



GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

May 2022

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What has been happening at the Gardens

Autumn is definitely here. The plot holders have prepared their gardens with compost, manures and green manure ready for the cooler season crops. They are also getting on with their projects and giving the place a “spruce up”.

The woodchip has arrived and we are putting it over cardboard along the pathways. Combined with the cooler weather, this will help to suppress some of the weeds.

Work has been completed using the money that was given to us by Hutchinson Builders. We are now the very happy little gardeners with an area for espalier planting, irrigation in the orchard, soil replaced in the “chook” planters and the dump area for mulch and green waste that we cannot compost. Thank you to Hutchinson’s and Tim Dowe.

The work in the Founder’s Garden is completed and the Accessible Garden and pathways should be finished by the end of the April. It looks wonderful and it is a great asset to the Gardens.

On Saturday, 23 April we were lucky to have a visit from the Lockyer Valley gardening group. We all had a very enjoyable morning. After talking to their President about their group and after a time of reflection, I must congratulate you, our wonderful members, for voting in this Committee. You have a very hardworking, dedicated, encouraging, inspirational TEAM who make my job so easy. They are more than ready to listen to your suggestions on what you want to see happen at the Gardens and act on them.

Don’t forget the Working Bee and the Welcome to the New Member Luncheon on Sunday 1 May, which is World Permaculture Day. This will be another fine example of teamwork down at the Gardens.

There are busy times ahead which I’m looking forward to.

Stay safe and well.

Joanne

President



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



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ORGANIC GARDENS

THE BEAUTIFUL ROSELLA PLANT



Rosella Plant in flower and in fruit

The most common rosella variety grown in gardens, backyards and farmed, is a plant which grows as a bush up to two metres high and the same wide. The plant really does stand out in the garden with its rhubarb red stems and pretty pink flowers. After the flower a vibrant red calyx is formed growing to about the size of a shot glass – this is the “fruit” and the fleshy calyx is the main part of the plant used to make its prized jams, teas, and other products.

Although the whole plant is edible, it's the calyx which is primarily used to make jams and drinks like cordials or teas. If eaten on its own and picked straight from the plant the calyx has a taste similar to a slightly sour plum with a hint of a sugary after-taste. Overall, the “fruit” is unremarkable; however, once refined and made into something else (like jam, teas, or cordials) the taste and colour is uniquely delightful.

We have five Rosella trees growing in one of our Community Field Plots. From these we had a very generous harvest in late March. The jam was a great topping for our scones and cream!

The rosella plant grows super-fast and will start flowering around one metre tall and then bloom sporadically until reaching head height, or around two metres. During the initial flowering stages, the calyx development may seem disappointing and the plant may even stagnate through to the end of summer. When autumn comes there is a “second flowering” which is generous and this final calyx development is the best time to harvest.



A good recipe and more information can be found at:

[How To Grow Rosella & Make It Into Jam? - Self Sufficient Me](#)

–Lyndell

What to Plant in May

Herbs

Angelica	Fennel	Nasturtium
Anise/Hyssop	Florence Fennel	Parsley
Borage	Fenugreek	Salad Burnett
Buckwheat	Feverfew	Salad Rocket
Calendula	Linseed	Sage
Catnip	Lupin	Thyme
Camomile	Marjoram	Vetch
Chervil	Mustard	Watercress
Chickpea		
Chickory		
Chives		
Coriander		
Dandelion		
Dill		
Endive		
Evening Primrose		



Linseed

Vegetables

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



Collards

Toowoomba Mower
Centre

Supplying & Servicing
3 Sowden St, Toowoomba



Toowoombamowercentre.com.au

Toowoomba Mower Centre
Supplying & Servicing
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Quick Notes for Your Calendar

1-7 May—Compost Awareness Week

compostweek.com.au

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

Plant sales, garden products, food.

facebook.com/ipswichgardenandplantfair

Saturday 18 June 2022—Esk Garden & Lifestyle Fair

facebook.com/eskgardenandlifestylefair

8 - 10 July 2022 Queensland Garden Expo—Nambour Showgrounds

www.qldgardenexpo.com.au

Working Bee



Come celebrate World Permaculture Day in the Gardens, welcome new members, meet old friends and stay for a yummy lunch!

Sunday 1 May 9am

Bring along your hat, sunscreen and sturdy footwear

Let's team up to tackle some of the bigger jobs around the TCOGA patch! Suggestions for other things that may come in handy on the day:

- **Cardboard for weed smothering**
- **Seeds, or seedlings**
- **Extra garden tools**
- **Assistance with preparing lunch / BBQ / firing up the pizza oven**
- **Your wonderful ideas**

We are hoping to start regular working bees that will bring the TCOGA community together every two months. Please let the committee know if you have any ideas or feedback for making these days fun for everyone and great for the Gardens!



LEMON MYRTLE CAKE

Where to source Macadamia Nuts, Lemon Myrtle and Edible Flowers? At our very own Community Gardens in the Bush Tucker and Permaculture Garden areas.

INGREDIENTS

1 cup macadamia nuts
180 grams butter
150 grams sugar
2 eggs, at room temperature
2 teaspoons baking powder
1 teaspoon baking soda
300 grams freshly milled flour
¾ cup buttermilk
2 teaspoons dried lemon myrtle edible flowers, to decorate (optional)

ICING

3 egg whites
210 grams caster sugar
210 grams butter
2 teaspoons dried lemon myrtle

METHOD

1. Preheat the oven to 160°C. Grease a 20cm round cake tin and line the base and sides with baking paper.
2. Spread the macadamia nuts evenly on a baking tray and roast for 12 minutes, or until golden brown, then set aside to cool. Turn the oven up to 170°C.
3. Using an electric mixer fitted with the paddle attachment, beat the butter until smooth. Add the sugar and cream the two ingredients for 5 minutes, or until light and fluffy. Add 1 egg at a time, making sure the previous one is incorporated before adding the next. Beat for a further 5 minutes.
4. In a food processor, blitz the macadamia nuts to form a rough breadcrumb consistency. Add the remaining ingredients,

(except the edible flowers), and the processed nuts to the butter mixture and beat until smooth. Pour into the cake tin and bake for 40–45 minutes, or until lightly golden. Gently press on the top of the cake – if it bounces back, it's ready. Remove from the oven and let it cool for 10 minutes before turning out onto a wire rack to cool further.

5. To make the icing, fill a medium saucepan one-third full of water and place over medium heat. Bring to a light simmer. Put the egg whites and sugar into a stainless steel bowl. Using a whisk, briefly mix until the sugar has been incorporated. Place the bowl over the simmering water to create a double boiler and, stirring constantly, heat the mixture until the sugar has dissolved.
6. Using an electric mixer or hand-held electric beaters, whisk the egg mixture at high speed for 10–12 minutes; it will become white, glossy and thick. Keep whisking until the mixture is cool.
7. Switch to a paddle attachment if you have one, then mix on medium speed, adding the butter in four batches. Beat until thick and creamy, then add the lemon myrtle and stir until combined. Spatula onto the cake with enthusiasm and decorate with edible flowers.

From: [Lemon Myrtle Cake » Dish Magazine](#)



2021—2022 COMMITTEE

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Newsletter of Toowoomba

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Past Newsletters [Link](#)

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