



# The Spring Plot

SEPT — OCT — NOV 2013

## Future of the Garden at Risk

**T**he Annual General meeting was held on Tuesday 13th of August.

Support was extremely disappointing with only 10 of the 74 members attending.

The Committee failed to reach the desired membership of 8 and office-bearers are still to be decided.

It is a legislative requirement that we have a committee with a Chair, Secretary and Treasurer.

If more members are not prepared to take on Committee roles then the Garden will be forced to close.

It is unrealistic to expect the same people will continue donating their time and expertise while others take this contribution for granted.

John Bannister reported that the garden has had a good year. The open garden day in February of this year was not really the success we had hoped it would be, but so saying, we did make around \$1000.

We have had not a lot of working bee's this year. There was also a problem with the break in at the Garden, this has been rectified.

There had been a couple of mulch and stable manure drop offs.

### **The new committee comprises:**

Frank Thornton

John Bannister

Susan Chambers

Adrian Cox

Peter Jenkins

Greg Best

Trevor Walker

Past office-bearers have indicated they will not be continuing in the roles.

Memberships and Newsletter will be maintained by Ralph for one more year.

Make yourselves known to the Committee and offer to become a member.

The role is not onerous and meetings are on an as-needs basis.

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In order to live off a garden, you practically have to live in it.

Frank McKinney Hubbard



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Page last updated on 23rd April 2013 by Ralph Powell.  
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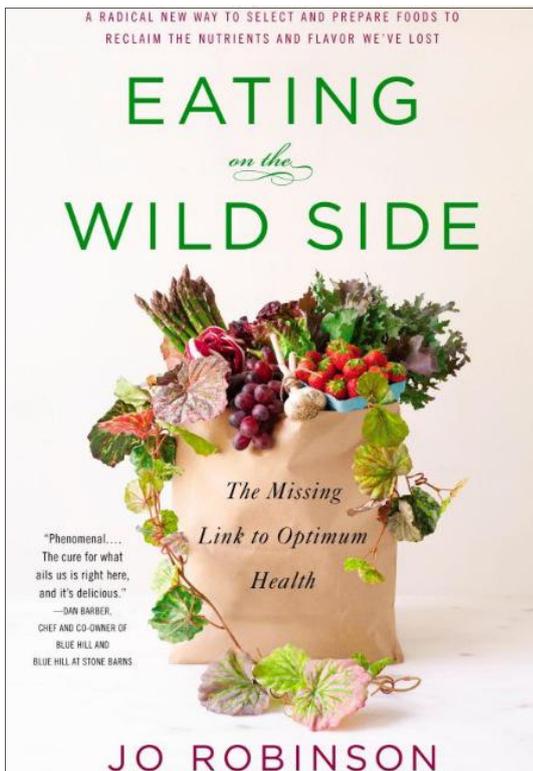
button.

# Read and Seed



## SEEDS AND GOOD READS

Many libraries now offer loads of facilities and activities to entice users. But one library in America has taken the unusual step of offering seeds to rent. Basalt Regional Library in Colorado allows new and existing library users to pick a packet of seeds to grow in their own gardens. After the seeds have developed into a plant capable of producing its own seeds – whether it's fruit, vegetables or flowers – the users collect the seeds and return them to the library for other users to rent. The more seeds that are rented out, the higher the quality of future seeds due to natural selection. The library hopes that the seed rental will also boost the number of books that users check out.



There's more and more studies that are adding more certainty to the benefits of eating whole foods

In her book, *Eating on the Wild Side*, Jo Robinson argues that our prehistoric ancestors picked and gathered wild plants that were in many ways far healthier than the fruit and vegetables we buy today.

However, this isn't the result of the industrial food system. Rather, it has been thousands of years in the making — ever since humans first took up farming about 12,000 years ago and decided to "cultivate the wild plants that were the most pleasurable to eat". More pleasurable generally being those plants which were less bitter and higher in sugar, starch or oil.

Over the centuries, Robinson argues, those choices in human agriculture led to a dramatic loss in the nutrient value of the plants we eat most commonly — something she says we had no way of knowing until recently, when modern technology made it possible to measure.

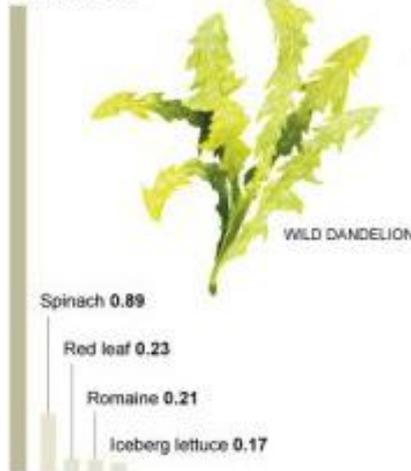
But Robinson isn't suggesting that we should all go back to foraging for our dinner. Rather, she calls her book "a field guide to nutritious food." Drawing on hundreds of scientific studies, she uses her book to lay out which commonly available foods offer the best nutritional bang for the bite.

For example, longer cooking can boost tomatoes' health benefits. Broccoli begins to lose cancer-fighting compounds within 24 hours of harvest — that's why it's one of the foods that Robinson suggests people eat "as fresh as possible."

To learn more follow the link- <http://m.npr.org/news/Health/195592468>

■ Nutrient content of wild species and heirloom varieties  
 ■ Nutrient content of domesticated varieties

Dandelions 6.89



## Greens



Amount of antioxidants measured per 100 grams of fresh weight.

Blue corn 99.5

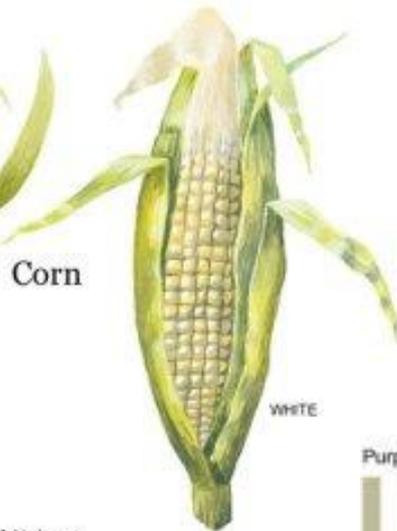
Purple 93.2

Red 85.2

Yellow 70.2

White 1.54

Miligrams of anthocyanins (a phytonutrient) per 100 grams of dried corn.



## Corn

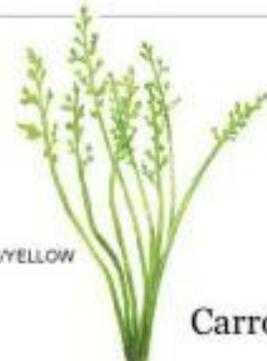
Purple/yellow 38.69

Purple/orange 15.04

Orange 2.34

Red 2.27

Total phytonutrients, milligrams per gram of dry weight. The purple carrots listed here are modern varieties of heirlooms.



## Carrots



Purple Peruvian 171

French fingerling 58.1

Ozette fingerling 34.8

Yukon Gold 5.45

White potato 1.03

Total phytonutrients, milligrams per 100 grams freeze-dried powder.



## Potatoes



# Time for others to step up!



The Ringwood Community Garden is an Incorporated body managed by a committee which is elected at the Annual General Meeting each year. From these, three Office Bearers are chosen - Honorary Chairperson, Honorary Secretary and Honorary Treasurer.

## 2013 - 2014 Committee

Position	
Chairperson	?
Secretary	?
Treasurer and Public Officer	Peter Jenkins
Committee member	?
Committee member	Trevor Walker
Committee member	Frank Thornton
Committee member	Sue Chambers
Committee member	Greg Best
Committee member	John Bannister
Committee member	Adrian Cox
<b>Seconded Non-Committee member</b>	
Newsletter	Ralph Powell
Memberships	Ralph Powell

## *Verna's recipe for Pickled Beans*

1 kg sliced green beans

1 kg chopped onions

1<sup>1/2</sup> tablespoons of flour

1<sup>1/2</sup> tablespoons of sugar

1<sup>1/2</sup> tablespoons of mustard

2'3 litres of vinegar-Keep a little vinegar aside to mix with the flour, sugar and mustard

1<sup>1/2</sup> dessertspoons of turmeric

**Boil nearly all the vinegar**

**Put in beans and onions when coming to the boil**

**Have flour, sugar, mustard and turmeric with the rest of the vinegar and stir into the pickles whilst on the heat**

**Boil for 15 minutes**

