



**Meetings:** 1<sup>st</sup> 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](mailto:helen.flockton6@gmail.com)  
**Club Email:** [dvgnz@gmail.com](mailto:dvgnz@gmail.com)  
**Website:** <http://dvgc.co.nz/>  
**Bank Account #** 03-0905-0515906-000  
 (Please include your name as a reference)

**Next Club Meeting:** Wednesday 2<sup>nd</sup> November 2022

**Q & A:** David

**Club Talk:** Jim Bazsika – Natural remedies from the garden

**Guest speaker:** Sue Novell – Growing food with perennial and self seeding plants

**Garden visit:** Ross Gilbertson, Sunday, 20<sup>th</sup> November 2022, 2 pm, 39 Dalmore St. North East Valley. Best to park along Evans Street and take steps down to Dalmore St to access the terraced property.



November competition:  
 Salad bowl for one

**Things to look forward to in October**

Garden visit

Hello everyone,

In this newsletter we offer the regular planting guide, a report on our monthly garden visit, along with information about another trio of edible plants that are easy to propagate. We have some good news about the acoustics at our club meetings and a date set for the Xmas lunch.

### **Garden tasks for November - by David**

#### Sow seeds of:

Asian vegetables, Asparagus, Beans, Beetroot, Brussels sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Corn, Courgettes, Cucumber, Kale, Kohlrabi, NZ Spinach, Onions, Peas, Salsify, Silverbeet, Sprouting Broccoli and Tomatoes.

#### Almost too late to sow seeds of:

Globe artichokes, Fennel, Leeks, Parsnip and Pumpkin-Marrow-Squash.

#### Plant seedlings of:

Asian vegetables, Broad Beans, Brussel sprouts (from mid-month), Cauliflower, Celery, Corn, Courgettes, Cucumbers, Kale, Leeks, NZ Spinach, Peas, Pumpkin, Silverbeet, Sprouting Broccoli and Tomatoes.

#### Almost too late to plant seedlings of: Onions.

## Report on the visit to The North East Valley Community Garden – Sue



A leafy alley led us into the sunny North East Valley Community Garden, sheltered from winds, on a late Spring Sunday afternoon. Scheduled for a community working bee (like each weekend on alternate days), the scene was already a hive of activity. People were getting ready to attend to the many tasks ahead: clearing spent Winter vegetables, weeding beds, sowing seeds, planting out punnets of seedlings, filling compost bins and many other small and big jobs. As usual, 10-15 people from a pool of twenty regulars had come along. Plus a few inquisitive visitors from the Dunedin Vegetable Club.

Tom McKinlay, together with other early members, shared the story about the ‘haphazard’ development of the garden: work was started in 2011, with the initial aim of occupying a disused swampy terrace above the school with a small number of productive beds along the front. After draining the whole area, additional wide, raised beds were added. Some of these have since been narrowed to allow for better ease of reach and less soil compaction. The paths between the beds, wood-chipped at first and quickly overgrown, are now in grass and mown regularly. Annual plantings are rotated, for which everyone brings along seedlings and does their share of work. The basic rule is: if you work in the garden, you can take food from it. The planning is done communally. The beds are numbered, with the numbers corresponding to a seasonal planting plan for each bed.

There are flower beds for the insects, a garlic bed that has been unsuccessful, due to the dreaded rust. Also, a thriving artichoke patch, carrots well up (sown in July), brassicas flowering for the bees and new ones planted. Scarlet runner beans have their frames installed (tip: when planting the runner bean seedlings, poke a bean into the soil next to it. The new plant will later climb up the old plant and you get a succession of beans, therefore higher yields from the same area). Beetroots are a



favourite, as they provide tubers plus greens from the same patch. This year a large bed is devoted to the ‘Three Sisters’ method: beans, squash and corn planted together, one benefitting from the other, plus sunflowers. To get corn to grow successfully, early varieties are chosen (recommended: *Early Marika*, maturing in just 80-90 days, Egmont Seed or *Corn Early Gem* from Koanga Gardens (tip: grow seed in soil in cardboard toilet roll holders which have cut and folded at the bottom - plant seedlings, cardboard and all, directly into the garden later).

The adjacent EnviroSchool makes good use of some of the garden beds, with children regularly attending to them. The Transition Valley Community Project group planted fruit trees a few



years ago: peach, feijoa, apple, quince, pear, apricot and more. A large tunnel house is where heat loving tomatoes and cape gooseberries ripen in Summer. At the back, many well constructed and attended compost bins now provide good food for the soil microbes of the garden – a vast improvement on the earlier loose piles of weeds.

The open space in the middle of the garden was where all participants were invited to gather around for a sumptuous afternoon tea. Catch-up conversations, also discussions on the benefits of communal gardening made for a lively atmosphere.

We wish the community a successful new growing season and thank all very much for sharing their knowledge, stories and hospitality.

### **Food Security with Perennial Vegetables – by Sue and Tim**

Try growing these easy care, easy to propagate vegetables that come year after year without much fuss in your garden or in pots. No annual sowing or buying of seedlings needed. For those who are interested in the idea of continued sharing by planting, dividing and giving surplus plants to neighbours, friends and family, free plants or seeds will be available at our November meeting.

#### ***Silverbeet or Chard***



Originally from coastal Mediterranean areas, Silverbeet can be grown year round in a sunny spot in New Zealand. It is a popular crop, as it can be harvested perpetually – you can pick a few stalks at a time and it will regrow more from the base of the plant, extending the harvest and the season. It is a great source of vitamins A and C, iron and magnesium, low in calories and rich in fibers.

Plant into well composted, moist soil directly in the garden or in a pot and mulch well before dry spells. To propagate, leave a plant to flower and set long strings of seeds. The seeds are large and easily collected when dry, ready for storing, giving away and sowing in another spot of the garden. Or leave the seeds on the plant and let yourself be surprised to later find lots of baby silverbeet plants popping up in the ground below, ready to grow. Thinnings can be easily transplanted when small.

#### ***Runner beans***



originated in the mountains of Central America where they grow in and around mostly mixed forests as perennial vines with tuberous roots. Our temperate climate suits them well, where they like a warm, sheltered, sunny, well composted and consistently moist position. Runner bean seeds can be used fresh or as dried beans and the pods are edible as a whole: The young green bean pods should be eaten cooked and older ones can be shelled, cooked and incorporated into dishes. Surplus green beans can be frozen, dried, pickled or fermented. Beans left on the vine to mature, then picked, shelled and dried indoors, are best stored in glass jars for Winter eating and for sowing next season. Note that dried beans need soaking until they are completely plump, before cooking. The taste of these cooked beans is savoury, nutty, almost meaty – delicious!

Runner beans are best propagated from saved seed, an inexpensive and easy way to create more plants from a variety you particularly liked. Runner beans can climb up teepees, trellises, indeed any poles, bushes or young trees in the garden.

Recommended site to learn more about growing Runner beans in our climate:

<https://thisnzlife.co.nz/11-tips-for-growing-runner-beans-in-new-zealand-why-runner-beans-should-be-a-staple-in-your-garden/>

### ***Oregano or Wild Marjoram***



is an aromatic perennial herb, hailing from different parts of the world, including Greece and Mexico. It is grown for its superb deep flavouring in many dishes and reputed medicinal (antibacterial) properties. The leaves are very high in vitamins, iron, folate, fiber, calcium and magnesium. Can be used in dishes in the early stages of cooking as it keeps its pungency: in pizza and pasta sauces, marinades and meat rubs, baked vegetables, added to pizza doughs, pesto, infused oils, herb butters,

olive oil additions, stuffings, soups and more.

When planting, group together with other drought-tolerant hardy ground covers and herbs, as Oregano hates wet soil. It suits spilling over banks and retaining walls and spreads slowly by layering, though not too much; and rooted cuttings can be easily divided off in Spring. The pink or purple flowers are edible, loved by the bees in Summer, the seed heads by the birds in Autumn. Cut the stems back to the ground in Winter and it will burst into green growth in Spring. There are many types of Oregano. The cuttings we are sharing are *Golden Oregano*. Plant in free-draining soil or in a pot in full sun to part shade and do not overwater.

### ***Miner's Lettuce, Lovage and Orach***

Unfortunately, we could not share Miners Lettuce, Lovage and Orach plants at the last meeting due to its cancellation. The best transplanting stage for these is now over. We will try again next year.

We have Orach seeds to distribute though. If anyone has surplus Miners Lettuce seeds, please bring them along to share.

### **From garden to table**

#### ***Rainbow silverbeet with pine nuts, garlic and raisins – Womans Weekly***

The combination of fresh rainbow silverbeet, crunchy pinenuts and sweet raisins goes perfectly together. Delicious and nutritious, this beautifully warm salad makes the ultimate side dish to any dinner spread.

#### ***Ingredients:***

1 bunch rainbow silverbeet (750g)

2 tablespoon olive oil

1 medium piece brown onion (150g), chopped finely  
2 clove garlic, crushed  
½ cup (85g) raisins  
1/3 cup (50g) pine nuts, roasted  
1 tablespoon lemon juice

*Method:*

- Separate leaves and stems of silver beet, chop coarsely
- Heat half the oil in large saucepan, cook onion and garlic, stirring until softened. Add silverbeet stems, cook, stirring, until just tender. Add leaves, cook, stirring, until wilted.
- Remove pan from heat, stir in raisins and half the pine nuts. Season to taste with salt and pepper. Drizzle with the remaining oil and lemon juice; sprinkle with the remaining pine nuts.

(<https://www.nzwomansweeklyfood.co.nz/recipes/rainbow-silver-beet-with-pine-nuts-garlic-and-raisins-13910>)

**Urgent call for four new committee members**

We aim to be a thriving club that helps our members and communities share and learn as much about local food growing as it can. To this end we would love to have more club members interested in taking part in shaping the club, join our friendly team. Becoming a committee member means meeting once monthly and giving a hand in helping to organise our club activities. We try to share jobs evenly; but with only five members and one thereof absent at present, we feel stretched and urgently require some assistance. Having more people on board would be fun and very much appreciated. It would mean we are sure to prevent future tricky situations and possible cancellations of meetings due to unavailability of committee members. Please think about this proposition and have a chat with one of us on the committee: David, Jim, Ruth or Sue. Thank you very much in advance!

**The End of Year Function**

is a two course Christmas themed dinner, costing about \$25pp and scheduled for 12:30pm on Saturday 10th December at the function room of Mitchells Tavern – there will be a sign-up sheet on the welcome desk and numbers are limited to thirty-four.

(Email [dvgcnz@gmail.com](mailto:dvgcnz@gmail.com) if you would like to attend and cannot be at the club meeting)

**New speaker system**

The committee is pleased to report that it has purchased and tested a new Public Address (PA) system for the club. This should very much improve the acoustics at our meetings.

**Supper helpers this month - Carol Tricker and Lyn Whyte**