



# SNIPPETS

Autumn 2011

President Hon.	Secretary Hon.	Treasurer	Editor
Harry Rowland	Glenys Hiley	John Laundry	Margaret Owens
5494 4700	5494 3924	5499 9317	5429 6789
Mailing Address: The Secretary P.O. Box 563 Maleny 4552		website <a href="http://www.maleny.info/malenygardenclub">www.maleny.info/malenygardenclub</a>	

The Maleny Garden Club extends a warm invitation to all members and visitors to attend the monthly general meetings held on the last Tuesday of each month, as per program for the year.

## From the President:

What a summer we have had – the rain and subsequent floods will be a topic of conversation over the dinner table for some time to come. In Maleny, we have had incredible rainfall, but we have all come to realise that that comes with the territory !

The little creek that usually only meanders through our property, suddenly became a raging torrent. It must have been in the vicinity of 40 meters wide, in places. The amount of silt and gravel that it carried, which was visible when eventually it calmed down, was absolutely astounding.. We think the water over the causeway at our front gate, was over 3 meters deep, whereas it usually does not even cover the road.

How have your gardens survived this wet season? Our own garden is slightly bruised and a little battered, but already, things are getting back to normal. I hope yours is too.

Now that the decision has been made to hold most of our meetings at the Old Witta School, we hope to be able to make some minor improvements, to ensure our meetings run more smoothly. I am sure it is the right choice – in a small town, our venues are limited, but just look at how pleasant the surroundings are – wide open spaces, surrounded by lovely green grass, and there is nearly always a cooling breeze. I am sure we will have lots of pleasant functions there.

*Harry Rowland*

## Oops!

A lady on a commuter train was reading a newspaper article about life and death statistics. Fascinated, she turned to the man next to her and asked, “Did you know that every time I breathe someone dies?” “Really” he said, “have you tried mouth wash?”

## Handy Hints.

Pour lemon juice into a spray bottle and use to spray fruit for salads etc. It prevents fruit from turning brown.

Apply a thin coat of window cleaner to brass and allow to dry. This helps prevent brass from tarnishing for at least six months.

Place fine netting across the back of louvre cupboard doors, it helps prevent moths and pest from getting into food.

Clean fridges and freezers with car wax-they will shine brilliantly and only need a wipe over between waxes.

*Courier Mail 18/3/09*



## Autumn Gardening–

\* It is a good idea to have a good look at the plants that have survived the incredible rain we have had over the last couple of months. We need to decide if we really, want to persevere with those plants that have not coped with the wet, humid conditions. Is it worth the heartache and extra work load? Maybe consider planting more of those plants that soldiered on well over the wet time.

\* If the weather has not begun to cool down yet, it soon will ! The humidity should also be dropping by now, so that means conditions will be much more pleasant to be out in the garden. And this time of the year is just perfect for lots of gardening chores.....especially planting and taking cuttings. Almost any plant that is put in the ground now, will get a good start – the ground should be warm, and soft from the summer rains, so the roots can get right into the soil quickly. Always water any newly planted plant or cutting with seaweed solution to help it get settled and give the roots a good kick start. If the days are still a bit warm, then give them

a little shelter – even a broken branch poked into the ground will cast some shade for a little while.  
\* Sow: Cinerarias, Dianthus, Iceland poppies, Marigold, Pansy, Snapdragon, & Viola. In the vegetable garden, sow Broad beans, Broccoli, Lettuce, Peas, Radish, Spinach and Spring onions. Always choose a sunny spot for annuals and vegies.

\* Now is a good time to take Fuchsia, Pointsettia, Abutilon, Azalea & Camellia cuttings. Some say that you can try cuttings of anything, anytime – after all, what can you lose? Maybe a little time, but that is all. So, if you want to trim something that you value – try a few cuttings.

Traditionally, Sweet peas are sown on St Patrick's Day. As with other plants, this gives the little seedlings time to become established before the cold night's slow growth too much. The same rule applies to Strawberry runners – so beg, borrow, but please do not steal them from anyone you know who had a good crop last year.

\* For beautiful Camellias, give them a feed of soluble fertiliser especially made for Camellias, as this will help rectify any deficiency problems. If you are looking for larger flowers, rather than numbers of flowers, reduce buds to no more than two per stem. Just twist them off, as this then allows the remaining flowers to be larger and healthier. Help lavender survive the humidity by sprinkling lime over the foliage.

\* If your Azaleas need taming, then you can trim them until March – after that, you will be cutting off the forming flowers.

*Jill Rowland*

#### Afternoon Tea at the Ritz - The Democratic Tea.

By the eighteenth century in Britain, tea had become a national passion and even though it was so expensive, was brewed throughout the land. Once gentlefolk had drunk the first brew their servants would make tea for themselves from the used tea leaves and then in turn sell the twice used leaves at the back door. Tea had a great deal to do with improving the national health too, requiring water to be boiled and ousting cheap gin (advertised at the time as a good way to get 'Drunk for a penny, dead drunk for twopence'). Rascally tea traders undercut high prices by selling cheap mixtures like smouch; a blend of tea with ash tree leaves boiled in iron sulphate and sheep's dung. Prices were kept outrageously high by various governments who saw tea as a splendid source of revenue. So extortionate was this taxation that no moral twinges were felt by the general public at buying smuggled tea. Clergymen with coastal parishes put their crypts at the disposal

of smugglers. Parson Woodforde recorded without shame, 'Andrews the Smuggler brought me this night about 11 o'clock a bag of Hyson Tea 6 pound weight. He frightened me a little by whistling under the parlour window just as we were getting to bed'. The British government even tried this tea tax on the American Colonies but the Americans would have none of it. At an enormous fancy-dress tea party in Boston in 1773 where the guests came dressed as Red Indians they decided to renounce tea in favour of Independence. Pitt the Younger then reduced the tax on tea in 1774, a classic example of locking the door after the horse has bolted. (to be continued)

#### A Visit to Hamilton Gardens *by Margaret Owens*

When we visited NZ in November last year we were fortunate enough to be taken through the Hamilton Gardens. This is a public park owned by the people of Hamilton and managed by their City Council. This park tells the story of gardens through themed garden collections that has been undergoing almost continuous development since its inception several years ago. These series of gardens within the park represent some of the most significant small enclosed garden design traditions and each express the same desire for a walled garden that is a refuge from the outside world. The gardens that impressed us the most were the Japanese Garden of Contemplation, the Chinese Scholar's Garden, the English Flower Garden, the Indian Char Bagh Garden and the Italian Renaissance Garden.

This park is certainly worth more than a fleeting visit, so allow yourselves several hours at least to view and admire all that it contains. We were told that they are among the 10 best gardens of their type in the world if not then certainly the best of their type in the Southern hemisphere. If you plan visiting New Zealand then do include the Hamilton Gardens in your itinerary, you won't be disappointed.

#### Autumn Reading.



#### Rural Australian Gardens

*by Myles Baldwin*

Recently published and launched at Maleny Garden Club member Di Hall's lovely Old Schoolhouse garden – one of the featured gardens in the book – Landscape Designer Myles Baldwin travelled around the country to find the best and most unusual rural gardens. The book ranges from newly established gardens to those that have evolved over generations. Miles discovered that Australians' approaches to their properties are as diverse and unexpected as the landscape itself and that successful gardens require resourcefulness and a strong sense of place. Now available from Maleny Garden Club Library Phone John & Andrea Long, 5499 9581

## Health Matters

### Fresh Fruit, Fresh Complexion

You really *can* fight wrinkles from the inside out. And there's a fruit that can lead the charge. It's papaya. What makes papaya so perfect? Easy. Vitamin C. Papaya has loads of it, and getting lots of vitamin C may mean more youthful skin -- fewer wrinkles and less thinning and dryness. A recent study in women over 40 confirmed it.

### The Mysteries of C

Vitamin C is a natural friend to skin. The nutrient is essential for making collagen, the protein fibers that give skin its strength and resiliency. And being a powerful antioxidant, Vitamin C also disarms free radicals that would otherwise chip away and weaken collagen. (Did you know Vitamin C helps protect skin from *this* sun scourge, too.)

Fruit is not the only food that can fight wrinkles.

### Fix up your complexion with these other good-for-your-skin edibles.

#### More Food for Your Face

A little extra vitamin C isn't all it takes to plump your complexion. Here are a few more food tips that can help keep your face fresh:

- Munch on walnuts. In the vitamin C study, researchers also noted that diets rich in linoleic acid -- an essential fatty acid in walnuts -- meant moister, plumper skin. (Bonus: Walnuts will make this happy, too.)
- Ease up on fats and refined carbs. Scientists found both were linked to aging skin. Discover the dark side of processed foods with this article.
- Think whole grains. The magnesium and B vitamins you get from them help with the regeneration of skin cells. Find out what foods are mostly whole grains.
- Keep the fruits and veggies coming. To stay smooth and healthy, your skin needs a whole slew of antioxidant rich produce.

Read this article for a complete chart of healthy food choices for your skin.

### **RealAge Benefit:**

Eating a diverse diet that includes 4 servings of fruit per day can make your **RealAge as much as 4 years younger.**

Dietary nutrient intakes and skin-aging appearance among middle-aged American women. Cosgrove, M. C., Franco, O. H., Granger, S. P., Murray, P. G., Mayes, A. E., American Journal of Clinical Nutrition 2007 Oct;86(4):1225-1231.

### **Calendula (officinalis)**

Calendula or pot marigold, the marigolds with dense daisy like flowers, a different species to the pom pom marigole.

Grow seeds or plants during autumn or early winter in full sun. Select the dark gold variety for drying by harvesting after the dew has dried and before wilting or discolouring.

Remove petals away from the center, drying in a warm dry area away from direct sunlight. While harvesting dead head spent flowers.

Use dried or fresh petals for teas as an anti-inflammatory to stimulate the immune and lymphatic system to fight viral, paratic and fungal infection.

Soak in alcohol then added to a cream base for ointments to speed up healing of skin. Mash petal to form a poultice to apply to wounds, burns and rashes for relief.

Pat  
Powell

### Recipe of the Month.

### **Drop Scones or Pikelets**

These are the simplest and quickest of all hot little cakes. They are made without yeast but are still very light.

225g/8oz plain flour	½ tsp soda bicarb
1tsp cream of tartar	½ tsp salt
1 egg – beaten	300mls milk
1tbsp caster sugar	1 tbsp melted butter
Makes 30 pikelets.	

Sift the flour, soda bicarb, cream of tartar and salt all together. Beat together the egg, milk and sugar. Stir this into the flour a little at a time until you have a med to thick batter then add the melted butter and stir well. Allow to stand for ½ hr and add more milk if necessary until you have the desired consistency. Lightly grease a hot fry pan and drop dessertspoonfuls of batter (holding point of the spoon downwards). Cook until bubbles appear on top then flip cakes

over and cook for the same amount of time. Cook until nicely golden. Remove from fry pan and place them onto a wire rack and cover with a tea towel until cooled. Serve them buttered as soon as possible. A waiting audience is best.

*Ritz book of Afternoon Tea*

## Trivia

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts from the 1500's::

Most people got married in June because they took their yearly bath in May and they still smelled reasonably good by June however just in case they were starting to smell...brides carried a bouquet of flowers to hide any body odour. Hence the custom of carrying a bouquet of flowers when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then the other men and sons, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying -'Don't throw the baby out with the bath water'.

*Supplied by Kath Marshall*

## Perks of Reaching 50 or Being over 60 and Heading Towards 80.

01. Kidnappers are not very interested in you.
02. In a hostage situation you are likely to be released first.
03. No one expects you to run--anywhere.
04. People call at 9 pm and ask - did I wake you?
05. People no longer view you as a hypochondriac.
06. There is nothing left to learn the hard way.
07. Things you buy now won't wear out.
08. You can eat dinner at 4 pm.
09. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
- 11 You no longer think of speed limits as a challenge.
12. You stop trying to hold your stomach in no matter who walks into the room.
13. You sing along with music in the lift.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints (or your headaches) are more accurate than the meteorologist's national weather forecast.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.

## 19. Never, under any circumstances, take a sleeping pill and a laxative on the same night.

*Unknown contributor*

## How to Care for Lace

First examine lace for tears, weak spots or old repairs that may need attention; these must be mended before washing. To mend, use thread as close to original colour and weight as you can find. Stitch by inserting your needle between and not into the lace thread to avoid damage. Repair holes by normal darning methods. Then weave in and out of the completed darn, copying the original pattern.

Wash with warm sudsy water using pure soap. Never rub or wring the lace and don't use detergent. Rinse, wrap in a towel to press out moisture. Pin out to shape on a dry towel covered cushion using stainless steel pins and air dry. Stains are part of the history of old lace. Never bleach.

Using white and acid free tissue, store small pieces flat in a cool dry place. Store larger pieces wrapped around a tissue covered cardboard cylinder. Wrap more tissue around the lace before putting away.

*Better Homes and Garden, 28 Nov 1986*

## About Dogs

.Don't accept your dog's admiration as conclusive evidence that you are wonderful – *Anne Landers*.

. If your dog is fat, you aren't getting enough exercise - *unknown*.

.Women and cats will do as they please and men and dogs should relax and get used to the idea -

*Robert Heinlien.*

## From the Editor

Who can believe that we are ¼ through 2011? It seems that Christmas was only yesterday.

**May I remind you that I need your contributions to continue this quarterly newsletter, so if you are planning an overseas trip or if you have been recently how about putting a few thoughts and experiences down and give it to me? If you find an article in a newspaper or magazine that would be suitable for insertion cut it out and let me have it. How about a report from the bus trips?**

I would like to say a special thank you to the following people for their contributions in this newsletter. Kath Marshall, Jill and Harry Rowland, Pat Powell, Andrea Long. Happy Autumn gardening.

## The Club's Objectives are:

- To further knowledge and enjoyment of horticulture.
- To raise awareness in the club and community of local environment and to encourage planting of local indigenous species.

- To enjoy social interaction between members of this and similar clubs.

**All contributions to:** Margaret Owens

email: [margaret.owens@bigpond.com](mailto:margaret.owens@bigpond.com)

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