

NEWSLETTER

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MRS. HENRY WINNETT

Reported in the The Argus newspaper, Monday 25th March, 1935, on page 3.

The Preston Horticultural Society held its first show at the Preston Town Hall on Saturday night. It was opened by the Mayor of Preston (Councillor W. J. Adams). The President of the society is Councillor Zwar, M.L.A.

A prize winning Rose!
Principal awards: Champion Rose: R. C. Stilman, Brunswick (Mrs. Henry Winnett).



Mrs. Henry Winnett

A hybrid tea rose, scarlet in colour, long, strong stems, mild to strong fragrance with 45 petals. Large,

full (26-40 petals), borne mostly solitary, high-centered bloom form. Blooms in flushes throughout the season. Growth upright with large glossy foliage. Parents Mrs. Charles E. Russell × Mrs. George Shawyer'

Bred in 1917 by John H. Dunlop & Son Ltd., Toronto, Ontario, Canada. John Dunlop was the first rose hybridizer in Canada.

Introduced in United States by Charles H Tottys, Totty Company. Introduced in France by Grandes Roseraies du Val de la Loire in 1922.

Introduced in France by Paul Nabonnand in 1922.

Introduced in Australia by Hazlewood Bros. Pty. Ltd., in 1922. The nursery was founded in 1908 and was sold in 1976. Located in Epping, New South Wales Australia. Harry H. Hazlewood died in 1959.

CHRYSANTHEMUM FESTIVAL TAIPEI TAIWAN



BANKSIAE ROSES



Growing over garden sheds, fences and pergolas, covered in thousands of blooms of yellow and white, Banksiae roses are a picturesque sight in spring during the months of October and November.



The majority of the Banksiae roses are native to central and western China, in the provinces of Gansu, Guizhou, Henan, Hubei, Jiangsu, Sichuan and Yunnan, and grow at altitudes between 500m and 2,200m. In their natural habitats of different regions, the external characteristics of the same variety vary significantly. Banksiae roses have been domesticated and grown in Chinese gardens for hundreds of years.



FUCHSIA CUTTINGS

Wayne Hurley would be very appreciative if anyone could spare a few Fuchsia cuttings.

He has only a couple of varieties and would like to add more varieties to his little collection.

Speak to Wayne at the next meeting, if you can help out.



When Europeans discovered this rose, they named it *Rosa banksiae* for Lady Dorothea Banks (1758-1828), wife of the prominent botanist and patron of natural science Sir Joseph Banks (1743-1820), who was the President of the Royal Society (1778-1820) – a position he held for 42 years. Dorothea was the elder daughter of William Huggessen and Thomazine Honeywood. Sir Joseph married her in March 1779 and they settled in a large house at Soho Square, where Sir Joseph's sister Sarah Sophia also lived. Apparently, Dorothea was an easy-going woman and got on well with her sister-in-law. Dorothea collected porcelain, and her husband referred to her as being “a little old china mad” but his China connections helped her with this passion.



Rosa banksiae Lutea

All Banksiae rose varieties are ramblers that share similar characteristics. This includes cascading branches of deep-green foliage. The leaves vary from three to seven pointed leaflets which are smooth, elongate-oval in shape, glossy on both sides and finely dentate. Flowers are produced at nodes of long stems in tight clusters. The flowers are small in diameter, varying between 1.5cm and 2.5 cm, and are white or pale yellow in colour.

PURSLANE IN YOUR GARDEN

Purslane (Portulaca oleracea), a versatile and often overlooked leafy green, has been celebrated for its exceptional health benefits and culinary potential for centuries. Widely regarded as a weed in many parts of the world, purslane is in fact a nutritional powerhouse, packed with essential vitamins, minerals, and other valuable compounds.



7 Health Benefits of Purslane

Nutrient Density: Purslane is brimming with essential nutrients, including vitamins A, C, and E,

along with various B vitamins. It also provides vital minerals such as magnesium, potassium, and calcium.

Omega-3 Fatty Acids: Purslane stands out as one of the few leafy greens that contain a substantial amount of alpha-linolenic acid (ALA), a type of omega-3 fatty acid. Omega-3s are well-known for their role in heart health and reducing inflammation.

Antioxidant Power: The presence of betalain pigments and other antioxidants in purslane helps protect the body from oxidative stress and reduces the risk of chronic diseases.

Anti-Inflammatory Properties: The omega-3 fatty acids and antioxidants in purslane contribute to its anti-inflammatory effects, making it beneficial for individuals suffering from conditions like arthritis.

Weight Management: With its low calorie content and high fiber, purslane is a valuable addition to weight management plans. Its fiber promotes feelings of fullness and supports healthy digestion.

Heart Health: The combination of omega-3 fatty acids and antioxidants in purslane can help lower blood pressure, reduce cholesterol levels, and promote overall cardiovascular well-being.

Immune Support: The generous vitamin C content in purslane bolsters the immune system, making it a formidable defence against infections and illnesses.

MONTHLY COMPETITION



Our monthly competition has started for another year. If you like to know more, visit our web site or ask for a printed copy at the next

meeting. It will explain how it all works, rules, sections etc.



BEST BANANA BREAD



One of the best banana bread recipes. As with any banana bread, use bananas that are almost stomach churning overripe. The intensity and purity of flavour is only improved once blackened and decrepit.

Serves 8 – 10

Ingredients:

- 340g (12 oz) plain all purpose flour.
- 2 tsp baking powder.
- 2 tsp bicarbonate of soda.
- 200 ml (7 fl oz) extra virgin olive oil.
- 2 tsp cinnamon.
- 2 tsp mixed spice.
- ½ tsp clovespice.
- 100g (3½ oz) plain yoghurt.
- 2 eggs.
- ½ tsp salt flakes.
- 400g (14 oz) mashed very ripe banana.
- 220g (8 oz) superfine caster sugar.
- Optional: 150g blueberries or raspberries.



Method:

Preheat the oven to 170C (340F) fan forced. Grease a 25cm (10 in) loaf tin and line with baking paper. Whisk the flour, baking powder and bicarbonate of soda in a bowl. Combine the oil, yoghurt, eggs and salt in another bowl. Using an electric stand mixer, beat the mashed banana and sugar on medium speed with a paddle attachment for 2 minutes. Reduce the speed and then gradually add the eggs mixture until incorporated. Add the flour mixture and beat for 3 minutes to incorporate. Pour the mixture into the loaf tin and top with the sliced banana. Bake for 30 minutes, then set aside to cool in the tin completely before unmolding and slicing. The banana bread will keep in an airtight container in the fridge for 5-7 days, or 2-3 days at room temperature.

Give it a try, Anita.

MEMBERS NEWS

McNAIR – Helen Joan
15/4/1931 – 18/1/2024

Joan peacefully passed away at her home in Eaglemont, aged 92. Dearly loved wife of David; mother of Carol, Susan, Peter and Julie; grandmother of Christopher, Nicholas, Benjamin, Rebecca and Mora; great grandmother of Thomas, Arthur, Beatrix, Wil and Aria. Loved sister of John (dec.), Janet and Joy. A funeral service was held at Our Lady Help of Christians Church, Eltham on Monday 29th January. The burial took place at Kangaroo Ground Cemetery. We pass on our sincere sympathy to David and Joy.

PAT KILPATRICK



Life Member Pat Kilpatrick has just become a first time Great Grandmother and is tickled pink.

Watched over by her daughter, Vicki, and granddaughter and proud new mum, Madeleine, Pat meets Imogen for the first time. Congratulations to all on the safe arrival of Imogen.



HAPPY BIRTHDAY TO YOU

February: Daksha Singh, Heather Meaklim and 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 –

TRENDY

The word this month has 5 letters. What could it be?

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



MONTHLY COMPETITION

February 28th: One Container Marigold, 3-6 stems, One Variety, C.V.A.

March 27: One Pot/Container Succulent/s.

MONTHLY MEETING

8pm start

February 28th: Craig Castree - No-Dig Gardening.

March 27: Linda Grigg - Flower Arrangement.