

GGGYO 2019 Almanac – This Is The Year That Was



At Grace's fermentation workshop 30 June 2019: very lively, many questions

*"I should dearly love that the world should be ever so little better for my presence. Even on this small stage we have our two sides, and something might be done by throwing all one's weight on the scale of breadth, tolerance, charity, temperance, peace, and kindness to man and beast. We can't all strike very big blows, and even the little ones count for something."*

*Sir Arthur Conan Doyle*

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## ABOUT US

Our Grow Grow Grow Your Own (GGGYO) group consists of Chris Adams, Nolda Beynon, Ashley Campbell, Peter Croft, Jan McClelland, Pauline Muir, Russell Talbot, Anne Wharton, Anne Wilson, and Pat Wundersitz with the active participation and lots of support from Kat Ryan of Unley Council.

We are actively supported by Sustainable Communities SA that provides financial, publicity and governance assistance. GGGYO is a member group of Sustainable Communities SA.

We also acknowledge the generous assistance of Steven Hoepfner, Diana Bickford (Bickleigh Farm), Mitre 10 Unley, and SA Composters.

In our inner-Adelaide Council area (City of Unley), the Grow Grow Grow Your Own group has been granted funds in funding rounds from Unley Council over the past seven years to help the community grow more of its own food. This we have done principally through running workshops and (in previous years) installing verge and raised-bed community gardens. We are now active in promoting tree canopy and related topics as practical ways of adapting to climate change.

We have now gained a three-year grant of \$6100 per annum from Unley Council to fund our program of workshops and community gardens. The group has broadened its connections with Council on many fronts – including its Tree strategy, building community connections, linking with the Active Ageing and Youth strategies of Council, and conservation of trees: tree canopy, significant and regulated trees.

We have found that Council staff and elected members are interested in engagement with the community and have responded favourably to issues that we have raised including sustainability, preservation of trees and tree canopy. We will continue to engage with the people and processes of Council.

The almanac highlights our key activities during the 2019 year.



Pauline and her babaco crop at GGGYO meeting 4 November 2019

1. Summer pruning of fruit and nut trees

# Grow, Grow, Grow Your Own

*First of the 2019 free Workshop Series*

## Summer pruning of fruit and nut trees



Summer Pruning: Organic Gardener Magazine

Sunday 17<sup>th</sup> February 2019

2.30 pm at Morrie Harrell Reserve, Ramage Street, Unley

then at Unley Community Centre, 18 Arthur Street.

Register at [peter.croft@mmc.com.au](mailto:peter.croft@mmc.com.au).

### ***Workshop details***

Many gardeners have been used to pruning their fruit and nut trees in winter, when they are largely dormant. However, pruning trees in summer, just after they have fruited, can help with encouraging more fruit **next** season.

Our first workshop will be on “Summer pruning of fruit and nut trees”. It will be held on Sunday 17<sup>th</sup> February, in two parts:

**At 2.30pm at Morrie Harrell Reserve, Ramage Street Unley for a demonstration of summer pruning.**

**Then, walk around the corner to the Unley Community Centre, 18 Arthur Street, Unley for afternoon tea and Questions and Answers on selecting, planting, growing and harvesting fruit and nut trees.**

**Note: if the day is excessively hot, we may move to the Unley Community Centre soon after 2.30pm.**

The workshop will be conducted by Steven Hoepfner, an experienced orchardist and local garden developer (<http://www.earthright.com.au>).

The Unley Council has generously agreed for a fruit tree at the Morrie Harrell Reserve to be pruned by Steven in the workshop.

Thanks to a generous Unley Council grant:

**Cost: free.**

**If you have any excess produce to share, bring that too!**

***Future Workshops:*** Our next workshops will be about Gardening on the balcony and in small spaces, Trees, Making more from your garden harvest including wild vegetable fermentation, Fruit trees, Seed-raising, and preparing for a hot, dry summer.

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

***Sustainable Communities SA – Unley groups***

## Summary of Workshop

Just over 40 people attended the Summer pruning workshop. Only a short time at Morrie Harrell Reserve as it was so hot. Then a move to the Unley Community Centre where Steven Hoepfner engaged a very interested crowd. Some tips from Steven:

- The Three D's: the starting point for pruning is to remove Dead, Diseased and Dying parts of the tree.
- Aim to remove about half of last year's growth
- Don't plant citrus trees in winter (they will "sulk"). As they are sub-tropical plants, they work best when planted when the soil is warm
- Keep the size of a citrus to no more than 1.2 metres in diameter. That enables the sun to reach into the tree to ripen fruit.
- Use *Seaso/* extensively to help trees which are struggling e.g. after very hot days. Often best to spray onto leaves where it will be absorbed quickly. *Seaso/* can be purchased in larger containers relatively cheaply compared to smaller containers.
- Cut fig trees back to knee height to stimulate growth.



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*2. Gardening on the balcony, in small spaces and  
on verandahs*

## Grow, Grow, Grow Your Own

*Second of the free 2019 Workshop Series*

### Gardening on the balcony in small spaces and on verandahs



**2.30pm on Sunday 7th April**

**at**

**Unley Community Centre, 18 Arthur Street, Unley.**

**Please register to attend this workshop at  
[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

### ***Workshop details:***

Many gardeners have limited spaces in which to grow food due to lack of sunlight and space. Increasingly, we are living in apartments, small gardens or courtyard-style properties. This workshop will concentrate on growing food in these spaces.

Our presenters are our own Anne Wilson and Pat Wundersitz who have had extensive experience with growing in containers – large and small - as well as in raised garden beds.

Thanks to a generous Unley Council grant: **Cost free.**

**If you have any excess produce to share, bring that too!**

### ***Future workshops in 2019:***

- Living with Trees for life
- Making more from your garden harvest
- Everything about fruit trees, plus hardwood cutting techniques
- Seed-raising plus spring cuttings
- Preparing for a hot, dry summer.

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



***Sustainable Communities SA – Unley groups***

## Summary of Workshop

40 attendees on a lovely autumn day.

Anne Wilson had prepared a terrific PowerPoint presentation with many photos illustrating all of her points and giving lots of examples (Thanks to Kat Ryan for helping with the IT and Nolda for her IKEA trolley and pots). Topics covered included:

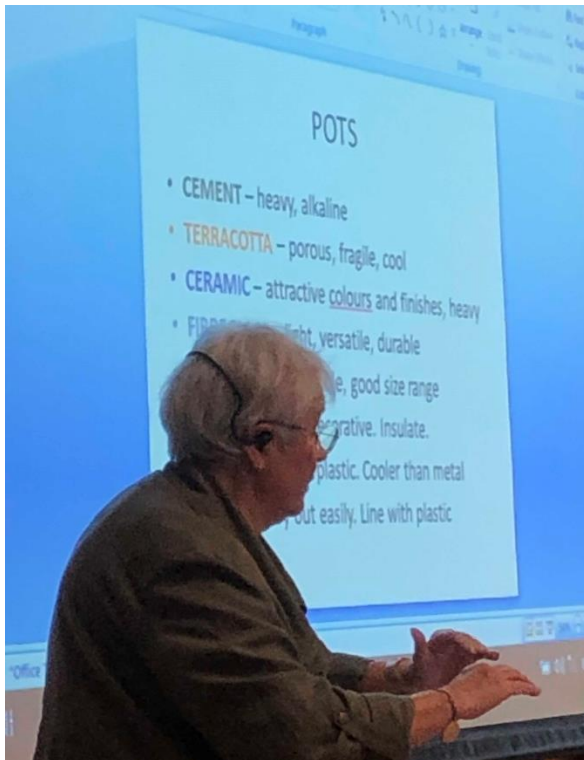
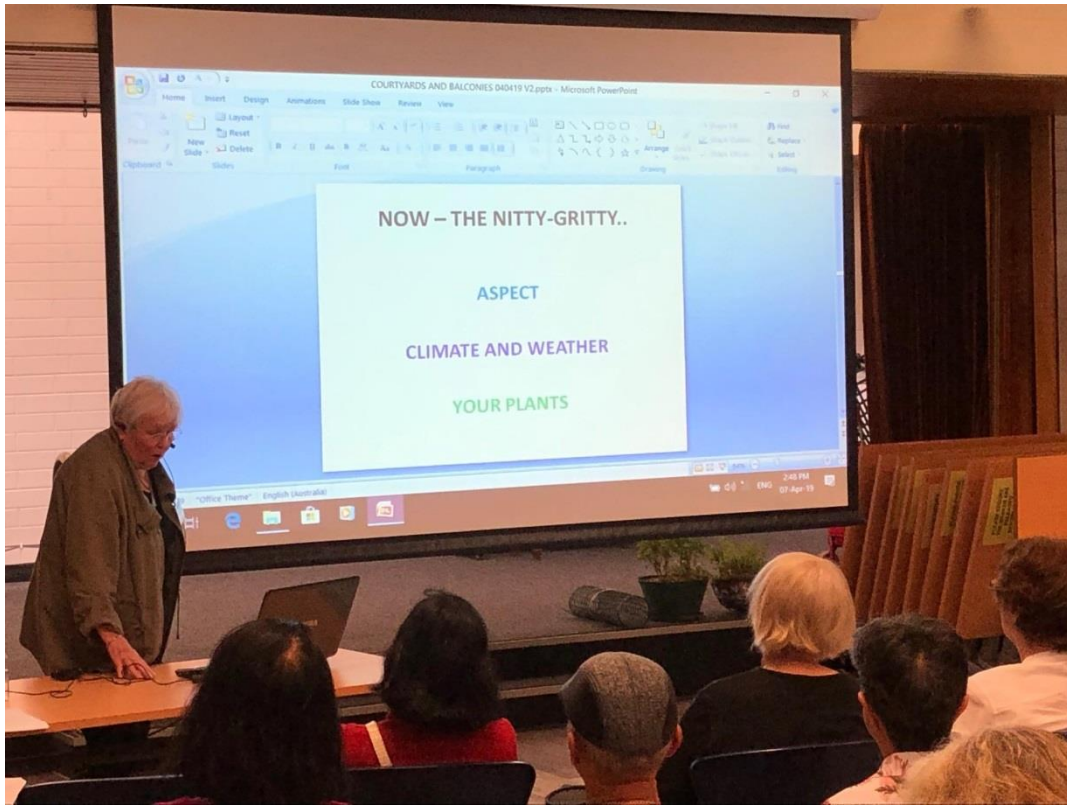
- Designing your space including the issues of water, considering trellising and the use of greenhouses.
- Intensive Propagation including the use of fertiliser and water
- Aspect including the direction of north for hardy plants, south for shady, etc
- Weather including climate change
- Knowing the needs of your plants including the size of pots, water needs etc.
- Pest control.

Containers included the use of things lying around e.g. milk containers with pole through them or raised beds or pots (noting that pots may have different insulation qualities e.g. cement versus ceramic versus terracotta or plastic or fibreglass).

Pat then illustrated the practical aspects of growing in small spaces by using her garden as a test bed. She showed her garden in winter and summer and showed the various plants that could be grown and the issues to be managed. For example, in winter, Pat grows nettles, mustard greens, snow peas, and spring onions as they only get sun for three hours. In summer, a wider variety of plants including tomatoes, capsicums and amaranth whose seeds are excellent for muesli.

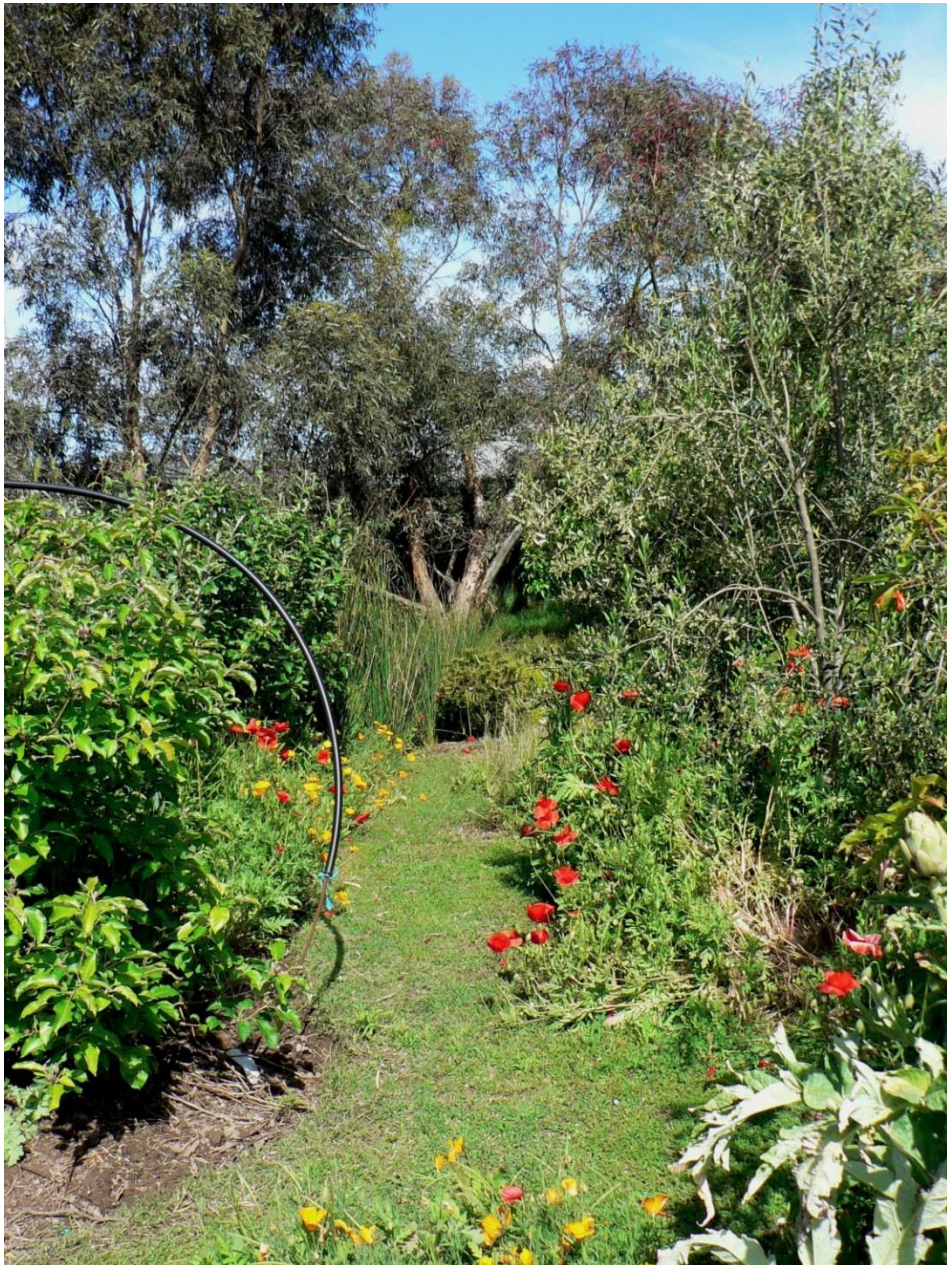
For summer, Pat talked about the problems that heat brings. For example, in the recent summer, Lebanese cucumbers generated many male flowers but too few female flowers. Pat also recommended the use of shade cloth wrapped around pots in summer to keep roots cool.

Many questions and comments including: Pearl mentioned that Chinese date or jujube is used a lot in Chinese soups as a sweetener and Steph Kronic suggested the idea of 'plants doing double duty' as a potential topic.



*3. Living with Trees*

**Grow, Grow, Grow Your Own**  
*Third of the free 2019 Workshop Series*  
**Living with Trees**



Pat's garden at Springton

**2.30pm on Sunday 19th May at  
Unley Community Centre, 18 Arthur Street, Unley.  
Please register to attend this workshop at  
[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

### ***Workshop details:***

The hot summer this year (and a 47 degree day in the mix!) reminded us that climate change is happening now and one of the most practical ways of coping or adapting is to plant trees for shade. But what if those trees prevent other garden elements such as growing food or flowers?

Kat Ryan, Coordinator Environmental Projects & Strategy at Unley Council, will outline how trees can help us adapt to climate change. Peter Croft will show how trees can help us grow successfully in raised garden beds and pots by using their shade to help in summer.

Thanks to a generous Unley Council grant: **Cost free.**

**If you have any excess produce to share, bring that too!**

### ***Future workshops in 2019:***

- Making more from your garden harvest
- Everything about fruit trees, plus hardwood cutting techniques
- Seed-raising plus spring cuttings
- Preparing for a hot, dry summer.

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



Peter's raised garden beds under trees

## Summary of Workshop

Living with Trees focussed on the importance of tree canopy in cooling our suburbs under climate change. Kat Ryan took us through the rationale for trees in the community and displayed heat maps of our suburbs and the impact of the halving of blocks to create more housing. She took us to Unley Council's plan to increase the number of trees and tree canopy on public and private land. She was joined enthusiastically by the mayor - Michael Hewitson - who is actively trying to get State Government to mandate at least 15% deep root zone for all new developments and is considering alternative rates measures to encourage tree planting. Lots of questions including ones relating to removal of leaves from deciduous trees.

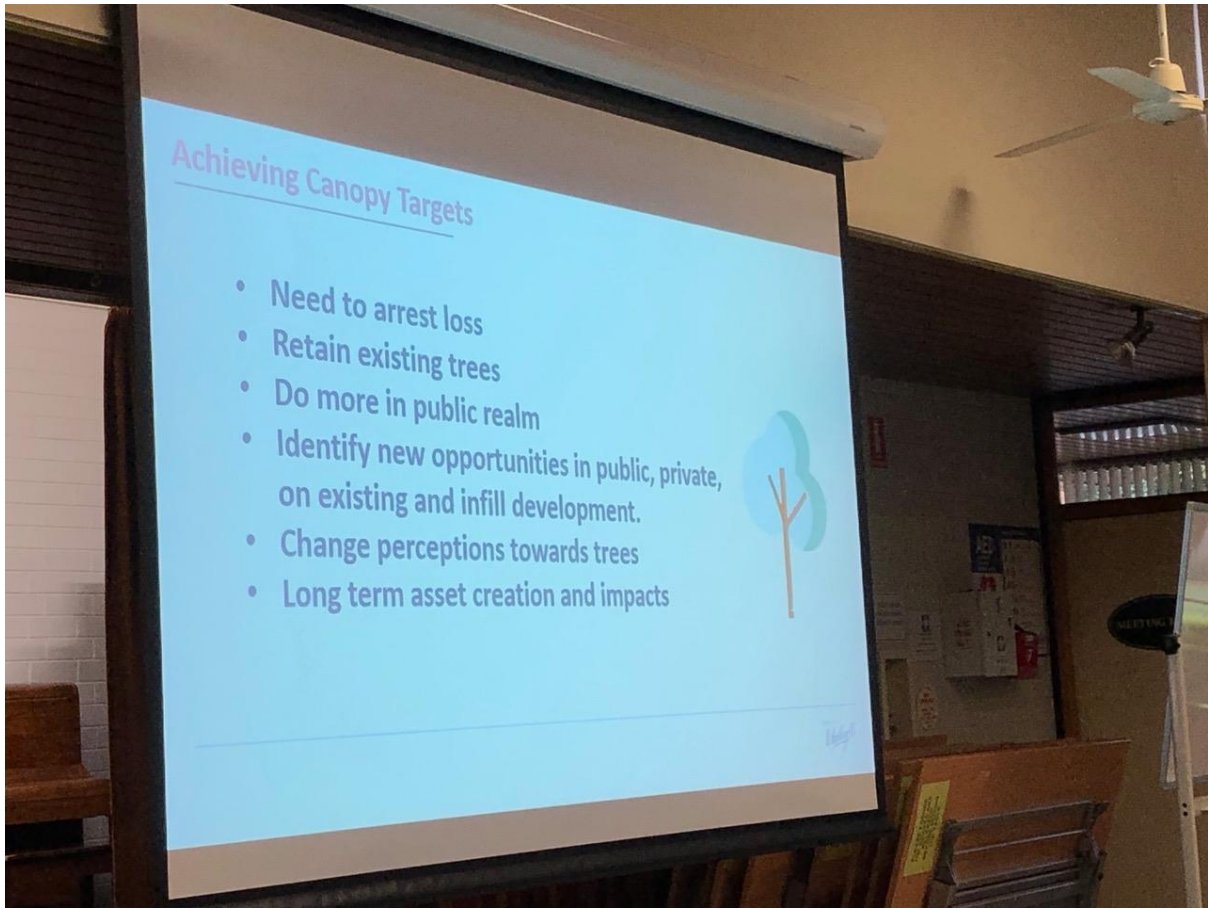
Peter Croft talked about using pots and raised garden beds to grow vegetables under trees. Trees provide shade which can help in protecting crops from the sun.

Nolda showed pictures of her recent art work with indigenous artists in Melbourne including an egg which sold for \$20,000 on completion.

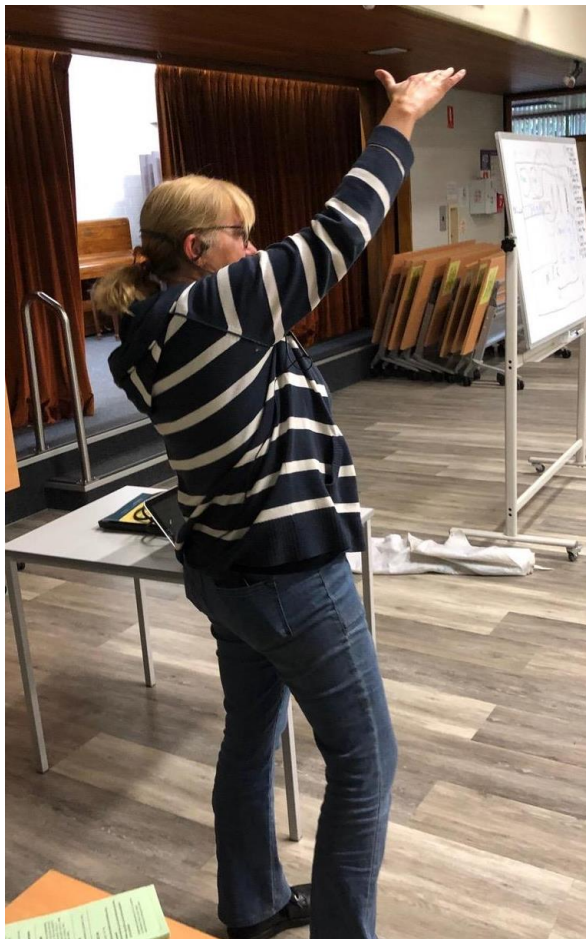
Steph Kronic spoke movingly about the recent death of Harry Harrison - former president of the Rare Fruit Society whose memorial service was being conducted at the same time as our workshop.

35 attended.





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4. Wild Vegetable Fermentation Demonstration

Grow, Grow, Grow Your Own

*Fourth of the free 2019 Workshop Series*

**Wild vegetable fermentation demonstration**



Grace's fermentation crock with jars of kim chi

**2.30pm on Sunday 30<sup>th</sup> June**

**at**

**Unley Community Centre, 18 Arthur Street, Unley.**

**Please register to attend this workshop at**

**[peter.croft@mmc.com.au](mailto:peter.croft@mmc.com.au).**

## Wild vegetable fermentation demonstration

During a wild fermentation demonstration using freshly harvested produce, we will discuss the fermentation process and its various requirements including time, temperature, ingredients, salting, equipment & storage.

Fruit and vegetables are naturally covered in microorganisms. Fermentation provides conditions that favour the growth of the naturally occurring Lactic Acid bacteria, allowing them to dominate and kill off other unwanted bacteria, moulds and yeasts. These bacteria convert the lactose into lactic acid. This acidification is a great form of preservation.

Our presenter, Grace, has been delivering workshops for 30 years covering various food topics including cooking, preserving, fermenting and home cheese making. She comes from Adelaide Hills market gardening stock and spent many years working in restaurants and the cheese industry.

Thanks to a generous Unley Council grant: **Cost free.**

**If you have any excess produce to share, bring that too!**

### *Future workshops in 2019:*

- Everything about fruit trees, plus hardwood cutting techniques
- Making the most of your harvest plus getting ready for spring
- Preparing for a hot, dry summer.



Grace's multi-coloured cabbage

**Questions and problems:** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

***Sustainable Communities SA – Unley groups***

## Summary of Workshop

53 attendees at a very lively workshop run by Grace. During the workshop Grace prepared vegetables with the aim of encouraging lactic acid bacteria naturally found on the vegetables to thrive by converting sugars to acid. Key to the whole process is to keep the temperature right (18-22 degrees) and keep out oxygen. The implications of these requirements are:

- don't use sprayed vegetables,
- use unchlorinated water (e.g. rainwater or tap water that has been allowed to settle for a day or two), and
- keep the vegetables under fluid at all times.

### Method:

- Wash some vegetables (e.g. cabbages, beetroot)
- Chop them finely
- Place them in a bowl overnight with 1.5% to 2% salt thoroughly mixed in (e.g. if 1 kilogram of vegetables then 20 grams of salt). The intent of the salt is to remove fluid from the vegetables. Murray River salt is very mild and recommended.
- Place the vegetables in a jar or container (which has a lid) and squeeze down to remove air pockets
- Add the fluid which has been leached by the salt, on top
- Put a large cabbage leaf or equivalent on top (to keep the smaller pieces in place) and put a weight on top of that (e.g. jam jar with water in it) so that all of the vegetables are under fluid
- Keep the jar out of direct sunlight.
- "Burp" the vegetables each day by removing the lid of the jar and letting the carbon dioxide escape. Taste at the same time. Remove any yeast or mould which may have formed on top, regularly.
- When the taste and texture are to your liking (e.g. a few days to a few weeks), stop the fermentation by putting the jar in the fridge (or decant into smaller jars).
- If the process is allowed to continue, it will stop when no more bubbles and a PH of about 4.6.



# Culinary Art

## productions

### KRAUT

#### Ingredients

Cabbage, (approximately 1kg dry weight) washed and drained  
20gm salt (non-iodised)  
Seasoning of choice (optional) - ½ teaspoon fennel seeds, juniper berries...  
1 fermentation pot or a glass jar large enough to leave some headroom (to stop overflow during fermentation)

#### Method

Discard any damaged outer leaves of cabbage.  
Cut out core.  
Weigh dry cabbage before washing.  
Wash thoroughly in cool, non chlorinated water.  
Keep one clean leaf - large enough to place on the top to cover all shredded veg in order to keep it submerged.  
Shred cabbage - width of slice will depend on desired texture.

Place veg ingredients (whole leaf, shredded veg & any seeds used) in large bowl with salt and allow to stand overnight.

For demo purposes leave 30 minutes minimum, mixing through occasionally.

Hand mix to help to release more moisture from the vegetables.

Pack vegetables into a glass jar, one layer at a time, pressing each layer with a wooden stick until the liquid covers the produce.

Pressing is to exclude oxygen not to mash cabbage.

Continue to add and press layers until the jar is  $\frac{3}{4}$  full and the liquid covers the vegetables completely.

Cover with the reserved whole cabbage leaf to keep all vegetable matter contained.

**To keep everything submerged** put a weight on top - like a small water filled glass jar.

Place lid on jar or cover with a cloth and place in a dry place at constant temp using blankets/towels in winter or an esky in summer (18-22°C is best).

# Culinary Art

## p r o d u c t i o n s

### KRAUT (continued)

Fermentation will begin to produce bubbles within 2-3 days and it will start to smell sour.

If the lid is sealed, release it occasionally to "burp" the kraut. This is CO<sub>2</sub> escaping. The purpose of a moated fermentation pot or a jar with a valve on top is that you can allow the CO<sub>2</sub> to escape without more oxygen entering.

Taste regularly to assess the flavour.

At any stage that you find the level of sourness to your taste, you can stop the fermentation.

Remove the weight.

Any yeast or mould on the surface must be removed.

Decant into a smaller jar or top with brine to ensure the vegetables are all completely submerged, then tighten the lid on the jar and place into the fridge.

If fermenting large amounts in a fermentation pot, you will have to decant into smaller jars at this time.

Some may prefer to leave it longer for a stronger fermented flavour.

After ending the fermentation it will improve to have a better balance of flavours if left for about 5-7 days in the fridge before consuming.

If you have chosen only partial fermentation, it may continue to ferment very slowly, almost imperceptibly while in the fridge and you may need to release pressure from time to time.

In order to completely preserve, fermentation must be allowed to run its full course, which may take 4 – 10 weeks depending on temperature and will be evident by the cessation of the bubbling (PH below 4.6). It is then possible to store in a cellar so long as it is dark and has a constant cool temperature.

Variations – Use a mixture of vegetables – cabbage with fennel, beet, carrot, daikon, turnip etc - there are so many options.

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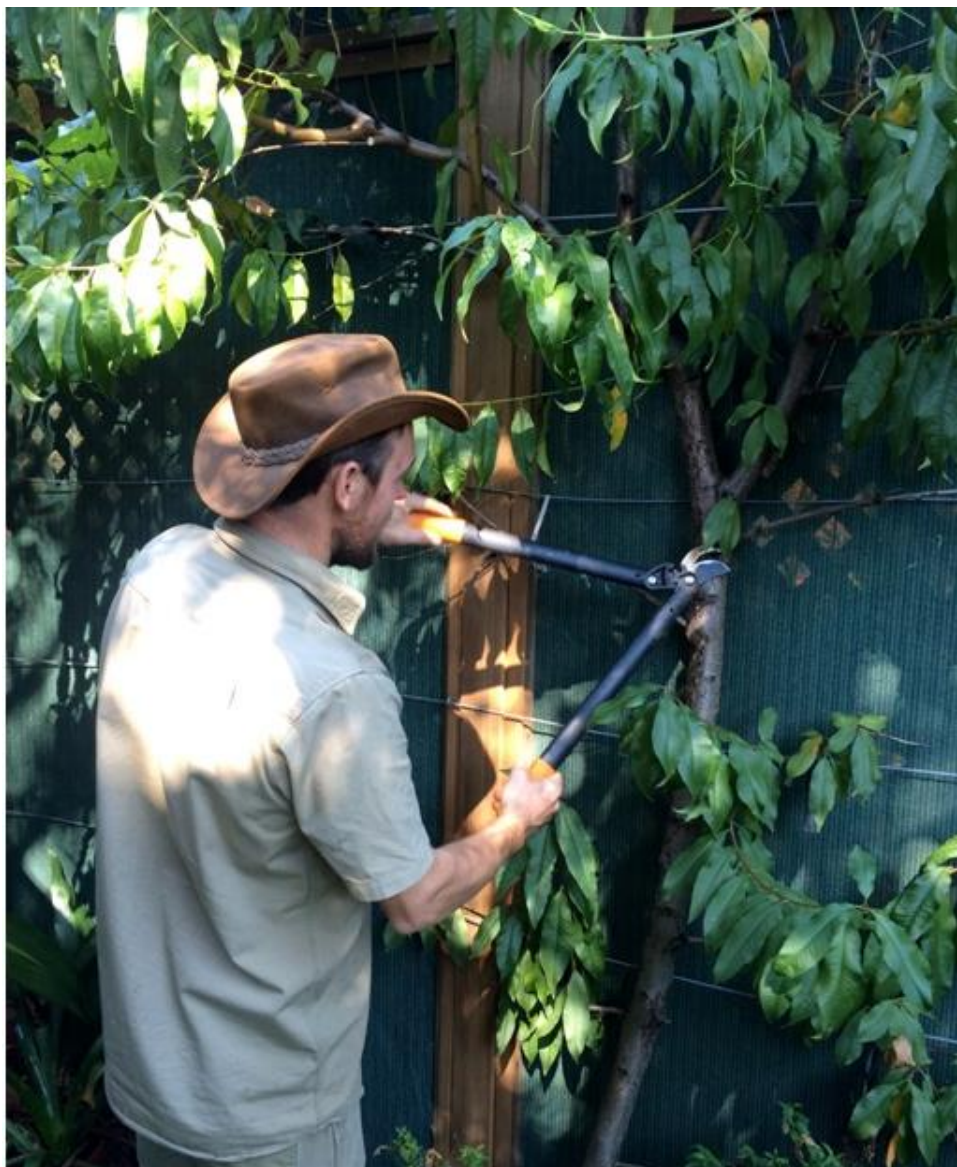
*5. All about fruit trees*

**Grow, Grow, Grow Your Own**

*Fifth of the free 2019 Workshop Series*

**All about fruit trees:**

**Choosing, planting, growing and harvesting.  
plus How to do Hardwood cuttings**



**2.30pm on Sunday 11<sup>th</sup> August**

**at**

**Unley Community Centre, 18 Arthur Street, Unley.**

**Please register to attend this workshop at**

**[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

## ***Workshop details***

Fruit trees are a key part of many Adelaide gardens, whether in the ground or in pots. Our fifth workshop, on Sunday 11<sup>th</sup> August 2019, will look at all aspects of fruit trees – from choosing which ones to grow, then planting, growing, harvesting and pruning.

The workshop will be conducted by Steven Hoepfner, an experienced orchardist and local garden developer (<http://www.earthright.com.au>). In the picture overleaf, Steven is pruning to create an espalier fruit tree.

Anne Wilson and Pauline Muir – well known to you – will also demonstrate the art of taking and propagating hardwood cuttings.

**If you have specific questions on either of these topics that you would like addressed in the workshop, please let Pat Wundersitz know when you register.**

Thanks to a generous Unley Council grant: **Cost free.**

**If you have any excess produce to share, bring that too!**

### ***Future workshops in 2019:***

- Seed-raising plus spring cuttings
- Preparing for a hot, dry summer.

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

***Sustainable Communities SA – Unley groups***

## Summary of Workshop

A lot of people (60) and a great atmosphere. Steven (and his son Wynn) make the fruit tree topics easy to understand - even sharpening tools. Many questions and lots of interaction. Chris Adams's project in the Flinders Ranges opened our eyes as to how to save the environment from noxious cactus. It was good to see Pauline back and to see that she is well enough to attend. We experienced some logistical problems as several of the GGGYO group were unable to be at the workshop. This affected the distribution of seeds and cleaning up processes particularly.



## 6: Gardening in small spaces: (Unley Council Workshop)

at Unley Community Centre on 16 September 2019

Anne Wilson and Pat gave a splendid presentation on gardening in small spaces today. Four more interested people now added to our email list - three of whom seem very active gardeners.

In discussion afterwards, Colin Fernando – a regular at our workshops with Manel - advised his top tips for getting rid of weeds: either use a small blowtorch (sold by garden shops or the sort used to make creme caramel) and scorch the weeds or, on hot days, spray a mixture of vinegar and water (50:50) onto the weeds and they will be gone by the evening. He didn't specify wine vinegar or apple vinegar, but whatever goes with creme caramel might do the trick.



*7. Maximise your harvest*

# Grow, Grow, Grow Your Own

*Sixth of the free 2019 Workshop Series*

## Maximise Your Harvest



Grace's capers

**2.30pm on Sunday 22<sup>nd</sup> September  
at  
Unley Community Centre, 18 Arthur Street, Unley.**

**Please register to attend this workshop at  
[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)**

## Maximise Your Harvest and Prepare for spring

This workshop will suggest ways to make use of parts of your garden harvest that might normally go to your compost or green bin. There are so many more leaves and stems, peels & rinds, seeds, flowers and roots that can be delicious when you know how to prepare them.

These ingredients can be used fresh, cooked in stocks, sauces or stir-fries, baked in cakes, pickled or fermented, dried for condiments or perhaps used in home made cleaning preparations.

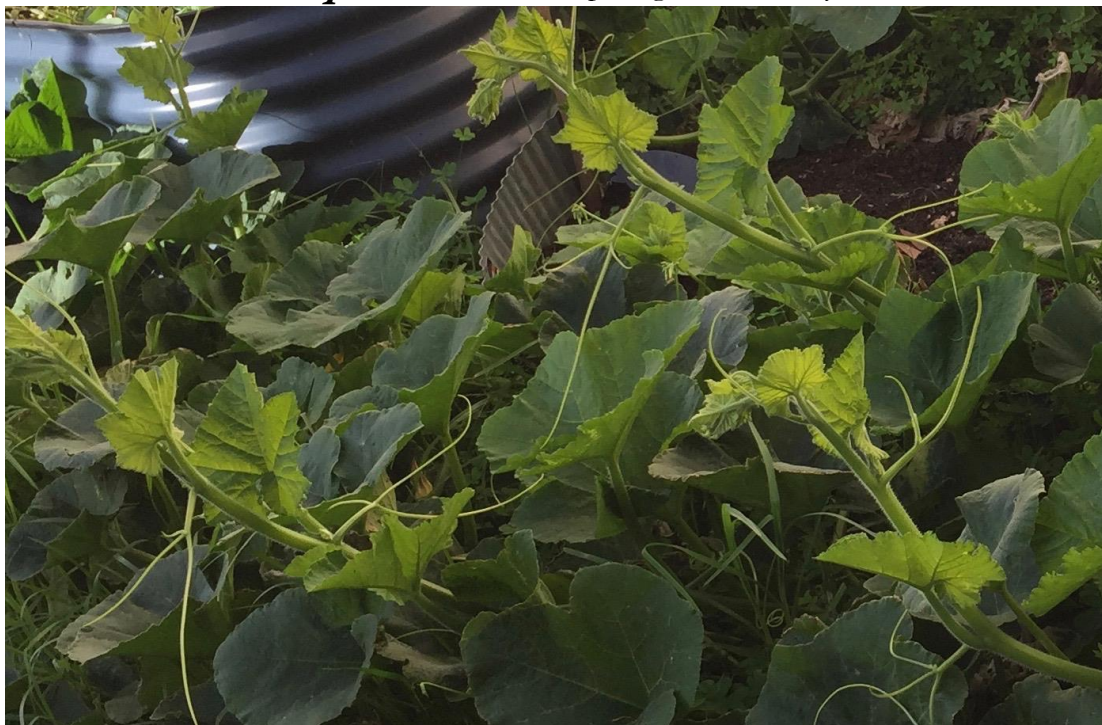
Our presenter, Grace, has been delivering workshops for 30 years covering various food topics including cooking, preserving, fermenting and home cheese making. She comes from Adelaide Hills market gardening stock and spent many years working in restaurants and the cheese industry. Her wild fermentation workshop in June was very popular.

We will also spend a little time on preparing for spring: especially growing tomatoes and seed-raising.

Thanks to a generous Unley Council grant: **Cost free.**

**If you have any excess produce to share, bring that too!**

***Future workshops in 2019:*** Preparing for a hot, dry summer.



Spring: Pumpkin Leaf Shoots

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

***Sustainable Communities SA – Unley groups***

## Summary of Workshop

On an afternoon that defied the dreadful weather forecast, 40 people turned up to listen to Pauline Muir open the gathering with suggestions for gall wasp treatment, including new powder product which can be sprayed on citrus. (Listen to Jon Lamb's program for the correct timing of operation). And handed out leaflets on tomato growing.

To combat the worrying canopy removal on private land in Unley, Dinali Devasagayam had fruit trees available for gold coin donation as another way to provide shade and food in gardens. Feijoas were also available for \$7.

Grace then opened our minds to ways of conjuring delicious food out of nothing – that is, things we've historically dismissed as 'leavings'. Once again we're reminded how abundant and accessible cheap, healthy, sustainable food can be in our society with a simple readjustment of perspective and a bit of planning and organisation.

Grace, who used to work at Russell's Pizza in the days when it was operated by Russell Jeavons and became legendary, gave us many tips and tricks for, as the workshop's title suggests, 'maximising your harvest' – waste nothing, get every bit of value out of everything. And when you've squeezed the last drop out, it goes into the compost bin. We don't need GM to feed the world; we need to stop wasting so much of what we've already got.

Grace began by stating "Rule 1", which she warned us she'd also finish with. Rule 1 when you're thinking of 'harvesting' leaves/stems/peels/rinds/seeds/flowers/roots: "Before you eat anything make sure it's edible." She cautioned us not to rely on the internet. The best source of confirmation is libraries.

Her other rule is: "Make sure you like the flavour." No point in making all that effort to preserve something you don't like the taste of! (Which is a corollary of a GGGYO 'rule': "Grow food you want to eat." Given that you can't grow everything, don't grow food you hate eating!)

Grace took us through examples of what you can do with things, and handed around samples for us to taste. Her first recommendation was stock. She makes stock *every* week, especially out of stalks and stems. A highly recommended favourite of hers is "Corn Stock" – made out of corn cobs *after* you've eaten the corn(!). Another favourite was pesto. She impressed upon us to be adventurous – to just try things (subject to her two Rules!). For instance, with pesto you don't need to use the 'traditional' ingredients; it lends itself brilliantly to substitution – other nuts for pine nuts, other green leaves for basil etc. She passed around for sampling one she'd made with mixed leaves (Rocket, Radish, Celery, Parsley, Fennel) and almond meal. Delicious!

Salvaged ingredients can be used in stir-fries (she recommended using the tips of plants, and also seedlings you've thinned out), sauces, baked in cakes, pickled or fermented, dried for condiments. They can be eaten fresh – even used in home-made cleaning preparations (she mentioned orange rind in vinegar as a particularly pleasant cleaning product). Rosemary branches make excellent skewers for kebabs. Prunings are excellent in or as floral arrangements. Etc. etc. Anything goes... you're only limited by your imagination.

This workshop drew good audience interaction – questions, comments. Grace was really happy to be interrupted and generous in her responses. A very well received workshop.

Additional notes on Grace's talk:

- Stock - Use leaves of parsley, mushroom stalks, leek trimmings, spring onion tops in stock. Onion skins provide flavour in beef stock. Corn cobs when eaten can be used in stock along with husks and golden silks. Soak for 30 minutes before cooking.

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- Pesto - when processed, cover mixture with thin layer of olive oil to exclude air for longer keeping. Add cheese when serving. Pesto can be made from many leafy greens in garden (rocket, radish leaves, young turnip tops, carrot tops, celery, mint, parsley, with almonds, 1 clove of garlic and lemon juice.) Pine nuts can be substituted with almonds as in this recipe.
- Nettles - use in soup and also good in stir fry.
- Wrappers - cabbage leaves, grape leaves.
- Stir fry- can use tips of green peas, pumpkin tendrils, green seed pods of greens e.g. rocket and Asian greens. Can use any citrus leaves if kaffir lime leaves are not available. Take out central vein as that may sometimes be bitter. Use in Thai food.
- Capers - buds salted, but leaves may also be used.
- Brassicas - stems can be peeled, steamed and served with pasta.
- Lettuce can be baked and also stir fried.
- Salted citrus. Whole citrus cut in quarters, but leaving the bottom attached and filled with salt. Fruit needs to be covered with liquid to ferment. Cover container with cloth to allow bubbles to escape and prevent contamination. Used in Moroccan dishes often
- Ferment water melon rind. Peel off green part of outside skin using the white rind. Some people also use vinegar to preserve instead of fermentation.
- Dry herbs in brown paper bags.
- Dried citrus peel. Mandarin is particularly good and can be used in many dishes and desserts. Dry flat on paper bags and then reduce to powder.
- Glace peel - good in fruit cakes etc.
- Green banana flour - another avenue for one grower.
- Teas - corn silk tea (good for urinary health). All berry leaves and lemon grass, lemon verbena, lemon sage.
- Vinegar - from apple and pear scraps.
- Cleaners - using citrus peel
- Dried used corn ears can be used as kitchen scourers, and then composted.



## A FEW TIPS FOR GROWING TOMATOES

Tomatoes suffer from many diseases, mainly fusarium and verticillium wilt. They can also be infected by root rot nematode. Often you think everything is going OK and suddenly the whole plant dies. Here are some planting suggestions which might help bring success.

1. Always prepare your soil well with lots of compost. Plant when the soil temperature is about 15C.
2. Space your plants at least a metre apart and make sure they will receive a minimum of 6 hours of sun a day.
3. When you plant your tomato seedling you can plant it quite deeply because the stem will send out more roots and create a stronger plant.
4. Stake your seedling when you plant it so the roots don't get damaged later by putting in more stakes.
5. Water tomatoes at the base, don't water the whole plant which can spread disease.
6. If you have a row of tomatoes and one becomes sick, pull it out, because it can infect adjacent plants.
7. If it's going to be more than 35C cover your tomatoes with shade cloth for the whole day.
8. Because diseases can hang around in the soil through winter and reemerge the following season, it is a good idea if you can plant tomatoes in a different place every year.
9. If you don't have the space to move your tomato plants around each year, try planting them in fresh, clean pots.
10. Plant disease resistant heirloom varieties and hybrids such as Tommy Toe; Peron; cherry tomatoes; Eva Purple Ball; Santorini; KY1; Burnley Surecrop; Bite Size; Mighty Red; Apollo Improved; Dynamo; Patriot; Roma; Super Prize; Sweet bite
11. It is a good idea to let tomatoes self seed in the garden because the next set of offspring will adapt to your soil and environmental conditions and are often successful the following season.
12. Another option is to grow a grafted tomato. These are expensive and often need more space and stakes, but can do well.

## CITRUS GALL WASP

Tree Guard, a type of horticultural glue, works well. But there is a new remedy for treating citrus gall wasp called Vasili's Citrus Guard White Spray. It is a kaolin clay based powder which has been tested by commercial citrus growers with up to 90% success in killing the citrus gall wasp. It is a very fine powder spray which blocks the tiny pores of the gall and stops the new gall wasp to emerge. The time of application is important and, if you listen to Jon Lamb's Saturday morning talkback gardening show, he will let you know the right time to apply the spray.



Grow, Grow, Grow Your Own – Almanac 2019



8. *Preparing for a hot, dry summer in your vegetable garden*

**Grow, Grow, Grow Your Own**

*Seventh of the 2019 free Workshop Series*

**Preparing for a Hot, Dry Summer  
in your vegetable garden**

**Plus End-of-Year Breakup Afternoon Tea**



**2.30 pm on Sunday 10<sup>th</sup> November  
at Unley Community Centre  
18 Arthur Street Unley.**

**Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

### ***Workshop details***

It is likely that we will have another hot, dry summer this year. Our gardens could suffer if we aren't well prepared. This workshop covers practical advice to help gardens survive and thrive during the summer months. It will be presented by Kate Hubmayer, an experienced organic gardener and author.

Topics include: soil preparation, mulch, shade, irrigation, plant selection and the pros and cons of raised beds.

Bring along your garden queries and questions for discussion.

If you have any excess produce to share, bring that too!

**We will conclude with an end-of-year afternoon tea.**

Thanks to a generous Unley Council grant: **Cost: free.**

***Future Workshops:*** Our next workshop will be early in 2020 so make sure that you are on our email list. As always, we are interested to hear about topics that you would like to be addressed in 2020.

***Questions and problems:*** we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



***Sustainable Communities SA – Unley groups***

## Summary of Workshop

Oh what a lovely finish to the year! An absolutely gorgeous day; a mellow but interested (and knowledgeable) crowd of 53 plus GGGYO; tables laden with gifts and food – anybody would think it was Christmas! – the vibe was fantastic.

Ashley began proceedings with an acknowledgement of the Kurna people and land, then Peter introduced Kate, who proceeded to give us an enjoyable presentation, full of practical advice. Such as our old favourite – "Grow what you like to eat". But also "Grow what grows well in our soil and conditions"; she recommended getting local seed – for instance, save your own – surprising us with the information that Diggers import 70% of their seed from overseas. Another thing she passionately recommended was to grow things that attract pollinators, especially Bluebanded Bees. Practical, but also pragmatic – Kate's overriding advice was "With gardening I don't find many rules – see what works".

In summary, her tips touched on:

- Soil preparation
- Plant selection
- Liquid fertilisers
- Mulch
- Shade
- Irrigation
- Aboriginal agriculture
- and the Pros and Cons of raised beds & wicking beds

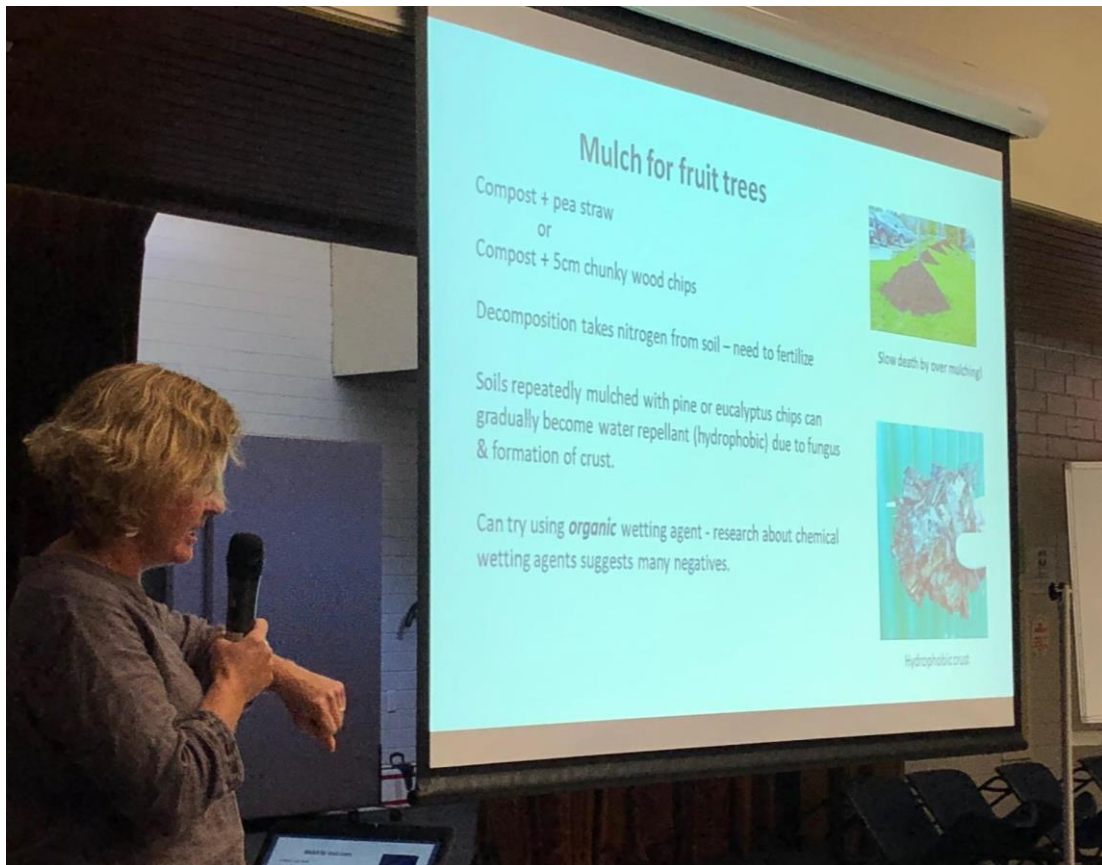
Among the questions from the audience was one about a Tommy Toe Tomato, which had continued growing and producing, right through winter, after being planted last year. It was now 4m square and seemingly immortal.

Pauline highlighted the tree-growing project that she has initiated with Dinali. 50 distributed today!

Many items of produce and seedlings were given away by the attendees – terrific to see.

Afterwards people helped themselves to a spectacular afternoon tea, consisting of two (glorious and much to Annie's delight) gluten-free cakes, Xmas fruit cake, slices, strawberries and rockmelon (as well as tea and coffee of course). Along with things like dried and fresh mulberries, courtesy of Pauline (I can recommend the dried mulberries. As Kramer said, "it's like having a circus in your mouth".)









**GROUP UPDATES: *informal coffee***

We had informal coffee get-togethers between our regular meetings at Living Choice to discuss all of the issues that we are interested in – especially growing food and trees. These included 4 June 2019 to welcome Anne Wilson back from holiday, and remember Brigid Bruer and Harry Harrison who died recently. And 21 October when we caught up with Jenny Macintosh and remembered Bob Macintosh's life.

And occasionally, we had additional, much younger members come along.



## COMMUNITY GARDENS

We met with Adam and Naomi from Montessori on two occasions in 2019. A few pictures below: northern part of main building, existing garden for the younger age group, the likely site and several fruit trees in the existing garden. Their philosophy on growing food and encouraging child involvement is very positive.

They are keen to have three raised garden beds at the likely site and provide access to the children (60 families) plus (probably) the public on weekends (security details to be worked out). Each bed to be three metres long, and three different heights: 400 mm, 500 mm and 600 mm for the different age groups. Probably 900 mm wide and in eucalyptus green. Likely to be wicking beds.

They are going to finalise their plans for the broader site then get in touch with us to check. They will suggest an installation date (most likely a weekend in early 2020) and we will order the materials and supervise the installation. We will pay for the metal beds from our grant and they will pay the remaining materials: cost of \$700 or so each for Montessori and GGGYO.





## TREE ACTION

### 1. Tree and Heritage advocacy

Over the past few years, Anne Wharton has passionately led the group on the importance of significant and regulated trees, inspired by the removal of river red gums at 47 Fairford Street Unley. She has meticulously followed up ongoing approvals for removals of other significant and regulated trees – disappearing at a rate of about one per week in Unley.

In addition, the topic of tree canopy has been on our minds because of its importance in combating climate change. Following excellent mapping work and careful study of tree canopy in Unley (dramatic reductions on private land over the last few decades!) by Unley Council (Kat Ryan!), Anne Wharton led a process to contact every candidate for election in the November 2018 Unley Council elections and, with Anne Wilson, collated responses and circulated these widely. Subsequently, Anne led briefing/coffee sessions with the successful candidates to discuss the tree priorities in more detail.

Tree policy is intimately linked to State planning policy and thus, also, to heritage policy at local and state levels. Led by Anne, we have attended numerous gatherings on these topics in conjunction with FOCUS. These issues will continue to be very significant in 2020 and beyond for the group.

### 2. Planting on private land

We were approached to see if we could assist Michael and Elizabeth Day with their tree canopy situation.

Some years ago, their property was asked to give up a big slice of the corner of their garden to aid the vision of drivers turning into Commercial Road from King William Road Hyde Park. It's still their land but for all practical purposes it's public land.

Michael and Elizabeth have looked after the land for 20 years and put in an ornamental pear tree (*Pyrus calleyana* or Mini Capital) for which they were seeking Council assistance - unfortunately difficult as it is still legally private land.

We met with them and, after some discussion, jointly settled on the idea of two more ornamental pear trees - either side of the existing one and forming a straight line parallel to the existing fence - plus several ground covers to provide an under-story and cover the existing dirt mound. This proposal won't reduce the line of sight of drivers coming around the corner and will add to the tree canopy in the area.

At the planting session on 14 May, the Mayor arrived and planted some of the small plants. Elizabeth and Mike are very happy with the work. Mike had bought bags of Quinn's compost and blood and bone, and had gathered leaves to spread around the plants to rot down. The soil was soft, and they had added some more good soil too. Michael Hewitson stayed for coffee and Elizabeth's treats, and we all went home with a little pack of homemade biscuits.





Hi Peter

Trust all went/is going well in Sydney. You have probably already heard the gardening went extra well on Tuesday. Pat, Ashley, Michael Hewitson and 2 of your group, whose names I cannot recall, sorry, did a great job in planting two beautiful trees and ground cover. Elizabeth and I are thrilled with the result.

Peter, once again I must thank you for choosing to become involved and for overseeing the work. Every time we look at the garden we will think of how lucky we were Michael referred our letter to you.

Elizabeth and I would like you to convey our outmost appreciation to Ashley and the ladies for the work they did to improve our corner.

Kind Regards

**Michael Day**

**From:** Michael Day <[mikeday@adam.com.au](mailto:mikeday@adam.com.au)>

**Subject:** Garden

**Date:** 19 May 2019 at 11:57:25 am ACST

**To:** [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)

Hi Pat, once again many thanks for all the work you did in improving our corner garden plot. We are thrilled with the result. Every morning we look to see if the "cabbage plant" has been removed, thankfully it is still there, and to see how lucky we were to have such lovely people go to all the trouble to improve our garden.

Pat, we think you are a treasure.

Many thanks, and take care.

**Elizabeth and Michael Day**

### 3. Budget Consultation

Peter

Thank you once again for the very valuable constructive feedback from the groups that you are involved with.

It will be circulated to all Elected members, together with other community feedback, and I am very optimistic that it will be well received by the new Council.

Regards Peter

*Peter Hughes JP  
Deputy Mayor and Councillor Fullarton Ward  
City of Unley*

-----Original Message-----

From: Peter Croft <[peter@1mmc.com](mailto:peter@1mmc.com)> On Behalf Of Peter Croft

Sent: Sunday, 5 May 2019 4:01 PM

To: Michael Hewitson <[mhewitson@unley.sa.gov.au](mailto:mhewitson@unley.sa.gov.au)>; Peter Hughes <[phughes@unley.sa.gov.au](mailto:phughes@unley.sa.gov.au)>; Kay Anastassiadis <[kay.anastassiadis194@gmail.com](mailto:kay.anastassiadis194@gmail.com)>; Monica Broniecki <[mbroniecki@unley.sa.gov.au](mailto:mbroniecki@unley.sa.gov.au)>

Subject: Draft Business Plan 2019-20

Hi

It was terrific to meet with you at the football yesterday and discuss tree and planning matters.

I attach a copy of a response to the Draft Budget which is now open for consultation.

In the response we emphasise support for the environmental initiatives in the Budget and the commitment to extending tree canopy.

We have also noted in the response that a number of us would be interested in assisting in the precinct plans which are included in the Budget. We imagine that there will be some on-ground data collection necessary for this work and hoped that we might be able to assist.

Regards

Peter Croft

## 4. Budget submission for Unley Council 2019

2019-20 Budget Consultation  
City of Unley  
PO Box 1  
Unley  
SA 5061.

Dear Sir/Madam

Thank you for the opportunity to comment on the Draft Annual Business Plan 2019-20 for the City of Unley that is now open for consultation.

We are delighted at the recent commitment by Council to extend the tree canopy in the City. We see the services and facilities provided by Council as being fundamental to the liveability of our community. For the foreseeable future, climate change will impact the community with hotter and more extreme weather expected. One of the key practical ways that the community can adapt to climate change is by extending the tree canopy over our community. To this end, we support all of the measures in the draft budget which contribute to this goal and, in particular to the eight operating projects listed on page 21 of the draft budget totalling \$410,000 viz:

- City-wide greening/verges
- City-wide greening/verges expansion

## Grow, Grow, Grow Your Own – Almanac 2019

- 2<sup>nd</sup> generation street tree renewal
- Accelerated tree planting program
- Living with trees program
- Street Tree Water Wells
- Resilient East (Climate Ready projects)
- City-wide Street tree Risk Audit and works.

This is a great first step to increasing greening of Unley. We also urge Council to consider investing further in scoping a tree canopy planning project to provide a near-continuous canopy along the majority of Unley's streets. We note that the King William Road development (of \$12.55 million in capital listed in this Budget) has a major impact on the budget in 2019-20 and recommend that room be made for the scoping project in the 2020-21 Budget.

Further, a number of our members would be prepared to assist Council in the scoping (or precinct planning) of a tree canopy project: in data collection activities, for example. We see that extending tree canopy is a project which will achieve its best results if it is a collaborative endeavour involving Council and community members.

We also support a range of measures listed in the Capital budget e.g. on page 25: Alternative Green Energy, Living/Shared streets, Pocket Parks and Walking & Cycling Plan proposals, for a total of \$200,000.

We urge the Council to consider strengthening its commitment in future budgets to:

- **helping the community gain access to good food.** In our view, this is a key aspect of the Active Ageing, Living Well and Living Young strategies. The Grow Grow Grow Your Own group, thanks to grants from Council, has found a high level of community interest in growing more of one's own food, but believes that there are many opportunities to extend this further – particularly for community members on low incomes or in rented accommodation. We would be happy to work further with Council on this topic.
- **conserving trees on private land, and in particular, significant trees** – many of which date from pre-European times. Our group is particularly concerned at the significant percentage that has been cut down in recent times – river red gums and grey box, notably. Current planning rules and regulations regarding significant and regulated trees appear to actively provide for removal of trees rather than conserving them as was their original intention. Our understanding is that, based on the current rate of removal of significant and regulated trees, the bulk of them will be gone in Unley within 10 years. We would like to explore ways in which this important part of Unley's tree canopy can continue to exist.
- **extending implementation of the Cycling and Walking Plan.** We urge consideration of any means to speed up the implementation of this strategy. There are many benefits to Active Ageing, Living Well, Living Young and Environmental Strategies from speedy implementation.
- **installing solar panels and associated battery storage.** Our understanding is that the new technologies for battery storage now coming onto the market are likely to drive down the price of combined solar panel/battery storage facilities. We encourage Council to assist the community in making the most of the opportunities available in this area as it did a decade ago when solar panels first became available.

We are happy to discuss these comments further, if that would assist.

Yours sincerely,  
Peter Croft

*For Unley Trees Action Group:*

*Peter Croft  
Warren Jones  
Anne Wharton*

*Anne Wilson  
Pat Wundersitz*

*For Grow Grow Grow Your Own:*

*Chris Adams  
Arnolda Beynon  
Ashley Campbell  
Peter Croft  
Jan McClelland  
Pauline Muir  
Russ Talbot  
Anne Wharton  
Anne Wilson  
Pat Wundersitz*

## 5. Growing trees for private landowners

To combat the worrying canopy removal on private land in Unley, Pauline has worked with Dinali Devasagayam to propagate and sell fruit trees. Initially, these were at the 20 September workshop conducted by Grace for a gold coin donation as another way to provide shade and food in gardens. Feijoas were also available for \$7.

As at 5 November, 30 had been sold and more planned. A further 50 were sold or distributed at the November 10<sup>th</sup> workshop.

We hope that this will be an ongoing project.

**FEEDBACK**

**From:** Steph Krunic <[stephkrunic@gmail.com](mailto:stephkrunic@gmail.com)>

**Subject:** You encouraged me to make fabulous sundried tomatoes! And it worked!

**Date:** 5 January 2019 at 4:37:22 pm ACDT

**To:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Hi Pat.

I hope this isn't an intrusive start to 2019, but I've really enjoyed your presentations through Grow Grow Grow and wanted to give you some feedback on how they have translated into action for us.

After your food preserving presentation, I have been busting to get the house finished, move in, get the garden going and dry some produce!

Now it's happened!

Here's a picture of the first lot of Principe Bourges dried over the past 48 hours. There were more - but they are simply DELICIOUS as they are, so I had to take this picture for you quickly before we ate any more of them!

I had planned to dry them enough to powder them, but as they are so tasty to snack on, I'd like to store some in oil.

Do you suggest I bung them in a jar and pour in olive oil then pop them in the fridge or is there more finesse required?

How long do they last semi dried in oil?(If we don't eat them all first of course!)

Thanks again.

May 2019 bring you great joy and abundance.

Steph from Frewville