BUNDANOON GARDEN CLUB

Newsletter

SEPTEMBER 2022

Friendship through gardening

NEXT CLUB MEETING
Thursday 1st September – 9.30 for 10

FRIENDSHIP GARDENS
Resuming in October

HELPING HANDS WORKING BEE
Thursday 15th September

SPIING CELEBRATION DINNER
Friday 16th September - Bundanoon Club

VEGGIE WORKSHOP
Saturday 17th September – 10am

TULIP TOPS, SUTTON EXCURSION
Tuesday 20th September

BONSAI WORKSHOPS (1 place left)
24th September and 15th October

Find the latest news on:

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Contributions welcome

From the President

RE-USE, RE-CYCLE!

As many of you may know, I've been encouraging you to re-use and re-cycle as much as you can in your garden. We've had some great ideas from members on how you can re-fashion and re-use plastic containers, onion bags, bins and of course – plastic pots.

But it's not "re-cycled" until your plastic re-enters the market and someone buys it. That's where REDCycle and PP5 come in.

REDCycle takes your soft plastics and turns them into a range of products from road base to farming fence poles. Polyrok has been used by councils in Victoria, South Australia and NSW and a council in North Queensland is about to take delivery of their first batch. One of the more recent installations has been a path installed by Blacktown City Council, in NSW, which used over 3 million pieces of REDcycle plastic, which is almost half the plastic collected in Coles and Woolworth in that LGA.

You can drop all your soft plastics off at Coles and Woolworths, including your cleaned potting soil bags (don't forget to cut them up so the pieces are no bigger than A3 – 30cm x 42cm or 12" x 16").

Now to those plastic pots and tags. As you may remember, I had found a company who collects and re-cycles garden pots. PP5 turns the pots into new pots and new labels, which importantly, can then be re-used and re-cycled. The system needs a drop off point where the pots can be collected. I approached a few retailers, but none were very interested except Bunnings Mittagong. Kelly, the Bunnings Complex Manager, was VERY interested! She told me that she'd have to take the proposal further up the corporate ladder and three weeks later I received news that Head Office was also VERY interested. They liked the idea so much that they decided to roll out the recycle program nationally. That was the good news! The bad news that followed was that it was going to only be in metro areas, not regional. URGHH!

Ted.

STOP THE PRESS

President's Round-up

As I was writing the above at 4:56 pm on Thursday 25 August my email pinged! It's Kelly-Jane from Bunnings Mittagong, "We have made it onto the list for "Metro" locations, so we are going to be participating in the pot recycling program!"

Following that news, I approached Southern Highlands Botanic Gardens in Bowral to see if they could lend a hand. Charlotte Webb has offered to take any old (clean) plastic pots for their propagating efforts. Any they don't use, they will happily take to Mount Annan to the PP5 collection station there. Likewise, Welby Garden Centre will also take 8 and 10 inch pots.

So it looks like, with a bit of effort, and a change in our habits, we can turn our clean waste plastic into something good. I encourage you to make that effort and spread the word to your family and friends. Re-member, re-use, re-cycle, re-learn.

THIS MONTH'S SPEAKER – Holly Pearson – Birds in Backyards

We look forward to welcoming Dr. Holly Parsons from BirdLife Australia, who will talk to us about some of her favourite Southern Highlands birds and how we can help them with what we do in and around our garden. She will also let us know about ways that we can help BirdLife Australia understand more about our amazing bird life through upcoming activities like the Aussie Backyard Bird Count in October.
Discovery Centre | BirdLife

SEPTEMBER – IN THE POTTING SHED - an interview with Justin Hartley, Duckfoot Farm

Justin Hartley runs Duckfoot Farm, where he grows the fresh chemical free produce which he delivers to consumers in the Southern Highlands and Sydney. His unique way of gardening is great for the soil and great for the crops. You can order a weekly veggie box from Duckfoot Farm, that's delivered to your door. At Duck Foot Farm, it's Justin's mission to demonstrate the possibilities of small scale farming and to promote mutually beneficial land share arrangements between young farmers and land owners. It is his belief that small scale farming has a big role to play in the future food system, utilising better land management practices, improving the health of our environment, and ultimately, the health of people. Duck Foot Farm uses No-Till Regenerative farming methods to provide the highest quality produce whilst building the health of our most vital resource... Soil!

We'll find out more in this one-on-one interview. Don't forget to buy a raffle ticket to win a delicious box of veg from Justin.

OCTOBER GUEST SPEAKER – Charlotte Webb, making an Alpine Trough

Charlotte Webb from Southern Highlands Botanic Gardens will be showing us how we can create a beautiful Alpine Trough.

Alpine troughs are the perfect low-maintenance, wallet-friendly container garden. These designs look like sophisticated, small-scale landscapes because they are filled with alpine plants, which are often miniature versions of popular perennials and shrubs. Another plus is that because most alpine plants are extremely hardy and are usually planted in hypertufa pots that are porous and resistant to freezing, they overwinter well. This eliminates the need to replace the plants every year, which saves you energy and money.

SPRING DINNER & FUNDRAISER – ONLY 20 PLACES LEFT – FRIDAY 16TH SEPTEMBER

Head Chef Anthony Pellegrino

To help offset the cost of our annual Christmas Party, we're hosting a very special Spring Dinner on **Friday 16th September from 6.30pm.** I've been in contact with the Bundanoon Club and chef Anthony Pellegrino. Anthony is creating a special Spring Menu, exclusively for Garden Club featuring produce from a local organic farmer – Justin Hartley from Duckfoot Farm.

There will be a set menu with choices for each course. Anthony will ensure that there are options for vegans, vegetarians, carnivores and seafood lovers. Special meals to cater for dietary requirements can also be arranged. The menu will be available to view and choose from at the September meeting.

There will also be some light entertainment from Melting Pot Theatre and the Garden Club will be running the meat raffle.

All this is offered at a special reduced rate for the Garden Club Members and their guests. We don't have that exact price yet, and will share when we do have it. Pre-booking is essential, please see Alison at the Membership Table at the next meeting or email you confirmation to gardenclubbundanoon@gmail.com

VEGGIE WORKSHOP – SATURDAY 17TH SEPTEMBER – 10AM

There was some positive interest after David's short presentation last month, so he will be presenting a workshop in his veggie garden at 20 Bromhall Road, talking generally about growing garden vegetables in our unpredictable highlands climate.

There is space for 15 members, and the usual cost of $10, so see Cat at the membership desk or send an email to the club if you are interested.

ANOTHER REMINDER – TUESDAY 20TH SEPTEMBER EXCURSION - TULIP TOPS, SUTTON

Self-drive excursion to Tulip Tops at Sutton on **Tuesday 20th September 2022**. Tessa has negotiated a special Garden Club admission cost of $17 (normally $20). The gardens look amazing, and facilities are incredible. There's plenty of on-site catering, or you can bring your own picnic lunch. There are winding paths, ponds and grottos, flowering cherry trees, conifers, streams, waterfalls, maples and of course – tulips. Sutton is an easy 1.5hr drive, so pop it in your diary. Show your club badge to receive the discount. Talk to one another about car sharing.

While you're on the road to Tulip Tops, why not visit the Bonsai collection at the National Arboretum? It's a 25 minute drive from Sutton. The bonsai collection will inspire you. The Australian National Arboretum is on Forest Drive Canberra.

COACH TRIP – Thursday 13 October
By Australian Garden History Society (Southern Highlands Branch)

A visit to the National Arboretum, a Private Garden at Griffith, and the Rose Gardens at Old Parliament House Canberra
Thursday 13 October 2022 - Departing Sally's Corner (Shell Service Centre) – 7.45 am - Returning approximately - 5.30 pm
Cost $65 - includes coach travel, morning tea at Lake George, coach tour of the Arboretum, garden admission at Griffith and Old Parliament House Rose Gardens. Lunch at own expense or bring a picnic lunch to enjoy at the Arboretum.
Sign up forms at the membership table or email for more details **aghs.sh.info@gmail.com**

Ted.

Veggieman – September 2022 – David Humphrey – 4883 6634

It’s Spring, so let’s get going in the veggie plot!

Most winter crops are coming to an end. It's a sign of warmer times – and more veggies, herbs and fruits to come! If you prepare early and get your beds up to scratch now, you'll enjoy a productive patch this spring.

Your winter veggies have served you well, but now it's time to harvest the last of them and add the rest to the compost or green waste. If pests or diseases affect any parts, discard them so you don't spread the problem. Now is the time to plant asparagus crowns. Mary Washington and Purple are available as bare roots, which should be planted on mounds in trenches of well prepared deep rich soil. The plants can last for thirty years, so you need a ‘forever’ bed in a sunny spot.

A good, productive vegetable patch starts from the ground up, so revitalise and rejuvenate your soil by adding organic matter and compost. You'll improve your chances of achieving bountiful crops if your garden beds get a generous dose of a soil improver, such as blood and bone and pelleted manure.

Weeds have the uncanny ability to pop up anywhere, anytime, especially in veggie beds. It's important to remove them because not only do they look unsightly, but they steal valuable water and nutrients from your plants and can also potentially harbour pests and diseases.

Most leafy greens, including spinach, lettuce and Asian greens, can go in the ground now. Feed them regularly with a complete fertiliser. Don't forget to apply a layer of mulch, like sugar cane or pea straw, to keep the soil warm and help suppress weeds. Also, get a head start on your spring and summer crops, like tomatoes and pumpkins by sowing seeds in a mini greenhouse and keeping them on a warm windowsill. Once the weather and the soil warms, they'll be ready for transplanting outside.

According to the BOM, we may well be in for another wet summer. I do already protect most of my veggies with netting which keeps out most pests, increases air temperature and allows in the rain. This year I am switching to horticultural plastic. I will be relying on my watering drip system rather than rainfall (although the water is tank collected rain) but I will need to make sure there is adequate ventilation on hot days.

My Dutch Cream potatoes are planted, with a drip hose that will be buried to keep the soil moist if required when the plants are earthed up, and lots of mulch for frost protection. Sugar snap peas and broad beans are growing well, onions have over wintered and brassicas, except for purple sprouting broccoli and some cabbage varieties, are almost finished. The first asparagus spear has pushed its way above ground, and the greenhouse continues to supply lettuce leaves and radish, and soon a crop of snow peas. In the other side of the greenhouse I have sown bush beans which should be harvested mid-November. Next job is to clear the first brassica bed and prepare for seed sowing the middle of the month after warming the soil with some black plastic, and then erecting the mini polytunnel.

There is so much that can be planted or sown this time of year, but weather conditions may not be ideal. Please note that most veggies are recommended to be started indoors and will require light and some heat to germinate the seed. A windowsill will do the job, and any container with drainage will suffice, but for many seedlings individual sowing is best so as not to disturb the roots when transplanting.

Planting in September

Artichokes (Globe)	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from July
Asparagus	Plant crowns	Harvest from 24 months
Beetroot (Beets)	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from November
Broccoli	Start in seed trays or plant out (transplant) seedlings	Harvest from October
Cabbage	Start in seed trays or plant out (transplant) seedlings	Harvest from October
Capsicum (Sweet peppers)	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from November
Carrot	Sow seed. broadcast sow	Harvest from December
Cauliflower	Start in seed trays or plant out (transplant) seedlings	Harvest from November
Celery	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from January
Chilli peppers (Hot peppers)	Start undercover in seed trays and plant out in 4-6 weeks. After risk of frosts	Harvest from November
Eggplant (Aubergine)	Start undercover in seed trays and plant out in 4-6 weeks. Bring on in pots	Harvest from December
Kale (Borecole)	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from October
Kohlrabi	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from October
Leeks	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from December
Lettuce	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from October
Marrow	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from December
Onion	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from February
Parsnip	Sow seed	Harvest from January
Peas	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from October
Potato	Plant seed potatoes	Harvest from January
Pumpkin	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from December
Radish	Sow seed	Harvest from October
Rocket	Sow seed	Harvest from October
Silverbeet (Swiss Chard)	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from September
Snow Peas (Sugar Peas)	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from November
Spinach (English spinach)	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from September
Spring onions (Scallions	Start in seed trays or plant out (transplant) seedlings or sow seed	Harvest from September
Sweet corn	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from December
Tomatoes	Start undercover in seed trays and plant out after frosts	Harvest from December
Turnip	Sow seed	Harvest from October
Zucchini (Courgette)	Start undercover in seed trays and plant out in 4-6 weeks	Harvest from October

Our speaker last month was John Swainston

a well-qualified professional photographer who spoke about his passion for capturing images of flowers and their context in gardens. He indicated some of the techniques available, and used illustrations made with both specialist equipment and mobile phones, showing how to get the most satisfying memories of one's own flowers and gardens, as well as visits made to Nurseries, Open Gardens and other destinations.

He contrasted the three most common types of equipment that members might use.

A: The DSLR (**digital single lens reflex**) has many advantages. Different interchangeable lenses allow for very wide garden views as well as close-up and macro photography. Differential focusing to blur the background by selecting the f stop (size of the hole letting light through the lens) and varying shutter speeds to arrest or induce movement are very useful. Disadvantages – bulk, understanding the technicalities and cost.

B: The **compact digital camera** usually has a screen at the back to see the image, though can be difficult in very bright light, so you may prefer to have an additional viewfinder. Generally, they are point and shoot, with symbol settings for things like close-ups, landscapes, portraits and fast action. The in-built zoom lenses give you a degree of composition variation. They are light, not bulky, but make most of the technical decisions for you.

C: The biggest advantage of the **mobile phone** is that it is always with you. They are totally point and shoot, with the possibility of an additional one or two built-in lenses to bring the subject closer. Also you can enlarge the image with your fingers on the screen, but this will reduce the image quality so is best not done. A great advantage is the phone's image adjustment capability, which can significantly improve the photos. You don't have to download images to a computer, and can instantly distribute them by email etc.

John briefly demonstrated setting up a simple indoor studio to shoot maybe a vase of flowers or a single bloom, with controlled lighting. Many artistic effects are possible with any type of camera.

A tip for natural lighting outside: use a windscreen sun shade to bounce light on to a subject if it is in shadow. Unlike in the days of film, it costs nothing to take several digital exposures to select the best one. Just remember to delete all the others!

When composing a picture, try shooting from a lower viewpoint, in this case to hide a telegraph pole. Take several shots from different angles and choose the most pleasing.

Good definition but very flat lighting.

Back lighting gives depth to a subject. Reflected light from the front enhances the detail. Also note the blurred background.

Photos taken with my iPhone X. ***David.***

Photo Competition

Subject: SPRING

Category A – Gardens (anything from a single shrub to a garden vista)

Category B – Flowers (anything from a bunch to a single bloom)

Most members will be using their mobile phones, and as you can see above, there is nothing in your garden that cannot be photographed successfully, so choose a subject and give it a go!

Email your entries to:
gardenclubbundanoon@gmail.com
with your name and anything you would like to say about your photograph (optional).

Entries will be judged anonymously, and the choice of subject, lighting and composition will be considered. Images will be displayed as a slide show at meetings, and the winner of each category, who will receive a **$50 Mt Murray Nursery Voucher,** will be announced at the **Christmas Party on 1st December.**

Entries needed by Saturday 12th November please

Bundanoon Garden Ramble
October 29-30

The Ramble is back after being cancelled twice due to COVID. Eight gorgeous private gardens open for just the weekend. With most owners getting their gardens ready for two years now, it promises to be a wonderful weekend for both residents and visitors.

From colourful town gardens to gardens nestled beneath soaring trees and an expansive garden on acreage, there is bound to be something to inspire gardeners and garden lovers. Take your time to follow the garden paths, admire the planting schemes and take in the garden features which make each garden unique.

The Ramble weekend will also see Scarecrows pop up around the village for the Lions Club Scarecrow Competition and Garden Markets in the Hall and more stalls in the gardens. The Gelato van returns and the Lions Club Café. Take your visitors on the Bundanoon History Trail and visit the Exhibition in the Old Goods Shed.

A ticket for all eight gardens is just $20 and is valid for the whole weekend, or visit one garden for $5. Your ticket includes a detailed brochure and map. Book online from the website from September 1. Funds raised by the Ramble goes to the BCA for the benefit of the village.

www.bundanoongardenramble.org.au

**** Volunteers Needed ****

The Garden Ramble wouldn't happen without the help of volunteers and the Ramble Committee needs your help. Could you sell Raffle Tickets in the Hall or greet visitors at garden gates?

You will receive a Garden Ramble Ticket worth $20!

Email: bundanoongardenramble@gmail.com

How to create a no-weed garden in your backyard

From using hot water to garlic sprays and a dash of sugar, every gardener has tried to battle the weeds in their garden but is there an easier way to keep them at bay?

Gardening consultant and self-confessed weed whisperer Kate Wall believes we should all learn to work with them, not against them.

So how do you become one with the weeds in your yard?

https://apple.news/AyRMO0HN-SkSQc6VXkVWM_A

Aquaculture company Clean Seas announces seaweed trial in bid to reduce emissions

An aquaculture company is trialling growing seaweed to reduce the environmental impact of fish farming and livestock.

Clean Seas is working with another aquaculture company, CH4 Global, to grow asparagopsis seaweed at its Arno Bay site as part of the trial.

Asparagopsis can absorb excess carbon and nitrogen waste from fish farms and reduces cattle methane emissions when added to their feed.

https://apple.news/AkpVw7AayRUu1WtldGyrI1w

Indigenous producers needed for NSW bush food industry to meet rising demand

Bush food retailers in New South Wales say they are having to turn to other states to source local native ingredients as supply cannot keep up with increasing demand.

Retailers in the central and far north-west estimate they are sourcing anywhere from 30 to 80 per cent of their ingredients from other states due to a lack of local supply.

Demand for bush foods is growing so much suppliers are having trouble sourcing ingredients locally.

https://apple.news/Al_umeDxLR4ioybblLLSO-Q

Marvellous Manures

When it comes to using manures, it's important to know which ones to use, which to avoid and how best to use them in the garden.

Whatever you're growing, there is a perfect poo for you and your garden!

Using Manures - GARDENING AUSTRALIA (abc.net.au)

National Wattle Day

Why do we celebrate National Wattle Day?

We celebrate National Wattle Day to celebrate Australia and being Australian.

We celebrate National Wattle Day because:

- National Wattle Day includes everyone
- Golden Wattle (Acacia pycnantha) is our national floral emblem. It is a symbol that comes directly from our land.
- Golden Wattle is a unifying symbol of Australia and Australians. There is no other symbol that says so much about us and our land.
- Wattles are Australian with great diversity (more than 1,071 species) and resilience like our people.
- Wattle welcomes the spring, and is among the first plants to regenerate after fire, reminding us of the importance of renewal as it paints our national colours across our landscapes.
- All wattles remind us of Australia and Australians.

So join the national celebration of National Wattle Day – 1st September every year

About National Wattle Day — Wattle Day

Australian native tree, or not?

Wattle you get in our quiz?

Birds love them, bees love them, and we love them!

Trees fill our forests, paddocks, streets and backyards with beauty.

But can you spot the natives from the exotic blow-ins?

Take our tree-mendous quiz to find out

https://apple.news/A_XQVDK46SeWoBiAz84Hfcg

After planting thousands of wattles, farm goes from 'bare paddocks' to teeming with wildlife

When Mikla Lewis took over a cropping farm near Grenfell in the New South Wales central West in 2002, almost all of the land's native plants had been cleared.

- Wattles are classified as a legume, and as such can fix atmospheric nitrogen in the soil
- Almost 200 native animals have been recorded living off the restored native vegetation

- Scientists say planting wattles can play a vital role in improving carbon capture on farms

Two decades later she has planted thousands of wattles, turning her property into an oasis for almost 200 different native animals.

https://apple.news/AnB1_5UKnQYasM0tJa7F7wg

River red gum wins Australia's favourite native tree countdown

As for the **river red gum** — it grows across so much of the country, it definitely had geography on

its side. But such a worthy winner. It twists and turns as it gathers water from deep underground, reaches for the sky and sends generous branches in improbable directions… And for millennia it's been a hardware, a pharmacy and much, much more for Indigenous Australians. Its fresh wood is a famously vibrant red, and the same chemicals make its smoke a natural antibiotic.

River red gum wins Australia's favourite native tree countdown, Moreton Bay fig fans and boab boosters left gutted - ABC News

GREVILLEA PARK

FINAL OPEN DAYS FOR 2022
Sept 3,4,10,11

The Park is at its peak in spring, so it's a wonderful time to spend a few hours or a day in the park! The new sensory walk and information shelter will be open for the first time. The tropical grevilleas will be in full bloom, but explore the gardens and grounds and you will soon realise there is so much more to see.

About the park (illawarragrevilleapark.com.au)

The Secret Garden Wildes Meadow

We were due to visit this garden last March for our Friendship Gardens, but the weather was against us. So here is your opportunity at the best time.

The Secret Garden is a hidden treasure nestled in the beautiful rural surrounds of Wildes Meadow. It is a 5-acre garden with a number of garden rooms, a cherry blossom walk, banks of Rhododendrons and Azaleas, a gazebo overlooking an ornamental lake, a 20-meter long wisteria covered arbour, and natural woodland.

The Secret Garden has an outstanding display of Phlox subulata or Alpine Phlox. It is a prostrate groundcover which produces masses of star-shaped flowers in white and shades of lavender, pink or purple in spring. It makes a stunning display for up to 4 weeks creating blankets of intense colour throughout the garden. It is also an excellent weed suppressing ground cover.

Saturday, 1 October 2022 10:00AM - 4:00PM

Sunday, 2 October 2022 10:00AM - 4:00PM

Entry Fee: $10 - Children under 16 free

51 Blencowes Lane, Wildes Meadow, NSW, 2577

eva
exeter village association

A rare opportunity to visit and stroll **The Hon. John Sharp's magnificent garden at Thenford Lodge (formerly Rona Lodge), Exeter**, on **Saturday 24 September. 1.30-4.00pm.** is being offered to all Southern Highlands residents.

The park-like garden has been substantially added to and extended over the past 4 years. Built paths and hundreds of plants and new trees complement the many magnificent old trees near the site of the original homestead. These include century old cedars, huge hollies and sprawling Japanese maples. An orchard is located at the rear of the estate home.

Other features of the garden are ponds, bridges, fountains, and sculpture from The Three Graces to Henry Moore and contemporary Australian artists. There is a duck pond enclosure and half sized polo field.

The property will be spectacular in spring with blossom, new growth, and flowers in abundance.

Saturday 24 September. 1.30 - 4.00pm.

Bookings are essential as numbers are limited. Secure your tickets now.

Garden only: Adults - $25.00; Children under 15 $10.00.
Garden and High Tea: Adults $50.00; Children $15.00.

https://www.trybooking.com/search-events?keyword=&location=EXETER,%202579,%20NSW&date=2022-09-24

How to grow and care for azaleas

With spectacular flowers in an array of unlimited colour combinations, you are sure to find room for at least one azalea in your home or garden.

What you need to know about an azalea….

How To Grow And Care For Azaleas - Bunnings Australia

Crab Apple Planting on Railway Avenue.

Council advised us a few months ago that they would be planting crab apples, Malus plena, along Railway Ave, as a continuation of the trees already in place. We are delighted to see that the promised trees have arrived. They will certainly beautify the village in all seasons, and have been chosen as an appropriately sized tree that will not be an issue under the power lines.

(Photo by Lovely Bundanoon)

Our own Carlie Gould and other locals lobbied council to continue the planting; many thanks to them for this wonderful addition to the streetscape.

Cat.

Tulip Time 2022

Friday, 16 September 2022 | 09:00 AM - Monday, 03 October 2022 | 05:00 PM

Tulip Time has made a big change for 2022 with **ALL tickets** being required to be purchased online (and can be purchased up to one hour before the advertised closing time of the session available).

There will be 2 sessions each day - morning or afternoon. Tulip Time 2022 is a cashless/contactless event.

Free ticket entry for Wingecarribee Shire Residents

Tulip Time 2022 - Destination Southern Highlands (visitsouthernhighlands.com.au)

N.B. Moidart are planning to re-open their beautiful gardens for the duration of Tulip Time

Moidart garden moidartrareplantsandgarden.com)

Why you should put down the peeler and eat your potatoes with the skin on

"From a health point of view, and I think from a taste and texture point of view, it's much better to leave the skin on".

https://apple.news/AMpI4ZzNeTTCs2JTDUI2S-g

September is fantastic for gardeners!

So much to plant in most regions of the country. In southern parts, the chill is almost gone from the mornings, and the afternoons are getting longer. Blossoms are bursting and you can smell spring in the air wherever you go. If you have been hibernating through winter now is the time to get out and into it. Read on for some fabulous September gardening advice for your area.

Improve Your Soil
Prepare your Yummy Yard for spring planting by improving your soil. Lightly dig over the soil popping in plenty of organic matter including top-notch compost and well rotted manure. Don't forget to mulch the beds with a straw mulch. This bed will be awesome come planting time… and you will have the greatest Yummy Yard in the street!

Try some colour
Why not try some lovely colour in your patch as well like nasturtium, snapdragons, phlox, petunias, marigolds (French) and celosia. They are great at attracting pollinators and beneficial insects to your patch, and they look fantastic as well. Now is the time to plant some sunflower seeds. Find a sunny spot where you would like to see some happy sunflowers later in the year and plant the seeds to double the depth of the seed. Cover lightly with dirt and wait… they'll be popping their heads up in no time!

Citrus Gall Wasp
Check your citrus trees for gall wasp and remove affected sections by pruning well below the gall. Don't compost this or put it in the green waste bin. It's a good idea to cut through the gall to expose the larvae to air – which they hate – before putting it in a bag and popping in the rubbish bin. Or you could soak the galls in water for a week or two – or burn them (if your local Council permits).
Other things you can do are to hang sticky yellow traps on the tree in mid-August as they attract and trap the emerging adults, but make sure you take the traps down by November as they also kill beneficial insects.
Do not use a fertiliser that is high in nitrogen, as this promotes soft growth which provides ideal conditions for the wasp. Use a balanced fertiliser or compost.

Mulch Now!
Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Look after your tools
On really cold days, why not head out to the shed and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash and plant illness in the long run.

Indoor Plants
Now is a great time to re-pot your Indoor Plants. Give them a bit of a feed with a seaweed tonic afterwards to keep them happy.
Below you will find more information that is specific to different regions and climates in Australia.

There's a bit happening in the veggie patch
You could try leeks, onions, parsley, parsnips, cauliflower, peas, radish, silverbeet, lettuce, swedes and turnips. Don't you just love the start of spring? Don't get over excited… it's too early for tomatoes just yet!
In the herb patch pop in some chamomile, dill, coriander, echinacea, catnip and thyme. Also try lemon balm but keep it in a pot, as it has a tendency to take over! Plant these after the frost risk has passed.

[September gardening tips | Sustainable Gardening Australia (sgaonline.org.au)]

Fewer than one in 10 adults eating enough vegetables, report finds

Many of us were taught at an early age that vegetables are nutritional superstars, and we should be eating at least five serves per day.

But the latest Australian Institute of Health and Welfare (AIHW) report has found most adults do not consume the recommended number of veggies.

In fact, fewer than one in 10 adults are eating enough greens each day: 96 per cent of men and 87 per cent of women do not eat enough vegetables.

https://apple.news/AyrB9SgMdRCWoabz0-NcFrg

Seasonal Kitchen

Whole Roasted Cauliflower with Dukkah and Yoghurt Dressing.

Ingredients

1.0kg whole cauliflower

1/2 cup Dukkah

1/2 cup Extra Virgin Olive Oil

To season, sea salt

1 Tbspn lemon zest

Yoghurt Dressing

100ml natural yoghurt

1 Tbspn Preserved Lemons

To season, freshly ground white pepper

Method

Preheat a fan forced oven to 220C.

Trim the base of the cauliflower so that it sits upright, leaving some leaves intact.

Place the cauliflower into a steamer and steam for 15 minutes or until cooked through. If you don't have a steamer, place the cauliflower into the microwave and cook for 3 x 5 minute intervals.

Meanwhile, place the dukkah and ¼ cup of the olive oil into a mixing bowl and stir to combine.

Place the cauliflower on a lined baking tray, then evenly coat the top with the dukkah mixture, season with sea salt and drizzle over 2 tablespoons of olive oil. Place into the preheated oven and bake for 30 minutes.

Meanwhile, to make the dressing, place the yoghurt and preserved lemon into a mixing bowl, season with pepper and mix together well. Set aside.

Remove the cauliflower from the oven and place on a serving platter. Spoon over the yoghurt dressing, sprinkle over the lemon zest and drizzle with the remaining olive oil.

Recipe by Maggie Beer. ***Cat.***

From our Treasurer

Hello Everyone

Here are the Financials for July.

BGC Opening Balance 24th July 2022

Rediaccess Account was	**$ 15802.35**
Income was:	$ 681.74
Expenditure was:	$ 1094.46
Balance as at 24/7/22	**$ 15389.63**
Add: Petty Cash	$ 115.00
Add: Trade Table Float:	$ 45.00
Add: Raffle Float	$ 20.00

Funds held as at 24th August 2022 $ 15569.63

Regards ***Alison.***

BIRD LIFE Bundanoon & Surrounds.

A photographic book by Trevor and Jacqui Vale.

"When we first came to Bundanoon seven years ago, we were delighted with the birds who shared our garden. A number of the birds in the book were photographed in our garden including the picture on the front cover of an Eastern Spinebill sipping nectar from a grevillea flower.

We hope that the book engenders an interest in the wonderful creatures with whom we share our gardens as well as developing an interest not only for the long-term residents of Bundanoon but also for the many newcomers - like us - who have called Bundanoon home.

All proceeds from the book will be donated to Wombat Care Bundanoon and Birdlife Australia.

We would like to mention that the book is printed and bound in Bundanoon."

This beautiful book is available for purchase from Trevor and Jacqui at our September meeting. $25.