



Meetings: 2nd Monday of the month at 7pm

Venue: St Kilda Bowling Club, 33 Royal Crescent, St Kilda

Immediate Past President: Carol Henderson (454 4625)

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Membership: Heather Wilson (4764607)

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Next Club Meeting: Monday 11th Dec

Club Talk: Jan Leunissen, Wayne Tuck, Jim and David will answer questions about growing in glasshouses.

Planting now Q&A: David

Guest Speaker: None this meeting

Garden Visit: Bus trip to Oamaru



Vegetable competition winner

Congratulations to Jenny Neill for her three rhubarb

Dec. competition: Potato in bucket

Jan. competition:

Personal best vegetable and/or fruit

Things to look forward to in January

Lots of sunshine

Jim will talk about mulching

Oamaru Bus trip. Written by Carol.

The Xmas Picnic bus trip to Oamaru began well with perfect weather, prompt arrival of all 34 passengers at the bus station and an excellent friendly driver! The coach was very comfortable and we enjoyed the scenery and the bits of local information and history from the driver along the way. A well-timed comfort stop at Palmerston broke the journey and it wasn't long before we were passing the Oamaru botanic gardens to negotiate the entry to the Waitaki Community Gardens.



Hi everybody. I can't remember having so much sunshine and so little rain at this time of the year which brings different challenges to the vegetable gardener. I have recently heard on the news that there have been some cases in Canterbury of gardeners catching Legionnaires' disease from bags of compost and potting mix. So make sure you wear gloves and a mask and be outside when handling the bags.

December meeting

As this is our Christmas meeting we ask everybody to bring some Christmas fare to put on the supper table.

Trading table

Please be aware we like to start the meeting at 7pm so make sure you have made your purchases and are seated before this time. We don't carry a lot of change so please be help us by bringing your coins.

Once up the hill we spread out quickly admiring the sheltered eating area complete with pizza oven, equipment shed with 3 solar panels on the roof, the large greenhouse and shade house along with the mosaic couch, stylish windmill (built by Steven McCabe's uncle), flourishing vegetable plots, fruit and nut trees, composting area and new permaculture garden on an adjoining plot. Our host Ra then arrived and explained her funded role as organiser and how much she had enjoyed doing the job. Providing vegetable boxes each week for 9 locals had been the biggest challenge but very satisfying and it was just about to start all over again. Ra took us on a tour and answered questions then we took the chance to enjoy our picnic before hopping back on the bus to Riverstone.

A short while later we hopped back off the bus into the blazing heat to be welcomed by Dot who was delighted with our gift of some edible plants. It was difficult to keep up with Dot but I learned that black raspberries have the best flavour for jam and cooking, and that each courgette plant is worth \$200 to the kitchen for the courgettes and a lot of the flowers (stuffed with 3 types of cheese) are needed to feed the masses! Dot finds it difficult to keep up with the demand for parsley (flat and curly) and she has a soft spot for strawberry spinach which she gives a bit of her precious growing space to every year. I missed some of Dot's talk as I went back to rescue Dennis from the fruit trees and the heat was ruining my attention span so I'm sure the other visitors will have more tales to tell....some of them about the castle which was looking magnificent behind the lake and fountain.

After a relaxing hour spent wandering, coffee drinking, ice cream eating and hiding in the shade it was time to get back on the bus and enjoy the air-conditioning and company all the way home :)

A big thank you to many

Thank you everyone who has supported the Syrian refugees with donations of plants and tools. They especially appreciate the

welcoming pot of mint that Margaret has been organising.

Thanks to Donald Saville-Cook for his talk on Salvestrols.

Thanks to all the wonderful committee members who have worked hard all year to make our club run so well.

Jan leunissen's response to salvestrol talk

An interesting presentation on certain substances from dark (red and purple) coloured fruits and veges: salvestrols, by Donald Saville-Cook. These substances have been demonstrated to kill (some) cancer cells in vitro, so these cancer cells were isolated from human tumours and grown in bottles. Although very interesting and perhaps even promising, there is so far no hard evidence that salvestrols also work in human patients (in vivo). But this topic is worthwhile looking into and we can be happy that we grow plants and fruits that contain these molecules supporting our health. The pharmaceutical industry will only be interested when salvestrols and perhaps more potent customised salvestrols can be produced cheaply and sold for a lot of money. We will see. For now: we would have to eat substantial amounts of such foods (or red wine) or buy the commercially available capsules/pills to have a chance of benefitting the way laboratory experiments have shown.

A critical discussion about this topic developed after the presentation, but rather belongs in a science conference, where personal experiences and gut feeling (which are at the basis of discoveries and progress) have been followed up by in-depth systematic research and later on by large scale drug trials. It does not so much belong in our vege club. What we certainly can take away from the presentation is that we can grow healthy food. Salvestrols occur in higher amounts in plants that are grown under natural conditions and which are exposed to potential diseases than in plants that look all shiny and plastic the way they do on the shelves of supermarkets. Once more this supports growing our produce organically, avoiding spraying with fungicides, pesticides, herbicides etc.

Could those people who took away Lactobacillus Serum starter please return the containers to Jan.