that I make \$48,000 a year and you make \$1.7M when you and I are doing basically the same work."

The cardiac surgeon paused, leaned over and whispered to the mechanic, "try doing it with the engine running."



Astronomers got tired of watching the moon go round the earth for 24 hours – so they decided to call it a day.



Kyogle Plant & Flower Show

On a beautiful sunny Autumn day, three of us garden club members travelled up through the Tweed Valley towards Kyogle, admiring the glorious mountain scenery on route. Karen, one of our newer members, was overawed by the views of the Border Ranges and upper reaches of the valley, having never been on that road before.

Our destination was the Kyogle Garden Club's Annual Plant and Flower Show. Mary Constable, the president of same, welcomed us warmly, introducing us to several members who were supervising stalls. (*R: Mary Constable, President, standing beside two of her own plants*).



On entering the school hall, there was an amazing forest-like display (see pic at left) and below – Karen admiring it from the bridge over the (Tarpaulin) river!). A



wonderful array of coloured foliage plants were arranged to form the scene.



Progressing further into the hall we came across some beautiful floral displays, including roses, orchids, grevilleas, proteas, banksias, and so much more.



Glorious colour-ranges in foliage were also a feature. Floral artwork was on show as well as photography of the local district.

Outside there were garden ornaments/structures as well as stalls with plants for sale (pic at right shows Helen Lofts and Karen Hanafin admiring same).

There were some wonderful locally hand-crafted sculptures as well. I was wishing Don Capner was there to see the inspiring structures. Many were made using old bicycle wheel rims – see pics as below.



One stall had some fabulous pottery bird baths (as below) which would look great in anyone's garden.



After the show (and lunch at the Sugar Bowl) we stepped across the road to visit a shop called 'Clay Corner' which had more sculptures, glorious hand-crafted clay and other items.

All in all, we had a great day of viewing of nature's beauty, both natural and hand-made (with much love and skill).

Gillian Woodward



All meeting dates now filled – thank you!

The Programs for both Garden Gatherings and Food group meetings are now full.

Thank you to all the members who have offered their gardens as venues for meetings and for the Christmas parties!

The calendar of meetings from June to August is included at the end of this newsletter.



(Above: one more of the delightful floral arrangements at the Kyogle Show)

Members' Recipes

Betel Nut Leaf with Smoked Salmon – Jill Schiller

(adapted from a recipe by Jill Duplex)

Ingredients

- 12 - 14 large fresh betel leaves (or lettuce/ spinach leaves)
- 150g hot smoked salmon or trout
- 2 kaffir lime leaves very finely chopped
- 1 Tbsp very finely diced lime - use flesh and skin
- 2 Tbsp roasted peanuts, chopped
- 1 Tbsp Thai basil, coriander, mint, or holy basil (or combination)

Hot, Sour, Sweet sauce

- 1/2 red onion or 1-2 whole shallots
- 1-2 cloves garlic –or to taste
- 1-2 red hot chillies –or to taste
- 2 Tbsp roasted peanuts
- 100 gm palm sugar, grated or dark brown sugar
- 1 Tbsp fish sauce
- 1 Tbsp tamarind concentrate
- 1 Tbsp water

Method

*** Make sauce first***

1. Blitz together all sauce ingredients to make a paste –either in electric whizzer or mortar and pestle.
2. Place in a saucepan and bring to the boil, stirring about 5 mins until you have a thick syrupy sauce.
3. Chill.
4. Combine salmon, kaffir lime leaves, diced lime, peanuts and choice of herbs.
5. Place spoonful of fish mix and sauce along betel leaf and wrap / roll up and eat.



On the Road Again – Travellers Tales

Bon Voyage to the Bothams

In mid-May, Gary and I are taking off on our beautiful boat, “Gold-Finger”. We will be away indefinitely, and plan on being away at least a year.

We have no dates or destinations but will start off from Hervey Bay, where the boat is, and travel north along the QLD coast. We hope to get to the Kimberley and even “do the loop” if all goes well.

We wish you, and the UGC, well over the next year...



Ed: And we wish you both well on your travels and hope to get updates every now and again! Your smiling faces will be missed...

The Club Bus Trip is ON

Set aside **Saturday 31st July** for the Club Bus Trip because we are off to the Nerang Botanical Bazaar for what will be a great day out.

The bus will leave Murwillumbah at 10.30am and will return about 5 pm. The bus will take 50 people. The cost for the bus trip is still being finalised and booking will be via Trybooking with full details being available in the June newsletter and on the website.

But set aside the date in your diary NOW.

For a description of the Bazaar see: <https://www.botanicalbazaargc.com.au/>



How do I return Trybooking tickets?

If you find that you are unable to attend a meeting and you have booked a ticket using our Trybooking site then you can return it.

Check the confirmation email you were initially issued and at the bottom you will have the option to return some or all tickets within your booking – see as below:

Event:	New Students: Parent information evening
Location:	TryBooking School Hall
Event Start:	19 November 2020 12:00 PM
Section Name:	Section 1
Number of Tickets:	3
Save To Calendar:	<input type="button" value="GOOGLE"/> <input type="button" value="ICAL"/> <input type="button" value="OUTLOOK"/>
Contact:	<input type="button" value="CONTACT EVENT ORGANISER"/>
Date booked:	21 October 2020 1:43 PM
Booking ID:	8158e341-2713-422a-9b88-f536a7284b16

No longer attending? Please return your tickets so that someone else can reserve them.

→ [Click here to return some or all of your tickets.](#)

Warm Regards,
The TryBooking Team

You will be able to return tickets up until the day of the event – but if you find you are unable to attend before then, click on the link to return some or all of your tickets.

Did you know?

Sulphate of potash (also called Potassium Sulphate) is a rich source of potassium, the major plant nutrient that encourages flowering and fruiting, and also improves disease resistance in plants. The easiest way to apply it is simply to sprinkle a pinch around each plant; alternatively dissolve 20g in 9 litres of water. It's incredibly economical to use and makes a real difference.

May Job File – Julia Hancock

- ☼ Don't let fallen leaves stay on the lawn too long as they will rot the grass.
- ☼ *Acanthus mollis* (pic at right) are beautiful foliage plants also known as bear's breeches (does anyone know where this common name came from?) or oyster plant because of their bluish white blooms. They can be easily propagated from root cuttings.
- ☼ Prune Buddlejias to at least half their original size.
- ☼ Spike lawns to aerate the turf and improve drainage. Dress with lime to boost spring growth.
- ☼ Cut dahlias right back to ground level once they have finished flowering and cover tubers with mulch for the winter.
- ☼ Prune sasanqua camellias and gordonias after flowering.
- ☼ Watch for sawfly infestations on callistemons and eucalypts and remove by hand.
- ☼ Got any plants that need moving? Now is the best time of the year to undertake such work before it gets too cold. Prepare the soil in the new spot by digging in lots of compost; lightly prune the shrub that is to be moved; and water it into its new position, adding some seaweed solution to the watering can.
- ☼ Cut back the foliage from daylilies into a fan shape and use the trimmings to mulch around the plant.
- ☼ When harvesting brassicas (cabbages, broccoli, Brussels sprouts), pull out the whole plant including the root to eliminate root-borne disease.
- ☼ Prepare strawberry beds by digging in compost and a complete fertiliser.
- ☼ Give asparagus beds an application of dolomite and water in well.
- ☼ If you live in a cold, frosty pocket of the Tweed, cover your compost heap with carpet to keep the microbes warm and working over winter.
- ☼ Parsley seed is notoriously slow to germinate. Soaking the seed in warm water for a couple of hours helps to overcome this problem. Parsley plants last for two years. Pick leaves from the outside and pinch out any flowering shoots that appear from the centre. Eventually allow some of these to come to fruition and spread the seeds that will germinate and grow into a new generation of plants. Anyone who takes iron supplements should eat a spring of parsley as they swallow the tablet, as parsley helps the body to absorb iron.
- ☼ Radicchio is difficult to spell but it's a really crunchy and colourful salad ingredient. It is a form of chicory and is closely related to endive, which is why it has a slightly bitter taste. When growing radicchio it's important to remember to keep the plants well fed and watered, otherwise they will become tough and bitter. At the end of the season radicchio will self-seed if the flower heads are allowed to develop. The individual leaves are strong enough to make little 'boats' which you can fill with savoury mince, scrambled tofu, fried rice or coleslaw for a healthy snack. Radicchio is a cool-season crop that is rich in anti-oxidants, making it perfect for building up the immune system and warding off those winter colds.
- ☼ Feed evergreen fruit trees, watering well before and after the application of fertilizer.
- ☼ Harvest pumpkins before the rodents get them.
- ☼ Root vegies such as turnips, swedes and parsnips are difficult to grow in this climate but kohlrabi (pic at right), which is sometimes called the turnip-rooted cabbage, is quite easy. The purple swollen stem is the bit that is edible, delicious sliced and steamed and served with a knob of butter.





May Garden Gathering

Saturday 29th May 2021

Hosted by Nelda and Peter Richards

54 Colefax Court, Urliup, 2484, 02 6672 1471

The guest speaker is a local, Leonie Swartzel who will be talking about bees.

Book to attend by clicking on this link: <https://www.trybooking.com/BRBOL>

June Food Group

Tuesday 8th of June at the home of Jan & Rex Thomas – 9.30am start time

23 The Grove, Nunderi 02 66721336, 0412 797 917

Book to attend by clicking on this link: <https://www.trybooking.com/BRJMN>

Visitors are welcome to both events, however they must be registered on the trybooking site in their own name please. You will be sent a confirmation email and ticket. If you find you are unable to attend after RSVPing, please return your ticket by going back to the original confirmation email and following the [Click here](#) link.

If you are unable to book online, please either speak with a friend or phone Jenny Kidd on 0431 989 477 or Gillian on 0457 872 040 and they will help you through the online booking process.

For both meetings members are asked to bring the following:

- ☺ Name badge
- ☺ Hat & water
- ☺ Swap table items (or small change if bringing no swap table items)
- ☺ Any gardening questions
- ☺ your chair
- ☺ your own morning/afternoon tea including drinks and food

For Garden Gatherings – please also bring small change for raffles.

That's all Folks for This Month...

Huge, huge, huge thanks to all the contributors to this newsletter.

As always, all of your contributions are welcome and we would love to hear what you've all been up to. Send your hints, tips, recipes, travel stories, bragging photos to us at ugcnews@gmail.com

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

Uki Garden Club Calendar

June – August 2021

Food Group

Date: 2 nd Tuesday of the month	Hosts	Address	Contact:
JUNE 8	Jan and Rex Thomas	23 The Grove, Nunderi	02 66721336 0412 797 917
JULY 13	Julia Hancock and Diana Erickson	183 Murwillumbah Street, Murwillumbah	02 6672 2506
AUGUST 10	Despina Angeli	92 Malabar Road Uki	0400 419 692

Garden Gatherings

Date: last Saturday of the month	Hosts	Address	Speakers	Contact:
JUNE 26	Bruce Hungerford	217 Bakers Road, Dunbible	Bruce Hungerford – bush regeneration	02 6672 4061 0429 501 754
JULY 31	Nerang Botanical Bazaar – Bus trip	Meet at Knox Park Bus Stop 10:30am	Gardening Australia speakers. More details to follow in the June newsletter.	Jan Brooks 0406 620 628
AUGUST 28	Judy (owner)	Crystal Creek Estate Nursery 1004 Numinbah Road, Crystal Ck		02 6679 1060 Café bookings: hello@crystalcreekestate.com.au

Great garden fence!!

