

# NEWSLETTER



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## *What has been Happening* *December 2022*

Our Community Garden is such a positive, vibrant and dynamic space. I have stated many times how lucky we are to have this area but what makes 22A Goggs Street special is the members. Without members this garden wouldn't exist. So much laughter, discussion, solutions, terrific ideas and friendships are happening each time we attend. It's electric (and I must say very contagious).

We started November with the Sausage Sizzle at Bunnings. Many thanks to Lyndell for organising and ordering the food items and equipment. Lyndell was well supported by Pauline, Martin, and Angela. We were run off our feet and happy when our shift was over- tired but elated that our time spent there was successful for the Club. Big thank you to the band of terrific workers and I hope you all enjoyed the day.

The following weekend was the Working Bee. Not so well attended but the people who did turn up worked hard. Please mark this one in your diaries-2nd Sunday of each month. So much gets done and then there is the social gathering to finish off the day.

Children are our future gardeners and members and some of us were lucky to meet the students from the Highfields Christian School. It was a two-day volunteer learning program. They worked very hard. They were so engaged with the program. So many questions: WOW! If this group is a reflection of the future gardeners we are in safe hands. Well done and thank you.

How's this for resourceful-

- Cherie found a garden shed online to give away. We are now the very happy owners of a shed and it is only going to cost us a pot of rivets. Clever (and very generous) girl you are.

- Kylie put forward to the Committee to put an irrigation system into our little propagation shed for us to raise seedling. Great idea but big expense. Think again. It only cost us \$4.00 for a fitting!! All the other bits and pieces were donated. Ross (Kylie's Dad) installed it for us. We got to know him and he shared with us the sad news of the devastation of the Forbes Community Garden by the floods. So much destruction in the southern states. Don't know how people come back from this tragedy but they do. Amazing and inspiring.

A few very important house-keeping things to remember-

The padlock that was on the front gate is missing and we are unable to replace it. The gate will be closed but not locked. Committee will monitor.

We are now on tank water. Please conserve this very limited resource. We are asking members in the Founder's area to use the water from the tanks behind the shed.

Please use the water from the pergola tank for the orchard, permaculture and accessible area. We will be monitoring the water level. If we have to water restrictions will be re-introduced. Be fair and share and conserve.

We ask that people do not drive on the grass area between the shed and toilet. In very few circumstances we accept that there is a need to drive in- disability and unloading of cars with heavy, bulky items. Only drive on the path please. Be careful when reversing. Watch out for members and children.

Christmas Gathering. (See flyer) A wonderful way to finish off the year.

I know I repeat myself often but you-the clever members have elected a very dedicated, hard-working Committee. They are forward planners, problem solvers and easy to work with. As there is so much going on we are unable to cover it all at the monthly meetings so two meetings in November. We don't mind so keep all those great ideas coming. Stay safe, stay well and continue to care.

Joanne



## Upcoming Events and What's on Gardening Queensland

# December

SUN	MON	TUES	WED	THUR	FRI	SAT
				<b>1<sup>st</sup></b> 25 <sup>th</sup> Nov – 21 Dec : <b>The enchanted garden 2022</b> Roma street Parkland, Brisbane city CBD 23 <sup>rd</sup> Nov-2 Dec: <b>Bush Christmas Exhibit</b> Masonic Centre, 58 Neil str, Toowoomba	<b>2<sup>nd</sup></b> <b>Guided Tour-</b> Spectacle Garden in Collin place, Roma street Parklands 10am-11.30am	<b>3<sup>rd</sup></b> <b>Workshop-</b> Micorgreens in 10days on your kitchen bench, 2-4pm, 164 Vonda youngman drive, Tambourine. <b>Toowoombas charity christmas lights display</b> 7pm-10pm, 3rd-24th December, Botanic gardens , Lindsay st, Toowoomba <b>Festive Vibes Twilight Market</b> 3pm-8pm, The mills precinct, Toowoomba
<b>4<sup>th</sup> TCOGA - Christmas party:</b> see Notice for details <b>-Plant empire Christmas markets</b> 9am-1pm 3/281 station rd, Yeerongpilly & 7am-12noon, Walloon Hotel, Walloon	5th	6th	7th	8th	9th	<b>10<sup>th</sup></b> <b>-Garden Mosaics</b> 10am-3pm ,Emu Park. <b>-Cobb and Co farmers markets</b> <b>-Eastern Colour farms</b> 10th-11th PYO strawberries, 244 Aerodrome Road near the Christmas tree farm, Applethorpe
<b>11<sup>th</sup></b> <b>Jewel in the crown workshop</b> , 1.30pm-3.30p, Mappins nursery and aquarium, West End <b>Makers Market:</b> 8am-1pm, The mills precinct, 251-259 Ruthven st, Toowoomba <b>Cabarlah Markets:</b> 7.30am-12.30, The cabarlah hall, cabarlah	12th	13th	14th	15th	<b>16<sup>th</sup></b> <b>How to lay a garden shed slab</b> 101, 8am-4pm Shop 16a/173 Station road, Burpengary	<b>17<sup>th</sup> Cobb and co farmers Markets</b> under the Windmills, Cobb and Co, Toowoomba 7am-12pm lindsay st
<b>18<sup>th</sup></b> <b>PCYC Markets:</b> Near the TCOGA gardens & <b>Queens park markets,</b> Toowoomba	19th	20th	21st	22nd	23rd	<b>24<sup>th</sup></b> Christmas Eve
<b>25<sup>th</sup></b> Christmas Day	<b>26<sup>th</sup></b> Boxing Day	27th	28th	29th	30th	<b>31<sup>st</sup></b> New Years Eve

# Unwanted Critters part 1

Summer is here and its a very busy time for creatures great and small and also protecting our crops from some of them, especially after the cool spring. Here is a small list of what you might come across and organic ways to deal with them.

## STINK BUGS (*Musgraveia sulciventris*)

The bronze orange bug, also known as stink bug is considered a pest to all citrus trees. They suck the sap out from young shoots, fruits and flowers causing wilting and premature fruit drop. When dealing with these pests be extremely careful as they emit foul-smelling liquid that will burn skin and eyes on contact.

### Organic Control Measures

The best time to control and manage bronze orange bugs is in the early spring while they are still nymphs.

Spray Eco-Oil every 10-14 days during winter and early spring to kill the nymphs before they have developed into adults.

The time to apply this remedy is essential as the Eco-Oil is not efficient against adult stink bugs.

Spray your ornamental citrus with Neem-oil. Gardeners who have used it for other garden pests have reported good results for bronze orange bugs as well.

Use an old vacuum cleaner to suck up the bugs.

Squash the bugs between planks of wood.

Drown them into a soapy water or methylated spirit. Pick up the bugs with tongs or by hand. The best time to collect the insects is on hot days when the bugs will gather on the lower trunk of the tree where it is cooler.



## CABBAGE MOTH (*Plutella xylostella*) and CABBAGE WHITE BUTTERFLY (*Pieris rapae*)

The caterpillars laid by the cabbage moth and the cabbage white butterfly are common pests in the veggie garden. Both the moth and the white butterfly lay their eggs on the underside of leaves. They prefer plants from the family *Brassicaceae*, such as broccoli, cabbage, chinese cabbage, watercress, mustard and brussel sprouts. Once hatched, the larvae start feeding on the leaves or fruits of their host plant.

### Organic Control Measures

Enhance the environment for the natural predators of caterpillars, such as ladybirds, assassin bugs, lacewings, paper wasps.

Provide nest sites around your garden to attract insect-eating birds.

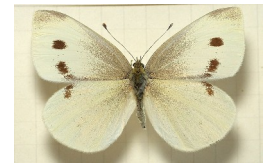
Pick the caterpillars by hand and either squash them or feed them to the chooks.

Place vegetable mesh on top of your plants to prevent eggs being laid on them.

Cut white ice-cream or yoghurt containers in the shapes of butterflies and put them on stakes around your garden. The white cabbage butterfly and the cabbage moth are territorial insects and they avoid places where the competition for food may seem high. Plant land cress, *Barbarea vulgaris*, somewhere in the garden. This plant attracts these butterflies and moths to lay their eggs on it. The leaves are toxic to the caterpillars, and when they hatch, you can count them dead.

Plant herbs such as dill, basil, fennel coriander and sage. These herbs' strong smell confuses the cabbage white butterfly.

Use *Bacillus thuringiensis*. It is organic bio-insecticide that can effectively control these pests.



## QUEENSLAND FRUIT FLY (*Bactrocera tryoni*) and MEDITERRANEAN FRUIT FLY (*Ceratitis capitata*).

Fruit flies are a significant threat to horticulture. These insect pests can infect a wide variety of fruits and vegetables and destroy them. In Australia, there are two fruit fly species that are of major concern to home gardeners and commercial fruit growers - Queensland fruit fly (*Bactrocera tryoni*) and the Mediterranean fruit fly (*Ceratitis capitata*).

### Organic Control Measures

To control fruit flies in your garden we suggest the following organic strategies:

Collect all infested fruit. To kill the maggots, put the damaged fruit in a plastic bag, seal it, and leave it in the sun. Alternatively, boil the fruits and feed your poultry with them.

Let chooks in your orchard to aid fruit fly control by dealing with pupating in the soil.

Use pheromone traps to lure and kill male flies before they mate. Unmated females won't sting your fruits. Use protein-based baits to catch both male and female fruit flies.

Enclose individual fruits inside paper bags.



## GRASSHOPPERS

In excessive numbers, grasshoppers can cause a huge damage to your garden. Both adult and nymphs feed on grasses and broadleaf plants.

Grasshoppers are distinguished by strong chewing mouth-parts, enlarged hind legs designed for jumping, and wings, which are missing in their immature stage – nymphs.

### Organic Control Measures

Controlling this garden pest is difficult because of its migratory nature.

However, there are several organic approaches to control grasshoppers.

Handpick them or catch them in a butterfly net early in the morning when they are very slow moving.

Attract birds to your garden by providing a source of water and safe nesting sites. Birds are an effective control for numerous garden pests, including grasshoppers.

Plant insectary plants, such as clover, buckwheat, mustard, dill, cosmos, etc., to attract beneficial insects such as paper wasps, tachnid flies and robber flies which prey on grasshoppers. Use physical barriers such as floating row covers to protect your plants.

Use *Nosema locustae* or *Beauveria bassiana*, which are parasitic fungi species that infect and kill grasshoppers.

Spray ornamental plants with Neem oil. It acts as a repellent and restricts growth.

Spray your plants with Kaolin clay. It will help repel many types of insect pests, including grasshoppers.



## MILLIPEDES

Millipedes are herbivores, feeding on decaying leaf litter, rotting wood and animal matter. Although Australian native millipedes are considered beneficial animals because of their role in breaking down organic matter in the soil, the black Portuguese millipede, which is introduced species to Australia, may turn into a garden pest by destroying seedlings, fruit and vegetable crops when reaches high population level.

### Organic Control Measures

Keep your garden clean to diminish food and areas of shelter.

Apply insecticidal soap where you've seen them.

Remove them by hand.



## EDIBLE CHRYSANTHEMUMS

I've had quite a few members ask me about my chrysanthemums in my plot so here is a detailed article about culinary uses for chrysanthemums for everyone interested.



What is in my plot : *Chrysanthemum coronarium* (Shungiku-in Japanese) aka crown daisy, garland chrysanthemum or chop suey greens (before flowering).

A leafy green member of the daisy family (*Asteraceae*) Native to Mediterranean, its distinctive flavour is used primarily in Asian cooking. Hardy annual to 1m. Cut at 100-200m. Sow spring, summer, autumn. 30 days.

### Culinary uses for chrysanthemums:

**Chrysanthemum Tea:** Traditional Asian chrysanthemum tea is typically made from the yellow or white flowers of *Chrysanthemum morifolium* or *Chrysanthemum indicum*.



You can buy traditional *Chrysanthemum morifolium* plants but you can make tea with *Chrysanthemum coronarium* as well.

**Chrysanthemum Greens:** Young leaves are eaten raw or cooked. This traditional Japanese vegetable, also known as Shungiku, has a mild flavour that lends itself well to stir-fries and chop suey. Since you can use both the flowers and the greens of Garland chrysanthemum, it's the most popular "edible" chrysanthemum for home gardens. It goes great in stir fries as the leaves don't wilt like spinach leaves, the flavour profile is floral and slightly bitter, with the younger leaves being milder but a bit peppery.

**Salads and Garnishes:** Any type of chrysanthemum flowers can be blanched, then the petals removed and added to your favourite dish. This is easiest with large petalled varieties of mums. Use only the petals, since the flower base is usually very bitter.

**Chrysanthemum Wine:** You can also make wine from chrysanthemum flowers. Again, traditionally yellow or white blossoms are used.

**Cautions:** Pyrethrum, a plant based insecticide, is made from the dried flowers of *Chrysanthemum cinerariaefolium* or *Chrysanthemum coccineum*.



Although it takes a pretty high concentration of flowers to make pyrethrum, avoid planting these types of Chrysanthemums in an edible garden. -Angela

## A FUN DAY AT THE BUNNINGS SAUSAGE SIZZLE

What a great day we had at our Bunnings sausage sizzle, the weather was perfect with lots of happy customers and we made a great profit. Our only hiccup was we ran out of sausages and onion after selling 5 bags of snags and 7.5kg of sliced onions during the lunch rush! Joanne came and saved the day with more sausages and Lyndell with sliced onions shortly after, only for at that moment the gas to run out! But a Bunnings member came with a new canister which Adam promptly connected and we were back in business.

A big thank you for all your contributions as volunteers leading up to the event and on the day.

We made a profit of **\$1750** on the day. Can you believe that? Groceries have increased in costs over the past few months and this is what our great team was able to do. Amazing effort from everyone.



-Angela and Lyndell



# *What to Plant in December*

Alfalfa	·	Lettuce	·	<b>What to look for</b> <b>Harvesting:</b> Apples Banana Beans Beetroot Blueberries Boysenberries Cherries Cucumbers Broccolini Capsicum Carrots Chilli Corn Cotton Grapes Melons Mulberries Onions PawPaw Poppys Kale Lettuce Radish Raspberries Stone fruits Spinach Strawberries Early Tomatoes
Amaranth	·	Marigold	·	
Basil	·	Marjoram	·	
Borage	·	Marrow	·	
Beans-Climbing,	·	Mint	·	
Dwarf & Snake	·	Mustard Greens	·	
Beetroot	·	Oregano	·	
Broccoli Seedlings	·	Okra	·	
Burdock	·	Parsley	·	
Cabbage Seedlings	·	Pumpkin	·	
Cape Gooseberry	·	Purslane	·	
Capsicum	·	Radish	·	
Carrots	·	Rockmelon	·	
Carraway	·	Rosella	·	
Celery	·	Sage	·	
Celeriac	·	Silverbeet	·	
Chilli Peppers	·	Squash	·	
Chives	·	Sunflower	·	
Choko	·	Sunflower okra	·	
Corn	·	Sweetcorn	·	
Cucumber	·	Thyme	·	
Eggplant	·	Tomatillo Seedlings	·	
Echinacea	·	Tomato	·	
French Tarragon	·	Turnip	·	
Kohl Rabi	·	Watermelon	·	
Leek Seedlings	·	Zucchini	·	
Lemon Balm	·		·	

# Recipe of the Month -Shabu Shabu

## INGREDIENTS

- 1 kombu (dried kelp) (10 g; 3 inches x 3 inches, 7.5 x 7.5 cm)
  - 1 serving udon noodles (90 g dry udon noodles; 250 g frozen/boiled udon noodles)
    - 8 leaves napa cabbage (340 g)
  - ½ bunch shungiku (chrysanthemum greens) (110 g)
  - 1 Tokyo negi (naga negi; long green onion) (113 g; or use the white part of a leek or 2 green onions)
  - 1 package enoki mushrooms (200 g)
  - 1 package shimeji mushrooms (100 g)
    - 4 shiitake mushrooms (65 g)
    - 2 inches carrot (65 g)
  - 1 package medium-firm tofu (momen dofu) (400 g)
  - 1 lb thinly sliced beef (chuck or rib eye) 113-140 g per person
- For Serving
- 2 inches daikon radish (143 g)
  - 2 green onions/scallions (25 g)
  - shichimi togarashi (Japanese seven spice)
  - Sesame Dipping Sauce (homemade or store bought)
  - ponzu Sauce

Shabu Shabu is a popular Japanese-style hot pot where the meat and assorted vegetables are cooked in a flavorful broth called kombu dashi. Everyone at the table takes part in the cooking and enjoys the ingredients with different dipping sauces. It's intimate yet casual, and a whole lot of fun!



## METHOD

### 1. Prepare the Broth

Fill a donabe clay pot (or Dutch oven or any large pot) two-thirds full of water. Add the kombu and soak in the water for at least 30 minutes. Meanwhile, you can prepare the other ingredients.

### 2. Prepare the Noodles

Prepare the udon noodles according to the instructions. Reheat the frozen udon in boiling water for 1 minute. Transfer the noodles to iced water to stop the cooking and drain well. Place on a plate and set aside. You'll end the meal with the udon course after all the other ingredients are cooked and eaten.

### 3. Prepare the Vegetables

Cut the napa cabbage leaves into 2-inch (5 cm) pieces, and then cut each piece in half or into thirds. Cut the shungiku into 2-inch (5 cm) pieces. Use the white part of the Tokyo negi (or the leek or green onions), cut it diagonally into pieces ½ inch (1.3 cm) thick. Rinse the enoki and shimeji mushrooms. Discard the root ends of both mushrooms and separate them into smaller chunks. Cut the carrot into ¼-inch rounds. If you'd like, you can use a vegetable cutter to create a flower shape. Cut the tofu into square pieces about 1 inch (2.5 cm) thick. Arrange all the ingredients on a serving platter.

### 4. Prepare the Serving Ingredients

Peel the daikon and grate it using a grater

Cut the green onions into thin rounds and put it in a bowl.

Prepare the shichimi togarashi in a bowl (optional). Lay the thinly sliced beef on a plate.

### 5. Cook the Shabu Shabu

Set up a portable gas stove at the table and put the donabe on the burner. Place the platters with the ingredients on the table. Give each person their own bowls of ponzu sauce and sesame sauce. Bring the broth to a simmer over medium heat. Take out the kombu right before water starts to boil. Add the tofu, tough parts of napa cabbage and shungiku, negi, carrots, and some mushrooms. You don't have to put all the ingredients in at once; you may cook in batches if you prefer. Cover to cook for 10 minutes. While you're waiting for the food to cook, prepare your dipping sauces. Add the grated daikon, shichimi togarashi, and green onion to the ponzu. Add the green onion to the sesame sauce. When you're ready to eat the meat, pick up a piece of thinly sliced beef with a set of communal chopsticks and stir or "swish" the meat in the boiling broth. Cook for 20-30 seconds or until the meat is no longer pink; be careful not to overcook it. Take out the cooked beef and vegetables from the pot when they are done and dip the food in the ponzu or sesame sauce. Add the remaining ingredients to the boiling broth as needed and simmer for a few minutes. When all the ingredients are cooked, skim the broth to prepare for the udon noodles. Typically, a hot pot meal ends with cooking udon noodles or porridge. Add the udon noodles to the pot and reheat for 1-2 minutes. Dilute the individual bowls of ponzu sauce with the broth and serve the udon noodles in each bowl.

## Notices



### TOOWOOMBA SHOW 2023

Are you interested in participating in the Toowoomba Show 2023? There are various categories for entry and the Committee would like to see if any members would be interested in putting forward an entry to 2023. The Show will be held from 30 March until 1 April 2023. If you would like to grow something that can be used, please email Kylie at [tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com).

### CHRISTMAS / NEW YEAR

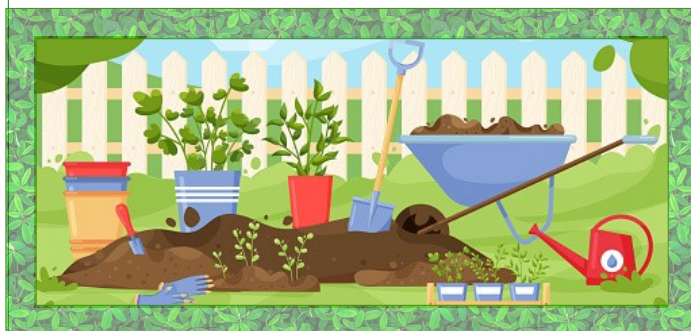
If you are going to away over the Christmas / New Year period and would like your garden watered, can you please put your name on the whiteboard in the shed so that when someone is at the gardens they are able to do this for you.  
-Kylie

## Working Bee



2<sup>nd</sup> SUNDAY OF EVERY MONTH  
9am

Bring along your hat, sunscreen and sturdy footwear-lets team up to some of the bigger jobs around the TCOGA patch!



Each month, we will have a delicious lunch, with everyone free to contribute, BYO plates, cutlery etc.



Other bits and bobs that may come in handy:

- Cardboard for weed smothering
  - Seeds or Seedlings
  - Extra garden tools
  - Your wonderful ideas

Please let the committee know if you have any ideas or feedback for making these days fun for everyone and great for the garden!

## Commitee and Contact

### 2022-2023 COMMITTEE

**President:** Joanne McClelland  
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**Secretary:** Kylie Higgins  
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**Committee Members:** Janette Golding, Susan Sheppard, Pauline Cridland, Tim Bretts

**Plot Coordinator:** Carrie Slack

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