

NEWSLETTER

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

Registered Number A0006535U

PRESIDENT:
BILL SAUNDERS

ISSUE NO. 211

NOVEMBER 2020



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

PRESIDENT'S REPORT AGM. 2019 – 2020.

Friends, The 2019 financial year started on a positive note. We had an enthusiastic committee, a confirmed list of speakers, a sub-committee, led by Helen Salisbury, diligently working full steam ahead organising our first 'Garden Gala' to be staged in April 2020, and John Mathie had us ready to hit the road with a bus trip complete with a hot meal at Maldon Hotel in 2020; also we were on a stable

financial footing. We completed 2019 successfully holding four meetings, each with interesting speakers on various topics. We also enjoyed our break up night with the very musically versatile Brendan Scott entertaining us for a night of music, laughs, dancing and a good supper.

2020 I did consider stopping here and just writing, *Cancelled*, for little did we know of the disaster, 'Covid 19', that was to bring chaos to the world and bring everything from the Olympic Games to our meetings (*almost as important*), or even a cuppa and a chat with the next door neighbour to a halt. I wish to thank Robert Strugnell for continuing to produce our newsletter to help us to keep in touch over this difficult period, and I am glad to hear that many of you have been able to keep up with each other by technical communication.

Because of the Covid 19 virus we have been unable to come together to hold our AGM, and had to apply to the Dept. Consumer Affairs for an extension until December 31st 2020 to achieve this.

John Mathie has chosen not to stand for committee for next year; he is finding that age is beginning to catch up with him. What will we do without him on committee??? He is Treasurer, Bus Trip

organiser, and active to the limit in all other things that go on in the club. John goes full throttle at everything he does – close enough is not good enough for John. Thank you John, you have always done above and beyond for the club.

Wayne Hurley has also decided to refrain from nominating for committee. Wayne has served two terms on committee. During his first term he was our Floral Art Group representative, but he took a break after the group folded, returning to committee after a break, to eventually be our Vice President. Thank you for your dedicated service as a committee member and for the continuing help you have promised at meetings.

Daksha Singh has served as a committee member for some years also, sharing a lot of valuable input into our meetings, but has decided to put down her pen to pick up her spade. Quietly gardening during the lockdown has brought her a lot of satisfaction, she tells me. Thank you Daksha.

Thank you to all the members for your continuing support. I look forward to meeting with everybody again as soon as possible to enjoy our hobby, gardening.

Regards, Bill Saunders,
President.

COST-EFFECTIVE VEGETABLES

There is nothing better than taking that step and start growing your own vegetables. We aren't talking about saving money, but we are talking about growing healthy vegetables.

Even though most vegetables are affordable and easy to find, growing vegetables can be a reasonable thing to do. For the few lucky people who have the spacious backyard, it can be at the moment decision and for those of you, the unfortunate ones, it can be a bit discouraging to take this step.

However, if we put aside the money factor and we take into consideration the great benefits from planting and growing your own vegetables, it wouldn't be such a bad idea after all.

Lettuce



If you decide to grow this veggie in your garden, the seeds will last for six to eight months and for the same cost of a small bunch in the grocery shop. Lettuce is easy to grow and easy to harvest, you will only need to pick the outer leaves and let the rest of the plant flourish.

Broccoli



Broccoli is in fact really cheap in the grocery shops, but if you want to have fresh broccoli for more than six months, then it should definitely be on your planting list. Moreover, if we take into consideration the great nutritional value, I am sure that we can all make a little space for this miraculous plant.

Cucumbers



If you want to invest in a plant, then cucumbers are your best choice. They will simply pay themselves off. They are maybe relatively cheap, but if you have a spacious garden, cucumbers are a must-have plant. They are extremely productive, one plant provides a great amount of cucumbers.

Green Beans



The great thing about green beans is that they are very easy to grow and they don't require any specific climatic conditions. You can find them in various sizes, shapes and colour, they will save you a lot of money bearing in mind that they're a bit pricy in the grocery shops.

Silver Beet



Silver Beet is extremely popular because of its great nutritional value and the positive effect which it has on the body. This delicious plant can adapt to every possible climatic conditions and the best thing is that it is easily transplanted wherever you want.

Tomatoes



These plants can go in every salad combination and they are definitely on our cost-effective plants. Tomatoes are very easy to grow and in order to get a juicy fruit, you must provide a sunny place in your garden and the best thing is that they don't need large space or any special climatic conditions. In order to keep them fresh, after picking, store them in a room temperature and you will always have fresh tomatoes.

Potatoes



Potato is probably the most wanted and the most famous vegetable around the world. Fried, baked, mashed, people can't get enough of them. However, home grown potatoes have a specific taste. Once you start growing potatoes in your own garden, you will start noticing the difference not just in taste, but also in benefits.

Capsicums



Before you consider planting Capsicums in your garden, please bear in mind that they need to be planted in small pots before they can grow in your garden. You can always expect new growth as soon as you pick the peppers when they reach full size. You will always have a storage of Capsicums and the investment in the plant will pay itself off.

Zucchini



This incredibly delicious plant is easy to grow, cheap to purchase and extremely productive. Many people decide to plant zucchini because of its productivity, the only thing you need to bear in mind

is that zucchini requires regular watering, in case you don't have a rainy period.

Carrots



Carrots are famous for its numerous health benefits as well as its unique taste. This root veggie is pest free and you can easily grow it at home. They just require a sandy soil and little attention. The growth and planting of this veggie is zero in comparison to the benefits you will get from it and for a very low cost.

Garlic



Garlic is maybe not the most favourite veggie on this list, because of its strong odour and intense taste. However, garlic is used for curing even the most severe diseases and the list of benefits is endless. It isn't the price that made us think of this veggie, it was the final product from its

growth. You can use it as seasoning, but it surely deserves to have a special place in your kitchen.

GARLIC SPRAY

There are alternatives to harsh chemicals that can be home-made to repel many of the various insects that abound in the garden. Aphis are constant problems, especially on roses, as they do their damage by sucking the sap from buds, shoots and flowers. One alternative is to make a garlic spray, so here is a recipe for a spray which, if used regularly, can repel aphis and other insects in a natural fashion.



To make garlic oil spray, mince, or finely chop three to four cloves of garlic, and add them to two teaspoons of mineral oil. Let this mixture sit for 24 hours. Strain out the garlic pieces, and add the remaining liquid to one pint of water. Add one teaspoon of liquid dish soap.



WHERE??

Last month's photo was taken at Ballarat Botanical Gardens, looking towards the Statuary Pavilion. Did you work it out?

This month's photo is "The World's Most Liveable City", where is it?



BEST PANCAKE RECIPE

Ingredients:

- 3 eggs
- 570 mL milk
- 455g self raising flour
- 170g sugar
- 3 heaped teaspoons baking powder

If you only have plain flour then add an extra teaspoon of baking powder.



Method:

- In a large jug whisk together the eggs and milk.
- Add the dry ingredients and then whisk until combined.
- Leave the batter on the counter for about an hour.

Use a spatula to stir down the mixture and recombine it.
If the batter is too thick add a splash of milk.
Heat a large frying pan or griddle on medium heat.
Butter the pan and turn heat up to medium high.
Pour the batter into the pan to create the size of pancakes you want.
Allow the pancakes to cook until bubbles appear and don't fill in again.
Flip and brown the second side.
Keep warm in a low oven or eat immediately.

MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

November: Vince Mercuri, Helen Salisbury and Norma Thomas.

Looking ahead to **December** birthdays, Susi Colaianni, Wayne Hurley and David McNair.

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 –

CAFTAN

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

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



The Word this month is very very hard, no help will be given and NO, the word is not "FLOWER".

JANUARY MEETING

If all things go to plan we hope to start 2021 with our first club meeting which will held on Wednesday evening **January 27th**.

Next Newsletter will be in January, with more up to date information.

Of course "The World's Most Liveable City" is Melbourne!