



KARANA DOWNS GARDEN CLUB



Special Edition September 2020



Nature at work in Desley and Doug Dann's beautiful garden. Photo taken 18 August 2020.

MANAGEMENT COMMITTEE:

President: Cecelia Jackson

Vice President: Brian Olsen

Secretary: Lesley Holt

Assistant Secretary: Christine Allen

Treasurer: Gayle Smith

Assistant Treasurer: Robyn Aitcheson

Tours Coordinator: Erin Falvey

Events Coordinator: Sue Dwan



FROM THE PRESIDENT

The month of August is almost over, and Christmas is just around the corner. Spring is in the air and mother nature will soon be getting her crayons out to colour our world!

On Tuesday 18th August, 48 members enjoyed the welcoming company of each other and the spectacular beauty of Desley & Doug's magnificent garden. [Click to Download](#)

We celebrated a special birthday with Lorraine Parker. Her husband was let off the hook for purchasing a gift when he took home the lucky door prize. Thanks to Yvonne Hawkins for organizing the raffle. An amount of \$152 was raised.



New Member (L) Margaret Carlisle-Mitchell and Christine Muys



Veronica Mingay, Margaret Lynch, Helen Peden and Carmel Blackburn

Members celebrating a birthday in September are:

Dawn Brown, Kath Everett, Bonnie Goodridge, Juliet Koopman, Veronica Mingay, Hazel Newman, Margaret Smith, Susan Thomas, Tineke Van Houdt, Anna Watts. **Enjoy your special day!**

SINCERE CONDOLENCES

Our hearts go out to Pauline Ruddick at the passing of her husband Gary last week, and to Gavin Hubley at the sudden passing of his dear wife Alethea. These are sad times indeed for our members. Our deepest sympathy to both Pauline and Gavin and their loved ones at this sad time.



SEPTEMBER DATES TO REMEMBER (DETAILS FOLLOWING)

Monday 31st August and Tuesday 1st September

On-line Display Table and Photo Competition entries

Tuesday 1st September

Outing to Queens Park

CANCELLED DUE TO COVID RESTRICTIONS IN NUMBERS

Tuesday 1st September

Management Committee Meeting

Postponed from 25 August – 10am Karalee Tavern

Tuesday 8th September

ZOOM Meeting with Roly Sussex 10am

PLANNED BUS TRIP CANCELLED DUE TO COVID

Tuesday 15th September

Come and Share – 9am

SUBJECT TO COVID RESTRICTIONS BEING LIFTED

Tuesday 29th September

Management Committee Meeting

10am Karalee Tavern

HUGEL KULTUR WITH A GALLIC TWIST BY MARGARET SMITH

I recently attended a cooking workshop at Bruno Loubert's Willow Vale Cooking School situated on 8.5 acres in a beautiful, hilly area outside Logan. Bruno is a well-known chef both in Brisbane (*Tables of Toowong & Baguette in Ascot*) as well as working with Raymond Blanc in his 2 Michelin star restaurant in Oxford, UK – Le Manoir aux Quat' Saison. Bruno & his wife, Catherine, moved from Chapel Hill to the property at Willow Vale two years ago and, in that short time, set up the cooking school, acquired a menagerie of animals and established a prolific vegetable garden & orchard. The vegetable garden – all raised beds 8 in total - was built by Bruno after clearing land of lantana & I was very impressed with the produce which was lush & healthy with virtually no sign of insect damage. He used the Hugel Kultur method of creating the beds – the key to which is lining the base of the bed with dead wood followed by any organic material then a suitable planting medium – compost or good garden soil. Plants can be planted into the bed immediately. Over time the wood breaks down as it would in a forest & supplies the plants with essential nutrients. It also has the advantage of keeping the bed moist because the dead wood retains water, which of course means less watering. Suitably inspired, I have created my own small scale Hugel Kultur bed to see if the raspberries I plant in it benefit from the mini ecosystem. **Watch this space.**

SPRING PLANTINGS IN SE QLD

It's time to sow beans, beetroot, broccoli, cabbage, capsicum, carrot, chicory, Chinese cabbage, cucumber, eggplant, lettuce, melons, mustard, onion, parsnip, potato, pumpkin, radish, rosella, silver beet, squash, sweet corn, sweet potato, tomato and watermelon.

www.aboutthegarden.com.au



Chinese Cabbage rolls - yum

SEPTEMBER FACEBOOK DISPLAY TABLE & PHOTO COMPETITIONS

Unfortunately, we cannot meet up to welcome the new season so let us swing into spring with a bumper online spring display.

September Floral Art Theme - BLOOMING MARVELLOUS

September Photo Comp. Theme - NEW LIFE

Group Photo of your Display Table Entries to include SECATEURS OR SCISSORS

Entries on Monday 3^{1st} August by 3pm

Voting on Tuesday 1st September by 3pm

Results will be announced late Tuesday 1st September

Members not on Facebook can email their **downsized** photos to Hazel newmanwoodlands@bigpond.com before 3pm Monday 31st August. Please identify category for each entry.

Just a reminder that, for display table categories of roses, single bloom, natives, multi-head and edibles, your entry must be removed from the plant before being photographed. If you are unsure about the rules, either refer to our July newsletter or contact Hazel with any queries.

GOOD LUCK EVERYONE!

COME & SHARE - SUBJECT TO COVID RESTRICTIONS BEING LIFTED

When: Tuesday 15th September Time: 9am

Where: Lorraine Pitcairn's garden

Address: 4 Falcon Court, Flinders View

Details: Tea and Coffee provided, however BYO cup, morning tea and a chair

Covid-19 regulations apply. With the virus back in S.E. Queensland and in particular, the Ipswich area, it is even more important that the 1.5 m distance rule is adhered to. Hand sanitizer will be available. Please feel free to adorn a mask if you would care to. Thank you for your understanding.

MELBOURNE CUP



This annual event is in the planning and like all events may need to be cancelled. In the meantime, Sue Dwan and her team are looking at an exciting and different event this year. Let us hope their plans come to fruition.

ZOOM WITH ROLY 8TH SEPTEMBER



It is with great anticipation that we welcome Roly Sussex as our guest speaker via ZOOM on Tuesday 8th September. Roly will explain that plants have a language all of their own, or rather, languages. There are Latin names, where we think at once of Linnaeus and his binominal nomenclature: homo sapiens. And there is a grammar of binominals, which governs how to form and write the names of plants and other species. Though how we pronounce them depends a lot on the influence of our native language.

Then there is the layer of familiar names like English daisy. But some of these are misleading. A Jerusalem artichoke is neither Jerusalem nor artichoke. And some are contradictory: Patterson's curse and Salvation Jane. Which is an *Echium plantagineum*.

For those of you who are familiar with ZOOM, please consider inviting 1 or 2 members to your home to share the experience. Roly will be able to share his screen and take us through a PowerPoint presentation. Remember you must be able to keep the required 1.5 m distance from each other, so please be mindful of how you can do this in the space you have available.

If you have not already downloaded ZOOM on your PC or phone, the instructions on how to do so have been previously provided or you can ask Google to show you how.

Just click on the following link or go to ZOOM and type in the Meeting ID and passcode below.

Cecelia Jackson is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/4013007001?pwd=RHZhMkRxOVkvdTMzQ3ZLOHQ0U3ZGQT09>

Meeting ID: 401 300 7001

Passcode: rolysussex

JUST FOR FUN - ENJOY

John Denver's take on The Garden Song, complete with singing plants.

<https://youtu.be/D3FkaNoHQgs>

CTRL + CLICK TO WATCH

THE EDIBLE GARDEN WITH ALISON ALEXANDER



I get carried away and always overplant in the vegetable garden during the winter months and often end up with an oversupply of some varieties. This year it is leafy greens – just how many can two people eat? I have Tuscan kale (far too many plants), perpetual spinach, silverbeet, celery leaf and parcel, cabbages, broccoli and more.

I will cook some of the kale and freeze in small bags for later use but at present they are being used in stir-fries, soups, pasta and risotto dishes, stirred through potato mash, frittatas, added to savoury pancakes and anything else I can think of. Spinach and Feta Pies, better known as Spanakopita, are very popular and the filling can have many variations. The pie recipe today is a version from the Greek island of Samos just off the coast of Turkey but using a mixture of greens from my garden.

Making pasta dough and fresh ravioli produces a wonderful meal but time does not always allow for the making of pasta. A quick alternative with good results is to use wonton pastry available in Asian food stores and major supermarkets. With the next school holidays not far away, this is a great activity for children. Serve the ravioli with a rich tomato pasta sauce or make your own. I make a roasted tomato, capsicum, onion and herb sauce in large quantities each autumn and bottle it in Fowlers Vacola jars to use throughout the year.

Samos Pies - Filo Snail Pies

Yield: approx. 10 pies per packet of filo

1 large bunch leafy greens or 150 g packet baby spinach leaves

300 g fresh ricotta

2 green onions, finely sliced

60 g feta, crumbled

2 tablespoons each finely chopped basil or dill

2 tablespoons finely chopped parsley

1 egg, lightly beaten

½ teaspoon grated nutmeg

freshly ground pepper

1 box fresh filo pastry (Antoniou)

¼ cup melted butter

¼ cup olive or canola oil

¼ cup sesame seeds



1. Pre-heat oven to 190°C. Lightly oil a baking tray or line with baking paper.
2. If using greens such as silverbeet or kale, trim and discard coarse stems and roughly chop. Baby spinach leaves do not need any further preparation. Place greens in a bowl and microwave for about 1 ½ minutes until wilted. When cool enough to handle squeeze out excess water – this is very important to avoid soginess in the pastry. Roughly chop the greens again.
3. Place ricotta in a large bowl and mash well with a fork. Add spinach, onions, feta, herbs, egg and seasoning and mix well and set aside.
4. Combine melted butter and olive oil together in a small bowl.
5. Lightly dampen one tea towel and lay on bench top – just sprinkle water over the tea towel with your hand rather than have it wet all over. Cover with a dry tea towel. Place filo pastry on dry tea towel and fold over the tea towels to ensure that the pastry is not exposed to the air. It is important that the tea towels are in the order described – if a damp tea towel is put next to the pastry it will absorb too much moisture and be unusable.
6. Take one sheet of pastry and brush lightly with the butter and oil mixture. Top with another sheet and brush again. Spread about 2 tablespoons of ricotta mixture across one long side of the pastry in a thin line. Roll up pastry into a cylinder. Do not be tempted to put any more filling on the pastry or you will not be able to form the snail shape as the pastry will split.



7. Bend the roll into a snail-like coil and place on baking tray. Repeat with remaining pastry and ricotta mixture placing the pies up close to each other until the tray is full. Brush tops of pies with butter and oil mixture and sprinkle over the sesame seeds. The pies can be tightly covered with plastic wrap and refrigerated for up to 24 hours at this stage. Bake in oven for about 20 minutes or until the pastry is golden in colour. Serve hot or cold.

Note: many different fillings can be used for these pies:

- Mashed pumpkin, onion, garlic, feta, rosemary, black olives
- Ragu sauce
- Cooked shredded chicken
- Leftover casserole or curry
- Lamb mince, onion, garlic, tomatoes, chopped olives and rosemary
- The mixture makes a good filling for Chicken Roulade – boned out chicken filled with stuffed and rolled up, tied with string, and roasted
- The uncooked pies can be frozen for up to 3 months and then baked straight from the freezer – do not defrost first

Garden Greens and Ricotta Ravioli

Mixture as in previous recipe

Wonton pastry

Small bowl of water

Tomato pasta sauce – bought or home made

2 tablespoons finely chopped parsley



1. Peel off one sheet of wonton pastry and place on work bench. Place a teaspoon of mixture in the centre of the pastry. Using a pastry brush or your finger, wet the outside of the pastry lightly. Top with another sheet of pastry and press gently around the filling. The pastry can be left square or you can cut to a shape with a small cutter e.g. scone cutter. You have now made a quick version of ravioli. Repeat with remaining pastry sheets until required number are made.
2. Bring a large pot of salted water to the boil and cook the wonton in small batches until they float to the top. Remove with a slotted spoon onto an absorbent paper lined plate.
3. Heat tomato pasta sauce. Place 6 ravioli in a shallow bowl and spoon over the hot sauce. Finish with a sprinkle of finely chopped parsley.

Cook's Tip: Have you noticed that when using baking paper, it can be springy and difficult to sit in a cake tin. Try scrunching up the piece of paper and then press out flat. It will now have many creases in it and be much more pliable. Simple!!