

NEWSLETTER

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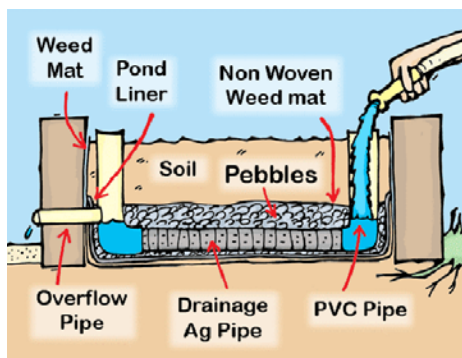
ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of Preston Garden Club Inc. will be held at 8.00pm, on July 28th, 2021, in Preston Shire Hall, corner of High & Gower Streets, Preston.

WICKING BED

What Is a Wicking Bed?

A wicking bed is a growing system where your vegetables grow in soil above a reservoir of water that slowly is 'sucked' up by the plants and soil to give a consistent water supply for the plants. Think of a giant self-watering pot.



Water and Time Efficiency.

Wicking beds use up to 80% less water than non-wicking beds. This means less time watering (good during water restrictions) and less cost.

Plant Health.

A constant supply of water available to plants results in a

stronger root system because the roots grow down towards the moisture deeper in the soil bed rather than just any moisture on the surface. This makes them more tolerant to temperature variations, they have more vigour and are better able to take up moisture and nutrients.



Increased Yields.

The most improved crops in the garden are tomatoes, cucumbers, broccoli, zucchini, squash, pumpkins, and sweet corn – high water consumers. This is because there is a constant supply of water and the plants have developed a stronger root system which helps them take up more water when needed and also absorb additional nutrients.

Increased Resilience.

Wicking bed vegetables are more resilient to extreme weather and bug attacks. This is related to the plant health and the ability of each plant to use as much or as little water as it requires.

Soil Health.

A wicking bed enables nutrients in the soil to stay put, rather than getting washed away through rain or watering. In well drained sandy soil that would otherwise leach nutrients with too much rain. With a wicking bed, water is stored in the reservoir and is available to plants as needed. Another huge benefit is that surrounding trees and bushes do not have the ability to spread their roots into the garden beds and rob soil of the goodness from the vegetables.



Protection From Bad Soil.

Because wicking beds are a complete growing system, there's a physical barrier between your vegetables and the surrounding soil. This is good news for any vegetable grower who is in an area that has chemical contaminants in the soil. Wicking beds are also great for areas covered in concrete that you thought would never be an option to grow on. Another great advantage is for areas surrounded by trees and any potential invasive roots.

Disease Control.

Because water is stored in the wicking bed there is no need to get the foliage of the plants wet. This is a great advantage for crops that are susceptible to fungus type diseases that are spread by droplets and thrive on wet foliage. Tomatoes have less foliage diseases when grown on wicking beds and there is a lot less powdery mildew in Summer on crops like zucchini and cucumbers.

Time Saving.

Most of the longer term time saving is gained during the watering process the reservoirs only need filling every 2-4 weeks rather than watering daily with irrigators or a hose.



Ease of Instalment.

You can design and build your own wicking bed using scoria or gravel or you could use wicking cells. To get scoria/gravel delivered and move it around your garden is not only really hard and heavy work but takes ages to get into your beds. A new idea is to build is by using the wicking cells. They only weigh a fraction compared to scoria/gravel and they are made from recycled plastic. There are also great kit options available for a really quick solution.

Safe to Take Holidays.

There is nothing worse than coming home to a shrivelled vegetable garden that you have invested your time into due to lack of water on hot days or you've

been away for a few days. Safe to know the water stored in the wicking reservoir is available to the plants.



GALLIPOLI OAK

Most Australians would have heard the legendary story of the solitary Turkish Pine (*Pinus brutia*) that grew on the slopes of the Gallipoli Peninsula made famous as marking the site of the Battle of Lone Pine in August 1915.

But few may have heard about the Gallipoli Oak (*Quercus coccifera* subsp. *Calliprinos*) that grew along the ridges and valleys.



Also sometimes known as Palestine Oaks, these trees grow to about five metres tall, and have evergreen and prickly serrated leaves similar to a holly.



A specimen known as the Oak of Mamre, is believed to have survived for 850 years.

But when heavily grazed by goats they only grow between 1 and 3 metres and look more like a bush than a tree.

General John Monash wrote home to his wife in November 1915:

“I am sending in a separate packet, a few acorns. I have made the discovery that the prickly scrub, with which these hills are covered, and which has inflicted many an unkind scratch on hands, arms and bare knees, is really a species of holly, and bears an acorn, showing that it belongs to the Oak variety. The bush is quite ornate and grows to a height of about 5 feet, much like the ordinary holly with the red berry.”

Monash was not the only soldier to collect specimens and send them home.



Captain William Lempriere Winter-Cooke also collected acorns which were planted in 1916 by his family at their historic home, "Murndal", near Hamilton.



Acorns were also planted at Geelong Grammar where Captain Winter-Cooke went to school, and together with the tree at Murrumbidgee, they are the only mature specimens in Australia.

While not as well known as the Lone Pine, the Gallipoli Oak is also an enduring arboreal link to Anzac cove.



Gallipoli Oak planted at the Melbourne Shrine as the AE2 Remembrance Tree.

WHITE BAT FLOWER



White bat flower (*Tacca integrifolia*). The beautiful and unusual batflower is a species of flowering plant in the yam family, Dioscoreaceae, native to tropical and subtropical rainforests of Central Asia.

LEMON AND WALNUT CARROT CAKE



Prep: 20 Minutes - Cook: 70 Minutes - Serves 12

Ingredients

Cooking oil spray, to grease 2 cups plain flour

2 tsp bicarbonate of soda

2 tsp baking powder

500g carrots, peeled, coarsely grated

3/4 cup brown sugar, firmly packed

100g walnuts, finely chopped, plus extra 1 cup, finely chopped, plus extra 1/2 cup, roughly chopped

3/4 cup extra virgin olive oil light in flavour

3 free-range eggs

1 ripe avocado, mashed

Finely grated zest of 3 lemons

1/4 cup lemon juice

1 tsp vanilla extract

125g blueberries, to serve

Blueberry leaves from your garden, to garnish (do not eat, decoration only)

Lemon ricotta frosting

250g fresh ricotta

50g butter, chopped, softened

1/2 cup icing sugar mixture

Finely grated zest of 1 lemon

Method

Preheat oven to 160°C fan- forced (180°C conventional). Grease a 22cm round loose-bottomed cake tin with cooking oil then line base and sides with baking paper.

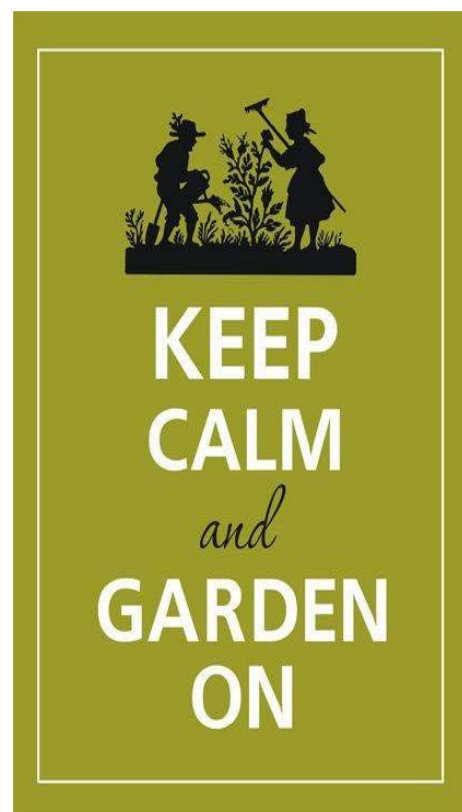
Sift flour, bicarb, baking powder into a large bowl. Add grated carrot, brown sugar and walnuts, then stir until just combined.

Put oil, eggs, avocado, lemon zest and juice, and vanilla in a large bowl and whisk until just combined. Pour into carrot mixture and stir until just combined.

Spoon batter into prepared tin, and smooth with the back of a spoon. Bake for 1 hour 10 minutes or until cooked when tested with a skewer. Set aside in tin for 15 minutes to cool then turn out onto a wire rack to cool completely.

Meanwhile, to make lemon ricotta frosting, put all ingredients in the bowl of a food processor and process until smooth.

Cover side of cooled cake with a thin layer of frosting, and spread remaining on top. Firmly press extra finely chopped walnuts around side of cake so they adhere to icing. Garnish top of cake with blueberries, extra roughly chopped walnuts and blueberry leaves (for decoration only, do not eat). Serve.



MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

July: Ken Beer, Angela Darbyshire, Kathy Zanini & Lim Weng.

We wish you all a wonderful celebration.

COMING EVENTS

Saturday 21 August (1-5 pm) and Sunday 22 August (10am – 4.30pm). Waverley Garden Club and Camellias Victoria present their annual Camellia, Garden & Floral Art Show. Entry: \$5 for adults with free admission to children. Contact Linda Trikarso, 0412 914 388, linda@trikarso.com or Sandra Sexton, (03) 9893 3247, sjsexton111@gmail.com

This iconic Show is the largest of its kind in Victoria and has a large variety of displays that will appeal to a wide range of interests and age groups:

An inaugural Photography Exhibition will be staged as part of this year's Show. It will coincide with the Waverley Bonsai Show (14 & 15 August 2021) and finishes as the Camellia, Garden & Floral Art Show starts. The Exhibition will be from 11 August 2021 to 19 August 2021. It will be in the Track Gallery in the Mount Waverley Community Centre.

The Victorian Camellia Championships will feature hundreds of blooms on display including many rare varieties. There will be plants for sale and

club experts will be on hand for advice.

The Floral Art Championships along with many creative & exciting floral designs will be on display and will fill a whole hall. Posies, made on-the-spot, will be available for sale.

There is a Children's Competition engaging the younger generation in gardening. This section has attracted many innovative exhibits and had visitors talking and enjoying them.

The Garden Exhibits will feature cut flowers, container grown plants, home grown fruit & vegetables all grown by Garden Club members in their own gardens. These include: Bonsais, orchids, ferns, succulents, Daffodils, herbs & foliage.

Enjoy a Devonshire Tea with freshly baked scones, jam and cream.

PANIC BUYING!



I don't care if people panic buy toilet paper and the shelves are empty in the supermarket! I found my own way and its back to nature, grow my own haha.

FIND THE WORD

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

TRANSFER

The word this month has 8 letters. What could it be?

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



MONTHLY COMPETITION

July 28th: A Floral Arrangement Using Flowers and Foliage.

August 25th: Three Camellia Blooms, S.S., N.N.D.

MONTHLY MEETING

July 28th: AGM

August 25th: Chris Clarke - Victorian Alpine Flora.

STAMPS

Still looking to collect postage stamps. Save them and bring along to the next meeting. Thanks in advance.

Robert