

NEWSLETTER

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LUNCHEON



End of year luncheon for members will be held on Sunday December 3rd, meet at 12 noon. The best part is free for members, for non-members cost is \$20.

Location: Junction Hotel, 1 Plenty Road Preston, intersection of High St & Plenty Rd.

Public transport, both Tram and Bus pass by.

It will be 2 course, main meal and dessert. Drinks are available from the bar at your cost. You will need to choose one main meal from the menu. Cut off for bookings is the November meeting. If you wish to book and cannot attend the meeting, top of newsletter is Club's email and a phone number, to book.

** If you have booked and on the day you cannot attend the luncheon. Notify us, phone this number ASAP - 0438 467 836.

BALLARAT BOTANICAL GARDENS

Spring time at Ballarat



Red Ranunculus



Mixed Tulips



White Tulips



Yellow Tulips with Wallflowers

Conservatory Display



Front Cineraria
Middle Primula obconica
Back Cyclamen



Schizanthus flowers



CONSERVATORY

In the Conservatory at Fitzroy Gardens, the mid-spring display of Schizanthus and Calceolaria. From September 23rd to October 29th, five weeks.



The main plants are Schizanthus (*Schizanthus wisetonensis*) and Calceolaria (*Calceolaria herbeohybrida*). Also in the display are groups Cyclamen and of *Primula obconica*, with flowers of white, blue and pink shades.



The display of pots of, often known by their common name of "poor man's orchid". These exotic blooms are very attractive, ranging in colours of white, mauve, pink and red. Being an annual plant, every year they are raised from seed. The tall growing variety "Angel Wings" requires staking, so wire frames are used to support the stems. Dwarf growing varieties are also in the display. Hanging above are Schizanthus baskets, multi-planted with "Angel Wings". When not staked and grown in baskets they naturally fall and cascade forming a mass of foliage and flowers.



Calceolaria, with the common name of "lady's purse", are puffy, brightly coloured flowers that look like pouches. These are in bright colours such as yellow, red, yellow bi-colour, orange bi-colour, gold,

carmine and yellow-brown are shown. Raised from seed every year, they are grown as an annual.



Calceolaria



Cyclamen



Primula obconica



The first week of November is the changeover. The next display will be Hydrangeas. These will be on display until February 2024.



VEGGIES HIGHEST IN PROTEIN

Amounts per 1 cup



Asparagus
4.4 grams



Artichokes
4.8 grams



Broccoli
37 mg



Brussels Sprouts
5.6 grams



Green Peas
8.6 grams



Kale
3.5 grams



Mushrooms
4 grams



Potatoes
4.6 grams



Spinach
6 grams

I googled my symptoms.
It turns out I need
'more flowers'



BEST CINNAMON BUNS

Ingredients:

Dough:

3¼ cup (500g) all-purpose flour

1¼ tsp (10g) salt

3 Tbsp (50g) sugar

½ cup (100g) softened butter

1 cup (250 mL) water, room temp

1¼ tsp (5g) instant yeast

2 eggs

Filling:

7/8 cup (200g) butter

2 Tbsp (30 mL) cinnamon

⅔ cup (135g) brown sugar



Method:

Rehydrate the yeast by mixing it into the room temp water.

Mix the flour, salt, and sugar in the bowl of a stand mixer.

Once the yeast is 'foamy', pour the yeast/water mixture, butter, and eggs into the stand mixer.

With a dough hook; mix just until the dough comes together.

Let rest for 15 minutes to allow flour to fully hydrate.

On medium speed knead dough for about 10 minutes.

Remove dough from stand mixer and knead by hand a few times (just to get a feel for the dough).

Place dough ball in a greased bowl and let rest 1 hour.

Make the filling by melting the butter and mixing in the cinnamon and brown sugar.

Lightly flour your work surface and roll out dough to ¼" thick.

Spread the filling evenly over the rolled out dough.

Roll up the dough with the filling inside.

Cut into 12 equally sized 'buns'.

Place buns in a buttered glass baking dish.

Cover and allow to rise until buns are touching.

(You can at this point put them in the fridge and bake them tomorrow.)

Preheat the oven to 320°F (160°C).

Bake for 20-25 minutes or until internal temp reaches 190°F.



NEW MEMBERS

Welcome to two new members to our Club, who joined at the last meeting. Jadzia from Reservoir and Lori-Anne from Preston.

MEMBERS NEWS



HAPPY BIRTHDAY TO YOU

November: Helen Salisbury, Norma Thomas.

December: Susi Colaianni, Bill Chamberlain, 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 –

FINISH

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

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



MONTHLY COMPETITION

November 22nd: Three Flowers shown separately.

January 24th: Three Tomatoes, Shown with Stalks. (10 Cherry Tomatoes).

MONTHLY MEETING

November 22nd: Yukima Cameron - 'Good bugs', The good, the bad and the bugly; getting to know your garden's bug life and how to get the most out of beneficial insects. Plus Presentation of Monthly Awards.

December: No Meeting.

January 24th: To Be Announced.