

NEWSLETTER

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SHIRE HALL MEETINGS

Update: Our meetings from now on are back in the Shire Hall. This hall is just a nice size for us. See you at the next meeting.

ANAÏS SÉGALAS (1837)

‘Anaïs Ségalas’ is one of the most popular and commonly found Gallica roses in New Zealand.



This rose is believed to be brought to New Zealand by settlers in the mid-1800s. This rosy-purple Gallica is still a commonly found rose in home gardens and old cemeteries in New Zealand. It is found in semi-wild conditions throughout the country, growing in roadsides. It must have either escaped from old gardens or growing on gardens that have been segmented by roads. The abundance of this rose in New Zealand could also have been due to its free suckering nature. The popularity of ‘Anaïs Ségalas’ as a memorial rose in New Zealand could have been due to its colours;

Blue, being the colour of love in noble or divine sorrow, and Purple, being the colour of secondary mourning.

‘Anaïs Ségalas’ is a very beautiful, and fragrant rose with fat, round buds that open to rosy-mauve cupped blooms borne mostly in small clusters in late spring. The blooms open to full, flat and perfectly round flowers with small incurved petals in the middle, surrounding a green button eye. The flowers quickly fade to rosy-lilac with a touch of blue and grey on petals due to aging. Although it is once-blooming, this lovely rose produces an abundance of blooms in every season. It is also a very hardy and disease resistant rose that grows up to a meter and tolerates poor soil. The dark leaves of ‘Anaïs Ségalas’ turn to rustic red in autumn and blends so perfectly well with other colourful foliage of the season.



Jean-Pierre Vibert bred ‘Anaïs Ségalas’ in France, in 1837. He named this rose for Anaïs Ségalas (1814-1895), a well-known poet in France, who, by the time, was just 23 years old, and had already published two collections of poetry.

It is to note that the rose named ‘Anaïs Ségalas’ in Australia and New Zealand is different from its European namesake by the colour as well as the form of its blooms and nearly absence of prickles. Although the true identity of this rose is confused, it is indeed a very beautiful rose that is worth growing in every garden.

CUCUMBERS

By special request, reprinted again!

I didn't know this...& to think all these years I've only been making salads with the cucumbers



1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic

Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

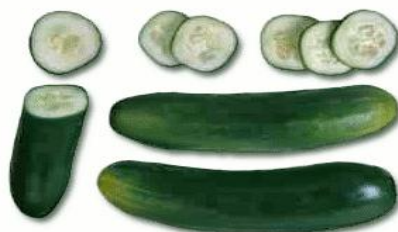
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and

explores for quick meals to ward off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.



9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.



11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the writing. Also works great on crayons and markers the kids have used to decorate the walls!!

IVANHOE BUS TRIP

Preston Garden Club members are welcome to join Ivanhoe Garden club on their bus trip on Sunday 16-4-2023.

The bus trip will go to Lara and Roraima Nursery. It will also visit 3 display gardens in that area. Lunch will be at Werribee Gardens. The price is not yet set but members will know more details at the February general meeting. Please put your name on the list that will be circulated if you are interested. Payment will be collected at the March general meeting

FOR BEGINNERS

Peas don't like too much water.

Potatoes do not like tomatoes.

Potatoes do not like cucumbers.

Potatoes and cabbage are friends.

Do not plant beans with onions or beetroot.

Beans love carrots.

Beetroot love onion, cabbage, potatoes.

Tomatoes love carrots, peas.

Cabbage does not like radishes.

Beans and cucumber do like each other.

Carrots and onions do well together.



The tree of Tule in Oaxaca, Mexico, boasts the largest trunk diameter in the world. It's a Montezuma cypress (*Taxodium mucronatum*).

The exact age is unknown but it's estimated over 1200 years old.

MARS BAR SLICE

This no-bake recipe takes two Aussie favourites, a Mars bar and Caramilk chocolate to make one simple slice that's perfect for kids parties, picnics and more.



Prep: 15 Minutes - Cook: 5 Minutes - Serves 20 pieces

Ingredients

4 x 47g Mars Bars, chopped
100g unsalted butter, chopped
3 cups Rice Bubbles
180g milk chocolate, chopped
2 tsp vegetable oil
50g Caramilk chocolate, chopped

Method

Grease and line a 18cm x 28cm slice pan with baking paper.

Combine Mars Bar and butter in a medium saucepan. Stir on low heat for 5 minutes or until melted (mixture may look separated when melting the Mars Bars and butter, but will come back together after stirring).

Place Rice Bubbles in a large heatproof bowl. Add Mars Bar mixture and stir to combine. Press mixture firmly into pan and level top. Refrigerate 30 mins until firm.

Combine milk chocolate and oil in a microwave safe bowl. Microwave on MEDIUM (50% power) in 30 second bursts, until melted and smooth. Microwave Caramilk in a separate small microwave safe bowl on MEDIUM (50% power) in 30 second bursts, until melted and smooth.

Pour milk chocolate over slice and spread evenly to cover. Immediately drizzle Caramilk lengthways over the milk chocolate. Using a toothpick or a skewer, gently drag a skewer or a toothpick horizontally through the chocolate to form swirl. Refrigerate 30 minutes until chocolate is set, then cut into pieces to serve.

MEMBERS NEWS

Adrian Mathie

24/6/1962 – 29/1/2023

After a long battle with cancer we heard at the passing of Adrian John Mathie, son of John & Desiree Mathie on Sunday 29th of January. Funeral service to honour the life of Adrian Mathie was held in the Le Pine Chapel, Eltham, on Friday February 10th. We pass on our sincere sympathy to John and Desiree.

HAPPY BIRTHDAY TO YOU

February: Pratima Francis.

We wish you all a wonderful celebration.

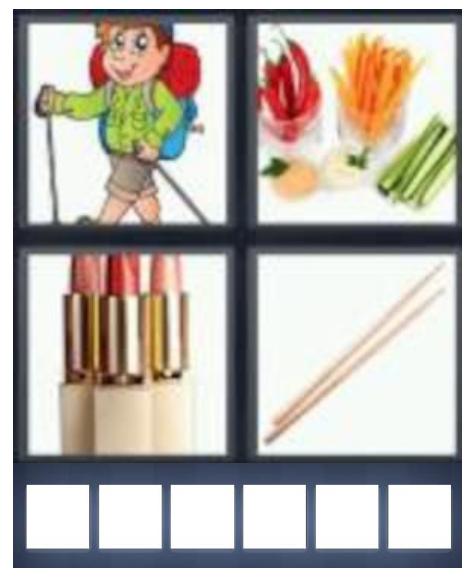
FIND THE WORD

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

FILTER

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

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



MONTHLY COMPETITION

February 22nd: One Container Marigold, 3-6 stems, One Variety, C.V.A.

March 22nd: One Pot/Container Succulent/s One variety.

MONTHLY MEETING

February 22nd: Karen Sutherland - Tomatoes.

March 22nd: John Fry - Ziebells Farmhouse.

GARDEN GALA

Our Garden Gala is being held on Saturday 22/4/2023 at Darebin North West Uniting Church, 399a Murray Road, Preston from 11.00am to 3.00pm. The event was due to be held prior to Covid but had to be postponed.

We have a number of stall holders as follows:

Bonsai - Val from Northern Suburbs Bonsai Club. Plants and equipment for sale.

Herbs. - Elsie Carter with her herbs for sale.

Valley Tools. - Garden tools sales.

Sylvester Hive - Community Gardens in East Preston will have information on their group and run a children's activity.

Preserves, Jams and Crafts - a selection of jams, preserves and craft for sale.

Australian Pelargonium Geranium Society - Plants for sale from Janine Kay.

Drewitts Bulbs - bulb wholesaler from Silvan. Bulbs for sale.

Greg Lanigans Woodcraft. - Greg is an emerging artist who dabbles in woodcarving and basket weaving. Items for sale.

Artisan Gardens Melbourne - a collection of beautiful terrariums in glass for sale.

In addition there will also be a -

Floral display representing the clubs members outstanding potted and cut flowers and plants together with a new membership and raffle selling stall.

Devonshire tea and scones and gourmet sandwiches available from the CWA Alphington Branch stall.

A sausage sizzle run by the Church.

A coffee stand will also be there and will be selling home made cakes for purchase to take home. The Club will also be running a raffle with some great prizes.

There will be speakers talking on a variety of subjects including a demonstration on pruning bonsai plants.

How to get involved/help

There are plenty of things that need to be done and you can help in many ways. We are having some flyers printed and these will need to be delivered locally and even in your street. We will be placing them in community centres, libraries, Preston Market and on community boards in local supermarkets. If you could place one in your local supermarket or your local community centre please let me know. We also need lots of help in the day with set up, directing parking and stallholders on arrival in the morning, on stalls during the day, spreading the word to family, friends, work colleagues, packing up at the end of the day. It should be a fun day with lots to do and look at and has the potential for us to gain some new members.

We will also have a plant stall that we will be selling seedlings from Scotsburn Nursery and plants grown and donated by members. This will be similar to the plant stall at the shows that we used to have so start taking cuttings and dividing plants ready to donate to be sold on our stall. Seeds are also a good selling item so put some away and we will package them up. All contributions greatly appreciated and accepted.

Please help to make the day a success. Contact me on 0432 033 138 for more information or to let me know how you would like to help. Or speak to me at the next meeting. Helen Salisbury.