



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

June 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



What's Happening at The Gardens

The cool Autumn has finally hit us, but it's warm in the sun at The Gardens. We still have a great turnout on the community gardening days with everyone diligently preparing for the Open Day this month. Please make sure your garden looks a picture to show off to all of our visitors. We are excited to have another organic gardening group coming to visit us then too.

There is some rain forecast for June, so get those plants planted now!

Gomaren & Doctors Creek Catchment Landcare Group Photo Competition

The above group are holding a photo competition for individuals and groups to show their photographic skills and to show the public how we care for our land.

The Community Gardens will be entering this competition as we are certainly a good example of a land care activity, keeping vegetable gardens using sustainable methods. It is a chance to show off our gardens if not to win! I also have forms for individual entries for you.

We need FIVE photos for our poster and as a poor-middling photographer, I am seeking suitable photos for our poster. The themes would be

- **People (I have a suitable group photo)**
- **Birds (I have a suitable photo)**
- **Bees**
- **And two other photos that might include composting, mulching, vegetables or fruit, or a community event**

Photos have to be 5" X 7". If you are a budding photographer, **please help me** to assemble our entry. I would need the photos by the middle of July. You can email them to me for printing.



Please tour the gardens and get snapping! Here is an example of my poor effort at bee photography! - Linda

Have You Got Chillis in Abundance?

There's one thing about a chilli bush, once it gets going it sure produces well. Did you know that chilli is a digestive stimulant? It stimulates the secretion of digestive juices which can improve digestion and absorption of nutrients.

Along with other bitter stimulants like artichokes and some salad greens such as chicory and endive, included are also ginger, mustard oil, mustard greens, watercress, horseradish, fennel, celery, parsley, cabbage and other cruciferous vegetables. So get your digestion working well this winter!

Including chillis in your cooking is the normal way to use them. Remember that the seeds are the hottest part, so remove them before use. If you have chickens in your yard they will happily eat every bit of chilli you give them, which in turn boosts their immunity, especially if garlic is also added.

When eating in Korea, green chillis were given as a vegetable, so I try to incorporate uncooked chillis into my diet. I found that my Caysan Chillis growing in my plot are nice chopped and put into a sandwich, or a salad, as well as in cooking.



Some Gentle Reminders

Volunteer Work

It is vital that you please sign in each time you attend the garden.

It is the Committee's responsibility to remind you of this as part of our obligation to you as Members and meeting the requirements set down by the Insurance Policy.

Also please enter into the Attendance Book the volunteer work carried out, (2 hours every month). Your Volunteer work DOES NOT include your work in your garden and pathways. It is for the community areas - permaculture garden, orchard, bush food area and native area.

If you are not sure how you can help, please ask our Volunteer Coordinators, or look on the big whiteboard in the shed as there is a very long list there.

Produce

It has come to the Committee's attention that produce has been taken out of hired gardens. Under NO CIRCUMSTANCES should produce be picked from other people's gardens. We are a Community Garden. All members are to respect the rights of others. It is all about sharing and caring and not taking without first asking for permission each time. Thank you.

What to Plant in June

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		



Anise Hyssop

Vegetables

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

Bok Choy



Winter Solstice Celebration at The Gardens

Open Day and a celebration of the winter solstice - Saturday 22 June at The Gardens

Winter solstice marks the shortest day and longest night of the year. We might not have the cold northern hemisphere weather but that is no excuse not to celebrate!

Once again we are opening the gardens to visitors and members alike for tours of the gardens, plant sales, and demonstrations. This year Kate Charleston will talk about the use of plants, gardening and nature based activities to improve the mind and body. Alan Singleton will demonstrate the self-watering wicking bed.

Bring a plate to share for morning tea; bring your own pizza to go in the oven for lunch. If you have plants which we can sell, then please contribute to the morning. *Just come along from 9:30am onwards*

June Solstice

This June we will celebrate the June Solstice, sounds a little unusual but it is not that unusual.

We usually call the June Solstice by another name depending where we are or where our heads are - Winter Solstice is what it was called in the southern hemisphere. In the northern hemisphere it was called the Summer Solstice. Could this be a possible cause of disagreement? As technology shrinks our world, the new name helps us to understand each others perspective.



Of course the June Solstice is a good time for us to prune, or plant some of our fast maturing spring flowers. It is a time to look forward to new life bursting forth. This is the day when the daylight periods start to get longer in Australia, but when exactly is the June Solstice?

Do I hear you say 21st of June? This year the June Solstice is 22nd of June for the first time since 1975 and the next time it will fall on the 22 June is in 2203. Unless there is an unexpected wobble in our world. I am not going to tell you when the June Solstice falls on the 20th June but I expect it will be before 2203.

These variations are not all natural. Some are due to human acts, but not human induced climate change. That may come later - **there are some things we still can't predict. What we do know is that the natural seasons have drifted to the stage** where the astronomical seasons marked by solstices and equinoxes better indicate seasonal change than calendar seasons.

This may be the first of series of articles - how does December Solstice sound? We will have more history next month.

- Anon.

Quick Notes for Your Calendar

12-13 June—Leafmore 10th Winter Garden School—Toowoomba City Golf Club

For booking information and program details email leafmore4350@gmail.com or call Ed Power 4632 5499
<http://user.tr.qld.gov.au/next-year/70815/leafmore-10th-winter-garden-school>

Saturday 22 June—Winter Solstice Celebration at TCOG

Celebrate the winter solstice with a lighting of the pizza oven and enjoy an open morning at the gardens with plant sales and information sessions. BYO pizza to cook and morning tea contribution

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

Nambour Showgrounds, Nambour, Sunshine Coast

Early Bird Tickets are now on sale from the website

www.qldgardenexpo.com.au

Wednesday 24 August—TCOGA AGM at The Gardens

Sweet Chilli Jam

Just to continue the chilli theme, have you tried sweet chilli jam? Some make it with honey as the sweetener and it is delicious too. How about trying this one?

Ingredients

600g chillis
400-450g red capsicum
1kg sugar
1 litre white wine vinegar
2 tsp salt

Method

Very important: use disposable gloves, and make sure you don't touch your face as this can be very irritating.

1. Deseed the chillies but keep some of the seeds to make sure the jam is hot enough. Deseed and chop red peppers.
2. Put the chillies and red pepper in the bowl of a food processor and pulse a few times until you reach your desired consistency.

3. Meanwhile, place the vinegar and sugar in a large saucepan and simmer for about 20-30 minutes until the sugar is dissolved and forms a sort of syrup.
4. Add the salt, chillies and red peppers and simmer for another 30 to 60 minutes. Make the test with a cold plate. Let the jam cool on the plate and if it crinkles and holds it is done. If not, continue cooking and repeat the test until the right consistency.
5. When jam is done, carefully pour the hot jam into the warm jars and place them onto a cloth covered counter. Add the lids, cover with the cloth and let them cool on the counter until the next day.

After opening store Chilli Jam in the fridge. It will keep for months.

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 Coordinators: Linda Mangubhai & Sharon Wendt

Communications & Marketing Coordinator: Oliver Rook

Newsletter Editor: Carlene Gardiner

Project Coordinators: Andrew Hawke & Jeanette

Newsletter of Toowoomba
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