

## *You Decide - Organic Fungicide or Pesticide*

*Milk  
fungicide.*

*Organic fungicide (for)  
soft leaf vegetables.*

*Brewed Coffee as a  
slug and snail killer.*

Use organic milk because it contains all the antibiotic qualities necessary to make it work. The magic ingredient is **one part of the organic milk to 10 parts water.** Give it a good stir and it's ready for use. The objective of spraying is to cover every part of the plant, both sides of the leaves and coat the stems. Fungicides work **best as a preventative, not as a cure.** Now this has been proven to work on plants within the cucumber family, so the choko is fine. It's also good on begonias. Research in South Australia is proving that it's also effective in controlling mildew on grapevines. Research has also shown that too much milk in the solution will encourage sooty mould, so **stick to the recipe; one part milk, 10 parts water.**


**Use 2 litres of water, and a drop of vegetable oil,** which helps to fix the spray to the leaf when it's dried. A drop of detergent helps to spread the mix over the leaf. **Then add the active ingredient - bicarbonate of soda. Put in two teaspoons per litre.** The bicarbonate of soda makes the leaf surface alkaline and this inhibits the germination of fungal spores. **Use it on tomatoes, and Chinese celery.** The Royal Botanic Gardens in Sydney has found this to be effective on powdery mildew, rust and black spot on roses. **So oil, detergent and bi-carb is all you need** for a great preventative fungicide.

**Add to 10 parts water, one part espresso coffee.** It has to be espresso because instant coffee is just too weak. Spray this solution over the surface of leaves and over the surface of the soil, where snails and slugs might crawl. The snails absorb the coffee through their skin and the caffeine in it kills them. So **that's 10 parts water and one part espresso coffee.** That's got to be better than using chemical snail baits in the garden. **But remember to reapply all these remedies after heavy rain because they are NOT residual.**

**Did you know ?**  
A smile uses 17 muscles,  
a frown, 43.  
Saying thank you is always  
in style.

*From Gardening Australia 29/10/2005*  
Presenter: Jerry Coleby-Williams  
*ABC October Gardening Australia Fact Sheet*  
Jerry's Organic Fungicide  
[www.abc.net.au/gardening/stories/s1484689.htm](http://www.abc.net.au/gardening/stories/s1484689.htm)  
Recommended to Community gardeners by members Ken and David

### **Adrian tells us that we have a rainfall recording station on Dandenong Creek.**

At Melbourne Water's web site you can find exactly how much rain we've had at the Garden. It's a great source of information and definitely worth visiting. So, for the nimble fingered that's  
[http://www.melbournewater.com.au/content/rivers\\_and\\_creeks/rainfall\\_and\\_river\\_level\\_data/site.asp?SiteID=138](http://www.melbournewater.com.au/content/rivers_and_creeks/rainfall_and_river_level_data/site.asp?SiteID=138) or follow the interactive link by passing the cursor over it and clicking when it turns into a hand.  You can also do the same with the ABC link above.

**Diane and Carlo's Broad Bean Bounty**

**Broad Bean Salad**

- 4 cups shelled broad beans
- 1 cup water
- 1 Tbls olive oil
- Salt & Ground Pepper
- 2 Tbls chopped parsley
- 1 Tbls Balsamic Vinegar

Put the shelled broad beans in a pot, add the water, and bring to the boil with the lid on for 1 minute. Stir and cook for a further 30 seconds.

**Drain the beans**—Squeeze out the centre by pressing each bean between your fingers. They will shoot out easily.

Put beans in a bowl

Add parsley and dressing.

**Broad Bean Soup**

- 4 cups shelled broad beans
- 5 medium potatoes, chopped
- 1 cup chopped celery
- 2 onions, chopped
- 4 cloves garlic, chopped
- 2 lt water
- 2 Tbls olive oil
- Salt & Pepper to taste
- 1/2 tsp nutmeg
- 2 Tbls chopped parsley
- 2 Tbls Parmesan cheese grated (optional)

(Prepare the broad beans as for salad)

**To a large pot:**-Add the oil, chopped onions and garlic—sauté for 1 minute.

Add the celery and stir, put in the water, potatoes, salt. Pepper, nutmeg and prepared broad beans.

**Cook** for approx. 1 hour then process to a creamy consistency. Bring back to the pan, add parsley

and cheese. Bring to a gentle simmer. Then serve with crusty bread.

**Broad Bean and Tomato Sauté**

- 2 cups shelled broad beans
- 1 onion, finely chopped
- 2 cloves garlic finely chopped
- 1 Tbls olive oil
- 1 cup peeled tomatoes—drained

**To a pan** - add the oil, sauté the onion and garlic.

Add tomatoes, broad beans, salt and ground pepper.

**Cook** for 15 minutes.

**3CR GARDENING SHOW**

Sundays 7.30 - 9.15 am  
on **Radio 855AM**

PRESENTERS:

Pam Vardy, Ian Nichols, Gwen Elliot and Stephen Ryan



**Jill's Blowaway Sponge:**

Ingredients:

- 4 Eggs (separated)
- 3/4 Cup Castor Sugar
- 1/2 Cup Custard Powder
- 1/2 Cup Corn Flour
- 1 Teas Cream of Tartar
- 1 Teas Bi Carb Soda

Beat Egg Whites till stiff, add Castor Sugar and yolks gradually. Sift dry ingredients 3 times and fold into mixture.

Divide mixture equally between 2 Sponge Tins.

Heat oven to 180<sup>0</sup> C and bake for 20 - 25 minutes.

**Verna suggests Blanching Broad Beans by:-**

Placing beans in cold water and bringing the water to the boil. Then letting the water boil gently for 2 to 3 minutes, depending on your preference as to hardness, before plunging the beans into cold water. Do not overcook, as the beans loose both flavour and nutritional value.

Fay is after this style of punnet for storing produce



Correction: Fay has plots 4 & 5 and she's still lost those keys

Please don't throw rocks into the neighbouring grass



It damages the blades of members' mowers.



The **wheelie bin** is not for members' use as a place to dump personal items of rubbish which should be removed from the plots and taken home. Please ensure that litter and refuse is dealt with appropriately.

Where have all the (white) buckets gone?

Where have all the buckets gone?  
From the tin shed passing.  
Where have all the buckets gone?  
Some time ago.  
Where have all the buckets gone?  
If you've nicked 'em ev'ry one  
**Please RETURN them**  
one and all.  
**Please RETURN them....**  
Heed our call.  
.....  
We beg you.



To help avoid floods of Biblical proportions please **disconnect your hoses** from the taps each day



*Be Ever Vigilant*

Some things never change—Ed.

**Kids**

We love to see 'em at the plots helping Mum or Dad. But, please, keep an eye on them and don't let them rampage through other gardeners' plots.

From page 5 of the Ringwood Community Garden Newsletter of June/July 1985

We've already had one episode of hydraulic excavation



So Please Check All **TAPS ARE TURNED OFF**



**YOUR COMMITTEE NEEDS YOU**

**At Maroondah Festival**

10.00 a.m.—5.00 p.m. 19th February – Croydon Park

# - Flower Power? -



## Companion Planting

It is not normal for any living thing to grow in isolation, or in contact with only others of the same kind. Diversity and interconnection are basic ecological principles. Companion planting creates a diversity of species within the garden. Carefully arranged plants assist each other's growth by reducing pest numbers and creating favorable growing conditions.

**Scent**  
Strongly scented herbs mask the scent of other plants, confusing pests, which identify their targets by smell. Example: broccoli and cabbage will suffer less damage from the caterpillars of the cabbage white butterfly when planted among sage, rosemary or dill.

**Attracting Predators**  
Providing food and habitat for insects that are predators or parasites of insects that damage plants can reduce pest numbers. Example: parsnip flowers are a food for parasitic wasps.

**Repelling or killing pests**  
Some plants are toxic to pests. Example: French marigolds will kill off some harmful nematode species.

**Altering appearance**  
Flying pests often identify their food supply by its shape. Growing



different plants closely together means that there are no distinctive outlines for pests to identify. Example: weeds grown amongst mung beans keep down beanfly numbers.

**Shelter**  
A carefully placed stand of taller plants creates a sheltered spot. Example: Plant corn near pumpkins.

**Support**  
The stalks and branches of a large sturdy plant can support a climber. Example: Sweet peas climbing through the low-lying branches of an orange tree.

**Nitrogen fixing**  
Leguminous plants host bacteria in their roots. These bacteria fix nitrogen, supplying this nutrient to their hosts and indirectly, to neighbouring plants. Example: Clover grown around cauliflower.

**Allelopathy**  
Substances released from plants into the soil can affect the growth of neighbouring plants. Many plants inhibit the growth of others, but a few enhance it. Example: Plants promoting the growth of others nearby include nettle, calendula, yarrow and (planted sparingly) chamomile.

**Minerals**  
Deep-rooted plants draw up minerals from the subsoil, returning them to the topsoil. Example: Comfrey draws up potassium, which is released into the soil as the leaves die off in late autumn.

**Bad Companions**  
Plants to avoid planting near others include large trees, (particularly conifers, eucalypts and walnuts), strongly bitter herbs (wormwood, southernwood, tansy, rue) and heavy feeders which may also release growth inhibitors (brassicacs, sweet corn, sunflowers).

**Intercropping**  
Save space by growing small, quick growing vegetables between larger slower growing ones. The small vegetables can be harvested before the larger ones claim their growing space.

**Guilds**  
A small number of plants which all grow well together is called a guild. A common three-plant combination is sweet corn, pumpkin and climbing bean. A common four-plant combination is tomato, basil, marigold, and lettuce.

Other factors to consider when deciding what to plant with what include: size, growth rate, root depth and type, nutritional needs, soil conditions, soil type and watering needs.

From the Community Gardening in SA Resource Kit. Originally written by David Corkill for organic gardening courses at Fern Ave Community Garden. May be reproduced for use in community gardens.

**Maroondah Festival Sunday 19th February.** We need a roster of members to 'man' the stall. Please contact committee members if you can support the promotion stall. 8 hours spread across all members = ONLY 12 minutes each.

## We Welcome Krystine Walsh to Plot 95

Krystine claims to be a 'novice' gardener and says she's looking for advice and assistance.



There are still Plots available. Contact Ralph if you'd like one or know anyone interested

