

# NEWSLETTER

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PRESIDENT:  
BILL SAUNDERS

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## PRESTON GARDEN CLUB COMMITTEE

2019/2020

### **President:**

Bill Saunders  
9478-0269

### **Vice Presidents:**

Robert Strugnell  
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9464 5757

### **Secretary:**

Vacant

### **Treasurer:**

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9458 1632

### **Committee Members:**

Pat Kilpatrick  
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Daksha Singh  
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0432 033 138

## MEMBERSHIP RENEWAL

All members annual subscription fees are due on July 1<sup>st</sup> every year. Now is the time to pay your membership fee.

Single: \$15.00  
Family: \$25.00

Please make cheques payable to Preston Garden Club Inc, P.O. Box 1004, Preston, 3072.

### **OR**

Bank Transfer

BSB No. 033073 Account No. 231476, **Reference is your ("surname" Subs).**

### **OR**

Wait until we see you at the next garden club meeting.

For more info contact John, phone 94581632 or 0402 633 739.

## FACEBOOK

The garden club has had a Facebook page for a couple of years now. But very few people use it. So why not add a posting of a plant/flower/tree growing in your garden? Maybe a good looking pot plant? If you have tried one of the recipes from the newsletter, let's see your results?



Come on members, each week/month post something, so we all can enjoy?

## DEAR EDITOR

Thank you for producing such a bright, colourful and engaging newsletter each month. I always find things of interest- usually everything actually. I have used the recipes, found new places to visit and learnt more about plants. I often send them on to my sister in Beechworth who shares my love of the art of gardening.

Keep digging up the treasures to include and planting the seeds of new ideas in our minds.

Many thanks  
Cheryl Power

## REMINDER NO MEETING

Just a another reminder, there will be NO August and probably no September general meeting. Maybe we should just cancel 2020? Keep up with your gardening, Spring will be here soon.



## WHO ARE YOU?

Thanks to members who have paid their yearly subscription already. We will eventually have a monthly meeting sometime, for those who will pay on the night.

We have received payment via internet banking but who are you? We have your money but you did not leave us your name? Did you transfer money around - 29 July, Deposit No. 9850464.

If this is you, can you contact our Treasurer John.

**DON'T TELL SECRETS  
IN THE GARDEN.  
THE POTATOES HAVE  
EYES, THE CORN  
HAS EARS, AND THE  
BEANSTALK**

## 10 EDIBLE FLOWERS

### 1. CALENDULA



These flowers taste a lot like saffron but without the high price tag. They are tangy, peppery, spicy and offer a golden hue to the dish that they are cooked in. Plant Calendula in your veggie garden to attract pollinators and other beneficial insects. The orange and yellow flowers provide nectar all season long to butterflies and bees.

### 2. NASTURTIUM



These long-lived, late summer buds are often pickled. Some people enjoy using them in place of capers as they are sweet, peppery and mildly pungent. These pretty old-fashioned annual flowers not only add colour and cheer to your garden but also do wonders

protecting your tomato plants. The deter whiteflies, squash bugs, beetles, and aphids while keeping fungal disease at bay. Although they are annual, they often reseed making them an even more delightful addition.

### 3. BORAGE



The exotic-looking flowers from this plant taste refreshing, like a cucumber. They can be candied for decorative pieces on baked goods, used as a garnish or tossed in salads. Borage does have a diuretic effect and should not be consumed in large quantities. The pretty blue flowers of Borage make a perfect strawberry companion plant. The blooms bring pollinators to improve fruit set on your strawberry plants. They're also said to deter caterpillars on your tomatoes and cabbage plants.

### 4. CHIVES



Not only are these pinkish-purple flowers stunning in your garden, they offer a mild onion flavour you may have enjoyed on a loaded baked potato a time or two. Chives are also ideal to add to cream cheese and dips, casseroles, sautéed vegetables and salads. This pretty herb not only helps improve

the taste of tomatoes but also helps repel aphids and makes a great addition to any tomato salad.

### 5. ROSES



Believe it or not, roses contain more vitamin C than any other fruit or vegetable. Rugosa Roses or other older varieties typically offer the most flavour. They are often used to make jam, syrup and tea, or used as a garnish. As the bush gets large, it can also provide some shade for veggies that don't love the heat like kale and chard, and they grow naturally near heat-loving veggies like tomatoes, squash, and cucumber plants.

### 6. MINT



The blossoms for mint plants are ideal for tea but they can also be used in salads or as a garnish. Other members of this family include bee balm and lemon balm. Mint is an aromatic perennial herb that can become invasive. It is best to plant mint in your garden in pots so that it does not overrun the show. Although we may think that the aroma of mint is lovely, pests really hate it. Planting some mint near your tomato plants will even keep small rodents away.

## 7. PUMPKIN



Do you have Pumpkins growing in your garden? If so, don't dismiss those vibrant yellow blossoms that the plants offer. These are the perfect flowers to stuff as an eye-catching appetizer. Alternatively, you can dip them in egg and flour and fry them like a fritter. Pumpkin grows well with garlic and onions, and they are an essential component along with corn and pole beans in the classic 'Three Sisters' companion gardening technique.

## 8. DAYLILIES



These elegant blossoms may seem like they would be hard to grow but they're not. Since they grow in nearly any type of soil as long as it drains well, anyone can enjoy them. Similar to Pumpkin blossoms, they can be fried or stuffed with soft cheeses. Their bright flowers in an array of colours attract lots of pollinators, so in an area where they have plenty of space these bright blooming flowers are not only pretty but can help your garden flourish.

## 9. KALE



These bright-yellow flowers can be added to salads and or the leaves can be steamed or added to stews. This is one of the rare edible flowers that contain vitamin K. Kale companion plants include onions, garlic, nasturtium, dills as well as the mint family herbs such as rosemary, sage and thyme. Companion planting kale will repel some of the common pests that affect the plants. However, for some reason, kale does not enjoy the companionship of basil.

## 10. ECHINACEA



Echinacea has found popularity over the last decade as a powerful healing herb. Toss the purple flower petals into a salad for a splash of colour. One of the prettiest and most versatile wildflowers, Echinacea will attract bees, butterflies, and birds to your vegetable garden.

### RED HOT POKERS

What plant produces spikes of flowers in shades of red and yellow held aloft on tall stems? The plant is Kniphofia, most people would know it as the Red Hot Pokers.



Kniphofias are a South African native, members of the Asphodelaceae family which is closely related to the lily family. Kniphofias are evergreen or deciduous herbaceous plants.

The rhizomes are usually short so the plant forms tight clumps and the roots are thick and fleshy. The plant does not have a long flowering season but are striking when in bloom. The unopened flowers are a deeper colour than the opened blooms. The blooms are held on top of the erect flower stems. The nectar rich flowers are adapted to bird pollination.

An effective way to propagate the plant is by division, which is best carried out in early spring. Seed is also set and can be sown in spring and germination is usually rapid and easy. The resulting plants will not be the same as the parents because Kniphofia hybridise readily, they should flower in the second year from seed.

Kniphofia thrive in full sun but keep them moist in summer and avoid planting in waterlogged areas. They enjoy rich soil and fertiliser in the spring time.

They are generally hardy and pest free but snails can lurk in the foliage and attack flower stems and nearby plants. To clean up the plant an annual haircut in spring will not do any harm.

Kniphofias have had several name changes since they were first introduced into Europe. The plant was named after Johannes Hieronymus Kniphof who was professor of medicine at Erfurt University Germany. Kniphofia with two exceptions are all native to Africa.



The bold yellow flowered Kniphofia 'James Nottle' is a variety to look out for. It is an Australian variety selected by Trevor Nottle and named for his son James who was killed in a car accident.

### LONG NECK AVOCADO



I bet you haven't seen these guys yet! HOLY GUACAMOLY! This here is the long neck avocado, grown in Miami. It's 100% organic & GMO free! It's not commonly found in grocery stores because this variety isn't grown commercially. But imagine one avocado could feed a whole family!



### CARROT PIE

From the 1930s, Carrot Pie Recipe. This carrot pie recipe is one of those sweet pie recipes that is almost forgotten about. Overtaken by sweet potato and pumpkin pies. But carrot pie has a great flavour and texture. This carrot pie recipe is a winner.

#### Ingredients:

- 1 ½ cups cooked mashed carrots.
- ⅔ cup brown sugar.
- 1 tsp cinnamon.
- ½ tsp ginger.
- ½ tsp salt.
- 2 eggs.
- 1 ½ cups condensed milk.
- ½ cup cream.



#### Method:

Preheat oven to 220°C. Mix ingredients and pour into a 20cm shallow pie shell. Bake at 220°C for 10 minutes, then lower temp to 160°C. Bake until middle just barely jiggles - about 1 hour more.



### MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

**August:** Betty Lunny, Brendan Matthews, Helen Shugg & Joy Snell.

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 –

### **STILTS**

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

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

