



What has been Happening in April

Hello happy gardeners,

It is always busy at the gardens and we have been fortunate again to get some lovely soaking rain. Everyone is busy preparing their plots for their winter vegetables.

The students from Wilsonton State High School are doing a great job with assisting us with many little projects around the gardens, thank you to the members who are assisting the students on Friday's.

We were asked to provide a presentation at Bunnings North on winter vegetables, a big thank you to Jo, Nette and Teddy for attending the evening, it was a success with Jo providing her expansive knowledge across this topic to the attendees. Thank you to Bunnings North for their donation to the gardens in a voucher.

We will be holding a stall at the Heritage festival on Sunday 5 May at The Royal Bulls' Head Inn, we are still looking for members to assist with the stall during the day. If you are available, please let Kylie know ASAP e: tcoga.president@gmail.com.

From the open meeting held in March, we have put together a survey which will be sent to members shortly, this will be used for future marketing and planning of workshops/tours for members. It would be greatly appreciated if you can take the time to respond to the survey. If there is an event coming up that you believe would interest members or we could attend as a group, please let one of the committee members know and we can add it to the calendar.

The Bunnings West BBQ went well on Saturday 13 April, thank you to all those that volunteered their time during the day. A big thanks to Pauline and Nette who assisted with the set up and close out of the day with ferrying supplies and equipment and to Judy as team leader and assisting in organising the BBQ. After all expenses we made approximately \$1,600.

A project that we will be completing with these funds will be the replacement of the fronts of the compost bays.

The gardens will be participating at World Environmental Day again this year. It is being held at Lake Annand Park on Sunday 2 June from 10am – 4pm. A roster will be placed on the little whiteboard shortly for any members who would like to assist throughout the day.

If anyone has an interest in social media and would like to help us with our facebook page and Instagram, please let us know by emailing tcoga.president@gmail.com.

Take care and see you at the gardens.

Kylie

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May

Events



Public Hols



Market Days



SUN	MON	TUES	WED	THUR	FRI	SAT
			1 st	2 nd	3 rd	4 th Toowoomba Farmers Market Lindsay st Yarraman markets Corner D'Aguiar & New England Highways Crows Nest Markets
5 th PCYC Markets near TCOGA TCOGA:Heritage festival International Compost Awareness week	6 th Labour day	7 th	8 th	9 th	10 th	11 th Toowoomba Farmers Market, Yarraman markets
12 th PCYC Markets Makers Market, The Goods Shed Mothers Day	13 th	14 th	15 th	16 th	17 th	18 th Toowoomba Farmers Market, Yarraman markets St annes Car Boot Sale, Highfields road,Highfields Pine Rivers Garden and Plant Fair, Pine rivers showgrounds from 8.30am til the 19 th may Samford Edible Garden Trail, Samford village
19 th PCYC Markets & Queens park markets Oakey Lions Sunday markets Campbell St, Oakey	20 th	21 st	22 nd	23 rd	24 th	25 th Toowoomba Farmers Market, Yarraman markets
26 th PCYC Markets, Carbarlah Markets, Bunya Mountain Markets Green Heart fair (sustainable living festival),Victoria park ,Herston Herb Awareness fair, 102 Mcdonald road,Windsor 9am-3pm Botanic Gardens Day	27 th	28 th	29 th	30 th	31 st	

Plant profile at the Gardens-Coffee



Everyone recognises a roasted coffee bean, but you might not recognise an actual coffee plant. In fact we have two coffee bushes at the Gardens with beans on them. Coffee trees are pruned short to conserve their energy and aid in harvesting, but can grow to more than 9 meters high. Each tree is covered with green, waxy leaves growing opposite each other in pairs. Coffee cherries grow along the branches. Because it grows in a continuous cycle, it's not unusual to see flowers, green fruit and ripe fruit simultaneously on a single tree.

It takes nearly a year for a cherry to mature after first flowering, and about 5 years of growth to reach full fruit production. While coffee plants can live up to 100 years, they are generally the most productive between the ages of 7 and 20. Proper care can maintain and even increase their output over the years, depending on the variety. The average coffee tree produces 4.5 kg of coffee cherry per year, or 900 grams of green beans. All commercially grown coffee is from a region of the world called the Coffee Belt. The trees grow best in rich soil, with mild temperatures, frequent rain and shaded sun.

Botanical classification

Coffee traces its origin to a genus of plants known as *Coffea*. Within the genus there are over 500 genera and 6,000 species of tropical trees and shrubs. Experts estimate that there are anywhere from 25 to 100 species of coffee plants.

The genus was first described in the 18th century by the Swedish botanist, Carolus Linnaeus, who also described *Coffea Arabica* in his *Species Plantarum* in 1753.

Botanists have disagreed ever since on the exact classification, since coffee plants can range widely. They can be small shrubs to tall trees, with leaves from one to 16 inches in size, and in colours from purple or yellow to the predominant dark green.

In the commercial coffee industry, there are two important coffee species — *Arabica* and *Robusta*.

Coffea Arabica — *C. Arabica*

Varieties: Bourbon, Typica, Caturra, Mundo Novo, Tico, San Ramon, Jamaican Blue Mountain

Coffea Arabica is descended from the original coffee trees discovered in Ethiopia. These trees produce a fine, mild, aromatic coffee and represent approximately 70% of the world's coffee production. The beans are flatter and more elongated than *Robusta* and lower in caffeine. On the world market, *Arabica* coffees bring the highest prices. The better *Arabicas* are high grown coffees — generally grown between 610 to 1830 meters above sea level — though optimal altitude varies with proximity to the equator. The most important factor is that temperatures must remain mild, ideally between 59 - 75 degrees Fahrenheit, with about 60 inches of rainfall a year. The trees are hearty, but a heavy frost will kill them.

Arabica trees are costly to cultivate because the ideal terrain tends to be steep and access is difficult. Also, because the trees are more disease-prone than *Robusta*, they require additional care and attention.

Coffea canephora — *C. canephora* var. *Robusta*

Variety: *Robusta*

Most of the world's *Robusta* is grown in Central and Western Africa, parts of Southeast Asia, including Indonesia and Vietnam, and in Brazil. Production of *Robusta* is increasing, though it accounts for only about 30% of the world market.

Robusta is primarily used in blends and for instant coffees. The *Robusta* bean itself tends to be slightly rounder and smaller than an *Arabica* bean.

The *Robusta* tree is heartier and more resistant to disease and parasites, which makes it easier and cheaper to cultivate. It also has the advantage of being able to withstand warmer climates, preferring constant temperatures between 75 and 85 degrees Fahrenheit, which enables it to grow at far lower altitudes than *Arabica*.

It requires about 60 inches of rainfall a year, and cannot withstand frost. Compared with *Arabica*, *Robusta* beans produce a coffee which has a distinctive taste and about 50-60% more caffeine.

<https://www.ncausa.org/About-Coffee/What-is-Coffee>

MANURES

Aging Manures

- All manures need to be well-aged before use in the garden. The longer you age them, the better, but the minimum is 3-6 months. Fresh manure collected from the side of the road or farms, such as sheep, cow, and horse, can be prone to containing weed seeds. Aging will help kill these before they spread through your garden. Aging also helps to dissipate antibiotics or worming treatments that might be in the poo, preventing knock-on effects to soil organisms.
- Fresh bags of manure can be aged in the bag, but tend to build up water at the base. Simply use your secateurs to make a few holes in the base to allow it to drain. Alternatively, pour the manure onto a tarp, cover it up and leave to sit. Composting is another method – simply pile up the manure with layers of carbon-rich materials. Keep it moist and aerated until it turns black and crumbly.
- If you don't have access to farm fresh manure, you can purchase bagged products from the nursery. Generally, these are already aged but if it smells fresh, pop it in the compost for a while before using in the patch.

Some types of manures

- **Chicken** - Used sparingly and often (once a month), chicken manure is the best manure for heavy feeders such as corn, maize, citrus, and any plant that is grown for its leaf like lettuce, kale or cabbage. The science behind this is, chicken manure is high in nitrogen, the first of the macro elements. If you have planted a fruit crop eg tomatoes, eggplant, or root crops carrots, beetroot, or legumes (such as beans), it is not suggested you use chicken manure continually, but sparingly at planting and mixed well with the soil. Chicken manure produces leaf. The plant puts this nitrogen into leaf rather than fruit production.
- **Cattle** - This is the all-rounder, the more balanced of the manures. Great to condition the soil and slowly feed your garden. This is the manure to use if you have planted fruiting plants, root vegetables or legumes. It can be used sparingly once a month. On a side note **Sheep** manure is the best choice for flowers and above ground vegetable, i.e. tomatoes, beans, peas, peppers etc thanks to its nitrogen content, encouraging above ground leaf grow. Plus it also contains protein, organic acid, cellulose, aliphatics, and so on, and its organic matter content is higher than other livestock manure. All three manures can be bagged and soaked in water for three weeks, then diluted to be used as a liquid fertilizer, even on young seedlings. Be careful that you dilute it properly and don't make it too strong. Nine parts of water to one part of liquid manure. The trick is to add all manures a couple of weeks before planting if you can. This way the roots of the seedlings don't get burnt by any of the manure that has not completely composted, or aged. It also gives a chance for the good microbes to build up in the soil. Healthy soil, healthy plants!



What to Plant in May

Angelica
 Anise
 Artichoke
 Asian Greens
 Beans-Broad
 Beetroot
 Borage
 Broccoli
 Brussel sprouts
 Buckwheat
 Cabbage
 Calendula
 Camomile
 Catnip
 Carrots
 Cauliflower
 Celeriac
 Celery
 Chervil
 Chickpea
 Chickory
 Chives
 Collards
 Coriander
 Dandelion
 Dill
 Endive
 Evening Primrose
 Fennel
 Fenugreek
 Feverfew

Florence fennel
 Garlic
 Kale
 Kohl rabi
 Leeks
 Lettuce
 Linseed
 Lupin
 Marjoram
 Mizuna
 Mustard
 Nasturtium
 Onions
 Parsley
 Parsnip
 Peas
 Radish
 Rubarb
 Sage
 Salad -burnett and
 Rocket
 Salsify
 Shallots
 Silverbeet
 Spinach
 Strawberries
 Swedes
 Thyme
 Turnip
 Vetch
 Watercress

**What to look for
 Harvesting
 (Toowoomba -Darling
 Downs/TCOGA)
 approximate:**
 Avocado
 Beans
 Beetroot
 Brazilian cherry
 Last Capsicum
 Carrots
 Cherry Gauvas
 Chickpeas
 Chokos
 Last Chilli
 Last Cucumbers
 Custard apple
 Eggplant
 Elderberry
 Last Figs
 Grapefruit
 Lettuce
 Limes
 Mandarins
 Last Olives
 Last Pecans
 Lemons
 Pears
 Last Persimmons
 Potatoes
 Pumpkins
 Radish
 Rosella
 Raspberries
 Spring Onions
 Sweet Potato

Recipe of the Month *-No egg Tiramisu*

INGREDIENTS

- 1 1/2 cups heavy whipping cream
- 8 ounce container mascarpone cheese ,room temperature
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups cold espresso
- 3 Tablespoons coffee flavoured liqueur ,optional
- 1 package Lady Fingers ,can be found in the biscuit and cake aisle at your local grocery store, or online
- Cocoa powder for dusting the top



METHOD

Step 1:

Add whipping cream to a mixing bowl and beat on medium speed with electric mixers (or use a stand mixer). Slowly add sugar and vanilla and continue to beat until stiff peaks. Add mascarpone cheese and fold in until combined. Set aside.

Step 2:

Add coffee and liqueur to a shallow bowl. Dip the lady fingers in the coffee (Don't soak them--just quickly dip them on both sides to get them wet) and lay them in a single layer on the bottom of an 8x8" or similar size pan.

Step 3:

Smooth half of the mascarpone mixture over the top. Add another layer of dipped lady fingers. Smooth remaining mascarpone cream over the top.

Step 4:

Dust cocoa powder generously over the top. Refrigerate for at least 3-4 hours or up to overnight before serving.

Notes

Alcohol: Tiramisu can be made with or without alcohol. This recipe calls for coffee flavoured liqueur because I like that it enhances the coffee flavour, but other options are marsala wine or brandy.

Make Ahead Instructions: Tiramisu is even better when made in advance, allowing the flavours to blend! It will keep in the refrigerator for 2 to 3 days.

Freezing Instructions: Make completely, but don't dust with cocoa powder. Cover tightly with plastic wrap and then tinfoil and freeze for up to 3 months. Thaw in the refrigerator overnight and dust with cocoa powder a few hours before serving.

Crop Rotation

Rotate Your Crops

The core principle of crop rotation is to avoid following one crop with another crop from the same family. Rotating crops discourages disease and prevents the build-up of many pests that sometimes beset the vegetable grower.

Rotation also allows soil fertility and soil structure to be preserved while maintaining high production. While the emphasis should be on disease control, we can also rotate crops with fibrous roots and crops with deep roots (carrots follow lettuce); very leafy and bulky crops with crops that have less foliage; crops with other soil health benefits (such as the production of allelopathic residues) with disease susceptible crops (for example growing marigold before tomato); and competitive crops with less competitive crops. Maintain plant health by alternating nutrient demand. Different plant types make different demands upon nutrients in the soil. For instance, leafy green vegetables require a lot of nitrogen to produce their foliage, but root crops have a much lower nitrogen requirement. Growing the same crop continuously in the same place in the garden will eventually result in nutrient deficiencies in the plants, unless suitable fertiliser is applied.

Rotation in practice

There are many different crop rotation designs to be found and no single plan is suitable for every situation. However, they all apply the same general rules of rotation.

Some gardening books promote a single template for rotation but in fact rotation designs can be quite flexible and should allow for personal choice, seasonal opportunity, or crop failure and the inevitable busy schedule that causes us to miss time-consuming tasks in the garden.

Three-year rotation In a typical three-year rotation, pulses and salad crops are grown in the first year, followed by brassica crops in the second year and root crops in the third year. Different beds will be at various stages in the rotation so that all crops may be produced in a single year.

A. Pulses and salad crops -Sweetcorn at rear, rows of runner beans, tomatoes, peas, onion, broad beans, leek, chard, lettuce, spinach, cucumber, endive, marrow, celery, shallot

B. Brassicas -Brussels sprouts, kale, cabbage, broccoli, cauliflower, Chinese cabbage, collards

C. Root crops -Potato, turnip, beet, carrot, swede, parsnip, kohlrabi. Brassicas are heavy feeding plants so it is at this point in the rotation that the heaviest manure occurs. Root crops are less heavy feeders and they are grown after the brassicas. Pulses fix nitrogen so they are grown at the end of the cycle in order to rebuild the soil fertility before the cycle starts again.

Committee and Contact

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