



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

June 2022

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What has been happening at the Gardens

The weather has been unbelievable lately, but it hasn't stopped many keen gardening members from turning up during another action-packed month at Goggs Street. There is still plenty to do even if it is raining.

On World Permaculture Day, we held our first working bee for the year and what a success it was with so much achieved. The propagation shed was moved, the area was tidied, sleepers removed and a good old general tidy up followed. The mountain of mulch was shifted to where it was desperately needed and everyone was super motivated as we had a wonderful morning and also lunch to look forward to. Lunch consisted of delicious pumpkin soup made with the pumpkins from the garden and empanadas, (a traditional Chilean dish), both of which were very yummy. We didn't even bother cooking any of the pizzas!!! We would like to give a very big thank you to Angelia, Adam and family and Emilio, Anika and family for providing us with that wonderful food. That is what I call The Art of Giving and Sharing.

The Committee members were impressed by the fact that the working bee was completely member driven. There were four ladies who first discussed the idea at morning tea one day and then it became a reality. They wish to have the working bees every month so that we can get on top of the long list of jobs. A flyer will be sent out prior to each day. Well done to the ladies and to everyone who turned up.

If you are interested in seeing something particular happen at the Gardens, please speak to a Committee member and we will do our very best to support your ideas. It is all about our learning and not letting the Gardens stagnate.

The Accessible Garden area is now complete and is a wonderful asset for the Gardens while also demonstrating our commitment to the diversity of our members. We are just waiting to get some paths and railings done and that should have the grant completed.

Speaking of assets for the Gardens, the students from the Good Samaritan School and our handy members are busy making some creations from old pallets. Already we have shelving and a potting up table with plans for a morning tea table and a wood box. We welcome more ideas.

Last week we saw the delivery of three loads of tree mulch. Thank you to Rob and his crew for the very kind donation.

Don't forget to book your place for the fruit pruning workshop on Saturday 4 June.

I really hope I have included everything that has happened in the last month. If I have left anything out, please bring it to my attention as we want to share all the great things that make our Gardens so special.

Happy gardening, stay well and I hope to see you all soon.

Joanne
President



TOOWOOMBA
community
ORGANIC GARDENS



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



Luffa Growing

Years ago we planted some **luffa** but we did not know what to do with it once it fruited. We did know that it made a good body scrubber in the shower!

Now we know that it is an annual vine with fruit similar in taste to zucchini. The stem, young leaves, flower buds, and flowers are steamed as vegetables. To obtain a bathroom scrubber, dry the gourd for two weeks until the skin hardens and turns brown. Then open the large end and shake out the seeds. Soak the sponges overnight and then peel off the outer skin and stand in the sun to dry.

Of course, you can always use the sponge in the kitchen to scrub vegetables or dishes!

Ritu is trying to grow luffa at the Gardens. -Linda



For the Love of Leeks



When I see leeks in the supermarket I am horrified at the price: one leek for 1 or 2 dollars. And leeks can be grown so easily and have more taste than an onion. All parts of the leek can be eaten, even the leaves which many people discard.



You can harvest a leek when thin (like a spring onion), or thick as the supermarket size. Leeks are a rich source of vitamin K and manganese.

To grow leeks, sow seeds into seed trays and then transplant into the garden at 8-10 weeks when the seedlings are 15-20 cm tall. Leeks *prefer* full sun. Plant your seedlings 5 cm apart in



enriched soil and if you want white stems, plant into 10cm deep holes and then press the soil in and around the upper foliage. As the plants grow, mound some soil around the stems to continue blanching them.

Wait 12-18 weeks for harvest time. The stems should be 2-5 cm thick and the stems 10-15 cm long.

Leek and potato soup is a winter favourite. - Linda

Herbs

What to Plant in June

Vegetables

Angelica
Anise Hyssop
Borage
Calendula
Catnip
Camomile
Chervil
Chickpea
Chickory
Coriander
Dandelion
Dill
Endive
Evening Primrose
Fennel
Fenugreek

Feverfew
Hyssop
Linseed
Lupin
Marjoram
Mustard
Nasturtium
Parsley
Salad Burnett
Salad Rocket
Sage
Thyme
Vetch
Watercress



Hyssop

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



Salsify

Toowoomba Mower
Centre

Supplying & Servicing
3 Sowden St, Toowoomba



Toowoombamowercentre.com.au

Toowoomba Mower Centre
Supplying & Servicing
4630 2150

Quick Notes for Your Calendar

Saturday 4 June—TCOGA Pruning Workshop at the Gardens with Peter McQueen from TAFE —1-4pm

\$10 TCOGA Members, \$20 non-Members—Afternoon Tea included

Saturday 4 June 2022—Ipswich Garden & Plant Fair - 9am-2pm—Tulmur Place

Plant sales, garden products, food

facebook.com/ipswichgardenandplantfair

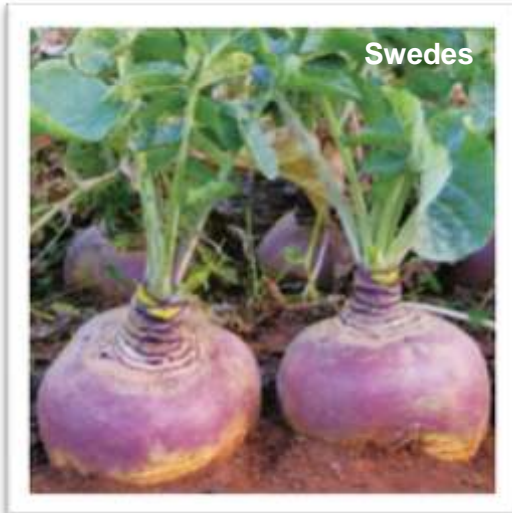
Saturday 18 June 2022—Esk Garden & Lifestyle Fair—8am-3pm—Esk-Hampton Road

facebook.com/eskgardenandlifestylefair

8 - 10 July 2022 Queensland Garden Expo—Nambour Showgrounds

www.qldgardenexpo.com.au

Versatile Swedes and Turnips



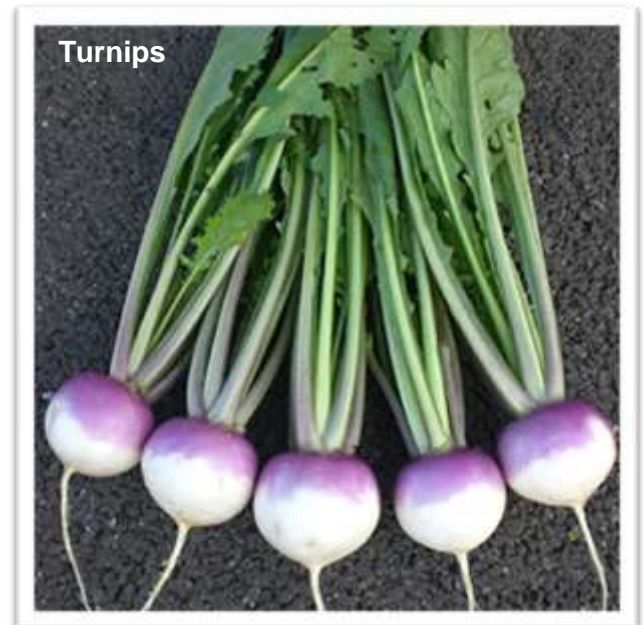
Swedes and turnips are a great asset in the garden as they grow during the winter and are part of the family of cruciferous vegetables which have many health benefits.

Turnips take a little less time to grow to harvest at 10 to 12 weeks, whereas swedes are ready in 12 to 16 weeks. Both will store well in the crisper drawer of the fridge for six to eight weeks, but swedes will also store well in a cool cupboard for a similar time.

These are versatile vegetables with young turnips being used raw in salads and the

leaves used as a green vegetable. Swedes are grown only for the large globe-shaped root. Once mature they can both be steamed or baked and are a great addition to soups and stews to add flavour and nutrition in the winter.

To sow in your garden the soil needs to be prepared with liberal amounts of manure and add lime if the soil is acidic to raise the pH to 6.5 to 7.0. Mark out shallow drills about 5mm deep and 20 to 30cm apart. Sow seed thinly along the drill, four to five seeds every 5cm and cover with light sandy soil, compost or vermiculite. Water gently.



You should see seedlings appearing in six to ten days after which they should be thinned to 5 to 7cm apart once they are large enough to handle.

Water regularly and if plants are slow to progress apply liquid fertiliser every two the three weeks.



The pests that attack these plants are the same as other members of the

cabbage family including aphids and white cabbage butterfly.

- Carlene



Home Made Ginger Beer

This is an old-fashioned recipe from 1983 that Linda has found for us to try. Many of you will have made your own ginger beer as children and know how delicious it is, so here is a chance to make it once again, or for your first time.

Plant:

- 8 sultanas
- Juice of two Lemons
- 1 tsp lemon pulp
- 4 tsp sugar
- 2 tsp ground ginger
- 600 ml cold water



Put into a screw top jar and leave for 2-3 days. In warm weather it should start to ferment. Then each day for 1 week feed with 2 tsp ginger and 4 tsp sugar.

Ginger beer

- 1-2 litres boiling water
- 900g sugar
- 2/3 cup lemon juice
- 8.5 litres cold water



METHOD

1. Dissolve the sugar in the boiling water and add lemon juice.
2. Strain into this the ginger beer plant through a piece of fine muslin and squeeze dry.
3. Add cold water, stir, and bottle into clean air-tight bottles.
4. Keep three days before drinking.
5. Halve the residue in the muslin.
6. Put back into jar with water, ginger and sugar as before.
7. Then proceed to make another brew for drinking.

- Linda



2021—2022 COMMITTEE

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Newsletter of Toowoomba
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Past Newsletters [Link](#)

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