



## GREENS~LEAVES

Dunedin Vegetable Growers Club Newsletter.  
December 2018

**Meetings:** 2<sup>nd</sup> Monday of the month at 7pm

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

**Membership:** Heather Wilson (4764607)

[allbeingwell238@gmail.com](mailto:allbeingwell238@gmail.com)

**Club Email:** [dvgcnz@gmail.com](mailto:dvgcnz@gmail.com)

**Website:** <http://dvgc.co.nz/>

**Bank Account #** 030905051590600

(Please include your name as a reference)

**Next Club Meeting:** Monday 10<sup>th</sup> December

**Q & A:** David

**Club Talk:** Panel talk on growing potatoes

**Guest Speaker:** None due to potato-in-a-bucket weigh-in and Christmas supper

**Garden Visit:** Liz and Lindsay Millar.



### **Vegetable competition winner**

Congratulations to Marion Thomas  
for her 3 radishes.

### **Competition for December**

Potato-in-a-bucket

### **Things to look forward to in January**

Talk about Kindred Day

Talk on pollinating bees

## **Hello Everyone**

Well, that was a very wet November, and not a great start to December. It hasn't stopped the weeds growing though, just my motivation to keep on top of them.

### **Club fees**

Subs are due in January. They will be \$15 per person, if paid before 31<sup>st</sup> March. From April 1 they will be \$20. If you want your newsletter posted, not emailed, then subs are \$20 (unfortunately we cannot get a newsletter to you by post before the club meeting).

### **Sally Carson's Edible Seaweed Workshop by Sue Novell**

On a wet Sunday morning we drove along the Peninsula to gather at the Marine Studies Centre of the University of Otago at Portobello. Our group of twenty seven

was warmly greeted by Sally Carson, the director of the Centre. She had previously given a theoretical talk at one of our monthly DVGC meetings. Now we were going to experience the world of seaweed first-hand. With some trepidation on my part we left the shelter of the building to step out into the pouring rain and gingerly onto the rocky seashore. Sally deftly picked up bits of seaweed and shared with us which ones she likes best and what she uses them for. Fortunately there are no poisonous seaweeds, just ones that taste better than others and have different uses. Encouraged, we picked the tips from growing, attached plants and tasted them. I was surprised how bland, slightly salty and firm they were. Neptune's Necklace was my favourite, like a crunchy burst of seawater. Sealettuce and bladderkelp were chewy. Strapweed likewise. Finer

feathery weeds need the sand rinsed off first as some of the group found out! Back in the warmth of the Centre Sally introduced us to the species from the tanks she had prepared, like Karengo and Wakame that have been introduced to NZ waters by foreign ships. She explained how the Japanese chop up the tough parts of Wakame and other weeds very finely to then mix into salads and soups.

Carrageenan Weeds are used as thickeners, such as Agar in seameal custard or for wound dressings. All seaweeds are great for drying (on clothes line, in oven or dehydrator), grinding up and mixing in small quantities in other food as they add minerals like iodine, also protein and the taste of umami. We moved to the foyer for tastings of some dishes that Sally had prepared. Chopped Neptune's Necklace on crackers with cream cheese and Wakame chips, blanched Bladder Kelp, and Spirulina smoothie mixed with soda water were some of the treats. A large table, with a display of brochures, recipe books and general information about the benefits of seaweed and its uses, was there to peruse at lunchtime. We took away with us a guide to the Rocky shore with illustrations of the different seaweeds and a pamphlet with interesting recipes to introduce seaweed into our food. It was a very inspiring workshop - one that gave me the confidence to go out to the shores of the outer harbour or along the coast at low tide and gather seaweed to eat and store.

### **ENERGIE BARS WITH SEAWEED**

2 cups mixed nuts and dried fruit  
1/2 cup maple syrup  
1/2 cup dried finely ground seaweed  
Process nuts and fruit to a desired

consistency. Add seaweed and maple syrup, mix thoroughly. Spread into a baking tin lined with paper. Press down to about 20cms. Bake at 180 C for 20-25mins. Cut into bars while still warm.

Recipe from 'Seaweed Workshop Recipes', New Zealand Marine Studies Centre

### **Christmas supper**

Please bring something to share for our Christmas supper. Spend some time enjoying each other's company and watch the potatoes get weighed – the blue ribbon event of the vege growing competition calendar.

### **Club Q and A**

Every meeting David runs a question and answer session to bring out the club's collective gardening knowledge to answer questions and solve problems individual members may have. If you want to ask a question and are too shy to speak out loud during this time, simply write your question on a piece of paper and hand it to Heather or Lynn at the membership table before the start of the meeting.

### **December 2018 Planting now:**

**Sow seeds of:** beans, beetroot, carrots, lettuces, parsnips, radishes, silverbeet, spinach and swedes.

**Plant seedlings of:** all brassicas, beetroot, carrots, courgettes, leeks and lettuces.

**Planting by the Moon** (From NZ Gardener, 2018 Garden Diary)

1-3 Dec – Don't plant or sow just yet.

4-5 Dec – Sow root crops, like radishes and turnips and swedes.

6-10 Dec – There's a fertile time approaching so cultivate and add soil amendments as required.

11-18 Dec – Get busy, it's sowing time. Transplant on damp, overcast days and watch for dry spells.

21-25 Dec – It's the full moon so leave the garden to its own devices and enjoy Christmas.