



# GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

December 2018

## IN THIS EDITION

Page 1

What's Happening at The Gardens

What to Plant in December

Page 2

Manure Anyone?

Page 3

Fruit Fly Traps

Handy Hints

Quick Notes for your Calendar

Page 4

Recipe of the Month  
Red Quinoa Salad

Page 5

Newsletter Email Q&A  
Making the Newsletter work

\*\*\*

## SOCIAL GARDENING

Wednesdays 9.30-11.30am

Come along and join in the fun!

Sundays 8.30-11.00am

All Members & Visitors Welcome



## What's Happening at The Gardens

Well we've had some lovely rain and lots of drying wind recently. The Gardeners have been busily weeding while the soil is soft and pruning shrubs to ensure they withstand the wind and don't get too leggy. They have also spread manure and mulch around the trees to feed them, protect their roots from the heat and to slow down evaporation. Everything is looking a picture, so if you haven't been down to The Gardens in a while, why not pop down and take a look?

We have new project coordinators, who will be developing meaningful projects for everyone to get involved in, no matter what skill, or ability level you may have. Talk to Andrew and Jeanette to find out what is coming up.



## What to Plant in December

### Herbs

Basil,  
Borage,  
Burdock,  
Chives,  
French Tarragon,  
Oregano,  
Parsley and Sage



French Tarragon

### Vegetables

Amaranth, Climbing & Dwarf Beans, Snake Beans, Beetroot, Cape Gooseberry, Capsicums, Carrots, Celery, Celeriac, Chilli Peppers, Choko, Cucumbers, Eggplant, Kohlrabi, Leeks, Lettuce, Marrow, Mustard Greens, Warrigal Greens, Okra, Pumpkin, Radish, Rockmelon, Rosella, Silverbeet, Squash, Sunflower, Sweetcorn, Tomatillo, Tomato, Turnip, Watermelon, Zucchini.

## Manure Anyone?

Our garden is MY happy place, peaceful, productive, challenging and socially amazing. The club is made up of all volunteers; people who have a love of gardening, a desire to learn and want to be part of our organization; some of the most wonderful, caring, giving people.

As a rule I usually don't single out any member, because we all work together to achieve the goals of the Gardens. BUT on this occasion I feel I must. A super big THANK YOU to Lou and her family for the most generous donation of their livestock manures, chicken and cattle. With the promise of more to come. They have given us permission to sell off the excess as a desperately needed fundraiser for our Club. The Gardens will benefit so much here - enriching our soils, healthier plants, saving the Club money buying it and making money for us to spend on improvements.

Chicken—\$2.50 a bag

Cow - \$4.00, or 3 for \$10.00 bagged

Bargains for everyone. A win-win situation.

Sometime back in the Newsletter there were a couple of articles on crop rotation. We will try to make a copy of these available to help with the understanding of this article.

### CHICKEN MANURE VERSUS CATTLE MANURE

#### Chicken

Used sparingly and often (once a month), chicken manure is the best manure for heavy feeders, egg corn, maize, citrus, and any plant that is grown for its leaf like lettuce, kale or cabbage. The science behind this is, chicken manure is high in nitrogen, the first of the macro elements. If you have planted a fruit crop eg tomatoes, eggplant, or root crops carrots, beetroot, or legumes (such as beans), it is not suggested you use chicken manure continually, but sparingly at planting and mixed well with the soil. Chicken manure produces leaf. The plant puts this nitrogen into leaf rather than fruit production.



#### Cattle

This is the all-rounder, the more balanced of the manures. Great to condition the soil and slowly feed your garden. This is the manure to use if you have planted fruiting plants, root vegetables or legumes. It can be used sparingly once a month.

Both manures can be bagged and soaked in water for three weeks, then diluted to be used as a liquid fertilizer, even on young seedlings. Be careful that you dilute it properly and don't make it too strong. *Ed. Nine parts of water to one part of liquid manure.*

The trick is to add all manures a couple of weeks before planting if you can. This way the roots of the seedlings don't get burnt by any of the manure that has not completely composted, or aged. It also gives a chance for the good microbes to build up in the soil. Healthy soil, healthy plants!

- Joanne



## Fruit Fly Traps



Have you planted tomatoes and capsicums and have a beautiful crop coming along? Maybe you have a variety that isn't fruit fly resistant, or you usually have problems in your garden with fruit flies. Here is an organic way to trap fruit flies using just some common household items.

First get a clean plastic jar, such as a peanut butter jar. Put on a chopping board and with a sharp knife make a u-shaped doorway about two thirds of the way up the jar. Fold the flap that you cut out of the jar upwards to make a little cover for the hole that the flies will go into. This will keep the rain and hose water out. Tie a piece of string around the jar under the

screw lid to suspend it by, or you could make a hole in the centre of the lid and thread some string through and tie a knot under the lid.

Next prepare your fruit fly bait. Mix a teaspoon of vegemite and a teaspoon of sugar with hot water and stir to dissolve. Add cold water to make sufficient solution for the jar or jars you are going to use, to come only about half way up the jar. Next put approximately one to two



tablespoons of Cloudy Ammonia per jar into the solution. Cloudy Ammonia can be purchased in the cleaning section of your supermarket.

Hang your Fruit Fly trap in the garden on, or next to your fruiting plants. If you have a large area of fruiting plants, or trees that are susceptible, you may need to add more traps. For fruit trees, place one trap in each tree.

Maintenance— These traps need to be maintained for them to remain effective. Every seven to ten days make up a new solution. Empty the contents out of the jars in the garden, rinse and fill with fresh solution.

Queensland Fruit Fly activity generally increases in spring as the weather gets warmer, it is not strictly tied to a particular season. If sufficiently warm weather persists into autumn or winter, fruit flies can continue through their life cycle providing that a suitable host fruit or fruiting vegetable is available.



## Handy Hints

Stop mosquitoes breeding in plant saucers beneath outside pot plants by filling them with sand.

Pinch out growing tips of tomato plants and pumpkins to promote bushiness, water regularly and fertilise once flowers and fruit appear.

## Quick Notes for Your Calendar

Once again, no events to let you know about, but December is a busy growing time in your garden

**Don't forget to come to The Toowoomba Organic Gardens on Sundays and Wednesdays from 8.30am onwards to join in the social and volunteering activities each week**

## Red Quinoa Salad

Pronounced Keen-wah, this is a great salad that keeps and travels well. It's good to have at lunch, with barbecues, or picnics. Use all those herbs you are growing and your fresh tomatoes and radishes too!

Quinoa is high in fibre and has twice the protein of rice or barley. It contains all nine essential amino acids, plus has the added advantage of being gluten-free. Its low glycemic index is good for blood-sugar control and it is a very good source of calcium, magnesium and manganese.

### Ingredients

**1 cup organic red quinoa** (or other colours)  
**2 cups water**  
**6 radishes chopped into medium dice, about 1 1/2 cups**  
**Half a small red onion cut in small dice**  
**1 large tomato or equal amount of cherry tomatoes (1 cup) chopped**  
**3/4 cup crumbled goat cheese (optional)**  
**2 tbs capers chopped coarsely**  
**2 tsp chopped fresh oregano, or fresh parsley**  
**1 tbs Dijon mustard**  
**4 tbs red wine vinegar**  
**1/3 cup olive oil**  
**Salt & pepper to taste.**

### Method

1. To cook the Quinoa—Rinse the quinoa thoroughly in a small strainer, or by running fresh water over quinoa in a pot. Drain. Place quinoa and 2 cups of water in a medium saucepan and bring to the boil. Reduce to simmer, cover and cook until all water is absorbed (15-20 minutes) When done, the grain appears translucent and the

germ ring is visible. Let the Quinoa cool, then toss with all the salad ingredients except the cheese.

2. Whisk the mustard and vinegar together until smooth, begin to drizzle olive oil in, whisking constantly, until the mixture begins to emulsify. Add salt and pepper to taste.
3. Pour dressing over salad, toss to mix, adjust seasonings.
4. Fold in cheese, (if using) carefully at the end so as not to get it mushy.



2018—2019 COMMITTEE

PRESIDENT: Andrew Hawke

VICE PRESIDENT: Vacant

SECRETARY: Mike Knight—[tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com)

TREASURER: Sharon Wendt—[tcoga.treasurer@gmail.com](mailto:tcoga.treasurer@gmail.com)

COMMITTEE MEMBERS: Oliver Rook, Robin Dixon, Jane Knight, Chris Walpole

Coordinating Volunteers

Garden Plot Coordinator: Joanne McClelland

New Member Coordinator: Joanne McClelland

Grants Coordinators: Linda Mangubhai & Sharon Wendt

Communications & Marketing Coordinator: Oliver Rook

Newsletter Editor: Carlene Gardiner

Project Coordinators: Andrew Hawke & Jeanette

Newsletter of Toowoomba  
Community Organic Gardens  
Association Inc.

22A Goggs Street  
TOOWOOMBA CITY QLD 4350

[tcoga.newsletter@gmail.com](mailto:tcoga.newsletter@gmail.com)  
(Our new email address is now  
operational!)

## Newsletter and Email - Q&A for TCOGA Members

Q1. Why do I find my TCOGA newsletter in my Junk Mail or Spam?

A. This is done by email operators to reduce the volume of undesirable mail found in your Email Inbox. Google, Microsoft and most other email operators use blacklists of email senders, and algorithms to identify undesirable email to remove from users inboxes.

Q2. Why is my TCOGA newsletter considered to be undesirable and put in my Junk Mail or Spam?

A. Often this happens with newsletters. After people subscribe they lose interest in the subject. They should unsubscribe by sending a message to the publisher and they should not receive the newsletter in future.

Q3. So why does my newsletter get affected?

A. An easy alternative way to deal with unwanted subscriptions is to mark them as junk or spam even though it is actually something they asked to be sent to them. This gets the sender of a newsletter put on a blacklist and other subscribers' newsletters get put in a junk folder as well.

Q4. Why not do something smarter?

A. This approach encourages newsletter senders to manage their subscribers and remove reluctant subscribers promptly. Your Toowoomba Community Gardens Association is introducing recording of communications preferences for members to better reflect member's needs. This means we will know whether you still want to receive the newsletter.

As a subscriber to any newsletter you can add the newsletter sender as a contact. This will usually mean your newsletter will arrive in your inbox as it should. You can request being unsubscribed if you lose interest in a newsletter and only if this fails should you then mark them as spam, or junk, with a clear conscience.

See our related article next on how to "make an email sender a contact".

## Making the Newsletter work

Most of you know Carlene assembles our newsletter "Growing Naturally". How it gets sent to you may be more of a mystery but it may help you to know a little more. Let's see step by step:

Contributions drip in at a really slow rate (O.K. maybe none sometimes). Carlene wants to make an interesting issue of "Growing Naturally". She sends requests for contributions to her regular contributors. Carlene gets searching for things we find interesting whenever she has a few minutes to spare. Publication deadline gets close, calls for contributions get more earnest, one or two contributions arrive but maybe they aren't enough—what does she do? Magic somehow, something gets pulled together and the newsletter is completed.

A list of email addresses of subscribers arrives in Carlene's Inbox every month - this is just email addresses - no member detail. Carlene prepares an email to subscribers putting each address she received into the BCC field. BCC stands for Blind Carbon Copy and means that the message recipient only sees the sender email address and not who it is sent to. This maintains your privacy and your email address is not disclosed to anyone else.

We are changing the address used for the newsletter to TCOGA.Newsletter@Gmail.com. This will not change how the newsletter is produced or sent to you.

**Could you please make TCOGA.Newsletter@Gmail.com a contact in your email account.** This will ensure your newsletter is not lost amongst spam. Could you also reply to your newsletter sender address if you want to unsubscribe saying just that "Unsubscribe" please. Carlene will make sure this is actioned within a few days.

We are also asking members who enjoy their newsletter, or who have the gift of being able to write an article, to write to Carlene via the TCOGA.Newsletter@Gmail.com email address with your contributions or comments.

## Make TCOGA.Newsletter@Gmail.com a contact

Now, how do you make TCOGA.Newsletter@Gmail.com a contact on your email system. This depends upon which email system you use but Outlook from Microsoft and Gmail from Google are quite similar:

Open your newsletter email, and using your mouse on your PC, or your finger on your mobile phone, "Hover over the sender". This opens a small dialogue with a blue link "Contact" or "add to contacts" to click on. In turn this opens a larger dialogue with a blue link "Save to contacts" you click that. Congratulations, it's done.

If you have another email system and can describe how adding contacts works please let us know as a contribution to the newsletter.  
Thank you.

-Mike