



THE RUNNING POSTMAN NEWSLETTER

**Corner Hardey Road and
Glen Forrest Drive, Glen Forrest
Issue 7, July 2018.**

All are welcome!!

Regular work happens at the garden every Sunday morning. From 9.30 am until about 12 noon we can be found cultivating the existing plants and preparing new beds. We welcome newcomers to visit and become involved.



STRAWBERRY PLANTS

Thanks to Gina for the strawberry plants. We have been separating out and planting strawberry plants for a couple of Sundays. We have had to mound the soil creating raised rows for the strawberry plants as in winter parts of the garden can be waterlogged.

THANKYOU

One of our new members has made some beautiful pottery signs for the garden with the names of plants etched into them. We have placed them around the garden so we can identify the plants.





SWEET POTATO AUCTION

One of the raised garden beds had vigorous growth for months but as it held sweet potato plants it was not known how many sweet potatoes would be dug up. It was decided to take the plunge and have an auction of what was found. The photo above shows Jenny our auctioneer at work. As the photo below shows a great bounty was unearthed. The sweet potato auction that was held in June was well attended with funds raised. The jumbo potato weighed 4.5kg and was sold for \$10.



PLANT OF THE MONTH

The sweet potato is a semitropical plant that grows best between 20° and 30° in well drained loamy soil. Sweet potatoes can be cooked in many ways, such as baked and roasted and cubed in casseroles, curries and patties. Sweet potato fries and mash are great alternatives to the usual white potato and they are high in vitamin A and

other vitamins and minerals. Try coconut cream and lime juice with your sweet potato mash.

RECENT WORK

A work party from Wooroloo came to the garden in May. For the Friends of Nyaania Creek group they built up a lining of rockwork in sections of the creek and mulched around the young native plants along the bank. In the community garden the work party mowed and whipper snipped. They also mended the straw bale seats which had been damaged.

MUNDARING SEED LIBRARY UPDATE

Don't compost all of those vegies and herbs going to seed in your gardens right now we need your seeds! We're collecting now to generate the borrowing stock for the new seed bank which will appear soon at the Albert Facey Library in Mundaring. If you think your children's school may be interested in participating, please contact us through transition@mt.org.au.

UPCOMING EVENTS

Welly Day- Saturday 28 July – welly painting, whanging and pizza- To be advised.

Scarecrow making and pizza - Sunday 28th October 2pm

Spring planting – late September

NOONGAR SEASON

Makuru is the Noongar season for June and July. It is the coldest and wettest time of the year with more frequent gales and storms. Fire was very important at this time of the year and people carried a smouldering bull banksia branch under their kangaroo skin cloak (booka) when they travelled.