



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

February 2019

IN THIS EDITION

Page 1

What's Happening at The Gardens

Our President's Report

Page 2

President's Report
(continued...)

What to Plant in February

Page 3

Chemical Free Weed Control

Plants for the Shade

Quick Notes for your Calendar

Page 4

Recipe of the Month
Mango Smoothie

SOCIAL GARDENING

Wednesdays 8.30-11.00am

Come along and join in the fun!

Sundays 8.30-11.00am

All Members & Visitors Welcome



What's Happening at The Gardens

Did anyone miss the heatwave that Australia has been experiencing? Unfortunately, although the temperatures are set to ease, there is not much rain in the small showers and thunderstorms that are predicted during the month. With the big tank at the gardens empty we will have to hold off planting too much until some significant rain arrives. Raising seedlings at home may be an option so that you are ready for an autumn planting.

President's Report

Dear Members

Welcome to a new year of gardening at the Toowoomba Community Organic Gardens (TCOG). My name is Andrew Hawke and I am the current President of TCOG (elected in October 2018). Having been a volunteer member during 2017 and 2018, I have been impressed by the energy, enthusiasm, commitment and hard work of many of our members. Over the spring and summer, the Management Committee has been working hard to review, clarify and update our Associations Rules and Bylaws in order to enhance and streamline our membership and communications processes and to build and enhance our community of gardeners at TCOG.

The purpose of this Newsletter item is:

- To introduce some members of our Association Management Committee who you are likely to meet and who can assist you when you come to the gardens in relation to membership, plot hire and volunteer work at the gardens.
- To communicate with you about the new membership renewal processes that you will need to complete during February in order to renew your membership and plot hire at TCOGA for 2019.
- To inform you about the induction and training workshop which all members will have to complete during 2019 in order to be aware of TCOG organisation, rules and health and safety processes.

Andrew Hawke - President

In addition to my role as President, I have the following additional roles:

- **Membership and Plot Co-ordination for Large Garden Plots**
- **One of two Volunteer Coordinators.**

1. When you visit the gardens this year that you will notice that we have a new Attendance Register on the table in the shed. For Health and Safety and Insurance purposes all members and visitors must sign this Attendance Register each time they visit the gardens.
2. On the wall to the left after you enter the shed you will notice a white board listing work tasks that need to be completed in the gardens by members. After you perform any of these volunteer work tasks please write the work you performed in the column next to your signature in the Sign-On Book/Attendance Register. PS As part of their Plot Hire Agreement, Plot Holders are required to perform 2 hours per month of Voluntary work in the Gardens outside of their plot. Plot holders should write this work they performed in the column next to your signature in the Sign-On Book/Attendance Register.





Michael Knight - Secretary Mike Knight is the TCOG Secretary who has led the Management Committee recently to review, clarify and update our Associations Rules and Bylaws in order to enhance and streamline our membership, organisational and communications processes.

- Please read the **Information about 2019 Membership Renewals** which has been sent to almost all members as a test our updated email address list. If not received you will be able to collect your correspondence as arranged with Mike.
- By the time you receive this Newsletter (on February1) you should also have received from Mike a **Membership Renewal Invoice and Personal Details Update Form**.
- Thanks for all your work streamlining these processes Mike!



Joanne McClelland - Membership and Small Plot Co-ordinator – Joanne manages the enclosed plots. She is usually at the gardens for social gardening on Wednesdays and Sundays and greets visitors, potential members and new members.

Jeanette Walton – Volunteer Co-ordinator

Jeanette keeps the white-board in the shed up to date with work tasks that need to be completed by volunteer members and plot holders. Please talk to Jeanette if you have any questions about volunteer work tasks and write any volunteer work you perform in the sign-on book next to your signature.



Watering Rules and Restrictions at TCOG.

- As the result of the extremely dry weather, the large concrete water tank in the eastern fenced plot area is empty. We are currently using Toowoomba Regional Council (TRC) reticulated water for watering at TCOG and adhere to the TRC local water restrictions which can be found at TR.qld.gov.au .
- **TRC current watering restrictions for Toowoomba City are:**
- **Garden watering – using hand held hose with trigger nozzle is permitted from Tuesday to Sunday - before 10 am and after 4 pm. Bucketing water during these times is also permitted.**
- **Using hoses without a trigger nozzle attached is not permitted at TCOG and is in breach of our Rules.**

- Hoses with trigger nozzles are stored in the shed and Plot Holders can be issued with a key to the shed in order to access a hose and nozzle during the watering times listed above.

Happy Gardening in 2019! I look forward to seeing you at social gardening on Wednesday and Sunday mornings throughout the year.

Best Wishes

Andrew Hawke (President)

What to Plant in February

Herbs

- Basil, Chives,
- Coriander,
- Florence
- Fennel,
- Lemongrass,
- Mint,
- Oregano,
- Parsley and
- Tarragon



Beetroot

Vegetables

- | | | |
|------------------|----------------|--------------|
| Amaranth | Celery | Potato |
| Climbing & Dwarf | Collard Greens | Radish |
| Beans | Cucumbers | Swedes |
| Beetroot | Endive | Salsify |
| Broccoli | Kohl Rabi | Silverbeet |
| Brussels Sprouts | Leeks | Tomatoes |
| Cabbage | Lettuce | Sweet Potato |
| Carrots | Mustard Greens | Spring Onion |
| Cauliflower | Onions | Turnip |

Chemical Free Weed Control

Weeds are much more of a problem if your soil is infertile or poor in other ways. Keep your soil in good condition by ensuring it remains fertile, properly drained and friable and your garden plants will compete strongly with weeds.

The first step to weed control is to build up your soil. Add organic matter regularly, as a mulch, or dug in before planting. And fertilise your plants regularly.

The next step is to control the source of weed seeds. If you stop weed seeds getting into your garden, you will stop most weeds. Give first priority to removing any weeds in flower before seed is produced. Be careful not to bring any contaminated plants, soil, mulch, or anything else containing weed seeds into your garden.

The two main methods of non-chemical control for home gardeners are cultivation and mulching.

Cultivation

Cultivation, or the digging/turning of the soil with a spade or hoe will disturb weed growth and in the case of annual weeds, often kill the weed.

Mulching

Mulching kills weeds by simply smothering them. A layer of mulch on top of weeds will stop light getting to the weed and provide a physical barrier which the plant must break through to grow.

Vegetables for the Shade

Most vegetables prefer a sunny spot, however many will still grow well in semi-shade. Shaded areas are often cooler in summer than the open garden and for some vegetables such as lettuces and peas, this can be a distinct advantage. Cabbages, lettuce and pak choi will be less likely to go to seed in a cooler part of the garden over summer. Beans will often grow better in semi-shade in warmer temperate areas due to the cooler conditions, though full sun is essential in cooler climates.

The following will grow well in semi-shade: Rhubarb, peas, silverbeet, spinach, parsley.

Note: Plants grown in shaded areas require less watering because less water is lost through evaporation.



Quick Notes for Your Calendar

Recently we had a film crew from **Fremantle's production of Escape from the City**. They let us know that the ABC episode was to go to air on **ABC on 31 January 2019 at 8.00pm**.

This episode can still be watched on ABC iView if you have access to it. Google how to do this if you don't have access.

Membership Renewals and Plot Hire Payments to be completed by 28 February please

Brisbane Garden & Plant Expo—Saturday 16 & Sunday 17 March

Doomben Racecourse, Hampden Street, Ascot

www.plantexpo.com.au

Queensland Garden Expo—Friday 12 to Sunday 14 July (Qld's Premier Gardening Event)

Nambour Showgrounds, Nambour, Sunshine Coast

www.qldgardenexpo.com.au

Mango Smoothie

I thought, what says Australian summer more than mangoes and more deliciously, mango smoothies? Mangoes are in plentiful supply at the moment and one can often pick up a box at the markets for a reasonable price. Smoothies are so simple to make if you have a blender, or food processor.

Mangoes are a useful source of vitamin E, iron and vitamin C when raw. Ripe mango is rich in carotenes as well. So, they are not only great to eat, they are good for your health too!

Try one at breakfast or as an afternoon refreshment when friends drop by.

Ingredients

1 ripe mango
800mls to 1 litre milk, rice milk or almond milk
1 large tablespoon yoghurt or coconut yoghurt

Method

1. Put cut-up flesh of one mango into a blender or food processor
2. Add milk sufficient for the number of people to be served. Above quantities are sufficient for two people.
3. Blend for 30 seconds to combine.
4. Add yoghurt and blend until it looks smooth and a little frothy.
5. Serve in beautiful glasses and enjoy.



2018—2019 COMMITTEE

PRESIDENT: Andrew Hawke

VICE PRESIDENT: Vacant

SECRETARY: Mike Knight—tcoga.secretary@gmail.com

TREASURER: Sharon Wendt—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
(Our new email address is now
operational!)