



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

July 2019

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SOCIAL GARDENING

Wednesdays 8.30-11.00am

Come along and join in the fun!

Sundays 8.30-11.00am

All Members & Visitors Welcome



Plants, Pizza & Passionate People



Once again we celebrated the shortest day of the year - namely, the winter solstice - with pizza. Jo lit the oven early enough for it to be ready to take all our pizzas at midday. Our Lockyer Valley friends brought along their goodies and hot pizza on a lovely winter day was enjoyed by all.



Open day was a successful morning for the Gardens. Kate Charleston shared her enthusiasm for



horticultural therapy and Clinton shared his knowledge of native plants. The Lockyer Valley Organic Gardeners came up for their annual visit and so were able to listen to Alan Singleton talk about wicking beds and tour the

gardens to see what changes have occurred since their last visit. Thanks to Jeanette, we sold lots of plants and thanks to all the other members who committed their time and cake-making abilities.



Jobs for July

- * Plant asparagus crowns and raspberries,
- * Lift and divide rhubarb if needed
- * Sow spring vegetable seedlings and keep inside on a warm windowsill— Capsicum, Tomato, Watermelon,
- * Cut citrus galls off your citrus trees to stop the spring hatching of Citrus Gall Wasps. Put them in a sealed bag and bin!
- * Prune raspberries and other berry vines
- * Spray any scale insects on berry vines and roses with an organic insecticide
- * Liquid fertilise winter vegetables and prepare for spring planting
- * Clean and sharpen your tools ready for next spring and summer
- * Rake up any autumn leaves and put in the compost

Lovely Leeks

Leeks contain a useful amount of Vitamin E, carotenes, iron and when raw or lightly cooked, folate, vitamin C and vitamin B1.



Like other leaf vegetables leeks should be grown quickly in a bed that has been enriched with plenty of well-rotted organic matter, such as manure, or garden compost. If the soil is acid, add a dressing of lime when preparing the bed.

Water seedlings well before lifting them from the seed bed, taking care not to break their roots. An easy way of transplanting them is to make a hole with a dibber about 15cm deep. Place the seedling in the hole so that the roots are resting on the bottom and the tips of the leaves just show at the top. Planting them deeply in this way will help to blanch the stems. Don't cover with soil, when you water them in, enough soil will wash into the hole to cover the roots and hold the seedling in place.

An alternative method is to place the seedlings at the bottom of a trench 15cm deep. The trench can gradually be filled in as they grow. Space seedlings 20-25cm apart each way. Earth up the plants by degrees over a period of a few weeks taking care not to bury the central growing point. Water regularly and apply a water-soluble fertiliser every two to three weeks.

Leeks are usually fully grown in 16-20 weeks from transplanting. Start digging them up from 1-2cm in diameter. Leeks can be used in many ways; served as a hot vegetable, boiled, steamed, braised or fried and are also great in soups and stews. They are a major ingredient in the delicious French soup Vichyssoise. They can also be used raw in salads.

What to Plant in July

Herbs

Angelica	Lupin	Salad
Anise Hyssop	Marjoram	Rocket
Borage	Mustard	Sage
Calendula	Nasturtium	Thyme
Catnip	Parsley	Vetch
Camomile	Salad	Watercress
Chervil	Burnett	
Chickpea		
Chickory		
Coriander		
Dandelion		
Dill		
Endive		
Evening		
Primrose		
Fennel		
Fenugreek		
Feverfew		
Linseed		



Cape Gooseberry

Vegetables

Artichoke	Kale	Rhubarb
Beetroot	Kohl Rabi	Rye Corn
Bok Choy	Leek	Salsify
Broad Beans	Lettuce	Shallots
Broccoli	Mizuna	Silverbeet
Brussels	Mustard	Spinach
Sprouts	Greens	Spring Onion
Cabbage	Onions	Strawberries
Cape	Parsnip	Swede
Gooseberry	Peas—	Turnip
Carrots	Climbing,	
Cauliflower	Snow & Dwarf	
Celeriac	Potatoes	
Celery	Radish	

Dandelion



Jerusalem Artichokes



If your Jerusalem Artichoke plants have died down, dig below to reveal a bounty of delicious knobby tubers. Scrub them clean and boil, roast, sauté or slice them thinly and add to salads. They are low in carbohydrates and high in potassium, iron, protein and sulphur containing essential amino acids. Caution, don't eat too many at once initially as they are high in fibre with good prebiotic properties and can take a while for your digestive system to get used to!

Committee Reminders

Compost—After the wonderful rain we had last month and with the Council so busy with other parks, we started up our mower. As a result we have kick started the compost bins again. All of the dried out garden waste has been mulched down with the mower and it all looks very tidy again. Signs will be placed in/near each bin so please read before adding to any bins.

This compost will be used for our community areas only, as they are in desperate need of compost and enrichment. So, in a few months time it will be used there. Please don't use it in the hired gardens as it is the responsibility of the plot holders to source their own compost.

Weed Disposal - All Nutgrass, Onion Weed and Wandering Jew is to be placed in a bag and put in your rubbish bin at home. We do not have anywhere at the garden to dispose of it. Please do not put it in the compost bins as this just spreads the problem. Thank you.



Queensland Garden Expo

Some TCOGA members have mentioned how nice it would be to take a group trip to the Queensland Garden Expo in Nambour. Carpooling would be a good idea, but it's a long way to go for one day and an overnight stay might be more suitable with the Expo running from Friday to Sunday. It is a great event with many exhibits and presentations on all manner of gardening interests from knowledgeable presenters throughout the three days. So chat to your friends and see if you can make a trip a reality. More details below.

Builder and Apprentice

Sometimes we are amazed at the talent that lurks in our midst! Masquerading as a keen and able vegetable gardener, Ken has had a thus far unknown skill as a precise and professional builder of water tank bases. He and Jo, his Apprentice, have been hard at work preparing the site for our new water tank beside the shelter. Great work you two! Thank you.



Interesting Gardening Sites

Grow food not lawn Australia - Endeavour College of Natural Health

Greening of Gavin.com—growing food instead of lawn

This is a very interesting concept that is embraced in other countries, but not so much in Australia.

The Gardening Australia website also has items which can be accessed simply by Googling Gardening Australia front yard gardening, or gardening on the verge.

Quick Notes for Your Calendar

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

Nambour Showgrounds, Nambour, Sunshine Coast

P: 07 5441 4655 E: info@gardeneventsqld.com.au

www.qldgardenexpo.com.au

Saturday & Sunday 20 & 21 July—**Toowoomba Camellia Show and Garden Expo**

Toowoomba TAFE Campus

More information: toowoombacamelliashow.com

Wednesday 24 August—TCOGA AGM at The Gardens

Muhammara (Red Pepper and Walnut Spread)

Freeze vegetables at the height of the season and you'll be rich with cooking options for months to come. This Middle Eastern spread is equally good made with fresh or frozen capsicums.

Ingredients

1 large fresh red capsicum roasted or 1 chopped frozen capsicum, thawed
1/2 cup spring onions
1 tsp fresh lemon juice
1 tsp cumin
1 tsp salt
3 tsp pomegranate Molasses (or caramelized balsamic vinegar)
1 tsp red pepper flakes (or cayenne, or hot paprika)
5 Tbsp olive oil
3/4 cup walnuts lightly toasted
4-6 Tbsp fresh bread crumbs

Method

1. Combine pepper, spring onions, lemon juice, cumin, salt, 2 tsp pomegranate molasses, 1/2 tsp

red pepper flakes, 4 Tbsp olive oil and all but 2 of the walnuts in a food processor and puree until mostly smooth.

2. Add 4 Tbsp bread crumbs and pulse to combine. If mixture is still too loose to hold its shape, add remaining bread crumbs and pulse again. Season to taste with salt and red pepper flakes.
3. Scrape spread into a bowl and make a well in the centre with the back of a spoon. Drizzle 1 Tbsp olive oil, 1 tsp pomegranate molasses and 1/2 tsp red pepper flakes in the well. Crush the reserved walnuts between your fingers and sprinkle over the top.

If using a fresh red capsicum, char all sides directly on the burner of a gas stove or roast at 200 degrees C until blistered all over. Transfer to a bowl until cool enough to handle, then peel off the skin and remove the seeds and stem. Roughly chop, then continue with the recipe as directed.

Toowoomba Mower Centre
Supplying & Servicing



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2018—2019 COMMITTEE

PRESIDENT: Andrew Hawke

VICE PRESIDENT: Vacant

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

TREASURER: Andrew Hawke (Acting Treasurer) —tcoga.treasurer@gmail.com

COMMITTEE MEMBERS: Oliver Rook, Jane Knight, Chris Walpole

Coordinating Volunteers

Garden Plot Coordinator: Joanne McClelland

New Member Coordinator: Joanne McClelland

Grants Coordinator: Linda Mangubhai

Communications & Marketing Coordinator: Oliver Rook

Newsletter Editor: Carlene Gardiner

Project Coordinators: Andrew Hawke & Jeanette

Newsletter of Toowoomba
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