

NEWSLETTER

October 2023



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What has been Happening in September

Hi all,

Carnival is in full swing and we have had a very busy month through September with a lot happening, many different people visiting and projects underway in the gardens.

We are slowly progressing with the new garden beds in the members' garden area, positioning them and getting them ready to fill for future hiring. We are going to try a couple of different methods in the larger beds with Carrie writing an article about the Hugelkulture style and creating wicking beds as well. We will be using up existing materials / reusing and recycling to fill these beds to save on costs. We will still need to purchase some soil for them.

A big thank you to Charlie and Carol, local community members who have generously donated two 900 x 650 x 3000 metal garden beds, along with some soil and gravel to fill them. These beds have been positioned in the founders garden up the top near the greenhouse and will be used for community growing. Thank you to Bob, Bill and Pauline for assisting in the collection of the soil, garden beds and delivery to the Gardens; it is very much appreciated.

The greenhouse is up and running, thanks to Brett for setting up the timer and hose to enable us to start to grow seedlings. Watch this space with what we will have available for members to purchase.

We had a couple of schools attending the gardens on Thursday and Friday for a few hours over the last number of weeks to undertake their volunteering programs which have now been completed. We would like to thank the teachers and students for their contributions across various projects and will continue to partner with the local schools to enable their students to undertake their volunteer hours. I would like to thank Jo, Carrie and Lyndell for the additional hours they have spent at the Gardens to facilitate the student's attendance.

We will be planting a quince tree in memory of Mary in the forage / permaculture garden and getting a plaque for the chair in the accessibility garden to recognise previous members.

Unfortunately, we continue to experience senseless vandalism in the gardens with various items being broken, plants been taken or destroyed and our replacement bench seat stolen. We have notified the Council and police and will continue to work with them in relation to these situations. We will keep you informed about what is happening.

We have had a number of visitors to the gardens through September from people visiting for Carnival, Japanese students, to local member Trevor Watts, the Therapeutic Horticulture Association and Community Gardens Australia, see more details further in the newsletter.

Just a reminder that we still have the position of secretary and a committee position vacant; if you are interested please let one of the committee members or myself know. On that note Saturday November 26 is National Community Gardens day and we will be looking at having something at the gardens to celebrate. If you have any ideas please email tcoga.secretary@gmail.com

Take care and see you at the gardens.

Kylie



Plant profile at the Gardens-Kaffir Lime



Citrus hystrix, called the kaffir lime or makrut lime, is a citrus fruit native to tropical Southeast Asia.

Its fruit and leaves are used in Southeast Asian cuisine, and its essential oil is used in perfumery. Its rind and crushed leaves emit an intense citrus fragrance.

Description

C. hystrix is a thorny bush, 2 to 11 metres tall, with aromatic and distinctively shaped "double" leaves. These hourglass-shaped leaves comprise the leaf blade plus a flattened, leaf-like stalk (or petiole). The fruit is rough and green and ripens to yellow; it is distinguished by its bumpy exterior and small size, approximately 4 cm (2 in) wide.

Uses

Culinary

Kaffir limes are popular because of their fragrant leaves. They are a warty skinned fruit and don't give a lot of juice.

Their zest is less citrusy than a regular lime, but they do have a spicy lime fragrance and a woody note. The juice is sharp, and the zest is a little oilier.

C. hystrix leaves are used in Southeast Asian cuisines such as Indonesian, Laotian, Cambodian, and Thai. The leaves are the most frequently used part of the plant, fresh, dried, or frozen. The leaves are widely used in Thai (for dishes such as tom yum) and Cambodian cuisine (for the base paste "krueng"). The leaves are used in Vietnamese cuisine to add fragrance to chicken dishes and to decrease the pungent odor when steaming snails. Also, in Vietnamese villages that harvest silkworms, the silkworms in the pupa stage are stir fried with the kaffir lime leaves. The leaves are used in Indonesian cuisine (especially Balinese cuisine and Javanese cuisine) for foods such as soto ayam and are used along with Indonesian bay leaf for chicken and fish. They are also found in Malaysian and Burmese cuisines.

The rind (peel) is commonly used in Lao and Thai curry paste, adding an aromatic, astringent flavor. The zest of the fruit, referred to as combava, is used in creole cuisine to impart flavor in infused rums and rougails in Mauritius, Réunion, and Madagascar. In Cambodia, the entire fruit is crystallized/candied for eating.

Medicinal

The juice and rinds of the peel are used in traditional medicine in some Asian countries; the fruit's juice is often used in shampoo and is believed to kill head lice.

Other uses

The juice is used as a cleanser for clothing and hair in Thailand and occasionally in Cambodia. Lustral water mixed with slices of the fruit is used in religious ceremonies in Cambodia.

Makrut lime oil is used as raw material in many fields, including pharmaceutical, agronomic, food, sanitary, cosmetic, and perfume industries. It is also used extensively in aromatherapy and as an essential ingredient in various cosmetic and beauty products.

Makrut lime appears in texts under the name of kaffir lime in 1868, in Ceylon, where rubbing the juice onto legs and socks prevents leech bites. This could be a possible origin of the name leech lime.

The Name

While the name makrut has been a mainstay of Thai cooking, attitudes towards the word have evolved. You've likely seen the fruit more typically referred to as 'kaffir lime', a name assigned by Scottish botanist H.F. Macmillan in his 1910 Handbook of Tropical Gardening and Planting book.

What began as a reference to an ethnic group in Sri Lanka, who proudly identify themselves as Kaffirs, has gained ugly connotations in other parts of the world. In South Africa, kaffir is used as a racist slur against black Africans — comparable to using the 'n' word. It's also deployed as a Muslim insult, which is another reason why some people avoid it. And while there's been Americans reporting about kaffir lime being an offensive word since 2014, this awareness has yet to occur in Australia. It's still relatively common to see 'kaffir lime' being listed on a menu.

Community Garden Australia visitor

Naomi Lacey the president of Community Garden Australia (CGA) visited the gardens on Wednesday 27 September as part of her east coast road trip. Naomi joined the members for morning tea and discussed the purpose of CGA and how they support the various community gardens around Australia.

Naomi then toured the gardens with Carrie and discussed the projects we are currently undertaking.

Saturday 26 November will be national Community Gardens day and we will be looking at having something at the gardens to celebrate. If you have any ideas please email tcoga.secretary@gmail.com



Forage Gardening

Our forage garden is a Permaculture Vegetable Garden using all the same principles. It is based on a simple way of growing food, herbs and medicinal plants mimicking nature to create a balanced ecological system.

We are building a garden which will encourage the community to explore along the pathways, forage along the way and enjoy the biodiversity of the area. Once the ground layers are established it will produce more food and involve less work to maintain. It will become a living system made up of a community of birds, lizards, hopefully frogs (once the pond is fixed!) and other creatures as well as a diversity of plants.

Building up the soil will take time but this is the main emphasis at the moment, adding organic matter and plenty of mulch and compost to protect the soil from the sun over summer and start to provide nutrients for the ground cover plants to thrive.

We are using the chop and drop method of composting as well as adding branches, dead leaves and prunings from the orchard which will break down over time and the two

compost bins at the end of the garden are beginning to produce good compost to use around the fruit trees.

Any donations of ground cover plants will be very much appreciated as well as help from any members who want to learn more about this area of the community garden.

Just talk to Carrie if you are interested.

TCOGA News

University of Southern Queensland – Japanese students

As part of the University of Southern Queensland (UniSQ) international Study Tour, we had 10 Japanese students visit the gardens to volunteer in late August. They were all very enthusiastic and willing to assist our members in various jobs around the gardens. Much fun was had by all, with both members and the students learning from each other.



Visit from Local Member – Trevor Watts

On Wednesday 20 September 2023, our local member Trevor Watts visited the gardens to catch up with members and see what we were doing. This was the first time Trevor had been to the gardens and he was very impressed with the space and what we have achieved in the gardens. He understood the concept of the gardens having had an allotment garden in the UK when he was a child. He joined the members for morning tea with many discussions around various topics of the gardens, the vandalism we are experiencing and ideas for support for the various projects at the gardens. We would like to thank Trevor for taking the time to visit us and look forward to him visiting again.



Visitors to the Gardens

On Sunday 10 September we had a group of ladies from Northern NSW visit the Gardens. To say they were impressed is an understatement. They were keen to take away ideas to help in the 'set-up' of their own community garden in Nana Glen, just outside of Coffs Harbour. They would like to thank the members who were so informative and made them feel very welcome. A big thank you to Sharon for facilitating this visit.



On Saturday 23 September we had a group of 9 members from the Therapeutic Horticulture Association (THA) tour the gardens. They were in Toowoomba for their Spring Meeting in conjunction with the Carnival and came from Melbourne, Brisbane, Sunshine Coast and Toowoomba. There were many questions asked as we walked around the gardens, with great feedback from them. Discussions around partnerships with disability and other organisations and opportunities between TCOGA and THA. Thank you to Susan for arranging the tour and Carrie for assisting in the tour.



Community Gardens Australia visit

Naomi Lacey the president of Community Garden Australia visited the gardens on Wednesday 27 September as part of her east coast road trip.

New TCOGA website launch

Final amendments are being made and the new TCOGA website is nearly ready to be launched. We anticipate that the website will go live on Tuesday 3 October. We again would like to express our sincere gratitude to the students at UniSQ who have produced an amazing website for us.

The new website will be: www.tcoga.org.au



Costa's Edible Garden Odyssey and Urban Agriculture Month

TCOGA had the privilege of participating in the first episode of the Edible Garden Odyssey on September 10, 2023. Kylie conducted a virtual tour of their Gardens alongside Costa, sharing insights into various garden areas and answering viewer questions. The Edible Garden Odyssey is a series highlighting diverse groups and organisations contributing to Urban agriculture across the country. It sets the stage for Urban Agriculture month in November, in collaboration with hosts Sustain and Community Gardens Australia, leading up to the UAF Urban Agriculture Forum for 2023.

Check out our facebook page or the new website for the link.



Greenhouse Update

Things have progressed very well in re-vitalizing the Garden's shade house. With the automatic timer and hose line installed, and after a fairly major cleanup, it's already back in service. There was quite a pile of pots to sort, and we have downsized and retained a smaller number ranging from seedling through to 50cm which are housed in the silver shed, along with a supply of seedling mix, and mix materials

The 1st planting (consisting of 3 X 6 cells each of Red Cherry Tomato, Cucumber, English Spinach and Iceberg Lettuce) went in this week, and we will undertake a regular fortnightly planting cycle. The plan is to have a small, steady supply of seedlings on hand for you to purchase through the club.

Please let me know, through the grapevine, if you have a specific seed planting in mind, and we will happily get them started for you. There is quite a wide range of seeds on hand in the seed library, but feel free to supply your own.

Happy digging, Brett

October

Events



Public hols



Market days



SUN	MON	TUES	WED	THUR	FRI	SAT
1 st	2 nd Kings Birthday	3 rd	4 th	5 th	6 th Stanthorpe Gardenfest and Trade Fair-til the 7 th Stanthorpe Show grounds, 8 High Street 9-4pm	7 th Maleny Garden Club's Spring Fair ,9am- 4pm ,Maleny Showgrounds Pavilion Maleny Stanley River Rd Toowoomba Farmers Market
8 th Tamborine Mountain Edible Garden Trail 9:00 am - 3:00 pm Morwenstow Gardens,10am- 4pm,60 Sugarloaf road ,Stanthorpe PCYC Markets near TCOGA	9 th	10 th	11 th	12 th	13 th Buderim Garden Festival 8:00am – Sun, 15 Oct, 4:00 pm,1 Main street,Buderi m	14 th Marburg Garden & Outdoor Expo,8am- 3pm,45-55 Queen Street , Marburg Toowoomba Farmers Market
15 th PCYC Markets Queens park markets Oakey Lions Sunday markets Campbell St, Oakey	16 th	17 th	18 th	19 th	20 th	21 st Toowoomba Farmers Market
22 nd PCYC Markets	23 rd	24 th	25 th	26 th	27 th	28 th Rosewood Native Plant Sale & Enviro Day Exhibition Hall, Rosewood Showgrounds, 1 Railway St Toowoomba Farmers Market International Street Fiesta Sat, 28 Oct, 3:00 – 8:00pm Queens Park Toowoomba 43-73 Lindsay St, East Toowoomba
29 th PCYC Markets, Carbarlah Markets & Bunya Mountains Markets	30 th	31 st Halloween 				



What to Plant in October

Angelica
 Alfalfa
 Anise/Hyssop
 Asparagus
 Artichoke
 Basil
 Beans
 Beetroot
 Bok Choy
 Borage
 Broccoli
 Cabbage
 Calendula
 Capsicum
 Camomile
 Cape Gooseberry
 Catnip
 Carrots
 Caraway
 Celeriac
 Celery
 Chervil
 Chickory
 Chilli
 Chives
 Choko
 Coriander
 Corn
 Dandelion
 Dill
 Echinacea
 Eggplant
 Endive
 Evening primrose
 Feverfew
 Fennel
 Fenugreek
 Horseradish
 Hyssop

Jerusalem Artichoke
 Kale
 Kohl Rabi
 Leeks
 Lemon balm
 Lettuce
 Marigold
 Marjoram
 Marrow
 Melons
 Mint
 Mizuna
 Mustard
 Mustard greens
 Nasturtium
 Oregano
 Parsley
 Pea-Climbing and Dwarf
 Potatoes
 Radish
 Rosella
 Rhubarb
 Sage
 Salad Burnett
 Salad Rocket
 Salsify
 Shallots
 Silverbeet
 Spinach
 Spring onion
 Strawberries
 Swedes
 Thyme
 Tomato
 Turnip
 Vetch
 Watercress
 Yam
 Zucchini

What to look for
Harvesting
(Toowoomba -Darling
Downs/TCOGA)
approximate:
 Asian Greens
 Asparagus
 Avocado
 Bananas
 Beans
 Beetroot
 Broccoli
 Cabbage
 Carrots
 Cauliflower
 Citrus
 Celery
 Cucumbers
 Custard apple
 Edible flowers
 Fennel
 Ginger
 Herbs
 Kale
 Leeks
 Lettuce
 Mulberries
 Passionfruit
 Parsnips
 Peanuts
 Pumpkins
 Radish
 Raspberries-Native
 Rhubarb
 Silverbeet
 Spring onions
 Strawberries
 Swedes
 Turnips

Espaliers

Short of space? Give espalier a try.

You will have noticed the row of fruit trees which have been espaliered. These are nashi pears, donated by Bunnings. 'Espalier' means to train small fruit trees to grow along a trellis of strong horizontal wires.

The theory is that by limiting the growth of the tree, the sap flow is slowed so that each bud gets its fair share of nutrients, thus producing more flowers and fruit. A tree left to grow upwards will produce more leaves than fruit. To espalier a fruit tree is to plant it between the vertical posts and as each sideways branch is produced it is tied to the horizontal wire. Branches sprouting between the wires are removed so that we have a skeleton of fruit-bearing branches. This makes them easy to harvest, easy to net, and easy to drip irrigate. Sadly, a vandal has cut out the leading branch from one of our trees but we are hoping it will recover. The espaliered trees add another pleasing aspect to TCOG and we hope they give us lots of tasty nashi pears too.

The frame was built using a grant



The first nashi tree was vandalised by someone who knew about grafting

Composting

WHY DO WE COMPOST NOW ??

To revitalise the soil and reduce the need for watering in the warmer months.

We recover valuable materials from food waste and garden waste which creates productive fertile soil additives.

It saves money and we send a lot less to the dump.

It reduces greenhouse gases.

But best of all it helps all your gardens to grow better and you are making a positive environmental difference !!

The most popular ingredients in composting include fresh grass clippings as well as dried grass clippings, shredded paper, fruit and vegetable scraps, livestock manure, crushed egg shells, coffee grounds, autumn leaves and even old cotton t-shirts.

Corkscrew compost turners are highly recommended to aerate the compost bins regularly and are really easy to use.

How to encourage our feathered friends

Bird-friendly garden tips

- 🌿 Grow native plants
- 🌱 Grow plants at different heights
- ☀️ Think seasonal
- 🍃 Keep existing plants that already attract birds
- 💧 Provide water
- 🌿 Reduce lawn space
- 🍃 Weed regularly
- 🚫 Lay off the sprays and chemicals



Natural Pest Management

We are your natural pest management



but rodenticides and pesticides kill us

— A healthy yard manages pests naturally! —



Quote from Mike Wells (Wellsley Horticulture)- Horticultural Consultant, Writer, and Presenter in his recent article in the Toowoomba Chronicle:

“And finally, go and search your garden shed/garage shelves for any product that ends in the letters “.....icide” and seriously consider if you need them at all. These are letters that mean, no punches pulled here, “killing”. In most cases, they do not simply reduce or eliminate the supposed target pest, but will also kill or severely disrupt other living, and often beneficial organisms as well.

So called selective herbicides nearly always damage other plants as well as soil biota; insecticides will knock off beneficial soil insects as well as the nasties; fungicides will severely disrupt a huge population of important soil microbes; nematicides will maybe reduce the root-knot nematodes in your tomatoes, but will also kill the massive population of good nematodes in the soil, and so on.....”

Recipe of the Month-*Passionfruit Tart*



INGREDIENTS

- 1 1/2 cups plain flour
- 1/4 cup icing sugar mixture
- 150g butter, chilled, chopped
- 1 egg yolk
- 2 tbsp chilled water
- Whipped cream, to serve

Passionfruit Filling

- 4 eggs
- 3/4 cup caster sugar
- 3/4 cup thickened cream
- 2 tsp finely grated lemon rind
- 1/2 cup lemon juice
- 2 Passionfruit, halved



METHOD

Step 1-Process dough

Process flour, icing sugar mixture and butter until mixture resembles fine breadcrumbs. Add yolk and chilled water. Process until dough just comes together. Turn out onto a lightly floured surface. Knead until just smooth. Shape into a disc. Wrap in plastic wrap. Refrigerate for 30 minutes.

Step 2-Roll and cool

Preheat oven to 200C/180C fan-forced. Grease a 3cm-deep, 24cm (base) round, loose-based fluted flan tin. Roll out pastry between 2 sheets of baking paper until 3mm thick. Line pan with pastry. Trim excess. Refrigerate for 15 minutes.

Step 3-Part Bake

Place prepared tin on a baking tray. Line pastry case with baking paper. Fill with ceramic pie weights or uncooked rice. Bake for 10 minutes. Remove weights or rice and baking paper. Bake for 10 minutes or until light golden. Reduce oven temperature to 180C/160C fan-forced.

Step4-Whisk filling and Bake

Make Passionfruit filling: Whisk eggs, sugar, cream, lemon rind, lemon juice, and Passionfruit pulp in a bowl. Pour mixture into pastry case. Bake for 30 to 35 minutes or until filling is just set. Cool for 15 minutes. Refrigerate overnight or until chilled. Serve with cream.

Gardening tips for October

Spring is now in full swing. Unfortunately, we can get some very dry conditions around now, which can spoil spring flowering and inhibit new growth. What you decide to do this month, especially with respect to fertiliser application and new plantings, may be moderated by the amount of rain we experience this month and your ability to provide supplemental water if there isn't enough rain.

It's an appropriate time for general fertilisation of the garden if you didn't do it last month, but hold off unless you can ensure it will be watered in well. New plant growth stimulated by the warmer weather will be looking for nutrients, and soil microorganisms will be stepping up their activity, helping the nutrients in fertilisers become available. In anticipation of the summer months ahead, it's also a good time to mulch.

Poinsettia will be past their best so cut back hard along with any snowflake bushes you haven't done already. As spring-flowering shrubs and climbers finish (e.g. Brunfelsia, Rondeletia amoena, Jasmine etc), it's time to prune (if necessary). This means that the subsequent new growth has time to mature sufficiently during the summer and autumn and set flower buds ready for next spring's display.

Even if you don't feel the need for significant pruning of shrubs, you may nevertheless consider trimming off dead flowers to prevent energy and nutrients being wasted on unwanted and unattractive seed pods (e.g. grevilleas, melaleucas and callistemons, Golden Penda) or if you are concerned about seeds being spread. (e.g. berry-producing forms of Raphiolepis)

Meanwhile, dead-head spring flowering annuals and perennials to prevent seed-set and prolong flowering as long as possible.

Cut back tropical foliage plants like alyshas, cordylines and crotons (if necessary) and they should shoot again quickly with the warmer weather. Save the prunings and use to propagate new plants.

If summer/autumn flowering tropicals like allamanda, mussaenda, pentas, plumbago need a cut back and you haven't done it yet, do so without delay. If it has been very dry, however, they may be struggling. You might wish to delay until good rainfall can refresh the plants and stimulate new growth, or even skip a year.

If dry, note that shrubs such as hydrangeas, gardenias and ixora that are developing flowers now and will require adequate water if they're going to put on a good show.

When attending flower shows, botanic gardens or open garden, be sure to take notes on the plants you especially like, so you can shop for them later. For those plants sold potted, get into the nurseries and make your purchases asap. If you're able to select from plants in flower, you'll be able to see the colour and form of the bloom for yourself instead of having to rely on. Unfortunately, label photo and descriptions can sometimes be misleading or just plain wrong. Also, nurseries are more likely to carry the biggest range of a plant when it's in flower and looking attractive. Of course, if buying mail order, plants may not be available until their dormant season (e.g. bulbs and bare-root roses).

As noted above, it's a good time to fertilise and mulch. If there's been a lot of rain about, remember to compensate for leaching losses. On the other hand, if it's been dry, don't forget that adequate and consistent soil moisture is critical to good yields so provide supplementary watering if necessary (and if possible).

Along with the heat, pests and diseases are also ramping up, which is another reason to keep already-planted veggies strong and moving along. Get your pest control strategies in order - consider insect-proof nets, fruit fly control bags and traps if you don't like spraying.

Just as we deadhead annuals to encourage more flowers, try to keep up harvesting of peas, beans, broccoli etc to extend production as long as possible.

Sowings of a wide range of vegetables can continue this month.

Try tomatoes, eggplant, capsicums, cucumbers, pumpkins, watermelons, rockmelons, choko, lettuce, radishes, beetroot, silverbeet, beans, snakebeans, rosella, okra, and sweetcorn.

It's very difficult to grow veggies in the height of summer in Qld, even if you have the time to look after them with all the distractions of Christmas, New year and summer holidays. October is the last chance to get a wide range of vegetables underway while weather is relatively mild. Nevertheless, look out for the more heat-tolerant varieties of traditional vegetables like tomato and lettuce (check the packets or catalogue for information) and start increasing sowings of heat-lovers like sweetcorn and okra.

George Orr

Thank you, George, for all you contributed to the Community Gardens. We valued your friendship.



Committee and Contact

2023-2024 COMMITTEE

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