

GREENS~LEAVES

Dunedin Vegetable Growers Club Newsletter; issued monthly, Vol:7.6 June 2014

No Club meetings in June or July ; these resume on August 11th at St Kilda Bowling Club, 33 Royal Crescent, St Kilda . We do have a

Midwinter Potluck Dinner meeting ; 6pm, Saturday 28th June

Venue is the **St Patrick's Parish Centre, 40 Macandrew Rd**

Membership: Heather Wilson (4764607) heatherandmike@clear.net.nz

President /Secretary ; Carol Henderson (454 4625) hendersonic@xtra.co.nz Website ; <http://www.dvgc.co.nz/>

Winter is coming....

Well, that is what they say on The Game of Thrones and it did seem to have arrived here with a vengeance with the snow but now we have had a lovely warm and sunny long weekend ! Just right for getting all these tidying up jobs done which I had neglected to do before it snowed :)

Hopefully everyone will notice that our **Midwinter potluck dinner will be held at the renovated St Patrick's Parish Centre at 6pm Saturday 28th June.**

Please bring a main course and a dessert along with anything you would like to drink ! Hot dishes must be brought hot and they can be kept warm in the ovens, plugs for 6 crockpots are available in the room.

We will be having a pickle tasting as an entree so please bring along your favourite (with the recipe) - crackers will be provided. There will also be special entertainment between courses :)

May meeting;

Such a lot of information came out in the May meeting and a lot of it was before the main speaker :)

Dennis got Margaret and I to talk about the Wasabi and Saffron on the sales table, David let us know it was time to feed and mulch for winter as well as the few things left to plant and that gooseberries and blackcurrants can be pruned. The Q&A revealed a new bean to me...Hestia , which has a pink and white flower, a dwarf runner bean which cropped really well this year....also the stringless scarlet runners which have red flowers so I will be looking out for seeds of these.

Margaret then had Parsley pesto, different types of kale, mustard lettuce and some delicious (deliberately) 'burnt' brussel sprouts for tasting. Also lots of great ideas for using greens and tips such as keeping pine nuts in the freezer.

Photo of 'Hestia' bean...available from Kings seeds and I have just ordered some :)

<http://www.kingsseeds.co.nz/shop/Whats+New/Bean+Hestia+Dwarf.html>



Mac Blaikie kindly introduced Ray Annan of [Biology@work](mailto:Ray@Biology@work) who gave a very interesting but sometimes technical talk on Effective microorganisms and soil structure. Fungi figured prominently and there was one memorable picture of the Fungi feeding the Plant while the Plant fed the Fungi :) Soil tests are very useful for letting you know which minerals need replacing but adding compost, vermicast (solids from worm farm) and compost teas including seaweed , molasses etc. can make a huge difference to the nutrition reaching the plants which in turn will give you more nutrition when you eat them :)

I'm afraid that I failed to end the meeting properly as Ray had a lot to say about the only two entries in the silverbeet in a bucket competition so thank you for remembering to take your chairs to be stacked :) Ray picked my silverbeet as it had softer leaves while the club voted for Margarets.

Subscription information ;

Payments made after March 31st will cost more ; \$15 for Internet newsletter and \$20 for the Printed version.

Bank Account details...For those who would like to pay their subs via internet banking the Club bank account number is;

Westpac 030905 0515906 00

Please remember to **add your name** when paying by internet as otherwise we cannot send out your newsletter :)

French Sorrel made into soup

We had this as a taster for supper at the May meeting 2014.

I like sorrel in salads with its delicate slightly sour lemon flavor and it makes a nice soup ;

Saute 1 diced carrot in a little oil, add 1 diced stalk celery with leaves and one potato diced. Add 2 cups of sorrel with the hard main stem pulled out and add chicken stock to cover.

Cook until tender, taste, then add salt and pepper to your liking and a little lemon juice if you like it really lemony. Whizz with a stick blender or kitchen whizz. Sieve if you like it really smooth.

(I don't as I hate wasting the little bits) Add a little cream if you want before serving and enjoy. Marg.

Gardening by the moon June 2014

Our local planting calendars have only garlic and maybe broad beans for these dark months but there are a couple of other jobs to do :)

Transplanting onion seedlings is one.....a bit fiddly but satisfying to space them out and imagine how big they might grow ! The recommended spacing is at least 5cm and the moon planting dates are June 16th and 17th then 23rd and 24th. These dates also apply to sowing onion seed and garlic planting...garlic spacing 20cm to 30cm apart and at least 5cm deep.

There are a few hardy seeds you can sow- Arugula, corn salad , miners lettuce. Also some plants – kale, spinach, silverbeet and, if you have a well-drained and sunny spot , cauliflower and cabbage can still go in. The moon planting dates for these are ; June 1st to 10th then 30th.

Internet Interest

Since our August meeting will be seedswapping/sharing, here are some sites of interest ;

<http://www.howtosaveseeds.com/>

<http://www.koanga.org.nz/knowledgebase/seed-knowledge/seed-saving/seed-saving-instructions/>

<http://www.realseeds.co.uk/seedsavinginfo.html>

Change of venue

We can now return to our regular second Monday of the month meeting dates as this was not always possible at St Clair.

New venue St Kilda Bowling Club, 33 Royal Crescent, St Kilda.

Meeting dates/Competition list ;

Monday August 11th – Parsnips

Monday September 8th – Any Brassica

Monday October 13th – Radish

Monday November 10th – Salad bowl for one

Monday December 8th – Potato-in-a-bucket

Koanga Institute

Kay Baxter would love your help to save New Zealand's largest organic heritage or heirloom Seed and Tree collection by 6th June 2014. She is asking for your support for this campaign to secure the land the New Zealand organic heritage seed collection grows on before they lose it.

Dunedin 5th June - Kay Baxter National Speaking Tour

5th June 6.30pm – Dunedin, Burns 1, Arts Building, Otago

University For more info and tickets;

<http://www.koanga.org.nz/tour/>

In Kay's first talk: **Seeds Humans and the Process of Co-evolution**, you will learn how critical the age old process of co-evolution is for our future and how we might begin to step back into that circle of life. Kay will discuss how for 99% of the evolution of the human species we have been in a process of co-evolution with our environment. Stepping out of that paradigm around the time of the industrial revolution, and even further during this period of the industrialization of our food supply, has been a disaster for human health and the health of our whole ecology. It's time to step back and redesign the way forward into that age old process again.

In the second talk:

Future-Proof Your Health and Design Your Own Nutrient Dense Diet, Kay will show you how she has designed her diet to meet her nutritional requirements and take you through a process to enable you to design your own low-cost, nutrient dense diet.

The tickets for this are \$45 but for a really important cause and Kay will be speaking for around two and a half hours....I only hope she has not worn herself out by the time she gets here!

Request !

It would be helpful if members intending to come along to the Midwinter Potluck dinner would give Heather or myself a call or e-mail just so that we know how many tables to put out :)

Thanks.

Stay warm :)

Carol Henderson

Newsletter editor