



Dunedin Vegetable Growers Club Newsletter  
October 2023

**Meetings:** 1<sup>st</sup> Wednesday of the month, 7pm  
**Venue:** Dunedin Lawn Bowl Stadium,  
 38 Tahuna Rd, Lawyers Head, Dunedin  
**Membership:** Helen Flockton (455 1816)  
[helen.flockton6@gmail.com](mailto:helen.flockton6@gmail.com)  
**Club Email:** [dvgcnz@gmail.com](mailto:dvgcnz@gmail.com)  
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**Bank Account #** 030905051590600  
 (Please include your name as a reference)


**Next Club Meeting: Wednesday 4<sup>th</sup> October** – in the Tahuna Lawn Bowls Stadium

**Q & A:** David

**Club Talk:** Warren McNoe - 'Raised beds - growing, harvesting and compost'

**Guest speaker:** Don Pearsons - 'Know Your Onions'

**Garden visit:** Waitati Taste Nature Garden, Saturday 28<sup>th</sup> October, 2 – 3pm (entry \$5 p/p),  
 In case of rain: Saturday 4<sup>th</sup> November. Carpooling from Bunnings carpark on Strathallan St  
 departing 1 30pm sharp.

	<p><b>October competition:</b> Three stalks of rhubarb</p> <p><b>September competition winner:</b>  Best winter produce – Heather Wilson with broccoli</p>	<p><b>Things to look forward to in October:</b></p> <p>Garden visit Gasworks Market</p>
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Hello Everyone,

Here we have our October garden tasks, some handy gardening tips and recipes for home-made seed raising mix, more perennial plants to consider growing and the story of a Glenleith garden. We call for labelled plants for our stall at the Gasworks Growers and Craft Market.

## Garden tasks for October

### Time to sow seeds:

Asian vegetables, Asparagus, Beetroot, Sprouting Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celery and Celeriac by mid-month, Courgettes, Cucumber, Kale, Kohlrabi, Leaf lettuce, Leeks, Onion until mid-month, Parsnip, Peas, Potatoes, Pumpkin-Marrow-Squash, Radish, Rhubarb, Salsify until mid-month, Silverbeet, Spinach, NZ Spinach after mid-month, Tomatoes and Turnip.

Too late to sow seeds of: Broad beans.

Last chance to sow seeds of: Celery and Celeriac (mid-month), Leeks, Onion mid-month, Parsnip end of month and Salsify mid-month.

Time to plant:

Asian vegetables, Cabbage, Cauliflower, Corn from mid-month, Courgette mid-month, Cucumber mid-month, Lettuce, Onions until end of month, Pumpkin - Marrow - Squash, Silverbeet, Tomatoes and Yams.

Too late to plant: Jerusalem artichokes and Shallots.

Last chance to plant: Onion sets.

Plan ahead for:

Capsicum plants – 1st Nov. Brussels sprouts plants – mid November. Green Sprouting broccoli plants – December

### **Make your own seed raising mix – two recipes**

Kath Irvine suggests brewing a very flexible mix in small batches:

1/3 food - compost or well rotted manure or vermicastings  
1/3 drainage - river sand, really well rotten sawdust or propagating sand  
1/3 moisture retention - leaf mold, vermicastings or the soil beneath mulch under trees

<https://www.ediblebackyard.co.nz/homemade-seed-raising-potting-mix/>

Marion Thomas uses:

2 parts compost

2 parts coconut coir

1 part vermiculite

½ part worm castings

NOTES: Marion sieves the compost to remove big lumps and soaks the coconut coir in a weak 'Worm tea'. Vermiculite retains moisture and minerals but can be substituted with horticultural sand. Worm castings are available from Wals: \$23.99 5L

**Don and Fiona's Glenleith garden** – written by Don Pearson prior to the visit due to publishing time constraints:

The steep property in Glenleith is “3735 square metres more or less” (just under an acre) of established ornamental and native plantings. It was originally purchased as part of a larger plot of land from the family nursery business by Cliff and Linda Donaldson in 1959. It is still possible to see planting themes that carry on through to the neighbours.

The aspect is NNE and low hills to the north restrict winter sun. Don and Fiona have owned the property since January 2021 after renting there for almost 2 years. When the property was purchased there had been 14 years of limited management from owners who had planned, but never quite managed, to retire there.

The property drops steeply from Glenmore Street. There are four protected native trees on the property, one, a female totora, likely predates European settlement. The other three, a hinau, a tawa and a rewarewa are all native to more northern climes but are thriving on the property. Some 20 camelias have been removed yet around 100 still remain in



various states of repair. Maples, Metrosiderous, Rhododendron, Fuschia, Magnolia and ornamental natives appear to have been collected as well. Unfortunately, the recent warm and windy weather has sped the demise of some of the bloom; many were past their best.



The first project was to resurrect/salvage existing food producing plants and to uncover and repair the tunnel house. Both of these required the removal of some mature trees that would otherwise have restricted sunlight. Tree roots are still a problem to contend with in some areas. Branches and twigs too small for firewood are used as coarse mulch around trees and berry plants.

Hens (four) have free range of much of the property and are fenced out of most food production areas. They are fed feed wheat, fish waste, cockle shells and food and vege scraps, along with what they forage. Their roost is next to the compost heap for ease manure collecting.

The existing two apple and two pear trees are well in bud and have been augmented this winter with the planting of four more apples and a quince. The small remaining black and red currants, raspberry and gooseberry patches have been renovated and augmented. Boysenberries have been planted against a north facing boundary fence and a bird netting structure put in place. Four lemon trees, one in the tunnel foyer, have been planted and are beginning to bear fruit. 3 feijoas and a tamarillo are the latest additions, inspired by garden visits and conversations with fellow DVGC members.



The tunnel house is approaching its third summer with established early spuds, garlic, red onion, spinach, rocket and recently planted tomatoes. The “spud in a bucket” is already looking like a certain winner!

Two outdoor vegetable areas have been established. The warm winter has seen the broad beans and peas do excessive growth. A late winter early spring planting will be done next year, allowing time for a green crop. Garlic shallots and onions are also established outdoors.

### **Handy garden tips – gleaned by Sue**

#### How to grow more potatoes when space is short:

Kath Irvine lays down pieces of cardboard between fruit trees, berry bushes, shrubs, or on the lawn, puts a shovel full of compost on top (with a bit of seaweed or comfrey), then nestles the sprouted potato in and piles on lots of organic matter (weeds, spent stalks, hedge and grass clippings, leaves, pine needles etc.). She tops this up occasionally, when rummaging for potatoes after the plant has flowered, to keep the harvest coming! ([www.ediblebackyard.co.nz](http://www.ediblebackyard.co.nz))

#### How to get courgettes and pumpkins off to an early start outside:

Suzanne Middleton plants her seedlings in compost in a sheltered spot in the garden. She then places an open cardboard box, with the bottom flaps turned out, around it with a sheet of glass to cover the top. When the weather is warmer, she lifts the glass off and the plants expand. The cardboard rots down in the rain and provides a mulch over the roots in hot weather.

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

Try growing these easy-care, easy to propagate vegetables, herbs and fruits 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 October 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.

#### **Globe Artichoke**



is grown for the plump flower buds which have fleshy, edible parts at the base of the flower scales at the top of the flower stem. The hearts are cooked or pickled.

The blue-purple flowers are magnets for pollinators and the large ornamental leaves add welcome biomass to the compost and mulches. It grows best in cool climates in well-drained soil and is propagated easily by using a spade or knife to divide off two strong sprouts with a good number of roots. Divide only productive plants and replace every three years or so.

## Wild strawberry



is a plant that thrives in the cooler months of spring and autumn. In winter and summer, it is dormant. The fruit are sweet and fragrant and fun to forage for.

Transplant runners in the ground or pots in late spring, water and then only in very dry conditions. They spread successfully in open areas with morning sun and afternoon shade (4-6 hours of sun), by stolons and rhizomes. There is a white variety that needs more moisture, but the birds don't see them!

## Garlic Chives



are an attractive clump forming perennial, which does not die down in winter, unlike common chives. The leaves are flat, with a mild garlic flavour and can be eaten raw or best lightly cooked in stir fries, omelettes, patties, and soups. They are a great companion plant for carrots and beet, also apple trees (preventing black spot), but not for peas or beans. In late summer, lovely white flower heads appear on long stalks that draw bees to your garden and are also edible.

They grow well in all soil types, in full sun or part shade. Four- or five-year-old clumps are best divided, replanted and shared.

## From Garden to Table

### Garlic chive pancakes

2 eggs,  
1 cup flour  
1 cup water  
¼ tsp salt  
1 large bunch garlic chives  
1 T oil  
Soy sauce for dipping

Whisk eggs in a mixing bowl until fluffy. Add flour, salt and water; whisk until smooth. Trim ends from chives and chop into 1-inch pieces. Add to the batter and stir to combine. Heat oil in a 9-inch nonstick skillet over medium low. Pour 1/2 C of mixture into the pan, tilting to spread batter evenly. Cook about 4 minutes each side, turning once. Repeat with remaining batter. Serve with soy sauce for dipping. Yield: 3 to 4 pancakes.

**Supper** Volunteers at this month's club meeting: Eddie Christensen, Melanie Aicken  
A plate of goodies is most welcome.

## Trading Table

We would love to have more plants, cuttings, seedlings, seeds and useful gardening materials etc on the trading table. Anything useful along these lines that you are able to share with others is most welcome.

## Gasworks Growers and Craft Market – Saturday 7<sup>th</sup> October 2023

10am-4pm, 20 Braemar St, South Dunedin



**GASWORKS GROWERS  
& CRAFT MARKET**  
Saturday 7 October  
10am–4pm

**Sustainability\*Community\*Resilience**  
facebook.com/people/Gasworks-Growers-Craft-Market

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**DUNEDIN  
GASWORKS  
MUSEUM**

For more info email:  
gwgandcmarket@gmail.com  
or text: 022 438 6560

**Dunedin Gasworks Museum**  
20 Braemar St, South Dunedin

We will need plants and produce for our DVGC stall, the proceeds of which will go to the local Food Bank at Presbyterian Support Services.

Please bring one or more labelled potted plant/s to this coming 4<sup>th</sup> October club meeting. Preserves are also welcome. We will collect items at the entrance. Fresh produce can be brought directly to the stall on the day. The market runs from 10am to 4pm, with parking allowed on site for drop off before and after the event.

Thanks to those who already volunteered to help with and at the stall.

Please come along and help make this local market a great success!