

# NEWSLETTER

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## PRESIDENT'S REPORT

**F** President on Holidays.

G'Day,

Well, it looks as if I leave the Middle East with my head still attached to my shoulders. I am still in Jerusalem waiting for my ride to Tel Aviv to Ben Gurion Airport for my flight to Brussels.

I have been in and out of the occupied Palestinian territories many times and apart from the 'Checkpoint Charlie' gates you would not realise that you had done so, except for the fact that they use tractors in Israel on the farms, and donkeys in Palestinian areas.

I have found that in the Arab countries/areas things are slap dap, but service comes with a smile and a hand out for a tip. In Israel things are more organised and done properly (except at immigration at the border, where it took us almost three hours to get through), but at the expense of a smile. It is more a 'come on, come on - time means money. Another moment, another shekel in my pocket'.

I have visited just about every important place mentioned in the bible. Bethlehem, where I supposedly saw the spot where Jesus was born and where he was

placed in the crib, the 10 stations of the cross in Jerusalem, and the site of the crucifixion and the tomb in which the body of Christ was placed. I have walked into the water ( not on it) at the Sea of Gallilea, and dined at a cafe by its shores - bread, but no fish!!

I have also visited Capernaum, Nazerath, where I saw the spots where both Joseph and Mary lived - both now have churches over the spots; where Jesus lived with Peter and worshipped in the synagogue. I even re-baptised myself up to my knees in the Jordan at the baptismal spot. It was not as thorough as an orthodox priest who went with three men to do the job properly, but slipped on a rock and fell in going under the water completely. Fortunately he saw the funny side and laughed when he resurfaced, as did everybody watching.

There was sad moment this morning when I had to say goodbye to my French/American friends, who left for Paris a couple of hours ago. My transport to Tel Aviv should arrive in the next ten minutes or so, so goodbye for now.

Next episode from Europe.

Bill Saunders

## BUS TRIP BOOKING

At our General Meeting on Wednesday 22nd April a motion regarding booking of seats for our popular bus trips was moved and carried by all in attendance -

*"That no seat/s will be confirmed for bus trips until the full amount has been received".*

Cheryl Warner/John Mathie

## OPEN GARDEN

HURRAH! It's Open Gardens -  
My favourite annual date,  
When lots of local gardens  
Will open wide their gate.  
I love to go and see them,  
Explore them, large and small,  
Converse with helpful owners,  
Share tips with one and all.  
I love the mix of blossoms -  
Such perfumes and such hues!  
Which garden is my favourite?  
It's much too hard to choose!  
Three cheers for every gardener,  
Who shares their labour's fruits,  
God bless their skilled fingers,  
God bless their muddy boots!

*a poem by Maggie Ingall*

## OUR WALL GARDEN

A Wall Garden is a great idea if you have a bare outside wall, this photo is of our Wall Garden that we started up 10 weeks ago.

Everything is growing extremely well. Our wall faces north and gets the full sun all day and we have put in a sprinkler system and we only have the timer on for 2 minutes every night. We chose plants that would cascade down the pots.



Gavin & Cheryl wall garden.

### KALETTES

Kalettes are a brand new vegetable that are a fresh fusion of sweet and nutty. Not only do they have great flavour but Kalettes are also incredibly versatile and can be cooked in a variety of ways; in fact, Kalettes may well be one of the most versatile vegetables out there!

Kalettes can be sautéed, roasted, grilled or eaten raw. High in Vitamin C and K content. Slice off bottom to create smaller leaves for salads. Kalettes are the product of 15 years of hard work and dedication (using traditional breeding techniques) from the British vegetable seed house Tozer seeds. Kalettes are a non- GMO (genetically modified organism) vegetable developed through traditional hybridization and not genetic modification. Known as Flower Sprouts in the U.K., this delicious vegetable has now made its way across the ocean and is called Kalettes in North America.

The inspiration behind Kalettes came from a desire to create a kale type vegetable which was versatile, easy to prepare and looked great. Crossing kale with brussels sprouts was a natural fit since they are both from the Brassica Oleracea species

which also includes cabbage, cauliflower and broccoli. The result is a brand-new vegetable which looks a little like a tiny cabbage with green frilly leaves and streaks of purple. Kalettes get their great taste by combining the best flavours from brussels sprouts and kale, resulting in a fresh fusion of sweet and nutty. Expect to see it on Australian shelves this year.



### MEMBERS NEWS

#### **NEW MEMBER**

Welcome to our new member William Nelson.



#### **HAPPY BIRTHDAY TO YOU**

*Happy Birthday to You!*  
*Happy Birthday to You!*

Jack Edgar, Geoff May, Sharon Pollard, Maria Spagnolo, Jean Thomas, Cheryl Warner.

Best wishes from all of us.

### AUTUMN BUS TRIP

At 9.00am Sunday 12th April a full coach of 56 members and friends we departed from Preston Town Hall, looking forward to our Autumn Bus trip.

After a few games of bingo we arrived at Woodend for morning

tea and called into 'Burkies' Bakery for yummy bites to eat.

11.00 am we boarded our coach for Frogmore Gardens & Nursery. Newbury (in the Trentham area) situated in a valley, surrounded by the Wombat State Forest lined at the base with stately poplars aglow with their golden autumn foliage contrasting beautifully with the lush green backdrop. Together, Zena Blethall and Jack Marshall have created this garden that surprised and delighted us at each turn, filled to overflowing with plants artistically planned in different "garden rooms" each a "cornucopia of colour"! We congratulate them! It was indeed a privilege to have visited there. Afterwards, we relaxed and enjoyed our picnic lunch on Frogmore's lawn area.

2.00 pm. Next, we visited Blackwood Ridge Garden & Nursery where they grow a wide range of trees, shrubs, ferns, conifers, vegetables, herbs and flowering perennials, all of which are quite rare. We were welcomed by the owner James Pethybridge, who gave us a talk on the working of his nursery and told us of his future plans to extend and specialize; also there will be a cafe/coffee shop. After an enjoyable fossick throughout we were generously given 30% off our many purchases which was appreciated by everyone and it will be certainly one of our intentions to re-visit when the next stage is finished. James also surprised us, by donating four lovely plants to add to our raffle prizes.

Back on board the coach, homeward bound to arrive back to Preston by 5.30pm, tired but happy after a most enjoyable day. Many thanks John.

Desiree Mathie.

Photos of the trip on next page.



Tea break at Woodend



Frogmore Gardens -



Frogmore Gardens - Border



Frogmore Gardens – Japanese Maple



Frogmore Gardens – Long Walk



Frogmore Gardens – Autumn Foliage



Frogmore Gardens - Zinna



Frogmore Gardens – Members and Friends



Blackwood Ridge Garden & Nursery



Frogmore Gardens – Gladiolus



Frogmore Gardens



Blackwood Ridge Garden & Nursery



Frogmore Gardens



Frogmore Gardens – Perennials



On the way home

## AUTUMN'S GARDEN

It is now time to remove some of the old Summer and Autumn crops to make way for the limited range of plants that are happy to grow in the cool damp conditions of Winter. I have just pulled up the first sowing of french beans that have been cropping on and off since early January. In their place I have planted some more broccoli that seems to grow happily in the Winter months with an occasional application of liquid manure.

Of course if you choose not to plant crops over Winter it is a great time to dig all that compost that has been accumulating over the Summer into the vacant beds. Lime can also be used to help sweeten the soil or a cover crop could be sown and dug in before flowering in the Spring. Pansies that were planted early are starting to flower and the iceland poppies are loving the cooler days.

It is now time to pick and store the pumpkin crop; make sure the stem is attached and that there is a small portion of the vine as well. Of course any damaged fruits are best eaten but if a sound pumpkin is correctly stored in a cool dry space there is no reason it won't keep until November or December.

Don't forget to spread a little snail bait around damp shady spots in the garden as well as near recently planted seedlings; slugs and snails love them.

Get the garden in order now to save a lot of work in the Spring.

Good gardening  
Geoff May

## COMING EVENTS

**May 28th** – 11am. Australia's Biggest Morning Tea – Everybody Welcome! Bulleen Art & Garden 6 Manningham Rd Bulleen.

Donations to Cancer Council. Members please support this worthy cause. All baking by staff at Bulleen Nursery.

**June 13th** - 9am - 4pm. RHSV Gardener's Day Out. Deakin University - Rusden Theatre, 221 Burwood Hwy, Burwood. Entry: \$10. Three presentations - Vertical Gardens (2020Vision) Graham & Sandra Ross. Lunch available through RHSV for \$15. (pre order essential) More information and bookings from Secretary on 03 5367 6363.

## FAY WILKINS

Condolences to Fay Wilkins and family on the passing of Fay's husband Don.

Fay is the President of the Australian Horticultural Judges Association and is one of our show judges.

## AN AUTUMN GREETING

"Come" said the Wind to the Leaves one day.

"Come over the meadow and we can play.

put on your dresses of red and gold.

For the Summer has gone and the days grow cold".

## MONTHLY COMPETITION

**June 24th:** Container Grown – Fern

## MONTHLY MEETING

**June 24th:** Garden Lighting, Installation & Maintenance - Matt Lane

## SWEDISH MEATBALLS

SERVES: 4 | PREP: 15 min | COOKING: 35 min

Ingredients:

1/2 cup (45g) purchased breadcrumbs  
1/4 cup (60ml) cream  
500g lean minced beef (or half beef, half pork mince if preferred)  
1 small onion, grated  
1 garlic clove, crushed  
1/8 teaspoon ground allspice  
1 egg  
1/2 teaspoon salt  
Freshly ground pepper  
1/4 cup (60ml) olive oil  
3/4 cup (185ml) beef stock  
1 teaspoon cornflour  
1/2 cup (125ml) cream, extra  
Mixed salad leaves and crusty bread, to serve

Directions:

1. Soak breadcrumbs in the cream. Add the mince, onion, garlic, allspice, egg and salt. Mix well and season with pepper. With wetted hands, shape mixture into small balls.

2. Heat the oil in a frying pan over a medium-high heat. In batches, cook meatballs until brown. Drain excess oil.

3. Return all meatballs to the pan and add the stock. Simmer, covered, for 20 minutes. Remove the meatballs and cover with foil to keep warm.

4. Combine the cornflour with a little water and stir into the stock mixture. Heat through until boiling. Reduce heat to low. Add extra cream and cook, stirring, for 1 minute. Pour sauce over meatballs and serve with salad leaves and crusty bread.