Maleny Garden Club Inc.

SNIPPETS

From here and there



Summer 2026

Mailing Address: The Secretary, P.O. Box 563, Maleny Qld 4552
Website: www.malenygardenclub.org

President	Hon. Secretary	Hon. Treasurer	Editor
Alan Boyle	Leanne McKeague	Debbie Mitchell	Margaret Owens
0419 255 948	0412 977 137	0438 632 374	0403 388 378

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.

Spring Fair,
Saturday 3 October 2026

A beautiful sunny day saw close to 1400 visitors, stall holders and volunteers attend the Maleny Garden Club Spring Fair at the Maleny Showgrounds.

In addition to stalls in the Pavilion and outside stalls on the lower level, a new initiative was artists and potters displaying and selling their wares in the Exhibition Hall, in total over 50 stalls in attendance. The Golf Cars were kept busy ferrying visitors, volunteers and stall holders to and from each location at the showgrounds.

Three Open Gardens, a member's garden in Meadow Road, Reesville, Pattemore House with a Heritage Garden in Porters Lane, North Maleny and Barung Landcare Nursery in Parklands Drive, North Maleny saw over 820 visitors to the gardens adding to the overall visitor experience.

The Maleny Hospital Auxiliary once again catered in the Pavilion offering delicious scones, with cream & jam along with sandwiches, tea, coffee and raffled a beautiful handmade bird bath. A very successful day for the Maleny Hospital Auxiliary raising close to $3,500.

Tipple and Tamper Coffee, Golden Chai Co, Jakarta's Food Van and Yummi Real Fruit Ice-cream also offered visitors plenty of delicious food experiences.

A record gross profit of $24,260.75 was a great result for a one-day event.

After expenses, donations will be made to local organisations who express and demonstrate a need for funding.

Thanks go to Hazel Newman whose great initiative of a dedicated Spring Fair Facebook page helped to promote the event to new stall holders and to the wider community. Karen Syrmis, another new Spring Fair Committee Member and longtime resident of Maleny added to the promotion of the event with her local knowledge of people and businesses. These great ideas contributed to making the Spring Fair the success it was. Thanks, as always to Jill Rowland, the Plant Stall Convenor and to Helen Killeen and Lynda Evans the Produce Stall Conveners and to Dave Webb for the rolling power point presentation.

To all the members who contributed plants and produce and to all the volunteers, your contribution and teamwork made for a wonderful event.

Contributed by Jan McGuire

.....

How do You Know When You are Becoming a Fossil?

- Everything hurts.
- What doesn't hurt doesn't work.
- The gleam in your eye is the sunlight hitting your bifocals.
- You go into a cave, and you know the fossil's first name.

- You feel like the morning after, but you haven't been anywhere.
- Your black book only contains names beginning with Dr.
- You get winded just playing cards.
- You go into the maze but cannot remember if you went in to cut flowers or to find your way out.
- Your children begin to look aged.
- You join a Health Club but do not go.
- A dripping tap causes an uncontrollable urge.
- You know all the answers, but no one asks the questions.
- You look forward to a dull evening.
- You need glasses to look for your glasses.
- You turn out the lights for economy instead of romance.
- Your back goes out more than you do.
- You put your bra on back to front and it fits better. *Anon*

……

All About Teeth.

I just discovered a pretty cool way to help prevent cavities and support healthier teeth and gums. It's not brushing, flossing, or seeing your dentist regularly (those are still important, though, so keep doing them!) It's not switching toothpaste or upgrading to a fancy electric toothbrush either. It's something you've probably never tried, and it costs about 12 cents.

Before I tell you what it is, let me explain why it works.

Your mouth is supposed to be alkaline. That means when your saliva's pH sits above 7.0, your teeth can actually rebuild themselves using minerals your saliva provides, and the bacteria that cause cavities have a hard time thriving.

But once your saliva's pH drops below 5.5, everything changes. The mineral your enamel is made of starts to dissolve in that acidic environment. Less enamel means more cavities. So what makes your mouth turn acidic in the first place?

A few everyday things:

- Eating sugar and refined carbs (they ferment into acid the moment you eat them)
- Frequent snacking (your mouth never gets the chance to reset back to alkaline between bites)
- Coffee and alcohol (both can keep your mouth acidic for hours)
- And stress (it raises, which pushes your saliva more acidic too).
-

None of these are exotic. They're part of most people's everyday routine. Mine included. So, with all that in mind, can you guess the 12-cent cavity preventer?

If you said pH strips, you're right. pH strips let you test your saliva in seconds, so instead of guessing whether your mouth is sitting in that protective alkaline zone or drifting into the acidic range that eats away at enamel, you actually know.

Test first thing in the morning, before you eat or drink anything, then test again later in the day to see how different foods, drinks, or even a stressful afternoon affect your levels.

pH strips are inexpensive, and you can find them at most health stores, pharmacies or online.

Sarah Otto, Nutritionist (Master of Human Nutrition)
Goodness Lover Co-Founder

……

Apology

In the September Snippets I included an article kindly sent by Hazel Newman but neglected to include our new logo. This entry now includes the complete article with logo.

New Look, New Reach: Our Spring Fair Goes Digital!

This year, the Maleny Garden Club Spring Fair is stepping into the spotlight with its very own brand-new logo and dedicated Facebook page! Our logo beautifully captures the essence of our region, incorporating local mountains, rolling green fields and our club's floral emblem—the pink camellia. (Though a few local cattle might have made a nice addition, too! 🐄)

To help spread the word, our new Facebook page is specifically designed to promote our annual event and connect with locals, passionate gardeners, stallholders and club members alike. The response has been incredible—after just 10 weeks, our follower count is blooming and we've even received likes from some well-known garden celebrities! Follow us on;
Facebook at MalenyGardenClubSpringFair

,,,

- Keep them cool: ideally around 45 to 50°F. A cool pantry, basement, garage that doesn't freeze or unheated closet works well.
- Keep them dark: a paper bag, a cardboard box or a basket with a cloth over it.
- Let them breathe, never store them sealed in plastic, which traps moisture and invites rot.
- Don't wash them before storing: dirt protects the skin; moisture speeds decay.
- Keep them away from onions: stored side by side, the two speed each other's spoiling.

The apple in the bag

The famous grandmother's trick is to tuck an apple in with the potatoes. It sounds like folklore, but there's a logic behind it: apples give off ethylene, a natural plant gas, and continuous exposure to ethylene is actually used commercially in some countries to hold back sprouting in stored potatoes. One apple in a bag won't match an industrial store, and results at home vary, but it's cheap, harmless and worth trying. Replace the apple when it starts to wrinkle.

What about the fridge?

Here the advice has shifted. For years, the rule was never to refrigerate raw potatoes, because cold turns some of their starch into sugar, which changes the taste and makes them brown faster when fried. In 2023, the U.K.'s Food Standards Agency updated its guidance to say the fridge is fine. Many U.S. guides still prefer a cool, dark pantry for the best flavour. If your kitchen is warm and you have no cool spot, the fridge beats a sprouting potato.

Cool, dark, dry, away from the onions, with an apple for company. That's what kept a cellar full of potatoes firm until spring. That's the trick.

By <u>The Coolist Team</u>, October 2026

,,,

Below are a few photos of the beautifully sculpted Jardins.







Part 1 of an article and photos contributed by Carol and Lance Lewis. Part 2 will be in Autumn Snippets.

,,,