



**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)  
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**Club Email:** [dvgenz@gmail.com](mailto:dvgenz@gmail.com)  
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**Bank Account #** 030905051590600  
 (Please include your name as a reference)

**Next Club Meeting:** Wednesday, 2<sup>nd</sup> August 2023

**Q & A:** David

**Club Talk:** Jo and Victoria – Micro-greens / Biochar

**Guest speakers:** Mick and Sue from Terracotta Plants

**Garden visit:** Terra Cotta Plants, details to be supplied later



**August competition:**

Best Winter Green

**April competition winner:**

Jenny Neill with 3 potatoes

**Things to look forward to in August:**

Garden visit

Hello Everyone,

Here we have a planting and potato growing guide, a report on the latest garden visit, additions to our perennial food plant collection and some delicious recipes that make the most of a plant.

**Garden tasks for August** – by David

Almost too late to plant: Rhubarb

Time to sow seeds of: Asian vegetables, Broad beans, Cabbage, Onion, Peas, Potatoes, Shallots and by mid-month (though you may wish to bring this forward because of the higher average temperatures – but remember that last year we had snow in September), Beetroot, Carrot, Silverbeet, Parsnip and Leeks (Parship and Leeks need a long time to mature so needs to be sown before the end of October), Celery and Celeriac, Salsify and Tomatoes. If in doubt, remember that Broad beans, Lettuce and Parsnip germinate at lower temperatures than beets, silverbeet and carrots.

Time to plant seedlings of: Jerusalem artichokes, Asian vegetables, Asparagus, Cabbage, Garlic, Onions, Shallots and Silverbeet. (The Star Garden Guide suggests waiting until next month for broad bean seedlings and says nothing about pea seedlings perhaps because peas come in many varieties and you would need to use a very early variety at this time. And after the middle of month: (once again bring this forward if you wish) Cauliflower and Lettuce.

Too early yet for: Beans (other than Broad), Pepper seed, Corn, Cucumber and Fennel, Spinach.

Don't even think about: Kohlrabi (October) and NZ spinach (mid October).

Things to try this month: Make a hot bed when you do the first lawn mowing and sow early lettuce seedlings on top, then compare them with those planted in the bare ground.

Seed potatoes: Sometimes there are smaller seed potatoes in the 1kg bags than in the 3kg bags, so you may not need to buy the more expensive heavier bag to get the number of seed potatoes that you want.

Find out Jim O'Gorman's secret to growing his famous potatoes, eaten in top restaurants:  
<https://youtu.be/8g3rWBKm-gs>

### **Report on our May Garden visit – by Helen Flockton**

In May we visited the garden of Constance Nutsford, Pete Maloney and baby Basil in Easter Crescent. They have had their home for a year and have done an amazing job of clearing the outside area, with the plan of having a garden full of edibles.

They are well on their way and were keen for any advice, especially as they have come from up North and are adjusting to the Dunedin seasons.

The midday to afternoon sun is at the front of the house, so many vegetables and berries are planted there, including tomatoes and aubergines. The back of the house has been developed with raised beds and fruit trees. The part shade areas would be very suitable for currant and gooseberry bushes. Those present gave tips and advice over a cup of coffee and sausage rolls; and I'm sure Constance and Pete would appreciate any further tips members may have about setting up a productive garden.

Thank you for opening up your garden to us.

### **Mid Winter Dinner**

It was fabulous – great food and company with a wonderful talk on the birds in our gardens by Mary Thompson, thanks to all.

### **Preparation for DVGC Seed Swap August 2023**

At our August club meeting we will hold a 'Seed Swap', where all are welcome to bring their surplus seeds, well labelled, to give and swap with others. The idea is to share seeds that have done well in your area, of produce that tastes great, and you think are worth spreading. So only seed from open pollinated plants, as those can be replanted every year and come true. Envelopes provided.

### **Food Security with Perennial Plants – by Sue**

Try growing these easy care, easy to propagate vegetables and herbs 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 and/or seeds will be available at our August meeting.

If you already have surplus seedlings, cuttings or seeds of the plants we are introducing, or have previously introduced, we greatly appreciate you bringing some along for sharing.

### Pepino



Pepino (- dulce) is a perennial fruiting shrub, originally from South America. When ripe, the versatile fruit tastes melon-like with a hint of cucumber and turns from green to yellow with purple stripes. It is delicious raw in all kinds of salads, or the unripe fruit can be cooked like squash. They mature at the end of 1m long stems that do not cling and need to be tied to a trellis or something to grow over. The plant likes a soil rich in organic matter but not much manure, to encourage fruiting. It thrives in a warm situation, but can

withstand frosts if cut back after fruiting and then covered. Pepino can ripen off the vine inside in winter. They are traditionally used as a go-to food for fighting inflammation. Easy to take cuttings from, pass these on to friends and family.

### Dandelion



Dandelion are a powerhouse of nutrition which extends to all parts of the plant, from root to flower, a rich source of fibre, minerals and vitamins. The young greens can be eaten raw or cooked and are an excellent source of Vitamins A, C and K. They also contain Vitamin E, folate and small amounts of B Vitamins. What's more, dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium and potassium. You

can eat the root like other root vegetables, and its fibre supports healthy gut bacteria. The flowers are loved by bees. Twelve soothing and wonderful things you can make with Dandelion flowers: <https://thenerdyfarmwife.com/12-things-to-make-with-dandelion-flowers/>

### Strawberry



Strawberry plants like a sunny position with free-draining rich soil, and a thick layer of mulch.

Plant a mix of varieties and types if you want strawberries over spring, summer and autumn. They are packed with Vitamin C, and a good source of potassium, folate and magnesium.

Best to plant running north to South for even ripening, on mounds (about 10cm high) to help prevent disease and encourage air flow around plants. Cover with netting or

the birds will find and eat them. Great to propagate from runners and pass on to friends and family. Because they are shallow rooted they can grow in pots, tyres, niches in walls and the wild ones even in cracks of paths!

At present, there are no strawberry plants for sale to the general public in garden shops, so we ask all who have some spare runners to bring them along to our August meeting to share.

**Recommended podcast** with Nate Hagens - on the link between soil and human health:  
<https://www.thegreatsimplication.com/episode/79-anne-bikl-david-montgomery>

## **From Garden to Table**

### Root to Stem cooking

There is so much delicious plant food that we fail to eat, out of habit or ignorance. By using more of one plant when making meals, we reduce food and water waste. We can add growing space to a diverse range of vegetables and allow more biodiversity to thrive in our gardens.

Here is a link to an innovative list of 40 plus *root to stem recipes* to cut food waste:  
<https://www.healthygreensavvy.com/root-to-stalk/>

### Miners Lettuce and Mixed Greens soup

2 Tbs oil

4-6 cups mixed greens (use mixed salad greens & Miner's Lettuce - only use what you know!)

1/2 shallot, minced

1 clove minced garlic

3 cups (approximate) vegetable broth – preheated

1/2 cup pre-cooked rice (brown or sticky white)

Salt and Pepper to taste

### **DIRECTIONS**

Heat oil in soup skillet

Add Shallots & garlic with a tad of salt - and saute until tender (do not brown)

Pour preheated broth into pan and stir in rice

Mix in greens - greens should overwhelm the pot - and should wilt until they are equal with liquid (so make this balance happen by either adding more greens or increasing the water)

Allow greens to wilt and soak into liquid - do this briefly - you want them to just begin to leach into the broth.

Puree entire soup or solids (with a ladle of liquid) in blender (be careful with hot liquids - remove inner cap of blender to release heat while blending - (be sure to cover opening of blender lightly with cloth, too), or use stick blender.

Return soup to pot and heat briefly on low for a few minutes only - add salt and pepper to taste. With these greens, salt brings out the flavor... so, salt in increments - allow to sit briefly then taste and adjust.

## **Trading Table**

We love to have interesting plants, seedlings, seeds, cuttings, produce, gardening items of interest etc. on our trading table. Thanks for your contribution!

## **Supper goodies**

Thanks to all who have been contributing to our delicious supper spreads. We would like to showcase our local seasonal produce and welcome members to bring along some home made supper snacks or baking, using fresh or dried fruit or vegetables, nuts etc. from the garden.

We thank our supper supervisors, Janice McCraw and Beverley Livingstone, along with those who volunteered to help this month: Vivian Harwood and Marion Thomas

**Committee notices**

We would love to have more members on our committee to help with different tasks – if you would like to help out, have a chat with us at the next club meeting.

If you no longer wish to receive the Dunedin Vegetable Growers Club newsletter, please let us know by return email. Please just put "unsubscribe" in the subject line.