



# News

November 2021



There will be no Garden Club meeting in November

We anticipate have a general break up meeting in December - maybe in a park.

As a way to get together Pauline and Avril have made their gardens available

## NOVEMBER OPEN GARDENS

Thursday 18th 2-4pm

Pauline Webb

11 Inglewood Close

Doncaster East

RSVP 98558440

Saturday 27th 2-4pm

Avril Clark

62 Pine Hill Drive

Doncaster East

RSVP 0402 478 302

Tea, Coffee and biscuits will be provided at both venues.

## Available from club members

Dahlia tubers (several different colours) are available Speak to **Fred Ford 0438 550 118**

Three black compost bins from **Avril Clark 0402 478 302**

**Pauline** has salvia if anyone is interested (see Page 3) **9855 8440**

### Vegetables you can grow from scraps:

**Spring Onions:** Use the roots you normally cut off and drop into a glass of water and wait until new shoots appear. Change water frequently and when the shoots are about 10 centimetres long transfer into a pot in your garden.

**Garlic:** Experts recommend using organic garlic and then taking a single clove and digging it into the soil with the pointy side up. Plant in autumn in full sun or partial shade in moist, well-drained soil and harvest six to eight months later.

**Lettuce:** Buy organic lettuce with roots still in place and plant the root base in the garden or pots. Plant year round in a sunny position. Plants will take eight to 10 weeks to mature. You can cut the whole plant or pick the outer leaves as required

**Sweet Potato** Place the tip of a tuber suspended by toothpicks from the top of a jar into water and watch it shoot a vine. Cuttings can be taken from the vine and planted in soil. Best planted in spring, four weeks after the last frost (in frost-prone areas), sweet potatoes thrive in loose crumbly soil in a sunny position. They will take four to six months to mature, depending on climate.



The four most beautiful words in our common language: **I told you so.** *Gore Vidal*

I want to die peacefully in my sleep, like my grandfather... Not screaming and yelling like the passengers in his car.

All correspondence should be forwarded to: Avril Clark 62 Pine Hill Drive Doncaster East 3109

## Chicken Singapore noodles

400g Singapore noodles (packet in Asian aisle)

1tbs Peanut oil

Red onion, 1 medium, halved, thinly sliced

Broccoli, trimmed, cut into florets

Carrot, 1 halved lengthways,  
thinly sliced

Garlic 2 cloves, crushed

Red capsicum, sliced

Snow peas, trimmed, sliced

Curry powder, 2 tsp (mild)

Kecap manis, 2 tbs

Chicken stock, 1/2 cup of liquid

Skinless chicken breast, 280g, shredded – you can buy shredded roast chicken at Coles deli.

### Instructions

Place noodles in a large heatproof bowl and cover with boiling water. Soak for 5 minutes or until softened. Drain.

Heat a wok over high heat for 1 minute. Add oil and heat for 30 seconds. Stir-fry onion, broccoli and carrot for 3–4 minutes or until softened. Add garlic, capsicum and snow peas and stir-fry for 2–3 minutes or until celery is tender.

Add noodles, curry powder, kecap manis and chicken stock. Stir-fry for 2–3 minutes or until heated through. Add chicken and stir-fry for 1 minute or until heated through. Serve.

### Notes

Kecap manis is a thick, sweet Indonesian soy sauce. It is available in the Asian section or sauces aisle of most supermarkets or Asian grocery stores.



A young couple rented a house beside the railway line and were very happy but every time a train went by the house shook.

The husband went off to work and the wife decided to ask the estate agent to meet her at the house

"Sometimes, when we're in bed and a train goes past, it shakes so much we fall out of bed" she said.

"I can't believe that" he said".

"I'll prove it to you, come up to the bedroom."

They're both lying on the bed when the door opens and the husband walks in

"Hello, hello, hello, What's going on here"

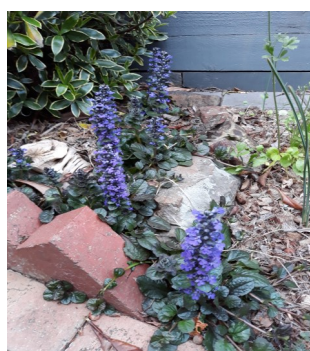
"Well" said the estate agent," would you believe, we're waiting for a train?"

**Vegetables to grow in** Asian Greens, Basil, Beans (French, climbing) Beetroot, Broccoli, Cabbage, Capsicum, Carrots, Chives, Choko, Coriander, Cucumber, Eggplant, Ginger, Kale, Kohlrabi, Leek, Lettuce, Melon, Okra, Parsnip, Potato, Pumpkin, Radish, Rocket, Rosella, Silver beet, Spring Onion, Squash, Sweet Potato, Sweet Corn, Tomato, Zucchini,

**Some Flowers for October** alyssum, calibrachoa, columbine, cornflower, cosmos, daisy, delphinium, gazania, geranium, gerbera, pentstemon, petunia, snapdragon, New Guinea impatiens, salvia and stock.







### **Flowers growing in members gardens**

As there is an abundance of flowers blooming in the garden and articles for the newsletter sometimes are hard to find I thought I would indulge with a few photo's from members gardens. Included are three photo's of salvias that Pauline has that are available from her if you are interested. No 1 was originally from the Diggers Club and the name has been lost , Number 2 is Purple sage and 3 is Lipstick. If anyone would like pieces, please ring Pauline & arrange collection according to current covid rules.

There are more than 900 species of Salvia Old time favourites such as Mexican bush Sage , baby Sage and clary sage are widely grown. Salvia "Wendy's Wish" a chance seedling found in a garden in Victoria has led to other "Wish" cultivars that are sold to raise funds for "Make a Wish" Foundation,





## Bulleen Arts And Garden

BA&G centre will always give you a discount if you show your Garden Club membership card.

You can phone and collect while restrictions remain



### HEALTHY FOODS

According to a [study in the United Kingdom](#), a high-fiber diet can reduce the risk of bowel cancer when the fiber and bacteria “produce several chemicals including butyrate,” which make the gut uninhabitable for tumors. The [Institute of Medicine](#) recommends 38 grams for men and 25 grams for women who are 50 years or younger and 30 and 21 grams per day for men and women over 50. Contrary to visions of cardboard food, there are plenty of flavorful foods to choose from to get your fill of good ol’ fiber.

**Broccoli** – One cup of boiled broccoli contains 5.2 grams of fiber and only 54 calories.

**Artichokes** – While it’s still in the market, reach for this vegetable that is an adventure to eat. One artichoke packs 10.3 grams of fiber.

**Raspberries** – This is another summer favorite that contains 8 grams of fiber per cup. Add this to salads or morning smoothies for that perfect tart/sweetness.

**Split peas** – 16 grams of fiber in one cup, cooked, will help you reach that daily goal very quickly.

**Peas** – 8.8 grams per cup, cooked, makes this an excellent source of fiber, but also protein for those who are vegetarian/vegan.

**Flax seeds** – One tablespoon contains 2.8 grams. Adding flax seeds to your smoothies may be one of the simplest ways to sneak in extra fiber into your diet.

**Chia** – Just one ounce of chia contains 10 grams of fiber. This versatile seed can be made into a pudding, added into smoothies and salads, and even turned into a pet. Because this expands in the stomach, it is best to try in small amounts instead of going chi-azy.

**Sauerkraut** – Opt for the homemade version since store-bought may be processed, which kills the good bacteria, and makes it nutritionally useless. Fermenting your own sauerkraut requires a bit of effort but only three ingredients: salt, vegetable (such as cabbage) and water.

**Yogurt** – Yogurt is simply milk fermented with good bacteria. It comes in a variety of types and flavors, some containing fruit. Beware of high sugar content, especially if you are sensitive to sugar.

**Miso** – Miso combines soybeans, salt and rice koji, which is fermented with a culture called *Aspergillus oryzae*. Combine a bit of miso paste with hot water and chopped scallions for a soothing soup for your stomach.

**Kimchi** – Kimchi is a Korean fermented side dish made with a variety of seasonings and vegetables, the most common being napa cabbage, radish and cucumber. Traditionally it is left underground to ferment for months. Kimchi is normally enjoyed with meat and rice dishes.

**Apple cider vinegar** – Unfiltered or raw apple cider vinegar contains healthy bacteria to promote digestion as well as acetic acid that kills bad bacteria. Try it as a morning detox elixir by combining a teaspoonful of apple cider vinegar with a glass of water. **Peppermint** – Peppermint is a wonder herb for stomach issues. It has been [shown to reduce irritable bowel syndrome](#), or IBS, and has also reduced indigestion and flatulence/bloating.

**Ginger** – Ginger has anti-inflammatory properties that have made it a favorite natural remedy around the world. Add fresh ginger to juices, soups and salad dressings.

**Cinnamon** – Cinnamon has been linked with blood sugar reduction but also with addressing digestive issues, including indigestion and constipation.

