



## THE RUNNING POSTMAN NEWSLETTER

### Corner Hardey Road and Glen Forrest Drive, Glen Forrest Issue 2, July 2017.

All are welcome!!

Regular work is happening on the garden every Sunday morning. From 9.30 onwards we welcome newcomers to help out with any of the tasks at the garden. This could involve plant selection, planting, mulching, weeding or watering. Alternatively, just come for some morning tea and we will let you know how you can get involved.



#### RECENT WORK

A work party from Wooroloo has been busy around the garden in June and July. They have built stone surrounds for two garden beds, added to the ferrocrete paths, mulched areas, mowed and planted natives in the creek area. These initiatives add real value to the garden and are helping with conservation of the immediate area.

The native plants that have been planted are part of the Friends of Nyaania Creek restoration work, which is ongoing. Clearing weeds and planting continues with the assistance of garden members.



#### HISTORY OF THE GARDEN – THE STRAW BALE SEATS.

During November 2014 three workshops were held to construct two curved straw bale seats. Selene directed the workshops drawing on her abundant experience in straw bale building.

Concrete footings were laid with metal spikes in the first instance. A second workshop was held and this involved placing and shaping the straw bales and subsequent application of cement render.



The last workshop involved a pale render top coat and the decoration of the seats.





## WHAT'S GROWING IN THE GARDEN?

It's the end of July and we have broccoli, silver beet and kale growing in the garden. Lots of seedlings have been planted – lettuces, peas, spinach, herbs and broccoli. Some of the grapevines and peas are showing signs of life. The peas, shown below, are growing on old bed springs.



Some of the native plants are starting to flower, for example, the beautiful pink thryptomene.

## PLANT OF THE MONTH

Broccoli is the plant for this month. It is grown mostly from April to August. There are many ways to cook broccoli such as barbecuing, roasting, steaming and adding

to curries, stir fries and quiches. It has a high vitamin C content.



## NOONGAR SEASON

Makuru is the Noongar season for June and July and is the wettest and coldest time of the year. There are more frequent gales and storms. It is also known as the fertility season.

### UPCOMING EVENTS

**July 29, Saturday – Bonfire and pizza night  
CANCELLED due to weather.**

**August 26, Saturday – Bonfire and pizza night 4pm.**

**September 23, Saturday – Equinox long table lunch.**

**October 8, Sunday (tentative date)-  
Festival of Forgotten Skills**

**October 28, Saturday – Spring planting & pizza.**