

# NEWSLETTER

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

Registered Number A0006535U

PRESIDENT:  
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## MEMBERS SUBSCRIPTIONS

All members annual subscriptions are due every year on July 1st. Now is the time to pay.

There are a number of ways you can pay your fee. Pay at next meeting, post a cheque or bank transfer/deposit, details below.

Single \$15, Family: \$25.00

Cheques payable to Preston Garden Club Inc, P.O. Box 1004, Preston, 3072.

**OR**

Internet Bank Transfer  
BSB No. 033 073 Account No. 231476, Reference your ("name").

**OR**

Pay directly into the Club's bank account?

- 1/ It's very simple, go to any Wespac Bank in your local area.
- 2/ With the banking details below and your money.
- 3/ Give the banking details and money to the teller.
- 4/ Ask the teller to include your **phone number** in payment description (so our Treasurer will know you have paid).

Name: Preston Garden Club Inc.  
BSB Number: 033073  
Account Number: 231476

## NO NOVEMBER MEETING

We have been informed by Darebin Council that the halls will not be available to use during the month of November and possibility also December.

Of course we were hoping to have at least our November meeting to finish off the year.

We should be able to start 2022 with a January meeting. We will need to follow any Covid rules set by the government. Once we know what is going on, will pass the info onto you.

Our President and Committee wish you all good gardening, enjoyable Xmas and New Year! See you in 2022 or at the picnic in the gardens?



## GARDEN PICNIC

No lockdown, no travel limits, easing of Covid restrictions. How about joining us in a picnic in the gardens?

Location: Fitzroy Gardens.  
Date: Sunday December 5th.  
Time: 12 noon.

All members and your friends are invited to meet in the Fitzroy Gardens to view the current display of Hydrangeas and Fuchsia in the Conservatory.

BYO lunch, refreshments, chair/blanket. Food and drinks is available in the nearby Cafe, opposite Cooks Cottage.

Make your own way there, if coming by public transport, train get off at Jolimont station and walk down. All day free street car parking is available in Clarendon St, Wellington Pde and parts of Lansdowne St.

Meet under the shady big Oak tree, east side of Conservatory (Cooks Cottage side). If another group has taken that spot, then west side under the Elm trees.

Some members have been waiting for usual monthly meeting to pay their subs. If you come to the picnic, good opportunity to pay on the day?

## CHELSEA SHOW PT 2

In the last newsletter was an article about the Chelsea Flower Show being held in Autumn for the first time in its history. With Autumn comes another range of flowering plants.

The Great Pavilion, a marquee of 1.2 hectares, displaying a whole range of flowers and plants. Here are some photos.



The Great Pavilion



Roses



Dahlias and Gladiolus



Gladiolus



Giant Dahlia



Mixed Flowers



Clematis



Nerines and Colchicums



Alstroemeria



Chrysanthemum Disbud



Chrysanthemum

## LEGIONELLA

Last month (October) a man in his late 70s, a resident of Preston, died of Legionnaires' disease. His wife was doing some potting of plants and asked her husband to open a bag of potting mix for her. A week later the man was admitted to hospital as he had been exposed to the legionella bacteria from the potting mix.

Legionella longbeachae bacteria can cause Legionnaires' disease, a form of pneumonia. There were 44 cases reported in 2020, and 38 cases in 2019. While Legionella longbeachae is found in tiny quantities in the general environment (including soil), it is not normally a health hazard. However, the ingredients and dampness of potting mix make it the ideal breeding ground for the bacteria.

Legionnaires' disease can be fatal in a small number of people who have severe illness. The number of cases usually peak around autumn and spring as infections are common during the time when people are most likely to garden so it is very important gardeners are aware of this risk and take steps to reduce the risk of exposure.

Most people who breathe in the bacteria do not become ill. However, the risk of disease is increased with age, smoking, and in people with weakened immune systems. People most at risk include those who:

are older (over 65 years of age).

smoke.

drink heavily.

have chronic lung disease.

have underlying medical conditions such as diabetes, cancer or kidney failure; or

have a weakened immune system (e.g. from taking steroidal medications, undergoing chemo or radiotherapy).

The symptoms of Legionnaires' disease usually begin to appear within six days of being exposed to the bacteria. Early symptoms are like the flu and include fever, chills, headache, shortness of breath, sometimes dry cough, muscle aches and pain. Sometimes other systems in the body are affected. This can cause diarrhoea, mental confusion and kidney failure.

### SYMPTOMS



Gardeners can reduce the risk of contracting Legionnaires' disease from soil, compost or potting mix, by taking the following precautions:

Always wear a mask and gloves when handling soil, compost or potting mix.

Wash hands carefully with soap and water after handling soil and before eating, drinking, smoking or placing hands near the face or mouth.

Follow the manufacturer's safety instructions on the potting mix bag. Store bags of potting mix in a cool dry place. When stored in the sunlight, the temperature inside the bag can increase, creating an ideal environment for Legionella bacteria to grow.

Open bags in a well-ventilated space.

Open bags of composted potting mix slowly, directing the opening away from the face to avoid inhaling the mix. Wet the soil to reduce dust when potting plants.

Water gardens and composts gently, using a low-pressure hose.

Avoid breathing in droplets of water from dripping pot plants, including hanging baskets, and when watering plants.

Anyone with concerns about their health, should seek medical attention.

### EDIBLE VINES

Edible vine plants are perfect for the garden because they can be grown vertically and don't take up too much space, especially when trained to grow on a trellis or fence. There are many different fruit and vegetable vines.

#### Grapes



Grapes are a perennial, easy to grow fruit vine. They look great growing on top of pergolas and arbors with bunches of grapes hanging down for you to pick when ready! Grapes need plenty of space in full sun. It's worth the wait because home-grown juicy grapes taste so much better than store bought ones! Grape vines also require regular pruning which helps control their growth and produces quality fruit that tastes amazing fresh off the vine.

#### Raspberry



Planting raspberry plants has a natural advantage for gardeners. For those who are short on time, growing raspberries requires little maintenance and provides an easy harvest to suit your needs. If you're looking for something different than traditional red or black raspberries, plant yellow or even rarer blackberry plants that come with their own unique flavours and benefits not found elsewhere in nature!

#### Passionfruit



Passionfruit is a delicious and unusual fruit that produces small green fruits with orange pulp, edible seeds (which are sometimes crunchy!), and grows best in warm subtropical climates. Passionfruit vines can grow fast but may take between 12 to 18 months before producing any passionfruits!

#### Blackberry



Blackberry vines are a favourite for many gardeners because they can be grown in so many different ways. Blackberry vines grow on thorny plants that, when left unchecked, take over an entire area with their prickly thickets of blackberries and thorns.

When you're done pruning the plant though it will produce more fruit than before! As long as your raspberry vine has full sun to soak up all day then it should also provide numerous berries just two years after planting them into your yard or flowerbeds.

### Kiwi Fruit



Kiwis are small, fuzzy fruit with an interesting skin and sweet flesh. They originate from a vine that needs space to spread out on trellises or pergolas since they can grow up to 6 mts long. These vines typically do their best in warm climates but still need protection during the winter months for colder regions of the world such as New Zealand where these fruits originated.

### PASSIONFRUIT MERINGUE SLICE



Prep: 30 Minutes - Cook: 40 Minutes - Makes 20

#### Ingredients:

125g butter, softened.  
 ¼ cup caster sugar, plus ½ cup extra.  
 2 eggs, separated.

1 cup self-raising flour, sifted.

#### Filling:

2 eggs, plus 2 egg-yolks.  
 ½ cup caster sugar.  
 300ml cream.  
 2 tsp finely grated lemon zest.  
 2 Tbs passionfruit pulp, plus extra to serve.

#### Method:

Preheat oven to moderate, 180°C. Lightly grease a 20 x 30cm slice pan. Line base and long sides with baking paper, extending 2cm above pan edge.

In a small bowl, using an electric mixer, beat butter and sugar together until pale. Beat in yolks, one at a time, until combined.

Fold flour into mixture. Chill 10 minutes. Press evenly over base of pan (see Cook's tip).

#### Filling

In a bowl, combine all ingredients, whisking to combine. Pour over base. Bake 30-35 minutes, until set. Cool 20 minutes. Roughen surfaces of topping with a fork.

Increase oven to very hot, 220°C.

In a bowl, using an electric mixer, beat egg-whites until soft peaks form. Gradually add extra sugar, beating between additions, until dissolved, thick and glossy.

Spread meringue over slice. Bake 1-2 minutes, until golden. Cool in pan then cut into squares. Drizzle with extra passionfruit pulp to serve.

#### Cook's tip

Use floured fingertips to stop base mixture from sticking to fingers when pressing into pan.

### MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

**November:** Helen Salisbury and Norma Thomas.

Looking ahead to **December** birthdays, Susi Colaianni, Wayne Hurley, Frank Mason 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 –

**DECREASE**

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

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

