



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

March 2022

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What has been happening at the Gardens

Well, it's all happening down at the Gardens. The tank is full, the rain has been great from that point of view and everyone has been busy.

The work in the Founder's Garden is progressing well now that Trevor, the Landscaper, has been able to source the sleepers and decomposed granite. All of the plot holders are delighted to have their revamped gardens back and are busily replanting and getting ready for the cool season plants. Apart from looking terrific, that area is now so much safer. No more garden edges falling apart, or star pickets holding things in place and the pathways are now very accessible. It's exciting!

The Council have asked us to participate in Parks Week. Of course, we jumped at the opportunity to get the Gardens out there. It will be on our Open Days, Sunday 6 March, Wednesday 9 March and Sunday 13 March. We encourage as many members as possible to be on hand to help out with tours and plant sales. This will ensure a great outcome with the perfect timing to show off the renewed area. I know this is very short notice, but if you have any plants which you have propagated and wish to donate to the Gardens to sell on these days, we would be grateful.

This year we are joined by the Good Samaritan School. The area around the 'chook' planters and bean arch has been allotted to them. Also, they are very interested in the Bush Food area. We look forward to seeing their plans for these areas.

Werner and Taryn, from Toowoomba Regional Council, have visited and suggested a list of plants which would be suitable for the driveway garden. Hopefully we can source the plants from the Crows Nest Nursery and we will commence work on the garden in the autumn. The Council have given us a lot of support for the many projects at the Gardens.

Bunnings have donated some fruit trees which were damaged in the recent hail storm as Bunnings were unable to sell them. Hopefully after some tender loving care they will become a great addition to the Gardens.

The interest generated in the Gardens due to Facebook and Instagram is nothing short of amazing. Regularly visitors will say "I read about you on Facebook". We enjoy showing them around and hearing their stories. Thank you to our Administrators for all their efforts they have put in.

Stay safe, stay well and we look forward to seeing you at the Gardens.

Joanne, President



TOOWOOMBA
community
ORGANIC GARDENS



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



Preparing Soil for Your Winter Vegetables

When the rain has stopped it will be time to prepare your vegetable bed for winter vegetables. The first job will be to remove all old and spent summer vegetables. This will provide a ready space for planting seeds and seedlings of those delicious winter vegetables that you love. Compost anything that can't be left on top of the soil as a mulch except weeds with seeds attached.

Remember that plants need plenty of moisture, warmth and sunlight to grow, particularly in winter, so ensure that there are no tall plants left growing to the north, or east of your planting site. There is no need to dig over your garden, but you may want to use a garden fork to aerate the soil if it is compacted.

Next spread some good organic fertiliser over the garden bed. Whatever you can get hold of is good, whether it is aged or pelletised chicken manure, goat or cow manure, rock minerals, blood and bone or a mixture. If it is free, so much the better. Horse manure is not usually a good choice as it contains too many weed seeds and if from stables, may contain chemicals that have been used to treat the horses. Work the fertiliser into the top of the soil by raking it back and forth, then cover the surface with a good thick layer of compost. This will act as a mulch while holding moisture and providing nutrients.

Your garden bed is now ready for sowing and can be left to settle, or can be planted immediately with seeds or seedlings.



Sowing Your Winter Crop



When your soil is prepared well it is a simple matter of deciding what you want to grow that

you and your household will eat, or that you can give away to other people. Don't sow too much of any one thing, but a little of many things to add spice to your cooking and diet.

It is recommended on level garden beds to run your rows of vegetables in a north to south direction to maximise exposure to the sun.

You may run a string line between two points to make straight rows, or lay a rake handle down to guide your furrow, or dig individual seedling holes alongside this.

All vegetable plants are grown from seed apart from potatoes and sweet potatoes which are grown from tubers. Some will grow best if started in seedling trays, but most can be sown straight into the garden. Beans, peas, sweet corn and root crops must be sown in the garden because they do not readily transplant.

Following directions on your seed packet, make the furrow in damp soil to the depth required. Most seeds can be covered with light soil to a depth of about 1 cm, except beans, peas and sweet corn which can be sown 4-5 cm deep. Cover the furrow and lightly tamp down the soil. No further watering should be required for several days.

Herbs

Catnip	Salad Burnett
Chickory	Salad Rocket
Coriander	Sage
Dandelion	Thyme
Dill	Vetch
Feverfew	Watercress
Lemon Balm	
Marjoram	
Oregano	
Parsley	



Catnip

What to Plant in March

Beetroot	Chickpea
Bok Choy	Garlic
Broad Beans	Kale
Broccoli	Kohl Rabi
Brussels Sprouts	Leeks
Cabbage	Lettuce
Carrots	Onions
Cauliflower	Parsnip
Celeriac	Peas—Climbing
Celery	Peas—Dwarf

Vegetables

Radish
Rhubarb
Salsify
Shallots
Silverbeet
Spinach
Swedes
Turnip



Broad Beans

Broccoli and Cauliflower

Broccoli and cauliflower are both from the same plant family and are grown for their flower heads. Broccoli is easier to grow than cauliflower which needs more care. Both are part of the brassica family of plants and are cool season vegetables that may grow up to 1m. Broccoli comes in different varieties but the most common is the green-headed type known as Italian or Calabrese. There are also purple varieties which can be fun to grow. Broccoli has high levels of folate, antioxidants, B vitamins, calcium, iron and zinc. It also contains beta-carotene and vitamins C and E. Cauliflower contains good amounts of many vital B-complex groups of vitamins such as folate, pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamine (vitamin B1), niacin (B3) as well as vitamin K.



Cauliflower heads develop in the centre of the surrounding leaves which are sometimes wrapped over the curd to prevent discolouration and to protect it from sunlight and rain. Cauliflowers are a popular vegetable and can be used steamed on their own, with a sauce or made into soup. More recently it has been used as a substitute for rice in grain free dishes.

In temperate zones broccoli seed can be sown from late summer to late autumn or early winter. Cauliflower needs to be sown in late summer to early autumn, so that it can develop a large frame of leaves before the cold weather. Sow in punnets or a seed box, transplant into 8-10 cm pots when large enough to handle and plant into the garden when 8-10 cm high. They can also be sown direct into the garden sowing a few seeds at each station, then thin out to the most vigorous plant. Plant broccoli 45-60cm apart in each direction and cauliflower 50-75cm in each direction.



Fertilise the plants with a liquid nitrogenous fertiliser every two to three weeks and hill soil up around the stalks of the plants to provide extra support as they grow. Keep weeds at bay by hoeing between the rows, or mulching and don't let the plants dry out. Broccoli will take 70-100 days to maturity and cauliflower 84-182 days depending upon the varieties sown.

Quick Notes for Your Calendar

25 February to 6 March—Stanthorpe Apple and Grape Festival

Includes open gardens. More information: appleandgrape.org

Saturday 12 & Sunday 13 March—Brisbane Garden Expo—**POSTPONED**

www.plantexpo.com.au

Saturday 16 & Sunday 17 April—Wondai Autumn Garden Expo

Wondai Sportsground & Lions Pavilion, Bunya Highway, Wondai

Enjoy a traditional horticultural show plus quality stalls of every description for garden, home and personal well-being. All in the beautiful country setting of Wondai in the South Burnett Region.

Guest speakers will be presenting on both days - check the [Facebook page](#) for latest information.

wondaigardenexpo.com

Saturday 16 & Sunday 17 April—Montville Open Gardens & Plant Stalls

"The Shambles", 85 Western Avenue, Montville

"Lower Woontooba", 238 western Avenue, Montville

"Wongawilli", 19 Manley Drive, Montville

Three very contrasting, large country gardens in their beautiful borrowed landscapes

Refreshments at "Rising Scone Cafe at "The Shambles".

Plants of all sorts for sale. Saturday 16th and Sunday 17th April 2022, 9am to 4pm.

Entry \$10 to each garden, cash only please. Children free.

Funds raised for Cittamani Hospice (www.cittamanihospice.com.au).

More information: www.montvillegarden.com or facebook.com/montvillegarden

Banana Walnut Tea Bread

Now that the cooler weather is arriving we are starting to look for filling and substantial meals and snacks. This healthy and delicious fruit cake may be just what you need. It is also good for heart health.

Ingredients

Oil to grease the tin
75g chopped dates
50g margarine or butter
2 very ripe bananas, mashed
Squeeze of lemon
juice
100ml milk
75g walnuts,
roughly chopped
75g muscovado or
ordinary sugar
1 egg beaten
225g self-raising wholemeal flour
25g cocoa powder



Method

1. Preheat oven to 180°C and lightly grease a 1kg loaf tin.
2. In a large saucepan, heat 100 ml water with the dates and bring to the boil. Remove from the heat and mash the dates roughly. Mix in the margarine or butter.
3. Stir in the bananas, lemon juice, milk, walnuts, sugar and egg and mix until completely blended.
4. Sift the flour and the cocoa powder and mix well.
5. Pour the mixture into the prepared tin and bake for about 1 1/4 hours, or until a skewer inserted into the centre comes out clean.
6. Cool the tea bread in the tin. Eat within two days of baking. If you want to keep the tea bread longer, cut it into thick slices and freeze, ready for defrosting in a microwave, or toaster as desired.

- Healing Foods, Miriam Polunin

<p>Toowoomba Mower Centre Supplying & Servicing 3 Sowden St, Toowoomba</p>		<p>Toowoomba Mower Centre Supplying & Servicing 4630 2150 toowoombamowercentre.com.au</p>
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**Newsletter of Toowoomba
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Past Newsletters [Link](#)

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