

NEWSLETTER

November 2022



In This Edition

Page 1

What has been happening in the gardens

Page 2

Housekeeping, What's on Gardening QLD

Page 3

Native Bees and Bee honey

Page 4

What to plant and harvesting in November

Page 5

Recipe of the month-native bee honey scones

Page 6

Special thanks, Gardeners Gathering, Committee and Contact

What has been Happening

October is over and we are still wearing cold weather gear. The weather is going crazy. To the people in the southern states who are affected by the flooding, our thoughts are with you. With everything going on in the world, I am thankful that I live here and I can go to my happy space at the garden. There is a lot going on here too – thankfully all positive and progressive. The big event for October was the Open Meeting. The Committee was heartened by the turnout. Thank you to everyone who turned up with all their great ideas. So much discussion and so many solutions. Some of the ideas are included in the newsletter. This meeting gave the Committee an idea on the future planning at the garden. Our own little action/activities plan. It will be a very exciting year ahead with workshops, projects and social gatherings. Let's all get involved. After the meeting, Amy led a very informative workshop on Native Bees. There is so much to learn. They are amazing little creatures doing our work for us with the pollinating. We do have two bee hives and Amy demonstrated on how to split the one that was overcrowded. Very interesting. Amy will monitor for the next 6-12 months, then lucky us, we will hopefully have a third one. Another workshop on the bees further down the track. A huge thank you to Amy for sharing her knowledge and passion with us. Lucky to have her as a member. If the meeting and workshop wasn't enough then we had a wonderful afternoon sharing our pizzas. Dianne couldn't make it so Cherie stepped up to do the cooking, it was a job well done. The ideas and comments continued. Gardeners have such a lot of initiative. After a break of two months plus the meeting, the Gathering (Working Bee) is back. Yahoo we say! Not only is it our chance to focus on an area (and get so much done), it is also our chance to meet, talk, share and work with our fellow members- making our community stronger. We are all very pleased with ourselves when we see what we have achieved in such a short time with the group effort. The flyer is also included in the newsletter. As you read on, there is a list of wonderful people who have volunteered to be responsible for parts of the garden. It is all very relaxed and flexible. These people know what's going on and have planned work in the area. If you are wanting to help in an area, go and approach them and they will be more than happy to guide you. In other news, our Christmas party will be held on 4 th December. Flyer to follow closer to the date. We are back on the fruit flies again. The traps are scattered throughout the garden space. The students will help monitor the traps weekly and replenish the bait. We will then be able to enjoy eating some delicious fruit without the extra protein of the grubs. Yuk. Also, in the newsletter (told you it has been a busy time) is a list of housekeeping/RESPONSIBILITIES OF EACH PLOT HOLDER. Please read through them carefully and consider each item. We have been too lenient on some plot holders, but when we have waiting lists and other concerned members it is time to take action. Please I ask you to fulfill your promised commitment. The Committee will be reviewing the process. Sorry to end on such a bad note, but it has to be done. Stay safe, stay well and enjoy life.

Joanne.



Housekeeping for the Gardens

As we are continuing to grow and transform the gardens with our members contributions, this is just a reminder of everyone's responsibilities.

If you are the holder of a plot please ensure:

- 🕒 You keep your plot neat and tidy, removing any weeds. There is a dedicated bin near the shed that is for placing onion weed and nut grass in: please do not dispose of this in the mulching bay or the green waste bays near the driveway.
- 🕒 Keep on eye on your garden for pests or any conditions that affect your plants and remove the affected plants immediately.
- 🕒 Only use organic products in your garden.
- 🕒 Use of mulch (as necessary) to help with water saving and reduction of weeds.
- 🕒 Provide 2 hours around the gardens in the communal areas per month (this is in addition your tending to your own plot).
- 🕒 If you are not able to attend to your plot for a period of time, please contact one of the Committee members. For all members, when you attend the gardens, please sign in using the diary in the shed – this is for insurance purposes. The Committee is excited to see the changes and enthusiasm of our members with many great ideas being put forward to enhance the diversity and development of the gardens through shared interests in working together to achieve a common goal.



November

Upcoming Events and What's on Gardening Queensland

3rd November Thursday 10.15am -12pm Paddington,-Tour of the government house gardens

5th November All day from 8am GOOMBUNGEE-Jacaranda Day festival
Jacaranda Day Goombungee facebook

5th November Sat -Nambour Orchid Society species show -nambourorchidsociety.com

5th November 11pm-5pm-bunnings sausage sizzle fundraiser Tcoga

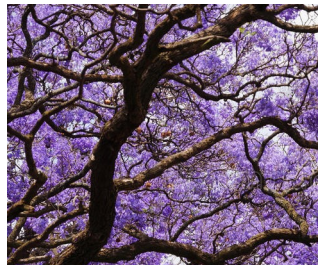
9th November 7pm-9pm,Annerley-Queensland Rose society meeting <http://www.qld.rose.org.au/>

6,13,27th November 9-11am High Valley Dawn,Permaculture Farm,Rosslyn-Farm Tours
Trybooking.com

20th November 8.30am to 5pm Kedron Wavell services club-Tillandsia Day Trybooking.com

20th November Sunday-noosa botanic gardens spring guided walk

Markets Every Sunday -Toowoomba PCYC markets,Every Saturday-Toowoomba farmers market
Makers Market the mills ,ruthven st-2nd and 4th Sunday of the month,Queens Park markets 3rd sunday of the month



NATIVE BEES

Members may have noticed in the last week our native bee hive has undergone some changes and another hive has arrived!

During the native bee course on the 16 th we finished up by putting an education on our pre existing tetragonula carbonaria (TC) hive.

An education is where we attach an empty hive to the front of a pre-existing very strong hive with the help of a joining tube, what this does is it allows the bees to expand their hive and over the period of a few months create a brand new hive!

Upon peeking inside 10 days later the bees have already started to build an entrance and some honey pots which is a great sign for a successful education.

Once the bees have created a suitable new hive, a princess bee will more than likely move in from the original hive which we call the mother hive then undergo her maiden mating flight to become a queen. Once we see that a queen has moved in and started to lay eggs (brood) we will wait just over a month then disconnect the hive, from here it will hopefully continue to thrive and further our hive population in the gardens.

Also, you would have seen a brand new hive behind the toilet block, this is a rescue hive saved from a water meter box in Brisbane, the hive has been struggling over winter to thrive, so we are hoping the community gardens and its abundance of bee food will be what it needs to finally become a healthy hive. If anyone notices a native bee hive in need of assistance, or may potentially want to purchase a hive of their own can contact Amy on 0422 633 797.

picture- brood from the TC native bees

picture- an education set up, note the mother hive behind and the new daughter hive in front, connected inbetween with the aid of a piece of garden hose tube.

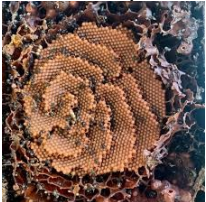


Image-inside a new education hive, the beginning of stores, and if you look closely some brood (this isn't our hive but it will be soon!)

Stingless Bee Honey



The distinctive feature of stingless bee honey is that it is stored naturally in the pot (cerumen), thus contributing to its beneficial properties, especially in the wound healing process.

Aboriginal and Torres Straight Islanders have used stingless native bee honey as a food and medicine source for tens of thousands of years.

Benefits

- Antioxidant in stingless bee honey could break the chain of free radicals that cause a detrimental effect to the wounded area. The application of honey to the wound has been widely used since ancient times.
 - Antimicrobial properties of stingless bee honey could overcome the bacterial contamination and thus improve the healing rate.
 - Anti-inflammatory attribute in the honey could protect the tissue from highly toxic inflammatory mediators.
 - The moisturizing properties of the honey could improve wound healing by promoting angiogenesis and oxygen circulation.
 - A tiny amount gives a lot of flavour
 - Propolis is also good for wound healing
 - Good sweetener for diabetics – Low GI
- Native Australian honey contains a rare and naturally occurring sugar profile that is different from other honey's. It's called 'trehalulose' and it has a substantially lower Glycemic Index (GI) than regular honey. The lower GI means diabetics don't experience the spike in blood sugar caused by glucose and fructose. Trehalulose is absorbed more slowly into the bloodstream
- Sore throat remedy
 - Great for substituting sugar for cooking and baking



What to Plant in November

Artichokes
 Asparagus
 Basil
 Beans
 Beetroot
 Broccoli
 Cabbage
 Capsicum
 Carrot
 Celeriac
 Celery
 Chilli
 Chives
 Coriander
 Corn
 Cucumber
 Eggplant
 Honeydew Melon
 Horseradish
 Leeks
 Lettuce
 Marrow
 Mint
 Mustard greens
 Okra
 Oregano



Parsley
 Pumpkin
 Radish
 Rocket
 Rosemary
 Sage
 Silver beet(Chard)
 Spring onions
 Squash
 Strawberries
 Thyme
 Tomato
 Turnip
 Watermelon
 Yam
 Zucchini

Harvesting:

- Beans
- Cabbage
- Mustard greens
- Kale
- Lettuce
- Rocket
- Spinach
- Berries
- Herbs
- Carrots

Recipe of the Month

INGREDIENTS

1 cup native bee honey
or any honey

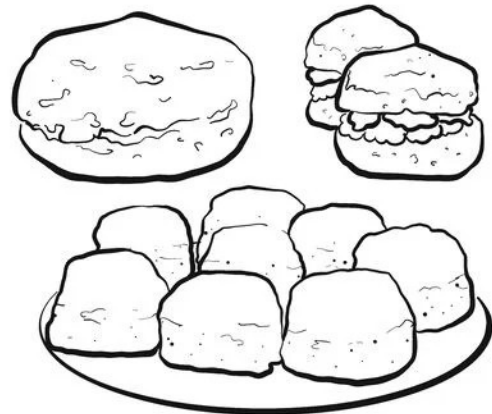
3 cups self-raising flour

80g butter, chilled and cubed

1-1 1/4 cups milk

Jam, to serve

Whipped cream or clotted cream, to
serve



Scone

METHOD

1

Preheat oven to 200°C. Sift self-raising flour into a large bowl.

2

Using your fingertips, rub butter into flour until mixture resembles breadcrumbs. Or use a small food processor to pulse blend together.

3

Make a well in the centre. Add 1 cup of milk and 1 cup of honey. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).

4

Lightly dust a flat baking tray with plain flour. Or alternatively use a sheet of baking paper

5

Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.

Served at the gardens 19th Oct, berry jam for sale at the gardens-Angela

Special Thanks

We would like to thank the following members for volunteering to look after dedicated areas within the gardens.

Bush Tucker Coordinator – Emma

Native Garden Coordinator – Clinton

Plot Coordinators – Emma & Carrie

Central Pathway Coordinator – Pauline

Permaculture Garden Coordinators – Cherie & Carrie

Seedling Coordinator: Kylie

Compost Coordinators – Tim & Jo

Website Coordinators – Fred & Michael

Social Media Coordinators – Carrie & Amy

Worm Farm Coordinator – Sharon

Accessibility Garden Coordinator – Lyndell?

Grant & Fundraising Supporters – Lyndell / Michael / Susan / Cherie / Sharon / Kylie

Shed & Tool Coordinators – Nettie, Jess & Denis

Driveway Coordinator – Margaret

Bee Coordinator – Amy

Seasonal Specialist – vacant

Thanks.

Working Bee



**Gardener's
Gathering**



2nd SUNDAY OF EVERY MONTH

9am

Bring along your hat, sunscreen and sturdy footwear-lets team up to some of the bigger jobs around the TCOGA patch!



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



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

Commitee and Contact

2022-2023 COMMITTEE

President: Joanne McClelland

Tcoga.president@gmail.com

Secretary: Kylie Higgins

tcoga.secretary@gmail.com

Treasurer: Lyndell Chambers


Tcoga.treasurer@gmail.com

Committee Members: Janette Golding, Susan Sheppard, Pauline Cridland, Tim Bretts

Plot Coordinator: Carrie Slack

Newsletter Editor: Adam and Angela Langdale

**Newsletter of Toowoomba Community
Organic Gardens Association Inc. 22A Goggs
Street, TOOWOOMBA CITY, QLD, 4350**

 **Instagram**

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

 **Newsletter Email**

Tcoga.newsletter@gmail.com

 **Past Newsletters**

<https://tcogardens.wordpress.com/newsletters/>

 **Facebook**

<https://www.facebook.com/TCOGardens/>

 **Website**

<https://tcogardens.wordpress.com/>