

Community Garden 3231 Newsletter
Growing food, friendships & community
March 2019



Dates for your diary

Working bees:

Saturday 2 February and Sunday 17 February from 9am

Garden Team planning meeting - Friday March 22 at 10am – all welcome (see newsletter for details)

Home Grown Workshop Series 2019: (see newsletter for details)

Waterers are urgently needed - please put your name on the sheet outside the shed.

Coordinator's comments

Another busy month with the farewell for Terrence and Alex, a second twilight working bee and BBQ with members of the Breamlea and Anglesea community gardens. Thanks everyone for making the evening a great example of what community gardens are all about – sharing ideas, food and friendship. And thank you Anglesea for the new watering can!



I have enjoyed meeting with Sarah Bolus the Shire Local Food and Sustainability Officer. She has fantastic ideas for events across the shire – I



am particularly looking forward to the workshop on growing indigenous and native food. Have you noticed in our Australian food plants: finger limes, warrigal greens, Davidson plum tree (maybe a while before we get a crop!), sea parsley and probably more I don't know about. There are more details about upcoming events below.

**See you in the garden.
Gretel**

Farewell Alex and Terrence

The morning tea to farewell Alex and Terrence was well attended by many members of the community garden in late January.



Guests of Honour - Alex and Terrence

Several community garden members spoke. **Daryl and Peggy Love**, who were there from the start had this to say:

Just after the garden got on its feet and we had satisfied the Surfcoast Shire Planning Department that we were building a community garden and not a block of apartments, the infrastructure of the garden was progressing well. We were supported by the sustainability officers from the shire, but we needed assistance to deal with the shire and other government bodies. Fortunately Alex and Terrence arrived on the scene. Alex became secretary and Terrence became treasurer.

When the infrastructure of the garden was well under way, we then needed a person experienced in administration – Terrence put up his hand and became the second co-ordinator.

The garden progressed rapidly. Today you can see the fantastic efforts of many people. The garden has never looked better.

Alex and Terrence were valued members of the garden – we appreciate the time and that they have put into the garden.

We are sorry to see them leave Aireys, but wish them both all the very best for their move to Lames Entrance.

Congratulations on a job well done.

Kim Neubecker, who was not able to be present asked Keith to read out these words:

Quite a few years ago, a group of us sat down to work out how to set up a community garden. Very quickly the practical skills of Alex and Terrence became apparent.

These included: persistence, bureaucracy wrangling, piracy in the form of grant applications, bluffing, persistence, tirelessness, immunity to boring meetings, persistence – I could go on.

All these skills are vital when presiding over any organisation and Alex and Terrence, coming from long careers in the public service could do this sort of work with their eyes shut.

So even though the rest of us on that fledgling committee played our respective roles, the leadership, the plan of action that achieved such a satisfying result, was the work of Alex and Terrence.

During this time, I have seen other community gardens fail. It is not a given that if enough resources are thrown at a good idea success follows. What is needed is good leadership.

I think back to the time spent building the garden with real pleasure and feel great satisfaction that it continues to thrive.

Alex and Terrence leave behind a legacy.

We wish them well and think the Lakes Entrance district lucky for the asset they will no doubt be to their new community. Alex we hope you find a good patch of strong soil to garden in and Terrence a good kitchen to cook all those vegetables and of course seafood.

Sue Reilly also penned an ode to Terrence that she read out

Always needed for compost: shredded paper; grass clippings; manures; egg shells and kitchen green waste.

New Member: Jenny Bannister

Jenny has been a member of the garden for a couple of years, so she not quite a new member. With her partner Mongoose, Jenny lives part time in Aireys Inlet (summer) and part time in Byron Bay (winter).

Jenny has not previously been involved with a community garden but she has been active in community projects in Byron Bay and Melbourne, mainly clothing upcycling programs with young people.



Since joining Community Garden 3231, Jenny has been keen to explore natural dyes for fabrics and last year Jenny ran an eco-dyeing workshop in the garden.

Jenny has also been working with the Garden Team

to create permanent signs around the Garden. Jenny loves the community involvement in the Garden and enjoys very much the companionship of others in the garden.

Welcome Jenny!!!

Garden Team Members

The Garden Team will be holding their next planning meeting at 1 Erica Court Aireys Inlet, **Friday March 22** at 10am. All Garden members are welcome to attend this meeting, especially if you thinking about joining the team at some point. If you are interested or would like to know more about joining the Garden Team, contact Avril (pictured below) via communitygarden3231@gmail.com



Sustainability

BBQ with other community gardens

David Holmgren, co-founder of Permaculture says that “One of the most important things in life is to grow food and talk to your neighbour. You can’t be sustainable on your own.”

With this in mind, recently we hosted 26 members of the Anglesea and Breamlea Community Gardens for a tour of our garden and a BBQ dinner. We met new people, rekindled friendships, shared ideas and had a great time.

These events don't happen without a lot of work from a lot of people, so thank you to all our members who contributed in any way to make our guests feel so welcome.

In their letter of thanks, the Breamlea gardeners said "It was inspiring to feel the strength of your community and witness the bounty of your produce."

The Anglesea gardeners came with delicious array of cakes which were very much enjoyed by all.



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Recycling

With the current recycling crisis and the fact that the contents of our recycling bins are currently being sent to landfill, there's an opportunity to think about ways to avoid this.

In Saturdays Age, Mary Lalios, President of the Municipal Association of Victoria said:

"Households should not lose faith in recycling. We want communities to continue recycling but to also think carefully about consumption habits. As consumers, we have a tendency to view recycling as a panacea that can make any level of consumption sustainable. We need to keep the focus squarely on reducing the amount of material that needs to be recycled in the first place.

There is no quick or easy solution, but there are actions that can effect lasting beneficial change and avoid us lurching from one crisis to the next."

Let's continue to

AVOID things that will become waste

REDUCE the amount of waste we generate

REUSE items

RECYCLE to recover materials

REPAIR to keep good things in use and avoid having to produce more

For more ideas, check out our AGM guest speaker, Katie Traill's post @ Towards Zero Waste Geelong on Facebook.

Preserving our bounty

Now is the time to preserve, freeze and dry the abundant produce from our gardens and in-season produce when is at its most affordable.

If you need to borrow a Fowlers Vacola for preserving or a dehydrator, some of our members have them and many are happy to share.

Many also have tried and tested recipes for relishes, sauces and more which they are happy to share.

Seed saving

Now is also the time of year for saving many seeds to enable us to re-grow the best-suited crops for our local environment in future years. Things like rocket, lettuce, coriander, fennel and flowers such as calendula and zinnia are going to seed, while others like tomatoes need us to save the seeds from the best fruit.

I'm thinking of setting up a seed library; if anyone else is interested, please let me know.

World Wildlife Day – Sunday 3 March

This year's theme is "Life below water: for people and planet"

<https://www.wildlifeday.org/>

Recipes

Grape Juice

The grapes are wonderful now, but there are probably too many to eat. Last year I made grape juice with grapes left after a working bee. Some will have tried it at Terrence and Alex's farewell. Here is the recipe.

(Gretel)

Ingredients

Grapes

Method

Wash dust and wildlife off the grapes. Remove stems and green grapes and put in saucepan, crushing a few. Gently heat until just boiling. Run through a fine disc on a mouli. Store in fridge or freeze in ice cube tray or larger containers.

Serve

With soda water or for a decadent drink mix with champagne or Prosecco.

Easy tomato and zucchini lasagne

Serves 4

1 kg (2lb) fresh ricotta cheese

½ cup chopped flat parsley

½ cup finely grated parmesan cheese

Sea salt and cracked pepper

2 x 400g (14 oz) cans peeled tomatoes, crushed

2 cups (16 fl oz) tomato puree

1/3 cup chopped basil

375 (13 oz) or 8 fresh lasagne sheets

750 (1½ lbs) or 5 zucchinis, thinly sliced

1¼ cups grated mozzarella cheese

Preheat the oven to 180 degrees centigrade. Combine the ricotta, parsley, parmesan, salt and pepper to make the ricotta layer.

Combine the tomatoes, tomato puree and basil for the tomato layer.

To assemble, line the base of a 14 cup capacity oven proof dish with



lasagne sheets. Top with some of the ricotta mixture and zucchini slices, then spoon over some of the tomato mixture to cover. Top with another lasagne sheet. Continue with the layers until all the lasagne sheets are used, finishing with the tomato layer. Top with the mozzarella and bake for 30 minutes or until cooked through and the cheese is golden. Serve with a simple green salad.

Recipe From Donna Hay.

Outside the Fence

Launch of the Home Grown Workshop Series 2019

This year as part of Councils' Local Food Program, we will be hosting a series of free community workshops and events. These events are for both beginner and more experienced gardeners alike and will cover a range of topics from how to design your own productive garden, building great soil, bee keeping and edible native gardens.

Upcoming workshops:

March

- Summer fruit tree pruning: Saturday 23rd March, Danawa Community Garden
- Intro to backyard beekeeping: Saturday 30th March, Anglesea Community Garden
- Starting from scratch- planning and designing your own productive garden: Sunday 31st March, Ravens Creek Farm

April

- **Green Living Festival- a mini sustainable living festival:** Saturday 13th April, Anglesea Community Garden
- Preserving the seasons harvest: Saturday 13th April (@ the festival)
- Understanding soil- How to build healthy soil for your garden: Saturday 13th April (@ the festival)
- Taste & Tour- Cloudhill Diggers Garden- Community Garden networking event: Friday April 26th

For the full list of the FREE 2019 workshops and to book visit:

www.surfcoast.vic.gov.au/environment/local-and-sustainable-food

or Contact Local Food Officer, Sarah Bolus on sbolus@surfcoast.vic.gov.au

Green Living Festival a Mini Sustainable Living Festival

Saturday 13th April 10 am to 4 pm - Anglesea Community Precinct

Proudly sponsored by Anglesea and District Community House and the Surf Coast Shire <http://www.greenlivingfestival.com.au>

Estuary Watch Painkalac Estuary – Volunteers Needed

Each month a small group of volunteers monitor the Painkalac Creek estuary.

The monthly monitoring provides a record of the health of the estuary for the Corangamite Catchment Management Authority (CCMA) and is a great citizen science program.

Monitoring along the Painkalac takes place on the second weekend of the month and generally takes under an hour. Training and equipment are provided by CCMA.

If you are interested in joining the Painkalac Creek Estuary Watch team, or you want to come along to a monitoring session to see what we do, you can send an email to leoniem17@bigpond.com

You can also speak to garden members Leonie, Gretel, Debra and Conrad who are all involved in the Painkalac Creek monitoring.

Uniting Care Pancake Day

Tuesday March 5th from 11:00AM to 4 PM at Aireys Inlet Community Hall
\$2.50 a pancake, with topping of choice. Tea and coffee available.

Proceeds to UnitingCare to support community services to the vulnerable.
You are invited to come along to join in the festivities for Pancake Day.

