

No. 9
July 2009

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

3rd Sunday of month
11 am—12 noon
Sunday 16th August

Market Fresh

10-2.30
Friday 7th August
Asian flavours
Friday 4th September

Garden Fresh

11.30—1.30
Friday 28th August
Propagation workshop

Film Night

Wed 5th August, 7.30pm

Not Just About Food

Sat 22nd August,
6.30pm

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 at: hoareaj@bigpond.com

Garden update

The recent rain has been very welcome. The vegies planted during autumn have been growing well even with the cold weather.

Tomato/bean bed. The last tomatoes and eggplants were pulled out and the bed given some lime and a top-up of new soil. Broad beans are now coming up. There are still lots of green chillies and a few cap-sicums.

Leafy greens & root crops. The silverbeet has been harvested quite heavily and the remaining leaves are quite small. Some new silverbeet seedlings have been planted. The lettuces and spinach are all growing well. The rocket has been very productive but is now starting to flower. All the leafy greens can be harvested by picking the outer leaves and leaving at least five leaves per plant. Purple Monaro garlic planted in the middle of the bed is now coming up.

Brassicas and greens.

This bed is full. The broccoli heads are popping up. After the central head has been cut the side shoots will grow for a continuous harvest. The celery is doing well and the outer stems can be picked individually. New plantings include: Brussels sprouts, sugar loaf cabbages and mini cauliflowers. There are a few coriander plants and leeks dotted around the bed. The nasturtiums are growing well. Leaves and flowers can be used to add a spicy touch to salads. Melbourne Market garlic has been planted in the middle of this bed.



Celery and broccoli in the brassica bed

Sir fry greens.

The two zucchinis finally died off after six months of continuous production. The caterpillars that had been feasting on the pak

choy and bok choy have disappeared with the cold weather. Some of the pak choy is flowering (bright yellow flowers) and is past picking but the rest of the pak choy, lettuces, rocket and nasturtium leaves can still be picked. The snow peas are climbing up the wire netting and the first ones are now flowering. A second row has been planted and another row of netting put up. The spring onions are growing well and the tops are being harvested.

Herbs, etc. The annual basil in the tomato bed has finished but all the other herbs are still growing well for you to pick and enjoy. Lemon grass and a number of new parsley seedlings have been added to the herb bed.

The new passionfruit is doing well. Green-feast peas have also been planted along the trellis and these are starting to flower.

Compost bays

Those who regularly bring their compost will have noticed that the working bay is nearly empty again. At the June working bee the first lot of compost was turned over into the middle bay. It needed a good airing as it was quite wet in the middle. The big fat worms in there are doing a great job. The middle bay is now a "resting" bay. Please keep adding scraps to the first bay, closest to the street.

Working Bees

There have been two working bees since the last "Leaflet". In June we planted two lots of garlic in the middle of the leafy greens and brassica beds. By tradition garlic is planted at the winter solstice and harvested at the summer solstice. We also planted a dwarf Eureka lemon tree. This is surrounded by a wire guard and shade cloth to protect it from the cold winter winds.

In July there was more weeding, watering and compost turning. The area behind the church hall was tidied up in preparation for the new shed.

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



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Kindergarten Families

The garden was very quiet on Wednesdays during the school holidays but the children have made up for that since starting Term 3. During the past two weeks about 15 children, plus their parents or carers have been coming along to water, plant, check how things are growing and sample some of the tastes of the garden (everyone like the lettuce but the nasturtiums and spring onions only appealed to a few). It has been lovely to see a some new faces amongst the eager gardeners.

Fresh on Friday

The Market Fresh shopping and cooking program is going well with a regular group of participants. In July the menu was based on pumpkin—delicious pumpkin soup and pumpkin scones. In August we will be going Asian with dumplings and stir fired vegetables from the garden.



Pumpkin soup, flavoured with herbs from the garden

We have been trying a new format for the Garden Fresh program by including some other activities with the gardening. In June a small group made some delicious plum and raspberry jam—a taste of summer in the middle of winter. This proved more popular than gardening so we will continue the preserve making with a marmalade day in September. This program is open to anyone who would like to come along and join in. From September Garden Fresh will move to the third Friday of the month, 11.30—1.30. Lunch with ingredients from the garden and a jar of what we make to take home is included.

Cost for Fresh on Friday is a gold coin; free bus transport within South and Port Melbourne can be arranged if needed. 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.

Propagation workshop, August 28th

In August the Garden Fresh day will be a propagation workshop run by Elspeth Ferguson. Elspeth is a keen gardener and garden educator who has a plot at the Dig-In garden. Come along to learn how to grow your own vegetables and herbs from seed and cuttings—just in time for Spring. Cost \$2, includes lunch and materials.

City of Port Phillip Community grants

We are pleased to announce that we have been successful in obtaining a community grant of \$1000 towards the cost of the underground tank. Our thanks to the City of Port Phillip. The presentation to all grant recipients was at the Town Hall on 23rd July. The presentation event included a Powerpoint display about our garden which was built with funds from the 2008 community grants program.

Community Kitchen

South Port UnitingCare also received a community grant to help equip the church kitchen so that it can be used as a community kitchen. The community kitchen program is growing out of Fresh on Friday and will enable groups to use the kitchen to prepare meals for themselves.

If you are interested in being part of a community kitchen group, have a group that might like to use the kitchen on a regular basis or would like to help a group please contact Janet.

Plant of the month—celery

Celery is a versatile vegetable from the same family as carrots and parsley. It is used in salads, soups, casseroles, stir fries and is also great eaten raw as a crunchy snack. Both the stem and leaves can be used in cooking.



Celery is a good source of Vitamin C, potassium and fibre.

While we are used to buying a whole or half celery we can pick individual stems from the garden, taking as much as we need and leaving the plant to grow more stems.

Simply Living Events

You are warmly invited to come along to some other Simply Living Project events to be held in the Aquasanc-tum space at the Port Melbourne Uniting Church.

“How Cuba Survived Peak Oil” film night

Wednesday 5th August, 7.30-9.00pm

This inspiring video shows how one country responded to the challenge of providing food, transport and education without access to oil. How would we manage? Supper provided. This is a free event.

“Not Just About Food”, Saturday 22nd August, 6.30-9.00 pm

A family event including a simple meal and fun activities in support of the Millenium Development Goal to “eradicate extreme poverty and hunger” by 2015. Entry by donation. Funds raised will support a micro-credit scheme helping farming communities in West Timor. Please contact Janet or call the Church office if you plan to come so we have an idea of numbers.

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.)*