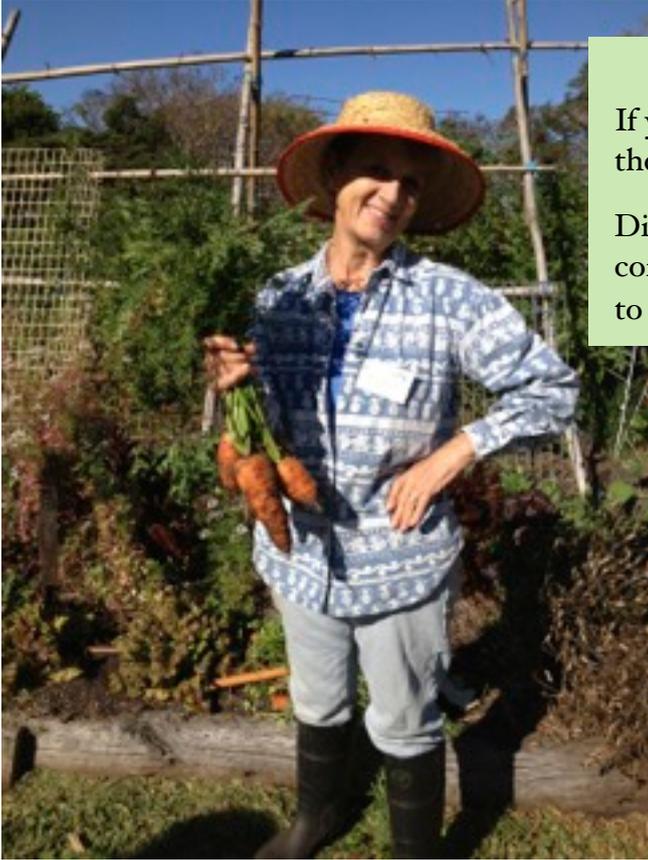


BEELARONG COMMUNITY FARM

To encourage, educate, share and nurture interest in sustainable living
by creating a vibrant community farm within an urban environment.



If your carrots look a bit disappointing, don't worry, just ignore them! These carrots had been overlooked in the first harvest.

Dianne found them hiding away when she was working in the community garden. The extra time in the ground allowed them to fill out beautifully.



Young gardener Skye Mathers harvested a bucketful of broccoli when she volunteered in the community garden.



Susan has been wielding the paintbrush over at Beelarong.

She has done a sterling job painting the bbq settings around the farm.

BEELARONG WORKSHOPS

by Judith Raue

WORKSHOPS IN SEPTEMBER AND OCTOBER

BOOKINGS FOR WORKSHOPS ARE ESSENTIAL

To secure your place please call Beelarong Community Farm on 0401 168 657

The following are GOLD (age 50+) workshops and run from 9.30 to 11.30am
All workshops are free

Thu 4 September Ukulele: Have fun learning simple chords to get you started on this trendy musical instrument, in the tranquil surrounds of the community garden. Part 1

Tue 9 September Ukulele: Have fun learning simple chords to get you started on this trendy musical instrument, in the tranquil surrounds of the community garden. Part 2

Thu 11 September Gardening: Establish and grow your own veggie patch Plan and prepare a vegetable garden from scratch without any digging, collecting material to plant from within the farm.

Sat 13 September Gardening: Seed saving and plant propagation Learn various propagating methods and how to save seeds for another cropping season.

Sat 20 September Cooking: Cob oven cooking

Unfortunately this has been cancelled as the present cob oven needs to be replaced.

Thu 16 October Gardening: Compost and worm farm workshop Find out how to turn kitchen waste into rich nutrients for your garden! Brisbane City Council will host this workshop to provide practical information about different methods of composting. You will learn the principles of successfully managing organic waste to enrich your garden.

Tue 28 October Cooking: Preserving fruit and/or vegetables Depending on the season, you will make chutney, jam, relish or pickles. Walking tour of the farm included.

The following are GOLD n' kids workshops for 50 years and over and children aged over 4 to enjoy together. They run from 9.30 to 11.30am

NOTE: The Preserving workshop is FREE but there is a \$5 charge for the Arty Potting workshop.

Tue 23 September Preserving fruit and/or vegetables You will make chutney, jam, relish or pickles, just like Grandma used to. Walking tour of the farm included.

Sat 27 September Arty potting Decorate/paint a pot, old boots or other small container and then fill with soil and plant seedlings to take home and nurture.

A fee of \$5 applies

Sat 4 October Arty potting Decorate/paint a pot, old boots or other small container and then fill with soil and plant seedlings to take home and nurture.

A fee of \$5 applies

CHECK OUT THESE RECENT WORKSHOPS



PRESERVING WORKSHOP

CHRISTMAS IN JULY



SOIL pH TEST KIT AND CATERPILLAR CONTROL

There is a Soil pH test kit in the shed for members to use. (if you ask Judith she will demonstrate how to use it) On the shelf next to it is a pack of Yates Bio-insecticide Caterpillar Killer. It needs to be mixed 1/2 packet with 5 litres of water (further instructions on the back of the pack). The large white plastic pump spray to the right of the packs is used to spray the mixture. We often have some already mixed in the container ready to use.

The cauliflower harvested this week is an example of the success we have had using this product.



BROAD BEANS - We have been experimenting with the way we grow broad beans in the community garden. Last season we planted the broad beans in a bed. They grew very bushy, and too close together which meant poor circulation of air making them open for disease. It was also difficult to get between the plants to harvest.

This season we are planting the broad beans in rows, staked. Dianne is pictured here tying the young plants to their individual stakes.



BEELARONG WHITEBOARD - Petula McCartney B.Ed. (Adult and Workplace Education), Cert 4 TAE.

The latest innovation in community gardening has been implemented at Beelarong Community Garden. A **large magnetic whiteboard** was designed to show members at a glance the various tasks, maintenance, responsibilities, and jobs to do.

Please take the time **to familiarise yourselves with the board** as it is comprehensive and at the same time simple to understand. Each section has a space where you are encouraged to place your name if you have the time, willingness and/or skill set required to participate.

Beelarong is renowned for knowledge sharing and encouraging diverse groups to discover the pleasure of community gardening. **The whiteboard helps facilitate this aim.** If you are one of the people who have some useful knowledge to share, please include your name on the “talk to” magnetic note.

Many jobs are going forward as a result of the whiteboard as people see where they can contribute usefully. “Many hands make light work” is in action at Beelarong.

Another practical example of Beelarong’s knowledge sharing is the workshops held with the cooperation and support of Brisbane City Council. I attended some of these a year ago and am still disseminating the recipes, skills and produce I learnt to make, grow and propagate then. I encourage everyone to attend one or more of these workshops.



FATHER’S DAY EVENT AT MULLUMBIMBY COMMUNITY GARDENS

(Note from editor. I’ve agonised over where to put the apostrophe!)

Mullumbimby Community Gardens Celebrates Community with it’s annual spring event “The Living Community Festival” on Father’s Day, Sunday 7th September from 10am to 6pm.

There will be workshops, local food, arts and crafts market. They will have some interesting speakers including Costa Georgiardis (ABC’s Gardening Australia).

Learn more by clicking on this link <http://mullumbimbycommunitygardens.org/the-living-community-festival/>

THE HERBAL SPIRAL - Jan Deans

Thanks to a lot of hard work by volunteers, the spiral is looking wonderful and plants I thought had died, are springing back to life! Please keep up the watering as they still get thirsty in this dry weather and please pick the herbs and try them. The ornamental sage has been removed from the spiral and shifted to the hill outside the Windyloo.

MALLOW



Parts used - Flowers, leaves and roots

Mallow is an annual or biennial plant that grows to a height of 2 ft (61 cm) or more. Mallow is in bloom from July through September. Mallow has beautiful, bright, pink or purple flowers with five petals. The flowers are very attractive to butterflies. Mallow grows into a short bush. Alternate names include Cheeses, Common Mallow, Garden Mallow, High Mallow and Tall Mallow.

Benefits of Mallow-

Anti-inflammatory (helps to prevent inflammation)

Astringent (helps to contract body tissue)

Diuretic (helps to flush the body)

Laxative (helps to relax the bowels)

Medicinal Uses-

Traditionally, mallow was used by Native Americans to treat broken bones, sores, swelling and injuries. Today, mallow is used to reduce inflammation of the throat caused by chronic coughs. It actually forms a protective lining over the mucous membranes. A tea can be made from the flowers, leaves and roots. Used externally, the leaves make a great treatment for bruises, inflammation and insect bites. When consumed, it can also be useful to treat constipation and gastroenteritis.

Side Effects-

There are no known side effects from using mallow in recommended amounts.

Caution-

Medicinal herbs could react adversely to prescription drugs. Always consult your physician before you start an herbal regiment.

TWO EXCELLENT BOOKS - Di Ferguson

Two excellent little books for planting crops for local gardeners.

Gardening in Brisbane and Thereabouts - Secrets of Success by Stephen Brouwer details what and when to plant, prune and pot, month by month. I am not sure if it is still available but it was published by Brunswick Publishing, PO Box 89, Brunswick Heads. However, it is available in Kindle edition from Amazon.com.au only \$8,47.

The other great little book is *Queensland Planting Guide* available from BOGI, Brisbane Organic Growers Incorporated. Available via their website bogi.org.au or you could purchase one direct at their monthly meeting on the first Thursday of every month at The Peace Hall, 102 McDonald Road, Windsor doors open at 6:30pm.



HAPPY SNAPS AROUND THE FARM

If you want to become more involved with the farm, come and join us any Wednesday morning between 9-12 noon when volunteers and allotment holders meet to work and socialise. Or on a Sunday morning between 9-11am when the shed is open and all tools are available for your use.

Or perhaps join one of the many workshops we run at the farm. You will receive a warm welcome.

Beelarong Community Farm, PO Box 595, Cnr Beverley & York Streets, Morningside 4170
Telephone 0401 168 657 (Active Parks and education) info@beelarong.org.au
www.beelarong.org.au ABN 36 492 094 065