

# NEWSLETTER

Registered Address: P.O. Box 1004, Preston, 3072.

Registered Number A0006535U

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ISSUE NO. 201

JANUARY 2020



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## PRESTON GARDEN CLUB COMMITTEE 2019/2020

### President:

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### Vice Presidents:

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### Secretary:

Vacant

### Treasurer:

John Mathie  
9458 1632

### Committee Members:

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

## AUTUMN BUS TRIP

Autumn Bus Trip Sunday 5th April  
Castlemaine farmers' market-  
brows over 50 market stalls.  
Maldon hotel-2 course lunch inc  
tea or coffee.  
Castlemaine Botanical Gardens  
visit garden.

Cost \$40.00 includes coach, 2  
course lunch, free bingo & lucky  
ticket prizes.  
Coach leaving outside Preston  
Town Hall, Gower St 9.00 am  
sharp.

On the way three or four games of  
free Bingo (Prizes to Winners).  
WOODEND Short stop if required.

## 1. CASTLEMAINE FARMERS' MARKET.



The Castlemaine Farmers' Market  
has been supporting local farmers  
and providing fresh local food.  
Over 50 stalls offering the best  
produce.

Seasonal Fruit & Vegetables,  
Smoked Fish, Local bread and  
baked goods from dedicated  
bakers, CWA Castlemaine Stall,  
Cheese- a range of delicious  
cheese, Delicious Ice-cream, Olive  
oil from specific varieties, Taste of  
the Orient, Wines-Shiraz is famous  
in the area, Dips, Soups, Salad  
Dressing, Plants, including herbs  
and heritage seeds, Hey Presto  
Espresso (Drinks), Honey Specific  
flavours from a range of local flora,  
Goats Milk Products, Chutney, jam  
and preserves from local  
ingredients, Fresh Coffee, Hot  
Chocolate, Live chooks and free  
range eggs, Berry Farm fresh or  
frozen berries.

## 2. MALDON HOTEL.



2 Course Lunch includes Tea,  
Coffee. (Other drinks can be  
purchased at Bar) (Sunday Roast  
Lamb Veg, Apple Strudel &  
Cream, Tea or Coffee).

## 3. CASTLEMAINE BOTANICAL GARDENS.



Castlemaine Botanical Gardens are  
one of Victoria's oldest regional  
botanic gardens. The gardens were  
gazetted in February 1860,  
believed to be designed by the first  
curator, Philip Doran who held this  
position for 47 years until his death  
in 1913. The impressive gates were  
constructed in 1877-78 by local  
engineering firm Thomas & Co and  
local monumental mason George

Redfearn in 1877-78, a decorative fountain was erected nearby. Lake Augusta was constructed in 1884, in the 1880s, a rustic bridge, conservatory, fernery, shelter shed, rotunda and grotto were added. The tearooms were constructed in 1919 and in 1920 a glasshouse was built.

Many of the original plants were provided by Government Botanist Ferdinand Mueller and Daniel Bunce the curator of the Geelong Botanic Gardens. An English Oak planted in 1863 is one of the oldest commemorative plantings in Victoria. The gardens feature an outstanding collection of mature trees, including many conifers, Elms and Oaks as well as stunning individual specimens of Indian Bean Tree, Peppercorn and Eucalypts.

Board Coach at approx. 4.30 pm arriving back at Preston Town Hall at 5.30 pm.

Full payment is required to reserve your seat, see John at the meeting or phone 94581632 or 0402 633 739. Bring a friend and make a gardening day out?

### **BREAKUP MEETING NIGHT**



### **NEW APPLE VARIETY**

New apple variety keeps in the fridge for up to a year!



A new apple is being launched in the United States - and it has nothing to do with mobile phones, computers or watches. The Cosmic Crisp, now on sale in the US, is a new variety of the fruit which took more than two decades to develop and allegedly lasts for up to a year in the fridge.

The apple is called Cosmic Crisp because of the bright yellowish dots on its skin, which look like distant stars. The launch of the apple cost \$10.5m (AU \$14.7m). Farmers in the state of Washington - which produces two-thirds of the United States' apples - have the exclusive right to grow the variety for the next 10 years. The trees take three years to produce a crop. Aaron Clark of Yakima, whose family owns several orchards in central Washington and has planted 80 acres of the variety, said: "I've never seen an apple prettier in the orchard than these things are."

Toni Lynn Adams, spokeswoman for the Washington Apple Commission, which markets apples internationally, said: "A new apple brings excitement." "A new variety can reinvigorate a market and industry."

Work on developing the variety began in 1997. Kate Evans, who co-led the apple's breeding programme at Washington State



University, said: "It's ultra-crisp, very juicy and has a good balance of sweetness and tartness." She said the fruit "maintains excellent eating quality in refrigerated storage - easily for 10 to 12 months". "The goal, in my opinion, is to get more consumers eating apples," she said. "Ultimately that is the goal of any plant breeder."

### **ANCIENT OLIVE TREE**

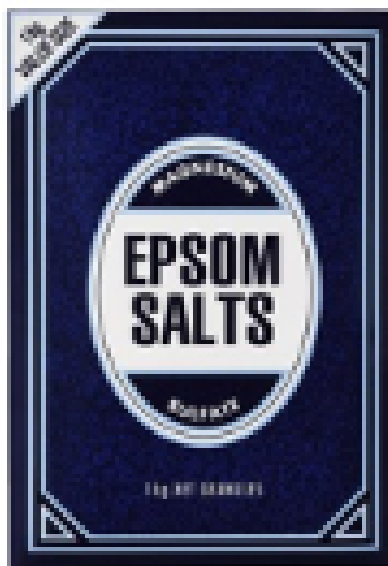


An ancient olive tree, located on the island of Crete. It is estimated to be as over 3,000 years old and this tree still produces olives. It's one of seven olive trees in the Mediterranean believed to be at least 3,500 and 5,000 years old.

### **EPSOM SALT USES**

Epsom salt is comprised of hydrated magnesium sulfate, a naturally occurring mineral first found in the well waters of Epsom, England. Epsom salt has a variety of home remedy applications. What many people don't realize is that Epsom salt also has several uses in organic gardening for healthy plants.

This article shares ten of the best ways to start using Epsom salt for the benefits of your plants and garden.



#### **1. Improve Seed Germination**

Using Epsom salt as a soil amendment before seeding will give your garden a powerful boost right from the start. Magnesium aids in seed germination and helps to strengthen cell walls, leading to more and stronger seedlings. For best results, incorporate 1 cup of Epsom salt per 10 sq mts of tilled soil or mix 1-2 tablespoons into the soil at the bottom of each hole before dropping in seeds.

#### **2. Increase Nutrient Absorption**

Many commercial fertilizers add magnesium to help plant roots take up vital nutrients (nitrogen, phosphorus, sulfur.) For those using all organic materials to feed their gardens, adding Epsom salt to soil will improve absorption naturally, eliminating the need for processed chemical fertilizers.

#### **3. Counter Transplant Shock**

We've all seen how our plants and seedlings wilt when we move them from a small pot to a larger one, from indoors to outside, or from greenhouse to ground. Try feeding transplants with Epsom salt once they're in their new environment to help injured roots overcome transplant shock. Remember to add a layer of soil on top of salt sprinkled in holes so roots don't come into direct contact with these concentrated minerals right away.

#### **4. Green Up Foliage**

Plants that aren't getting enough magnesium can be identified by their yellowing leaves. This is because magnesium is an essential component in the production of chlorophyll. Try sprinkling Epsom salt around your plants to achieve healthier foliage. About 1 tablespoon per 30cm of height once a month will benefit the plants in your vegetable garden, as well as any trees, shrubs, flowers and grasses you want to green up.

#### **5. Prevent Leaf Curling**

Leaf curling may also be caused by magnesium-deficiency in plants. Again, add Epsom salt to the soil around the base of the sick plant. Alternately, for faster absorption you mix 2 tablespoons of Epsom salt into 4.5lts of water and apply directly to the leaves.

#### **6. Deter Garden Pests**

While Epsom salt won't dehydrate slugs and snails like table salt (sodium chloride), it can still be used to deter pests. Hydrated magnesium sulfate crystals are sharp and when sprinkled around plants, they can scratch and irritate the bodies and feet of unwanted critters in much the same way as diatomaceous earth. (Keep in mind that Epsom salt dissolves very easily in water, thus any amount of rain will likely wash them away.)

#### **7. Grow Sweeter Fruit**

The production of fruiting bodies is the most taxing process in the life cycle of a plant. Apply Epsom salt to fruit and nut trees, bushes, and vines using the same methods and quantities stated above to boost chlorophyll levels inside the plant cells. Increased energy means more sugar, allowing the plant to produce higher yields of sweeter, healthier fruit.

#### **8. Tastier Tomatoes**

Tomato vines are one of a handful of common garden residents whose

fruit to plant size ratio is heavier than average, leading to an even higher likelihood of magnesium-deficiency. For this reason, tomatoes should be fed Epsom salt twice as often as other plants. Also, because tomato vines are prone to calcium-deficiency (blossom end rot), the majority of tomato fertilizers contain calcium which will compete with magnesium for root absorption. Therefore, foliar feeding is the more efficient method for delivering magnesium to these plants. Water tomato vines with dissolved Epsom salt – 2 tablespoons per 4.5lts of water, every 2 weeks.

### 9. More Plentiful Peppers

Peppers are another popular garden plant with a higher-than average fruit to plant size ratio. As such, they should also be fed magnesium every two weeks to achieve higher yields of larger fruits. For hot peppers, over-watering can lead to fruit with less heat, thus the soil amendment method may be preferable in this case. Sprinkle 1 tablespoon of Epsom salt for every 30cm height around the drip line of your pepper plants once per week.

### 10. Beautiful, Bountiful Roses

Ever wonder why your neighbours' rose bushes are fuller than yours and sport so many more blossoms? It is highly likely that the answer is Epsom salt. Not only does it help roses to produce larger blossoms in greater numbers, many successful rosarians will agree that magnesium also aids in the growth of new canes from the base of the plant. And of course, Epsom salt increases chlorophyll production meaning darker leaves. For maximum benefit, roses should at the least be fed with Epsom salt at time of planting, then again at the first sign of new growth, and once more when the flowers are in full bloom. Bare root roses may also be soaked in water containing dissolved Epsom salt before planting.

It is almost impossible to use too much Epsom salt in your garden. Magnesium sulfate is pH neutral, so it won't harm your soil. The crystals break down into water, magnesium, and sulfur – three components which are beneficial in some way to most plants. Epsom salt is safe, easy to apply, and works fast to correct a variety of problems and increase the overall health of your garden. As if that weren't enough, Epsom salt is also inexpensive making it one of the most perfect tools for the health-conscious, responsible gardener.

## CHOCOLATE COOKIE

### Ingredients

- 2 over ripe bananas
- 1 cup rolled oats
- 2 tablespoon cocoa powder
- Coconut flakes or desiccated coconut (optional)

### Method

1. Preheat oven to 180 degrees. Line a baking tray with baking paper.
2. Mash the bananas.
3. In a separate bowl, combine oats and cocoa. Add mashed banana. Stir well.
4. Scoop 15 balls of the dough onto the cookie sheet.
5. Bake for 10 – 15 minutes.

## MEMBERS NEWS



### HAPPY BIRTHDAY TO YOU

**January:** Dorothy Berrill, Glenda Edgar, Lorena Felicetti, Barbara Lee, Desiree Mathie, Val Newland, Noelene Park, Jaswant Singh, Dawn Walsh.

We wish you all a wonderful celebration.

## FIND THE WORD

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

## **RETURN**

The word this month has 5 letters. What could it be?



Look at the four pictures for the clue. Answer next newsletter.



## MONTHLY COMPETITION

### **January 22nd:**

Three Tomatoes, Shown with Stalks.

### **February 26th:**

One Container Marigolds, 3-6 stems, One Variety, C.V.A.

## MONTHLY MEETING

**January 22nd:** Jan Illingworth - Herbs 'Not Just kitchen Herbs'.

**February 26th:** Maria Mitchell - Home garden flower arranging.