

# NEWSLETTER

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## PRESTON GARDEN CLUB COMMITTEE 2018/2019

### **President:**

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### **Vice Presidents:**

Robert Strugnell  
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9464 5757

### **Secretary:**

Vacant

### **Treasurer:**

John Mathie  
9458 1632

### **Committee Members:**

Pat Kilpatrick  
9460 1951  
Margaret Trewella  
9460 4361  
Daksha Singh  
9471 2192  
Helen Salisbury  
9481 6345



Callistemon 'Bottle Brush' looks fantastic grown as a standard.

## PRESTON GARDEN CLUB XMAS BREAKUP

**When:** 28th November.

**Time:** 8.00pm

**Where:** Preston Shire Hall  
284 Gower Street  
Preston  
Cnr High & Gower Streets

This will be an informal night of relaxing and enjoying each other's company.

We will be entertained by singer, dancer Brendan Scott.

We will be seated at round tables and the Club will provide hot finger food, e.g. party pies, pasties & sausage rolls for supper.

Members please bring a plate (food on it) to add to our supper table. Soft drinks and nibbles will be on the table.

There is no monthly competition for this night.

We are looking for donations for the Christmas Hampers. For example tin food, biscuits or Xmas treats. Bring your donation along on the night.

A raffle will be held during the night and some lucky person will go home with a hamper full of

goodies for their Christmas celebrations.

We look forward to seeing you all and having some fun to finish 2018.

### **NO DECEMBER MEETING**

There will be NO December meeting as we take a break and get back into the garden!

Our first club meeting will held on Wednesday night **January 23rd**. See you all in 2019.

### **TASTIEST FRUITS**

Top 10 most delicious and tastiest fruits in the world.

#### **Mango**



Mango is one of the most popular, delicious and tastiest fruit in the world. It is loved and consumed by people of all age groups. Mango is used to make juices, smoothies, ice cream, fruit bars, pies and sweet chilli sauce or mixed with chamoy, a sweet and spicy paste. Sour,

unripe mangoes are used in chutneys, pickles, side dishes or maybe eaten raw with salt, chilli, or soy sauce. Mango lassi is popular throughout South Asia prepared by mixing ripe mangoes or mango pulp with buttermilk and sugar.

### Strawberry



Bright red coloured strawberries are known for its soft juicy sweet tasty pulp with a strong aroma. Strawberry flavour and fragrance are popular characteristics for consumers they are used widely in a variety of manufacturing including foods, beverages, confections, perfumes and cosmetics. Strawberries bare an excellent source of vitamins C and K as well providing a good dose of fiber, folic acid, manganese and potassium.

### Orange



Orange is one of the yummiest fruits in the world. They can be eaten fresh, or processed for its juice or fragrant peel. Oranges contain diverse phytochemicals, including carotenoids like beta-carotene, lutein and beta-cryptoxanthin, flavonoids and numerous volatile organic compounds producing orange aroma.

### Apple



Apple fruit is one of the most popular delicious and favourite fruits among the health conscious, fitness lovers. Apples are often raw and are an important ingredient in many desserts such as apple pie, apple crumble, apple crisp and apple cake.

### Pomegranate



Pomegranates are not only the tastiest but also one of the healthiest fruit in the world. It contains small little red juicy arils formed inside this crowned fruit. Pomegranates juicy arils are used in baking, cooking, juice blends, meal garnishes, smoothies and alcoholic beverages, such as cocktails and wine. Its seeds are an excellent source of dietary fiber which is entirely contained in the edible seeds. People who choose to discard the seeds forfeit nutritional benefits conveyed by the seed fiber and micronutrients.

### Grape



Grapes are wonderful sweet delicious berries which can be eaten fresh as table grapes or they can be used for making wine, jam, juice, jelly, grape seed extract, raisins, vinegar and grape seed oil. Grapes are grown in clusters of 15 to 300 and can be crimson, black, dark blue, yellow, green orange and pink. Grape juice is obtained from crushing and blending grapes into a liquid. The juice is often sold in stores or fermented and made into wine, brandy or vinegar.

### Pineapple



Pineapple is one of the sweetest fruit in the world. The flesh and juice of the pineapple are used in cuisines around the world. Chunks of pineapple are used in desserts such as fruit salad as well as in some savory dishes, including pizza toppings or as a grilled ring on a hamburger. Crushed pineapple is used in yogurt, jam, sweets and ice cream.

### Watermelon



Watermelon is a large green coloured fruit which has a juicy interior flesh usually deep red to pink but sometimes orange, yellow or white with many seeds. It is thought to have originated in southern Africa, where it is found growing wild. This fruit is 91% water, contains 6% sugars and is low in fat.

## Lychee



Delicious, sweet, juicy lychee is one of the most tastiest and popular summer fruits that contains an impressive list of essential nutrients. It is a tropical and subtropical fruit tree native to the Guangdong and Fujian provinces of China and now cultivated in many parts of the world. The fresh fruit has a “delicate, whitish pulp” with a floral smell and a fragrant, sweet flavour. The outside of the fruit is covered by a pink-red roughly textured rind that is inedible but easily removed to expose a layer of sweet, translucent white flesh.

## Blueberries



Blueberries have a sweet taste when mature, with variable acidity. They are eaten fresh and used in a variety of consumer goods such as jellies, jams, blueberry pies, muffins, snack foods. Blueberry sauce is a sweet sauce prepared using blueberries as a primary ingredient.

### WHAT IS SHAREWASTE?

ShareWaste connects people who wish to recycle their kitchen scraps in your neighbourhood who are already composting, worm-farming or keeping chickens. Now you can divert waste from landfill while

getting to know the people around you!



How do you start?

Sign up on the web site to connect with your neighbourhood. Choose whether you want to donate or receive organic waste and let's get the ball rolling! Its free to join.



ShareWaste app works in any modern web browser but you can also download the mobile apps.

<https://sharewaste.com/>

### SWEET POTATO HEAVEN

I have had the best harvest of Sweet Potatoes this year, it has been the best crop I have ever produced. From an area of just 3 square meters I got 12kg of fantastic looking, sweet tasting ‘Beauregard’ Sweet Potatoes that live up to their reputation. Yum!

What I did to get this great harvest: Before I planted I emptied one of my compost bins onto the plot and

dug it in thoroughly. I also added some blood and bone, a bit of mixed fertiliser and gave it a good digging in as well. What I ended up with was a soil mix that was high in organic matter and ready to have my potatoes burst out of the ground.



To finish the preparation of the plot, I created two ridge mounds along the plot about 30cm wide, placed the drip irrigation in place and covered it all with a layer or sugar cane mulch. I planted two small tubers just below the surface and then waited for the shoots to appear. Around 10-14 days later when the shoots were about 40cm long I took some cuttings and planted them along the top of the ridges at 35-40cm spacing. When the ridges were all planted I then dug out the 2 tubers and tossed them away.

Here is the trick with planting Sweet Potato cuttings: When you bury them, make sure that 85% of the stem is underground. Only leave the tips poking out of the soil. This enables the stem underground have lots of roots develop along their length. It also is where the Sweet Potatoes develop and hopefully swell into big fat spuds.

Throughout the growing season I only gave them a light dose of seaweed fertiliser on three occasions. I did however have to give the runners a good trim now and again so that they didn't grow too vigorously and creep into the

bedroom at night and strangle me as I slept. They are rather energetic growing plants and you have to let them know who is boss!

I have learnt from previous years growing attempts that there is always a lot of long thin pencil shaped potatoes that develop from the roots that grow along the runners. This is quite annoying because you want all of the goodness that the plant creates to go into the big fat ones that you want to harvest at the base of the plant. So, I learnt a simple way to fix this little problem. Every couple of weeks I would gently lift all of the runners off the ground and snap off the young roots that were developing on them. If you grow on raised mounds like I do it's easy to determine what to lift and what to leave alone.

I planted them in November and harvested them early May. I now have Sweet Potato wedges, mashed Sweet Potato and a fantastic Sweet Potato and Fennel soup frozen in the freezer, and heaps of fresh ones still to eat. A very rewarding result. Now to do even better next season.

### DAHLIA TIPS



Top three tips for growing Dahlias.

1/ Understand your soil, people get worried about what to do in winter, more people lose their Dahlia tubers over winter through getting too wet and rot rather than its cold. So if your soil is well drained it's

ok to leave them in ground over winter.

2/ Then you need to keep them flowering all summer long. Regular feeding using any good tomato fertilizer will work ok.

3/ Keep dead-heading, you want them to keep flowering until the first frosts. The more flowers you take off, the more flowers you will get.

The general rule is to plant your Dahlia tubers around Melbourne Cup Day. This does depend on your local conditions. Plant your tubers when the soil temperature is on the rise and the risk of frost is over.

### MEMBERS NEWS



Happy birthday to you!  
Happy birthday to you!

November: Norma Thomas.

December: Susi Colaianni, Wayne Hurley, David McNair & Simone Tyler.

Wishing you a great day.

### COMING EVENTS

December 27th to April 22nd. Blue Lotus Water Garden. 2628 Warburton Hwy, Yarra Junction. Biggest display of Lotus flowers, landscape water gardens, ponds and lakes, waterlilies and other amazing tropical plants. [www.bluelotus.com.au](http://www.bluelotus.com.au)

### FIND THE WORD

Well, how did you go with finding the word in the last newsletter? The word is –

### **LAGOON**

The word this month has 6 letters. What could it be?

Look at the four pictures for the clue. Answer for this month bottom of last page.



### MONTHLY COMPETITION

**November 28th:** No Competition – Presentation of Awards.

**January 23rd:** Three Tomatoes, Shown with Stalks.

### MONTHLY MEETING

**November 28th:** Christmas Breakup.

**January 23rd:** To be confirmed.

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