



GREENS~LEAVES

Dunedin Vegetable Growers Club Newsletter.
Vol 1, January 2018

Meetings: 2nd Monday of the month at 7pm

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

Secretary: Carol Henderson (454 4625)

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Membership: Heather Wilson (4764607)

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Club Email: dvgcnz@gmail.com **Website:** <http://dvgc.co.nz/>

Next Club Meeting: Monday 8th January 2018

Club Talk: "Mulching" by committee members

Guest Speaker: Chrystal Armstrong and Julie Crowe will talk on herbs and how to use them

Garden Visit: Ellen McKechnie will kindly open her garden to us on Sunday 14th January 2pm



Vegetable competition winner

Congratulations to Ross Gilbertson for his 904g heaviest crop of potatoes grown in a bucket!

January 2018 competition:

Personal best vegetable and/or fruit

Things to look forward to in February

Valentines Day!

Lynne will do the Club talk onGarden timers and Weeping hoses ☺

Main talk on growing Blueberries on the Taieri !

Carol here standing in for Ross who is away on an exotic holiday!! Happy New Year !!!
This season has been wonderfully warm so let us hope it continues with maybe a bit more rain to get the very best from our plants.

The Dunedin Horticultural Society Summer Show will be held on the 24th and 25th February at Forbury Park Raceway and they really appreciate any vegetable entries from us...it's as easy as emailing Sue Bagley on suebagley01@gmail.com before Wednesday 21st Feb. The difficult bit is saving your best for the competition!!

Which reminds me!!... please could the members who have had to change their email addresses let Heather know their new one. You will notice that Heather has a new email address herself ☺

Also a reminder that subs are due with a small increase so from now on -

Email is \$15 if paid by March 31st and \$20 after

Postal \$20 if paid by March 31st and \$25 after

If paying by internet banking you *must* use your name as reference.

Bank account: Westpac 030905 0515906 00

Such a great wealth of greenhouse growing knowledge from the Club members panel!!
Despite missing the start of the meeting, I managed to write down some important tips;

Whitefly live in the soil so it pays to refresh it every year. Sticky yellow paper traps can give you an early warning of their presence and predatory wasps can be obtained from..... Bioforce <https://www.bioforce.co.nz/shop.html>
Increased airflow can lessen the risk of whitefly and powdery mildew attacks...spraying with a milk solution can stop powdery mildew from taking hold if caught early.

Companion planting such as French Marigolds, basil, borage, coriander or chives can help.

Tomato plants crop better if the number of trusses are limited and the laterals are removed as soon as they are seen. Wayne mentioned 7 trusses for his in-ground plants but I have limited my potted plants to 3 or 4 ☺

The removal of the large lower leaves increases airflow and exposes the soil for watering
Cucumbers do best when tied up and laterals snipped off!

Aim to spend an hour a day in the greenhouse!



Our visit to the garden of Nicola Baines in December was attended by around 15 members and one dog in good weather so we had a lovely time looking around and then chatting for quite a while on the lawn.

I quite forgot to take any photos that day but Nicola posted this photo (on Facebook) on the solstice to celebrate her abundance of fruit 😊

Potato in a bucket competition

Special thanks to Ross and Sarah for all their hard work unearthing and weighing the competition entries. I did get told that members enjoy watching the procedure and would like to take part if we ever get a nice enough evening to be outside at a December meeting.



Those of you with eagle eyes will be able to tell me what is wrong with this photo 😊

Moon Planting

As you can see below, there are variations in the interpretation of the moon cycles for planting etc !! However I find it is a useful guide and a reminder.

New Zealand Gardener magazine;

Jan. 5 and 6 sow beetroot, carrots and radishes,
12 and 13 sow more roots crop outside
14-19 sow grass seed
20-27 sow and plant above ground crops
28 and 29 apply liquid manure

Kiwigardener magazine

January 3-8 sow and transplant (?) root crops
19 -31 except for 30th sow and transplant
Water and liquid feed 20-22 then 30

Organic NZ magazine

5-sow dwarf beans
8-sow beetroot, swede, turnip
10-sow greencrop on empty spaces
13-sow winter brassica in seed trays
14-sow silverbeet, spinach
15-sow dwarf beans, snap peas
22-plant out lettuce and salad greens
23-plant out leeks
24-plant out winter brassicas
27-plant out beetroot seedlings
29-good seed sowing day
31-sow seed for salad greens

Vietnamese Pickles with Carrot and Daikon Radish (Do Chua)

Taste the brine before you finish the final pickles. If you like your pickles more sweet, add a few teaspoons of sugar. Personalizing these pickles to your taste will make them extra special. I've tasted Vietnamese pickles from friends, family, restaurants and they're all different. Some are sweeter, tangier or saltier. Make them the way you want!

ingredients:

- 1/2 lb. carrots- julienned or cut into thin match-like strips 1/2 lb. daikon radish, cut same as carrots
- 4 cups water, slightly warm enough to dissolve the salt and sugar
- 3 tablespoons sugar
- 2 tablespoons salt
- 1/3 cup distilled white vinegar or rice vinegar,

directions:

1. In large pitcher or large bowl, mix water, vinegar, sugar and salt till everything is dissolved and combined well.
2. Place carrots and daikon in a clean, sterile jar and fill vinegar till jar is full.
3. Cover jars and set in the refrigerator to pickle for about 3 days. I like my pickles to sit for at least 3 days so that the carrots and daikon become more flavorful and sour. Pickles can last for about 3 weeks in the fridge.

Make your own soy milk by Jan Leunissen

Alternatives to regular dairy are getting more popular and for good reasons. Unfortunately, alternatives are about double the price of regular milk which keeps many from making the switch. I would like to present a recipe to make your own soy milk from soy flour.

Cost is approx.. \$0.40 per litre

You will find a basic recipe as well as a more luxurious version of it.

REQUIREMENTS

- decent kitchen scales that can weigh down to a gram,
- either a stick blender, a food processor blender or ideally a Nutrimix/Nutribullet (No, I have no shares in Nutrimix!),
- next a 3-4 litre pan to simmer the milk in for 1 - 1.5 hrs. A slow cooker is even better,
- once ready and cooled down the milk needs to be stored in bottles that close well and that can be easily cleaned. We use Keri juice bottles, not ideal because the lids break after a while and they are plastic, but they do the job.

BASIC RECIPE to make 3 litres.

Weigh out in a bowl or large size Nutribullet beaker

400 g water, lukewarm

7 g salt

2 grams baking soda (sodium bicarbonate)

20 g sugar (optional)

Dissolve

Add 110 g of soy flour (Indian Food Market store on Andrew St or Taste Nature, both sell non-certified GMO-free soy flour).

Stir with a handheld whisk ... the mix bubbles a little because CO₂ escapes from the baking soda. In a closed container (Nutribullet) pressure will therefore build up which needs to be released carefully at intervals.

Then machine blend the mix until it is smooth

Add 20 g rice bran oil

machine mix well, until the solution is creamy white and somewhat thick.

Heat up 2 litres of water in a pan and add the thick soy flour/rice bran oil mix to the water, stir and heat it up (to about 70 degrees C) but do not boil. Let it 'simmer' for 1-1.5 hrs under cover. Top up to make 3 litres and give it one last thorough mix with a stick blender. Cool and fill three 1-litre bottles.

COMMENTS

1. The milk will contain some solids which will settle after a few hours. I have tried many things to dissolve these solids, but I think they are just larger flour bits. They do not taste bad, just the

mouth and throat feel is not pleasant. It helps to let the milk cool down in a narrow high pan/container, so the solids precipitate in there. Carefully decanting into bottles will get rid of most of the solids.

2. Soy milk has a particular taste, one gets used to it, but it may help to add a few drops of vanilla and/or almond essence.

3. The baking soda is necessary to help the flour dissolve. However, don't be tempted to increase the amount as this will make the milk taste like washing soda, especially after 2-3 days in the fridge.

4. Make sure your bottles are clean, or you will end up with sour milk. We clean the bottles with hot water and leave a bottom of water with a drop of bleach in them before they will be used again. Rinse with water before filling them with milk.

5. You may want to play around with the recipe to make it suit your liking. The luxury recipe is based on the basic one.

6. On TradeMe one can order inexpensive scales (~\$14) that are very accurate. One wonders who would have need for such scales other than laboratory personnel..

LUXURY RECIPE to make 3 litres

This recipe is based on the previous one, with the following adaptations:

-add 2 grams of soy lecithin to the salt and sugar mix. Lecithin is present in soy flour to some extent, but adding a bit more helps suspend more oil in the milk to give it a creamier taste. Lecithin dissolves very slowly, so make sure the water is lukewarm, then blend well and exercise a little patience...

-use a different form of baking soda, called potassium bicarbonate (don't be put off by the chemical name). This bicarbonate is also a recognised food additive in baking recipes (E501) and has way less taste than baking soda. It can be used at 3-4 grams for 3 litres. I can supply you with some so you may try to experience the difference.

-use 50 grams of rice bran oil. As stated: this will make the milk more creamy and helps mask the bean taste of the soy.

Please do not hesitate to get in touch (leunissen@xtra.co.nz or 0223761239) if you have any questions, if you would like to know where to order lecithin and potassium bicarbonate, or if you would like help getting scales.

Lecithin sells per 500g -1 kg and potassium bicarbonate per 1 kg. I suggest if there should be a lot of interest we may consider ordering collectively and distribute smaller amounts.

