

NEWSLETTER

August 2023



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What has been Happening in July

Due to a minor medical issue, I did not attend the gardens for most of July.

Thank heavens for Facebook - it kept me informed about activities in the Gardens. Upon my return, I was awestruck by the changes in that small amount of time. Does anyone else feel inspired by the enthusiasm, dedication, and hard work of the members?

Date Claimer- AGM 6 th August. Think about putting your hand up for a position. We will be calling for nominations from the floor on the day. I was saddened by the news of Mary Mountford's passing. Mary was one of the early members of the Gardens: she worked tirelessly and kept the Community Gardens going for many years. We would like to plant a tree in her memory.

The schools have returned. They certainly did not lose their enthusiasm over the holiday break. They are moving mulch, tidying up, weeding etc. Apart from being great kids, they want to be involved and do the jobs that are needed. In one morning, the group achieved more than we could do in a month and this frees us up to focus on other projects.

If anyone would like to help, they come on Thursday afternoons for 1 hour and Friday mornings for 2 hours.

Feel free to contact me and let us introduce the students to our wonderful members.

Carnival of Flowers is fast approaching. As per the previous years we will have our Open days. These will be held on the Wednesday and Sunday, our normal social gardening days.

We will be conducting tours and selling plants. We have started to propagate some seedlings but more are always welcome. If you have some seeds at home, please start propagating.

Stay well and safe and I will see you at the AGM on 6 th August.

Joanne



August

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 st	2 nd Cotton Collective - Day 1 & 2 (Wednesday, August 2 & Thursday, August 3) 7.30am - 4pm, Toowoomba showgrounds, glenvale	3 rd	4 th	5 th Botanical Bazaar Nerang country paradise parklands 9am-4pm until 6 th Aug Toowoomba Farmers Market Lindsay st Yarraman markets Corner D'Aguilar & New England Highways
6 th Maleny Botanic Gardens - Maleny Family Fun Day , 233 Maleny Stanley River Rd, Wootha, 9am-4.30pm PCYC Markets near TCOGA	7 th	8 th	9 th	10 th Forage, Fire, Feast – a First Nations Gourmet & Culture Experience, Flaxton Gardens Sunshine Coast 313-327 Flaxton Dr, Flaxton	11 th	12 th Royal Queensland Exhibition -until the 20 th august, Bowen hills Toowoomba Farmers Market Yarraman markets
13 th PCYC Markets & The Makers Market , The Goods Shed, Victoria street	14 th	15 th	16 th	17 th	18 th	19 th North Brisbane Orchid Society Annual show , Brisbane botanical gardens, Mt Coot-tha from 8.30am until Sunday 20 th Toowoomba Farmers Market Yarraman markets St anne,s car boot sale , Highfileds road, Highfields
20 th PCYC Markets & Queens park markets Oakey Lions Sunday markets Campbell St, Oakey	21 st	22 nd	23 rd	24 th	25 th	26 th Maryborough Open Gardens , town gardens 26 th , country gardens 27 th august Toowoomba Farmers Market Yarraman markets
27 th Brisbane Organic Growers Inc Organic fair Albion peace hall, Windsor 8am-2pm PCYC Markets, Carbarlah Markets & Bunya Mountains Markets	28 th	29 th	30 th Botanical Bazaar Gold Coast Gardening Expo , 165 Duringan st, Currumbin	31 st		

Plant profile at the Gardens-Cumquats



The Kumquats (KUM-kwot), or cumquats in Australian English, are a group of small, angiosperm, fruit-bearing trees in the family Rutaceae. Their taxonomy is disputed. They were previously classified as forming the now-historical genus *Fortunella* or placed within *Citrus*, sensu lato. Different classifications have alternatively assigned them to anywhere from a single species, *C. japonica*, to numerous species representing each cultivar. Recent genomic analysis would define three pure species, *Citrus hindsii*, *C. margarita* and *C. crassifolia*, with *C. x japonica* being a hybrid of the last two. The edible fruit closely resembles the orange (*Citrus sinensis*) in colour and shape but is much smaller, being approximately the size of a large olive. The Kumquat is a fairly cold-hardy citrus.

Origin

The Kumquat plant is native to Southern China. The historical reference to Kumquats appears in literature of China from at least the 12th century. They have been cultivated for centuries in other parts of East Asia, South Asia, and Southeast Asia. They were introduced to Europe in 1846 by Robert Fortune, collector for the London Horticultural Society, and are now found across the world.

Description

Kumquat plants have thornless branches and extremely glossy leaves. They bear dainty white flowers that occur in clusters or individually inside the leaf axils. The plants can reach a height from 2.5 to 4.5 metres (8.2 to 14.8 ft), with dense branches, sometimes bearing small thorns. They bear yellowish-orange fruits that are oval or round in shape. The fruits can be 1–2 inches (2.5–5 cm) in diameter and have a sweet, pulpy skin and slightly acidic inner pulp. The fruit is often eaten whole by humans, and has a taste which is sweet, tart and also somewhat sour. All the Kumquat trees are self-pollinating. Kumquats can tolerate both frigid and hot temperatures.

Nutrition

A raw Kumquat is 81% water, 16% carbohydrates, 2% protein, and 1% fat (table). In a reference amount of 100 grams (3.5 oz), raw Kumquat supplies 71 calories and is a rich source of vitamin C (53% of the Daily Value), with no other micronutrients in significant content.

Culinary use

- ADD KUMQUATS TO A SALAD

Kumquats' sunny citrus taste will wake up your taste buds when you add them to a salad. They are the perfect balance for bitter greens such as radicchio or the licorice tasting fennel.

- TURN THEM INTO KUMQUAT JAM OR MARMALADE

As a citrus fruit, Kumquats are perfect for turning into jam or marmalade. A bonus is you don't have to peel and section them. Spread on bread or biscuits as part of a delightful breakfast.

- BAKE KUMQUATS IN A CAKE

Just like apples, berries, and other fruits, Kumquats have their rightful place in a cake. Try an easy and moist Kumquat ginger cake for a bright and beautiful cake you can enjoy with milk, tea, or coffee.

- ROAST KUMQUATS

Yes, you can actually roast Kumquats in your oven. Cut them in half, toss them with a little bit of honey, and then roast on a parchment sheet-covered baking pan for a half hour at 325 degrees.

What can you do with roasted Kumquats? They make a sweet side dish for chicken, duck, and pork.

- ADD KUMQUATS TO BEVERAGES

You can slice Kumquats in half and add them to your favourite sweet cocktail, or even add a spoonful of Kumquat marmalade to your drink. Or you can blend them whole with other citrus juices to make a Kumquat puree.

Like a hint of citrus in your tea? Add one to your brewed tea instead of lemon.

- TURN KUMQUATS INTO CANDY

The only additional ingredients you need to make sticky, gooey candied Kumquats are sugar and water that gets boiled down. Store candied Kumquats in a jar in the fridge, and eat them on their own or with desserts or ice cream.

- EAT KUMQUATS STRAIGHT

Because their peel and pith are edible, there's perhaps no better way to enjoy Kumquats than straight from the tree. Pick Kumquats when they've turned completely orange. Leave any Kumquats that still have green parts on the branches as these are still turning ripe.

Updates at the Gardens

Nesting boxes

- We have been very generously donated nesting boxes from Frank at HOPE (Householders' Options to Protect the Environment Inc.) which have been beautifully built by the West Toowoomba Mens Shed.
- These boxes will be placed around the gardens in various trees to support and home (fingers crossed) some of our wildlife.



Update for the members garden replacement of garden beds

- We have purchased the new garden beds and have disassembled the existing beds. This week we will have Ron and his equipment in the gardens to move the soil and level out this area to prepare for the new garden beds to be installed.
- On Sunday 13 August we will hold a working bee to prepare the area and put together the beds and fill them.
- This will be followed by a pizza lunch. Please join us to assist in getting the garden beds ready and relax together afterwards with BYO pizza or something you would like to cook in the pizza oven.



Field plots

- If you've been to the gardens recently, you would have seen the work that has been undertaken with the field plots.
- We are currently reframing them with sleepers and creating more defined pathways. Thank you to the members who have assisted with this project.



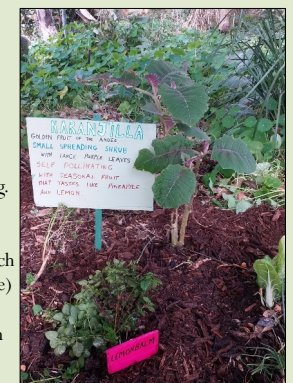
Update on Permaculture Area

- A small group of volunteers are working slowly and steadily on several areas in the permaculture/forage garden to get wide spread ground cover to stop the weeds and grass invading constantly. As new trees have been planted recently, ground cover plants have been added around the base of the trees along with mulch and compost. Getting rid of the kikuyu is definitely hard work but it is nearly gone. Cut Banana trunks have been used to make swales across the garden to help collect water that runs down the hill when it rains. We have planted yacon and Jerusalem artichokes in an area which will be allotted to rhizomes along with more turmeric, taro and cassava.
- The compost bays at the end of the permaculture gardens have been turned and will be used to feed some of the neglected trees in the permaculture area. We have added new mulch and trees are starting to look 'happier' now that they are being watered and given a light pruning.
- If you haven't taken a walk through the permaculture garden lately, please take a wander and see all the great progress that is being made.



Fruit tree donations

- During May, TCOG were offered some apple trees by Tania, if we could come and remove them and transplant into the gardens. Nette and Carrie volunteered to take on this project and a couple of weeks ago transplanted the trees while they are dormant and with regular feeding and watering these will all take off in spring. Tania also offered us the Naranjilla bush which is already flourishing up in the permaculture section. In June we were offered two different types of peach trees which a new house owner in Toowoomba (Sue) inherited in pots. Sue came along one Sunday morning and helped Nette and Carrie replant them in the new orchard beside the original apple tree. They will need to be covered with fruit fly nets in spring. Kushla, a community follower on Facebook gave us a well established pepino which has been planted in a small pot in the permaculture area with other pepinos saved from Rosemary's old garden. We thank these community members for their donations.





What to Plant in August

Angelica
 Alfalfa
 Anise/Hyssop
 Artichoke
 Beans-Broad
 Beetroot
 Bok Choy
 Borage
 Broccoli
 Cabbage
 Calendula
 Camomile
 Cape Gooseberry
 Catnip
 Carrots
 Cauliflower
 Chervil
 Chickory
 Chives
 Coriander
 Dandelion
 Dill
 Echinacea
 Endive
 Evening primrose
 Feverfew
 Fennel
 Fenugreek
 Hyssop
 Jerusalem Artichoke
 Kale

Kohl Rabi
 Leeks
 Lemon balm
 Lettuce
 Marigold
 Marjoram
 Mizuna
 Mustard
 Mustard greens
 Nasturtium
 Onions
 Parsley
 Pea-Climbing, Snow and
 Dwarf
 Potatoes
 Radish
 Rhubarb
 Sage
 Salad Burnett
 Salad Rocket
 Salsify
 Shallots
 Silverbeet
 Spinach
 Spring onion
 Strawberries
 Swedes
 Thyme
 Tomato
 Turnip
 Vetch
 Watercress

What to look for
Harvesting
(Toowoomba -Darling
Downs/TCOGA)
approximate:
 Asian Greens
 Asparagus
 Avocado
 Broad Beans
 Beetroot
 Broccoli
 Cabbage
 Carrots
 Cauliflower
 Citrus
 Celery
 Custard apple
 Fennel
 Herbs
 Kale
 Leeks
 Lettuce
 Parsnips
 Pumpkins
 Radish
 Rhubarb
 Silverbeet
 Snow peas
 Spring onions
 Strawberries
 Swedes
 Turnips

Recipe of the Month-Cumquat Marmalade

INGREDIENTS

- 1 lb 10 oz (4 cups of chopped, deseeded Cumquats)
- 4 oz (118 ml) orange juice (about the juice of one orange)
- 6 ½ cups (1.5 l) water
- about 5lbs (2.25 kg) sugar (you won't know the exact amount until you are in the midst of making the jam)

Special equipment: recommend a scale for best results, jam jars, ladle, measuring jug, canning funnel (funnel is optional, but it will make pouring the marmalade into the jar much less dangerous and messy) candy thermometer (also optional)



METHOD

Step 1

Prepare the Cumquats-

Wash the Cumquats well, dry, then deseed and slice the fruit lengthwise, using a sharp knife, so the rind is in long strips.

Place into a large pot.

Step 2

Add the Water and Measure the Mixture-

Pour the water into the sliced cumquats in the large pot. Add the juice of the orange and stir well.

Measure the amount of the mixture by ladling into a large measuring cup and pouring into another pot or bowl.

Step 3

Boil-

Add the mixture back into the large pot, bring to a boil, and simmer for about three to five minutes or until the rind is soft.

Remove from heat and add the same amount of sugar as you measured in liquid.

Put the pot back onto the burner over medium high heat and bring to a boil, stirring frequently with a wooden spoon.

If you see any seeds, pull them out and discard.

Bring the marmalade to a rolling boil. You can remove the scum as it settles along the side.

You can check to see if it has reached the setting point by placing a saucer in the freezer then dripping some of the hot liquid on it. If you run your finger against it and it wrinkles, it's ready. You can also use a candy thermometer and take it off the heat when it reaches 220 F (104 C).

Step 4

Fill the Jars-

Have the sterilized jars ready near the stove (washed, rinsed with boiling water, including the lids) so that they are still hot. Ladle the jam into the funnel to fill the jars. Don't hold the jar while filling.

Be sure the jar is on a counter or table before filling with hot cumquat marmalade.

As soon as you fill each jar, clean the rim with a damp cloth and close the lid immediately. Repeat until all the marmalade has been filled into the jars.

For sale at Tcoga , August 2023

Backyards for Biodiversity

For those members who have an interest in this area, I went to a presentation at the QLD Garden Expo recently by Ken Ross who has established the Backyards for Biodiversity SEQ group. For more information about the group, check out their website: www.backyardsofbiodiversity.org.

TCOGA Website update

Thank you, Michael for letting us know about the project with University of Southern Queensland (USQ) and putting forward the brief to be considered as one of the USQ Industry Projects. We have been fortunate enough to be selected to be part of the USQ Industry Project.

Students who are currently undertaking their IT degree will assist us in creating and developing a new website as part of their qualification. Michael and Kylie will continue to work with the USQ students throughout this semester to assist them with the requirements for the website to produce a finished product at the end of the semester. This is a fantastic opportunity for TCOGA and we thank USQ for supporting us.

Last Notice for AGM

As listed in the start of the newsletter the Annual General Meeting will be held this Sunday, 6 August at 9.30am at the Gardens. Just a reminder if you are not able to attend the meeting, an email has been sent previously with the proxy forms for voting. These need to be returned to the secretary tcoga.secretary@gmail.com by Saturday 5 August. We hope to see you there, supporting the Association and Gardens.

Committee and Contact

2023 COMMITTEE

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