

NEWSLETTER

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

Registered Number A0006535U

PRESIDENT:
BILL SAUNDERS

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Information:
Phone: (03) 9478-0269

E-mail:
prestongardenclub@hotmail.com

Web Address:
www.prestongardenclub.org.au

PRESTON GARDEN CLUB COMMITTEE 2019/2020

President:

Bill Saunders
9478-0269

Vice Presidents:

Robert Strugnell
Wayne Hurley
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
0432 033 138

REMINDER NO MEETING

Just a reminder, there will be NO May general meeting. June's newsletter we will give you another update.

ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of Preston Garden Club Inc. will be held at 8.00pm, on July 22nd, 2020, in Preston Shire Hall, corner of High & Gower Streets, Preston.

The Business of the Annual General Meeting will be:

To confirm the minutes of the previous Annual General Meeting

To receive the report of the Committee and the statement of Accounts for the year, 30th June, preceding.

To set the fees for the ensuing year.

Election of Committee.

***Financial members at each Annual General Meeting shall elect a President, two Vice Presidents, Secretary, Treasurer and five members to form a Committee of Management for the Club.

**Every candidate for office shall be nominated and seconded by financial members of the Club, and such nominations shall be lodged with the Secretary of the Club at least seven days prior to the Annual General Meeting.

To transact any business requested in writing and received by the Secretary at or before the July Committee Meeting, to be held on July 14th.

N.B. All members who have paid their 2019 – 2020 membership subscriptions are financial at the Annual General Meeting, and are entitled to nominate and to vote on

any matter. Each member shall be entitled to appoint another member as proxy, provided that notice is given to the Secretary 24 hours before the meeting for which the proxy is appointed. Notice of proxy shall be given on the enclosed form.

***Please consider standing for a position on committee to help run your club. Nomination forms are included with this newsletter.

***Your attendance is needed at the Annual General Meeting in order to make a quorum to deal with the necessary items required of us by the rules of incorporation.

NOTE: We have no idea what restrictions will be in place in the next few months due to the coronavirus. The A.G.M. may need to be postpone? Will keep you updated as we get closer.





You may be surprised to learn that there are many common vegetables that you grow can re-grow from scraps. This can be a great money saver, both when it comes to starting a new vegetable plot, and when it comes to your existing food growing efforts. Making full use of a plants ability to grow new roots and regenerate is a great way to use natural processes to your advantage. It can also help you reduce the amount of food waste that you generate in your home.

Which Vegetables Can You Re-Grow From Scraps?

Here are some of the common vegetables (and herbs) that you can re-grow from scraps: Potatoes, Sweet Potatoes, Onions, Garlic, Leeks, Shallots, Celery, Bulb Fennel, Carrots, Turnips, Parsnips, Beets and Other Root Crops, Lettuce, Bok Choi and Other Leafy Greens, Cabbages, Basil, Mint, Cilantro & Other Herbs.

Potatoes from Scraps

Any chunky sections of potato peel or pieces of potato that include an 'eye' on them (those small indentations from which the shoots grow) can be replanted to grow new potato plants. Simply take your potato scraps, leave them to dry out slightly overnight and plant them in the soil with the eyes facing up in exactly the same way that you would plant seed potatoes.

Sweet Potatoes from Scraps

Sweet potatoes can also be regrown from sections in much the same way. If a sweet potato is a little past its best for eating, you can cut it in half and suspend each half using toothpicks or twigs above a shallow container of water. Roots should begin to form after a few days. Shortly thereafter, you should see sprouts growing out of the top of the pieces. Once the sprouts grow to around 10cm in height, nip them off and place them with their bases in a container of water. Roots will grow from the base of these shoots. As soon as the roots are growing, you can take these slips and plant them up in the soil.

Scallions, Onions, Garlic, Leeks and Shallots

All of these members of the allium family are excellent value for money. You can re-grow all of them from the rooting base of the bulb or stem. Simply take a small section of the base of a bulb or stem, with the roots attached, and place it in a shallow dish of water. Fairly quickly, new, green material will begin to grow from this base section. These re-sprouting sections can then simply be harvested again. Alternatively, you can plant them out in your garden. Onions and garlic will form new single bulbs, while shallots will divide and form clumps, expanding your harvest each year.

Re-Grow Celery

Celery is one of the easiest plants to re-grow from scraps. You simply have to cut off the bottom of the celery and place it in a shallow container with a little warm water in the bottom. The bowl should be kept in a sunny and relatively warm place. After a week or so, leaves will begin to grow, and you can wait and harvest these as required, or replant the celery in your garden and allow it to grow into another full-sized plant.

Re-Grow Bulb Fennel

Bulb fennel is another vegetable that can be regrown in much the same way as celery. Again, simply place the base of the bulb (with root system still existing) in shallow water and wait for the plant to begin to re-grow. For best results, it is best to keep about 2cm of the base attached to the intact roots. As soon as you see new green shoots emerging from the middle of the base, you can replant it in the soil.

Carrots, Turnips, Radishes, Parsnips, Beet & other Root Crops. Retaining the tops (where the leaves and stems join onto the root) from carrots, turnips, and other root crops will allow you to regrow them. Place the tops in a container of water and new, green tops should begin to grow in a matter of days. You can simply harvest and use these greens as they grow, or you can allow the roots to continue growing until the plants are ready to be transplanted back into the ground.

Lettuce, Bok Choy, Other Leafy Greens

Bear in mind that many lettuces are cut-and-come again. You can often continue to harvest the plants as leaves continue to re-grow. You can also re-grow head-forming lettuces and other leafy crops simply by retaining the rooting section, placing it in water, and waiting for a second flush of leaves to grow. Finally, lettuce bok choy and other leafy crops can also often be regrown from individual leaves. Place the leaves in a bowl with a little water in the bottom. Keep the bowl in a sunny spot and mist the leaves with water every few days. Within a week or so, new roots should begin to form along with new leaves and you can transplant your new lettuce plants into the soil.

Re-Grow Cabbages

Some cabbages, like certain lettuces, can also re-grow while in the ground. After cutting off the heads of headed cabbages, cut a cross in the base and leave it in the ground and a second head can often form. Again, as with lettuces, cabbage bases and even cabbage leaves can also be enticed to re-root and form new plants.

Basil, Mint, Cilantro & Other Herbs

A wide range of herbs can also be re-grown using plant cuttings/scrap. Simply place a stem of around 10cm long into a glass of water, making sure that the leaves are well above the water level. Roots will soon begin to grow and as soon as the roots are growing well, these cuttings can be transplanted into containers, or directly into your garden.

PEANUT BUTTER COOKIES



Three-ingredient peanut butter cookies (gluten free and dairy free).

Ingredients:

- 1 cup of peanut butter
- ½ cup sugar (any kind you have, even caster sugar)
- 1 egg

Optional extras: Nuts / choc chips / seeds / dried fruit / sprinkles.

Method:

Mix all three ingredients together in a bowl to form a sticky dough. Wet your hands and roll the cookie dough into balls, placing them on a baking paper lined oven tray.

Use a lightly wet fork to flatten the balls into cookies and make a pattern on top. Note: re-wet the fork as needed to stop the cookie dough sticking.

Bake in a 180°C oven for 10-12 minutes, or until golden. Allow to cool.

Note: These keep really well in an airtight container (Ha! If you don't eat them all first). They also make a great ice-cream topping if you crumble them up.



MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

May – Jack Edgar, Geoff May, Sharon Pollard, Maria Spagnolo and Jean Thomas.

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 –

SAFARI

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

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



OLD BONSAI

The oldest Bonsai tree is in Italy and over 1000 years old, is a Wisteria tree.



PRESTON GARDEN CLUB INC.

ANNUAL ELECTIONS

NOMINATION FORM

RULE 14.4

Every candidate for office shall be nominated and seconded by financial members of the Club, and such nomination must be lodged with the Secretary of the Club at least seven days prior to the Annual General Meeting.

I hereby nominate _____ to serve on the Preston Garden Club Inc.
COMMITTEE

*** If you wish to further nominate your candidate for one of the following executive positions, place a cross in the appropriate square.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER

Proposed by _____ Seconded by _____

I accept the above nomination _____
(Candidates signature)

Date _____ Secretary _____

PRESTON GARDEN CLUB INC.

ANNUAL ELECTIONS

PROXY FORM

RULE 13.5

Each member shall be entitled to appoint another member as proxy, provided that notice is given to the Secretary 24 hours before the meeting for which the proxy is appointed. Notice of proxy shall be given on the appropriate form.

I/We....., being a financial member/s of Preston Garden Club Inc., hereby appoint.....as my/our proxy, to vote for me/us on my/our behalf at the Annual General Meeting to be held on the 22nd July 2020.

.....
Signature of member

Date.....

I, the said.....hereby consent to the within proxy appointment