



Meetings: 1st Wednesday of the month, 7pm
Venue: Caversham Baptist Church,
 239 South Road, Caversham
 (Corner of Surrey St. and South Rd)
Membership: Helen Flockton (455 1816)
helen.flockton6@gmail.com
Club Email: dvgenz@gmail.com
Website: <http://dvgc.co.nz/>
Bank Account # 030905051590600
 (Please include your name as a reference)

Next Club Meeting: When we are out of the Red Covid setting

Garden visit: Warren Cullen, Tane's Patu Garden, 19th March, 2 pm, 190 Highcliff Rd
 (entrance past Shiel Hill Tavern), Dunedin

	<p>Winner of the Gardener of the Year: Annette Harman</p> <p>Annette will be presented with a trophy at the earliest available opportunity</p>	<p>Things to look forward to in March</p> <p>Garden visit</p>
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Hello everyone,

Our gardens are in full Summer swing, with plenty of vegetables and fruit to enjoy and preserve. This newsletter offers some ideas of what to do with plentiful beans. You will find a report on the February garden visit and a link to information about the next host's enterprise we are invited to in March. We also have our monthly growing guide:

Things to do in your garden in March - by David

Last Chance to sow:

Seeds of silverbeet, but onion seed should go in before the middle of March. A good reminder is St Patricks Day (17th).

Last Chance to plant:

Seedlings of lettuce.

Still a bit of time to sow:

Seeds of Asian vegetables and lettuce

Still a bit of time to plant:

Seedlings of cabbage, silverbeet and lettuce.

Plenty of time left for:

Seeds of broad beans - though these can go in from the beginning of March until end of May and peas are usually sown from April. Sowing these depends on how much space you have in the garden and how it fits in with your crops.

Report on the February garden visit – by Helen

The garden visit in February was to the Ravensbourne garden of Ruth Bayne and Warren McNoe. They have lived here for over 30 years and have steadily cleared it of brambles etc. and now have a wonderful year round productive garden. This visit had many highlights but the two outstanding for me were a) the preparation of crops for the Winter and b) the harvesting of the Summer crops.

Ravensbourne isn't known for its year round sun and they have made every effort to capture the sunny spots. As you enter their garden, pumpkins are seen growing on the left. Ruth bought 3 different seed types and they have all grown, but the Blue Prince - a gray crown - appears to be the most productive.



On the right, there are several boxes of seedlings in preparation for the winter. Lots of basil, brassicas and radishes - the family love radishes as a root vegetable in the winter. Beside them were several outdoor tomato plants - Tumbling Tom - juicy sweet red and yellow.

As we meandered up the slope we came to an archway made by Warren during last lockdown for their Riwaka hop plant. It is now in flower and nearly ready for harvest. It is

used to help make a very good beer. Evidence of plants purchased from the trading table were nearby - white beans, Ruth's favourite.

At the top of the section Warren has cleared more bramble and shifted his compost to develop four more pottage beds and fruit trees. There is a very large number of berry shrubs and stone and pip fruit tree varieties.

After the tour of this amazing garden we were shown examples of their harvesting methods e.g. bottling, juicing, pickling, drying. It was great to see that there are so many ways of storing produce.



What a splendid and inspiring display!

Thank you Ruth and Warren for opening up your garden and pantry.

You are all warmly invited to join our next garden visit on Saturday 19th March 2022, with Warren Cullen who is developing a market garden for local customers at Tane Patu's Garden. He bases his methods on knowledge of the Soil Food Web: 'the soil is the base of everything'.

You can read about his enterprise in the recent ODT article written by Gillian Vine:
<https://www.odt.co.nz/lifestyle/home-garden/turning-gorse-gardens>

From Garden to Table -

How to deal with a runner bean glut - by Jenny Sommervell

Beans can be steamed, stir-fried, blanched and frozen in resealable bags, made into pickles and chutneys, incorporated into soups and casseroles, or added to salads.

Why it's important to cook beans right:

The key to delicious beans is to get them al dente, or still slightly firm to the bite. Cook in boiling, salted water until the beans are just tender, but still bright green and slightly crisp, around 5-10 minutes – start taste-testing at the 4-minute mark. All you need to enjoy the full bean flavour is butter, freshly-ground pepper, and a little sea salt.

15 good accompaniments for beans:

- finely chopped basil, chives, tarragon, savoury or parsley
- crisp, fried bacon
- slivered almonds
- feta cheese
- mushrooms, tomatoes, garlic, carrots, peppers, beetroot or chilli

Recipe: Bean, beetroot & goat's cheese salad

Time: 5 minutes

Serves: 4

Ingredients:

200g beans
100g baby rocket
400g cooked baby beetroot
100g goat's cheese
2 tbsp extra virgin olive oil
Salt and pepper
Optional: walnuts

Method:

Blanch the beans and cut into 4cm lengths. Arrange on a platter with rocket, beetroot, crumbled cheese, and walnuts if you wish. Drizzle over olive oil and season well.

(From thisNZlife: <https://thisnzlife.co.nz/how-to-deal-with-runner-bean-glut-plus-two-delicious-bean-salads-to-make/>)



How to air dry and store Scarlett Runner Beans

Usually there are some bean pods hiding in the vines that have got too old for eating as a green vegetable. These pods and seeds are big and easy to shell. The soft seeds can be cooked in about 30 mins. They can also be dried for use in the Winter or as seeds for the next crop. This is best done indoors in damp climates:

In late Summer stop watering the bean plants. This will cause the seeds to ripen. Leave the pods as long as you can on the vine, then collect the mature ones before it rains and mould sets in. Use the string on the pod like a zipper and gently twist the pods to open. Lay the delicate seeds on a tray with space around them in a warm location indoors. After a few days when they become drier and firm, shake the tray to move them around and flip them over. It takes about a week to air dry them fully, depending on the warmth.

Store dried beans in an airtight labelled container on a cool dry pantry shelf until using. Before eating, soak these in cold water for 12 hours. then cook for 2 hours or until tender.

Adapted from:

<https://learn.eartheasy.com/articles/how-to-dry-and-store-scarlett-runner-beans/>

Donations of surplus produce to the community

Our Food Network offers to pick fruit off trees in and for the community (contact ourfoodnetwork@gmail.com) and that Presbyterian Support Otago Food Bank at Moray Place, SuperGrans in South City Mall and community pantries near you are very grateful to receive any of your fresh surplus produce (see earlier email sent out by DVGC).