



# ***THE RUNNING POSTMAN NEWSLETTER***

***Corner Hardey Road and  
Glen Forrest Drive, Glen Forrest  
Issue 3, September 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.



## **THANK YOU**

We'd like to thank Jim and Joy for donating some fruit trees. These include a two-way peach - 'Tasty Zee' and 'Double Jewel', a two-way plum - 'Flavour Supreme' and 'Mariposa' and 2 nectarine trees - 'Sun Snow' and 'Fairlane'.

We'd also like to thank Kerry and Geoff R for donating a quince, a prune and a 'Dorset Gold' apple tree.

## **RECENT WORK**

In September a work party from Wooroloo assisted with moving and planting a number

of fruit trees. They have also put in place posts to espalier some of the fruit trees and concreted other posts to support the little free library. Mowing and whipper snipping was also carried out and more natives were planted in the creek area.



## **HISTORY WALK Saturday 16<sup>th</sup> September**

We would like to thank Trish Rawlins and Mary Richmond from the Mundaring Historical Society for taking some 22 garden members and visitors on an informative and enjoyable look back in time to the beginnings of white settlement in Glen Forrest.



We discovered that the Morgan John Morgan Reserve was once a timber mill, Smith's Mill, dense with jarrah trees. Afterwards it was a railway reserve with railway lines and buildings. Along past the old stationmaster's house we walked and heard about early families, houses and a hotel. After the history walk the group enjoyed pizza and a bonfire at the garden.



#### WHAT'S GROWING IN THE GARDEN?

The kale is growing well. The first photo (below) shows the kale in July and now in September the second photo shows how well it has grown. The peas are producing pods and the beans and lettuces are all growing well.



The melaleucas are flowering. A beautiful chorizema is in full bloom by the creek. Ducklings have been sighted on the creek.

#### PLANT OF THE MONTH

Kale is the plant for this month. We have two types of kale in the garden - a flat leaf and a curly leaf variety. Both can be seen in the second photo. Kale is high in vitamins A, C and K, iron and fibre. It can be grown most of the year but in summer it needs shade and water. There are many ways to eat and cook kale such as in salads, steamed, stir

fried and added to casseroles. Kale chips are popular. Massaging the kale before adding to salads or cooking will tenderise it by breaking down some of the fibres.



#### NOONGAR SEASON

Djilba is the Noongar season for August and September and is the transitional time of the year. There is still some rain but warm sunny days as well. An abundance of cream and yellow flowers fills the bush with the wattle and melaleuca. The new born birds and animals start to appear.

#### UPCOMING EVENTS

**October 1, Sunday – Glen Forrest Farmer and Artisan Market**

**October 7, Saturday - Festival of Forgotten Skills**

**October 22, Saturday 9.30 Spring planting**

**November 19, Sunday 10am Big Table Brunch**

