



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

June 2020

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SOCIAL GARDENING

Sadly, due to the Corona Virus...

Wednesdays—Cancelled until further notice

Sundays—Cancelled until further notice

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Thanks to Mike and Andrew

The TCOGA Committee were recently informed that both Andrew Hawke (President) and Mike Knight (Secretary) had made the decision to resign from the committee. Since becoming Secretary Mike has worked tirelessly to get TCOGA processes and procedures 'up to scratch' to make sure we are complying with the rules and regulations for an incorporated organisation. Mike has also spent many hours liaising with the council and working with them to bring improvements to the gardens.



Andrew has played a key role in the Bunnings Sausage Sizzle Fundraiser which we ran prior to onset of COVID-19. He has also been involved in the purchasing of equipment, the most recent being our new mulcher which has already been put to good use in getting rid of the huge piles of garden waste and turning them into mulch for the gardens.

There is a lot of work which goes on behind the scenes to keep the gardens operating and on behalf of the committee and all members of TCOGA, I wish to pass on our sincere thanks to both Mike and Andrew for their tireless commitment and work during their time as Secretary and President.

Changes to Committee Members

Jeanette Walton was voted in to serve on the Committee as Secretary until our next AGM. It was also decided that Wendy Snigg (Vice President) will act as President until the AGM.

The AGM will be held in August and all Committee positions will become vacant. Members of the Toowoomba Community Organic Gardens can nominate for a position on the Committee. Information about the AGM process will be coming to you via email and will be displayed on Notice Boards at the Gardens.

International Bee Day

20 May was designated International Bee day.

Along with other insects, bee populations are in decline. All pollinators are under threat of extinction. Humans depend on pollinators to produce our crops and give us food security. Pollinators help conserve biodiversity.

The major threats to bee populations are:

1. Habitat loss to agriculture and urban development, and the fragmentation of their habitat
2. Pollution which interferes with bees' ability to follow scent trails to flowers
3. Pesticides. Systematic application to seeds can contaminate the pollen grains essential to bees
4. Climate change which can interfere with the relationship between the bees and plants which depend on pollinators. Bee colonies decline by 5-10% over winter. In a bad year, a colony might decline by 15-20%.
5. The Varroa mite which is devastating bee colonies around the world.

What can we do?

Plant a **Bee Garden**

Go **Chemical-Free for Bees**

Provide **Trees for Bees**

Build **Homes for Native Bees**

We have two native bee colonies at the Gardens. Take a look. They do not sting!

- Linda

Herbs	What to Plant in June			Vegetables	
Angelica	Feverfew	Parsley	Artichoke	Kale	Rhubarb
Anise Hyssop	Hyssop	Salad Burnett	Beetroot	Kohl Rabi	Rye Corn
Borage	Linseed	Salad Rocket	Bok Choy	Leek	Salsify
Calendula	Lupin	Sage	Broad Beans	Lettuce	Shallots
Catnip	Marjoram	Thyme	Broccoli	Mizuna	Silverbeet
Camomile	Mustard	Vetch	Brussels Sprouts	Mustard Greens	Spinach
Chervil	Nasturtium	Watercress	Cabbage	Onions	Spring Onion
Chickpea			Carrots	Parsnip	Strawberries
Chickory			Cauliflower	Peas—Climbing, Snow & Dwarf	Swede
Coriander			Garlic	Radish	Turnip
Dandelion					
Dill					
Endive					
Evening Primrose					
Fennel					
Fenugreek					



Sage



Kale



Mens sana in corpore sano by Doing Community Gardening

The Latin phrase in the title, which was written by the Roman poet Juvenal in the early 2nd century AD, can be translated as "a healthy mind in a healthy body", and it expresses the importance of physical activities as a significant part of mental and emotional wellbeing. At any stage of our lives, it is necessary to have healthy habits and to avoid a sedentary lifestyle. Although physical activity will not stop the biological ageing process, it is evident that regular exercise and a healthy lifestyle have a direct effect on increasing life expectancy by

limiting the development and progression of chronic disease and disabling conditions.

The community gardens are largely autonomous spaces in urban environments, specifically for horticultural practices in the cities. These urban horticultural practices play an important role in the improvement of the quality of life, environmental education, social relations, social change and urban regeneration. Furthermore, these practices provide the gardeners with an antidote to the stresses of our daily lives.



Research about the potential health benefits of gardening activities have found increases in individuals' life satisfaction, vigour, psychological wellbeing, positive outlook, a sense of community and cognitive functioning. There are also accompanying reductions of stress, anger, fatigue, depression and anxiety. Overall, it is clear that



participating in gardening generates cost-effective health benefits that can include incidental occupational therapy for individuals with psychological health concerns – the so-called "horticultural therapy".

Other researchers have found that community gardens offer unique opportunities to establish relationships within and across physical and social barriers. In places with large communities of immigrants, community gardens have provided spaces for inter-generational exposure to cultural traditions, cultural exchanges with other gardeners and access to non-English speaking communities. From this perspective, community gardens are great places to host social and cultural events, thereby helping to strengthen the local communities.



Gardening in particular is associated with mental clarity and feelings of reward, and it has many physical benefits as well. Before joining a community garden, please ask your general practitioner about your health situation and what you can do in your next gardening adventure, then find a garden in your neighbourhood and join! If there is no community garden in your area, then contact the **Australian City Farms and Community Gardens Network** to advise you how to start one with people with the same interest. Once you start gardening, you may see how some "lifestyle diseases" will disappear.

- Emilio Anteliz



Wombok / Chinese Cabbage



Chinese cabbages are native to China and Japan where they have been grown for thousands of years. They are a different, but related species of the common cabbage.

The Chinese cabbage is one of the most important vegetables in Asian countries where it is known under many names including Pe-tsai, Pak-choi, Wong bok and Kim chee.

The plant's appearance is similar to common cabbage, but both the leaves and head are longer and relatively narrower. The heads are less densely packed and the leaves have a finer texture and a delicate mustard-like flavour.

How to grow Chinese Cabbages

Like all leafy vegetables, Chinese cabbages must be grown in a well-prepared bed. Dig in a generous dressing of manure or compost. Keep the plants well watered at all times and give side-dressings of nitrogenous fertiliser, or applications of water soluble fertiliser every 10—14 days.

Chinese cabbages are usually ready to harvest eight to ten weeks from sowing seed. Heads must be well formed but still give slightly if pressed with the thumb.

What can go wrong with Chinese cabbages

Chinese cabbages are prone to the same insect pest and disease problems as other members of the cabbage or Brassica group. Bolting, or running to seed early is probably the most common complaint with this crop.

Grow plants during the cooler months of the year—autumn and winter. Pay attention to watering and feeding so that growth is not checked.

- Readers Digest, Illustrated Guide to Gardening

Get your Seedlings from The Organic Gardens

Jeanette says "I still have some vegetable seedlings for the winter season. People seem to be reluctant to grow Wombok/Chinese cabbage which is a very easy vegetable to grow. Many do not seem to know what a tasty and versatile vegetable it is. It has a mild flavour and is great in salads, stir fry, steamed etc". She has included a recipe below as well.

Wombok / Chinese Cabbage Salad

Ingredients

- Half a Chinese Cabbage—shredded**
- 1 packet Changs fried noodles**
- 6 shallots**
- 1/3 cup slivered almonds**
(I often use just ordinary almonds chopped)

Dressing

- 1/2 cup castor sugar**
- 1/4 cup white vinegar**
- 1 tbs soy sauce**
- 1/2 cup olive oil**
- 2 tsp sesame oil (optional)**

Mix all ingredients in a jar or bowl

Method

1. Combine the shredded cabbage, chopped shallots and almonds in a large salad bowl
2. Add the dressing and mix well
3. Just before serving add the crumbled noodles (direct from the packet) and toss well

Thanks to Jeanette for a delicious way to use this vegetable from your garden



Quick Notes for Your Calendar

Sunday 21 June—**Sausage Sizzle at Bunnings North**
All suspended by Bunnings indefinitely

Hopefully, a relaxations of restrictions at the end of June may see a return to **Social Mornings at The Gardens**— We will keep you informed

Rescheduled to 19-21 September - **Qld Garden Expo**— Nambour Showgrounds
<https://qldgardenexpo.com.au/>

Jobs for this Month

- Replenish your garden soil by adding compost and aged manure
- Add compost around your strawberries as they are starting to crop well now. Plant out new plants too
- Rake up autumn leaves, moisten and add them to your compost heap
- Add nitrogen-rich comfrey leaves to your compost heap too. They die down in winter anyway
- Do minor pruning removing dead and diseased wood
- Remove dead annuals collecting seed for next year as you go
- Tidy your gardens removing weeds and trimming edges ready for the winter sleep
- Make the most of self-seeded plants by moving them to permanent positions for winter growth and spring flowering



Repurposing a Dead Tree

Recently a Tamarillo tree in my garden died and rather than pull it out I decided to make use of its branches to support some Telephone Pea plants. I put some tent pegs into the ground in an oval shape around what used to be the drip line of the tree. Next I tied string from the tent pegs to the branches, forming a perfect climbing frame for the peas.

The peas have managed to avoid the attention of the very determined chooks, mostly, and are now up to about waist height climbing the strings.

I'm looking forward to some delicious shelling peas very soon.

- Carlene



Climbing **Peas Telephone Pole**—A vigorous climbing **pea** (up to 2m), that produces a huge crop of large, sweet- flavoured pods over a long period and adapts to a wide range of climates. This shelling variety has best flavour if harvested as soon as pods are plump and well filled.



Italian Lime Cake

There are so many limes on our tree at the Gardens that we need to find lots of recipes to use some of them. This Italian Lime Cake recipe shared by Denise will make good use of them, especially when you have visitors coming!

Set your oven to 170 deg C and grease and line your cake tin

Ingredients

2 eggs

2 limes (zest and juice)

(you will need 4 limes in total – see Step 2)

1/2 tsp vanilla essence

3/4 cup olive oil

Whisk these four ingredients, then add

1 cup of Greek yoghurt

Add the dry ingredients below

2 cups of plain flour

2 tsp baking powder

1 1/2 cups castor sugar

Method

1. Mix well and bake for 55-60 minutes
2. Make a syrup from the **juice of two limes, 6 tbs castor sugar and 3 tbs water**
3. Simmer the syrup for a few minutes
4. Cool slightly and then pour it over the warm cake

Delicious!

Thanks to Denise for a lovely recipe



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2019—2020 COMMITTEE

ACTING PRESIDENT: Wendy Snigg

VICE PRESIDENT: Wendy Snigg

ACTING SECRETARY: Jeanette Walton—tcoga.secretary@gmail.com

TREASURER: Linda Mangubhai —tcoga.treasurer@gmail.com

COMMITTEE MEMBERS: Joanne McClelland, Chris Walpole, Jeanette Walton

Coordinating Volunteers

Garden Plot Coordinator: Joanne McClelland

New Member Coordinator: Joanne McClelland

Grants Coordinator: Linda Mangubhai

Communications & Marketing Coordinator: TBC

Newsletter Editor: Carlene Gardiner

Project Coordinators: Andrew Hawke & Jeanette Walton

Newsletter of Toowoomba
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