

TOPIC: SAFETY IN THE GARDEN & SMARTER GARDENING

GUEST SPEAKER: **JULIE LUMSDALE** (Ambassador for Qld Council of Garden Clubs)

MALENY GARDEN CLUB MEETING: 25 August 2015

Ambassador role lasts 12 months visiting all garden clubs and attending Council meetings as a Member. Council produces a Newsletter, presents a number of events throughout the year and is working at raising its profile. Much interest was shown in Garden Club Activities/Membership at the Garden Expo in Nambour last month.

- Learning from each other is what gardening is all about
- Gardening is good physically, mentally but not financially eg finding plants that 'just must have'
- Best to always wear boots, shoes, hat, safety glasses and gloves – any injury can lead to infection. Getting older, skin gets thinner and more susceptible to injury eg pricks and scratches from roses, bougainvillea, cactus, bromeliads etc
- First weed OK to pull out with bare fingers. Second one onwards wear hat, gloves, long sleeves and slacks. Shorts and short sleeved shirts OK with sun screen cream
- Sun exposure on bare skin 20 minutes maximum
- AMA (Australian Medical Association) recommends for fair skin in Winter 11 minutes exposure from 12 Noon with as much body exposed as possible. For Summer 7 minutes exposure from 10 AM
- Vitamin D deficiency develops without some sun exposure
- Important to wear safety glasses as vines can flick into eyes and cause injury, infection and loss of sight
- Gloves offer protection if happen upon spiders and snakes
- Check footwear and gloves for spiders and ready a compression bandage in case of bites
- Beware the tiny leaf curl spider – cream and fluffy. Bite took 6 months to heal and finger joint is still sore. Worse bite effect than red back spider
- Ticks – smother in Vaseline or apply Lyclear from Chemist. Leeches – cover in salt
- To repel mosquitoes spray skin and clothes with commercial repellents or spray a mix of white vinegar and water
- Always have a morning tea break. Don't do repetitive work – vary activities eg mulch, weed, prune, plant, potting, watering
- Jeremy Colby Williams emphasises the importance of varying the types of mulch used eg sugarcane, lucerne, compost from council tips, horse manure, spent mushroom compost
- If same mulch is used continuously only one microbe is active and matting occurs
- Be careful with lucerne as can get nematodes
- Wear a mask when using mulch, soil or working in dusty conditions
- Catch grasshoppers, blend and spray on plants – gives off repellent odour to deter bugs
- Use fruit fly catcher for citrus and Baygon Dust for jumping ants
- Native bee hive beneficial in garden – not territorial like European bees
- Double potting – put pot into larger pot with newspaper wrapped around inner pot to keep roots cool while top of plant laps up the sun
- Geraniums strike better with straight cut