



KARANA DOWNS GARDEN CLUB



Special Edition July 2020

A RECENT SUCCESS

Karana Downs Garden Club will soon be enjoying an all new cloud-based, user friendly and interactive Website after receiving a helping hand from Heritage Karalee Community Branch. A grant of \$2500 was awarded.

Heritage Karalee is a joint-venture partnership between Heritage Bank and the local Community, represented by Community Capital Company.

The Management Committee, on your behalf, is incredibly grateful for this opportunity.



Clerodendrum Incisum (Musical Note Plant) – photo courtesy Mieke Harris

FROM THE PRESIDENT

Welcome to another special edition of our Newsletter during these unprecedented times. At this stage we are still unable to come together for our usual monthly general meeting. However, a catch-up and some of our usual meeting activities will take place at the planned gathering on **Tuesday 14 July** at the Mt Crosby Sports Ground. Further details to follow.

A new addition to our Monthly Newsletter is *'The Edible Garden'* by our very own Alison Alexander OAM, fellow member, and Food Consultant. This month we also have the addition of one of Alison's recipes to try – slow cooked pork shoulder, perfect for the cold weather now. Give it a try!

Members celebrating a birthday in July are:



Harold Blackburn, Glenda Cooper, Sherron Hancock, Yvonne Hawkins, Mary McKenzie, Fay Overington, Janet Trippett, Lynelle Weimar.

Enjoy your special day!

*June's lucky on-line member winner is **Ros Lever**.*

Congratulations Ros and thank you for entering on the club's Facebook Page. There are currently 89 members on our group page.

JULY DATES TO REMEMBER

Tuesday 7th July On-line Display Table entries (see details next page)

Tuesday 14th July Get-together at the Mt Crosby Sportsground – 10am

<http://www.brisparks.com.au/qld/chuwar/mt-crosby-sportsground#>

Tuesday 21st July Come & Share at Helen Jackson's home

NB: Limited to the first **20** members to reply to the Club Secretary. Refer your schedule for address details. As parking is limited, please try to car pool. BYO individual morning tea (including tea and coffee) and a foldup chair.

Tuesday 28th July Management Committee Meeting

JULY ON-LINE DISPLAY TABLE & PHOTO COMPETITION

Floral Art Theme

Wintery Whites

Photo Competition Theme

Flower

These competitions are being conducted via our Club Facebook Group until regular meetings resume. Except for the “Member must be present at meeting” rule, all rules per schedule apply.

Please read the rules in your 2020 schedule and, for display table entries, remember –

- The categories Roses, Orchids (if cut), Natives and Multi-head of flowers must be on a single stem. Multiple stems to ‘plump up’ your entry are not permissible.
- Your entries must be looking as posted at the time of entry. Photos taken any earlier than a day or two beforehand are not permissible.
- Check your pot sizes before entering. Maximum 25cm (10inch).
- Plants must have been owned 3 months or more.
- Garden selection must contain at least 3 different plant varieties so make sure all are visible.
- Item must be displayed as it would be at a meeting. No flowers on plant or pots in a group or plants attached to trees.

Now that you are certain your entries are valid, take a separate photo of each entry.

Take another photo that contains all your display table entries for July. **In that photo, include something purple (peg, bottle top, biro, etc).** This photo will be requested if a query relating to an entry is received.

How it works on Facebook:

- On the morning of Monday 6th July, a separate post will appear for each category requesting your entry for that category. Submit each of your entries in the appropriate category post by 3pm that day.
- On the morning of Tuesday 7th July, separate voting posts will appear for each category. These posts will include photos of all valid entries in the category. Voting will be by Facebook members by 3pm that day. Each member can cast one vote per category.
- Winners will be announced later that day.

Members not on Facebook can email their **downsized** photos to Hazel newmanwoodlands@bigpond.com before 3pm Monday 6th July. Please identify category for each entry.

Last month, we had an astounding 148 entries from 29 presenters. Can we equal or exceed those numbers in July? It would be encouraging to see some new presenters particularly members not on Facebook. **GOOD LUCK EVERYONE!**

JULY 14TH MEET-UP AT MT CROSBY

Registration: Mandatory. Please contact the Secretary Lesley Holt on 0448 102 664 or lesleyaholt@hotmail.com **RSVP: NO LATER THAN FRIDAY 10th JULY (brought forward from previous advice)**

Start time: 10am – SIGN ON ESSENTIAL

What to bring: BYO Chair and your own Morning Tea. A Coffee Van will be available providing sufficient numbers register their attendance. This will be confirmed by email on 13 July.

Address: Put Alan Donovan Lane, Chuwar into your GPS and you will find us. Drive over the one-way bridge and turn left.

Activities: Lucky member drawer | Club Raffles | Small Plant Stall | No entry fee | Visitors Welcome

THE EDIBLE GARDEN WITH ALISON ALEXANDER



year round and am always on the lookout for something different to plant along with all the well-known herb varieties.

The lower temperatures and sunny days have been the perfect recipe for attaining good growth in the garden. This is particularly so in the vegetable and herb gardens and I am enjoying using some of this produce in the kitchen. I rely on my herb garden all



L to R: Oregano Zatar, Winter Savory, Bay Leaf, Marjoram, Italian Parsley, Rosemary, Westmoreland Thyme, Sage, Parcel

I like using celery as a flavour in savoury cooking and am presently growing it in the vegetable patch but also some other plants with a celery flavour including lovage, celery leaf and parcel. I obtain these from Renaissance Herbs which are stocked in many nurseries. Also, in their range is Oregano Zatar which I only found two years ago. This herb has become a firm favourite in my kitchen and I use it in place of thyme or other Mediterranean herbs on a regular basis. The leaves are small, and I rarely chop them but rather strip them off the stem and add to the dish. Although this plant has the family name of oregano it does not look anything like oregano but quite similar to Winter Savory.

Incidentally, Z'Atar is a spice mix used on bread in Lebanon and other Middle Eastern countries comprising dried thyme, sesame seeds, sumac and salt and is easy to make at home. It is good sprinkled over vegetables prior to roasting, added to mashed potatoes, stirred through guacamole and rubbed over meats before roasting.

I like to make a bouquet garni to add to slow cooked dishes and making this is so easy when you have a productive herb garden. The flavour can vary depending on the dish it is to be used in but most common is a basis of bay leaf, thyme, parsley, marjoram and a piece of celery. I often make two and keep the spare in the fridge where it will keep for five days and I now always include some Oregano Zatar.



To make a bouquet garni, take a piece of celery about 6-8cm in length and add a sprig each of the above herbs bending them to fit the celery and finish with a bay leaf. Tie up this bundle with a piece of string and your bouquet garni is ready to use in soups, slow cooked braises and casseroles, pasta sauces, corned beef and many other dishes. Change the selection of herbs according to what you have growing and what you are cooking.

What are you harvesting from your garden and using in the kitchen? I'm sure some of you will have been making rosella jam and citrus marmalade or maybe using some passionfruit. What vegetables have you been picking and using? Please share your ideas with us all. You may like to submit a recipe for sharing as well. If so, please include the recipe source e.g. published work such as Women's Weekly, Gourmet Traveller, Jamie Oliver, hand-me-down from family or friend etc.

Recipe following:

Slow-cooked Pork Shoulder with Pappardelle (Pulled Pork)

1 pork shoulder
1 tablespoon oil
2 large onions, chopped
4 cloves garlic, peeled and roughly chopped
2 tablespoons chopped fresh oregano leaves
2 tablespoons tomato paste (1 sachet)
1 ½ teaspoon smoked paprika

2 X 400g tins tomatoes
½ cup dry red wine or water
salt to taste
freshly ground black pepper
400g pappardelle
freshly grated parmesan cheese

1. Trim any excess fat if necessary, from the pork shoulder.
2. Heat a large frypan and brown the pork on both sides then place in the slow-cooker.
3. Add the oil if necessary, to the frypan and sauté the onions until transparent. Add the garlic, oregano, tomato paste and paprika and cook, stirring frequently, for 2 minutes then pour the mixture over the pork.
4. Add the tomatoes, wine and seasoning. Turn the pork over in the tomato mixture then put on the lid and leave to cook on HIGH heat setting. (The liquid should just cover the pork. If it does not, then top up with some water.)
5. Cook for 6 hours – turn the pork twice more during the cooking - then gently remove the pork from the cooker into a large mixing bowl.
6. Using two forks shred the meat into pieces and set aside. The sauce can be used as it is or puréed with a hand blender.
7. Pour the sauce over the meat and stir to combine. The pork is now ready to use but you will only need about one third for serving with the pasta. See below for other uses.
8. Cook the pappardelle in a large pot of salted water and when al dente, drain and return to the pot. Meanwhile reheat the portion of pork for this dish and stir into the pasta. Serve the pappardelle into four bowls and serve with parmesan and Gremolata.

Gremolata

½ cup finely chopped parsley
1-2 cloves garlic, very finely chopped
finely grated zest of 1 lemon

Combine all ingredients in a small bowl and set aside.

Notes:

- The pork can have the bone in or bone out, whichever you prefer.
- This recipe can be used for lamb shoulder.
- If oregano is not available then use thyme, marjoram or rosemary.
- The tinned tomatoes can be whole which you then chop or already diced or chopped.
- The amount of pasta is for 4. The remaining pork can be used in a variety of ways – in lasagne, stirred through risotto, stored in the freezer, as a pie filling or as a dumpling filling.
- If a slow-cooker is not available, then cook the pork in a large oven-proof dish and cover tightly with a heavy lid or double layer of foil.
- The recipe for Gremolata is the classic version and is good for sprinkling over many other meat dishes. Try changing the herbs to match with the flavours of the dish being cooked.