

NEWSLETTER

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PRESIDENT'S REPORT

Friends,
It's March!!! ...Autumn!!! Or is it???

As I sit here at the computer today it is 33C and blowing a hot north wind. Good for one thing, I no sooner had put the washing on the line than it was dry. Not good for the garden; it is the driest that it has been at any time over summer after weeks of dry warm weather. The weather forecasters are saying that we have had a record number of hot nights this month, and if the weather continues as is, then we will experience the hottest and driest March on record.

Yes, it is Autumn; I just checked the calendar and our show schedule and it definitely says "Preston Garden Club Autumn Show, Saturday 25th March".

Yes, the show is looming. The paperwork is done, the prize-cards are ready and only waiting for the winner's names to go on them. We are now waiting on the exhibits to be entered. This can be done at our March meeting if you like, but must be lodged by the following night by contacting me (Tel. 9478 0269) Thursday before 9.00pm. Friday is set up day at the hall, and Saturday is the big day – Preston Garden Club Autumn Show 2015.

Whacko!!! Who will carry off the prizes? Good luck to all exhibitors.

Our hanging basket is sitting in Robert Strugnell's shade house maturing and waiting to be transported to Carlton Gardens for the MIFGS Great Hanging Basket Competition. Don't miss the opportunity to visit this event, as it is well worth a visit each year, and if you go in stop and say "Hello" to Jennifer & Don Rickerby from the RHSV and ask if you can give them a hand for a while. I am sure that they will be pleased to see you.

We take a break from our busy schedule, while April sneaks in to replace March and then it is back on the bus. Yes, our autumn bus trip, which John Mathie tells me is fully booked, takes off on Sunday 9th April. I am sure that it will be a most enjoyable day, as they all are.

You can never say that there is nothing to do at this time of year in the world of horticulture, or at your own, Preston Garden Club.

Happy Gardening, Bill.

AUTUMN SHOW

Our Autumn Show is on Saturday 25th March in Preston City Hall. Read your schedule carefully, if you have any questions, speak to Bill our Show Manager on the meeting night or Phone 9478 0269.

Make sure that you phone your entries in by 9pm on Thursday 23rd March, do not leave it to the last moment to phone. Or write your entry numbers on a piece of paper with your full name and give them to Bill at the March meeting night. We hope to be in the hall Friday to set up, from 9am. If you can spare some time to help, the more hands the better.

On show day we need volunteers throughout the day, all assistance is appreciated. If you would like to help and can spare an hour or so just see Bill, he will point you to somewhere to help out.

We are looking for home made cakes for the cake stall and scones for the afternoon teas. If you can help out either on the Friday or on show day, let Bill know. Every little bit helps.

ORGANIC REMEDIES

Make your own white oil

Mix 2 cups of sunflower oil and 1/2 cup of dishwasher liquid thoroughly. Add 1 tablespoonful of this concentrate to one litre of water. Controls aphid, scale, mealybug, citrus leafminer.

Make your own slug killer

Make some espresso coffee. Mix 1 cup espresso and 3 cups water. Spray affected plants and soil around their base. Repeat weekly or after heavy rain or irrigation.

DOMESTICATED FRUIT AND VEGETABLES

Fruits and Vegetables looked completely different before we domesticated them.

Wild Banana

THEN



Likely first cultivated 7,000 years ago in Papua New Guinea. Had a tough interior with hard seeds.

NOW



Wild Watermelon

THEN



Originally from Africa. Became common in Western markets in the 1600s.

NOW



Wild Eggplant

THEN



Came in a variety of colours like blue and yellow. Found in round or oblong shapes.

NOW



Wild Carrot

THEN



Likely cultivated during the 900s in Asia. White or purple with thin roots and a bold taste.

NOW



Wild Corn

THEN



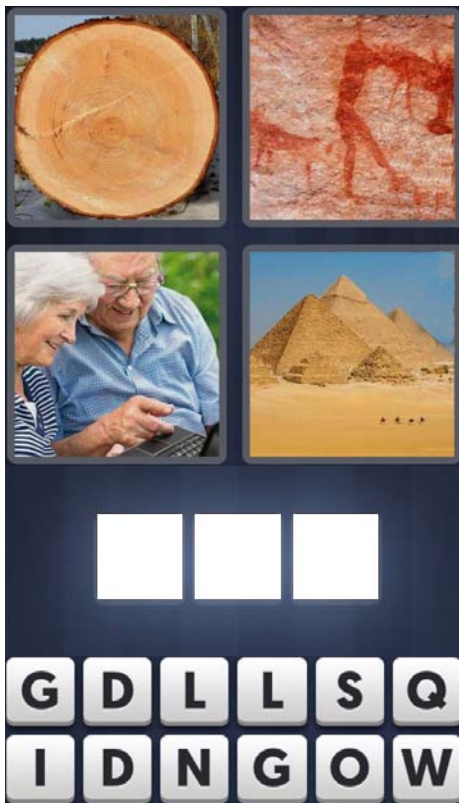
First domesticated around 7,000 B.C. Very dry.

NOW



FIND THE WORD

Some of my students have this game of finding the English word. Since you are all native speakers, this should be no problem for you. This is an easy one, we give you 12 letters to choose from, only 3 letters make this word. Look at the four pictures for the clue. Answer next month.



MEMBERS NEWS

Condolences to Carolyn Scott and family on the passing of her mother and member of our club Audrey Cole.



Happy birthday to you!
Happy birthday to you!

Hilary May, Catherine McMahon, Carolyn Scott & Robert Strugnell.

We hope you all enjoy your special day.

CHOCOLATE LOAF

Ingredients

Cooking oil spray, to grease
30g cocoa powder
50ml cold water
100ml boiling water
½ tsp bicarbonate of soda
50g dark chocolate buttons
180g dark brown sugar
140g unsalted butter
125g condensed milk
2 eggs
2 Tbsp liquid glucose
240g plain flour
2 tsp baking powder
Extra cocoa powder, to dust

Method

Preheat oven to 160°C. Grease a 25cm loaf tin with cooking oil and line base and sides with baking paper.

In a large bowl, combine cocoa and cold water to make a paste. Add boiling water, bicarb of soda and chocolate buttons, then whisk until chocolate has melted and mixture is smooth. Set aside.

Put sugar, butter and condensed milk in the bowl of an electric mixer and beat on high, using whisk attachment, until smooth. Add eggs and liquid glucose, then beat until combined.

Sift in ½ of the flour with baking powder and fold through. Add chocolate mixture and stir until combined. Add remaining flour and stir until smooth.

Pour batter into prepared tin and bake for 50 minutes or until cooked when tested with a skewer. Allow to cool. Dust with extra cocoa and slice to serve.

CREATE POSITIVE ENERGY

Here are 12 plants that create positive energy in your home!

1. JASMINE (JASMINIUM)

People in Persia have considered this plant to be sacred, thanks to its numerous benefits. Namely, this fragrant flower can: – Boost the energy levels – Create romance – Decrease the anxiety levels – Trigger the heart chakra – Improve the productivity – Enhance the self-esteem – Make the relationship stronger – Improve the quality of sleep if you keep this plant inside your home, it is recommended that you place it near a window facing towards south. In case you have this plant in your garden, you should place it in the north, east, or the northeast region.

2. ROSEMARY (ROSMARINUS OFFICINALIS)

More and more people are becoming familiar with the medicinal benefits of rosemary. This plant is one of the best when it comes to purification of the home. Some of its numerous benefits are the following: – Improves the memory – Triggers calmness – Combats anxiety – Gets rid of the negative energy – Combats insomnia – Combats fatigue By keeping a rosemary bush next to your front door you make sure that you keep the negativity outside.

3. LILY (LILIUM)

This multifunctional plant is considered to be the flower of birth. It is efficient when it comes to clearing out emotional, spiritual, and physical problems. Furthermore, this plant is ideal for your bedroom, as it stimulates serenity and tranquility in the sleep.

4. SAGE (SALIVA OFFICINALIS)

This plant has incredible effects when it comes to getting rid of negative emotions, including fear and anger. Sage is known to

contribute to a better flow of positive energy. It also has a number of medicinal benefits. Sage also purifies the space it is positioned in from bacteria, but you should be careful where you keep it. Do not keep it on dry places with insufficient humidity.

5. IVY (HEDERA HELIX)

When it comes to air purification, the number one plant is ivy, as it is able to absorb formaldehyde. This plant gets rid of the harmful and unwanted toxins in the environment. It is recommended to people who suffer from allergies or asthma. However, you should be careful and watch out where you keep this plant, as it is toxic to pets and children, so it should be situated out of their reach.

6. ALOE (ALOE VERA)

Aloe vera is one of the plants with incredible healing properties. Aloe is also known for its ability to eliminate the polluting chemicals from the environment and purify the air, so keeping it in your bedroom or at another place in your house will improve the air you breathe and get rid of the toxic chemicals present in the cleaning agents. Aloe is also very beneficial when it comes to combating the bad luck and the negative vibes in your home. The aloe vera plant is going to give you a clear sign that the air in your home contains a high level of harmful chemicals by developing brown spots on its leaves.

7. BASIL (OCYMUM BASILUM)

This plant has potent antioxidant properties and attracts the positive vibrations from the environment. Moreover, it has excellent anti-inflammatory, antifungal, and antibacterial effects. Basil is a plant that can get rid of the negative energy, but also produce oxygen and absorb toxins including carbon dioxide and carbon monoxide. The leaves of basil are used for preparation of tea or water which

can be later sprayed around the house for purification of the home.

8. ORCHID (ORCHIDACEAE)

Even the Feng Shui admits that the orchid is able to improve the spiritual wellbeing and the energy in the home. This plant releases oxygen throughout the night and balances the energies during your night's sleep. It brings a positive energy in the home which contributes to romance and love and removes the obstacles that negativity poses in the home.

9. OREGANO (ORIGANUM VULGARE)

This amazing herb is a must for your home, as it brings together the energies in the family. It has a specific smell that stimulates happiness, love, peace, and spiritual cleansing. Oregano is an ideal plant when it comes to getting rid of the negativity and welcoming the positive energy into your home. It is recommended that you keep it in the kitchen, exposed to sufficient quantities of sunlight.

10. LAVENDER (LAVANDULA VERA)

This fragrant herb has numerous benefits, some of the being: – Elimination of toxins – Reducing the levels of stress – Reducing the levels of blood pressure – Improving relaxation – Slowing down the heart rate – Alleviating headaches, depression, insomnia, and other ailments

11. ROSE (ROSA)

This plant is considered to be the symbol of love in almost all parts of the world. However, the rose also had a powerful healing energy and gets rid of the toxins and the negativity while it brings passion to the home, as well as to the life.

12. MONEY PLANT (EPIPREMNUM AUREUM)

The Feng Shui claims that this plant has energy that produces a flow that attracts wealth and good

luck. You are recommended to keep this plant indoors, as it can absorb the synthetic chemicals from the furniture. In addition, the money plant can help you alleviate stress and anxiety in your home.

COMING EVENTS

March 29th - April 2nd 2017

Melbourne International Flower & Garden Show. Great Hanging Basket Competition 2017. Royal Exhibition Building and Carlton Gardens. 9 Nicholson Street, Carlton. Enquiries: Jennifer Rickerby 03 5367 6363.

MONTHLY COMPETITION

April 26th: Bowl of Floating Flowers. No More Than 6 Blooms.

MONTHLY MEETING

April 26th: ECO Organic Gardening - Chloe Thomson.