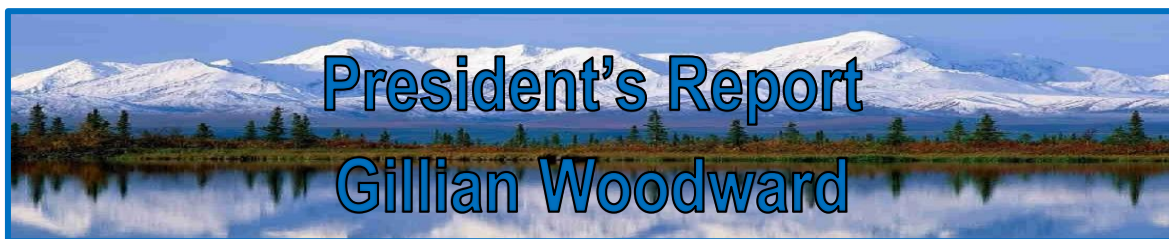


Uki Garden Club

Volume 21/06 June 2021 ugcnews@gmail.com P.O. Box 580 Murwillumbah 2484

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



Winter has arrived with a sudden burst of very cool mornings and some chillier days. Leaves on the deciduous trees are falling with the cooler winds and the harvesters are beginning to clear the cane crop for 2021. It's a good time of year for using the pressure cooker or crock pot for soups and heart-warming stews with home-grown winter vegetables and herbs from your productive gardens.

According to our new Garden Clubs Australia President, Lorraine Emerson, many clubs are still meeting/connecting via zoom. Here in the Tweed we are very fortunate to be gathering again in our willing hosts' gardens, to enjoy the friendship of, and share our knowledge with, other like-minded members. Our first 5 months of the year have been a little different due to COVID restrictions, with on-line booking and efforts to socially distance as much as possible. As a committee, we have tried to take a cautious line, for we never know when the infection may travel through or to our region. So far the Tweed Valley has been fortunate, unlike areas further to the west of us just this last week.

One thing we did not re-introduce at first was the shared food table at our meetings, although we have encouraged you to bring your own thermos and snacks to enjoy after the formal part of our gatherings, which many of you have been doing. At our July committee meeting, we will be re-considering the decision about shared food. We are very keen to get your ideas on this (even if you are not a regular attendee at the moment), so please do give us your opinions on sharing food in a COVID-safe manner at future meetings. Please send us an email at ugcnews@gmail.com or phone one of the committee members to let us know your thoughts. Any feedback that you can provide in this manner, plus a show of hands at our next Garden Gathering, will help the Committee in making its final decision. Of course, with the COVID situation still being so fluid, any decision made will be dependent on prevailing circumstances. There are many pros and cons, but of course we must also be considerate of our hosts' positions on the matter. Whichever way we decide to go, the host must still have the final say, since we are on their premises.

My thanks again to all those who have already hosted food group or garden gatherings so far this year. Special thanks go to Graham Higgins, who has stepped in to fill a gap for our June garden gathering at short notice. Please note the change of address from that previously advertised for June. It will still be in the same area, on the same road, but at a different number. Details are on the last page of this newsletter. Graham will speak to us about a program he has become involved in to capture tadpoles of the cane toad from local ponds/dams.

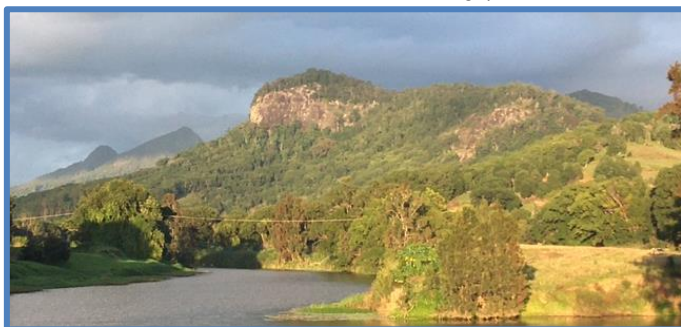
Our July Garden Gathering will take the form of a bus trip to the Botanical Bazaar at Nerang on July 31st. See the details for the day and how to book on page 8 of this newsletter.

Remember that memberships are due over this next month, so if you haven't renewed, find the membership form in this newsletter or on the website. You can pay it online or drop your subscription into the Treasurer's Box at the next meeting (in an envelope with 'membership' and your name written on the front). If you joined in the last 3 months, you do not need to re-join.

Keep sharing your great stories and ideas through our newsletter. And enjoy the cooler weather by getting out in the garden in the warmer part of the day for a change.

Looking forward to seeing you at our June gathering.

Gillian



May Food Group Report

Philip Wilson

A stormy Autumn morning saw a bunch of garden stalwarts gather for the May Food Group meeting at the home of the Holzknachts.

Sue and Hartmut have been living on this fertile river flat for eight years now, and have transformed the property into a productive mixed plot of edibles and ornamentals. Pathways lead one through the many garden areas which gently slope downwards to a less cultivated area on which horses graze intermittently to keep the vegetation under control.



As was our luck, the skies cleared allowing us to explore the many facets of the garden. Having grown up in Papua New Guinea, Hartmut is familiar with many lesser known food plants, some of which our members had not seen before. Aibika, Cassava and Vanilla thrive in the dappled shade.

L: Sue & Hartmut's Vanilla orchid and Aibika leaves.

* Lyn has an abundance of passionfruit this year, as well as chokoes coming into season. Philip mentioned he'd recently seen a productive choko vine grown effectively as a ground cover, not needing to climb.

- Martin is preparing his beds for more garlic planting as the weather cools, as the bulbs need to grow through a winter to set adequate cloves.
- Amanda is sowing her winter vegetables after favourable rains, although her beehives have been decimated by the invasive Hive Beetle as well as Robber flies (see pic at right of what an infestation of small hive beetles looks like).
- Jean is finally having success growing sage in a raised bed for added drainage. Black Tuscan kale is also proving to be conveniently perennial.
- New member Greg has recently relocated from Ocean Shores to become Nellmary's next door neighbour. The shared fence has seen an exchange of edibles already, with custard apples doing better by hanging over the palings into his sunny yard. Nellmary's Hass avocado continues to shed abundantly, much to the enjoyment of her pooch waiting underneath.
- Jenny and Jim have had some luck germinating "Yakuma Giant" snowpeas. Seed has been promised for our heirloom collection.



- The vegetables in Simone's glasshouse have really taken off now the summer heat has eased. She is readying herself for an oversupply of eggplants.
- Karen is undertaking the task of building up her garden beds which overlay a natural clay-based substrate. Lebanese cucumbers have been a success story so far.
- Kirsteen has had bountiful Rosella plants this year (pic at right), and other members discussed ways of making the most of the current glut of fruit.
- Peter and Patricia warned of the risks of ordering in topsoil. A recently dumped load was full of weed seeds which are proving difficult to control. On the plus side, they have found turmeric leaves brilliant for wrapping and cooking fish in, and a Dwarf red papaya has been producing massively in its second year.
- Hartmut's brother Philip and his partner Monica demonstrated a home-made garden cloche (pics as below), which consists of a polystyrene box with drainage holes, filled with seedraising mix, and a polythene cover supported by several wires. Having been locked down in Adelaide, this setup helps head-start tender



plants there until the warmer weather allows planting out. [Ed: The neem seedlings are doing well!]



- Wendy has been singled out by the Terranora sandfly population, and suffers badly from bites year 'round. Neem oil was suggested as a deterrent, as was dressing as an apiarist before heading out into the garden.
- Suzanne inadvertently chopped down an unrecognised grafted avocado after purchasing her hillside property. Luckily it grew back and is even fruiting despite the harsh treatment.



Some delightful treasures in Sue and Hartmut's garden

(Ed: many thanks to Philip, Couz'n Lynn & hosts with the most Sue & Hartmut for the great pics)



May Garden Gathering

Sue Holzknecht

UGC Garden Gathering Saturday 29th May, At Nelda And Peter Richards' Home, Uriup, NSW.

As we drove up to Nelda and Peter's hilltop home we were greeted by a herd of beautiful, serene Alpacas at the top, peering curiously at us over the fence. This was a friendly welcome to Nelda and Peter's lovely garden and home.



Gillian began by thanking Nelda and Peter for letting us host our May Garden Gathering at their place. When Nelda introduced us to the property, she emphasised that we should look at the alpacas, not her "wild

"garden. When they bought the property 20 years ago there was just a house on a hill, surrounded by blue metal and a few trees. They built the gardens that now meander around the large trees, with lawns in between. Large quantities of Alpaca poo have helped establish the plantings and created a haven for many bird species. Nelda generously gave some bags of Alpaca poo as raffle prizes. Thank you Nelda and Peter!

Gillian introduced our guest speaker for the gathering, Leonie Swartzel, a beekeeper who lives at the Old Dum Dum School. Leonie has nine hives at Dum Dum, works as a beekeeper at Tyalgum and manages 55 hives from which she harvests honey and hires out for pollinating gardens, orchards and farms.

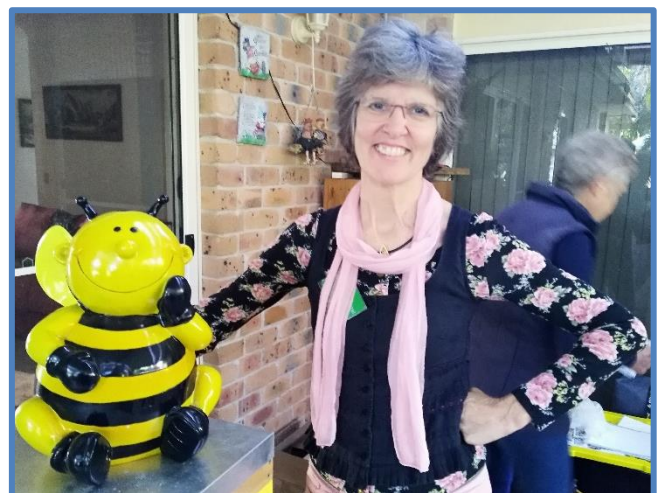


Leonie explained, with the aid of many fascinating photographs and actual hives, that both honey bees and native bees are vitally important to humans and their environments for several reasons: first and foremost is pollination of food plants, second is supply of honey, wax, pollen and royal jelly which are all used in food and medicines, third is that they add to and support biodiversity in our world. Other insects and animals also pollinate plants, but the European honey bee pollinates 70-80% of our food crops grown in Australia.

There are also about 2,000 species of native bees in Australia, but only 3 of these form colonies and produce honey.

Many plants, especially native plants, are also pollinated by native bees, as well as other insects, bats, birds, marsupials, etc. Leonie introduced "Bertie", her model bee, who differs in many respects from a real honey bee. She donned her hard hat to represent a worker bee, and dressed Peter as a drone. Marie became the "princess" in her tiara, as a daughter of the queen bee. She explained the roles of the different types of bees and how these are reared in the hive to take these roles.

(Pic at right of Leonie and Bertie.)



Leonie pointed out the different parts of a hive and explained how the bees rear the young, feed them and manage the honey, wax, pollen and royal jelly.

She described the different types of hives available and also warned about common pests and diseases which can afflict hives of honey bees. One consequence for beekeepers of these diseases and the damage they can do to the whole industry is that all hives must be registered through DPI in each State, must be inspected regularly and any pests and diseases reported and dealt with. A code of conduct has been established and all beekeepers must abide by it. It is a good idea to join a beekeeping association near you, and to attend some courses before starting to keep bees.

The mechanics of pollination were emphasised in her talk because of the critical importance of pollination to our food crops, most of which derive from countries outside Australia and which need the honey bee to pollinate them so they can grow, bear and reproduce.

Leonie's final words of wisdom: if you are intending to keep bees, establish your water source first before bringing in any bees and hives. And be a responsible beekeeper, not just a honey merchant.

We were invited to taste the honey Leonie had brought with her. Some of us were lucky enough to buy a jar. It is one of the most beautiful honeys I have ever eaten!

Gillian thanked Leonie for her fascinating and informative presentation and her assistants and co-presenters.

She thanked Nelda and Peter for allowing us to hold our meeting in their lovely garden, pet the alpacas and share their poo.

She also thanked Hartmut for running the shuttle up the hill and David for acting as marshal at the bottom of the hill.

Q & A

Diana: Does anyone have any wormwood growing that they can spare? She wants to grow it near her chooks to deter mites. Bev responded that Diana can get some cuttings from her.

Sue: Is looking for (small) water plants for her new water garden. Amanda offered some.

Pics below L of Kim and Heather

R: Jan (bus trip organiser extraordinaire and Jenny)





Above: Heather, Dot & Julie



Nelda – our lovely host

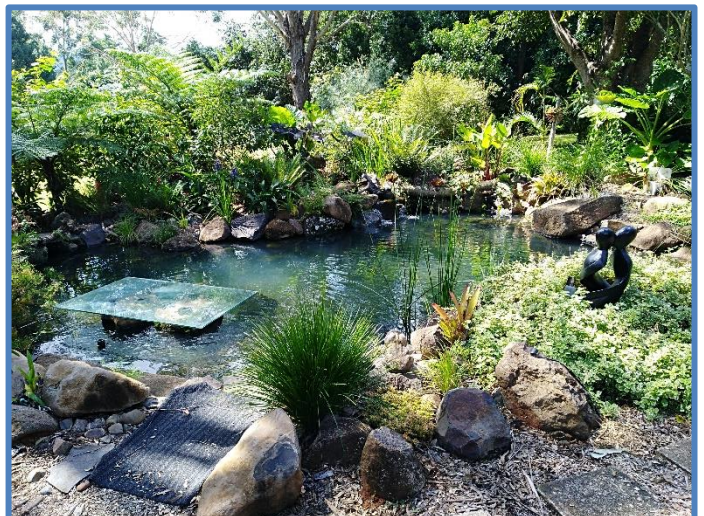
At right: Yvonne, Dawn and Marie



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



I thought you might like these 2 photos I took at Tim Hunt's to compare how gardens grow in time.
1st pic taken September, 2019 and 2nd in March, 2021. Wow, what a difference.
Cheers Jackie





**NURSE CAME IN AND
SAID DOC, THERE'S A
MAN IN THE WAITING
ROOM WHO THINKS
HE'S INVISIBLE, WHAT
SHOULD I TELL HIM?
THE DOCTOR SAID TELL
HIM I CAN'T SEE HIM
TODAY.**

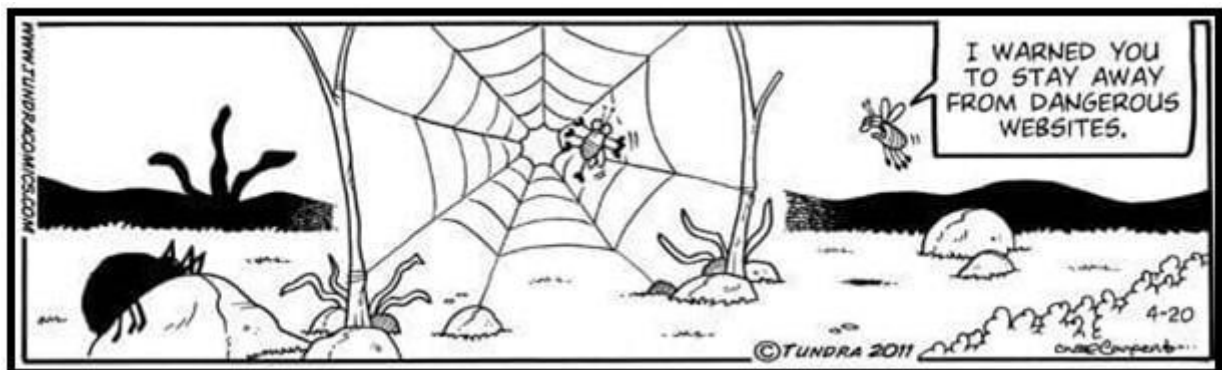
Thanks as always to Penny Riley for supplying the laughs...although thanks to David Kidd for supplying one of the laughs – can you tell which one?? (Not sure if he is wanting to tell Jenny something?)

I have a pencil that used to be owned
by William Shakespeare.

But he chewed it a lot. Now I can't tell
if it's 2B or not 2B.

**I relabeled all of the jars in
my wife's spice rack. I'm not
in trouble yet....but the
thyme is cumin.**

Before my surgery, the
anesthesiologist offered to knock me
out with gas or a boat paddle...
It was an ether/oar situation.



Club Bus Trip – 31st July

Instead of a Garden Gathering at the end of July the Club is setting off to the Nerang Botanical Bazaar for what will be a great day out.

Times:

- 10.00 am Meet at Knox Park bus pick up opposite Sunnyside
- 5.00 pm (approx) arrive back in Murwillumbah

People will need to bring a hat, comfortable shoes, food and drink or purchase from the food vendors there.

Exhibitors: you'll find all sorts, anything that can be connected to gardening, including Windemere Orchids. A sight to behold. Saturday guest speakers include: Phil Dudman, Sophie Thomson and Morag Gamble. For a description of the Bazaar see:

<https://www.botanicalbazaargc.com.au/>

Pricing:

- **Members** - \$25.00 each (which includes bus + Entry Fee)
- **Non Members** - \$35.00 per person (which includes bus + Entry Fee)

Very Important Information

Numbers are limited to 50 people. So, if you want to come along you need to do 3 things:

- 1) Register on Trybooking (as we need to provide Botanical Bazaar with a full contact list on arrival);
Trybooking link to book is here: <https://www.trybooking.com/BRQXJ>.
(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).
- 2) Make payment via either method as below:
 - a) At a meeting put monies into an envelope WITH:
 - Your Name;
 - "Bus Nerang";
 - The names of the person/s this money is paying for;
 - Put this envelope into the Treasurer's Box at a Garden Gathering or Food Group meeting.

NB: Any envelopes with monies enclosed and no details will be treated as a Donation to UGC and the cost of the bus trip will be outstanding.

OR

- b) Pay by EFT.
 - Put in the Reference Field: Your Name and Names of all Persons that you are paying for:
 - Include "Bus Nerang" if there is enough space to do so.
- 3) Download the **Check In QLD** app as you will need to scan a QR code on arrival.

Bookings and payment are due by 13th July 2021





Pumpkin Soup with a Yoghurt Swirl – Jenny Kidd

Pekmez is grape molasses from the Middle East and available in specialty delicatessens. I used pomegranate molasses identified on Google as a substitute and purchased from IGA.

The recipe was adapted from a beautiful recipe book I received as a gift - "Turquoise" by Greg and Lucy Malouf.

Ingredients

- 2 tablespoons olive oil
- 20 gm unsalted butter
- 2 leeks, white part only, roughly chopped
- 3 cloves garlic, roughly chopped.
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon freshly ground pepper
- 3 teaspoons pekmez
- 1 small butternut pumpkin (about 800gm) peeled and diced
- 1 long red chili, seeded and roughly chopped
- 1 bay leaf
- 1.25 litre chicken stock

Yoghurt Swirl

- 200 gm thick natural yoghurt
- 1 teaspoon pekmez
- Pinch sea salt

Method

1. Heat the oil and butter in a large, heavy based saucepan. Sauté the leeks and garlic for a few minutes, then add the spices and sauté over a low heat for 5 – 8 minutes, until the leeks soften.
2. Stir in the pumpkin, chili and bay leaf and then add the stock with the 3 tsp of pekmez. Bring to the boil, skimming away any fat and impurities that rise to the surface, then lower the heat immediately. Simmer covered for 30 minutes.
3. Remove the pan from the heat and remove the bay leaf. Puree the soup in batches in a blender or with a stick blender until very smooth and creamy. If you want it to be supremely silky smooth, pass soup through a fine sieve.
4. Beat the yoghurt with pekmez and salt in a small bowl until smooth. When ready to serve, ladle the soup into warmed bowls and swirl in a generous dollop of yoghurt.

Serves 4- 6

And – a recipe from David Kidd utilizing the lovely crop of tangelos they were blessed with...

Tangelo Cooler

Ingredients

- Juice of one tangelo
- ½ shot Amaretto
- ½ shot Cointreau
- 1 shot vodka – although David used the local Husk Botanic which was a delicious substitution for this recipe



Method

1. Put a few ice cubes in your glass, add the booze and the juice of the tangelo.
2. Stir until the drink is chilled.
3. Sip and try not to drink the rest in a single gulp (seriously – maybe have a glass of water first).



Membership Renewals Now 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.

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

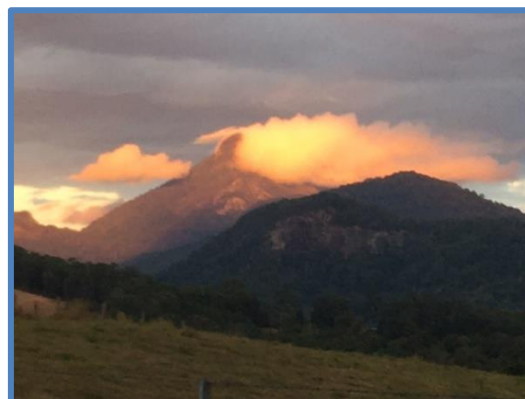
BSB: 722-744 (Southern Cross Credit Union)
Account: 90867 (Uki Garden Club Inc)
Reference: Surname + renewal

Please remember to put your name on the deposit or envelope so Helen can match your renewal to your name. (NB: And as stated before, any envelopes with monies enclosed and no details will be treated as a donation to UGC.)



Wollumbin Dreaming

Picture taken on early morning run from Bakers Road by Gillian





Southern NSW, Victoria and South Australia – with Nellmary

A little while ago I had the good fortune to travel to the south of NSW, Victoria and South Australia. Part of the trip involved visiting some spectacular and very different gardens. I would like to share a small sample of photos of these beautiful places.

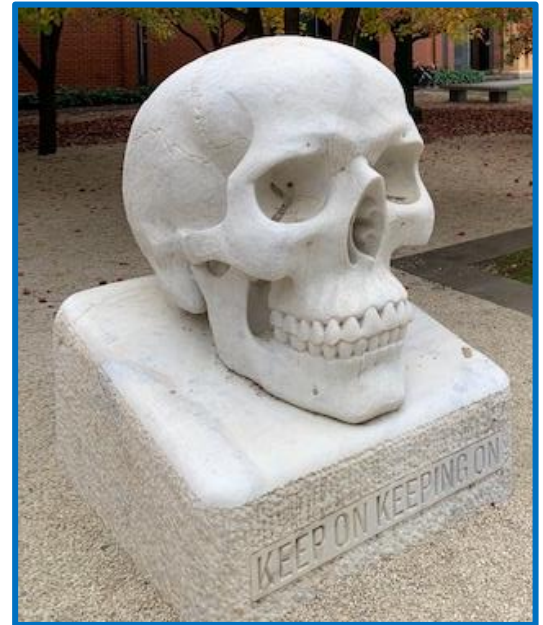
Mt Gambia Sunken Garden, an amazing garden that is very easy to find in the centre of the city. Spectacular!



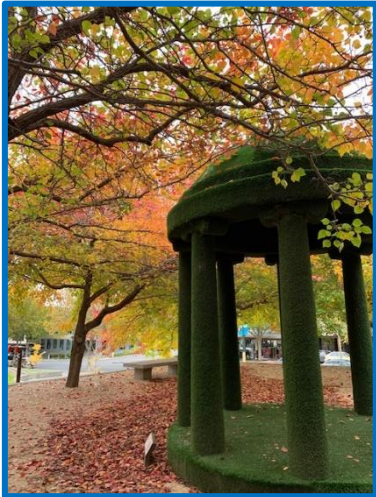
St Erth, a show garden for diggers in full autumn colour. Beautiful!



Small garden outside the Bendigo Art Gallery. I loved the title on the sculpture.



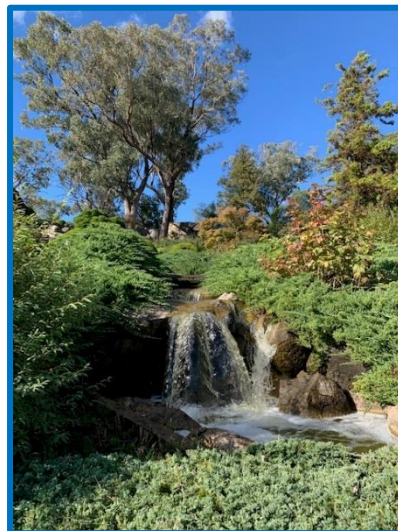
Amazing colour in Yackandandah.



The beautiful Japanese garden in Cowra, a peaceful tribute to the Japanese internees of the Second World War.



I hope you enjoy them as much as I did. Nellmary



(Ed: sure did! Thanks Nellmary!)

Ten Body Power Foods

1. Walnuts – rich in unsaturated fats, may help keep cholesterol levels healthy. Contain melatonin which may help sleep-wake cycles. Nibble after a long-haul flight to ease jet-lag.
2. Apricots – a great source of vitamin A which is essential for maintaining healthy eyes. Apricots are a good source of iron and are high in fibre; dried apricots are fabulous in winter fruit salads.
3. Linseed (also known as flaxseed) – packed with omega 3 and 6 and rich in lecithin which helps digest fat and speed up the metabolism.
4. Almonds – one of the world's most delicious nuts and naturally cholesterol-free. They are the nicest way to help maintain a healthy heart as they are high in protein and fibre, are rich in vitamins B and E and contain magnesium and calcium. Although a nut, they are reputed to aid in weight loss, though try to keep down to six nuts per day for this.
5. Figs – great source of fibre for good digestion, and they also contain calcium and iron.
6. Prunes – a delicious way to help bowel regularity.
7. Pumpkin seeds (also known as pepitas) – packed with zinc which helps support men's prostate glands; rich in phosphorus and magnesium for bone health; high in iron and B vitamins. Eat with a sprig of parsley for maximum absorption.
8. Sunflower seeds – abundant in vitamins B and E which protect cell membranes.
9. Brazil nuts – contain selenium which is an important mineral to ensure a healthy immune system and to keep thyroid glands functioning at an optimum level. One nut per day is sufficient.
10. Cashews – contain heart-healthy monounsaturated fatty acid and are rich in the various vitamins and minerals that support strong, healthy bones and joints.



Did You Know?

The longer you leave citrus fruits on the tree, the sweeter they'll be.

Watch Those Woodpiles

Some of us have been gathering up palm fronds and other bits and pieces into a great big bonfire, now that the fire bans have been lifted for winter. Be aware that as soon as the cool weather starts, critters begin to hibernate, and what better place to do so than in a nice big woodpile? So, before you light your bonfire, always check that there isn't something asleep in there!



June Job File – Julia Hancock

- ✿ Divide daylilies by digging up large clumps, pulling apart individual plantlets gently by hand, trimming back the foliage and replanting in compost-enriched soil. Pot up any unwanted plants for the Garden Club swap table.
- ✿ When did you last clean out your compost bin? It's hard work but worth doing, especially if the compost inside is lovely and decomposed.
- ✿ If you've got a worm farm, sprinkle a handful of lime on top of the 'soil' to keep the farm 'sweet'.
- ✿ Feed azaleas with a soluble azalea fertilizer from now until flowering commences.
- ✿ Cannas become mouldy and unattractive at this time of the year and need to be cut right down to the ground. Burn or bin the trash to avoid the spread of fungi and borers.
- ✿ Continue to eradicate the last of this year's annual weeds.
- ✿ Prune Sasanqua camellias and Gordonia after flowering if they need to be reshaped or controlled.
- ✿ Rake leaves away from paths to prevent them becoming slippery.
- ✿ Look out for male bowerbirds making their nests and leave something blue for them in the garden.
- ✿ If you've never grown chervil (pic at right), why not sow some seeds? It is a very pretty herb that has an unusual flavour which goes well with fish and eggs. It is reasonably drought-tolerant and likes dappled shade. It will self-seed if you allow it to.
- ✿ Do you wonder why your garlic doesn't grow? Perhaps you bought a bulb from Coles and thought you'd just pop it in the garden? Well, unfortunately it's likely that Coles' supplier has treated the garlic with an anti-sprouting agent to give it a longer shelf life. It's best to get it from an organic greengrocer or a garden centre.
- ✿ While it's tempting to accept strawberry runners from people who offer them, sometimes it's wiser to bite the bullet and buy some certified disease-free plants from a garden centre.
- ✿ Sow carrot seed in soil that hasn't been fertilised. They prefer sandy soil – clay is too hard for their roots to grow down into.
- ✿ Pick up citrus windfalls and bin or burn them so they don't spread pests and diseases.
- ✿ Prune grape and kiwifruit vines now.
- ✿ Unlike silver beet which is a crop that will last all winter, English spinach is a fast crop that is best harvested when young and tender. To get the best results, give young plants plenty of food and water to encourage the production of plenty of bushy growth.
- ✿ If you haven't got the energy to grow any vegies this winter, at least plant a green manure crop of broad beans. Just plant them and forget them and let them do their own thing until it's time to cut the withered plants down and use them as mulch. (Leave the roots in the soil to release their nitrogen as they rot down).



Super Gentle Yet Super Efficient

What makes blood and bone so great for just about everything in the garden?

It's a complete N:P:K: fertilizer, yet because it is organic and releases its nutrients gently over a long period, it is ideal to use at any time of the year. As well as supporting healthy growth in a plant, it also stimulates biological activity and growth-enhancing microflora in the soil. It acts as a deterrent for wallabies, but beware – dogs love it and may dig up any plants fertilized with it.



June Garden Gathering

Saturday 26th June 2021, 2pm start time

Hosted by Graham Higgins

132 Bakers Road, Dunbible.

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

July Food Group

Tuesday 13 July 2021, 9.30am start time

at The Murwillumbah Community Gardens

Mooball Street next to the Showgrounds in Murwillumbah.

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

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 not bringing any 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 Inc Membership Form

PO Box 580 Murwillumbah 2484 ugcnews@gmail.com

1) Member Type Please tick appropriate box as below.			
<input type="checkbox"/> New Please complete all the details below.		<input type="checkbox"/> Renewing Please fill out any details that have changed and make sure you complete sections 4 - 6.	
<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: 100017935			
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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Membership Form V3.doc