

NEWSLETTER

November 2023



What has been Happening in October

Hi everyone,

We are starting to see the warmer weather and as forecasted it will continue to get hotter and dryer. Can you please ensure that you have mulched your gardens with sugar cane or another organic matter to assist with water saving and undertake the set hours of watering at the gardens before 10am and after 4pm Tuesday through to Sunday. We will keep you updated on any changes with watering in the gardens.

We currently have a waitlist for the hiring of our garden beds and will continue to work on putting together the new garden beds in the members garden, we have one done and 6 to go. Everyone's help with putting these together would be greatly appreciated. In the shed on the whiteboard is a roster, can you please put your name against this when you will be available to help.

The security camera is in place and located on the power pole with the spotlights as you come into the gardens, we would like to thank the Council with their support in providing this for the gardens, it is linked to the city safe cameras and is monitored through the Council.

We have the Toowoomba Christian College returning on Monday 20 and Tuesday 21 November, any members that are interested in working with the students, please email tcoga.secretary@gmail.com if you haven't already done so. We will also be putting together a list of projects for them to assist with in the gardens, if you have ideas for this please put them on the whiteboard in the shed.

We now have seedlings available for anyone who would like to purchase them, they are 50 cents a seedling for the small seedlings and currently in stock: red cherry tomato, cucumber, english spinach and iceberg lettuce. These are available for purchase on a Wednesday and Sunday.

We will be hosting an Open Day on 26 November from 9.30 to 11.30am as part of the inaugural Community Gardens Open Day through the Community Gardens Association and in conjunction with the Urban Agricultural month. More details about the day will be provided closer to the date.

Around the gardens - the ladies have planted their maize for the season in the field plots and it is coming along nicely. We also have a couple of communal plots through the gardens which are getting ready to harvest in the next few weeks, we will have potatoes and sweet potatoes with corn, beans, zucchini, cucumbers and tomatoes to come.

I would like to thank the coordinators within the areas of the gardens for their continued support and overseeing of their areas, further in the newsletter is an update from some of them.

There will be a workshop held on Sunday 3 December at 3pm at the gardens in conjunction with Permaculture Toowoomba on Propagation facilitated by Doreen Jackman from Bloomfields Homestead.

Save the date - the end of year gathering will be on Sunday 10 December at the gardens. Times and further information will be provided for the December newsletter.

I hope you enjoy the articles in the newsletter and if you have any ideas or articles you would like included please send them through to Angela at tcoga.newsletter@gmail.com no later than the second last week of the month. Thank you to Angela for compiling the newsletter for us.

See you at the gardens.

Kylie

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November

Events



Public Hols



Market Days



SUN

MON

TUES

WED

THUR

FRI

SAT

		<p>1st Tree Planting for Mary 10am, TCOGA</p>	<p>2nd</p>	<p>3rd</p>	<p>4th Toowoomba Farmers Market Lindsay st Yarraman markets Corner D'Aguilar & New England Highways</p>	
<p>5th PCYC Markets near TCOGA</p>	<p>6th</p>	<p>7th</p>	<p>8th</p>	<p>9th</p>	<p>10th</p>	<p>11th Australian Pollinator Week Tropic Plant Spectacular 12 Marshall lane, Kenmore Toowoomba Farmers Market, Yarraman markets</p>
<p>12th PCYC Markets & The Makers Market, The Goods Shed, Victoria street</p>	<p>13th</p>	<p>14th</p>	<p>15th</p>	<p>16th</p>	<p>17th</p>	<p>18th Toowoomba Farmers Market, Yarraman markets</p>
<p>19th PCYC Markets & Queens park markets Oakey Lions Sunday markets Campbell St, Oakey</p>	<p>20th Brisbane forum for Urban Agriculture month</p>	<p>21st</p>	<p>22nd</p>	<p>23rd</p>	<p>24th</p>	<p>25th Toowoomba Farmers Market, Yarraman markets</p>
<p>26th TCOGA Open Day on 26 November from 9.30 to 11.30am Inaugural Community Gardens Event Community Gardens Australia & Sustain: The Australian Food Network PCYC Markets, Carbarlah Markets & Bunya Mountains Markets</p>	<p>27th</p>	<p>28th Kerkin Garden Open Garden 678 Upper Ormeau Road, Kingsholme</p>	<p>29th</p>	<p>30th</p>		

TCOGA News and Updates

Worm Farm-Sharon

With the warmer weather the worm farms are more active and need constant topping up.

I'm still keen to promote members to bring in scraps for the worms. There is food for them at the gardens but a bit of variety would help.

Coffee grounds, banana peels, crushed egg shells and tea leaves are particularly useful to add nutrients and helpful for the worms breeding and digestion needs.

There is a red crate near the worm farms to leave these items and I will distribute accordingly.



Forage/Permaculture Garden-Carrie

The big bale of sugar cane mulch is being spread around the bare patches in the forage garden where more small ground covers have been planted.

Margaret and Bob came to cut down the old mandarin and lime trees after we had more advice from the TAFE inspection. We will be able to plant other fruit trees in both of these beds later but just not citrus trees so that the diseases don't spread to new trees.

Sadly some unknown person cut off the beautiful Naranjilla shrub as well as the top from one of the newly planted Apple trees (they took cuttings from other special trees as well, including one nashi tree, one of the new miniature peach trees and bits off our established apple trees, so I suspect that they knew what they were doing and want it for grafting.)

We decided that Mary's memorial quince tree will be planted in the garden nearest to the Founders garden fence beside the old grape. One bed has been weeded of kikuyu and is being built up with organic matter and manure so it will be ready for the planting ceremony when it is organised with Mary's family. The other bed beside it still has to be weeded of kikuyu and cleaned up and some ground covers planted around the base of the tree which will be easier to look after.

We started spraying the stink beetle nymphs at first site of them and hopefully we can get on top of them early to stop a repeat of last years infestations.

It is slow work, but progress is being made. It is pleasing to see some of the plants starting to go to seed so they will spread and cover more area which is the aim of every permaculture garden.

Pathways-Pauline

Main pathway- due to lack of helpers it has been decided the pathway on left to the second entrance to permaculture area will only be maintained and worked on. The following pathway length will be done at a later stage.

We will be getting some more grasses and low shrubs to put in here over the next few weeks from the vouchers from Council.

I am noticing a few digging holes in this patch, thinking little critters, blue tongue lizards and other lizards, this is good as eventually birds will be attracted to it.

Orchard-Judith

Weeding around the fruit trees has commenced and is ongoing.

The first of the bronze orange stink bugs have been spotted on a couple of the citrus trees a couple of weeks ago, currently in the nymph stage. A bottle of home made white oil has been made up and a 7 litre garden sprayer are available and ready for use (located in the shed - shelf above the urn).

Hopefully regular spraying of the citrus trees for a while will keep on top of these pests which were prolific last year. A new round of fruit fly traps will be positioned shortly.

Greenhouse-Brett

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.

Sheds & Container-Nette

The past few months has seen many changes to the main shed, the container, and the small garden shed in the Founders Garden. The container was cleared out with the heavier equipment such as mowers/mulcher etc moved to the small garden shed.

The containers shelving was rearranged and boxes, along with the newly purchased containers, are now in place and labelling continues here for easier location. The white melamine cupboard which was originally in the main shed has been moved into the container for further storage. It is intended to have signage on the outside of this cupboard indicating what is stored inside. A solar light has been set up in the container also. There is still some sorting to do here especially with our magazines and books. This area is ongoing.

In the main shed the tools are being kept in order and mostly well cleaned and maintained after use. With the melamine cupboard now relocated, this has made space for when we acquire a fridge. The sign in/coffee making table was moved slightly to give more space for parking the wheel barrows.

The metal cupboard was cleared out and an extra shelf was made giving added space for better storage. The brown wooden cupboard needs further sorting. However labelling here continues. It is intended to place signage on the outside of both the metal and wooden cupboard indicating what is stored inside.

Exciting project -University of Southern Queensland for the Bush Tucker garden

We have been in discussions with the University of Southern Queensland (UniSQ) regarding a collaboration for the bush tucker garden.

The project will commence next year and will form part of the work placement of students from the faculty of Health, Engineering and Science. The students will undertake their required hours of placement in attendance at the gardens and from university.

In early August, the Acting Head of School, John Dearnaley and Uncle Wayne, UniSQ Elder attend the gardens to look through the bush tucker garden and identify whether it would be suitable.

They were impressed with the current plants and are excited about working with TCOGA for this project.

Currently the idea for the project will be to identify all the existing plants within the garden, document and map.

They will then suggest additional indigenous / bush tucker plants to support the current plants and provide additional structure to the garden. These will then have fact sheets created for the plants with sign to be placed at each plant. The fact sheets are then intended to be used for QR coding allowing self tours through the garden.

If you have any ideas or further input on what we should be undertaken the this project, please email tcoga.secretary@gmail.com so we can finalise the project for UniSQ. Also if you are interested in working with the students during their placement email above as well.

Plant profile at the Gardens-Mulberry



Morus, a genus of flowering plants in the family Moraceae, consists of diverse species of deciduous trees commonly known as mulberries. Despite their similar appearance, mulberries are not closely related to raspberries or blackberries. All three species belong to the Rosales order. But while the mulberry is a tree belonging to the Moraceae family (also including the fig, jackfruit, and other fruits), raspberries and blackberries are brambles and belong to the Rosaceae family (also including the apple, peach, and other fruits).

Mulberries are fast-growing when young, and can grow to 24 metres. The leaves are alternately arranged, simple, and often lobed and serrated on the margin. Lobes are more common on juvenile shoots than on mature trees. The trees can be monoecious or dioecious.

Mulberries can be grown from seed, and this is often advised, as seedling-grown trees are generally of better shape and health. Mulberry trees grown from seed can take up to ten years to bear fruit. Mulberries are most often planted from large cuttings, which root readily.

The mulberry fruit is a multiple, about 2–3 centimetres long. Immature fruits are white, green, or pale yellow. The fruit turns from pink to red while ripening, then dark purple or black, and has a sweet flavour when fully ripe. They have been used in Chinese herbal medicine to treat different ailments such as ringworm, but the evidence is limited.

The trees are traditionally grown for their leaves — mainly in Asia and North America — as they're the only food that silkworms eat.

They carry colourful berries — most commonly black, white, or red — that are often made into wine, fruit juice, tea, jam, or canned foods, but can also be dried and eaten as a snack.

Due to their sweet flavour, impressive nutritional value, and various health benefits, mulberries are gaining popularity worldwide.

Nutrition and Health facts

Fresh mulberries consist of 88% water and only have 60 calories per cup (140 grams).

By fresh weight, they provide 9.8% carbs, 1.7% fiber, 1.4% protein, and 0.4% fat.

Mulberries are often consumed dried, similar to raisins. In this form, they contain 70% carbs, 14% fiber, 12% protein, and 3% fat — making them fairly high in protein compared to most berries.

Mulberries contain several plant compounds, such as anthocyanins, chlorogenic acid, rutin, and myricetin. Deep-coloured and mature berries are richer in these compounds than colourless berries.

Mulberries or mulberry extracts may be beneficial against several chronic conditions, such as heart disease, diabetes, and cancer. They also may lower cholesterol levels, help prevent fatty liver disease, and improve blood sugar control.

Allergen and Toxicity

Allergy to mulberries is rare, but pollen from mulberry trees has been reported to cause allergic reactions in sensitive individuals.

If you're sensitive to birch pollen, you may also react to mulberries as a result of cross-reactivity.

All parts of the plant besides the ripe fruit contain a toxic milky sap. Eating too many berries may have a laxative effect. Additionally, unripe green fruit may cause nausea, cramps, and a hallucinogenic effect.

Teas available at the Gardens

We have many different types of teas available from the worms and plants at the gardens, please see below some information about each of these. These are also printed and laminated in the shed.

Worm tea

Worm tea contains large amounts of nitrogen, phosphorus and potassium which are essential nutrients in plant growth and health.

Worm tea is used to infuse and repopulate the soil with beneficial microbes, it will also help prevent diseases and pests in plants and the soil. Worm tea will improve the soil structure and increase the soils water holding capacity.

Unlike commercial fertilizers worm casting and tea won't burn your plants if you use too much.

Worm tea should be diluted 50% tea with 50% water in your watering can.

Comfrey Tea Liquid Fertilizer

Comfrey is the organic gardener's best friend as it is full of nitrogen, phosphorus and potassium. The nitrogen content helps with green leafy growth. Potassium is necessary for flower and fruit production and phosphorus helps the plants to remain vigorous and fight off disease and pests.

Comfrey tea will feed your plants and help reduce pests and also contains calcium.

Comfrey tea should be diluted 1 part tea to 10 parts water and can be used once a week.

Borage Tea

Borage tea also contains nitrogen, potassium and calcium. Calcium improves water penetration, strengthens cell walls, activates enzymes, helps to maintain PH levels and increases resistance to disease.

Borage Tea should be diluted 1 part tea to 10 parts water and can be used weekly. I suggest alternating between Comfrey and Borage tea.

Weed Tea

Weed tea is a great all round fertilizer and a way to utilise the phosphorus, potassium, nitrogen, magnesium, sulphur, copper, boron and other minerals and nutrients stored in the weeds leaves and roots. Newly transplanted plants, blooming plants and those setting fruit will appreciate a dose of weed tea. The tea is strained so no seeds are transferred.

Weed tea should be diluted 1 part tea to 10 parts water and can be used once a fortnight.



What to Plant in November



Artichoke

Azaleas

Beans

Beetroot

Borage

Chamomile

Capsicum

Carrots

Celeriac

Celery

Chilli

Chives

Coriander

Corn

Cucumber

Eggplant

Geraniums

Honeydew

Horseradish

Hydrangeas

Leeks

Lettuce

Marigold

Marrow

Mint

Mustard greens

Okra

Oregano

Osteospermums

Parsley

Petunias

Plumeria

Poinsettias

Portulacas

Pumpkin

Radish

Rocket

Rockmelon

Sage

Silverbeet

Spring onion

Squash

Strawberries

Sweet Potatoes

Tomato

Turnip

Watermelon

Yam

Zucchini

What to look for Harvesting

(Toowoomba -Darling
Downs/TCOGA)
approximate:

Apples

Asparagus

Bananas

Beans

Beetroot

Cape Gooseberry

Capsicum

Carrots

Cherries

Corn

Coffee

Edible flowers

Fennel

Fenugreek

Ginger

Herbs

Kale

Lettuce

Melons

Mulberries-White &

Black

Mustard Greens

Onions

Passionfruit

PawPaw

Potatoes

Pumpkins

Radish

Rocket

Sapote

Spring onions

Spinach

Tomato

Recipe of the Month - Mulberry Crumble Cake

INGREDIENTS

Base

- 1 1/2 cups plain flour
- 150 g unsalted butter
- 1/2 cup icing sugar or flour if no icing sugar available

Filling

- 3 cups mulberry fresh stems trimmed
- 1/4 cup plain flour
- 1/4 cup raw sugar

Topping

- 3 eggs
- 1/4 cup raw sugar
- 2 cups desiccated coconut



METHOD

- 1-Preheat oven to 180C. Brush a 28cm x 18cm casserole dish with melted butter.
- 2-Base: Mix base ingredients in a food processor to make a dough.
- 3-Spread and press into the base of the dish. Smooth with the back of a spoon.
- 4-Bake for 15 minutes until golden brown.
- 5-Filling: Mix flour, sugar and $\frac{3}{4}$ of the mulberries in a food processor.
- 6-Pour over base, scatter remaining mulberries over the top.
- 7-Topping: Mix ingredients in a large bowl until combined well. Sprinkle over filling and lightly press.
- 8-Bake for 20 minutes until golden.

Native Raspberries

For those who know where to find them at the Gardens, the native raspberries are a rare treat. We are growing *Rubus Probus* ('Atherton raspberry' which grows so well on the Atherton Tablelands and it is native to Australia and Papua New Guinea). It grows in Queensland, from the Helidon Hills to Cooktown. Now, we have planted several plants in different spots at TCOG - so lots of snacking can be done when the fruit are ripe. Native raspberries are high in anti-oxidants.

There are, in total, 8 native raspberries of varying sweetness but the Atherton raspberry seems to be the favourite. It has a scrambling habit so perhaps it is better to grow it up a trellis or in a pot, in full sun. It likes a well drained soil and fortunate for us, it is drought tolerant.

Rubus parvifolius is a small leafed bramble scrambler, 1 metre tall and sometimes prostrate. It is hardy, drought tolerant, and a source of food for our native birds. It is found east of the Hume Highway. Next time you are in the supermarket, give those expensive raspberries a miss and seek out a feed on our native raspberries at TCOG.



Alternative Method - Filling Large Metal Raised Gardens

Water Restrictions



WATERING OF GARDENS & LAWNS								
TIMES	PROPERTIES	M	T	W	T	F	S	S
Before 10am & after 4pm	All properties	x	✓	✓	✓	✓	✓	✓

Using the following devices:

- Bucket or watering can
- Hand held hose fitted with trigger or twist nozzle
- Efficient sprinkler with 30 minute timer*
- Efficient irrigation system with two hour timer*

NOTE: *MUST comply with Efficient Irrigation for Water Conservation Guidelines
 • 9 litres/minute maximum output for both sprinklers and emitters
 • Correct timer must be fitted



OTHER CLEANING ACTIVITIES								
TIMES	PROPERTIES	M	T	W	T	F	S	S
Before 10am & after 4pm	All properties (when necessary)	x	✓	✓	✓	✓	✓	✓

For these purposes:

- Washing vehicles
- Washing buildings (not paved surfaces)
- Cleaning outdoor entertainment areas
- Washing pets and cleaning kennel areas

Using the following devices:

- Bucket
- Hand held hose fitted with trigger or twist nozzle
- High pressure cleaning unit

For further information visit www.tr.qld.gov.au/water or call 131 872



Residents who are identified as not complying with water restrictions could be liable to an infringement fine of \$413.

August 2021

- The majority of plants we grow in a vegetable garden only need approximately 12 " of soil , preferably 50% compost and 50% soil.
- Many gardeners across the world are now using the hugelkulture method to fill the bottom two thirds of these large beds using cheap , free organic matter to build up the volume of materials at the bottom of these gardens.
- Much of this can be sourced from around the Community Garden to use up garden waste , wood from pruning fruit trees, untreated pieces of wood or stumps, dried dead weeds and grass, fresh grass clippings as well as brown grass clippings, compost and dead leaves.
- There are plenty of big logs and branches to be used up as well so we are doing two jobs at once , cleaning up the rubbish piles as well as filling the garden beds.
- The heavy materials go at the bottom of the pile over thick cardboard, then smaller sticks ,branches, organic matter such as council mulch , shredded paper , grass clippings and manure will fill the gaps as it settles down. Once this has reached 2/3 rds of the way up, the top layers will be added and will be a mixture of soil, compost and animal manure or whatever other ideas the members have to grow some great vegetables once the gardens are hired out.
- It is expected that over the next few years the organic matter will start to break down and more top layers will need to be added and built up slowly over time .
- These new gardens might take a while to get established as we build up the layers but will be much better for the Gardens ,saving us money on buying soil, as well as clearing away rubbish that has build up over the past few years .
- We will need your help to get all these beds ready for hiring out a.s.a.p so please offer some assistance when you can , it will be much appreciated as well as any advice or suggestions.

Summer hours

For those that aren't aware we have started the summer hours at the gardens which are from 8am to 11am, Wednesday and Sunday.

Committee and Contact

2023-2024 COMMITTEE

President: Kylie Higgins

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