

No. 8
June 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 21st June
Sunday 19th July

Market Fresh

1st Friday, 10-2.30
Friday 3rd July
(Pumpkin recipes)
Friday 7th August

Garden Fresh

4th Friday of month
11.30—1.30
Friday 26th June
(Jam making)
Friday 24th July

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 but will slow down with the cold weather.

Tomato bed. The last tomatoes have been pulled out and the bed given some lime and a top-up of new soil in readiness for broad beans. The eggplants are coming to an end. There are still lots of green chillies and a few capsicums.

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, rocket and spinach are all growing well. All the leafy greens can be harvested by picking the outer leaves and leaving at least five leaves per plant.

Brassicac and greens.

This bed is nearly full. The first broccoli head has been cut. The plants will send up side shoots to be harvested over the next few months. 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 dotted around the bed.



Celery and broccoli in the brassica bed

Sir fry greens.

The two zucchinis are still producing fruit. We've had a continuous supply since December but this will finish soon with the cold weather. The caterpillars have been feasting on the pak choy and bok choy, but these can still be picked, as can the lettuce, rocket and nasturtium leaves. The snow peas are starting to climb up the wire netting. The spring onions are also growing but are still small.

Herbs, etc. The annual basil in the tomato bed is nearly finished but all the other herbs are still growing well for you to pick and enjoy.

The new passionfruit is doing well. Green-feast peas have been planted along the trellis and are coming up now.

Compost bays

Thanks to everyone who is bringing scraps for the compost. The first bay is about three quarters full now. The addition of some autumn leaves and some straw mulch has provided some "brown" material to balance all the "green" (fresh) material. A bag of chicken manure was also added at the last working bee.

Working Bees

At the May working bee the garden was tidied up and the paths weeded. Silverbeet and spinach were planted out and the compost turned. The other big job was to plant out the vegetable boxes for the bushfire recovery program.

The next working bee will be on Sunday 21st June, 11 am-12 noon. Jobs will include planting garlic and a lemon tree and turning the compost. We also have a new garden shed to put up in the courtyard behind the church hall.

Kindergarten Families

Caterpillar catching has been a popular activity with the children during the past few weeks—unfortunately there have been lots to catch! Another popular activity is planting seeds and then watering with the new bottle top waterers.

To celebrate World Environment Day (5th June) the children planted snow peas into peat pots to take home. When the seeds grow they can be planted out at home or brought back to the community garden. The theme for WED this year was "Your planet needs you! UNite to combat climate change". Growing food locally is one way of reducing greenhouse gas emissions.

**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



Fresh on Friday

Vegetables and herbs from the garden have been used by the participants at Fresh on Friday to make some delicious lunches, including vegetable soup and vegetable fritters.



Mixing the fritters and a bowl of Hearty Vegetable Soup

Market Fresh, 10am-2.30pm, 1st Friday of the month, includes menu planning, picking vegetables from the garden, a shopping trip to Footscray Market and then cooking a meal together in the church kitchen with the support of dieticians from Inner South Community Health Service. Next month (3rd July) the menu will be based on pumpkin with pumpkin soup, pumpkin scones and fresh bread.

Garden Fresh 11.30am—1.30pm, 4th Friday of the month, includes gardening activities followed by a shared lunch with ingredients from the garden. This is very low key and an opportunity to work in the garden, make your own vegetable box garden to take home and participate in a garden-related activity. This month (26th June) we will be making jam. A healthy lunch with food from the garden 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.

Sowing seeds for bushfire recovery

Fifteen polystyrene foam boxes were planted out with a variety of vegetable seedlings (lettuce, silverbeet, cabbage, broccoli, pak choy). The boxes were taken to Whittlesea Uniting Church in early June and are now part of a community garden organised by residents of the Flowerdale Village. The village is a temporary home for 10 families and 16 single people who lost their homes to the bushfires.

The boxes are greatly appreciated by the residents who say they are enjoying getting out in the garden and that it helps take their minds off other problems. Thank you to everyone who grew the seedlings and helped plant out and care for the boxes.



One of the vegetable boxes, planted with pak choy

Donations

Thankyou to Bunnings for a discount on the price of our new shed, Sandy for some "Ruby Red" chard seeds and to the lovely man who dropped by with some parsley seeds (now starting to germinate in the herb bed).

If you wish to make a cash donation to the garden please contact the South Port Uniting Church office, 319 Dorcas St, South Melbourne 3205, ph 9690 1188.

Share Appeal

The Share Appeal is an annual appeal run by the Uniting Church to support its many welfare and community service agencies. This year the appeal features South Port UnitingCare. Some of the programs and activities at the garden are part of the work of South Port UnitingCare to provide assistance to those in need and to build an inclusive local community. If you would like to know more about the Share Appeal please contact the South Port Uniting Church office, ph 9690 1188. Donations to the appeal are tax deductible.

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.

Welcome David White

Peter Greenwood has now moved to Alice Springs. We welcome David White as the supply minister for Port Melbourne Uniting Church for at least the next three months. During this time the local church and Presbytery will be working together to look at the future ministry needs of the congregation.

David will be taking Sunday services and working two days a week to provide pastoral care for the congregation and community. He can be contacted on Tuesdays and Wednesdays on 0421 198 922.

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.)*