October 2012

GARDEN NOTES

WE ARE WINNERS!

We are ecstatic to announce that on Saturday 20 October Ashbury Community Garden was awarded first place in the Produce Category and first place as the Overall Winner of the Canterbury Council Spring Garden Competition.

This is wonderful recognition of the Ashbury Community Garden as a contribution to the look and feel of the local community and the hard work of all who have contributed to it so far.

We are very proud indeed! Thanks very much to all of the people who have been involved in the establishment and maintenance of the garden, and to all the organisations that have supported it from its conception.

Our beautiful garden is flourishing and with spring we have lush growth of many vegetables. Kohl Rabi, spinach, silver beet, cabbage, basil, broad beans, lettuce, rocket, parsley, dill, oregano, kale, beetroot, leeks, fennel and garlic are all thriving. We have recently planted sweet corn, tomatoes, beans, basil, okra, eggplant, sweet potatoes, rockmelon, cucumber and zucchini.

We are looking forward to using a lot of the produce to prepare a feast for the senses at our culinary extravaganza: Jazz in the Gardens on Sunday 4 November. Come along and enjoy a meal prepared with ingredients from our garden while listening to some great music performed by Ashbury Jazz band, the Ashfield Little Big band and more! A big thank you to all who have volunteered to make this great community event a success and if you are keen to help on the day or to cook something before it let us know.

We are very excited that the railings for the curvy fence, a sculptural feature of the garden design are now installed.

The next step is to attach the wooden slats. Another big step is the construction of deck for the outdoor classroom and gathering space. Liam O’Sullivan and Frank Murphy are kindly volunteering their time to build it. A parent architect, Elisha Blackledge, volunteered her time to draw up the plan for it.

We have indeed been very grateful for the time and energy the parents and community continue to generously offer to the garden and we know that it gives so many people great joy either to be involved or just to watch this award winning garden grow!

Email us at ashburycommunitygarden@gmail.com
You are invited to

Please join us for “Jazz in the Garden” a community event run by the Ashbury Community Garden to be held on Sunday 4 November 2012.

We are closing off Ettrick Street between Trevenar and Melville Streets in Ashbury as we cook up produce from the garden to sell to the local Community for dinner. The Ashbury Jazz Band and Ashfield Little Big Band are also coming to entertain us.

This event aims to involve the whole community (both local and school) in the Garden by opening up the garden for locals to walk around, see what is currently growing and have a look at the chickens. In addition there is the option to taste and eat some of the organic, fresh produce for an early dinner.

This event is also a celebration of the completion of most of the big capital works in the garden such as the outdoor classroom, curvy fence, paving, new sign and garden beds.

As they say, many hands make light work, so we are looking for a few more volunteers to help us make this event a huge success and allow everyone who is helping some time to enjoy the festivities too.

Some of the jobs you may like to help with include:

• cook a tray or two of spinach and cheese pie in advance (we will supply all ingredients and the recipe). This could be done a day or two beforehand.
• boil some pasta at home (to bring cold on the day) so it can be reheated for serving
• decorate a cake or slice, simply bring it on the day (no peanuts, please label your cake with the ingredients)
• selling food tickets and homemade jams and pickles on our Ticket and Info Stall
• serve our delicious homemade food on the Food Stalls

Please send us an email at ashburycommunitygarden@gmail.com to let us know if you can assist in any way.

SUNDAY
4 Nov 2012
from
4pm till 6pm

BYO chairs or blanket

Support our garden by purchasing food from our stall

Reduce waste by bringing your eating utensils and bowl/or plate

Or BYO picnic

MENU

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Hot Baked Potato</td>
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<tr>
<td>Falafel Wrap</td>
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<td>Basil Pesto Pasta</td>
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<tr>
<td>Spinach and Cheese Pie</td>
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<tr>
<td>Slice of Cake</td>
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<td>Tea and Coffee</td>
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<td>Soft Drinks/ Water</td>
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<td>Vietnamese rice paper rolls</td>
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IN THE GARDEN NOW

With the continuing dry spring, this summer is shaping up to be much harder work in the vegetable garden than the bumper season of 2011/2012. Here are some tips to help your garden this hot summer.

Adding compost will help the soil maintain moisture and nutrients, while mulching with straw will reduce evaporation and keep weeds down.

Installing sub-surface irrigation is the best way to water. If using a hosepipe, set on a large-droplet setting and avoid watering during the middle of the day.

Rain water barrels are essential in the vegetable garden, not only because they conserve water, but because plants grow so much better than with tap water. Mosquito netting or a fine layer of cooking oil will prevent the water becoming a breeding ground.

Seeds and seedlings will need watering every day to keep them alive. Even then, seeds sown near the surface that have long germination times, like carrots, can be hard to coax out of the ground. A useful trick is to cover the seeds with an old sack or piece of carpet to keep the moisture in. But don’t forget to check every day or the seeds may germinate only to die from lack of light.

Once the seedlings appear, shade cloth can be invaluable in saving the tender shoots from the scorching sun.

GENEROUS GIFTS FROM BUNNINGS

Ashbury Community Garden has recently received a gift of plants, staff time and materials from Bunnings Ashfield.

Lisa Girardi, Activities Organiser for Bunnings Group Limited, said that Bunnings has been running a campaign called “Grow Your Own” for the last few years, in which they contact a local community group, preferably a community garden group and work with them to offer time and materials to add to their existing gardens.

“I was happy to help such a great initiative in the local area,” said Lisa. “We are very impressed with the community garden and it is very visible just how much time and care goes into this great garden. We are proud to be associated with this great cause.

Thank you, Bunnings Ashfield, for your generous support of the Ashbury Community Garden.

*Left: Tom Davis, Margo O’Neil and Lisa Girardi from the Bunnings team hard at work in our garden.*
VEGGIE MEXICAN BEANS

This is a super quick and healthy family friendly recipe! Great for nachos, burritos, tacos, as a topping for a baked potato or a dip with corn chips.

INGREDIENTS

1 x 400g can red kidney beans, drained and rinsed
1 x 400g can butter beans, drained and rinsed
1 x can refried beans
1 x large jar of tomato puree (passata)
1 onion, chopped
2 sticks celery, chopped
1 red capsicum, chopped

Any other veggies you have in the fridge could be added too eg chopped carrots, green beans, corn kernels

2 cloves garlic, chopped
3 tablespoons sweet paprika
1 tspn smoked paprika (optional)
2 tablespoons cumin powder
2 tablespoons coriander powder
1 tspn dried chilli flakes (optional)

METHOD

Heat a little oil in a large casserole dish and gently fry the onion, garlic, capsicum and celery for a few minutes. Add the paprika, smoked paprika, cumin, coriander powder and chilli (if using) and cook, stirring constantly for 1 minute so the spices don’t burn. Add the drained beans, refried beans and tomato passata. Stir until completely combined and the refried beans ‘melt’ into the sauce. Turn the heat to low, cover the pan and simmer gently for 10-15 minutes or until the bean mixture is thick. If it is too thick, add a little water to prevent it from sticking to the bottom of the pan.

Season to taste with salt and pepper. Serve the mixture your favourite way, whether on top of corn tortilla for burritos, inside taco shells, or as a topping for a baked potato.

Garnish with any combination of fresh coriander, chopped tomatoes, corn kernels, mashed avocado, grated cheese and sour cream.

This also makes a great dip for corn chips - simply serve hot or room temperature in a big flat dish sprinkled with the garnish ingredients.

GARNISH

WITH HERBS

fresh coriander
chopped tomatoes
corn kernels
mashed avocado
grated cheese
sour cream

Visit us on the Ashbury Public School website under ‘Community Garden’, www.ashbury-p.schools.nsw.edu.au