



Wonthaggi Community Garden Newsletter

Location: Bass Coast Adult Education Centre 239 White Road, Wonthaggi 3995

Adapting to change

March 2011

Save!

- 1 If you're still buying plastic bottles of water, buy a reusable bottle instead.
- 2 Clean your home with natural products, just about anything can be cleaned with vinegar, lemon juice and baking soda.
- 3 Take a couple of simple steps to save a lot of energy in your home.
- 4 Carry a reusable bag and refuse plastic bags, no more breaking, tearing or blowing in the wind.

Be well!

- 1 Walk or bike more. It's not only good for your health; it's good for everyone else's health by reducing pollution.
- 2 Eat more locally grown food. Seasonal produce that hasn't flown half-way around the world will be fresher, tastier and cuts down on the pollution that causes global warming.
- 3 Buy organic when you can particularly peaches, apples, bell peppers, celery, nectarines and strawberries, which contain the most pesticides.

A Better Tomorrow:

Sustainable Garden Learning Hub

The Wonthaggi Community Garden has been successful in its application for a Climate Communities grants program by Sustainability Victoria. The project plan is to establish a Sustainable Garden Learning Hub and will be managed by the Bass Coast Adult Education Centre. Simone Jamieson has been appointed Coordinator for the project and will work from the Bass Coast Adult Education Centre.

During the next 12 months the Hub will host a series of workshops aimed at developing sustainable thinking and learning for local food production. In presenting these workshops the main focus will be on sustainability tips and practices, the secondary focus will be practicality- so that the majority of the information presented can be taken by participants and applied in their own gardens, on any size scale.

Whilst the broader community is set to benefit from the Hub, the project coordinator will work alongside Samantha Crawford of Health Promotion at the Bass Coast Community Health Service to particularly target vulnerable members of community to decrease social isolation by encouraging their involvement in the project, thus increasing social interaction and self esteem and having a positive impact on the mental health of participants.

For more information or expressions of interest for involvement, please contact:

Simone Jamieson
garden@basscoastadulterd.org.au



Plant of the month

SPINACH (*Spinacia oleracea*)

Best months for planting Spinach in *Australia - temperate* regions are March, April and May. Plant directly in garden where they are to grow.

- Easy to grow.
- Harvest in 5-11 weeks.
- Sow in garden. Sow seed at a depth approximately three times the diameter of the seed.
- Best planted at soil temperatures between 10°C and 25°C.
- Space plants: 20 - 30 cm apart
- Green leaf crop. Spinach grows best in cooler weather and quickly runs to seed in warm weather. Will not grow well in acid soil. Succession sowing will provide a supply through the winter months.



Apple Tree at the Wonthaggi Community Garden



New This Month:

We welcome all community members or groups to visit the Wonthaggi Community Garden. Happy Hour at the Hub starts from next Thursday the 17th March and will gather each week in the Blue Building of the Bass Coast Adult Education Centre on White Road in Wonthaggi. From 10am-12pm the doors are open for all to come and enjoy a cup of organic herbal tea and talk or listen about what is happening at the Hub. New members will be very welcome as these gatherings are for anyone who is interested in making new friends whilst learning a bit more about the Community Garden and sharing in activities. After a chit chat we can look at some light hands-on activities in the garden that we can do as a team.

The coordinator will be there to guide you on resources available and assist with any query or interest you might have. Please extend this invitation to anyone who shares a common interest in beginning a garden or maintaining an established garden and wants to meet friends.

A Community Garden information board will be placed in the gathering space for all to take part in information sharing.

Hope to see you there ☺

Websites of interest

CERES
Community
Environment Park
www.ceres.org.au

BIOLOGICAL
FARMERS OF
AUSTRALIA
www.bfa.com.au

WEATHER ZONE
Weather forecast
www.weatherzone.com.au

AUSTRALIAN CITY FARM
AND COMMUNITY GARDEN
NETWORK
www.communitygarden.org.au

What's on locally, nationally & globally:

March 7th-13th

- National Sea Week

March 18th -20th

- Wonthaggi Energy Innovation Festival

March 22nd

- World Water Day

March 23rd

- Ride2School Day (a great opportunity to do a student transport audit)

March 23rd

- Harmony Day (why not celebrate with rubbish-free international foods?)

March 26th (Saturday night)

- Earth Hour – at 8:30pm turn off your lights for one hour to raise awareness to Climate change

March 27th

- Community Open Day- Phillip Island Nature Parks (free access for Bass Coast residents- more info can be found at www.penguins.org)