

Friendship through gardening

#### NEXT CLUB MEETING

Sorry, cancelled this month!

#### RETFORD PARK VISIT

Tuesday 24<sup>th</sup> August – from 9.30am

#### FRIENDSHIP GARDENS

None this month

Find the latest news on:



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**Contributions welcome**

**Online Library Catalogue**

<https://bundygardenclub.libib.com/>

## From the President

**News Flash – Gardening has NOT been cancelled!** With another month of lockdown announced as I write (and more than likely another one or two after that) we once again return to the solitude and comfort of our gardens. Sadly, our August meeting is cancelled. Hopefully we can re-book our scheduled August speaker, Holly from Birds in Backyards, to give her presentation later in the year.

As you'll know by now, the Bundanoon Garden Ramble has also been cancelled, for the second year running. Our thanks go out to the organisers, including our own Laurel, for all their hard work. Several of our members had offered to open their gardens for Ramble, and we can only think that an extra year of prep will result in even more glorious gardens.

People often say “the garden sleeps in Winter”, but this is not my experience. I look out my window to a myriad of hellebores, galanthus, pink azaleas, fragrant daphnes, and camellias in shades of cream, white, hot pink and blush. The fuchsias, forget-me-nots, geraniums and violets cover the ground and tumble-down walls. It's a beautiful time of year.

And our work doesn't stop in these cold months. With Garden Ramble cancelled, the opportunity to do some grander landscaping jobs made itself available. With mattock and shovel I re-dug our water garden.

This will be the fourth time (and the last) that I've re-dug the site. My first attempt ended with a pathetic circular affair surrounded with blue stone rocks. It just managed to accommodate the small fountain we'd brought with us from Sydney. As my ambitions as a garden grew, so too did my pond. It was increased that same first year to be about two metres in length, then the following year another metre or so.

The planting settled in and the overall effect was quite pleasing. I bought (and was given) some water plants and the perennial water iris soon outgrew their pots. As their potting requirements increased, it became apparent that the pond was too shallow.

It had also become home to some frogs and word had got about in the bird community that there was a new bathhouse in town, complete with amphibious snacks. I can only think that the enthusiasm of the visitors led to the lining being punctured and I soon had a slowly leaking pond.

There was nothing for it, but to drain and re-line. If I was to go to that trouble, why not go a little further? Plans were drawn and tape measures engaged. Much research was done online with regards to the type and specifications of linings. Firestone (as in the car tyre company) seemed to have the best review, so an order was placed.

The new pond is now a massive 6 meters x 1.5 meters with a variety of depths up to 500mm. It graces the side of our arbor and the transplanted plants seem happy enough in their new locations. While I didn't find the frogs, I did find the tadpoles. These little wrigglers were kept aside and relocated into their new home.

The lesson I've learnt is dream big, buy the best and plan for the future.

With my favourite bulbs - galanthus nivalis, daffodils, tulips and jonquils - all bursting through the ground, August looks set to be another magical month in the garden. I hope you enjoy yours as much as I do mine.

**Ted.**

# Bits and Pieces....

Ted's 'before' and 'after' photos of his new pond ....

RETFORD PARK VISIT – Tuesday 24<sup>th</sup> August from 9.30am



Arrangements are being finalised for the forty or so members that have registered their interest in this visit. You will be emailed soon with the final details and requested to send payments to the Bundanoon Garden Club bank account. The COVID requirements have been met, and if there are no changes in regulations the event will proceed.



*David.*

## Working Bee at the Bundanoon Club

On Thursday 15th July about 20 members of the Bundanoon Garden Club, held a working bee at the club to maintain the casuarinas that have been planted on the western side of the top croquet lawn. The grove of 50 casuarinas, a few swamp gums and a Wollemi pine front on to Buchanan Close (Off Lochinvar Drive, which itself comes off Erith St). The casuarinas (*Allocasuarina littoralis*, also known as black she-oaks) were planted last year as part of the garden club's 50th anniversary. It is hoped that when the casuarinas are full grown, they will form part of a corridor of she-oaks between Morton National Park and the Blue Mountains providing refuge and food for the Glossy Black Cockatoos as they move between the mountains and coast. It is anticipated the trees will provide much needed shade to the croquet lawns in summer.



*Steve Press.*

## Cotton Facemasks Available

As it seems we will need to be in face masks for the foreseeable future, are any members looking for good looking cotton masks? We have a collection of the pleated style masks available to members, in an assortment of botanical prints and colours – just a few options shown here. They have comfy, thin, adjustable straps. Washable, reusable, reversible. Safe home delivery in the village. As gardeners we can also use these masks in the future, when working with perlite or bags of potting soil/compost – don't breathe in those pesky particles.



Call **Alison** to discuss your preferences. 0425 320 707

Masks are \$10 each and the money goes into our Christmas Party Fund.

## Seasonal Kitchen

One of the joys of growing your own vegies and herbs is the time spent cooking and eating your own produce. Eating seasonally is good for the earth, good for our health and definitely good for our tastebuds. Even if you don't grow-your-own, you can take advantage of the low in-season prices at the supermarkets and eat vegetables when they are at peak flavour. Also, seasonal gluts of fruit and vegetables lead to happy times in the kitchen preserving and pickling.

Right now, the price of zucchinis is ridiculously low. This is the time to make a zucchini chutney that will make your sandwiches sing next summer.

This recipe was a long time coming. I had to wait for someone to die to get my hands on it. True story. You can thank me later. Next month: Preserving Lemons.

*Cat.*

## Zucchini Chutney

- 1 ½ lb zucchini, sliced
- 1 tbsp salt
- 8 oz ripe tomatoes, skinned, sliced
- 1tabsp grated orange rind
- ¾ cup sultanas, chopped
- 2 cups sugar
- 1 ½ cups spiced vinegar
- 1 teasp cinnamon
- ½ cup chopped walnuts

Put zucchini in colander, sprinkle with salt, leave 2 hours, then rinse and dry.  
Put in pan with remaining ingredients except walnuts. Heat gently till sugar dissolved.  
Simmer until thickened (1h), then add walnuts.  
Pour into hot sterile jars. Invert till cool.



# HOW **SUSTAINABLE** IS YOUR GARDEN?

Sustainable Gardening is all about gardening in a way that minimises the impact our gardening practices have on the natural environment.

This audit has been designed to enable you to conduct an assessment of the sustainability of your garden. Simply tick a box if it is something you are doing in your garden and add up your total at the end. You can continue making your garden more sustainable by aiming for more ticks in 6 and 12 months time.

If you require more information about an issue, refer to one of the Sustainable Gardening



*Give yourself a tick if you do any of the following:*

## **Garden Design — do you?**

- Have a plan of sun/shade, slope and soil variation of your property
- Have a rough planting plan that groups plants according to their water, sun and soil needs
- Have a low water use design
- Think about the amount of waste (e.g. lawn clippings and prunings) generated by your garden and identify ways for managing it on site (composting or mulching)
- Have less than 50% of your garden area taken up by lawn
- Have permeable surfaces e.g. stepping stones or gravel, rather than concrete or continuous tiling, to allow more water to soak into the ground
- Have a design that creates flow, interest and appeal
- Have a design appropriate for your needs, e.g. space to socialise, washing line, space for pets and play

Design Score

/8



**Click on the link below to find out how sustainable is your garden, and how it might be improved.**

<https://www.sgaonline.org.au/wp-content/uploads/2016/04/sustainabilityaudit1.pdf>

Are we over half way through winter? You are never quite sure in the Southern Highlands, with the 'windy' month still to come. I will be protecting my broad beans from a battering, and thinking about sowing a second crop at the end of the month. The list of seed sowing below is quite extensive, but with the cold and frosts I will only be sowing indoors, with the exception of potatoes at the end of the month.

Broccoli has been abundant, and cabbages are good although not as large and tight as usual, allowing a few slugs a good home. Carrots and beetroot have been constant, just waiting for some warmer weather for a growth spurt. Lettuce leaves, rocket and radish are a success in the greenhouse, with perpetual spinach surviving outside.

I am thinking of more companion planting next season.

- Dill and Basil – Dill and basil are natural protectants for tomato plants.
- [Marigolds](#) – One of the best companion plants out there, marigolds help virtually any vegetable. They are particularly helpful for tomatoes, repelling the nematodes that like to attack the roots of vegetables.
- Mint – Mint repels both ants and cabbage moths.
- Nasturtiums – Nasturtiums help prevent insects, particularly aphids, from attacking other plants. Aphids love Nasturtiums and will surround them instead of their neighbouring plants.
- [Sage](#) – Another helpful herb in the garden, sage can protect from cabbage moths.
- Zinnias – Zinnias are excellent companion plants and attract ladybugs into the garden. Ladybugs are known to control unwanted pests like cabbage flies.

### Planting in August

<a href="#">Broad Beans</a> ( <i>also Fava bean</i> )	Sow seed	Harvest from November
<a href="#">Cabbage</a>	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from October
<a href="#">Cauliflower</a>	Plant out (transplant) seedlings	Harvest from November
<a href="#">Kohlrabi</a>	Sow seed	Harvest from October
<a href="#">Lettuce</a>	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from October
<a href="#">Mustard greens</a> ( <i>also gai choy</i> )	Sow seed	Harvest from September
<a href="#">Onion</a>	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from February
<a href="#">Peas</a>	Sow seed	Harvest from October
<a href="#">Potato</a>	Plant seed potatoes	Harvest from December
<a href="#">Radish</a>	Sow seed	Harvest from September
<a href="#">Silverbeet</a> ( <i>also Swiss Chard or Mangold</i> )	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from October
<a href="#">Snow Peas</a> ( <i>also Sugar Peas, Mangetout, Chinese Peas</i> )	Sow seed	Harvest from November
<a href="#">Spinach</a> ( <i>also English spinach</i> )	Sow seed	Harvest from September

## From Our Treasurer

Hello Everyone.

Cash Flow Statement for July 20201.

BGC Opening Balance of REDIACCESS Account was.....	\$13,007.36
Income was: .....	\$ 514.00
Expenditure was .....	\$ 21.10
Balance as at 20/7/21.....	\$13,500.26
Add : Petty Cash .....	\$ 135.00
Add: Trade Table Float: .....	\$ 45.00
<b>TOTAL BALANCE as at 20th July 2021:.....</b>	<b>\$13,680.26</b>

Sadly we are not getting together for August meeting

Keep well and warm everyone.

**Trish.**

## Mood Boosting Plants to Grow at Home



Being outside gardening, exercising or simply taking a stroll can be great for boosting your mood... but did you know that there are certain foods that can also give you that much needed boost? No we're not referring to a packet of chips or a bar of chocolate, we're talking about beautiful healthy produce!

Whether or not you grow your own or purchase them from a store, try including some of the below vegetables, herbs and even flowers into your lifestyle:

**Berries** – **blueberries, strawberries** and **raspberries** are all rich in antioxidants and vitamin C which can help combat stress.

**Broccoli** – Broccoli is a great snack as it is packed full of iron which helps carry oxygen through your blood system which then helps to fuel your brain and enhance your mood.

**Capsicum** – Red capsicums are packed full of minerals like iron, potassium and magnesium and also have enough fibre to fuel tired brains.

**Corn** – Corn is not only tasty but is packed full of vitamin B which is perfect to reduce anger and helps you relax.

**Fennel** – If you are feeling a little irritable try having a salad with fennel in it. Fennel is a complex carbohydrate that helps supply a steady supply of glucose to the body which in turn prevents mood swings.

**Kale** – Kale has anti-inflammatory properties which can help you feel less bloated or agitated.

**Lavender** – Lavender is a very calming scent. Freshly picked lavender is great to have around the house, especially next to your bed as the aroma will help you to relax after a hard day

**Okra** – Okra is rich in calcium and can help make you more alert and help fight that lethargic feeling.

**Oregano** – Oregano is an easy to grow herb and can be used to help combat colds, fever and pain.

**Silverbeet (or Swiss Chard)** – Silverbeet is full of magnesium, which is known to boost your energy levels. It is also great at helping to build up your immune system.

**Spinach** – Green leafy vegetables like spinach are high in folate (folic acid), vitamin B6 and magnesium which are perfect mood boosters. Mix together a 'green' smoothie the next time you need a little pick me up.

**Sunflowers** – Just looking at a beautiful sunflower in your garden will brighten your mood but eating just one handful of sunflower seeds will give you half your daily recommended amount of magnesium which will help increase energy levels.

**Tomatoes** – Tomatoes are full of potassium which will help control your heart rate, they also contain mood boosting vitamin B and calcium.

***Why not try incorporating these vegetables, herbs and flowers into your garden and your meals to help improve your mood. As well as eating these mood boosters, remember to eat a Rainbow of colours to help improve your overall health.***

<https://www.mrfothergills.com.au/pages/post/mood-boosters-straight-garden>

# Learning To Mow

As a product of my childhood, mowing was not a job for girls. That responsibility fell to my older brother, as did putting the bins out and locking up when my father was not home. A job he took very seriously. Of course, in that era there were a lot of things girls did not do but like most, many were undertaken when my father's back was turned, driving trucks, ab-sailing, driving a tractor, pulling cars apart, running, all very unladylike.

Even so, I had never mowed a lawn until my late 30's when I undertook my Horticultural studies and mower maintenance was on the curriculum. The mower maintenance I could handle having spent much time with a boyfriend who liked working on his car, heck, I even knew what a torque wrench was. But we each had to demonstrate that we could start a mower and mow a strip of grass to pass this unit. What was I to do? Starting a mower was hard. Fortunately, our tutor had brought along his own Honda motor to demonstrate the difference in mowers. Now I knew that Honda's started easily, so with my absolute best blonde skills I talked my lecturer into letting me use his Honda for the test and it started on the first pull and off I went with the guys in my class threatening to photograph the event and sent to my husband. Mower maintenance unit passed.

Fast forward some years later, now living in Canberra and securing the job at new parliament house on the Horticultural team and (still having never mowed a lawn) the task of mowing raised its head again. The Hort team was responsible for mowing all those neat courtyards inside P House. Luckily there were many, many lovely well serviced Honda mowers, so no problem with all that string pulling to start, however standing there looking at those terrible well mowed courtyards the fear of messing up was upon me. Could I mow a straight line? As it turned out I was not too bad and with each passing week we mowed north/south, then east/west the next week and then we had some fun (stirring up our senior work colleagues) and mowed zig zag.

Some years later again, now running my own garden maintenance business, mowing was a regular part of my working week and yes, I did eventually get my own Honda easy start mower along with a number of other commercial mowers. Working for many years in the industry starting mowers was second nature, along with maintenance, a job I delegated to my husband when he joined my business, yes, my husband worked for me!

Now living here in the Southern Highlands and no longer working fulltime, I just have my own lawns to mow. I have a choice of mowers which I probably don't need. Along the path of my working life, we picked up a little



second-hand mower which was ideal for small courtyards and much lighter to pick up with a cutting deck of only 18 inches and nick named Little Yellow, but it has spent some time in the shed waiting to be serviced. The other week my husband turned up with a new battery-operated mower! I was horrified and a bit insulted; 'I am still perfectly capable of starting a mower', I declared with angry face! 'May be' says husband, 'but I am fed up with servicing Little Yellow and I am thinking of the future'. Dam his sensibility!

It was with great reluctance that I pushed the button on my new battery-operated Ryobi light weight mower and off I went. It is so light I felt like I was vacuuming! Around the vegetable boxes we went, edged around Middle Earth (a strip of grass in the middle of our property) then around the Wild Wood lawn down the back and then on to the front around that lawn too and with that in no time at all I had the lawns ready to get the ride-on out. Could this be the end of my mower collection?

I am sure there will be some parts of this new fandangle lawn mower that will need servicing and cleaning but for now sadly Little Yellow is in the retired pile and I must learn to embrace the new. I have to say that it is easy to use but I am keeping the Honda!

It is always important to do your research (as the husband did) when purchasing any new equipment. With battery operated tools always look at what is called the 'run time', this is the actual time the tool will operate for. Also look at re-charge time, making sure it is not going to take all day to charge. It is worth spending a little more to get the bigger battery, giving you more working hours. I am impressed with my new mower; it has a 60-minute run time and so far, I haven't run it flat!

Happy Mowing.

***Teresa Miller.***

# national tree day

PLANET ARK TOYOTA

SUNDAY 1<sup>ST</sup> AUGUST 2021

Trees are a gift to our planet and ourselves. They support life on earth and provide humans with the air we breathe.

The livelihood of the world and its inhabitants depends on the health of our trees and forests and there are a number of reasons we should plant trees.

## To tackle climate change

Trees absorb CO<sub>2</sub>, a greenhouse gas that contributes to climate change. In addition to removing carbon from the atmosphere, trees, shrubs and grasses also store carbon and are important carbon sinks. Trees also release oxygen to sustain life on earth.



## To clean the air

Trees clean the air we breathe, by absorbing harmful pollutants like nitrogen oxides, ammonia and sulfur dioxide. These pollutants can have negative impacts on the health of humans, animals and plants, so trees play a key part in keeping our earth's living inhabitants healthy and reducing the effects of climate change.

## To prevent soil erosion and improve water quality

Intricate tree root systems hold soil in place, encouraging water to seep into soil rather than running off into nearby water sources. This process is important as runoff picks up and carries pollutants which can run into rivers, lakes, wetlands and oceans, where it can have a negative impact on aquatic ecosystems and wildlife.

## To create and restore habitats

Without trees, hundreds of species of animals and other native vegetation would have nowhere to call home. A single tree can provide a home to a number of living things including mammals, reptiles, birds and smaller organisms such as insects, fungi and other plants.

Planting native seedlings can improve habitat for native wildlife, leading to increased populations and supporting endangered species. It also allows for the development of vegetation corridors, which are crucial in allowing wildlife to move between fragmented habitats.

## To improve your mental and physical health

Humans are biophilic creatures, meaning we have an innate tendency to seek connections with nature and other lifeforms. Because of this, being in the presence of nature reduces stress and anxiety in humans, in addition to other health benefits such as lowering blood pressure and reducing risk of diabetes, cardiovascular disease and stroke. Getting out and planting trees is a fun and easy thing to do and a great activity to connect with family, friends and your community.

## Tree advice please



I am wondering if anyone in the garden club can tell me what I should do about this Japanese maple. The bark has split, and I don't know if it is anything

to worry about. We have two of these trees but only one has this problem.

It obviously has happened over some time, but we really didn't notice it until recently.

Many thanks.



Suzanne Fraser – [suefraser52@gmail.com](mailto:suefraser52@gmail.com)

For  
Beautiful  
Blooms!



**A garden filled with deliciously fragrant rose blooms, a pot overflowing with colour or a vase of stunning roses adorning the kitchen bench can't help but put a smile on your face! Roses are one of the most rewarding flowers to grow. If you want to know how to grow beautiful roses in your home garden, read on!**

### **WHERE TO PLANT**

Choose a well-drained position with at least six hours a day of full sun. Ideally the position will be protected from strong wind and away from other established trees. Allow plenty of growing room as it can be difficult to prune or pick roses that have been planted close together – there is nothing fun about thorns catching in your clothes as you squeeze between bushes to pick that perfect bloom!

**TIP: DIG SOME COMPOSTED POULTRY MANURE INTO THE SOIL WHEN PLANTING. SUPER BOOSTER PELLETS OR BLOOD & BONE PLUS ARE IDEAL.**

It is important to check that you have well draining soil as water logging can encourage disease problems. If water pools and doesn't drain away, add some organic matter such as composted manure or add drainage or mound the soil before planting.

Using a heavily diluted seaweed product such as Neptune Liquid Seaweed can help manage transplant shock and encourage healthy growth.

### **WATER**

This is a key element to keeping your rose bushes healthy. Water too often and you will have shallow growing roots that are not insulated from the heat or protected from burning. Once you have planted your rose, water deeply two to three times a week until established. The frequency can then be scaled back slightly unless the weather is hot and dry.

Potted roses need more frequent watering as the potting mix needs to be kept constantly moist (not wet).

**TIP: ROSES THRIVE ON A DEEP SOAKING OF AROUND 10 LITRES PER PLANT.**

### **MULCH**

Regular mulching will protect the roots, which is important when the weather is warm and the roots are susceptible to burning. A nice layer of mulch will keep the soil at an even temperature and retain moisture. It is important to keep mulch and grass away from the base of the bush to avoid collar-rot.

### **FERTILISING**

Poultry manure is a great, nutrient rich fertiliser for Roses. Using a fully composted product like Katek Rose & Flower Fertiliser that is boosted with potassium for enhanced flowering and a range of other nutrients to improve bud to flower conversion and foliage colour. This pelletised fertiliser can be applied every six weeks from Spring to late Summer/early Autumn around the base of the plant. Fortnightly application of a foliar feed like Katek Neptune or Super Growth Liquid during Spring & Summer is also recommended. As seaweed is a great plant health tonic, Neptune can be applied to the soil and foliage helps prevent disease, stimulates the soil's biology and encourages strong and health plant growth.

**TIP: A FERTILISER FORMULATED ESPECIALLY FOR ROSES WILL CONTAIN THE NUTRIENTS NEEDED FOR SUSTAINED GROWTH, HEALTHY PLANTS AND BRIGHT COLOURFUL BLOOMS.**



### **PRUNING**

Pruning helps control airflow and the overall health of the plant. The best time to prune is mid to late Winter or at the beginning of Spring. Pruning is important for flower production as the old growth doesn't produce blooms of the same quality or abundance that new shoots are able to. By removing the older growth the plant can put its energy towards new growth and bigger, brighter blooms.

The first step of pruning is removing older branches, dead or diseased wood. When you cut, ensure you are cutting above the growth bud as leaves space for the new leaves to shoot. The general rule of thumb when pruning is to remove 2/3 of the plant's height in mid to late Winter. During Summer, a light prune back can encourage new growth.

**TIP: REMOVING INTERIOR BRANCHES ALLOWS LIGHT AND AIR TO CIRCULATE AND WILL HELP REDUCE THE RISK OF DISEASE.**

To prevent the spread of disease, collect your clippings and burn or dispose of them.

**HAPPY GROWING!**

<https://katekfertilizers.com.au/how-to-grow-beautiful-roses/>

**GOD to ST. FRANCIS:**

Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, milkweeds and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles.

**ST. FRANCIS:**

It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass.

**GOD:**

Grass? But, it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees, only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

**ST. FRANCIS:**

Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn

**GOD:**

The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

**ST. FRANCIS:**

Apparently not, Lord. As soon as it grows a little, they cut it, sometimes twice a week.

**GOD:**

They cut it? Do they then bale it like hay?

**ST. FRANCIS:**

Not exactly, Lord. Most of them rake it up and put it in bags.

**GOD:**

They bag it? Why? Is it a cash crop? Do they sell it?

**ST. FRANCIS:**

No, Sir, just the opposite. They pay to throw it away.

**GOD:**

Now, let me get this straight. They fertilize grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

**ST. FRANCIS:**

Yes, Sir.

**GOD:**

These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

**ST. FRANCIS:**

You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses

and pay more money to water it, so they can continue to mow it and pay to get rid of it.

**GOD:**

What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life

**ST. FRANCIS:**

You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

**GOD:**

No!?! What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

**ST. FRANCIS:**

After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

**GOD:**

And where do they get this mulch?

**ST. FRANCIS:**

They cut down trees and grind them up to make the mulch.

**GOD:**

Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

**ST. CATHERINE:**

'Dumb and Dumber', Lord. It's a story about ....

**GOD:**

Never mind, I think I just heard the whole story from St. Francis...

## Spot the dog... if you can!

Snapped any good frosty pics recently?



If you can find him, that's Fiona McNeill's Maremma Sheepdog, Romeo, outside in freezing conditions in Lower Boro near Goulburn.

# How To Identify The Signs Of Rodent Poisoning In Your Pet

And What To Do Next.....



So guys, we need to get a little serious here for a few minutes. No doubt most of you have either heard about the mouse plague happening in outback Australia and there has definitely been an increase in rodent activity in the Highlands recently too. Sadly, our fur babies and native birds and wildlife are being impacted by this.

How? Rodenticide poisoning.

[https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthefoldssouthernhighlands.com.au%2Fthe-guide%2Fhow-to-identify-the-signs-of-rodent-poisoning-in-your-pet.html%3Futm\\_source%3DActiveCampaign%26utm\\_medium%3Demail%26utm\\_content%3DTakeaway%26for%2Bthis%2Bweekend%252C%2Bimportant%2Binfo%2Bfor%2Blocal%2Bhospitality%2Bbusinesses%2Band%2Bmore%2B%2BFIRSTNAME%26utm\\_campaign%3DSH%2B-%2BWeekly%2BNewsletter%2B-%2B9th%2BJuly%2B2021&amp;data=04%7C01%7C%7Ce7a3e29884674ca06fb808d948c4545bb%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637620830329023954%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDALCjQlOiV2luMzllCjBTIl6lk1haWwllCjXVCi6Mn0%3D%7C1000&amp;data=jNnkI50yPnj41327BiaeIO48nmUBx5Xf28BwglTnko%3D&reserved=0](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthefoldssouthernhighlands.com.au%2Fthe-guide%2Fhow-to-identify-the-signs-of-rodent-poisoning-in-your-pet.html%3Futm_source%3DActiveCampaign%26utm_medium%3Demail%26utm_content%3DTakeaway%26for%2Bthis%2Bweekend%252C%2Bimportant%2Binfo%2Bfor%2Blocal%2Bhospitality%2Bbusinesses%2Band%2Bmore%2B%2BFIRSTNAME%26utm_campaign%3DSH%2B-%2BWeekly%2BNewsletter%2B-%2B9th%2BJuly%2B2021&amp;data=04%7C01%7C%7Ce7a3e29884674ca06fb808d948c4545bb%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637620830329023954%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDALCjQlOiV2luMzllCjBTIl6lk1haWwllCjXVCi6Mn0%3D%7C1000&amp;data=jNnkI50yPnj41327BiaeIO48nmUBx5Xf28BwglTnko%3D&reserved=0)

# How To Choose The Right Grass For Your Southern Highlands Home

Which is the right turf surface for your property?



Thanks to our four seasons and sometimes extreme weather challenges, it's never easy to keep a Southern Highlands garden healthy, gorgeous and lush.

But choosing the right turf to suit our region and the environment is a step in the right direction. You'd think whacking some grass down on some dirt and watering it every day would be easy, right?

Ah no. You have to choose the RIIIIIGHT turf.

[https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthefoldssouthernhighlands.com.au%2Fthe-guide%2Fhow-to-choose-the-right-grass-for-your-southern-highlands-home.html%3Futm\\_source%3DActiveCampaign%26utm\\_medium%3Demail%26utm\\_content%3DTakeaway%26for%2Bthis%2Bweekend%252C%2Bimportant%2Binfo%2Bfor%2Blocal%2Bhospitality%2Bbusinesses%2Band%2Bmore%2B%2BFIRSTNAME%26utm\\_campaign%3DSH%2B-%2BWeekly%2BNewsletter%2B-%2B9th%2BJuly%2B2021&amp;data=04%7C01%7C%7Cd23d2947c8694d67464f08d9428178c4%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613946104542472%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDALCjQlOiV2luMzllCjBTIl6lk1haWwllCjXVCi6Mn0%3D%7C1000&amp;data=TLiQAZPmu7AUU7WVZ6b44pDTpkDdRNPmZjWxgcH4%3D&reserved=0](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthefoldssouthernhighlands.com.au%2Fthe-guide%2Fhow-to-choose-the-right-grass-for-your-southern-highlands-home.html%3Futm_source%3DActiveCampaign%26utm_medium%3Demail%26utm_content%3DTakeaway%26for%2Bthis%2Bweekend%252C%2Bimportant%2Binfo%2Bfor%2Blocal%2Bhospitality%2Bbusinesses%2Band%2Bmore%2B%2BFIRSTNAME%26utm_campaign%3DSH%2B-%2BWeekly%2BNewsletter%2B-%2B9th%2BJuly%2B2021&amp;data=04%7C01%7C%7Cd23d2947c8694d67464f08d9428178c4%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613946104542472%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDALCjQlOiV2luMzllCjBTIl6lk1haWwllCjXVCi6Mn0%3D%7C1000&amp;data=TLiQAZPmu7AUU7WVZ6b44pDTpkDdRNPmZjWxgcH4%3D&reserved=0)



These 3 tips will help you create a thriving pollinator-friendly garden this winter

The busy buzz of pollinating bees is a sound most of us associate with summer. If you live in temperate regions of Australia, you may start to notice fewer insects as the weather gets colder. Across most of the continent, however, some flower-visiting insects are active all year round – and some are more common in cooler months.

<https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftheconversation.com%2Fthese-3-tips-will-help-you-create-a-thriving-pollinator-friendly-garden-this-winter-157880&amp;data=04%7C01%7C%7Ce7a3e29884674ca06fb808d948c4545bb%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637620830329023954%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDALCjQlOiV2luMzllCjBTIl6lk1haWwllCjXVCi6Mn0%3D%7C1000&amp;data=MyvaP%2FEH%2Fivr7m0N5wayArc0iG%2FUOVNVTQD%2FYRMqzQ%3D&reserved=0>

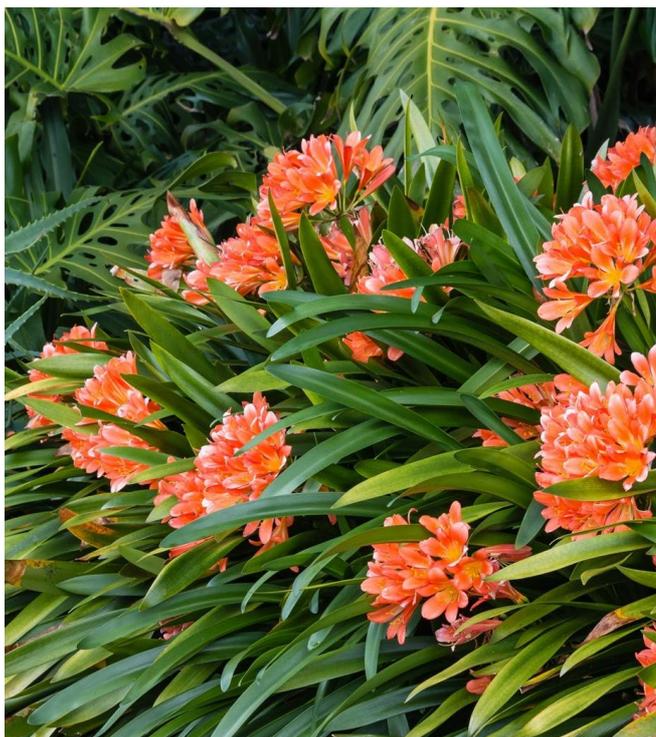
# Should you wash fruit and veg before eating them?



In most instances, from both a practical and safety perspective, a good rinse in fresh water is enough, says Cathy Moir, of CSIRO Agriculture and Food.

<https://www.abc.net.au/everyday/should-you-wash-fruit-and-vegetables-before-eating-them/11427008>

## Tips for growing clivias from planting to pruning and more



Clivias are a hardy, shade-loving plant that can survive almost anywhere. Here's how to keep your clivia plants happy for years to come.

[https://www.homestolove.com.au/clivias-9999?ref\\_email=ZGdodW1waHJleUBob3RtYWlsLmNvbQ%3D%3D&utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=01\\_07\\_2021&utm\\_term=list\\_houseandgarden\\_newsletter](https://www.homestolove.com.au/clivias-9999?ref_email=ZGdodW1waHJleUBob3RtYWlsLmNvbQ%3D%3D&utm_source=Sailthru&utm_medium=email&utm_campaign=01_07_2021&utm_term=list_houseandgarden_newsletter)

## ONE IDEA TO HELP BUNDANOON BE PLASTIC FREE AS IT CAN BE



Members might like to be inspired by Mike Smith's new company, ZeroCo. His business is based on removing single-use plastic bottles from the average home. He was driven to tackle the plastic problem when he saw the accumulating ocean waste while travelling overseas. His

company began by making reusable plastic dispensers out of 6,000kgs of plastic waste pulled out of the Java Sea.

<https://www.zero.co.au/pages/untrash-the-planet>

He now has 32,772 households signed up (including us) to buy their regular household products (dishwashing and laundry liquids, toilet cleaner, multi-purpose spray, hand wash, etc). The dispensers are reusable so are kept at home and are refilled to order from pouches that are then returned to the company for refilling. The dispensers and pouches are delivered directly to your door in a box. You can read more about how to buy from ZeroCo here:

<https://www.zero.co.au>

His latest venture was clearing up plastic from around Magnetic Island with 17 of his staff. You can read that story here:

<https://www.zero.co.au/pages/the-story-so-far>

**Ruth Spence-Stone**



It is important that a hedge looks great from one end to the other and this means the ground needs to be evenly prepared as well.



I often see hedges where it is growing well at one end and struggling at the other. This could be due to drainage, rocks or more commonly the homeowner started with enthusiasm preparing the ground well at one end but by the other they were nearing exhaustion and didn't dig the hole well for those plants.

[https://aussiegardener.com.au/blogs/aussiegardenerlibrary/planting-and-maintaining-hedges?omnisendContactID=60b2014d4572ea0af17bd3ee&utm\\_campaign=campaign%3A+How+to+grow+a+hedge+-+content+%2860dd2cdbaa259e001b984ed1%29&utm\\_medium=email&utm\\_source=omnisend](https://aussiegardener.com.au/blogs/aussiegardenerlibrary/planting-and-maintaining-hedges?omnisendContactID=60b2014d4572ea0af17bd3ee&utm_campaign=campaign%3A+How+to+grow+a+hedge+-+content+%2860dd2cdbaa259e001b984ed1%29&utm_medium=email&utm_source=omnisend)

# August

The month of August means that Australia is just about through its winter months. As such, August is all about getting ready for the next season, Spring!

Hopefully, you have used your winter months well already to prepare for a great showing from September onwards. But there are still plenty of tasks that you can do during August to make sure you have a fabulous garden to look at and immerse yourself in come Spring.



If you have not already, now is the time to finish off pruning your dormant plants, especially rose bushes. From late July to August, they will start to grow vigorously again ready to absolutely take off once the weather starts to warm up. Remember, try to always prune at a 45-degree angle because this helps the plant heal better and therefore limits the chances of pests or diseases taking hold of your freshly pruned plant.

There are two other key tasks to complete during August. One is to make sure that you apply a good fertiliser, preferably a slow-release fertiliser, to all your plants and to also make sure you apply a good lawn fertiliser over all your grassed areas. You want your entire garden to be able to take advantage of any late August rains, and then the warmer weather which comes around mid-September.



The other key task is to ensure that all your garden beds have a healthy layer of mulch. Though this winter has been quite dry in most parts of Australia, you still want to lock in as much of the moisture that has fallen as possible. Once again, the weather does generally warm up in September which means more moisture will evaporate. This is limited by a good 10cm thick layer of mulch.

At this time of year your winter vegetables will be starting to come to an end. August is a good month for you to start to decide what vegetables you are going to want to grow in Spring. Some good vegetables to consider for Spring are carrots, lettuce, leeks, onions, spring onions, peas, asian vegetables and beans. You may also like to grow some of your own strawberries.

If you are someone who likes to try their hand at growing your own vegetable seedlings then you could buy some seedling trays, fill them with a good combination of potting mix and vegetable soil mix and sow some of the above-mentioned vegetables as seeds into these trays. Preferably keep these inside because a warmer environment will help with germination. You might also like to sow some tomato seeds for mid to late Spring.



August is also the time to start thinking about what annuals you want to have and to start planting them. Plants like Petunias, Marigolds, Vincas and the like are good choices. Most nurseries will be stocking themselves to the hilt with a wide range of annuals for this Spring season so why not head on down to your local nursery and check out what stock they have in store for you to consider this Spring?

<https://aussiegreenthumb.com/monthly-gardening-tips-australia/>