



# GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

August 2022

## IN THIS EDITION

Page 1

What has been happening at the Gardens

Page 2

TCOGA AGM  
Know your Climatic Zone

Page 3

From the Plot Coordinator  
Dragon Fruit

Page 4

Quick Notes for Your Calendar  
Cards For Sale  
What to Plant in July

Page 5

Recipe of the Month  
Parsnip Health Cake

Page 6

Proxy Form

Facebook [Link](#)

Past Newsletters [Link](#)

Website [Link](#)

## What has been happening at the Gardens

Once again it's another month of exciting news from 22a Goggs Street.

The funding Grant has been acquitted. Our Treasurer, Lyndell has done such an amazing job, sorting out the paperwork and working closely with our Landscaper, Trevor so that we have received great value for the money. There are so many improvements and we all agree that the Gardens look amazing. Give Lyndell a pat on the back next time you see her. I have to acknowledge the previous President, Wendy and the Committee for their work planning and obtaining the Grant money.

The 'Gathering' for the Winter Solstice was really well supported. So much was achieved and our pizza lunch was welcomed and enjoyed by all. Thank you to all involved on the day. We also now have an expert pizza cook!

It's hard to believe that the Carnival of Flowers is beginning next month. We will have our Open Days at the Gardens each Wednesday and Sunday, as has been done in previous years. There will be guided tours and plant and jam sales, so we need all hands on deck, please, to welcome the many visitors to the region and to our special place. They really are fun days. We are looking for donations of plants and seedlings for sale. If you are interested in doing some propagating, we have a good supply of seeds, pots and cells, so we look forward to hearing from you and helping you to propagate.

Our AGM is on Saturday 6 August. This is an important day for you to have your say as a member and to have your vote and opinion make a difference. We welcome you to be involved in the future direction of the Gardens.

Stay well and I look forward to seeing you soon.

Joanne

President



**TOOWOOMBA**  
*community*  
**ORGANIC GARDENS**



## Toowoomba Community Organic Gardens Annual General Meeting

The Annual General Meeting (AGM) will take place at

9.30am on Saturday 6 August in

The Undercover Area at the Gardens

This is the time a new Committee will be elected. Our members are encouraged to attend. It is important you have your say and to make your vote count.

If you feel you would like to be on the Committee, please feel free to talk to a Committee Member beforehand. If, at the AGM, there is no one already nominated for a position, nominations may be taken from the floor at the AGM.

The positions are President, Secretary, Treasurer and four to six Committee Members.

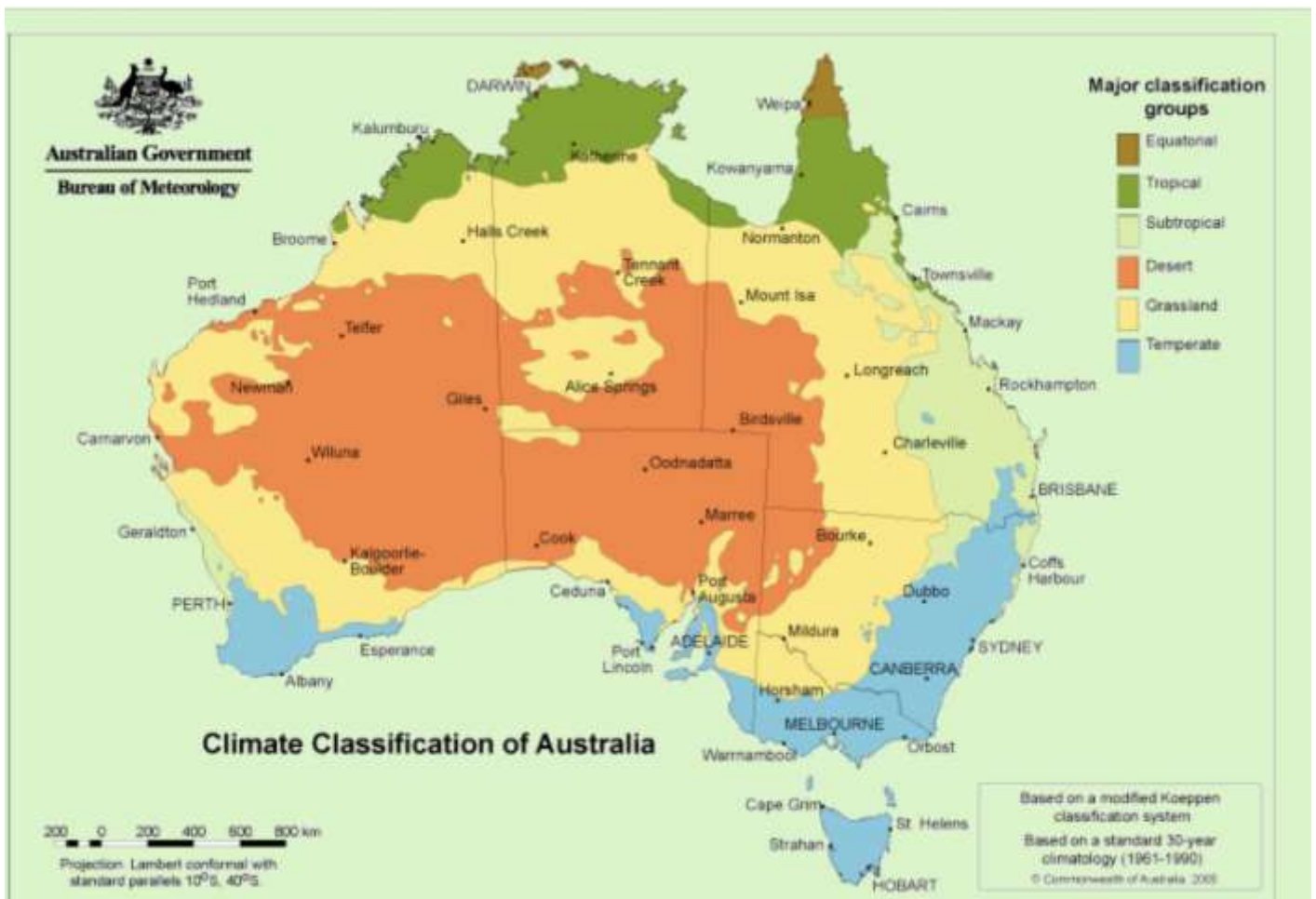
Nominations for all positions closed at **4pm on Saturday 23 July**.

**If you are unable to attend the AGM, you can appoint a proxy to vote on your behalf.** This form is also available in the shed and attached to this newsletter.

## Know Your Climatic Zone

It is raining in your part of the city and bright sunshine at the Gardens. You arrive at the Gardens to find your vegetables attacked by frost. As the map shows, Toowoomba is in the temperate zone of Australia so you can roughly follow the guides for planting in this climate. However, the micro climate of your garden will affect the growth of your vegetables.

Keep a diary of when you plant your seeds, when they emerge, when frost attacks. How many frosty days there are in your garden.



## From the Plot Coordinator

Some of our new plot holders in 2022 have wonderful gardens growing a variety of plants and I enjoy wandering around noticing what people have growing and what is being planted. We are making a concerted effort this year to remove all weeds from the plots and we ask that all plot holders help with this so that your plot does not become overgrown with kikuyu, couch, nut grass or weeds.

The Community Gardens has always had a requirement that all plots, (including the field plots), must be maintained regularly throughout the year and we appreciate your cooperation with this. This means that plot holders must actively work in their gardens throughout the year so that they are kept tidy, weeded and your edges around the paths are kept weed free.



If you change your mind, circumstances change etc and you want to relinquish your garden at any time, please let the us know. There is now a waiting list for plots which means that gardeners who are neglecting their plot and not participating in their two hours a month of community help at the Gardens may be asked to relinquish their plot.

Each month there is a 'Gardeners Gathering' organised for members to come together to fulfil their community hours and help around the permaculture and orchard areas. So much is going on, so there are jobs for everyone and it is not all work, work, work, or weeding, we have lot of fun and are achieving great things which is rewarding for all those involved. At the end we have an enjoyable lunch together, so come along and join us if you haven't already.

Happy propagating for spring planting.

- Carrie



## Dragon Fruit

If you like the taste of Dragon Fruit and find it very expensive in the shops, why not grow your own? You do need a strong trellis or strong frame for it to grow up, but the good thing is that Dragon Fruit can be grown from cuttings. You will need a 30-50cm segment from a healthy plant. Place in a cool, dry spot and allow the ends to form callus. Pot up in free draining soil and leave it in the shade, lightly watering once a week. In 4-6 weeks, roots should form.

Since Dragon Fruit belongs to the cactus family, free-draining soil is needed and since it hails from Central and South America, it loves full sun (and protection from strong winds).

To train your Dragon Fruit to climb, place 3 or 4 plants along the base of your frame and secure them to the frame. Remove any side shoots to encourage vertical growth until they reach the top of your support system. Eventually, the branches will hang over the horizontal supports. Water weekly in summer and less so in winter. Prune your plants as needed. Harvest your Dragon Fruit (which might take 2-3 years) when the 'wings' begin to wither.

- (Extract from *Yates Australia*)



## Quick Notes for Your Calendar

**9.30am Saturday 6 August—TCOGA AGM**

At the Gardens

**Sunday 28 August—Brisbane Organic Growers (BOGI) Fair**

Albion Peace Hall, 102 McDonald Road, Windsor

[www.bogi.org.au](http://www.bogi.org.au)

**Thursday 1 to Friday 30 September—Toowoomba Carnival of Flowers**

**Blackbutt Spring Garden Competition** is part of **10-11 September - Blackbutt Avocado Festival**

Garden tours of the winning gardens on 10,11 and 17 September

See [avofest.com.au](http://avofest.com.au) for more information

**Saturday 10 - Sunday 18 September 2022—Mount Berryman Open Garden**

39 Berlin Road, Mount Berryman, Lockyer Valley—Devonshire teas or bring your own picnic. 9am-3pm. Entry \$10.

[facebook.com/Mount-Berryman-Gardens-109060301745590](https://facebook.com/Mount-Berryman-Gardens-109060301745590)

## Cards for Sale

Cards are sometimes expensive but it is easy to make your own. We now have blank cards with scenes from Toowoomba Community Organic Gardens for sale at the Gardens at \$3 and \$4.

Check them out and support the Gardens by buying one or two.



## What to Plant in August

### Herbs

Alfalfa/  
Lucerne  
Angelica  
Anise Hyssop  
Borage  
Calendula  
Caraway  
Catnip  
Camomile  
Chervil  
Chickory  
Chives  
Chives Garlic  
Coriander  
Dandelion  
Dill  
Echinacea

Endive  
Evening  
Primrose  
Fennel  
Fenugreek  
Feverfew  
Hyssop  
Lemon Balm  
Marigold  
Marjoram



**Chervil**

Mustard  
Nasturtium  
Oregano  
Parsley  
Salad Burnett  
Salad Rocket  
Sage  
Thyme  
Vetch  
Watercress

### Vegetables

Artichoke  
Beetroot  
Bok Choy  
Broad Beans  
Broccoli  
Cabbage  
Cape  
Gooseberry  
Carrots  
Celeriac  
Celery  
Jerusalem  
Artichoke  
Kale  
Kohl Rabi  
Leek

Lettuce  
Mizuna  
Mustard Greens  
Peas—Climbing,  
Snow & Dwarf  
Potatoes  
Radish  
Rhubarb

Salsify  
Shallots  
Spinach  
Spring Onion  
Strawberries  
Swede  
Tomato  
Turnip



**Rhubarb**

## Parsnip Health Cake

Here is something a little different to try with your parsnips. It certainly sounds rather healthy and could be quite delicious. I have to admit that I haven't tried it, but am very keen to offer it to my next guests who visit. If you try it, maybe you could let me know!

### INGREDIENTS

- 2 parsnips grated
- 2 large free range organic eggs
- 2 cups of flour (whichever variety suits your dietary requirements)
- 4 tsp baking powder
- 1/3 cup of good quality olive oil
- 1/2 cup of local honey (or sweetener of choice)
- 3/4 cup of walnuts
- 1/3 cup of milk (of choice)
- 2 tsp fresh rosemary chopped
- 2 tsp cinnamon

### METHOD

1. Place all dry ingredients in a large mixing bowl.
2. Melt honey and oil on a low heat.
3. In a small bowl whisk the eggs and add milk.
4. Add wet ingredients to the dry and mix well, until all smooth, adding more milk if needed.
5. Place in a preheated oven to 180° for 35 minutes or until a knife is clean when removed from the middle.

Enjoy warm or cool with a nice cuppa!



### 2021—2022 COMMITTEE

**President:** Joanne McClelland

**Acting Secretary:** Linda Mangubhai—[tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com)

**Treasurer:** Lyndell Chambers —[tcoga.treasurer@gmail.com](mailto:tcoga.treasurer@gmail.com)

**Committee Members:** Linda Mangubhai, Ritu Sood, Jeanette Golding,  
Pauline Cridland

**Social Coordinator:** Sharon Kinnear

**Plot Coordinator:** Carrie Slack

**Newsletter Editor:** Carlene Gardiner—[tcoga.newsletter@gmail.com](mailto:tcoga.newsletter@gmail.com)

Newsletter of Toowoomba  
Community Organic Gardens  
Association Inc.

22A Goggs Street

TOOWOOMBA CITY QLD 4350

[tcoga.newsletter@gmail.com](mailto:tcoga.newsletter@gmail.com)

Past Newsletters [Link](#)

[https://tcogardens.wordpress.com/  
newsletters/](https://tcogardens.wordpress.com/newsletters/)



**TOOWOOMBA**  
*community*  
**ORGANIC GARDENS**

22a Goggs Street  
TOOWOOMBA Qld 4350  
ABN 61 287 586 948

Email: [TCOGA.secretary@gmail.com](mailto:TCOGA.secretary@gmail.com)

**Proxy Form to Vote on Your Behalf at  
TCOGA AGM on Saturday 6 August 2022**

I, (member's name) .....,

being a member of The Toowoomba Community Organic Gardens Association  
(TCOGA),

appoint: .....

(member of the TCOGA), to act on my behalf as my proxy vote for the

**TCOGA Annual General Meeting of the Association, to be held on 6 August 2022**

and at any adjournment of the meeting.

Proxy Forms must be emailed to [TCOGA.secretary@gmail.com](mailto:TCOGA.secretary@gmail.com), or handed to the  
Secretary before the commencement of this meeting.

**Signed** ..... **Date** .....