

NEWSLETTER

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MEMBERSHIP RENEWAL

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

Pay at the monthly meeting. Would help if you could bring the exact amount.

Single: \$15.00
Family: \$25.00

OR by mail.

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

OR Bank Transfer.

BSB No 063 385 Account No. 10768835, Reference your ("phone number" Subs).

Note: New bank account details!

AN APPLE A DAY

The impact of an apple a day in keeping the doctor away may be partly down to the beneficial bacteria it carries and their subsequent colonisation of your gut, according to scientists.



A study has found that a typical apple carries more than 100m bacteria. Some of these microbes are important in maintaining a healthy gut environment, or microbiome, says Prof Gabriele Berg from Graz University of Technology, Austria, one of the authors of the research.

“The bacteria, fungi and viruses in our food transiently colonise our gut,” she said. “Cooking kills most of these, so raw fruit and vegetables are particularly important sources of gut microbes.”

The researchers compared the bacteria in shop-bought apples with those in visually matched organic ones. The apple's stem, peel, flesh, seeds and calyx – the straggly bit at the bottom where the flower used to be – were all analysed separately.

Although organic and conventional apples were occupied by similar numbers of bacteria, the researchers found organic apples harboured a more diverse and balanced bacterial community, which they said could make them healthier and tastier than conventional apples.

Variety in the microbiome is thought to be key to a healthy gut and the researchers said there appeared to be more microbial diversity in organic apples.

“Freshly harvested, organically managed apples harbour a significantly more diverse, more even and distinct bacterial community, compared to conventional ones,” explained Berg. “This variety and balance would be expected to limit overgrowth of any one species, and previous studies have reported a negative correlation between human pathogen abundance and microbiome diversity of fresh produce.” In other words, the more varied your diet, the fewer harmful bacteria are found.



The research may also vindicate the people who claim to be able to taste the difference between organic and ordinary produce, say the researchers. A microbe known as methylobacterium, which is known to boost strawberry-flavoured compounds, was significantly more abundant in organic apples, Berg said.



Birgit Wassermann, also at Graz University of Technology and the lead author of the study, said the next step would be “to confirm to what extent diversity in the food microbiome translates to gut microbial diversity and improved health outcomes”.

She also suggested that this information might one day appear on supermarket food labels. “The microbiome and antioxidant profiles of fresh produce may one day become standard nutritional information, displayed alongside macronutrients, vitamins and minerals to guide consumers,” she added.

AFRICAN BLACK BEETLE

It is native of Africa, now present in Australia and the North Island of New Zealand. A sporadic agricultural pest found in Western Australia, South Australia,

Victoria, New South Wales and Queensland, the African black beetle has not been recorded in Tasmania.



African black beetle larvae are soil dwelling and are typical white, soft-bodied scarab grubs. They have ‘C’-shaped bodies, six legs and a yellow-brown head capsule with noticeable black jaws. Late stage larvae are 25-30 mm in length. Newly hatched larvae are about 5 mm long. The abdomen towards the rear is generally swollen and darker in colour.



Adults are shiny black, slow moving and have a cylindrical body that is approximately 12-14 mm long. From above, the body sides are almost parallel and the wing covers have lightly indented longitudinal striations.

African black beetle has one generation per year, but in some seasons the generation can take two years. Eggs are laid in the soil and hatch in two to five weeks depending on temperature. Larvae hatch and pass through three growth stages before pupating and emerging as adults. Larvae hatch and pass through three growth stages before pupating and emerging as adults between late December and early February. The period from eggs to adults is approximately three to

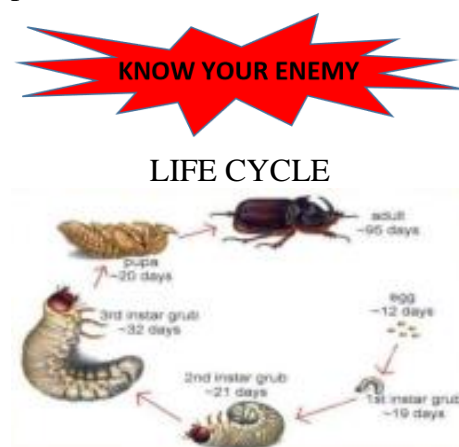
four months, while the adult lifespan is about ten months. Adults remain sexually immature until spring when mating and oviposition occurs. Larvae are generally present from late spring to mid-summer but may be found during winter. These are late developers and fail to survive.

Damage can be caused by adults feeding on the stems of young plants either underground or above the soil surface, often killing growing points so that the central shoots wither and the plants die. Older plants usually survive, but remain weak. Larvae prune or completely sever roots of perennial grasses and in severe cases where larval populations are high, pasture becomes patchy and can be rolled back like a carpet.

When digging in the garden collect any larvae or adults and either feed to the birds or place pests into a bucket of soapy water. Drain off the excess water, place dead pests in a plastic bag and place into the rubbish bin.

If you have chickens or other fowl allow them to roam freely in and amongst the garden, lawn and turfed areas to feed on adults and first larval instar.

For large vegetable garden beds, allow beds to rest for a period, turning over the soil every now then exposing larvae and adults to predators such as birds.



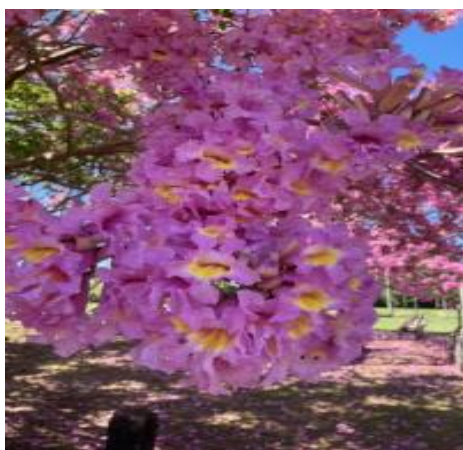
TRUMPET TREE

Bill our President decided last month to take a short holiday to Cairns to escape Melbourne's cold weather!! While walking around Cairns Cemetery, Bill took some photos of this striking flowering tree.



In the same league as Jacarandas and Poincianas, once seen in bloom a Trumpet Tree, covered in pink flowers, is never forgotten. The Tabebuias (pronounced 'tab-eh-boo-ya'), common name is Trumpet Tree. Are all from tropical Central and South America and although there are about 100 natural species only about seven of these seem to be available in Australia.

They're a reasonably popular tree in Brisbane and you'll see them in gardens and streets all the way up the Queensland coast and across the tropical north. But they'll also grow and flower well further south – at least as far as frost-free areas in the eastern half of Sydney. The trees can stand the sort of frosts received in highland tropical areas.



Most Tabebuias are deciduous or partly deciduous, losing their leaves as the tropical dry season sets in. That's winter, and when the trees start to lose their leaves you can leave it up to the rain to water them. If none comes, so much the better because a rainy winter can lead to a poor flowering display. In August/September, the bare branches suddenly burst into bloom and just as a Jacaranda becomes a hazy mass of blue, their leaves follow the flowers. The plants grow through the spring and summer and can take any amount of summer rain and humidity.

BAKED RICOTTA CAKE

Ricotta is fantastic in desserts, and this cake is no exception. Begin this recipe 1 day ahead.



Ingredients

200g unsalted butter, chilled, chopped.
1 3/4 cup (385g) caster sugar.
5 eggs.
3 cups (450g) plain flour.
1 tsp baking powder.
700g fresh ricotta.
500g cream cheese, at room temperature.
2 tsp vanilla extract.
Pure icing sugar, to dust.

Method

1. To make the pastry, place butter and 3/4 cup (165g) sugar in a stand mixer with the paddle attachment and beat until smooth. Beat in 1 egg until well combined. Fold in flour, baking powder and a pinch of salt. Cut one-third of the dough, flatten into a rectangle and enclose in plastic wrap. Shape the larger piece into a rectangle and enclose

in plastic wrap. Chill both blocks of pastry for 2 hours.

2. Preheat oven to 200°C. Grease a 20cm x 30cm x 5cm rectangular lamington pan and line with baking paper, leaving a 3cm overhang. Roll larger piece of pastry out between 2 sheets of lightly floured baking paper to 5mm thick. Use pastry to line the base of prepared pan, trimming the edges to fit snugly, then prick all over with a fork. Place pan on a baking tray and bake for 20-25 minutes until base is golden. Remove from oven and cool completely.

3. Roll small pastry rectangle out between 2 sheets of floured baking paper into a 3mm-thick rectangle. Cut into long 6cm- wide strips to line the sides of the pan. Refrigerate while you make the filling.

4. Reduce oven to 160°C. To make filling, lightly beat remaining 4 eggs. Place ricotta and cream cheese in a stand mixer with the paddle attachment and beat until smooth. Beat in vanilla, remaining 1 cup (220g) sugar and eggs to combine.

5. Line sides of the pan with 6cm strips of pastry, gently pressing them onto top of cooked base to create a join (the pastry is soft, but will come together when cooked). Use a small sharp knife to trim the pastry so it's flush with the top of the pan. Spoon filling into the pastry shell. Place pan on a baking tray and bake for 1 hour 20 minutes or until edges are set with a very slight wobble in the centre (it may crack a little, but will settle when it cools). Turn off the oven and set the door ajar with a wooden spoon. Leave the cake to cool completely in the oven, then chill for 6 hours to set. Use the baking paper overhang to carefully lift cake out of the pan. Dust cake with icing sugar to serve.

NOVEMBER BUS TRIP



Ivanhoe Garden Club is organising a bus trip on Sunday 6th November (the end of Cup week). Ivanhoe is inviting any Preston members who would like to join them.

Day begins going to Central Park, Malvern (orchids grown in the conservatory there) and a nearby private garden, then probably Jells Park, Wheelers Hill for BYO lunch, then private garden in Rowville (membership secretary Salvia Study Group). Stop at Pinewood Nursery, Glen Waverley on the way home.

Expected cost \$30 per person. If you are interested, talk to Barbara Higgins at our next meeting.

OCTOBER CLUB OUTING

Members have been invited to visit "Vicki's Garden". You may ask who is Vicki! Vicki is the daughter of Jack and Glenda Edgar.

Sunday October 9th, arrive around 2pm. For a look around their garden, afternoon tea/coffee will be supplied. Good idea to bring along a fold up chair?

Location: 18 Oatland Road, Plenty.



Confirm your attendance by the September meeting. By email or phone 0419 478 340, or tell Bill at the meeting.

COMING EVENTS

October 22-23, Broadmeadows and District Garden Club - Spring Display. Saturday 12 noon - 3pm, Sunday 10am - 3pm. Pot plants, Floral displays, Plant sale, Stalls, Sausage sizzle, Devonshire tea, Raffle. Children's activity. Location Hadfield Community Hall 88 Middle Street, Hadfield.

October 22-23, Ferny Creek Horticultural Society - Flower Festival. Saturday 12 noon- 4 pm, Sunday 10 am - 4pm. Featuring rhododendrons, azaleas, late spring bulbs and perennials. Location 100 Hilton Rd (East End) Sassafras, Vic 3787 Behind the Ferny Creek Recreation Reserve. Contact Email secretary@fchs.org.au

October 30. The Victorian Iris Society - Iris Show. Location Mount Waverley Community Centre 47 Miller Crescent Mount Waverley Opposite the Mt. Waverley Station. Contact Information: 0412 457 725.

MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

September: Neil Lenne and Kay Wawn.

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 –

HIPPIE

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

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



MONTHLY COMPETITION

September 28th: One Container Mixed Cut Flowers, 6-10 stems, At Least Three Kinds.

October 26th: One Stem Iris.

MONTHLY MEETING

September 28th: Maria on Flower Arranging.

October 26th: Kathleen Tants - Crop rotation and companion planting.