



THE RUNNING POSTMAN NEWSLETTER

**Corner Hardey Road and
Glen Forrest Drive, Glen Forrest
Issue 5, February 2018.**

All are welcome!!

Regular work is happening at the garden every Sunday morning. From 8.30 am (summer starting time) onwards we welcome newcomers to come and visit the garden.



RECENT WORK

During December and January, work parties from Wooroloo greatly assisted by watering the young native plants along the creekline. Also, their assistance was greatly appreciated in connecting the electrical system to the reticulation. They excavated holes and concreted two new poles for the trellis. Generally, they also help in keeping the garden looking very neat and trim with regular mowing, whippersnipping, removing green waste and mulching.

BIG TABLE BRUNCH

A very successful big table brunch was held on the 26th of November. There was plenty

of food to share and lots of enlightening discussion, all under the shade cloth over the trellis in the garden.



EARTH CARERS WORKSHOP

Ross Mars provided practical advice to a twenty strong group at the EMRC Earthcarers workshop on 25 November held at the garden. This included demonstrations on composting techniques, using the garden's compost heap as a prop. The great benefits of incorporating and encouraging worms in the garden were explained and subsequently worm farming was discussed.



BIRTHDAY CELEBRATION

Friends and family gathered at the garden for Ken's 70th birthday brunch.



RETICULATION

With the great efforts of Kerry, Ken and Selene the garden's reticulation system is nearly fully functional, which will mean that garden members will be required to do less watering during weekdays.

PLANT OF THE MONTH

The mighty tomato is the plant of the month. The garden has a few varieties and sizes of tomatoes and these plants are quite prolific at the moment. Tomato plants typically require staking and bamboo canes have been used for the garden to support the fruit and keep it off the ground.



As we all know the tomato can be used in many ways, cooked or raw. The homegrown tomato tastes so superior to the shop bought equivalent variety.

UPCOMING EVENTS

Garden Food Swap Sunday 4th March 9.30 onwards.

Annual General Meeting Wednesday 28th March 5pm at Glen Forrest Gourmet Café.

Blue Sky Festival Saturday 17th March Mundaring 10 – 2.

NOONGAR SEASON

Birak is the Noongar season for December and January and is known as the season of young animals and birds. It was also the season for burning which was traditionally carried out in a mosaic pattern. This was to aid travelling the country, to increase pasture for animals and to help germinate seeds.