

The Climbing Rose Newsletter
THE MANDURAH
GARDEN CLUB INC.



August 2023

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BUS TRIP 26th OCTOBER

\$30 Member & \$35 Non Member

Payment required by the September meeting. Please present payment in an envelope, marked **"Bus Trip"** & **your name, plus (\$ amount)** to Michelle Campbell.

CLUB PRESIDENT



"Hello Everyone,

Thank you for the vote of confidence, installing the Office Bearers again, and welcome to our new Committee Members, **Helen Pecnik, Cass Perry and Glenys Billing**. I think our AGM meeting was fruitful and achieved some good goals and outcomes. **Just a reminder that the Annual Membership fee will rise to \$25 from next financial year and that printed copies of the Newsletter will cost \$3.00 from this issue on.** Weren't Helen's toilet paper roses fantastic? We have some wonderful speakers lined up for our year to come - the Committee will be working hard to achieve an enjoyable year.

Sue Lansdown

"Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad."

NEWS FROM THE GARDEN

PLANTING A PATCH OF ONIONS

Can you grow onion in winter Australia?

This well-known vegetable is a staple in most kitchens. Its surprisingly easy to grow at home. Onions can grow and survive through the cold of winter, so they're perfect for planting from autumn to late winter. They love a cool period to establish themselves and then thrive and grow right through the heat of summer.

TIP: Soak onion seedlings in a diluted seaweed solution to reduce transplant shock

AVOCADO FRUIT HARVESTING

Avocado fruit continue to ripen once it's picked. The best way is to pick a few of the fruits, leaving them inside for 3 - 5 days and open one to see if it's ripe. If they are still rock hard, leave the fruit on the tree for another 2 weeks.

TOP TIPS FOR WINTER LAWN MAINTENANCE

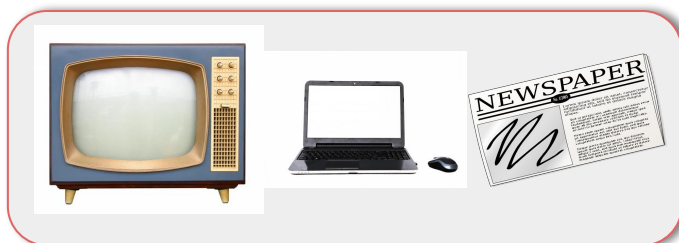
*Ensure you **continue mowing** regularly, which will remove seed heads from weeds, reducing germination.*

***Cut back or thin out any trees or shrubs** creating excess shade on your lawn. Even varieties like Sir Walter Buffalo need 4 hours of sunlight to survive in winter..*

***Aerate** to promote drainage & air into the root system..*

***Apply wetting agent** at the end of winter while earth is wet.*

GARDENING PROGRAMMES ON TV, RADIO & PRINT



ABC: Gardening Australia Series 33, Episode 32

Harvesting Citrus the right time: Limes, Lemons, Oranges & Kumquats.

Series 34, Episode 13

Caring for "Tillandsia" (Air Plants) & how to plant & care for Bulbs.

Series 35, Episode 16

Correct way to cut back Hydrangea in winter



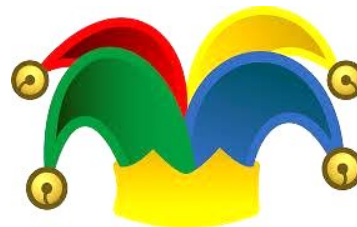
Plant your seeds around an empty plastic pot to create a well for easier and deeper root watering.



A GREAT RECIPE

RASPBERRY ALMOND SLICE

- 200G Butter softened
 - 1 teaspoon vanilla extract
 - 1 cup (220g) caster sugar
 - ½ cup (60g) almond meal
 - 1 ¾ cups (260) plain flour
 - 2 cups (300g) frozen raspberries
 - ⅓ cup (25g) flaked almonds
1. **Preheat the oven** to 180 degrees & grease a 17 ½ cm x 27 ½ cm slice pan.
 2. **Beat butter, vanilla & sugar** in a small bowl with an electric mixer until light & fluffy. Transfer to a large bowl. Stir in almond meal & sifted flour.
 3. **Press ⅔ of the pastry** evenly into base of prepared pan. Reserve remaining pastry for topping. Bake, uncovered for about 10 minutes or until browned lightly.
 4. **Sprinkle raspberries** evenly over base, top with the remaining crumbled pastry & flaked almonds.
 5. **Bake** for about 35 minutes or until browned. Cool in the pan.
 6. **Serve cut into pieces.** Dust with sifted icing sugar if desired.



A GOOD JOKE

Two very active seniors (Jacob, age 92, and Mariam, age 89), living in 'The Villages' in Florida, are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way they pass a drugstore and they decide go in. Jacob addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories and medicine for impotence?"

Pharmacist: "You bet!"

Jacob: "Medicine for memory problems, arthritis and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult diapers?"

Pharmacist: "Sure, how can I help you?"

Jacob: "We'd like to use this store as our Bridal Registry."



GOING POTTY ABOUT PLASTIC

Given that the world is trying to reduce the use of plastics by decreasing production, here is an alternative to **Plastic Pots**.

There are alternatives available in Perth that are made from Coir Husk, a waste product from coconuts. They come from Sri Lanka & India, are fully biodegradable, and can be planted directly into the ground with the plant. The Coir Fibre disintegrates into the soil and there is no root disturbance to the plant, Go to: sabinahahn.com.au to find out more about the Coir Pots.

HOMEGROWN HERBAL REMEDIES

Labels on store-bought herbs rarely reveal how plants are raised, let alone how long the ingredients are exposed to light and high temperatures while stored in their plastic containers. Grow your own to ensure the best quality and potency of your herbal remedies.

Calendula (*Calendula officinalis*): It's a centuries-old antifungal, antiseptic, wound-healing ally. The petals of these cheerful yellow-and-orange daisy-like flowers lend skin-soothing properties to many natural cosmetics and diaper creams.

Cilantro (*Coriandrum sativum*): Cilantro boasts a unique flavor that people either love or hate. Few think of this plant as a medicinal herb, but research shows it's a powerful digestive aid and may be capable of removing heavy metals and other toxic agents from the body.

Lemon balm (*Melissa officinalis*): The oils, tannins, and bitters in the fragrant leaves and flowers of lemon balm have a relaxing, antispasmodic effect on the stomach and nervous system. Lemon balm is tasty and gentle enough for children when prepared in teas or tinctures with a glycerin base.

Peppermint (*Mentha x piperita*): When brewed as tea, peppermint may relieve digestive discomforts such as indigestion and vomiting. It can also soothe sore muscles when applied topically as a liquid or lotion.

Rosemary (*Rosmarinus officinalis*): Rosemary is the great reviver. This perennial woody herb stimulates energy and optimism and sharpens memory and concentration by bringing more oxygen to your brain. It's a wonderfully stimulating alternative to caffeine when you need that second wind.

Thyme (*Thymus vulgaris*): Modern herbalists rely on the antibacterial and antiseptic properties of thyme's oils to prevent winter colds and flu. Many cultivars exist beyond the straight species, including sweet-tasting citrus varieties that are perfect tummy remedies for children.

Lavender (*Lavandula*): Long recognized for its sweet perfume, lavender also boasts medical benefits as a mild antidepressant that may also benefit your nervous system, according to some studies.

German chamomile (*Matricaria recutita*): chamomile is one of the best herbs for treating colic, nervous stress, infections, and stomach disorders in children. In fact, it was chamomile tea that Peter Rabbit's mother fixed for him after his stressful chase in Mr. McGregor's garden!



**August Birthday
flower
Gladiolus &
Poppy**



AT OUR PREVIOUS JULY MEETING & AGM



- Helen Pecnik, a long time member of the club,
- provided plenty of laughs, when she demonstrated
- how to prepare her "Toilet Paper" roses, as well as
- growing plants in small containers using "Oasis" which
- is wet floral foam.

***Who said the Monthly
Meeting was all about
the afternoon tea?***



MEET OUR NEW COMMITTEE MEMBERS FOR 2023-2024

**Top L - R: Glenys Billing, Helen
Pecnik, Cassandra Perry, Barbara
Randall, Michelle Campbell, Meg
Martin, Maxine Shorthouse.
Front L - R: Sheryl-lee Moroni & Sue
Lansdown**

BAKING SODA IN THE GARDEN:



Did you know that baking soda can be your magic wand in the garden?

This versatile agent is your best friend when it comes to the entire home, as it is an amazing kitchen ingredient, and excellent beauty care and cleaning product.

Baking soda, instead of the synthetic chemicals, is a safer and cheaper way to take care of your garden.

1. Insect repellent

To keep the critters away, mix one tablespoon of olive oil, two tablespoons of baking soda and a couple of drops of liquid soap, with a gallon of water. Spray it in the garden every 3 days, to keep the bugs away.

Mix flour & baking soda in equal amounts and dust any produce growing with Cabbage worms and you will destroy them.

Mix 5 tablespoons of baking soda with the same amount of powdered sugar and a tablespoon of water and pour the mixture into anthills. Add a bit of vinegar and you'll reduce the ant population around the garden.

2. Fungus, Mildew and Weeds

To get rid of fungus in the garden, mix 4 teaspoons of baking soda with one gallon of water and apply the mixture to problem areas.

To protect fruit & veggies from mildew, spray with a mixture of one tablespoon of baking soda, 2.5 tablespoons of horticultural oil and one gallon of water.

To get rid of Weeds, especially crab grasses that grow between the cracks in your walkways, moisten the area and add a thick layer of baking soda into the cracks to create a paste.

3. Compost and Soil

To test the pH of the soil, you'll need half a cup of baking soda and half a cup of vinegar. Next, get two samples of soil and place them into separate containers. Pour vinegar into one of the samples and if it bubbles, its pH is above seven or alkaline. In case it doesn't, add baking soda with half a cup of water to the other sample, and if it bubbles now, it is acidic. To decrease the intense odour of compost, sprinkle just a bit of baking soda on top of the pile.

4. Taste & look of the plants

Tomatoes are sweeter when grown in less acidic soil, so sprinkle a bit of baking soda in the soil around them.

To stimulate the blooming of begonias, hydrangeas and geraniums, water them monthly with a unique tonic made of two quarts water and one tablespoon baking soda.

To make your lilies, irises, geraniums and daisies grow healthier and brighter, before watering them, add some baking soda to the water.

5. Cleaning

Use baking soda to clean the decorations in your garden. Wash with a quart of warm water and two tablespoons of baking soda. Baking soda is excellent for cleaning grimy garden walkways as well. Clean and deodorize the garden tools with baking soda.

PATRON & OFFICE BEARERS

PATRON:	David Templeman MLA	
PRESIDENT:	Sue Lansdown	0407 988 974
VICE-PRESIDENT:	Michelle Campbell	0439 527 198
SECRETARY:	Sheryl-lee Moroni	0412 385 032
TREASURER:	Meg Martin	0422 409 614
COMMITTEE:	Maxine Shorthouse	Helen Pecnik
	Barbara Randall	Cassandra Perry
	Glenys Billing	

WEB PAGE & NEWSLETTER EDITOR: Sheryl-Lee Moroni: 0412 385 032

CLUB DIRECT BANK PAYMENTS: **BSB: 036-157** **ACCOUNT: 208-453**
REFERENCE: Your Name

NEXT MEETING



WEDNESDAY 9TH AUGUST

**GUEST SPEAKER FROM THE CACTUS &
SUCCULENT SOCIETY**
(there will be plants for sale)

Venue is - Mandurah RSL Club

Unit 5/20-22 Rouse Rd, Greenfields - Opposite Gilberts

To facilitate setting up by the Committee, **doors will not open until 1.30 pm**

Meetings are held on the 2nd Wednesday of the month at

1.30pm for a 2pm start,

**Parking is in short supply. Please park
across the road in the Car Park**

RSL Club Bar is open!

COMING UP..



Nannup Flower & Garden Show 12th August

**South Eastern Orchid Society State Championship for Orchids
August 26 @ 9:00 am - August 27 @ 3:00 pm**

Everlasting Kings Park Festival 1 -30th September

**Orchid Society of Western Australia Spring Championship
August 31 @ 9:00 am - September 2 @ 5:00 pm**

**Botanical Art Exhibition (Holmes a Court Gallery)
"Flora: The Art & Science of the Plant 2023"
2nd September - 14th October**

Garden Clubs & Societies Plant Fair 9 & 10th September

Bus Trip Thursday 26th October

**\$30 Members - \$35 Non Members (includes morning tea)
Payment to Michelle Campbell, in an envelope marked Bus Trip
your name & (\$ amount) by September meeting**



**Departs Dudley Park Bowling Club
(more details to follow soon)**

**Guest Speaker for September
Tulips with a Difference**

**Guest Speaker for October
Ron Fauntleroy (Orchids)**

Email: info@mandurahgardenclub.com.au

Website: mandurahgardenclub.com.au



Editor: Sheryl-Lee Moroni

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