



# GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

July 2021

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## What Has Been Happening at The Gardens

Another winter solstice has come and gone, and our days are getting longer again. Members got together and celebrated the Winter Solstice on 20 June. The pizza oven was fired up and everyone had a great time, sharing food and friendships. A big thank you to Emilio and Jeanette who fired up the pizza oven in time to make sure it was ready for cooking at midday.

Even though the days have been shorter and the weather colder there is still work to be done in The Gardens. The community vegie plot is being prepared for its summer crops. Compost and manure has been added. Manure crops such as fenugreek and chickpeas have been planted, so that they can be dug back into the soil prior to planting summer vegetables in spring.

Some of our plot holders have been experimenting with manure crops and different methods to build up the soil in their plots. Two of our Field Plots have had some chickpeas and fenugreek planted in them. The plan is to dig them into the soil and see how it improves the depleted soil profile. As Brian Sams told us in our recent soil workshop, good soil is the key building block to any garden. Without good soil you cannot have healthy and nutritious plants. Soil needs constant attention and monitoring.

In last month's newsletter I mentioned the Victoria outbreak and unfortunately now the COVID-19 outbreak is in NSW and spreading to other states. We are all hoping that this outbreak can be brought under control and the cases in Queensland can be contained. Please remember to keep updated with the current government advice.

By the time you receive this newsletter we will be running our Bunnings Sausage Sizzle to raise funds for The Gardens. If you are able to come down and support us by buying a couple of sausages that would be greatly appreciated. Please encourage your friends and family to do the same. A big thank you goes to our regular volunteers who continually put their hands up to assist us both at The Gardens and with our fund-raising activities.

The TCOGA Annual General Meeting will be held on Saturday 7 August at The Gardens. Please refer to the notice in the newsletter for further information. Members will receive an email providing them with information about the AGM sometime in the first week of July.

I look forward to seeing you in The Gardens soon.

Wendy Snigg

President  
TCOGA



<https://www.instagram.com/tcogainc/>



**TOOWOOMBA**  
*community*  
**ORGANIC GARDENS**

## NOTICE OF AGM

### Toowoomba Community Organic Gardens Association Inc

**When: Saturday 7 August 2021**

**Where: At The Gardens in the gazebo area**

**Time: 10.00am**

All members are encouraged and welcome to nominate for a committee position. (President, Vice President, Secretary, Treasurer and two committee members)

**Nomination Forms must be completed and submitted to the Secretary on or before 24 July 2021. Nomination Forms are required for all committee positions.**

Nomination forms will be available in the shed at The Gardens. Members can also request that a form be emailed through to them by contacting: [TCOGA.president@gmail.com](mailto:TCOGA.president@gmail.com)


Feel free to chat to one of the committee members to find out more about what being a committee member involves and the various roles entail.

All members have a vote in the election of the new committee. If you will be unable to attend the meeting you can nominate someone to be your proxy vote. Proxy forms will be available in the shed at The Gardens. Members can also request that one be emailed to them by contacting: [TCOGA.president@gmail.com](mailto:TCOGA.president@gmail.com)

Please feel free to chat to one of the committee members if you would like any further information.

## What to Plant in July

### Herbs

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

**Watercress**

### Vegetables

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

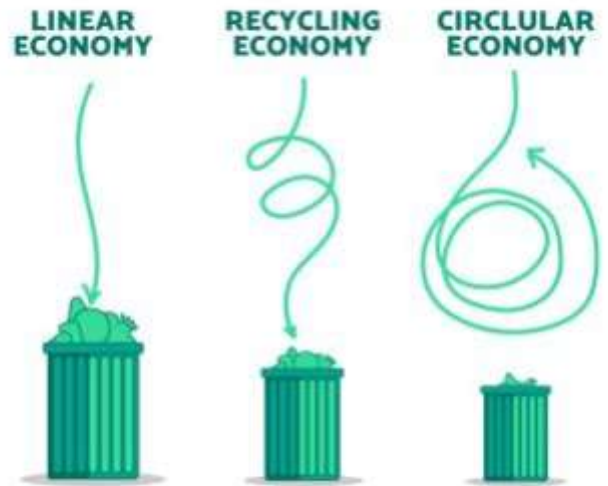


**Radishes**

# The Circular Economy and Composting: Extending the Lifespan of Landfills and Reducing Carbon Emissions

A circular economy is an economic system aimed at eliminating waste and the continual use of resources. Instead of the take, make and dispose of the linear economic model, circular systems employ reuse, sharing, repair, refurbishment, remanufacturing and recycling to create a closed-loop system, minimising the use of resource inputs and the creation of waste, pollution and carbon emissions.

Compost is the basis of soil fertility. By recycling green waste from the garden and kitchen, we restore the elements that plants need to grow in the soil, as my colleagues have previously described in their article in this newsletter. Composting allows us to reduce waste in our homes, transforming such waste into compost and reducing the waste disposal in the landfills, or burnt in the incineration plants, creating a high quality resource for soil improvement and better produce.



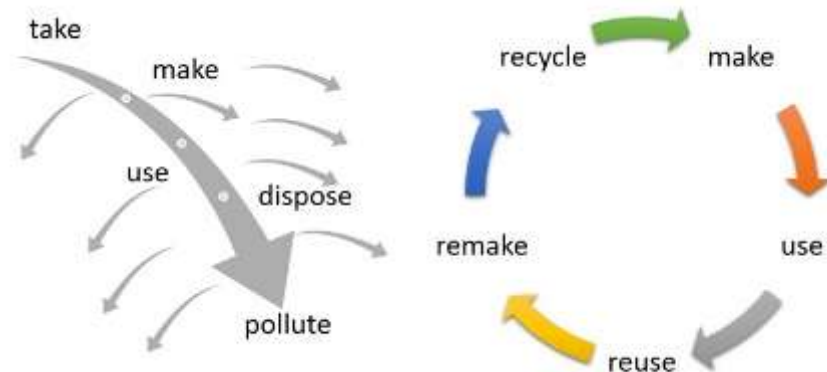
In the circular economy, reuse, reduce and recycle are the basis of a system in which the word "waste" disappears and is replaced by the word "product". The reason for this is that the circular economy bases its principles precisely on promoting the maximum reuse of the materials used to produce new materials.

Therefore the materials that we use should not be thrown away, but instead used elsewhere; in this way, our waste

will become raw materials again. The waste has value and becomes a significant resource, leading us to be part of the solution in reducing waste, thereby helping to extend the lifespan of landfills.



Furthermore, composting our organic waste is an ecological and natural process that will help to reduce greenhouse gas emissions and other environmental issues in landfills. On the other hand, reducing our waste production will help to reduce expenditures in waste collection, treatment and disposal services. It is important to keep in mind that what we throw away impacts on our environment and economy.



Almost all organics can be recycled through composting. Today, agricultural and horticultural industries are increasingly important outlets as awareness of the agronomic value of compost grows. By creating awareness of the circular economy and its benefits, we become more environmentally and socially responsible individuals, boosting our positive impact on the society. Through the environmental section of our local government or

through the local community garden, we can learn more about how to facilitate the circular economy at the local level through composting.

## Successful Grant Application

### Implications for Founders Garden Plot Holders

We have been successful in our Gambling Benefit Fund Application. The Committee is excited to announce that we have been allocated \$34,700 to spend on the upgrade to the Founders Garden and begin a Person with Disability Garden.

The Council will be working with us to implement the work approved in our grant application. The timber borders surrounding the plots in the Founders Garden will be replaced. This will mean that there will be some impact on the gardens of Founders Garden Plot holder's. Every effort will be made to limit the impact, but please consider that you may be well advised to ensure that any future plantings are placed well away from the edges, 50 – 100 cm is a suggestion. We are also hopeful that crusher dust will be put down on the pathways around the plots.

We ask that you are understanding of this process as the outcome will be a much safer area for you to work in and to enjoy your garden. Work will also be done on the retaining wall at the back of the Founders Garden and the steps leading up to the worm farm. These will be replaced with a ramp to allow easier access with wheelbarrows.

At this stage we are unable to give you a start date for this work, but we envisage it will be in the next one, or two months, depending on The Council and contractors. Founder's Garden Plot holders will be sent an email advising them of the start date as soon as we have that information.

This is a great injection of money into our gardens and will improve access to The Gardens.

TCOGA Committee



Ready for Renewal

## Quick Notes for Your Calendar

**Saturday 10 July - TCOGA Meeting at The Gardens—at 10.00am**

**Friday 9—Sunday 11 July 2021—Queensland Garden Expo—  
Nambour**

[www.qldgardenexpo.com.au](http://www.qldgardenexpo.com.au)

**31 July—1 August—Botanical Bazaar—presented by Rotary Gold Coast  
Country Paradise Parklands, 231 Beaudesert-Nerang Road, Nerang, Gold  
Coast**

[botanicalbazaargc.com.au](http://botanicalbazaargc.com.au)

**Saturday 7 August—AGM of TCOGA at The Gardens**

**25 & 26 September—Grow Expo—Gatton Showgrounds**

[www.growexpo.com.au/](http://www.growexpo.com.au/)

## The Humble Choko, continued...

My husband and I like chokos.

I use them as a vegetable; steamed plain or with a cheesy white sauce, diced or coarse grated into stir fries, fine grated into spaghetti bolognaise.

Because they are bland they take on the flavour of the other ingredients.

I also use them in desserts; mock pears (peel but only cut into half so they look like a pear, cook with water, sugar, vanilla and cochineal -the latter helps with colour. Serve with custard or cream or ice cream.)

My mum used to make a pie filling with chokos. I presume she cooked them with a little water, sugar and mashed them and thickened with cornflour and placed in a pie shell. Mum often put meringues on top of her pies. Happy experimenting, Edith



## Green Manure Crops – Tino's Tips

### Gardening Australia Series 28 Episode 13

***If your soil is looking tired and rundown, growing green manure will give it back its va-va-voom!***

Green manure refers to crops that are grown specifically to be dug back into the soil to add nutrients back into the soil. Green manure can remediate soil that has been planted with demanding crops like brassicas or prepare the soil for hungry crops like corn. It also improves soil structure, water retention and draws minerals up through the soil profile, making them more available to plants.

### What to Plant for a Green Manure Crop

- You can use any seed that will germinate at the time of the year that you're planting. You can also purchase green manure mixes from nurseries.
- Green manure mixes that contain oats are great for overcrowding any weeds that may germinate in your garden bed. The fibrous roots are also good at breaking up soil.
- Green manure mixes that contain legumes (like peas and beans) will fix nitrogen.

Mustard plants are great soil fumigators! They can help to prevent things like root-knot nematode and fungal pathogens.

### Planting a Green Manure Crop

1. Loosen the soil with a fork to break up any clods
2. Spread the green manure seed generously to get a thick coverage on the bed
3. Rake in to cover seed or dust over with compost to discourage birds from eating it
4. Water in the well

In around 6 week's time, the crop should be ready to be cut down and dug in

### Tino's Tips

- Cut down green manure crop before it starts flowering otherwise it will start using nutrients from the soil
- Dig in legumes before they get a woody stem as they take a long time to break down.

About a week after digging in the green manure crop, dig it in a second time and a week or two after that, the ground should be ready to plant your veggie crop.

**Information taken from webpage—**<https://www.abc.net.au/gardening/factsheets/green-manure/9440370>



## Minestrone Soup

Such a warming and filling soup to have on a cold winter's day and so healthy for you too!

### Ingredients

250g haricot beans  
1 dsp olive oil  
1 clove garlic  
1 onion  
1 tsp chopped parsley  
3/4 tsp basil  
6 shallots  
1 tbs tomato paste  
3 tomatoes  
3 sticks celery  
2 carrots  
2 potatoes  
1 litre chicken stock  
Salt and pepper  
1 cup elbow macaroni  
Extra parsley  
Grated parmesan cheese



Prepare vegetables, crush garlic, chop onion and shallots, peel, seed and chop tomatoes, chop celery and 1 carrot, slice the other carrot, peel and chop potatoes.

Heat oil in large saucepan, sauté garlic, onion, shallots, parsley and basil until lightly browned.

Add tomato paste and cook stirring 5 minutes. Add tomatoes, celery, carrots, potatoes and stock. Bring to the boil; reduce heat, simmer gently 45 minutes to 1 hour, or until vegetables are tender; add the beans. Add macaroni and cook 10 minutes or until tender.

Season to taste with salt and pepper. Serve sprinkled with chopped parsley and grated parmesan.

Serves 6-8.- *Australian Women's Weekly Cookbook*



### Method

Soak beans overnight in cold water; drain. Boil in salted water about 1 hour or until tender; drain and reserve

Toowoomba Mower  
Centre  
Supplying & Servicing



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### 2020—2021 COMMITTEE

**PRESIDENT:** Wendy Snigg

**SECRETARY:** Jeanette Walton—[tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com)

**TREASURER:** Kate Eglitis —[tcoga.treasurer@gmail.com](mailto:tcoga.treasurer@gmail.com)

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Newsletter of Toowoomba  
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<https://tcogardens.wordpress.com/newsletters/>