



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

August 2021

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What Has Been Happening at The Gardens

There have been lots of people attending The Gardens social mornings recently on Wednesdays and Sundays from 8.30am to 11.30am enjoying the lovely warm weather. Many have been bringing along delicious contributions for morning tea to share with the workers and all contributions are welcome.

We would like to take this opportunity to welcome our new members including a family that has recently joined us. There have also been many enquiries from prospective members who are obviously feeling that spring is on the way and they want to get out of doors. All of our Founders Garden plots are now leased out but we still have availability for members in the area around the big tank.

The frog pond that had been languishing up in the native garden area has been given a new lease on life and plantings in and around the pond to attract frogs and provide a habitat for them is well on the way. It is looking fabulous already. We are thankful that the Toowoomba Regional Council are to donate some Lomandras grown by the Crows Nest Native Nursery to add to the frog habitat, so it should be looking well established by the Carnival of Flowers time.

We are preparing The Gardens for the Open Days, on Sunday 19 and Wednesday 22 September, during the Carnival of Flowers. Ken is working hard getting the tank stand ready to go beside the shed to take the tank that was donated to us.

A Landscaper has been contacted to start work on upgrading the edging around the gardens in the Founders area now that the Grant of \$34 700 that Wendy applied for has been given to TCOGA. The old sleepers are to be retained and used as edging elsewhere in The Gardens.

The green manure crop in the field plot is growing up nice and high and is almost ready to dig in to prepare the soil for planting potatoes in the spring. In other areas of The Gardens people are harvesting peas, broccoli and other brassicas. It's a great time to be out and about in the garden!



<https://www.instagram.com/tcogainc/>



TOOWOOMBA
community
ORGANIC GARDENS

NOTICE OF AGM

Toowoomba Community Organic Gardens Association Inc

Saturday 7 August 2021

At The Gardens in the Gazebo Area

10.00am

Please ensure that you come along to the AGM if at all possible so that you are informed about what is happening at the gardens and to make your vote for Committee Members count.

All financial members of TCOGA have a vote in the election of the new committee. If you are unable to attend the meeting you can nominate someone to be your proxy vote. Proxy forms will be available in the shed at The Gardens and members can also request that one be emailed to them by contacting:

TCOGA.secretary@gmail.com. Proxy Forms should be completed and emailed, or given to the Secretary before Saturday 7 August so that necessary checking of membership status can be completed before the AGM.

Please feel free to chat to one of the committee members if you would like any further information.

Vegetable Jokes!

The Black Eyed Peas can sing us a tune, but the chick peas can only hummus one.

Bruce Lee had a vegetarian brother—Broco Lee.

What to Plant in August

Herbs

Alfalfa/Lucerne	Endive	Nasturtium
Angelica	Evening Primrose	Oregano
Anise Hyssop	Fennel	Parsley
Borage	Fenugreek	Salad Burnett
Calendula	Feverfew	Salad Rocket
Carraway	Hyssop	Sage
Catnip	Lemon Balm	Thyme
Camomile	Marigold	Vetch
Chervil	Marjoram	Watercress
Chickory	Mustard	
Chives		
Chives Garlic		
Coriander		
Dandelion		
Dill		
Echinacea		



Chervil

Vegetables

Artichoke	Mizuna	Rhubarb
Beetroot	Mustard Greens	Salsify
Bok Choy	Peas—Climbing, Snow & Dwarf	Shallots
Broad Beans	Potatoes	Spinach
Broccoli	Radish	Spring Onion
Cabbage		Strawberries
Cape Gooseberry		Swede
Carrots		Tomato
Celeriac		Turnip
Celery		
Jerusalem Artichoke		
Kale		
Kohl Rabi		
Leek		
Lettuce		



Rhubarb

The Role of the Community Gardens in Reaching the Sustainable Development Goals



The Sustainable Development Goals (**SDGs**) were set up by the United Nations General Assembly in a meeting convened between 25 and 27 September 2015 and they are a plan of action for people, planet and prosperity that is intended to be achieved by the year 2030.

The 17 Sustainable Development Goals are:

1. No Poverty; 2. Zero Hunger; 3. Good Health and Well-being; 4. Quality Education; 5. Gender Equality; 6. Clean Water and Sanitation; 7. Affordable and Clean Energy; 8. Decent Work and Economic Growth; 9. Industry, Innovation and Infrastructure; 10. Reducing Inequality; 11. Sustainable Cities and Communities; 12. Responsible Consumption and Production; 13. Climate Action; 14. Life Below Water; 15. Life On Land; 16. Peace, Justice and Strong Institutions; and 17. Partnerships for the Goals.

The SDGs that relate most directly to Community Gardens are as follows:

SDGs	Impact/Effect
SDG 2: Zero Hunger	Community Gardens grow fruits and vegetables, producing healthy food annually.
SDG 3: Good Health and Well-Being	Studies show that gardening improves quality of life and that there are correlated reductions in depression and anxiety.
SDG 4: Quality Education	Students from all levels gain knowledge and experience through volunteering. Gardening workshops provide lifelong learning to people of all ages.
SDG 5: Gender Equality	Community Gardens help to grow seeds of women's empowerment via training in gardening and the importance of nutrition.
SDG 6: Clean Water and Sanitation	Through rainwater harvesting, Community Gardens prevent millions of litres of storm water from entering sewer systems annually.
SDG 7: Affordable and Clean Energy	Solar panels are installed in some Community Gardens to provide clean energy.
SDG 11: Sustainable Cities and Communities	Community Gardens are open to the public, so citizens have access to more green spaces.
SDG 12: Responsible Consumption and Production	Community Gardens maintain compost systems and worm farms and use green manure.
SDG 13: Climate Action	Our rainwater harvesting systems in the Community Gardens help to collect and save water for future uses and for mitigating rainstorm runoff.
SDG 15: Life on Land	We protect, restore and promote the sustainable use of terrestrial ecosystems, and halt and reverse soil degradation and halt biodiversity loss.
SDG 16: Peace, Justice, and Strong Institutions	Community Gardens are spaces of peace, inclusion and justice.



Quoting Ban Ki-moon, the United Nations Secretary-General from 2007 to 2016, "We don't have plan B because there is no planet B". Therefore we keep in our minds our commitment to contributing to preserving and protecting our planet for the future generations, from our small and humble but vibrant Community Gardens.



Emilio Anteliz, 30 July 2021

Composting at The Gardens

The workshop on healthy soils led by Brian Sams recently was very informative, fun and motivating. We are lucky in Toowoomba to be blessed with rich soils but in saying that, the way to keep our soil healthy whether at home or at Goggs Street is to continually improve the soil. The key points I got out of the workshop were observation, problem solving, knowing your soil and organic matter. Healthy soils produce healthy food which is good for our bodies and souls.



At the garden, Trevor and I work at the compost. There is science and a fair bit of common sense that needs to be applied to making compost.

Green Matter –About 30% green matter. Weeds (not seeded, or in our case nut grass / onion weed), prunings, grass clippings, leaves

Dry Matter –About 70% dry matter. Sawdust, cardboard (not coloured some inks are toxic), shredded paper

Nitrogen – manures cow, sheep, horse, or chook (No dog or cat manures YUK), coffee grounds

Air – turning over the matter in the bins



Water – It won't break down if it is too wet or too dry

This is where we need your help.

If you have access to anything in the above list and you can get it for free, let us know and we can work something out.

At the garden we are good for Green Matter due to the wonderful members who get in and weed in Community areas. It is a laborious task and can be very boring but grab a friend and chat away whilst working.

Please be very careful about the weeds you put into the compost. We were a bit disappointed to see some nut grass in there. There is a rubbish bin for nut grass, onion weed and weeds that have gone to seed. We cannot get the compost bins hot enough to kill the weed seed.

We are constantly reviewing the compost system to try to make it easier for everyone. Any ideas on how to improve the system we welcome. One idea put

forward is to have one bin dedicated for all the fresh green waste. We will then remove it from there to build the working bins. Then after three months or so there should be some wonderful compost for the community areas of The Garden. We do try to have the signs on each bin. If in doubt just ask, we are more than happy to help. Thank you for your co-operation. It does make our job easier.

One very contentious issue is Wandering Jew. After discussions with Brian, he suggests that we have one bin near the shed and the two bins in the permaculture area dedicated to Wandering Jew and other weeds that have very fibrous roots like arrowroot / Canna Lilies that take longer to break down and need a little extra effort from us to get it to the stage where it can be used as compost.

I know that it all sounds a bit difficult for all the wonderful people to sort their weeding matter but I for one will very much appreciate your efforts. As I have said, if in doubt just ask as we are more than happy to help.

Not much else to say, so happy weeding everyone.

- Joanne



Family Favourite Recipes?

Yummy cakes? Cooking with your garden produce? We have been regularly publishing a member's recipe in our newsletter. If you have an interesting recipe, please contribute to our forthcoming publication of 'Gardeners' Recipes'.

Please send your recipes to me and I will do the rest! If you want to write the recipe by hand, you can always leave it for me in the shed.

- Linda—lmangubhai@gmail.com



Quick Notes for Your Calendar

31 July—1 August—Botanical Bazaar—presented by Rotary Gold Coast

Country Paradise Parklands, 231 Beaudesert-Nerang Road, Nerang, Gold Coast

botanicalbazaargc.com.au

Saturday 7 August, 10.00am—AGM of TCOGA at The Gardens

Saturday 28 August—Ipswich Home Gardener's Expo

<http://expo.glebegardenclubipswich.com.au/>

1-30 September—Toowoomba Carnival of Flowers

<http://tcof.com.au/>

25 & 26 September—Grow Expo—Gatton Showgrounds

www.growexpo.com.au/

Sunday 19 & Wednesday 22 September—TCOGA Open Days

At The Gardens for Toowoomba Carnival of Flowers



Vegetable Chowder

This beautiful soup is lighter in taste and texture than traditional chowder. It combines the health bonus of carrots, celery, broccoli, winter squash and tomatoes. Serves 6.

Ingredients

2 tsp olive oil
1 tbs butter
2 onions finely chopped
1 celery stick finely chopped
200g winter squash such as butternut, peeled, deseeded and diced
150g carrots cut into fat matchsticks
175g potatoes diced
500ml vegetable stock
1 bay leaf
150g broccoli florets
100g sweetcorn or peas or French beans
2 tomatoes, peeled, deseeded and chopped (optional)
500ml milk
3 tbsp chopped fresh herbs, such as basil, oregano, fennel, dill and parsley, either singly or mixed
Freshly ground black pepper
Sea salt

Method

1. In a large pan heat the oil and butter, add the onions and stir until sizzling. Adjust the heat to very low and cook for 10 minutes, stirring occasionally, until the onions are soft and translucent.
2. Add the celery, winter squash, carrots and potatoes. Heat until sizzling, reduce the heat and cook for a further 5 minutes, stirring occasionally.
3. Add the stock and the bay leaf, bring to the boil and simmer, covered, for 7-8 minutes until the potatoes are almost cooked.
4. Add the broccoli, sweetcorn (or peas or beans) and tomatoes, if using. Return to the boil and cook vigorously for 3-4 minutes or until the broccoli is just tender.
5. Stir in the milk and herbs, and serve. Season to taste with salt and pepper. - *Healing Foods*



Toowoomba Mower
Centre
Supplying & Servicing



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2020—2021 COMMITTEE

PRESIDENT: Wendy Snigg

SECRETARY: Jeanette Walton—tcoga.secretary@gmail.com

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Newsletter of Toowoomba
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Past Newsletters [Link](#)

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