



News

September 2021



Cancellation of Meeting

Due to the coved restrictions in place until the 2nd of September, and the chance that they will be extended, it has been decided that there will be

No Garden Club Meeting on September 8th

Also the Garden Expo held each year at Yea has ben cancelled, due to Covid
The Committee hope you are coping with the restrictions and that we will see you all soon

Seed raising mix

There are so many variations on this recipe,, so don't be scared to find what works best for you
Here are some examples

2 parts potting mix
2 parts sifted compost
1 part worm castings
1part seed-raising mix or sand

1. 4 parts compost.
2. 1 part perlite.
3. 1 part vermiculite.
4. 2 parts peat moss

2 parts compost
2 parts coir (coconut fibre)
1 part perlite



Gardeners Hard scrub (Article from Pip magazine)

Ingredients

1 cup spent coffee grounds
1/3rd cup of coarse or rock salt
2 drops essential oil



Method Combine coffee and salt before mixing in the essential oil, Add one tea-spoon of the scrub to your hands and rub over skin to exfoliate the hands and leave them soft and smooth. Store in a jar for up to three months



Spring is just around the corner. Thanks to Pauline for this lovely photo.

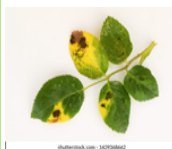
Aphid and Black spot on roses

At the first sign of Aphids, use a hose to spray the affected rose making sure you spray above and below the leaves. Aphids hate water and will soon move on.

Remove Aphids by hand. Rub your fingers up and down the buds to squash and remove them.

Encourage natural predators to the Aphid, such as: Hover fly larvae, ladybirds, lacewings, parasitic wasps and red and blue beetles.

To prevent aphid spray roses with an insecticide that also contains chemicals for preventing Black Spot. Remember that the aphids also lay eggs on the plant and a repeat spray may be necessary a couple of weeks after the first. Prevention is better than cure so spray before the aphids appear. If you want to use a safe spray try using a garlic or chilli spray. Take two teaspoons of crushed garlic or chilli and put into 500mls of water. Let this sit for a couple of days so the water is very potent. Strain and spray onto the plants. Although this home remedy is highly effective it will need to be repeated each week for a couple of weeks or after it has rained. Black spot should be prevented so a suitable spray available from a nursery is the best solution.



Seed Propagation

Try this way to start off your seeds

Get a dish, or bowl, place a paper towel in the bottom and soak with water.

Sprinkle your seeds on the towel and cover the bowl with a clear plastic sheet

Find a spot where there is warmth and also light.

Check daily and when the first leaves appear it's time for phase two.

Fill your pot with potting mix sit it in some water about half way up the pot to make sure the mix is wet.

Make a small hole and carefully place the seedling in the hole so the root goes straight down being careful not to bend the plant.

Give a light dusting of water and that's it.

This is suitable for small seeds like tomatoes, Lettuce etc



Larger seed may benefit by being covered by more damp paper towel on top of the seeds



Time to prune Geraniums and Impatiens

Early Spring is a good time to give them a good cut-back, shortening stems and removing anything that is dead or diseased. Fertilise after pruning and, if you like to grow more plants use some of the healthy pieces for

How is the lawn looking?

Before you start on your lawn check for weeds. Although it means using chemicals the best result is a good weedkiller.

Aerate the grass: This helps your lawn to breathe and should be done before fertilising to ensure thorough absorption of nutrients. For the most basic aeration technique use a large garden fork sinking prongs in about 5 cm (2 Inches) deep to work across the lawn in rows.

Feeding the lawn:

The next step is to feed it. Granular lawn foods are the best choice at this time of year, especially those that offer long term gentle feeding. Spread them evenly by working in sections across the lawn and water in well after application.

Remember to cut short in Summer is not advised unless you are prepared to keep the water up.



Vegetables to grow in September Artichoke, Asian Greens, Asparagus, Beetroot, Cabbage, Carrots, Celery, Coriander, Eggplant, Kale, Lettuce, Melon, Peas, Potato, Pumpkin, Radish, Silverbeet, Spring Onion, Squash, Tomato, Turnip.

Some Flowers for September: Sow Aster, Begonia, Bellis, Carnations, Daisies, Dahlias, Foxgloves, Hellebores, Hyacinths, Lavender, Marigolds, Primula, Petunias, Pansies, Snapdragons, Salvia, Viola, Wallflower,



Papaya

Papaya is a wonderful tropical fruit that is so deliciously versatile. Chop it up with some mango and sweet onion to serve over grilled (pasture raised) chicken, or drop some in the blender with coconut water, pineapple, and mango for a healthy smoothie. Of course, you can always enjoy it on its own, ice cold and juicy.



What might surprise you is that this tasty tropical treat actually has a number of pretty incredible health benefits. Papaya is quite good for you. It is chock full of vitamins like vitamins A and C as well as B1, B3, B5, K, and magnesium! In fact, [several studies](#) have found that papaya can be used topically and consumed to heal the body naturally. It has been shown to help manage diabetes as well as improve cardiovascular health.

(With any article that contains health advise, readers must make up their own minds about any health benefits)

Orange Cake

This recipe has caused an orange and almond cake revolution! A classic Passover dessert that draws on the Sephardic traditions of Morocco, the Mediterranean and the Middle East, this version has seduced the tastebuds of many... even people who never make a cake love it's simplicity.

Ingredients

2 oranges

250 g (9 oz) caster sugar plus extra for dusting

6 eggs

250 g (9oz) almond meal.

1 Teaspoon baking powder

Icing (confectioners) sugar



Wash the oranges and cook in boiling water for two hours. Drain and allow the oranges to cool before pureeing. This can be done ahead of time.

Preheat the oven to 190 degrees(375Fgas5). Butter a 20 cm (8 inch) springform cake tin and dust it with a little caster sugar. Place the eggs and 250 g (9 oz) of caster sugar in a bowl and beat well. Stir in the orange puree followed by the Almond meal and baking powder. Pour into the tin and dust the top with more caster sugar. Bake for 1-1/2 hours, until the top is golden brown. Dust with icing sugar to serve

Serves 10-12

SERIOUS LOCK DOWN ADVICE

Everyone PLEASE be careful because people are going crazy from being locked down at home! I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

Pass it on - gotta keep the humour! 🤔😏😏

Crop Rotation The four crops In order to get the full benefit of crop rotation, it's important to sow in this order

Green Manures : add bulky organic matter to the soil, increasing the nitrogen and carbon levels of the soil as it breaks down. Peas can also be grown during this phase.

Leafy Crops: follow on in the rotation, as they require high levels of nitrogen to grow lush leafy growth. Plants in this group include lettuce, watercress, herbs and silver beet. Next comes the

Fruiting Crops which include tomatoes, zucchini, beans and peas. These plants need less nitrogen, but lots of potassium which are essential for flower and fruit formation.

Finally the **Root Crops** finish the cycle because they prefer an impoverished soil,. They will happily grow in a bed which has had the majority of nutrients used by previous crops

(This article was taken from the Diggers Club Heirloom Seed Annual. We thank them for the information) Page 3



Bulleen Arts And Garden

Now that we can visit some of our old favourites remember the BA&G centre will always give you a discount if you show your Garden Club membership card.



THE RETURNED & SERVICES LEAGUE OF AUSTRALIA.
(Victorian Branch Inc.)

DONCASTER RSL SUB - BRANCH (Established 1919)
Cnr Doncaster Rd & Leeds St Doncaster East, Victoria. 3109



INVITATION - LADIES DAY



Tuesday 14th September -10am to 11.30am - To enjoy the company of others

FREE - Morning Tea of Scones (Devonshire tea) and Fruit Cake are on the menu with refreshments.

Poppies and More - Wool and patterns for knitting and crochet will be provided with more to take home. Quilting crafts and more.

Help support our 11th November Remembrance displays. Come, enjoy, share !

For all people (Not just RSL members) friends and neighbors and community to come together. Bring a friend who may want to see our community RSL Doncaster **Our Memorabilia room and separate Library are great experiences** come see some of our interesting items and enjoy our hospitality. Come and see what we have done in the past and help us put together great items for Displays for the future.

RSVP:

Phone: Martha Clarke up to a few days before on **0408 316 935**

or email

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My goal for 2020 was to lose 10 pounds. Only have 14 to go.

A recent study has found women who carry a little extra weight live longer than men who mention it.

I love approaching 80, I learn something new every day and forget 5 other things.

A thief broke into my house last night. He started searching for money so I got up and searched with him.

Just remember, once you're over the hill you begin to pick up speed.

It's weird being the same age as old people.

Chocolate is God's way of telling us he likes us a little bit chubby.

Marriage Counsellor: Your wife says you never buy her flowers. Is that true?

Him: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember..Don't sing!

I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

I'm at that age where my mind still thinks I'm 29, my humour suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

I don't always go the extra mile, but when I do it's because I missed my exit.

You don't realize how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older, because there's a lot more information in our heads.