



SNIPPETS

Summer 2011

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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 Our New President

I could never have imagined when Andrea and I arrived at Mary Cairncross café for our first Garden Club meeting more than five years ago now, and were so warmly welcomed by this special club, that I would be writing this message to you today as your new president. It is indeed a privilege to be trusted with this position and my endeavours during my term of presidency will always be to enhance, promote and improve the club for the benefit of its members.

Firstly I must thank Harry on behalf of you all for serving the club so well over the last three or so years. The commencement of his presidency came at a very sad time for the club with the sudden tragic passing of Sandy Slack but he kept us all on the right track and the club thrived under his leadership. A word of thanks also to Jill for her unstinting support and effort during Harry's presidency.

Having just had the first meeting of the new Executive Committee this morning, I can report that the team is keen to get on with the job in hand and I very much appreciate having members of such quality on the committee. We have a very eventful year before us not only with our usual meetings and of course 'Gardening on the Edge' but also the Club trip to Taiwan next March and our 60th Birthday Friendship Day later in the year. I'm sure you will all be looking forward to these events as much as I am.

Finally, don't forget the Christmas party at Maleny Manor on 6th December, which, if it's half as good as last year, will be a very special occasion. If I don't see you there, may I wish you and your family a merry and safe Christmas and a Happy New Year.

John Long

Summer Proverb

Contribution by Kath Marshall

Treat the earth well, it was not given to you by your parents, it was loaned to you by your children.

Quick Quiz.

1. What do you call the colourful part of a bougainvillea?
2. What palm has the largest seed of all palms?
3. In what Shakespearean play does the green-eyed monster appear?

For answers see back page

Peculiar Potato Points

*Fast food outlets buy potatoes by weight, as do we, but sell them by volume. It takes 20% fewer potatoes to fill a paper cup with long thin chips than it does with thick fat ones.

*The Incas preserved potatoes by dehydrating them, & mashing them into a substance called chuna. This way they could be preserved for up to 10 years – a good insurance against famine & crop failures.

*Europeans were initially very suspicious of potatoes when they were first introduced there, and considered them suitable only as animal fodder.

*The French only began to overcome their distaste for them when Louis XVI began wearing a potato flower in his buttonhole and Marie Antoinette wore a potato flower in her hair.

*The English lower classes gradually began to follow the lead of the upper class, who were convinced by the publication of a pamphlet entitled 'Hints respecting the Culture and Use of Potatoes' in 1795, and several editorials and recipes for potatoes published in 'The Times' newspaper.

*Despite a famine, people in the Prussian town of Kolberg refused to eat potatoes, saying they had no smell, no taste, and even the dogs wouldn't touch them. Frederick the Great had a field of potatoes planted and posted a

guard on it. The peasants then began to think that if they were worth guarding they were worth stealing, and the potato began to gain popularity in Prussia.

*In North America the potato began to become widely accepted after it was known that Thomas Jefferson served them at the White House. They received a further boost because of their acceptance by the Irish immigrants.

*Old Wives Tales about potatoes include:

1. Rub raw potato on a wart and then bury the potato. The wart will disappear.
2. Remove wrinkles by wrapping raw grated potato in a cloth and placing it over the eyes for 15 minutes.
3. Sore throats can be cured by tying a stocking containing a slice of baked potato around the neck.
4. (I did find a 4th one but it involved causing one's enemies to die, & I thought it prudent not to put it to the test!!)

Marcia Jensen

Norfolk Rose Nursery

During June this year Margaret and I visited relatives in England and during our stay we took the opportunity to see the nursery of Peter Beales Roses at Attleborough in Norfolk. The nursery is part of a 3-acre garden, which was first planted with roses in 1983 and now displays about 600 varieties of roses from a catalogue of more than 1200. The selection of cultivars represents roses from the 10th century to modern times. There are rose varieties to suit all gardening conditions, including small shrubs, hedging varieties, shade, climbers, trellises, pillars, trees and high structures.

Rose varieties intended for sale are grown on land rented from farms in the local area and the ground used is rotated to minimize soil borne diseases.

Peter Beale Roses has been responsible for the development of a number of new roses and has been successful in winning 17 Gold Medals at Chelsea Flower Show.

Some of the rose varieties still available from the catalogue were cultivated before the Middle Ages, and at least one, The Apothecary's Rose (*Rosa gallica officinalis*) was widely used in medicine until the development of modern drugs.

The preferred soil pH for roses is 6.5. It is also recommended that when planting that the graft be placed in the planting hole at a depth of approximately 25 mm below the surface of the soil.

The website and e mail are as follows:

www.classicroses.co.uk

info@peterbealesroses.com

Peter Gollidge

Health Matters

Time spent in front of a television has been associated with an increase in obesity thought to be related to the

inactivity of the 'couch potato'. A recent article published in the *Journal of American Medical Association* 15th June 2011, by Grøntved and Hu suggests a direct linear correlation between type 2 diabetes, fatal heart attacks, all-cause mortality and the duration of TV watched each day. Not only is the inactivity a factor but the food eaten while watching is both excessive and usually of a high-fat, salt and calorie value.

It's estimated some 40-50% of free time in many countries is spent watching TV. This means it's the third most common activity after working and sleeping, in many populations. Such numbers suggest that about 3½-4hrs per hours per day are being spent watching TV in Europe and Australia.

In the Beginning

IT WAS HOT, THAT 3RD WEEK OF MARCH.

TEMPERATURES WERE CLIMBING INTO THE LOW THIRTIES, SOMETIMES PUSHING THIRTY-FIVE. HUMIDITY WAS HIGH AS THERE'D BEEN RAIN. WE WERE MOVING THE FURNITURE OUT OF STORAGE AT BEERWAH AND INTO THE DOUBLE SHED UP THE BACK ON OUR 10ACRE 'FARM' AT MT MELLUM. WE WERE DOING IT OURSELVES. OUR NEW MANTRA WAS [AND STILL IS] "WE'RE TIME RICH". SO WE PUT OUR BACKS INTO IT AND WE WERE PRETTY MUCH DONE IN 4 DAYS. I DIDN'T FEEL SO RICH DURING SOME OF IT.

WE SAT ON OUR 1.2M WIDE FRONT DECK THAT FIRST NIGHT AND STARED INTO THE SHRUBBERY, A MERE ARM'S DISTANCE AWAY. IT WAS A LOVELY BALMY EVENING, BUZZING WITH INSECTS AND MOTHS. A WARM, GENTLE BREEZE WAS BLOWING BUT NOT GETTING PAST THE SHRUBBERY. WE KNOW THAT AT NIGHT YOU CAN SEE CALOUNDRAS FROM THIS DECK. WE'VE SEEN IT BEFORE, BUT NOT WITH THIS SHRUBBERY.

AND SO, AS WE SIPPED ON OUR WINE, WE PLANNED OUR NEXT DAY. "WHAT WOULD YOU LIKE DONE TOMORROW MY SWEET?" DAVID ASKED, AS ALL MEN ASK THEIR WIVES AT END OF DAY. MAKING A SWEEPING MOTION WITH MY HAND AT HIP LEVEL TOWARD THE FRONT DECK SHRUBBERY AND A FEROCIOUS CHAINSAW NOISE AS ACCOMPANIMENT I MADE MY PRIORITIES CLEAR. GET RID OF THOSE SHRUBS!

AND SO ANOTHER SEED WAS SOWN. THIS GARDENING STUFF IS EASY!

Lee Moles

This is the first in a series of articles that Lee plans to present for inclusion in Snippets newsletter.

Roses, Roses, Roses

I would like to share with those of you who may be looking for a rambler type rose to place in your garden. Rena grows well and is a wonderful addition to any garden.

Clair Martin – which I now own two of, is one that I bought from Leonie Kearney and has proved to be a lovely

addition and would give you great pleasure in your garden, soft peach pink, open clusters and flowers well. Sally Holmes – what can I say, a lovely open cream rose in clusters with large flowers and absolutely beautiful. I also purchased this one from Leonie and on the day I bought it everyone from another garden club was looking for this same rose. It is popular amongst rose lovers and I know why.

Sea Foam – I have growing on my front fence, clusters of small pink flowers fading to cream and come November when I need flowers for an event that I take part in each year, this little rose provides me with enough blooms to make a lovely display.

Blossom time – I think it was Denise from Perennial Poppies who mentioned in one of their newsletters that she had this lovely rose. It is pink, shaped like a hybrid tea with petals varying in colour from soft to deep pink on the reverse. This rose also grows and flowers well.

If you don't have one or any of these roses in your garden and are thinking of adding another rose to grow over a trellis or along a fence, do consider one of these roses, you won't be disappointed. *Marnie Trass*

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Braised Red Cabbage

At the last meeting of the Maleny Garden Club a number of members asked Margaret for the recipe for Braised Red Cabbage. The recipe is as follows:

- 50 g butter
 - 1 medium sized onion, peeled and sliced
 - 1 clove of garlic, peeled and crushed
 - 450 g red cabbage, trimmed and shredded
 - 1 cooking apple, peeled cored and sliced
 - 3 tablespoons (60 ml) of white wine vinegar
 - 3 tablespoons (60 ml) of water
 - 25 g sugar
 - Salt and freshly ground black pepper
- As an alternative, the cooking apple can be replaced by an equivalent weight of sultanas and 1 teaspoon of cinnamon and on teaspoon of allspice used in place of salt and pepper
Cooking time is 45 min in an oven at 180 C.

Heat the butter in a saucepan and fry the onion and garlic for a few minutes. Add the cabbage and apples and cook for 5 minutes, stirring with a wooden spoon. Spoon the mixture into an ovenproof dish. Combine the vinegar and water, add the sugar and pour this over the red cabbage. Season to taste, cover and cook in the oven at 180 C for 45 min. Drain or serve with a slotted spoon.

Margaret Gollidge

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Member Profile.

By Pat Powell

The blues and greens of hills to mountains and bays to ocean leave me torn between dirt under my nails and sand between my toes. Having spent the first ten years of my life in mountain country then many years near bays or ocean it seemed natural to return to hills not too far from the ocean. Being a woman, wife and mother is something with which I am very comfortable. I enjoy caring for family old and young. Vegetable gardening is my passion, following my father and both grandfathers, The vegetable garden was a place of

mystery being off limits to children and pets being a source of fresh food.

Having trained as a cooking teacher at a large public utility I married a man with very conservative tastes, which kept my cooking skills simple. It surprise me how I have quietly developed his tastes over the many years.

Each year I try to learn something new. Sometimes the learning is chosen others the learning chooses me. By choice this year I have learned to grow and use Japanese turnips, radicco and wild rocket. Home maintenance has chosen me. Next on the list is how to change a tap washer.

Our two sons left home, in Sydney in the early 80s. We decided we were grown up enough to do the same. We moved to the Range and built our home near Mary Cairncross Park. Later the boys joined us and have settled down on the coast near their beloved surf.

Herb File

Turmeric (CUSCUMA LONGA) SOURCE INDIA AND JAMACIA.

TURMERIC AS WE KNOW IT IS AN ORANGE YELLOW POWDER PURCHASED FROM THE SHOPS. WHEN IN FACT IT THRIVES IN OUR GARDENS.

GROWING LIKE THE CAPE YORK LILY OR GINGER WITH SIMILAR FLOWERS YELLOW GREEN TO WHITE IN COLOUR. THE LEAVES DRY AND DIE DOWN ALSO LIKE THE LILY.

THE GINGER LIKE FIBROUS ROOT CAN BE HARVESTED LIKE GINGER, PEELED THEN GRATED OR GROUND. THE AROMA, REMINISCENT OF PEPPER BUT SLIGHTLY BITTER. USE IN SPANISH RICE, CURRIES, PICKLES, RELISHES, CHEESE, MUSTARD, BUTTERS AND MAYONNAISE.

THE MEDICAL BENEFITS INCLUDE ANTIOXIDANT PROPERTIES PROTECTING THE LIVER FROM NUMEROUS TOXIC CHEMICALS. THE LIST OF OTHER MEDICAL USES INCLUDE ARTHRITIS, TENDONITIS, GOUT, AND SPORTS INJURIES, ALL RESPONDING TO INGESTED AS WELL AS EXTERNAL APPLICATION.

Bay Tree (LAURIS NOBLIS) NOT TO BE CONFUSED WITH EVERGREEN PRUNIS LAUREL ORIGINATED IN TURKEY.

THE ELLIPTICAL LEAVES WHICH ARE DEEP GREEN ON THE UPPER SURFACE AND PALER UNDERNEATH ARE USED WHOLE, DRIED FRESH OR GROUND THEY ALSO HAVE A BITTER TASTE BEING FRAGRANT AND SLIGHTLY AROMATIC.

THE LEAVES ARE USED TO FLAVOUR BEEF STEWS AND CASSEROLES, WET CHICKEN DISHES, OXTAIL SOUP. SALAMI, STEWED TOMATOES ALSO DILL AND SOUR PICKLES. REMEMBER TO REMOVE THE LEAF BEFORE SERVING.

THERE IS LITTLE EVIDENCE OF MEDICAL USE. HOWEVER I HAVE READ A TIP FROM A READER OF A N.Z. GARDENING MAGAZINE THAT A SPRIG OF LEAVES WILL DETER LITTLE MOTHS IN CUPBOARDS. GROWN IN SUN TO A LITTLE SHADE UNLESS CLIPPED TO A STANDARD OR TO ABOUT 1 METER AS A CENTRE PIECE FOR THE HERB GARDEN OR FOR A POT, THE FULL HEIGHT CAN OVER MANY YEARS BE 6 METERS HIGH. THE ROMANS AND GREEKS USED THE LEAVES FOR VICTORY WREATHS. *Pat Powell*

Recipe for a Preservative for most Cut Flowers

Per Litre of Water:

¼ to 1tsp - household bleach

1tsp vinegar or pinch citric acid

2tsp sugar.

Susan Myring

The Legend of the Poinsettia. *Contributed by Olga Webster*

Mario and Pablo lived in a tiny village in Mexico. Because Christmas at their house did not include many gifts, Maria and Pablo looked forward to the Christmas festivities in the village church.

To honour the birth of Christ the church displayed a beautiful manger that drew crowds of admirers. Villagers walked miles to admire the manger, bringing lovely expensive gifts for the Baby Jesus. As Maria and Pablo watched the villagers place their gifts in the soft hay around the manger they felt sad, as they had no money to buy gifts for their family and no money to buy a gift for the Baby Jesus.

One Christmas eve Maria and Pablo walked to the church for that evening's services wishing desperately that they had a gift to bring. Just then, a soft glowing light shone through the darkness and the shadowy outline of an angel appeared above them.

Maria and Pablo were afraid but the angel comforted them, instructing them to pick some of the short green weeds that were growing by the road. They could bring the plants to church, the angel explained and place them near the manger as their gift to the Baby Jesus. Then just as quickly as the angel appeared, it was gone, leaving Maria and Pablo on the road looking up into the dark sky. Confused but excited the children filled their arms with large bunches of green weeds and hurried to the church.

When the children entered the church many of the villagers turned to stare. As Maria and Pablo began placing the weeds around the manger, some of the villagers laughed at them. "Why are those children putting weeds by the manger?" they asked each other. Maria and Pablo began to feel embarrassed and ashamed of their gift but they stood bravely near the manger, placing the plants on the soft hay as the angel had instructed.

Suddenly, the dark green leaves on the top of the plants began to turn a beautiful shade of red surrounding the baby with beautiful blooms. The laughing villagers became silent as they watched the green plants transform into the lovely star-shaped crimson flowers we all call poinsettias. As they watched the weeds bloom, Maria and Pablo knew they had no reason to be ashamed anymore. They had given the Baby Jesus the only gift they could and it was the most beautiful gift of all.

Today poinsettias are a traditional symbol of Christmas, thanks to Maria and Pablo and their special gift to the Baby Jesus.

By Stephanie Herbek

HISTORY OF TEA DRINKING- THE DEMOCRATIC HERB FROM 1785

TEA WAS TAKEN AT BREAKFAST AND AFTER DINNER, ALWAYS GREEN AND MILKLESS, WHETHER BOBEA, TWANKEY OR HYSON. THE WEALTHY Poured FROM OVAL-BODIED OR PEAR-SHAPED SILVER TEAPOTS INTO LITTLE PORCELAIN CUPS. SOFT PASTE PORCELAIN, FINE AND CLEAR AND VERY EXPENSIVE, WAS FIRST MADE IN ENGLAND IN 1745 AT CHELSEA, DECORATED WITH FLOWERS AND FABLES, ALSO APPEARING AS TEAPOTS SHAPED LIKE HENS, TULIPS OR ARTICHOKEs. COMPETITION SOON CAME FROM BOW (PARTICULARLY GOOD FOR ORIENTAL SCENES IN BLUE AND WHITE); FROM DERBY WITH MAGNIFICENT RICH COLOURS; AND FROM WORCESTER, MOST SUCCESSFUL OF ALL WITH INTRICATE TRANSFER-PRINTED DESIGNS AND GILDING.

TWO NEW LONDON PLEASURE GARDENS AT VAUXHALL AND RANELAGH WENT FAR IN DEMOCRATISING TEA. ANYONE WAS ALLOWED IN ON PAYMENT OF A SMALL ENTRANCE FEE AND A NOBLE LADY MIGHT EASILY BUMP INTO HER MAID ON ONE OF THE LANTERN-LIT WALKS, OR OVER A DISH OF BOBEA. THERE WERE SUPPERS, FIREWORKS, MOCK CHINESE HOUSES AND GALLONS OF TEA,

MUCH OF THE CREDIT FOR POPULARIZING THE HABIT OF TEA DRINKING HOWEVER MUST GO TO ONE MAN FROM STAFFORDSHIRE, JOSIAH WEDGEWOOD. HE KEPT HIS PRICES LOW ENOUGH TO MAKE IT POSSIBLE FOR ALL BUT THE POOREST TO OWN AN ELEGANT TEA SERVICE (WHICH AS EVERYBODY KNOWS, DOUBLES THE PLEASURE OF TAKING TEA WITH FRIENDS). A PEPPERY AND PRACTICAL PERFECTIONIST, HE MADE SURE HIS WIFE TRIED OUT EVERY NEW TEAPOT DESIGN FOR FOUR ABILITY AND REGULARLY SMASHED CHINA AT HIS FACTORY IF HE SAW THE SLIGHTEST FLAW. HIS FIRST TEA THINGS WERE IN SIMPLE RED-BROWN-EARTHENWARE, SHINY SALT GLAZED STONEWARE AND MARBLED AGATEWARE WITH APPEARANCE OF TORTOISE SHELL. HIS TEAPOTS APPEARED IN THE SHAPE OF ELEPHANTS, SQUIRRELS AND CAMELS IN IMITATION OF THE CHINESE HABIT OF MYTHOLOGISING ANIMALS AND WHEN HE DISCOVERED A FINE GREEN GLAZE THEY WERE MORPHED INTO CAULIFLOWERS AND CABBAGES. HIS INVENTION OF CREAMWARE, AN EXTRA FINE SMOOTH EARTHENWARE RENAMED QUEENSWARE WHEN QUEEN CHARLOTTE BOUGHT A SET, APPEARED TWICE DAILY ON THOUSANDS OF ENGLISH TEA TABLES THROUGHOUT THE EIGHTEENTH CENTURY FOR IT WAS MUCH CHEAPER THAN PORCELAIN.

The London Ritz Book of Afternoon Tea

Editor's Comments

A special welcome to our new MGC committee members for 2011-2012. As a reminder, they are:

John Long – President.

Marnie Trass – Vice President.

John Laundry – Treasurer.

Glenys Hiley – Hon Sec.

Lee Moles – Min Sec.

Jan Maguire – Monthly Newsletter.

Sonia Douglas – Website.

Harvey Weston – Guest Speakers.

May I say thank you to the following people whose contribution to this Snippets is much appreciated:

Susan Myring, Pat Powell,

Margaret and Peter Golledge,

Marnie Trass, Lee Moles,

Marcia Jensen, Kath Marshall,

John Long, Olga Webster

Answers to Quick Quiz;

1. It's a bract, a form of modified leaf.
2. Coconut.
3. Othello.

Better Homes and Gardens

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

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Disclaimer

Articles contributed to this newsletter are published as a service to members and do not necessarily reflect the opinion or policy of the club.