

# Leaflet

## *Simply Living Community Garden Newsletter*

**The garden is located at  
cnr Nott & Bridge Sts,  
Port Melbourne**

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### Diary Dates

#### Garden Working Bees

Tomato Plant Picnic Day  
Sunday 15th November

Tuesday 15th December  
6-7pm

#### Market Fresh

10.00-2.30  
Friday 6th November  
Friday 11th December

#### Garden Fresh

11.30-1.30  
Friday 20th November  
Friday 18th December

#### Leaflet by email

If you would like to be added to the "Leaflet" email list (get it first, in colour and save paper) please send a message to:

janet.hoare@southportuniting.org.au

#### Garden update

The garden is in transition between winter and summer crops at the moment. Many of the winter plants are starting to go to seed and the beds are looking a bit empty as we prepare for summer planting.

#### Bean & chilli bed.

The broad beans are growing beautifully. The hot weather at the end of October saw the end of the flowers but lots of beans have set and will be ready to pick during the next few weeks. See the Plant of the Month notes for more about these delicious beans.

Dwarf beans have been planted next to the broad beans and are now at the two leaf stage. The chillis in that bed were cut back during winter and have lots of new growth and flowers on them now. The perennial basil has also sent out lots of new growth and bee-attracting flowers.

#### Leafy greens & root crops.

The silverbeet is sending up flower spikes and will soon be finished. The leaves may still be picked but are smaller and may have a bitter taste. The spinach is still growing and can be picked leaf by leaf; it will finish off as the weather warms up.

The rocket has been flowering for a while. The seed heads are constantly trimmed back and the leaves can still be picked. Some of the lettuces have gone to seed. New zucchini plants are starting to grow.



Brassicas and Greens bed a few weeks ago

#### Brassicas and greens.

The broccoli in this bed has just about finished. Unfortunately many of the brassicas were infested with aphids so we didn't get quite as much from these plants as we hoped. We did get a few sugarloaf cab-

ages and a couple of mini cauliflowers and there are a few Brussels sprouts left to pick. Most of the leeks have been pulled up. The celery is also on the verge of going to seed and will soon be finished. The nasturtiums are growing really well and providing lots of colour for the garden.

All the remaining plants will be pulled out in the next few weeks so the sub-surface weeper hose can be re-laid for summer watering. This bed will become the leafy greens and root crop bed for the next year.

#### Sir fry greens.

Most of the plants in the bed have finished and have been pulled out and compost dug in in preparation for tomatoes to be planted on November 15th. By then the last snow peas will also be finished. There are a few lettuces at the end of the bed that are ready to be picked leaf by leaf.

#### Herbs, etc.

The herb bed now has thyme, parsley, sage, oregano and lemon grass as well as the lemon tree.

The passionfruit vine is struggling a little after the new growth was eaten by something (most likely caterpillars). The peas along the trellis have finished. Butternut pumpkin seeds have been planted at the street end and mini cucumbers at the church end. These are climbing plants which will be able to use the trellis or spread over the lawn.

#### Working Bees

We've had two working bees since the last "Leaflet".

Twelve people came to the September bee. Jobs included turning the compost—a big job as one bay was nearly full. There was also a lot of weeding and tidying up of the beds. Red and brown onion seedlings were planted out in polystyrene boxes. A team also started to put up the new shed—a job to be completed another day.

**South Port  
Uniting Church**

**Port Melbourne  
congregation**



*The Simply Living Community Garden has been built with support from the City of Port Phillip Community Grants Program*



Nine people stayed to enjoy a lunch that included fresh lettuce, celery and peas from the garden as well as some yummy goodies brought from home.

The October working bee was moved to a Tuesday evening (20th) to give an opportunity for those who go away at weekends to do some work. The four people who came put in a good hour taking compost from the middle bay and putting it onto the trellis bed and low bed ready for summer planting. The bit that was left over was put on the two middle beds. There was also a lot of tidying up of old growth and removing the plants that had been affected by aphids.

The next working bee will be the Tomato Planting day on November 15th. During the warm summer months we will have twilight working bees (6-7 pm, third Tuesday of the month) which will be much better for the plants and for us!

### Compost bays

Thanks to everyone who continues to bring their scraps for the compost. One thing we found when moving the compost is that the large number of plane tree leaves that were put in the compost during the autumn have not even begun to break down. Please add everything to the compost in moderation.

We also found various items of rubbish that don't belong in the compost, including a tube of glass adhesive, a bag of screws and assorted plastic wrappers.

### Tomato Planting Day and Picnic

Sunday 15th November is the day we will be planting the tomatoes and some other vegies ready for summer. You are warmly invited to bring a picnic and enjoy the garden while planting a tomato or some other vegies. A sausage sizzle and cold drinks will be provided and there will be a market stall with herbs, vegetable seedlings and home made jams. All funds raised from the stall go back to the garden.

### Fresh on Friday

The garden provided most of the ingredients for the Tibetan Pie made at the last Market Fresh cooking session. This was a potato pie with silverbeet, spinach, leek and lots of herbs. Followed by fruity pancakes, the group made a healthy and delicious lunch for only \$2 per person.

The December Market Fresh (shopping at Footscray Market and cooking lunch) will be on Friday 11th December (moved from 4th December).

Garden Fresh on the third Friday of the month has become a preserving day. During the past couple of months we have been perfecting our jam making techniques, making marmalades from lemons, mandarins and cumquats. In November and December we will have a Christmas focus.

If you or someone you know would like to come along on either Friday (or both) please contact Janet Hoare or book at the Church office, ph 9690 1188. Free bus transport within South and Port Melbourne can be arranged if needed.

### Kindergarten Families

The children continue to be enthusiastic gardeners. For a while the pea plants were the first stop on the way to the garden—some shelled the peas and others ate them whole (delicious either way). Some recent seed plantings have included dwarf beans, zucchini, pumpkin, cucumber, beetroot and lettuce. They have also helped to take some herb cuttings which are now taking root.

### Donations

Thanks to the anonymous person who left a bag of blood and bone and one of dolomite lime in the compost bay.

### Civic Project of the Year nomination

The garden has been nominated for the 2009 City of Port Phillip Civic Project of the Year. This award recognises the achievements of volunteers in our community. Thank you to everyone who has contributed to the garden in any way. The garden has been built and maintained by about 100 people and enjoyed by many more during the past year.

The Civic Award winners will be announced at the Town Hall on Thursday 3rd December.

### Plant of the month — Broad Beans

Like other beans and peas, broad beans are from the legume family and provide nitrogen to the soil through special bacteria living on their roots.



Broad beans are a good source of Vitamins A and C and dietary fibre. They have some protein, iron, potassium and thiamine.

These beans are only available for a short time during the Spring as they drop their flowers as soon as the weather warms up. Pick the beans when the pods are at least as thick as your thumb. The pods are very fleshy so it can look like the beans inside are larger than they really are.

Harvest by twisting the base of the bean—don't try to pull them off as the plant stems are fragile and break easily.

If you hated broad beans as a child, give them another try. This time pick them fresh from the garden, shell the beans and cook very lightly (steam or microwave for a minute) - do you like them now?

### Picking from the garden

*Everyone is welcome to pick from the garden for their personal use. The only things we ask are that you:*

- *take care with the plants so that they can continue to grow and produce more for everyone (many of the plants in our garden can be picked leaf by leaf or stem by stem rather than taking the whole plant) and*
- *contribute to the garden in some way, such as: bringing kitchen scraps for composting, watering the garden, helping out at working bees, or making a donation (which could be cash, plants, manure, garden stakes, wire mesh, tools, etc.)*