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## What has been Happening in June

You would think with the cooler weather things would be slowing down but not in our case, we are as busy as ever catching up with projects and tidying up.

### **Date Claimers – AGM- 6 th August 2023.**

I can not stress strongly enough about the importance of having as many members at the AGM as possible. Please consider standing for a position on the Executive and Committee and also bringing forth new ideas.

We had our final workshop that was funded by the Australia Post Grant- The Tool Maintenance Workshop, and it was very informative. Thank you to Toowoomba West Men's Shed for showing us the tricks of the trade, our equipment is now in first class working order. The tools are a huge investment and it is so easy to look after them. On the next rainy social gardening day if we could all continue cleaning up the tools that would be very much appreciated. Come along, always something to do even in the rain and it will be fun.

We had a stand at the World Environment Day.

We were busy introducing people to the garden and there is a lot of interest in gardening sustainably. Thank you to the members who volunteered to man the stand.

We are lucky to have a group of students from Wilsonton SS volunteering at the garden and also a smaller group from Harristown SS. They are very keen, capable and a lot of fun to be with. They all enjoyed learning and being outside. Both groups are making a huge difference at the garden.

A few members are quite keen on the hügelkultur method of gardening. There are a few popping up over the place. The permaculture/forage garden is filling with all different types of plants.

Thank you to the many people who have made donations of apple, peach and pepinos. Take the time to go for a wonder through and have a look at our gardens. You will be surprised at the difference and also the variety of plants.

The Community Library is up and going. Nettie and Carrie did a terrific job getting it operational. There are books in there to suit everyone. On a different note it was decided at the June meeting to cancel the monthly Working Bees. Instead when there is a big project, we will put the call out to all members to get as many people possible there to just focus on an area.

Stay well, stay safe and I will see you at the garden.

*Joanne*

### **Annual General Meeting – Sunday 6 August**

The AGM will be held at the gardens commencing at 9.30am. All positions on the management committee are open. You will have received an email with the nomination form included, there are also hard copies in the brown cupboard in the shed where the membership forms are.

Nomination forms need to be returned by 16 July 2023 to [tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com).

The plan of management and position descriptions are available for those members interested in seeing what is involved in the committee roles, which are located in the shed or you can speak with one of the current committee members.

The positions of the executive are: President, Vice President, Secretary and Treasurer and there are 5 positions for Committee members.

This is an important meeting as it provides the opportunity for you, the members to vote in who you want to represent you at the gardens or if you would like to become part of the Committee.

Also at this meeting we will vote on the Rules of the Association and inclusion of the membership for a family at a fee of \$40 annually and the change of the name from association membership to group membership.

*Kylie*



# July

SUN

MON

TUES

WED

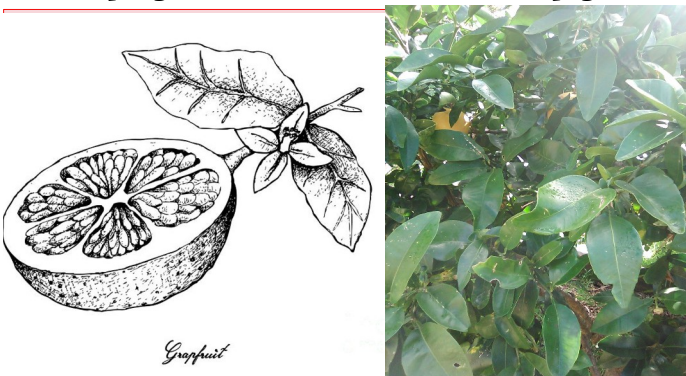
THUR

FRI

SAT

						<p>1<sup>st</sup></p> <p><b>Snowflakes at Stanthorpe</b> 9am-7pm, Stanthorpe showgrounds, 8 high street <b>Cobb and co farmers Markets</b> Lindsav st</p> 
<p>2<sup>nd</sup></p> <p><b>Snowflakes at Stanthorpe</b> 9am-2pm, Stanthorpe showgrounds, 8 high street</p> <p><b>PCYC Markets</b></p>	<p>3<sup>rd</sup></p>	<p>4<sup>th</sup></p>	<p>5<sup>th</sup></p>	<p>6<sup>th</sup></p>	<p>7<sup>th</sup></p> <p><b>Qld Garden Expo</b>-7th to 9<sup>th</sup> July, 8am-4pm, Coronation avenue, Nambour</p>  <p><b>World Chocolate Day</b> Event on at Mt Coot-tha, learn about cocoa</p>	<p>8<sup>th</sup></p> <p><b>Laidley Show</b> 8<sup>th</sup> and 9<sup>th</sup> July <b>Cobb and co Markets</b></p>
<p>9<sup>th</sup></p> <p><b>PCYC Markets</b></p>	<p>10<sup>th</sup></p>	<p>11<sup>th</sup></p>	<p>12<sup>th</sup></p>	<p>13<sup>th</sup></p>	<p>14<sup>th</sup></p>	<p>15<sup>th</sup></p> <p><b>Cobb and co Markets</b></p>
<p>16<sup>th</sup></p> <p><b>PCYC Markets</b></p>	<p>17<sup>th</sup></p>	<p>18<sup>th</sup></p>	<p>19<sup>th</sup></p>	<p>20<sup>th</sup></p>	<p>21<sup>st</sup></p>	<p>22<sup>nd</sup></p> <p><b>Cobb and co Markets</b></p>
<p>23<sup>rd</sup></p> <p><b>PCYC Markets &amp; Queens park markets, Toowoomba</b></p>	<p>24<sup>th</sup></p>	<p>25<sup>th</sup></p> <p><b>Green Expo</b> 25th to 26th July 8.30am, Gold Coast Turf club, Surfers Paradise</p>	<p>26<sup>th</sup></p>	<p>27<sup>th</sup></p>	<p>28<sup>th</sup></p> <p><b>QLD Outdoor Adventure Expo</b>-8.30am Toowoomba showgrounds, Glenvale road</p>	<p>29<sup>th</sup></p> <p><b>Cobb and co Markets</b></p>
<p>30<sup>th</sup></p> <p><b>PCYC Markets &amp; Carbarlah Markets</b></p>	<p>31<sup>st</sup></p>					

## Plant profile at the Gardens-Grapefruit



The grapefruit (*Citrus × paradisi*) is a subtropical citrus tree known for its relatively large, sour to semi-sweet, somewhat bitter fruit. The interior flesh is segmented and varies in colour from pale yellow to dark pink.

Grapefruit is a citrus hybrid originating in Barbados. It is an accidental cross between the sweet orange (*C. × sinensis*) and the pomelo or shaddock (*C. maxima*), both of which were introduced from Asia in the 17th century. It has also been called the forbidden fruit. In the past it was referred to as the pomelo, but that term is now mostly used as the common name for *Citrus maxima*.

The evergreen grapefruit trees usually grow to around 5–6 m (16–20 ft) tall, although they may reach 13–15 m (43–49 ft). The leaves are long (up to 15 cm (5.9 in)), thin, glossy, and dark green. They produce 5 cm (2 in) white four-petaled flowers. The fruit is yellow-orange skinned and generally an oblate spheroid in shape; it ranges in diameter from 10 to 15 cm (3.9 to 5.9 in). Its flesh is segmented and acidic, varying in colour depending on the cultivars, which include white, pink, and red pulps of varying sweetness (generally, the redder varieties are the sweetest).

### Nutrition

Raw grapefruit is 90% water, 8% carbohydrates, 1% protein, and negligible fat. In a 100 gram reference amount, raw grapefruit provides 33 kilocalories and is a rich source of vitamin C (40% of the Daily Value), with no other micronutrients in significant content. Grapefruit juice contains about half the citric acid of lime or lemon juice, and about 50% more citric acid than orange juice.

Here are some ways to take advantage of grapefruit's nutrition and taste:

**Broiled grapefruit:** Drizzle a half of a grapefruit with a little brown sugar and broil it for an elegant dessert or a breakfast treat you can pair with yoghurt or bananas.

**Cool grapefruit salad ideas:** Include some grapefruit sections in an Italian-style salad with fresh arugula, Parmesan and pistachios. You can even make it a full meal by adding grilled chicken. Another option is to toss grapefruit sections with avocado, lime juice, a little salt, and fresh herbs such as cilantro or mint.

**Grapefruit in smoothies:** Grapefruit can go into your morning smoothie with other fruits and veggies. Putting the fruit in a blender as opposed to a juicer helps keep all the good fibre intact. You can also make a parfait with the pureed smoothie by layering it with yoghurt.

### Grapefruit and Medications

Grapefruit and grapefruit juice have been found to interact with numerous drugs and in many cases, to result in adverse direct and/or side effects (if dosage is not carefully adjusted).

This happens in two very different ways. In the first, the effect is from natural furanocoumarins such as bergamottin and 6',7'-dihydroxybergamottin, which occur in both grapefruit flesh and peel. Furanocoumarins inhibit the CYP3A4 enzyme, including the P450 enzyme family responsible for metabolising 90% of drugs. The action of the CYP3A4 enzyme itself is to metabolise many medications. If the drug's breakdown for removal is lessened, then the level of the drug in the blood may become too high or stay too long, leading to adverse effects. On the other hand, some drugs must be broken down to become active, and inhibiting CYP3A4 may lead to reduced drug effects. The other effect is that grapefruit can block the absorption of drugs in the intestine. If the drug is not absorbed, then not enough of it is in the blood to have a therapeutic effect. Each affected drug has either a specific increase of effect or decrease.

One whole grapefruit, or a glass of 200 ml (7 US fl oz) of grapefruit juice may cause drug overdose toxicity. Typically, drugs that are incompatible with grapefruit are so labelled on the container or package insert. People taking drugs should ask their health-care provider or pharmacist questions about grapefruit and drug interactions.

## Edible Flowers



Edible flowers are flowers that can be consumed safely. Flowers may be eaten as vegetables as a main part of a meal, or may be used as herbs. Flowers are part of many regional cuisines, including Asian, European, and Middle Eastern cuisines. Edible flowers are added to foods to provide flavour, aroma, and decoration. They can be eaten as part of a main dish or be incorporated into salads. Flowers can be added to beverages as flavourings, or be used to make beverages such as tisanes and wines. They are added to spreads such as butter or fruit preserves, and to vinegar, marinades, and dressings.

Flowers are also consumed for sustenance. Many flowers that are technically edible can be far from palatable. An example of a species with flowers that are of high nutritional value is the dandelion, whose flowers are shown to contain high levels of polyphenols and antioxidants and possess anti-inflammatory and anti-angiogenic properties.

For the best flavour, flowers should be fresh and harvested early in the day. Wilted and faded flowers and the unopened buds of most species can be unpleasant and often bitter. The taste and colour of nectar widely vary between different species of flower; consequently, honey may vary in colour and taste depending on the species of flower. Many flowers can be eaten whole, but some have bitter parts, such as the stamens and stems.

Some flowers are safe to eat only in small amounts. Apple flowers (*Malus* spp.) contain cyanide precursors, and Johnny jump-ups (*Viola tricolor*) contain saponins. Borage (*Borago officinalis*) and daylily (*Hemerocallis* spp.) flowers are diuretics, and sweet woodruff (*Galium odoratum*) can have blood-thinning effects. The flowers of linden trees (*Tilia* spp.) are reportedly "safe in small amounts", but heavy consumption can cause heart damage. Marigolds (*Tagetes* spp.) can be harmful in large amounts, and only certain species have an appealing flavour.

Toxic flowers are easily mistaken for edible varieties, and unrelated safe and unsafe species may share a common name. Various non-toxic plants can cause severe allergies in some people. Flowers cultivated as ornamental plants for garden use are not intended for use as food.

A number of foods are types of flowers or are derived from parts of flowers. The costly spice saffron consists of the stigmas and styles collected from the inside of a type of crocus flower. Broccoli, artichokes, and capers are all technically flower buds, albeit immature forms. Other parts of the plants than the flowers mentioned in this list may be poisonous.

American elderberry ( <i>Sambucus canadensis</i> )	Lilac ( <i>Syringa vulgaris</i> )
Anise hyssop ( <i>Agastache foeniculum</i> )	Loveage ( <i>Levisticum officinale</i> )
Arugula ( <i>Eruca sativa</i> )	Maguay flower ( <i>Agave</i> spp.)
Banana blossom	Mangrove trumpet tree ( <i>Dolichandrone</i> sp)
Basil ( <i>Ocimum basilicum</i> )	Markhamia stipulata,
Bean ( <i>Phaseolus vulgaris</i> )	Mint ( <i>Mentha</i> spp.)
Bergamot ( <i>Monarda didyma</i> )	Nasturtium ( <i>Tropaeolum majus</i> )
Black locust (only flowers).	Okra ( <i>Abelmoschus esculentus</i> )
Broccoli ( <i>Brassica oleracea</i> var. <i>italica</i> )	Passionflower ( <i>Passiflora</i> spp.)
Broussonetia kurzii	Pineapple sage ( <i>Salvia elegans</i> )
Butterfly pea ( <i>Clitoria ternatea</i> )	Red clover ( <i>Trifolium pratense</i> )
Cauliflower ( <i>Brassica oleracea</i> )	Rose ( <i>Rosa</i> spp.)
Chamomile ( <i>Chamaemelum nobile</i> )	Rosemary ( <i>Rosmarinus officinalis</i> )
Chervil ( <i>Anthriscus cerefolium</i> )	Sage ( <i>Salvia officinalis</i> )
Chinese hibiscus ( <i>Hibiscus rosa-sinensis</i> )	Sesbania grandiflora
Chives ( <i>Allium schoenoprasum</i> )	Snapdragon ( <i>Antirrhinum majus</i> )
Chicory ( <i>Cichorium intybus</i> )	Squash ( <i>Cucurbita pepo</i> )
Chickweed ( <i>Stellaria Media</i> )	Sunflower ( <i>Helianthus annuus</i> )
Chrysanthemum ( <i>Chrysanthemum</i> spp.)	Thyme ( <i>Thymus vulgaris</i> )
Cornflower ( <i>Centaurea cyanus</i> )	Violet ( <i>Viola odorata</i> )
Cosmos ( <i>C. Sulphureus</i> ) ( <i>C. Bipinatus</i> )	English daisy ( <i>Bellis perennis</i> )
Dandelion ( <i>Taraxacum officinale</i> )	Fennel ( <i>Foeniculum vulgare</i> )
Dianthus ( <i>Dianthus</i> spp.)	Geranium ( <i>Pelargonium</i> spp.)
Dill ( <i>Anethum graveolens</i> )	Hollyhock ( <i>Alcea rosea</i> )
English marigold ( <i>Calendula officinalis</i> )	Japanese honeysuckle ( <i>Lonicera japonica</i> )
	Lavender ( <i>lavandula</i> spp.)





# *What to Plant in July*

Angelica  
 Anise/Hyssop  
 Artichoke  
 Beans-Broad  
 Beetroot  
 Bok Choy  
 Borage  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Calendula  
 Camomile  
 Cape Gooseberry  
 Catnip  
 Carrots  
 Cauliflower  
 Chervil  
 Chickory  
 Chickpea  
 Coriander  
 Dandelion  
 Dill  
 Endive  
 Evening primrose  
 Feverfew  
 Fennel  
 Fenugreek  
 Kale  
 Kohl Rabi  
 Leeks  
 Lettuce

Linseed  
 Lupin  
 Marjoram  
 Mizuna  
 Mustard greens  
 Nasturtium  
 Onions  
 Parsley  
 Parsnip  
 Pea-Climbing, Snow and  
 Dwarf  
 Potatoes  
 Radish  
 Rhubarb  
 Rye Corn  
 Sage  
 Salad Burnett  
 Salad Rocket  
 Salsify  
 Shallots  
 Silverbeet  
 Spinach  
 Spring onion  
 Strawberries  
 Swedes  
 Thyme  
 Turnip  
 Vetch  
 Watercress

**What to look for  
 Harvesting  
 (Toowoomba -Darling  
 Downs/TCOGA)  
 approximate:**  
 Asian Greens  
 Avocado  
 Beans  
 Beetroot  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Custard apple  
 Eggplant  
 Herbs  
 Kale  
 Lemons  
 Lettuce  
 Limes  
 Mandarins  
 Oranges  
 Parsnips  
 Pumpkins  
 Radish  
 Rhubarb  
 Silverbeet  
 Snow peas  
 Spring onions  
 Swedes  
 Tangerines  
 Turnips

# Recipe of the Month-*Carrot and Tromboncino Cake*

## INGREDIENTS

- 2 cups self-raising flour
- 1 ½ cups brown sugar
- 1 cup coarsely grated Tromboncino/Zucchini/Squash
- 1 cup of oil(vegetable/canola/coconut)
- 4 Eggs whisked
- 1 cup coarsely grated carrot
- 1/2 cup chopped walnuts(optional)
- 2 tsp each ground cinnamon, nutmeg, ginger and cloves
- 250g cream cheese, at room temp
- 1 cup icing sugar mixture
- 1 lemon zested, juiced
- 50g butter softened

Last of the Zucchini/Tromboncino season. If you are harvesting carrots at the same time here is a recipe to combine both. It's a good way to get some vegetables in your diet if you're not big on eating veggies.



## METHOD

### Step 1

Preheat oven to 180°C. Grease and line base and sides of a 10cm x 22cm loaf pan with baking paper, allowing the sides to overhang. Combine flour, brown sugar, tromboncino, carrot, walnut(optional), and spices in a large bowl. Whisk the oil and egg in a small bowl. Add to the flour mixture. Stir to combine. Pour into prepared pan and smooth the surface.

### Step 2

Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside in the pan for 5 mins before transferring to a wire rack to cool completely.

### Step 3

Use an electric mixer to beat the cream cheese and butter in a bowl until pale and creamy. Add icing sugar and lemon juice. Beat until well combined.

### Step 4

Place the cake on a serving plate. Top with cream cheese icing. Sprinkle with lemon zest and extra walnuts if you like.

*Made by Angela and Linda served at Tcoga, May 2023*

# How to build an Insect Hotel

Some gardeners may have noticed the insect hotels I have made from our cut bamboo. I also used logs from the cut branches where the shed will be placed and repurposed the logs in the old insect hotel. It didn't cost me anything but I have included below a "how to" by Better Homes and Gardens if anyone is interested in making a nicer one. There's no design template for building an insect hotel. It depends on what materials you have, which should be natural and preferably recycled. You can leave appropriate plant litter about your garden and your insect friends will find it. Or do a purpose build with an old wooden box – or make your own - to house your hotel rooms.  
NOTE Don't use treated timber - the chemicals repel insects.

## Gather your supplies

- 50 x 200mm x 1m hardwood sleeper
- 200mm x 10-20mm-dia dry branches with a pith centre, such as hydrangea, bamboo or tibouchina
- Piece of corrugated iron, for roof
- 200mm x 100-150mm-dia log

You'll also need

Tinsnips; power drill; 6 x 160mm auger drill bit; 10 x 190mm auger drill bit; sandpaper; handsaw/power saw; tape measure; 75mm and 50mm screws

**Step 1**-Drill randomly spaced 6mm and 10mm holes in ends of timber log.

**Step 2** -Cut two 300 x 200mm lengths and two 100 x 200mm lengths of hardwood. Position pieces in butt-joint box shape. Drill a clearance hole into each corner of top and countersink, then drill corresponding pilot holes through sides. Drive in 75mm screws to secure top to sides. Flip assembly and repeat to secure bottom to sides.

**Step 3**-Drill randomly spaced 10mm holes into 1 face of box. Sand area.

**Step 4**-Cut corrugated iron to size, leaving overhang at sides to suit. Bend sheet in half width-ways, reopen and position on top of box. Put log inside, then secure corrugated iron to sides of box with 50mm screws.



## What to put in a bug hotel

Logs with holes drilled through them of various widths and to various depths from 3-10cm. Don't drill all the way through or you'll create drafts.

Bamboo culms with nodes – or interior walls - still intact.

Holes drilled into untreated timber offcuts.

Stones.

Twigs and sticks.

Banksia or pine cones, clumps of gumnuts.

Bark.

Terracotta or clay tiles or crumbling bricks.

Shredded cardboard, straw or coconut fibre.

## How to attract different insects

Solitary native bees love holes in wood, either drilled through a log or a block of timber, or bamboo culms that have natural cavities, or in hollows in dead wood. Some dig holes in sand or clay.

Ladybirds are attracted to bundles of twigs and sticks.

Lacewings like to nestle in straw, coconut fibre or shredded cardboard.

Many beetles scurry under bark.

Assassin and damsel bugs like soft greenery.

Earwigs wriggle under sand or stones.

-Angela

## Visitors

Our visiting hours on google currently advertise 8am -11am, but as the days get cold we have been encouraging visitors to come in at 9am-12pm for a more comfortable visit until it warms up again.

# Committee and Contact

## 2023 COMMITTEE

**President:** Joanne McClelland

[Tcoga.president@gmail.com](mailto:Tcoga.president@gmail.com)

**Secretary:** Kylie Higgins

[tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com)

**Treasurer:** Cherie(acting)

[Tcoga.treasurer@gmail.com](mailto:Tcoga.treasurer@gmail.com)

**Committee Members:** Janette Golding, Susan Sheppard, Pauline Cridland, Tim Bretts

**Plot Coordinator:** Emma

[TCOGA.plotcoord@gmail.com](mailto:TCOGA.plotcoord@gmail.com)

**Newsletter editor:** Angela Langdale

[Tcoga.newsletter@gmail.com](mailto:Tcoga.newsletter@gmail.com)

**Newsletter of Toowoomba Community  
Organic Gardens Association Inc. 22A Goggs  
Street, TOOWOOMBA CITY, QLD, 4350**

 **Instagram**

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

 **Newsletter Email**

[Tcoga.newsletter@gmail.com](mailto:Tcoga.newsletter@gmail.com)

 **Past Newsletters**

<https://tcogardens.wordpress.com/newsletters/>

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<https://www.facebook.com/TCOGardens/>

 **Website**

<https://tcogardens.wordpress.com/>