## Uki Garden Club

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Spring is certainly in the air, with the temperatures having climbed to the high 20s over the past week. Beautiful clear skies and light winds seem to be the order of the day now. Most of us would probably welcome a good drop of rain, as that has been scarce lately. But still, it is great weather for being out in the garden and there are plenty of jobs to be done. I've been busy putting out my winter-accumulated compost on to the vegetable beds, to help boost the Spring growth.

As I write this report, I imagine all of you will be relieved that our lockdown in the Tweed has been relaxed. It appears that at last 'the powers that be' have realized we haven't had a COVID case anywhere near us for over 18 months, so it makes sense to open things up a little. What a relief to be able to legally go and visit someone from either your family or just a friend! Even three weeks seems to have been a long time, but when we think of our city counterparts, they must be doing it tough after months of lockdowns.

Unfortunately, it is still not good news for our Garden Club meetings. Even at Food Group meetings we often have over 20 people attend, so having to restrict our numbers and choosing who misses out is not something we want to pursue. We still can't meet at a private residence, so those who have kindly offered to host gatherings/meetings during the current months will have to put things on hold till – maybe next year, who knows?

Hopefully by the end of 2021, we may be able to hold our AGM so that the current committee can make way for the new members who have volunteered their services, as some of us step down. It has undoubtedly been uncertain times these last nearly two years. Let us hope that life for ourselves and our Club will get back on track somewhat in 2022.

Thank you to those of you who have contributed items for inclusion in this newsletter. In particular I want to thank Kate Botham for her spectacular update of her sailing trip in Far North Queensland. Her photography as always is amazing – a taste of what is to come is at right. Your spirits will certainly be uplifted by her contribution.

Thanks also to Julia and Philip for providing us with a wonderful obituary on Stella Wilkie's amazing life. At 106, Stella passed away on August 25<sup>th</sup>. I remember her as a very lively and witty lady, with still much joy to share with others. She was of course the oldest Life member of Uki Garden Club.

Do keep your correspondence up through the email at <u>ugcnews@gmail.com</u>. Whether it is just a photo, an idea, or something you'd like to share with others from your gardening experience, we welcome it always.



Keep safe and well till we meet again in the near future we hope.

And keep on gardening!

Gillian





We were extraordinarily lucky to meet at the Uki Community Gardens on 10 August as the weather before and after had been inclement. And of course, lockdown bore down on us immediately afterwards.

It was a smallish meeting but we all had a good chat.

Our guest for the day was Abbie Beckhaus who has recently moved to Uki. It would be lovely if she joined our group as Uki members are thin on the

joined our group as Uki members are thin on the ground.

• Anamaya's climate in Mt Burrell is much colder than in some places in the Tweed so she's only just starting to harvest broccoli. Her spuds are now in the ground.

• Sue and Hartmut have had a burst of feverish energy in their garden. They informed us that Mad Mountain Family Farm at Tomewin comes to the Wednesday Murwillumbah Farmers Market and have many unusual herb seedlings



gave another plug to foodie Matthew Evans' book Soil, of which Murwillumbah Library now has a copy.

- Marie is enjoying a profusion of lovely flowers in her garden and has been busy mulching.
- Peter, the vegie king, has noticed his crops are a bit slow to mature this year.

for sale. The market is still going ahead during lockdown. Hartmut

- Jenny and David's warm microclimate in Tumbulgum means they are harvesting chilli and capsicums already. They are enjoying pawpaws that haven't succumbed to the usual fungal diseases. Jenny advised that Tumbulgum Hall hosts a food market each Sunday selling greens and seedlings and Zesty Herbs has a stall there.
- Sheila's raised beds are now proving their worth with lots of salad greens. She's done some serious pruning of shrubs and has observed that many of her flowering plants are seriously confused by climate change.
- Trish retired on 1 July and just hasn't got out of the garden since! Good thing she's still young and fit because between then and now she's shifted 12 tons of soil, created rock walls and paths and made a poly pipe tunnel. Phew! Good on yer Trish!
- Jenny's snow peas have been only good for green manure this year.
- Jim has five acres of weeding to do in their garden! The seeds blow in from the neighbours – a problem several of us live with.
- Amanda has brought grow bags and planted all her potatoes in them. She buys stuff online from Vasili in Melbourne. She's enjoying masses of different types of fruits from her garden.



(Ed: Thanks to our photographer David Kidd for the meeting snaps - luv yer work!).

- Visitor Abbie has moved onto 7.5 acres which is predominantly brush box and rainforest species. She's going to cull the camphor and lantana over time. At the moment she's rejuvenating her herb garden.
- Julia's garden is looking the best



ever, not through her efforts but because we've had rain at the right time. One of the secrets to her success is to lavish her soil with manure, compost, gypsum, rock minerals and seaweed solution twice a year. Feed the soil and the plants will feed themselves.



Q & A

Q: Jenny asked what is the best variety of lettuce for the sub-tropics?

A: Amanda replied that Mitre 10 in Murwillumbah sells Farmers Choice organic seedlings, one of which is their 'Pink Frilly' lettuce. It's very reliable.

Q. Amanda asked when is the right time to harvest bananas?

A: Cut the bell off and cover the fruits with a

banana bag straight away. Wait till the ridges on the bananas are defined. Club member Rex Thomas knows about bananas so ask him next time you see him.

Q; Trish wondered whether it is OK to plant garlic now?

A: No, Jenny replied that it should be planted on Anzac Day in this area.

### Seed Box

Hartmut announced that it's time for his annual spring clean of the seed box This means that all those seeds that are time-sensitive are being discarded and will be available to members for free. He's been unable to source the standard size seed envelopes but hopes to get more soon. He urges members to continue to save seeds and hand them to him with the info on the envelope – your name, date collected, variety, tips on cultivation. A thousand thank yous Hartmut for the brilliant job you continue to do on behalf of us all. (*Ed: see Seed Box update from Hartmut a little further on*)

### Suggestions for future Food Group meetings

If groups become able to meet outdoors at some stage, members have come up with some excellent suggestions for venues:

- Budd Park between the Bridge and the Tourist Information Centre, Murwillumbah.
- Masterson Park opposite the shops in Broadway, Burringbar.
- Tyalgum playground picnic area.
- Pat Smith Park, cnr Queensland and Dulguigan Rds (good shade and a large table)
- Tweed Valley Whey cheese factory in Burringbar
- Park adjacent to the Coolamon Centre, Tumbulgum Rd Murwillumbah. There are toilets here.

### Vale Stella Wilkie (1915 - 2021)

Where to begin when paying tribute to Stella's amazing life? Well...it all started on New Zealand's north island during World War I and I'd say she hit the ground running. Her parents were resourceful people and made sure the family was cared for during times of extreme scarcity. Being the eldest of five children (all of whom she outlived) Stella was expected to undertake a large portion of the domestic work, and often acted as surrogate mother to her four younger siblings. One of those siblings was Hilda



Brulotte who moved to Pine Drive, Uki with her husband in the 1997 and brought 82-year-old Stella with her.

I first met Stella at the Uki markets and we hit it off immediately. We had one passion in common – plants – about which Stella was extremely knowledgeable. Over the next 25 years I got to know Stella very well. She was married twice and although she had no children of her own she was a very good aunt to her siblings' offspring. She and her second husband settled in the NZ town of Whangarei where their house overlooked a magnificent garden stretching down to the sea. Stella was well-known in gardening circles there and was a member of numerous horticultural societies.

On moving to Uki she set about transforming the patch of ground outside her part of the house into a paradise of colour and fragrance. Stella immediately joined the Uki Garden Club and was always a fountain of information. She loved talking to members about all gardening matters and never tired of passing on tips and hints. Stella's activities in the club ranged from giving demonstrations on how to take cuttings, participating in bus trips, helping out at Open Gardens and special events, working on the twice-yearly Red Cross stalls in Uki, hosting club meetings at both Pine Drive and later at Mountainview, and being one of the mainstays of the flower arranging group. She was honoured with life membership in 2016.

At Mountainview Stella's gardening activities were officially restricted to her balcony, but of course she spread out to claim the hillside at her back door and landscaped it with bromeliads, orchids, clivias and ferns, which she'd brought with her from Uki. Also uprooted from her former garden were Vireya rhododendrons which she cultivated with huge success in pots. They were her pride and joy.

When independent living became too much for her, Stella moved into the Opal nursing home where she enjoyed walking around the gardens and sitting in the sun chatting to people. Never shy, she was quickly recognised by the other residents as a force to be reckoned with. Her big thrill was receiving a letter from the Queen on her 100th birthday.

No one would say that Stella had an easy life but she never complained and considered each day to be a bonus, particularly as she grew older. When asked about the secret to her longevity Stella replied "I never worry" which enabled her to use her boundless energy on other things.

Sadly I have been unable to visit Stella since the outbreak of covid and read about her passing in the Tweed Valley Weekly. But I have many happy memories of the trips we used to take together, visiting open gardens, nurseries, flower festivals and once (with club member Dianne Stevenson) to New Zealand where she showed us all her old haunts, most memorable of which was the spectacular rose gardens in Hamilton.

Stella was a friend, advisor, confidante and mentor to me during our long association and I shall miss her terribly. I feel very privileged that our lives intersected as she was truly one of a kind. Rest in peace.

Julia Hancock

### Some anecdotes about Stella - from Philip Wilson

- Stella was voted most popular resident two years in a row by the 99 other residents.
- When she turned 100 years old, she asked her GP, Dr McMahon, how long she could be expected to live. He thought she'd make it to 106!
- She snagged a boyfriend at 102 who was a much younger resident -- and outlived him!
- Once, when we were discussing where she grew up, I happened to mention that New Zealand had a lot of very fast racehorses. Stella candidly replied "Well yes, they've seen what happens to the sheep!"
- Stella was never diagnosed with dementia.
- Her quarters were the furthest from the dining and activity room —but she walked up on her frame for lunch and dinner every day of the week.
- Once I asked if she needed a walker. She nodded. When I brought in her zimmer frame she said with disdain "Oh, I thought you meant a Johnnie Walker!"

Thanks Philip

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## All About the Candlenut (Aleurites moluccanus) – Sue Holzknecht

Candlenut trees are native to the tropical northern rainforests of Australia, the islands of Indonesia called Nusa Tenggara, Malaysia, and islands in the South Pacific. The common name "Candlenut" derives from the tradition of making a crude candle by threading the midrib of a palm leaf through the raw nut like a wick and lighting it. Due to the high oil content in the nut this device will burn like a candle.

Roasted candlenuts have long been a source of food for Indonesian and Malay people, Australian Aborigines and Pacific peoples. The flesh is cream-colored, soft,



and oily, within a hard-shelled nut which comes from a tree in the Euphorbia family. The nut is similar in flavour and texture to the macadamia nut, which also has a high oil content.

Like the fruit and leaves of many members of the Euphorbia family, the fresh nut is toxic, losing its toxicity on roasting or cooking. After harvesting, the nuts are usually roasted and shelled prior to being sold in the markets of Malaysia and Indonesia. Due to their high oil content, candlenuts are prone to rancidity, so it is best to buy small quantities and store them in a cool dry place. As you may not be sure whether the nuts have been roasted prior to shelling, cook them to remove any toxicity before eating. The nuts are available in supermarkets and from spice dealers such as Herbies (herbies.com.au). Make sure the nuts are whole and lightcoloured.

#### Growing Candlenut In Our Area

Our Candlenut tree in Burringbar is now over 4 metres high and still growing (see pic at right with Hartmut looking very tiny at the bottom right).

The trees in their native habitat can grow to 38 metres. The original seedling came from under a huge tree outside the Tweed Hospital building where many seeds had fallen and sprouted. It is a beautiful shady tree with male and female flowers, which when fertilised turn into drupes of fruit. The fruit drops to the ground, the outer fleshy casing falls off and rots, leaving the hard shell with its fleshy interior. Seeds grow readily from the nuts. But be careful where you plant it!

#### **Cooking With Candlenut**

Candlenuts are used in many Asian dishes as a thickening agent, most commonly in Indonesian and Malay recipes, especially for satay. Candlenuts are best ground finely before adding to other ingredients. Alternatively, shave off slivers, dry roast them in a pan and add the roasted pieces to curries, satay sauces or sprinkle over the top of rice dishes. The nut is called *kemiri* in Indonesian or *buah keras* in Malay.



#### **RECIPE: Chili Paste with Candlenuts**

#### **Basic Chili Paste**

30gr		Shallots
6	cloves	Garlic
50 gr		Chilis, hot red
½ tsp		Salt

### 1. Slice **all items** thinly, chop finely, mix and pound to a paste in a large stone mortar or process until smooth in a food processor.

#### **Candlenut Chili Paste**

Basic Chili Paste1.Make Basic Chili Paste and grind Candlenuts in with the rest.2-4 Candlenuts

#### **Mixed Chili Paste**

Basic Chili Paste
Candlenuts
Galangal root
Ginger root and 30 gr Turmeric root

- 1. Peel and shred GALANGAL, GINGER ROOT and TURMERIC very fine the fine cutter side of your grater is good.
- 2. Make Basic Chili Paste but add Candlenuts, Shredded Galangal, Ginger and Turmeric. Mix well.

Ed: Thanks to Sue for the article, recipes and pics.





#### The Geography of a Woman as she ages

Between 18 and 22, a woman is like Africa . Half discovered, half wild, fertile and naturally Beautiful! Between 23 and 30, a woman is like Europe. Well developed and open to trade, especially for someone of real value.

Between 31 and 35, a woman is like Spain. Very hot, relaxed and convinced of her own beauty.

Between 36 and 40, a woman is like Greece. Gently aging but still a warm and desirable place to visit. Between 41 and 50, a woman is like Great Britain. With a glorious and all conquering past.

Between 51 and 60, a woman is like Israel. Has been through war, doesn't make the same mistakes twice, and takes care of business.

Between 61 and 70, a woman is like Canada. Self-preserving, but open to meeting new people. After 70, she becomes Tibet.

Wildly beautiful, with a mysterious past and the wisdom of the ages.

An adventurous spirit and a thirst for spiritual knowledge.

THE GEOGRAPHY OF A MAN

Between 1 and 100, a man is like North Korea and Russia.

Ruled by a pair of nuts!

Until I studied history, I thought Plato was a Greek washing up liquid.

Whenever I peel an orange my wife insists on removing all the white stuff too.

Is it just me or is she taking the pith?

At the age of 65 my Grandmother started walking 5 miles a day. She is 92 years old today...

We have no idea where she is.

A penguin walks into a bar and says to the barman, "have you seen my brother?"

The barman replies, "I don't know, what does he look like?"

A guy I once knew said "If you carry on being so pedantic, you'll find you'll have less friends".

I said "Actually, I think you'll find its I'll have fewer friends".







### Easy Orange Cake – Jackie Balk

#### Ingredients

- 1 whole orange (peel and all) cut up
- 180g butter
- 3 eggs
- 1 cup caster sugar
- 1 ½ cups SR flour

#### Method

- 1. Preheat oven 180° C
- 2. Grease & flour a ring tin
- 3. Using your food processor add orange till well pureed
- 4. Add sugar, butter then 1 egg at a time
- 5. Lastly add the flour. Bake 40 45 mins.

This is a lovely moist cake served on its own or can be iced.

#### lcing:

2 ½ cups sifted icing sugar, 2tbs melted butter, 1 orange juiced & zested. All mixed and poured over cooled cake.

### Easy Peasy Banana Cake – Pauline Gallagher

Remembering that bananas in your area are plentiful, I thought you might like this recipe...

#### Ingredients

- 1lb 3 oz (540g) ripe bananas
- 2 eggs, beaten
- 6oz (170g) soft brown sugar
- 4oz (113g) sultanas
- 8oz (227g) SR flour, white or wholemeal

#### Method

- 1. Grease a 2lb (900g) loaf tin
- 2. Heat oven to 180°C Gas mark 4 350°F
- 3. Mash bananas, add the beaten eggs, sugar, sultanas and flour.
- 4. Pour mixture into the tin.
- 5. Cook for approx. 1 1/4 hours. (depending on your oven).

#### Enjoy!





### Garden Beauties

Here are five superstars taking lead roles in my garden on 24 August 2021 – Julia Hancock.



L: Oriental poppy

R: Orchid



L: Blood lily

B: Hippeastrum papilio





L: Soft-stemmed dendrobium



Some of our bumper pineapple harvest.



Below: Lush greens in our veggie patch - from left to right - European Spinach, silver beet and coriander.







# And an unusual resident at the O'Hara's...

We call her Joanna (although technically she is a lace monitor) and she lives in our unused BBQ on our deck.

She enjoys slipping out from under the BBQ cover and relaxing in the sun and surveying the scene.



### And in Peter & Marie's Garden...



L: Our Gerberas have been beautiful.

R: Pink Malay.

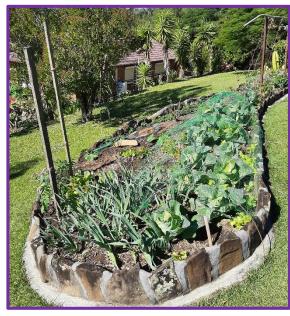




L: Our beautiful red rose, struck from a cutting from Young.

R: Our rhododendrons have been gorgeous this year.





L & below – Peter's hard work paying off in the veggie patch





Beautiful peaceful scene in Port Douglas harbour

### Greetings from Port Douglas

Ahoy UGC members...we have arrived in Port Douglas aboard our boat "Gold-Finger".

It is now 3 months since we left Hervey Bay. We have had an amazing trip visiting Islands and ports along the way. The weather has been

kind...actually cool, with SE winds behind us all the way. Here in Port Douglas it is warm to hot (high 20s) so it is starting to feel quite tropical. We wonder what sort of winter you are having in the Tweed.

Gary and I have friends in Port Douglas who were in our wedding party 43 yrs ago and it was always our main objective to reach Port Douglas and catch up with them. It has been such fun and very social, after our many weeks at sea. We have also made yachtie friends along the way, and there is quite a group of us here in the Marina.



While we are here, we are painting "Gold-Finger"...well, from the water up. She is looking very smart with a little TLC. "Gold-Finger" has proved the perfect boat for us...she is big and strong and safe and very comfortable to live on.

I have had many opportunities to snorkel at various Islands from the Whitsundays onwards, and I have been out to the outer reef with one of the tour boats here at Port Douglas.

I am thrilled to report that the coral is looking amazing and very healthy...absolutely glorious colours and every texture imaginable.

And as for the fish! Well, they are abundant and gorgeous...words can't describe that magical underwater world.

We have also seen whales here in the GBR, as well as in the Whitsundays.

We are often blissfully remote from the news and all the doom and gloom, but I hear that you have not been able to have your meetings due to lockdowns etc.



With this mind, I went for a walk around Port Douglas specifically for UGC and took some photos of the glorious gardens so that you can all feel involved.









One thing I have noticed after many visits to this beautiful town is that all the gardens include big, leafy and lush greenery...and that the gardens can cope with "big" plants without them looking like overgrown jungles. I don't think there is anywhere else that does palms as well as Port Douglas.





We send our greetings and love to all.

Kate & Gary Botham

### Visit to "The Garden House" –Buckland Monocorum Devon from our UK correspondent Richard Stile

Hoping to visit Pat's sister-in-law in Gloucestershire for a few days, whom we had not seen for 2 years (called off at the last minute by a directive for her to isolate!!!) we had to cancel our hotel. There we were, packed and ready to go the following morning via Gloucestershire, on the way to a week with our son and family in Cornwall.

Rather than wait a few days we found a small hotel with vacancies (not easy in UK as we are all taking "staycations" now) in Tiverton, Devon. So, what to do? Well, we decided to just wander through Devon and take in a few Gardens on the way. So, via Knightshayes Court (a National Trust property) and Dartmoor we took a diversion to see a local garden held up by many as England's most beautiful small garden.

Well, small it isn't, it's more compact with 10 acres of themed planting which deserves all the accolades. The garden is laid out in areas Cottage Garden, Walled Garden, Quarry Garden, Wildflower Meadow, Acer Glade amongst others and has a new Arboretum opened by HRH Countess of Wessex some 7 yrs ago. For more info see <a href="https://www.thegardenhouse.org.uk/">https://www.thegardenhouse.org.uk/</a>.



Located just on the edge of Dartmoor, the tiny village of Buckland Monocorum (monocorum means "of the monks") is named after the Abbey of the same name a little north of Plymouth. The Abbey was once the home of Sir Walter Raleigh.



The naturalized planting sits beautifully in the Tavy valley surrounded by the natural splendour of the Devon countryside. A few more pictures below:



### From the Seedbox

'Spring has sprung, the grass is riz, I wonders where the Seedbox is' [with apologies to Ogden Nash and Spike Milligan]

In our current situation, with no meetings and few recent seed donations to the Seedbox, the number of choices UGC members can make in drawing from our own resources is becoming more and more limited. Nevertheless, now that spring is fast approaching, we wanted to give members the opportunity to ask for some packets of seeds as we did during 2020.



Below is a shortlist of available seeds that we could be planting in our gardens this spring. As indicated, we have very limited supplies. Members can email me on <u>hartmutholzknecht215@gmail.com</u> requesting two or three packets of seeds (at no cost) and supplying your mailing address. These will be mailed out to you in order of receiving the request from you. Those members who have no access to the internet can phone me on 0448 880 209.

Happy planting! We all look forward to meeting again soon!

Hartmut Holzknecht

Plant	Packets available
Broad Beans 'Coles Prolific'	5
Climbing Beans 'Purple King'	5
Sweet Corn	1
White Daikon	2
Asian Lettuce (Celtus)	2
Leek	4
Lettuce 'Red and Green Salad'	3
Lettuce 'Mignonette'	3
Okra	8
Mustard Greens	1
Parsley 'Italian'	4
Pumpkin 'Orange Glow'	3
Southern European Spinach	3
Cherry Tomato 'Munsie's Magic'	6
Yellow Cherry Tomato 'Gold Bite'	1
Zucchini 'Tromboncino'	2

#### **Selection list:**



# This is your last newsletter if you are still to renew!

Don't miss an edition of the Club newsletter! If you haven't renewed as yet – you had better get cracking or this will be your last newsletter.

A membership renewal form is on the website if you need one (<u>http://ukigarden.club/wp/</u>). It needs to be completed and emailed to <u>ugcnews@gmail.com</u> or posted to P.O. Box 580 Murwillumbah 2484 along with your renewal fee if paying by cheque.

You can also pay via direct deposit to the Club account - details as below:

BSB: 722-744 (Southern Cross Credit Union) Account name: Uki Garden Club Inc Account number: 100017935 Reference: Surname + renewal

### Photos please

We're all desperately missing visiting each other's gardens during the current restrictions. Please feel free to submit photos and stories of your garden to the newsletter via the Club email address - <u>ugcnews@gmail.com</u>

### GCA Facebook Page

Hello GCA Affiliates - just a note to encourage you and your club members to start accessing our Facebook page. The address is http://www.facebook.com/groups/781160769133413

The process is very simple, click on the above http and after the page comes up on your screen, just press the blue highlighted "Join Group", and then follow the prompts.



Easy as planting a seedling in your garden and will take less time than watering the little green friend into its new home.

Our Facebook page contains much useful information and reports from other Affiliates and their members. It's a great place to share gardening information, especially in these difficult lockdown times with COVID-19. Facebook has also proven to be a valuable resource for clubs for advertising those special events your group is involved with during the next 6 months. Plus, it's a great means of keeping in touch with like-minded people. Pictures, videos, snippets of gardening information, club meetings, reports on speakers, and any other gardening related topics. You can even use your smart phone to make a video while you walk around your garden pointing out interesting plants, then share it with our gardening communities. Many states are currently in lockdown, think of your input improving our mental states at this difficult time. All information in this closed group is approved by before being posted.



- Prune hibiscus by at least one third and give them a feed with Dynamic Lifter.
- Prune overgrown Abelia and Plumbago (pic at right) to control their rampancy.
- Mulch Camellias and Azaleas deeply to prevent their roots from drying out this summer.
- Yellow leaves on gardenias are quite natural at this time of the year, so don't worry that your plant is dying. Let nature take its course and simply boost the new growth with a bit of Dynamic Lifter sprinkled around the base of the bush and watered in well. However, if your

gardenia has lots of sooty mould on the leaves prune them back, spray with Natrasoap when it's not likely to rain for a few days and follow up with a spray of white oil after the next heavy rainfall.

- Throw some Dynamic Lifter under your pineapples to promote big juicy fruit.
- Solution beans down to the ground once you have harvested all the pods, and use the clippings as mulch or in the compost heap. Leave the roots in the ground to dispense nitrogen as they decompose.
- Make sure potatoes are well-covered with mulch to prevent them turning green and poisonous.
- Custard apples grow better with a dose of trace elements now and again in autumn.
- Plant solanaceous vegetables –eggplant, capsicum, chilli and tomatoes –sow in soil that has been enriched with compost and fertiliser.
- Seed citrus trees and water it in well.
- Sow dwarf beans but don't overwater them as they germinate or they will rot.
- Plant some marigolds around your veggies as their pungent aroma repels insects such as aphids and grasshoppers.





### 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 <u>ugcnews@gmail.com</u>

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