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What has been Happening in May

Autumn is a wonderful time of the year in the garden: colour from all the autumn leaves which can be used to make good compost. New crops in our plots. A time to catch our breath and then maybe think of the new project we want to do. That is why, at the Gardens, it is creative, dynamic, and inspirational.

DATE CLAIMERS

World Environment Day- 4 th June. A chance for us to showcase what a wonderful space we have. Put your name on the roster that is on the green notice board if you can help on the day.

AGM-6 th August. Voting in a new Committee and voting in the Gardens' rule changes. Nomination forms are available via email or by hard copies in the shed. Please think about being on the Committee or a Garden Co-ordinator.

There are many different techniques of gardening. At the moment, we are experimenting with a Hugelkultur (raised bed). A common-sense approach to creating a new garden.

A Notice to Plot Holders. If for any reason you are unable to get to your garden, please contact us as we now have a dedicated member who is volunteering to water plots and community areas. There is a space on the big whiteboard where names, plot numbers and dates can be recorded. It is the Club's policy that no member can do any work in a plot without your verbal or (our preference) written consent. It would be a shame to waste your effort, time, and money because the plot is not watered regularly.

We are now a step closer to getting the storage garden shed built. The cement slab is down. Now all we need is for some smart member, who has done this before, to put the shed together. Any volunteers?

Another big thank you to Bunnings for the very kind donation of a box of gardening gloves. These will come in very handy (excuse the pun) for the two school groups who will be volunteering at the garden over the next few months. Aren't we lucky.?

What is great to see is the increasing number of families joining us. The children now have their own garden plot for them to look after. Naturally, we have a duty of care to protect the kids. If at any stage we see them doing anything that is unsafe or a behaviour that is unacceptable please quietly go and inform the parents. We are not able to discipline them at all. Our parents are doing a great job as the kids are terrific.

Thank you to the members who came to the Open Meeting. Not big numbers of members attended which was disappointing, but the ideas came thick and fast. At morning tea I will be asking for more suggestions. Another great year ahead.

At the beginning of the year, we applied for a grant from the Queensland Government to revamp the garden beds in in the Members Area, construct mulch bays and carry out a few other much needed jobs. Sadly, we were unsuccessful. This is not stopping us as plans are underway for us to do the job ourselves. There will be other grants.

Again, take care, stay safe and I will see you at the Gardens.

Joanne.

JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 st	2 nd	3 rd Ipwich Garden and Plant fair; Tulmer Place Cobb and co farmers Markets Lindsay st
4 th Logan Eco Action Festival; 9am-3pm;Grittith Uni,68 university dr ,Meadowbrook June Garden insights; 95 Greenwattle st,Cranley World Environment Day at Lake Annard Park PCYC Markets	5 th	6 th Farm Fest; 8am, Kingsthorpe Until the 8th	7 th	8 th	9 th	10 th Cactus and Succulent Society of QLD Annual show; 9am,1485 Old cleveland Road,Belmont til 11 th june Cobb and co Markets
11 th PCYC Markets	12 th	13 th	14 th	15 th	16 th	17 th Esk Garden and Lifestyle Fair; 8am,Esk Hampton road,ESK Sustainable,Edible,Native!Expo; 12-4pm til sun 18 th ,184 Boat Harbour Dr,Pialba Cobb and co Markets
18 th PCYC Markets & Queens park markets	19 th	20 th	21 st	22 nd	23 rd	24 th Lindmar open garden and plant lovers fair; 9am,130 blewers road,Morayfield,til 25 th june
25 th PCYC Markets & Carbarlah Markets	26 th	27 th	28 th	29 th	30 th	

Plant profile at the Gardens-Tamarillos



Origin

Red tamarillos, botanically classified as *Solanum betaceum*, are the small, clustering fruits of a subtropical, herbaceous shrub belonging to the Solanaceae or nightshade family. There are multiple varieties of tamarillos broadly categorized into two groups, yellow or red, with Red tamarillos being the most common colour found in commercial markets.

The tamarillo is native to the Andes of Ecuador, Colombia, Peru, Chile, Argentina and Bolivia. Today it is still cultivated in gardens and small orchards for local production, and it is one of the most popular fruits in these regions. Other regions of cultivation are the subtropical areas throughout the world, such as Ethiopia, Burundi, Kenya, Rwanda, South Africa, Nagaland, Manipur, Darjeeling and Sikkim in India, Nepal, Hong Kong, China, the United States, Australia, Bhutan and New Zealand. It has also been seen in Cantabria, a province in Spain.

About the fruit

Red tamarillos are also known as Tree tomatoes, Sachatomate, and Andean tomatoes, and the word tamarillo was created in New Zealand as a part of a marketing campaign in 1967 to distinguish the fruits from the common tomato. Tamarillo was developed from the Maori word "tama," which means leadership and the Spanish word for yellow "amarillo." Red tamarillos are favored for their sweet and acidic flavor and are primarily used in soups and stews as well as compotes, or added to hollandaise, chutneys and curries. Desserts using this fruit include bavaois and, combined with apples, a strudel. Red tamarillos are small, oval to egg-shaped fruits with pointed ends, averaging 4 to 6 centimetres in diameter and 6 to 8 centimetres in length. The skin is smooth, glossy, taut, and thin, ripening from orange-gold to a muted, red-brown when mature. Depending on the variety, the skin may also bear hues of purple and crimson. Underneath the surface, the flesh is semi-firm, orange, and succulent with an aqueous consistency. There are also two chambers filled with soft pulp encasing many thin, circular, and edible black seeds. Red tamarillo flesh, when ripe, has a bright, sweet-tart flavor with tangy, acidic notes. It is important to note that the skin frequently contains a bitter, tannin forward flavor and is often discarded before eating, considered to be unpalatable.

About the plant

The plant is a fast-growing tree that grows up to 5 metres. Peak production is reached after 4 years, and the life expectancy is about 5 to 12 years. The tree usually forms a single upright trunk with lateral branches. The flowers and fruits hang from the lateral branches. The leaves are large, simple and perennial, and have a strong pungent smell. The flowers are pink-white, and form clusters of 10 to 50 flowers. They produce 1 to 6 fruits per cluster. Plants can set fruit without cross-pollination, but the flowers are fragrant and attract insects. Cross-pollination seems to improve fruit set. The roots are shallow and not very pronounced, therefore the plant is not tolerant of drought stress and can be damaged by strong winds. Tamarillos will hybridize with many other solanaceae, though the hybrid fruits will be sterile, and unpalatable in some instances.

Nutritional Value

Red tamarillos are an excellent source of vitamin C, which is an antioxidant that strengthens the immune system, improves skin composition, and reduces inflammation. The fruits are also a good source of vitamin E and beta-carotene, an antioxidant that gives the flesh its orange hue and is converted into vitamin A within the body, improving eye and skin health. Beyond vitamins, Red tamarillos provide minerals such as potassium to help regulate fluid levels and contain some phosphorus, copper, magnesium, and iron. In South America, the fruits are seen as a digestive cleanser and an immune strengthener during the cold and flu season.

Wikipedia.com/specialproduce.com

Hugelkultur Raised Garden



Hugelkultur (usually transliterated into English simply as "hugelkultur") has been used for centuries in eastern Europe and Germany, often as part of a broader permaculture system.

Put simply, hugelkultur is a centuries-old, traditional way of building a garden bed from rotten logs and plant debris. These mound shapes are created by marking out an area for a raised bed, clearing the land, and then heaping up woody material (that's ideally already partially rotted) topped with compost and soil. Downed trees, fallen branches headed for the brush pile, and rough lumber can all be used; you are essentially taking rotting wood and allowing it to compost in place for a superfertile, moisture-retaining garden bed.

These mounds can be 5 to 6 feet high—massive heaps of logs, branches, leaves, straw, cardboard, grass clippings, and manure or compost mounded to be wider at the bottom than at the top. As the wood shrinks and breaks down, a hügelbed sinks; one that is 6 feet high, for example, will ultimately sink to about 2 feet after several years of decomposition and settling.

The Benefits of Hugelkultur

The rotting wood hosts beneficial fungi, bacteria, insects, worms, and microbial growth that create nutrients your plants can use. Over time the mound will shrink as the wood rots but you can always add more soil or compost to the top. You will have created an ecosystem in which the beneficial organisms will thrive.

Hugelkultur is popular with gardeners who have struggled with heavy clay and poor or compacted soil. It is a good way to build up a planting bed and turn woody debris into a garden.



What to Plant in June

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

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

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

Recipe of the Month - Oyster Mushroom Stroganoff

Oyster Mushroom Stroganoff

Mushrooms in a rich vegetarian gourmet meal
 – can also be used as a delicious pasta sauce

Serves 2

2 tblsp Olive Oil	1 tblsp Paprika
1 tblsp Butter	1 tblsp Flour
1 brown onion	250 ml White Wine
2 cloves Garlic	300ml Vegetable Stock
150 gms Oyster Mushrooms	4 tblsp Crème Fraiche
150 gms Shiitake Mushrooms	Juice of ½ lemon



Heat oil and butter in pan
 Fry onion and garlic gently until translucent
 Chop mushrooms into chunks and add to pan (med-high). Fry for approx. 5 mins or until they begin to **colour**

Add Paprika and stir well, Add flour and stir to coat mushrooms
 Add the wine and stir well, deglazing pan
 Boil for 1 minute, then add stock and boil down for 5 mins until thickened

Spoon in Crème fraiche, mix to heat through
 Add lemon juice and season

Serve with Rice, Crusty Bread or **Tagliatelle** pasta

Oyster Mushrooms are:

Low in calories	Fat-free	Cholesterol free	Gluten-free
Very low in sodium	High in protein	High in Fibre	High in Iron
High in zinc	High in Potassium	High in Selenium	High in Phosphorus
High in Calcium	High in Folic Acid	High in Antioxidants	
High Levels of B1 B3 B5 & B12	High Levels of Vit C & D	Cholesterol Lowering	Anti-Cancer properties



With most members Oyster Mushroom Kits now sprouting, its time to cook. Here is a recipe to try out provided by the team who headed the workshop back in April- Top of the Range Mushrooms.
 Also Below is more recipe ideas to try with the Oyster mushrooms.
 Oyster mushrooms have a subtle seafood flavour with hints of anise and a faint, earthy taste. Cooked oyster mushrooms bring a soft, meaty texture to soups, stir-frys, and salad recipes. They are good source of protein, and they are also high in fibre and vitamin B.

MORE RECIPE IDEAS

- Mushroom paella
- Sauteed Oyster mushrooms in garlic butter
- Thai mushroom stir-fry
- Stuffed zucchini boats
- Deep fried crumbed oyster mushrooms
- Mushroom soup
- Creamy mushroom pasta
- Oyster mushroom tacos
- Rice paper rolls
- Vietnamese Pho noodle soup
- Oyster mushroom Po boy
- Air fryer mushrooms
- Wild mushroom sauce
- Mustard greens salad with crispy mushrooms
- Tom yum
- Italian mushroom ragout
- Korean chicken soup
- Vegetarian steamed buns
- Vegan Tikka Masala
- Vegetarian Burgers with oyster mushrooms
- Vegan Gyros
- Oyster mushroom chowder
- Oyster mushroom polenta

Update on Garden Shed

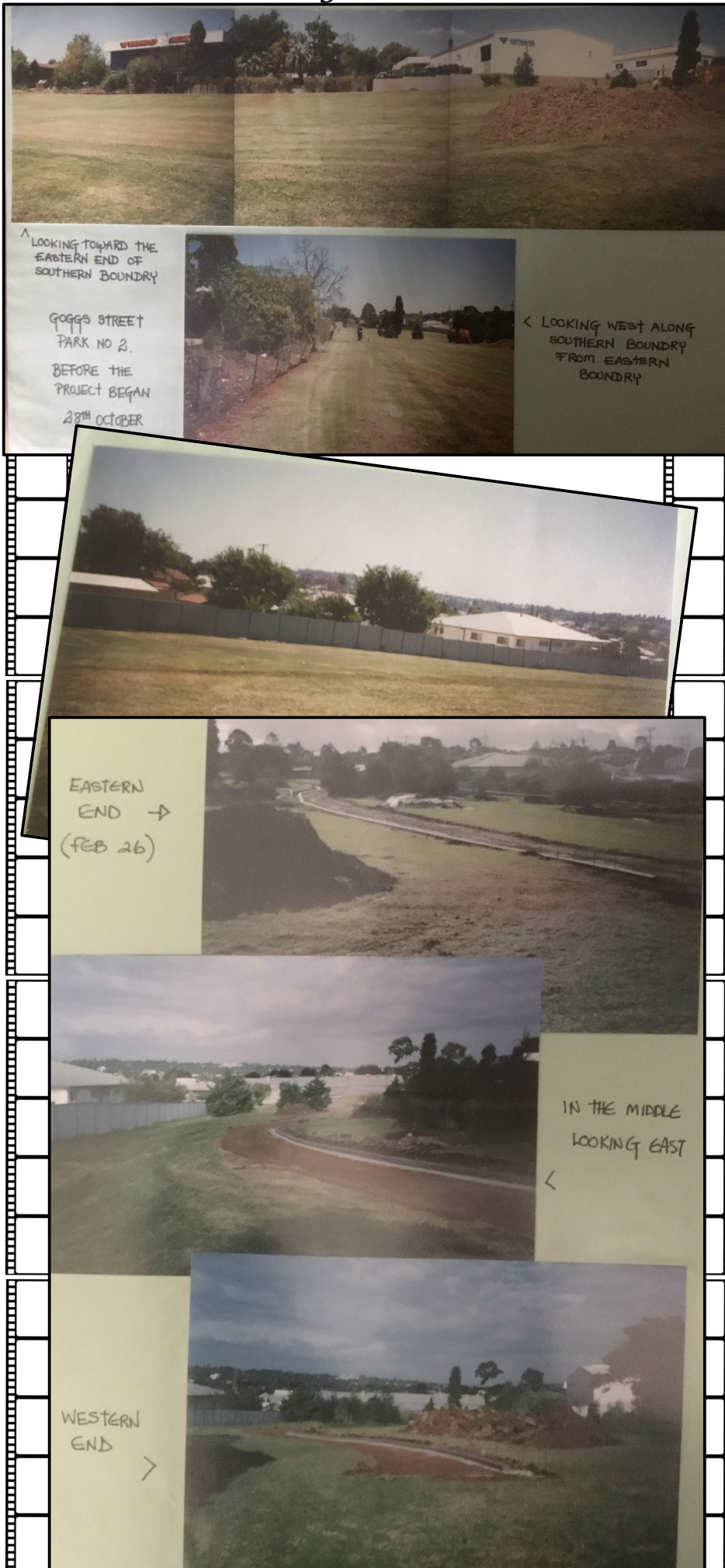
As some of you that have been to the gardens will have seen we have had the concrete slab put down for the garden shed up along the back fence in the members garden.

We would like to thank Ron Dolton Concrete for completing this job for us. It was difficult to get someone to undertake this work as it was only a small job. It looks fantastic and will be a great asset to the gardens. Over the next few weeks we will work out what materials we need to erect the garden shed and will require about 6 people to assist with this.

Thank you to Cherie for the donation of the garden shed. We are very grateful to our members that support the gardens and of course to Ron for the great job he has done for us.



Photo Reel-Birth of the Gardens



Meetings

Annual General Meeting (AGM)

Save the date, the AGM will be held at the gardens on Sunday 06 August commencing at 9.30am. All positions on the management committee are open. If you are interested in one of these positions, please contact the secretary at tcoga.secretary@gmail.com for a nomination form.

Nominations need to be supported by two current committee members and will need to be returned by 16 July to tcoga.secretary@gmail.com.

There is now a draft Plan of Management and positions descriptions available for those members interested in seeing what is involved in the committee roles 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.

General Meeting held on 21 May

Thank you to the few members that attended. You would have all received the draft membership handbook and draft conflict resolution principles and grievance procedure. There is also a hard copy of these in the brown cupboard in the main shed. Comments on these need to be in writing and provided to the secretary at tcoga.secretary@gmail.com by Sunday 11 June.

These will then be presented at the next committee meeting for consideration.

The rules of association will then be voted on at the Annual General Meeting, you have already received these by email.

Gardening tips for June

Winter in 'The Garden City' of Toowoomba, can be cold and frosty. With a well-earned break from the hot summer days it is the perfect opportunity to get into the garden and add some real value to your home.

Winter is also the time for garden maintenance. It is in these colder months that planting of annuals, vegetables, shrubs and trees can take place in preparation for Spring and Summer. So it's time to tidy up the garden, deal with pests, clean your tools and create a vegetable garden. With the help of some wonderful local experts, we have pulled together a list of handy hints that will have your garden blossoming just in time for The Carnival of Flowers.

PRUNETHOSE ROSES

If you have roses in your patch, Winter is a great time to prune. Pruning roses is vital to ensure disease is reduced, air is circulating around the plant, and light is let in. Make sure all the dead wood is cleared to avoid disease. This will give your roses the best chance to bloom.

Rosemary Strahorn, from Garden Force, suggests it is best to avoid pruning Spring flowering shrubs and fruit trees, as all the goodness will be lost for the new season.

DEAL WITH PESTS

Now is a great time to tackle the pests and disease that attack the garden. Steve Kite, from The Green Gardener, believes that gardeners should focus on lawn weed. For example, with Bindii, prevention is better than cure. Bindii needs to be sprayed in Winter to avoid it growing into seed pods, spreading throughout the lawn and forming prickles. Speak with your local nursery about the best options to get rid of this prickly garden pest.

PROTECT WITH MULCH

Mulching in Winter is extremely beneficial as it protects the soil and inhibits weeds. Adding an extra layer of lucerne hay, sugar cane and wood chips, helps regulate soil temperature and moisture and allows for a gentle transition through the cold snap. Mulching around vegetable gardens will also help protect the crop.

CREATE A VEGETABLE GARDEN

Plant-to-plate is the way forward, so why not create your own edible garden now? By the time Spring and Summer arrive, crops will have had plenty of time to get their roots well established in the soil. Just make sure that when you are scouting for a location, you select a spot that receives between 5-6 hours of sun a day.

Edibles that enjoy cool weather include peas, lettuce, spring onion, kale, Asian greens and cabbage and edible flowers such as Marigold and Pansy, which make dishes taste as good as they look.

CLEAN TOOLS

When gardening is in full swing it is hard to keep on top of tool maintenance. Now is the time to unearth your collection and give them the sparkle they need for the upcoming season. When rejuvenating the gardening artillery ensure that you:

- Remove dirt, rust and sap
- Soak the tools thoroughly
- Disinfect

Working Bee



TOOWOOMBA COMMUNITY ORGANIC GARDENS

Gardeners Gathering

2ND SUNDAY OF EVERY MONTH -9AM

22a Goggs street

Bring along your hat, sunscreen and sturdy footwear; Let's team up to do some of the bigger jobs around the TCOGA patch. Other bits and bobs that may come in handy:

- Cardboard for weed smothering
- Seeds or Seedlings
- Extra garden tools
- Your wonderful ideas

Please let the committee know if you have any ideas or feedback for making these days fun for everyone and great for the garden!

And each month we will have a delicious lunch, with everyone free to contribute. BYO cutlery etc.

Tool Maintenance Workshop

By keeping your tools and DIY gear in pristine condition, you will be rewarded with many years of reliable service. This month Rob and Glen from the Toowoomba West Men's Shed led our Tool and Maintenance workshop. A group of our members came prepared with some of their tools from home and along with the tools in TCOGA's shed we all had a busy and productive morning learning tips, tricks and techniques in keeping these items in good working condition.

A huge thank you to Rob and Glen for sharing their skills with us. We can now continue to apply this knowledge in keeping our tools and equipment sharp, cleaned, oiled and well maintained.

Tips for Keeping TCOGA's Tools in Good Condition

- * Clean tools after each use. Scrape off as much dirt as you can. Give them a good rinse before wiping them down with a towel. Moisture is one of the biggest threats to tools as it can weaken and damage both the metal and wooden parts.
- * Scrub rusty bits or stubborn grime with a light scrubbing pad or steel wool then coat with a thin layer of multipurpose oil.
- * Please advise the Tool Coordinators If you come across any broken, rusty, splintered or bent tools.
- * An area will be set up near the main shed each Wednesday and Sunday morning for members to clean and help maintain the tools you have used.

Committee and Contact

2023 COMMITTEE

President: Joanne McClelland

Tcoga.president@gmail.com

Secretary: Kylie Higgins

tcoga.secretary@gmail.com

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 **Instagram**

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

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