

GROWING TOGETHER

October 2015
Edition 2

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Stratford Community Garden Newsletter

Newsletter



There's been some good feedback on the newsletter so Edition 2 is a 'goer'!

Jim's put up a blackboard on the back wall of the Community Hall, so we can write messages to each other. You might want to share your produce/seedlings /seeds or simply say "Hi!"

Working Bee

We had a near perfect turnout for the Working Bee! Thanks everyone!

We pulled weeds, raked leaves & shifted dirt from the large drain to the compost heap. We weeded & raked the driveway, pruned the mango tree & cut back the passionfruit vine. We tidied our beds & swapped plants & herbs/veges with each other.

A very productive day was had, and alongside Barry keeping our lawn beautifully, we can be very proud of our garden!

If you've run out of enthusiasm, for your garden, just let someone know & the next person will be able to refund you for the rest of your term. ☺

Aibika - Feature Plant

In the right hand side of the garden is a small tree with large dark green leaves and red stalks. It's commonly known as Pacific Cabbage and is the most popular green vegetable eaten throughout PNG and the Pacific Islands and the ideal green vegetable for tropical Australia. It's high in folic acid, iron, potassium, magnesium, calcium & protein.

RICE & FISH IN AIBIKA LEAVES

Make green parcels by putting in a mixture of rice & fish & cooking in ½ cup of coconut cream, in a shallow frypan with the lid on for 10 min



As a guide, root vegetables should be sown directly into the ground ie carrots, radish, turnips, swedes, etc.

