



# GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

October 2022

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## What has been happening at the Gardens

### WHAT'S HAPPENING SEPTEMBER/OCTOBER 2022

As per usual, it is all systems go at the garden despite the weather. The Carnival was fun. We were not overrun with visitors, just a steady stream. Kept us busy enough. No veggie seedlings left, there are some potted plants and cards still available. Angela has restocked the delicious jams with fruit made from the garden. Thank you to everyone that came and helped out and for the donated plants.

The Club was lucky to be involved with the Volunteer Program with Wilsonton High School. On the two days we had 11 very enthusiastic, hard workers. The focus was the permaculture area. They achieved so much. The students moved mountains-mountains of mulch that is. We now have the pathways back as they and our members used the old sleepers to define the edges. Cardboard and mulch were laid down. Not only does it look great but it is much tidier and safer. More mulch has been delivered so we can continue the job. In November, hopefully we will have the students from the Christian College doing their Volunteer Program with us.

I am really looking forward to the Native Bee Workshop this weekend. There is so much to learn and we are lucky to have a member who is willing to share her knowledge with us. This one is open to Members Only. It is the first of our bee workshops as there is so much interest in our native pollinators.

On the same day as the workshop, the Committee asked for an Open Meeting for all members. It is hoped we can have a planning session to plot out the future direction of the projects that our members are interested in. This enables us to budget for and set a timeline in one session then everyone can see, discuss and be involved in the development of the garden. Come along with your ideas for projects, workshops and social outings. The Action Plan for the Council will also be discussed. It will be a **BIG DAY**, but it is not over yet. The pizza oven will be fired up. Bring along your favourite pizza, drinks, plates and cutlery for a great social ending to what will be a brilliant morning.

Bunnings has offered us a day for a sausage sizzle on the 5<sup>th</sup> November. This is a great fundraiser. So, if you are available, please enter your name on the roster sheet near the sign in book.

A big thank you to Angela and Adam for stepping up to do the newsletter each month. We are always looking for contribution of article which you think could interest the members. The email address is [tcoga.newsletter@gmail.com](mailto:tcoga.newsletter@gmail.com) Again thank you to Carlene. Time for a well-deserved break.

To everyone, stay well, stay safe.

Regards

Joanne

### LETTER FROM THE EDITOR

Hello to everyone ,after 5 years its time to pass the torch and hopefully we can live up to Carlenes excellent and hard work on her newsletters. As we are using a different platform we will be revamping the whole newsletter and giving it a fresh look,we hope you will enjoy our future newsletters and encourage all members to send anything that interests you to the email Joanne has put above.

-Adam and Angela Langdale



## Upcoming events

**16<sup>th</sup> October 9.30am**-Open members meeting-1.5hrs

**11am**- Workshop by Amy for the induction of bee hives in the gardens-1hr

**12pm-1pm** -pizza lunch BYO

**5<sup>th</sup> November**- Bunnings sausage sizzle (Ruthven-North sts) Registration form in the shed for people to nominate for the various shifts

## FUNDRAISERS AT TCOGA

### **1.Bunnings Sausage ‘sizzle’ at Ruthven St Bunnings on Saturday 5<sup>th</sup> November 2022**

Volunteers are required from our members for approximately 3-4 hours shifts between the hours of 7am and 4.30pm. NB This includes ‘set up’ and ‘set down’. We require 4 members to do each time slot. Volunteers have already put their names down in the ‘register’ in the Gardens Shed but we are looking for more people. If you have any queries or you wish to register contact Lyndell, Treasurer on [tcoga.treasurer@gmail.com](mailto:tcoga.treasurer@gmail.com). We will be in contact with you by 23<sup>rd</sup> October to confirm your shift and your role (if possible). Roles required include:

**A Cook (only for the 9-11am shift)** as we have 2 members who have volunteered for the other shifts. We also require ‘Greeters’; ‘Collectors’; and ‘Orders’ volunteers. Some of the operational procedures required by Bunnings are that **A minimum of four people is required each shift to conduct a BBQ**. The ‘captain’ (yes, the ‘captain’ position) is the main liaison person with Bunnings leading up to the event and on the day.

**2.Jams/marmalades**-We have a selection of yummy organic jams and marmalades available for sale from \$3-\$5. Most of the produce used is from our Gardens.

## Whats on Gardening Qld

**21<sup>st</sup> October-23<sup>rd</sup> Buderim War Memorial-Buderim Garden festival**



**26<sup>th</sup> October Mount Coo-tha botanical gardens-National palm and cycad show**



**11<sup>th</sup> OCT-6<sup>th</sup> NOV,10am-2pm Maroochy Regional Bushland Botanic Garden, Tanawha-Celebrating Nature Connections exhibition and program**  
[ALLEvents.in](http://ALLEvents.in)

**4<sup>th</sup> November-18<sup>th</sup> 11am Conodale National park-Change makers Permaculture Design course**  
[ALLEvents.in](http://ALLEvents.in)

**5<sup>th</sup> November All day from 8am GOOMBUNGEE-Jacaranda Day festival**  
[Jacaranda Day Goombungee facebook](https://www.facebook.com/JacarandaDayGoombungee)

**6,13,27<sup>th</sup> November 9-11am High Valley Dawn,Permaculture Farm,Rosslyn-Farm Tours**  
[Trybooking.com](http://Trybooking.com)

**20<sup>th</sup> November 8.30am to 5pm Kedron Wavell services club-Tillandsia Day**  
[Trybooking.com](http://Trybooking.com)

## NASTURTIIUMS ARE GREAT FOR US AND OUR GARDEN

- Prevents stronger weeds taking over; use as ground cover.
- Strong fragrance makes them great as a cut flower.
- All parts of the plant are edible. The leaves make great rice paper alternatives. Also, can use as wraps in place of spinach leaves.
- High in vitamins A & C and other vitamins.
- They prefer a poor soil so no soil preparations, so little general maintenance is needed.
- Be creative - can be grown as a hanging plant, ground cover, over the side of fences, walls and rockeries.
- Excellent companion plant- plant amongst cabbage and broccoli to deter cabbage moth; it does help!
- Nasturtium leaf tea- effective control against aphids, although don't forget to leave a trap crop!
- Easier than weeds to pull out and remove if you need to.
- As far as collecting seeds, it's hard not to! They are large and prominent, producing on the backside of the flower. They will eventually fall and either self-seed after over wintering, or can be collected and dried to save or share.
- Do not need much watering; so great to grow in a dry climate.
- Attracts bees and pollinators



## What to Plant in October

- ARTICHOKE
- ASPARAGUS
- BASIL
- BEANS
- BEETROOT
- BROCCOLI
- CABBAGE
- CAPSICUM
- CARROT
- CELERIAC
- CELERY
- CHILLI
- CHIVES
- CORIANDER
- CORN
- CUCUMBER
- DILL
- EGGPLANT
- FENNEL
- HORSERADISH
- LEEKS
- LETTUCE
- MARROW
- MINT
- MUSTARD GREENS
- OKRA
- OREGANO
- PARSLEY
- PARSNIP
- POTATO
- PUMPKIN
- RADISH
- RHUBARB
- ROCKET
- ROSEMARY
- SAGE
- SILVERBEET(CHARD)
- SPRING ONIONS
- THYME
- TOMATO
- TURNIP
- YAM
- ZUCCHINI



Asparagus



Eggplant



Zucchini

## RECIPE OF THE MONTH

### Nasturtium Hot Sauce

The leaves of Nasturtium have a peppery taste. They can be used in place of garlic or green onions. Add them to salads of all kinds, greens, potato, or pasta, as well as stir fry. You can even make poor man's capers from the seed.

**Homemade hot sauce** is a perfect way to use nasturtium flowers. It's a fantastic alternative to store-bought varieties, being just as tasty and having that dreamy fiery look that we all love in a good hot sauce !

For this simple recipe, you'll need

1 cup of nasturtium flowers (fresh and tightly packed)

1 clove of garlic

2 cups of apple cider vinegar

1 red chilli (small)

'Tool' wise, all you'll need is a sterilized jar big enough to hold all your ingredients.

This sauce can be used like any hot sauce, and kept for six months in your pantry.

Move over tabasco!!

#### INSTRUCTIONS

Clean off the flowers and pack into a sterilised jar.

Peel the garlic, slice and add to the jar.

Slit the chilli in half and add to the jar.

Fill jar with the apple cider vinegar.

Pop on the lid and shake well.

Store in a cool dark place for 1 week and then strain through a sieve lined with kitchen paper or muslin and decant into small sterilised bottles.

Store in a cool dark place and use within 6 months.

Lyndell



#### 2022-2023 COMMITTEE

**President:** Joanne McClelland

**Acting Secretary:** Kylie Higgins—[tcoga.secretary@gmail.com](mailto:tcoga.secretary@gmail.com)

**Treasurer:** Lyndell Chambers —[tcoga.treasurer@gmail.com](mailto:tcoga.treasurer@gmail.com)

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

**Social Coordinator:** Sharon Kinnear

**Plot Coordinator:** Carrie Garvey

**Newsletter Editor:** Adam and Angela Langdale—[tcoga.newsletter@gmail.com](mailto:tcoga.newsletter@gmail.com)

Newsletter of Toowoomba  
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Past Newsletters [Link](#)

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



**TOOWOOMBA**  
*community*  
**ORGANIC GARDENS**

**COMMITTEE MEETING**

**AGENDA**

Date: 16 October 2022

Time: 9.30 - 11.00am

Venue: 22A Goggs Street, Toowoomba

**Acknowledgement of Country**

The Toowoomba Community Organic Gardens Association acknowledge the Wakka Wakka, Giabal and Jarowair peoples, the traditional Owners who have walked upon and cared for this earth for thousands of years. We pay respects to Elders Past, and Present and Emerging.

ITEM	GENERAL BUSINESS	Action
1.	Minutes of last meeting	
2.	Business arising from last minutes	
3.	Presidents report	
4.	Business arising from Presidents' report	
5.	Treasurer's Report/Update:	
6.	Business arising from Treasurer's report:	
7.	Secretary's Update:	
8.	Plot Coordinator Update:	
9.	Solar Pump Protection	
10.	Workshop Ideas: Propagation & Seed Saving; citrus tree management; permaculture; espalier for fruit trees; native bees; grafting fruit trees.	
11.	Plot Coordinator - Job Description	
12.	Toowoomba Regional Council - Action Plan	
13.	Equipment for Gardens	
14.	Rules for Community members as per Handbook	
15.	Australia Post Grant-resource information re 1st Workshop	
16.	Governance-Model Rules	
	<b>Other Business / Business Without Notice</b>	
1.		

2.		
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