



Meetings: 1st 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
Website: <http://dvgc.co.nz/>
Bank Account # 030905051590600
 (Please include your name as a reference)

Next Club Meeting: Wednesday 5th October 2022

Q & A: David

Club Talk: Growing different tomato varieties

Guest speaker: Jim Baszika – DIY coldframes and gardening shortcuts

Garden visit: Sunday, 16th October, 1 pm, North East Valley Community Garden, from North Road turn into Calder Avenue, then Primrose Bank. Walk up to the gardens. We are welcome to bring gardening gloves, a trowel or fork to give the community a hand.



October competition:
Three stalks of rhubarb

Winner for Best Brassica:
Ruth Bayne with Daikon Radish

Things to look forward to in October

Garden visit

Hello everyone,

This is a busy month of the year, with lots of seeds to sow and plants to plant, see this month's guide. We report on the garden visit and encourage mixing flowers and vegetables in the beds. There is a book review, also an introduction to more perennial vegetables with a recipe to follow.

We add a report and timely warning about unsafe compost ingredients.

Garden tasks for October - by David

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 (last month), 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

Report on our visit to Sophie Barker's garden – by Sue



On a sunny afternoon, an interested group of members very much enjoyed spending time in Sophie Barker's garden. Sophie's philosophy is that her garden should make her happy. To that end she has created numerous intimate areas, themed to suit the various climatic aspects. In the sunny front space there are bright flowers and flaxes surrounded by a newly planted kowhai tree. The path towards the back garden is lined with plants and bulbs in pots; and its cracks are informally filled with selfseeding Alyssum, cleverly disguising a former driveway.

Close to the house, past a practical potting area, is a collection of succulents displayed in a playful fashion, taking advantage of the heat of the sun against the bricks. In a corner to the side, a newly established wild flower patch sits amongst raspberries and productive currant bushes. A leafy bush area full of chirping waxeyes, lured in

by fruit and water, hides a set of compost bins. Sophie tops up her numerous low garden beds with her own compost and vermicast from her worm farm. She mulches them with a layer of cocoa husks. There are colourful silverbeets, many varieties of herbs, trellises for peas and beans awaiting Summer growth, vegetables and flowers intermingling and spilling out of the borders.

Shady moist areas are crammed with the many interesting plants Sophie has chosen for the flowers, bees, sentimental reasons and as sources for gifts: Hellebores, Robinias, Trillium, Bleeding Heart etc. Her plan is to reduce the lawn further and establish a woodland area to green the garden even more.

An apple tree, feijoa and prolific currant and gooseberry bushes line the north facing fence. Sophie delights in having many colourful corners and spaces with flowering and selfseeding plants popping up at all times of the year, all the while increasing habitat for wildlife.

Thank you very much for inviting us into your sanctuary.

The Benefit of Flowers to a Vegetable Garden

They

- provide colour and beauty
- improve pollination and harvest
- help to manage weeds
- deter pests and attract beneficial insects
- provide cut flowers for the house and for gifts

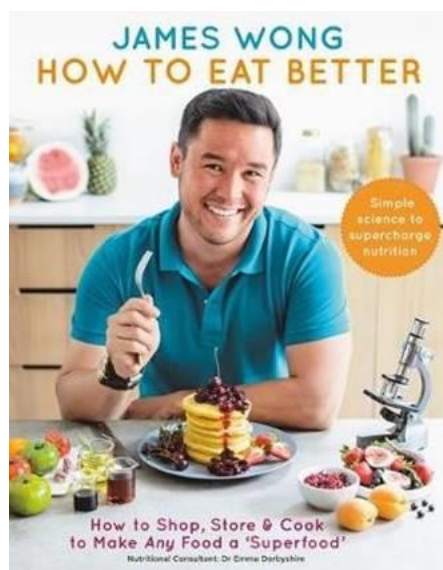
The bigger the variety of flowers, the more insect repellents and trap crops you have. Pick a few from the recommended list to try in your garden this year:

Marigolds, Borage, Cosmos, Californian poppies, Lavender, German chamomile, Cilantro, Phacelia, Lupins, Comfrey, Nasturtiums, Zinnias, Petunias, Calendula, Chrysanthemums, Pansies, Sweet alyssum, Shasta daisies, Nicotiana, Sunflowers, Sweet peas, Salvias, Sages, geraniums etc.

Useful link:

<https://themicrogardener.com/13-benefits-of-growing-flowers-in-your-vegetable-garden/>

DVGC Library - Book Review – by David



This is a new book in our library.

This book strips away the fad diets, superfood fixations and Instagram hashtags to give you a straight-talking scientist's guide to making everyday foods far healthier (and tastier) simply by changing the way you select, store and cook them. **SELECT** a Braeburn apple over a Fuji and get almost double the antioxidants from a fruit that tastes just as sweet. **STORE** strawberries on the bench, instead of in the fridge, and in just four days they will quadruple their heart-healthy compounds. **COOK** broccoli with a teaspoon of mustard and send its levels of cancer-fighting potential skyrocketing ten-fold.

Based on the latest scientific evidence from around the world. In 224 pages with over 80 fool proof recipes to put the

theory into practice, James Wong shows you how to make any food a superfood, every time you cook.

DVGC Library Books labelled with a red dot are recommended for beginner gardeners.

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 will be available at our October meeting.

Miner's lettuce



plant and the leaves can become reddish and bitter). Miner's Lettuce self seeds freely, dies down and reliably pops up again each Winter. It is an attractive ground cover.

got its name during the gold rush, when fresh vegetables were hard to come by. Being plentiful and high in Vitamin C, also iron and Vitamin A, it kept scurvy at bay.

Best eaten raw in a salad or a sandwich, the succulent and crunchy leaves are sweet and mild even after it flowers, unlike many greens. The entire plant is edible, but the tastiest and tenderest parts are the leaves from plants that have grown in shady, moist places (sunny, dry conditions can stress the

Orach



is a very easy to grow, drought resistant annual leafy vegetable, can get 1.8m tall, great for the back of your Summer vegetable garden or to provide shade for Summer lettuces.

The purple leaves can be used raw in salads or cooked like Spinach, nice combined together with Sorrel. It tolerates a wide variety of well-drained soils, but rich, well composted soils and watering will give lusher tender leaves. Plant in full sun. It is also a good source of biomass for chop and drop or composting at the end of Summer.

It self seeds freely and comes up early as an attractive addition to Spring salads.

Lovage



is a hardy perennial herb with a punchy flavour that tastes like celery and parsley, combined with a hint of aniseed and curry. The finely chopped green leaves are a great addition to soups, stews, potatoes or eggs. The stems can be steamed, the roots braised and the seeds used in pickles, bread and biscuits. The leaves are easily dried in a shady warm place laid on a sheet of paper or rack – great blended in homemade stock powder.

The lush plant originated in the Mediterranean, can grow to 2 m high in rich moist soil, in a sunny or shady position, and looks great in a flower bed. Beneficial insects love the flowers. It dies down in Winter and emerges each Spring. Divide and share every few years.

From garden to table

Old fashioned lovage and potato soup

This soup is based on a Historical 16th/17th Century recipe (then made without milk).

Ingredients

1 medium onion, peeled and finely chopped

1 tablespoon olive oil

1 kg potato, scrubbed and cubed

½ liter good vegetable stock (adjust to give preferred consistency) or 1/2 liter chicken stock (adjust to give preferred consistency)

½ liter milk

5 tablespoons chopped lovage (retain small amount for garnish)

salt & pepper

1. In a large saucepan, saute the chopped onion in olive oil until translucent; then add the cubed potatoes and mix together.
2. Add the stock and milk, simmering until the potatoes are nearly tender.
3. When potatoes are soft, add the lovage and liquidise the soup, adding further stock or milk if a thinner consistency is required.
4. Check the seasoning and add salt and pepper to taste.
5. Return to the saucepan and heat through gently - do NOT allow the soup to boil.
6. Serve hot and garnish with the remaining lovage and crusty bread and butter or bread rolls.
7. This travels very well in a thermos flask for a warming picnic soup.

‘Killer’ Compost – by Marion Thomas

The compost at the Green Island Community Garden has been affected by the residues of a toxic spray that was used in a farm setting to kill broadleaf weeds in paddocks being grown for hay. The hay, or silage is fed to stock which are unaffected by the chemical. However the chemical is passed through the digestive tract and is still active. The horse manure from this food is toxic to gardens. There are currently no requirements to declare on any product that the chemical has been used on. The chemical is AMINOPYRALID, or CLOPYRALID. It is not available to home gardeners. The Ministry for Primary Industries has a list of the brands if you want to look it up.

This chemical is long lasting in the ground. It can take up to 4 years to break down. My research has led me to using a product called Lazerhume from DCT in Nelson. This product contains humic and fulvic products that stimulate the soil microbes and they are able to deactivate the soil contaminants.

Plants most affected are the legumes eg peas and beans, and the solanums eg tomatoes and potatoes. The least affected are grains. All other plants will be affected though. The most obvious sign is poor, or no germination, then the growth tips will curl up and become discoloured. The plant will not thrive and needs to be disposed of in the rubbish, not compost.

Our first indication was in the Autumn sown broad beans. I watched them develop curly leaves and hoped it was because they were too wet/ cold/dry/hot/whatever!! I remembered a talk given by Bruce Spittle at the DVGC a while ago about beans curling and his findings and this led me to look at toxic compost. On reflection, we had a very poor germination of seeds last spring using our compost in the seed raising mix. Thanks, Carol for the seedlings that we grew through the winter.

The compost in our heap that has been built up over the last 9 months is now in quarantine and won't be used until 2024!! The new heap won't have horse manure in it.

A last wee note: Unless a purchased product has a Biogrow organic certification it may contain aminopyralid. There are documented cases of well known commercial compost found with this chemical in it. Producers are not required to routinely test their product. "Organic" may relate only to the process of the compost, not to the material that has been composted.

Digging the Dirt – David Neill and Ruth Bayne on RNZ with Lynn Freeman

David and Ruth from DVGC did a great job answering gardening questions on *Standing Room Only*, Radio New Zealand, 26/9/22:

<https://www.rnz.co.nz/national/programmes/standing-room-only/audio/2018860199/digging-the-dirt>

Name of silverbeet variety given out for the competition: Organic Beet White Ribbed

Supper helpers this month: Elizabeth Whitcombe and Marion Thomas

Contributions to the supper table are always very much appreciated.