

# Maleny Garden Club Inc.



# SNIPPETS

Autumn 2010

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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 the President

I hope everyone had an enjoyable Festive Season, shared with those they love.

Here we are at the beginning of a new calendar year – Twenty, ten ..... rolls off the tongue much easier than two thousand and.....

I know how much we have all enjoyed the recent rain – just in the nick of time for many, as our water supplies were all getting low. We must be grateful for our wet summers – steamy as they might be, at least our fire season is not as serious as our Southern States, with such hot temperatures, and littler or no rain. Having lived in South Australia for a short period of time, it was their hot summers that were more difficult to manage than their cold winters ! Even though they can grow amazing roses.

And how nice it is to see the return of our green hills – yes, and the return of the dreaded Cobblers' Pegs. We must remember not to get too upset at their appearance, as they house lots of lady birds. Have you ever noticed, as you pull them out, how many lady birds there are on and around them ? Take note next time. Hold off on the spraying too, as we have learnt that if you spray the mature plants, they still shed their seeds before turning up their toes – resulting in even more 'pesky pegs' next season.

So let's enjoy the warmer months, and be glad of our lovely mild nights here on the range.

Some of our newer committee members are still feeling their way, but I know this is going to be a good year for the Maleny Garden Club, with more interesting speakers, lovely gardens to wander through, and great friendship – Happy New Year to all.

*Harry Rowland*

## **Inspirational Rooftop Gardens in Quebec**

One of the delightful surprises experienced by Nancy Baker during her recent tour to Eastern Canada was the

discovery of the gardens created above the Museum of Civilization in Quebec City.

There is a dazzling display of plant entwined staircases and flowering terraces. Landscapers have excelled themselves to create whimsical beauty with plants, covered areas and sculptures. Lovely music wafts over the rooftops and it is obviously a well loved area.

Nine different themes showcase community organizations. Maintaining these spaces is giving skills to disabled or unemployed folk and all through the summer/autumn any edible produce is utilized by soup kitchens or needy folk.

*Nancy Baker*

## **Memories of Dossenheim, Germany**

These are memories of my recent 6 weeks, staying with my son and daughter-in-law in their apartment above a farm house in the quaint village of Dossenheim.

- Watching through morning mist, workers tending, picking and aerating rows of lettuce, tomatoes, cabbage, kohlrabi and capsicum.
- The hum of tractor turning soil to plant strawberries
- Rows of hot houses full of seedlings safe from the coming winter.
- Walking through walnut trees, the dog eating the fallen nuts.
- 'Screber' farmers tending small plots, picking berries and apples.
- Friday/Saturday market in the big shed with head scarved Turkish women and me, buying fresh veges.
- Little circle of caravans where Polish farmers lived.
- Fallen apples in baskets ready to make apple cake and strudel.
- Tables stacked with beans, brined and vatted for winter.
- Car boots full of cabbages, ready to make sauerkraut.
- The wonderful aroma coming from the downstairs kitchen of the midday meal cooking for the workers and the quiet of the 1hr 'pause'.
- Then the gentle stirring of tractor and bent people for as far as the eye could see as the farm stirred into life again until sunset.
- Horses stabled, ducks and chickens cooped for the night, until it started over again the next day.

*Val Bengtson*

Quick Quiz;

1. Name the Mexican alcohol that's made from the blue agave?
2. Which fruit is the Caribbean's traditional symbol of welcome?
3. Name the Oscar winning 1982 film set in Indonesia that starred Mel Gibson?

For answers see back page.

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### **\*Autumn Reading.**



#### **COLOUR ME A GARDEN**

By Margaret Hanlon Dunn & Barbara O'Leary

Colour me a Garden is virtually a colour coded dictionary of flowering plants. It enables quick identification, firstly by colour, then by type (eg. tree or perennial) and finally by species, with relevant culture notes on height, growing conditions and flowering periods. Common names are more prominently shown for easy recognition. All gardeners will find this an invaluable reference for a successful and colourful garden. The book covers both exotic and uniquely Australian flora illustrated by over 1000 pictures in full colour. Available from Maleny Garden Club Library Phone John & Andrea Long, 5499 9581

Andrea Long

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### **Tea at the Ritz.**

A few years ago, tea at the Ritz reached such dizzy heights of popularity that there would be crowds milling around on the Savonniere carpet at the steps of the Palm Court, waiting for a table. This could not be allowed and now it is necessary to reserve tea at the Ritz. Here is one of the few places outside church or the royal garden parties where a woman may wear a hat and feel entirely at ease. In fact those approaching the Palm Court clad in such garments as jeans, shorts or sneakers will be reluctantly but firmly turned away. Suitably dressed tea bibbers however will be greeted by the Palm Court's Master of Ceremonies, Michael Twomey who has worked at the Ritz for forty years. 'Tea at the Ritz is not only sandwiches and cakes but an *Occasion*' he says. 'Thank goodness there are still places like this for pure enjoyment even in the modern world'.

The London Ritz Book of Afternoon Tea

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### **Observations on Getting Older**

'Now that your husband has retired you'd give anything if he'd find a job'.



### **Garden Tips**

1. Kill weeds growing between pavers by pouring boiling water on them. It kills them instantly.
  2. Place small bottles of cloudy ammonia in the garden close to seedlings to keep cats away. M.Owens
- .....

### **Health Matters.**

Population studies linking wholegrain consumption to better health and well-being are impressive and consistent. Good quality research published in credible journals by reputable scientists reflect the value of wholegrains in addressing some of the most pressing chronic disease issues.

\*Heart Disease and Stroke- research shows a 20-40% reduction in heart disease risk for people eating 4 serves a day of wholegrains. (foods such as brown rice, wholegrain breads (without the additives) and wholemeal flour etc).

\*Weight Control- wholegrain foods not only provide volume but are high in fibre and complex carbohydrates, making you feel full longer and less likely to snack.

\*Type 2 Diabetes- people consuming the most wholegrains have been found to have a 20-30% reduction in risk of diabetes type 2.

\*Bowel Health and Regularity- the fibre found in wholegrains helps improve bowel health.

\*Cholesterol and Blood Pressure- wholegrains containing soluble fibre such as barley or rye, have the capacity to help reduce LDL (bad cholesterol) levels. The increased intake of wholegrains has also been linked to lower blood pressure.

\* Cancer- regulary consuming wholegrains may reduce the risk of developing colon cancer by 30-40%.

Did you know that Australian men need to triple their intake of wholegrains while women need to increase their intake 5 fold in order to meet recommended levels? 'The intake of wholegrain foods clearly protects against heart disease and stroke'

I.Flight & P.Clifton,(2008).EJCN.

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### **Top Home Tips**

.To mask unpleasant odours in your home, try putting some coffee beans in a saucepan and burning them. The smell of coffee will overpower the other nasty odours.

.To eliminate fish and onion odours from dishes and cutlery add a little lemon juice to the water when washing up. Adding a slice of lemon to the dishwasher also works wonders.

.To revive a vase of wilted flowers add a teaspoon of mild detergent.

.If your fruit cake is too dry cut it into serving pieces, wrap in foil and steam. Use as plum pudding.

*Margaret Owens*

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### The Wrinkled Nightgown

A man and wife were celebrating their 50 year wedding anniversary, so the man bought his wife a \$250 see through nightgown.

Later that night she was getting ready for bed and realised the nightgown was still in the box downstairs. Walking naked through the house she passed her husband who said, 'My word for \$250 they could have a least ironed it'.

*Cypress Garden's newsletter.*

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### Beware the Ides

The Ides of March surround us,  
And Autumn's in the air;  
Camellias are blooming,  
Falling leaves are everywhere.

Jap maples turning tawny,  
Lawn grubs have disappeared;  
Take down your Christmas tinsel,  
For April's nearly here.

Kookaburras cackle,  
As I take my morning walk;  
A hare hastened up the hillside  
No time to stop and talk.

The goats up at the High School  
Their eyes are quite unique;  
Horizontal pupils,  
Bet they're glad I'm not a Greek.  
( 'Cause if I was, I might well say  
"You look good enough to eat")

"Do not attend the Forum"  
Said Mrs Caesar to her spouse,  
"I must today" young Jules replied,  
"There is dissention in the House".

"I should have stayed in England,  
In 54 BC.  
But was running out of Euros,  
So came across the sea".  
(And I haven't seen Marc Anthony')

So - if your spouse should tell you,  
"It's time to cut the grass!"  
Better get the mower out  
For beware the ides of March.

*Lisa Plucknett*

### Water Wise.

Below are a few tips on how to be more efficient in managing our water use. It's by no means complete, most are pretty obvious, but sometimes it pays to look at the list and see how many we put into practice and whether we can adopt one or two more to become a little bit more waterwise.

#### OUTSIDE—

1. Mulch, mulch, mulch.
2. Water early morning or late afternoon.
3. Reduce the size of our lawns.
4. Establish native garden beds.
5. Group plants with similar water needs.
6. Invest in water tanks and keep gutters free from leaf matter.
7. Water once every few days.
8. Improve soil by digging in compost.

#### INSIDE—

1. Install water saving shower heads.
2. Limit shower time.
3. Recycle bath/washing machine water.
4. Use full loads when using washing machine.
5. If using dishwasher, again; use full loads or get hubby to wash up manually.
6. Don't keep water running while shaving or cleaning teeth.

*Jim Laundry.*

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### Herb Profile - Parsley

Parsley has never lost its appeal since the days of Pegasus the flying horse, for the high food value to give strength and good health. They grazed Pegasus on a meadow of parsley to win his race. The flat leafed variety is stronger in flavor, easy to wash clean of garden grit or insects and just as easy to chop as the curly variety. Save seed or beg a few from friends to sow in spring through to autumn in a sunny bed or boarder. Keep damp and remember the golden rule for sowing seeds, only as deep as the seed is thick. They will take 21 to 28 days to emerge having gone to the devil 7 times and back - they say. If you are boss of the house you are supposed to have more luck with germination!! Our children to not agree saying, 'We thought she was only to discover later that was wrong'. Keep plants well watered with regular side dressings of a nitrogen rich fertilizer. Harvest from the outside leaves and remember to use it in your food as it is rich in iron and vitamin c. Eat the garnish.

*Pat Powell*

## On a Lighter Note.

by Elsie Carter

I'm through with gardening... the soil must be against me. You see I've done everything the books say. I've pruned the prunus, syringed the Syringa, budded the Buddleia, frozen the freesias but they are wilted. I've watered the Erica, 'Little by Little' and even sat up late to watch the Phlox by night. My new yellow Broom is covered with pests and won't sweep clean, even my Laurels aren't hardy. It's all most wisterias. After last weekend's weeding I felt Petunia and my Plumbago is worse than ever. To add to it all, my neighbours are beginning to cast Nasturtiums on my Honesty and some scoundrel is writing to me Anemones letters! So I'm through with gardening, there is no Fuchsia in it. I've gone to pot'.

*Submitted by Pam Linnett*

## Apple and Walnut Cinnamon Coffee Cake by Pat Powell

Soften 100gms butter to room temperature and cut into small cubes.

Into a bowl place 1½ cups plain flour, 2tsp baking powder, pinch salt, 1tsp baking soda and mix together. Then add ¾ cup sugar and with a fork or fingers mix in the butter. Then add ½ cup milk and 2 eggs lightly beaten with 1tsp vanilla essence. Combine well then fold in 1 cup chopped peeled apple.

Turn into a greased and lined spring form tin. Top with previously made streusel. Bake in a preheated oven at 180°C for 40mins. May be served warm with cream or custard. Store refrigerated for a couple of days or freeze.

### Streusel.

Combine 1 cup plain flour, 1tbsp cinnamon, 100gms butter, ½ cup brown sugar (lightly packed), ½ cup chopped walnuts-spread onto a plate. More walnuts may be used for a special occasion and larger pieces can be sprinkled on top of the uncooked cake.

## Aalsmer Flower Auction, Netherlands

We visited this small town just south of Amsterdam last June. It is the home of the largest flower auction in the world covering 1 m sq. m in area & on average 21mill flowers & plants worth 6 mill euro change hands daily. It is the essence of organisation, as we observed the pre-sale presentation of plants on multilayered trolleys on tracks to the 13 various auction rooms. The trolleys hardly pause while the plants are auctioned, dutch style auction of course, in these glass enclosed lecture rooms. The buyers sit at screens & bid rapidly for their desired products while the details of the grower, no. items available, & photo of a sample flash onto an overhead screen. The starting price is displayed on a huge clock in the room as the price continues to fall till someone puts

in a bid. All this takes place in a few seconds & the next trolley is behind there on the tracks with the same process continuing. Meanwhile the purchased products travel to another area to be sorted for the thousands of purchasers. This is an exercise in logistics if ever I saw it. Men, mainly young, standing on trolleys, some empty, & some laden with their cartons of plants, whizzing about the building sorting & carting. We watched to see how often they had collisions, but it seemed pretty good given the chaotic conditions we oversaw from the wonderful viewing walkways they have built high above in this huge building. It took us about 10 mins to walk from one end to the other. The auctions are conducted Mon to Fri. & an early start is desirable to be there about 9 a.m. to see the best. They have a self guided tour through the building. At various points one can press a button & a recorded voice will explain what you are observing below or in the auction room. Apart from roses which are by far the most popular flower auctioned there, we noticed hydrangeas, tulips, orchids, & lots of potted plants. It was an exceptional experience to see.

*Diana Begbie*

### Answers to Quick Quiz:

1. Tequila
2. The Year of Living Dangerously.
3. The pineapple. Caribbean villagers regarded it as a sign of hospitality and early Spanish sailors soon realized they were welcome if a pineapple was displayed at the entrance to a village.

*Better Homes and Garden.*

### From The Editor:

Thank you to the following people for their much appreciated contributions: Nancy Baker, Val Bengtson, Andrea Long, Jim Laundry, Lisa Plucknett, Pam Linnett, Diana Begbie, Pat Powell and our President. Please keep your contributions coming, now is the time to begin thinking of your next Snippets newsletter. Also don't forget if you have any garden tools for sale or you need to lease or buy any let me know and I will endeavour to put your request in the newsletter.

### **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)*

### 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.*

## For Sale/Lease.

This segment of 'Snippets' is for those who wish to mainly sell or lease garden implements or other garden items. It could also be used for those wishing to buy or lease garden items.

. 2 manually operated augers for digging holes are for lease. Please see Alice Smith or phone- 5429 6096

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## Seasonal Tasks –

- . Anger can hamper memory by triggering high levels of the stress hormone cortisol.
- . Angry people are at greater risk of heart disease due to adrenaline that can spike blood pressure.
- . Being in constant 'fight or flight' mode can depress the immune system.
- . Repressed anger can cause bruxism (teeth grinding) in sleep that can lead to jaw problems.
- . Anger can spark ocular migraines (painless, short-lived migraines). They may result in constricted blood vessels in the brain causing visual disturbances, flashing lights or wiggly lines.

### Dealing with Anger.

- . Meditate for 10mins daily. Concentrate on your breathing.
- . Exercise-it robs anger of its power.
- . If you are often irritable refer the matter to your Dr. Irritability is a common sign of depression, especially if it co-exists with insomnia, drinking too much, loss of interest in things you love.
- . Pepper your response with 'I understand'. It shows there is at least some common ground.

*Women's Day*

Almost daily a new super food or ingredient is promoted as the answer to our chronic disease problems. All too often these claims are based on inadequate research leaving the public confused as to which foods are likely to deliver meaningful health benefits.



## Other Garden Tips



One of the [8 keys to great health](#) is “Rest” and here I have some great tips for ensuring you get a good nights sleep.

One of the greatest joys in life and essentials to a happy and abundant life is getting a good nights sleep and waking up refreshed. Good sleep is as important as good food, and as most people will know, a couple of nights bad sleep and you can be very cranky. A couple of weeks of bad sleep and you will start to develop health issues, depression and other bad things. Ongoing it will have significant negative consequences on your life. Insomnia (not being able to sleep) is a terrible condition to live with.

Michael Jackson had extreme insomnia and apparently could not sleep. In the weeks before his death he was begging for stronger and stronger drugs so that he could sleep. Life without sleep is not fun at all and it does catch up on you. While I do not know all the facts, I suspect Michael made some poor health and lifestyle decisions in his life - and one of the consequences of these was insomnia.

I generally have a very sound sleep every night. I go to bed and within a couple of minutes I am usually sound asleep. When the alarm goes in the morning, sure it is difficult to extract myself from a warm bed, however within minutes I am up and into my day with energy and vitality.

Here are some lifestyle tips that not only apply to sleep but health in general. However if you are not having a good sleep give the following list a try as the answer will most likely be found in a couple of the following.

### 1. Secrets To DoublingThe Nutrients In Your Food:

There are little things you can do to get more nutrients out of your food. However I do consider these things “minors” compared to the “majors” of things like drinking water, exercise and choosing healthy foods. So focus first on the and then do these things after this.

**. cleaning.** Start with baking soda and a damp cloth. If you need more power add a couple of drops of vinegar (any will do but white is best). If you need even more power for scouring then add a sprinkle of salt.

**3. Cleaning teeth.** Just sprinkle a little on your toothbrush and brush as normal. Reduces decay by removing plaque. Is also great as a mouthwash (1/4 teaspoon baking soda to 1/4 cup water) after flossing.

**5. 6. 7. Stain remover.** Remove many stains on clothing and crockery with a sprinkle of baking soda and a damp cloth (like soda water).

**8. Carpet Cleaner.** If you have a liquid spill just pour on baking soda, gently scrape away and apply more if necessary. Then vacuum off.

You can actually bake with baking soda - I am personally however not a huge fan of cooking with it as it is still an un-natural processed chemical.

Overall it is very cheap, available at all supermarkets. Give it a go!

**Note:** I have done most of the above personally but every situation is different - so make sure you test