

Bowral Garden Club Inc

(Established in 1963) Affiliated with Garden Clubs of Australia Inc

ADDRESS: PO Box 910, BOWRAL NSW 2676



Friendship through Gardening

NEWSLETTER SEPTEMBER 2012

Photograph Competition winners

Single Flower category



Dandelion heads by Marilyn Gleeson

Visitor to the garden category



Lizard by Sandra Regtop

Landscape category



"Leucadendron and banksia flank the garden arch given to me for my 80th birthday" (Patricia Ward)

Sarah Cains, the guest speaker, judged the photograph competition at the meeting on 6 August. We all applauded her choice of winners.

Welcome to Spring!
Try out the new website:
bowralgardenclub.com

What's on in September

3 September (Monday): Club Meeting, 1.30 pm at the Presbyterian Church Hall, Bendooley St, Bowral. The guest speaker is Stuart Read, who trained in science, horticulture and landscape architecture. Since 1997 he has specialised in NSW heritage areas and is employed in the Office of Environment and Heritage. His talk is on "Paul Sorensen in the Southern Highlands and Illawarra". The theme for the month is spring flowers.

22 September (Saturday): Tulip Time parade. There will be a number of members walking the route. Bob Bailey's classic and stylish Morgan will lead the way, pulling a trailer carrying our 2012 entry—an English country garden complete with cottage. If those of you who are not walking could cheer us on (in a central position!) that would be wonderful.

25 September (Tuesday): 10.30 am: A visit to 'Hillview'—once the country residence of 16 successive NSW governors—situated at 7277 Illawarra Highway, Sutton Forest. The cost is \$5 to view the garden and during Tulip Time the owners are providing a complementary morning tea for parties of 20+. If you would also like to view the house there is an additional charge of \$5.

What's on in October

8 October (Monday): Club Meeting, 1.30 pm at the Presbyterian Church Hall, Bendooley St, Bowral. The guest speaker is Deirdre Hill, who will be talking about rhododendrons. The nursery at her property 'Quindalup' has been closed for about three years but many of our gardens contain the beautiful plants we bought there. She has opened her garden for the Town and Country Garden Weekend in April for the last two years and will be doing so again in 2013. The flower for the month is rhododendron but spring flowers are always welcome for the exhibition table.

20 October (Saturday): Plant Stall at Corbett Plaza from 8am. Please let the committee know if you would be willing to assist with the stall.

22 October (Monday): A visit to 'Retford Park', Old South Road, Bowral, whose owner, James Fairfax AO, has kindly agreed to let us view his garden when the rhododendrons will be at their peak. Over the last 40 years the garden has been extended and improved with walks, formal areas, exotic trees and specialist areas of cold climate planting.

29 October (Monday): A visit to Marilyn and Keith Gleeson's lovely garden at 'Misty Hill', Fitzroy Road (off Illawarra Hwy) Moss Vale. Continue up the long driveway and park near the sheds.

The Gardening Phenomenon

"Gardeners have always known this phenomenon but now it's official. Experts cited in a new publication, 'A Plant a Day Keeps the Doctor Away', recommend a twenty-minute daily exposure to plants to maintain health and well-being — a sort of Recommended Daily Allowance of greenery, just like eating your five pieces of fruit or taking your Recommended Daily Allowance of vitamins and minerals. One study cited by the report claims that a couple of hours in the garden each day can reduce coronary heart disease and other chronic illnesses. In older people, gardening also keeps mental abilities sharp and wards off depression. In hospital, having something green to look at will speed your recovery and make you less susceptible to post-operative pain. And in the workplace it reduces stress and makes the boss easier to bear . . ."

KATHERINE SWIFT, *THE MORVILLE YEAR* (BLOOMSBURY PUBLISHING, LONDON 2011), P.83

The 'Bowral' Tulip

We heard some exciting news from our vice-president Elizabeth Meredith, who has been busy talking to tulip breeders in the Netherlands and Victoria. As a community representative on the Tulip Time Working Committee of Wingecarribee Council she decided to investigate the possibility of having a new tulip named 'Bowral' in honour of the town. It's a lengthy process but tulip growers in Victoria have now sourced a new tulip in the Netherlands from whence the bulbs will be sent in October to check that they can be successfully grown in Australia.

This experimental stage will take approximately twelve months and then, if all goes well, the new 'Bowral' tulip will be available for the 2015 celebrations for the 55th Tulip Time. One persuasive factor for the breeders to name the new tulip Bowral (an aboriginal word meaning 'height') was that the colours are similar to those of the Aboriginal flag.



The new tulip

As far as the tulip breeders are aware there is no other tulip named in honour of an Australian town, though there is one named 'Queensland' (a double-fringed pink tulip). Congratulations to Elizabeth for having the enthusiasm and persistence.

A post-script from Sarah on sourcing native plants

Some newcomers to the district might not be aware of the excellent Wariapendi Nursery at Colo Vale. The owner, Warren Walker, a qualified horticulturalist, has put over twenty years of energy, passion and skill into encouraging Highland landholders to include natives in

their plantings. The many and varied plants in his well-stocked nursery are chosen for suitability for our conditions. His staff members are well informed and willing to advise and share their knowledge.

Experienced local horticulturalist, Geoff Duxfield, has a business called **Plantsource**. He is keen on natives and will advise, source and help with positioning plants for your garden. geoffduxfield@hotmail.com or look at his website.

Most nurseries stock a few natives but be careful to check the quality of the plants before buying. Sometimes, if there is not a lot of interest in natives, they can be left in the pots too long.

If you are visiting Canberra, try to schedule in a visit to the inspirational National Botanic Garden. There you will find beautiful Australian plants to inspire you. The Yarralumla Native Plant Nursery is the perfect place for a follow up visit whilst you're keen and full of ideas. They have a great variety of well-grown natives and a pleasant cafe next door. On the same site is a good Green and Gold Nursery of general garden plants and they have a good range of natives too.

And don't forget, for more inspiration, visit the beautiful Australian Native Botanic Garden, Mt Annan. It's just 45 minutes up the highway. A huge amount of progress has been made in developing this wonderful garden. Another great day out!

Happy planting to all.

Sarah Cains



Susan Blanche, Sarah Cains, Bob Bailey in the Cains' garden on 27 August 2012 — a most enjoyable Club outing when 25 members walked round the native garden on the Gib in brilliant sunshine.

Bookings for the Christmas Party

Catherine Mah will start taking bookings at the September Club meeting for the Christmas party on Monday 3 December 2012, which will be at Centennial Winery. The event will start at 11.30am for lunch (high tea menu with glass of wine). The cost is \$40 per person. Bookings and payments must be received by the November meeting (Monday 5 November 2012).

Centennial Park Bushcare Group

Pat Keen, Muriel Stewart and Elizabeth Meredith attended the inaugural meeting on Tuesday 14 August of the Centennial Park Bushcare Group at the Gibraltar

Hotel. Paul Marshall, Council's Natural Resource Officer advised that Council have now completed the felling and mulching of the infestation of White Poplar and Privet trees at Centennial Park (behind the unleashed dog enclosure) in Centennial Road, Bowral, leaving a mulch bed for revegetation.

Planning is well under way for the National Tree Day community-planting event on Saturday 20 October 2012 and a follow-up planting by the Mittagong Scouts on Saturday 27 October 2012. There will subsequently be a need for on-going maintenance and some infill planting, which is when our Bushcare Group takes over one day a month.

Council's Bushcare Team work with and support 17 existing Bushcare Groups in the shire. The next meeting of the Centennial Park Bushcare Group will be held on Tuesday 4 September 2012 at the Gibraltar Hotel, off Boronia Street, Bowral, commencing at 1pm. If you would like to join this group your participation would be much appreciated. Please contact Elizabeth Meredith (contact phone number on page 4) for further information.

Garden Tips

September—a favourite month for gardeners in our region—when we enjoy the warmer weather (though it may be 22° one day and plunge to 12° the next!), the springtime scents in the air, and the flowering trees showing off their finery.

Violets: If your violets haven't bloomed this winter it may be time to move them. No flowers may be the result of a combination of too little winter sun or too much nitrogen—violets like the soil with a pH of 6.0 to 7.0. They love to be under deciduous trees so they can enjoy the shade in the summer but get sufficient sun during the cooler months. Prepare a new suitable bed for them with well-rotted manure, replant and water well in spring and summer and use a flower and fruit fertilizer, which is low in nitrogen.

Fertilize: The daphnes, azaleas and camellias all enjoy the special acid-loving plant fertilizer when they have finished flowering. Water before and after applying the dry fertilizers to ensure that the roots aren't burnt. Feed all the summer flowering plants such as abelia, hydrangea, hibiscus and agapanthus. Citrus plants are greedy for food and the complete citrus fertilizers or sulphate of ammonia should be applied—and watered in well. Roses require a good feed every six weeks from now until autumn. The summer annuals like to be fed too, as do the bulbs—for these the all-over spraying of foliar fertilizers works well.

Prune: Finish pruning the stems of the hydrangeas that flowered last summer back to the first fat double bud, but leave those stems that didn't flower. If you haven't already finished pruning your roses then now is time to face the thorny task. Shrubs may be pruned into shape this month too and hedges given a haircut. The buddleia can cope with a very serious trim to encourage strong new growth.

Lawns: Top-dress low areas with sand and re-sow bare patches.

Vegetables: For those of you with space in your gardens for large or medium-sized vegetable plots it is time to prepare the beds and perhaps to mend the netting! Seedlings of cabbage, capsicum, silver beet and tomato may be planted and seeds of beetroot, carrot, cucumber,

lettuce, marrow, parsnip, pea, pumpkin, radish, sweetcorn and zucchini may be sown directly into the garden bed. For those gardeners with no dedicated vegetable area, there is plenty of scope for growing vegetables and herbs amidst the flower garden. Lettuces look very pretty among the annuals and as long as the slugs and snails are kept at bay, they will grow well.

Book Review

MICHAEL MCCOY, *THE GARDENIST* (PLUM PAN MACMILLAN AUSTRALIA, 2012)

"The Retention of Dying Foliage"

Most bulb references suggest that foliage should be left until it is completely dead before being removed. That's easy to do when foliage disappears fast like on most tulips. But daffodils in well-watered conditions can last in leaf for ages after flowering, lying around like seaweed in garden beds, moaning and groaning in elongated death throes. As it turns out, you don't have to tolerate this indulgent death process. Daffodils—in general the worst offenders—can be cut off (or mown off) six weeks after flowering without diminishing their flowering in subsequent years." (Page 158)

This new book by Michael McCoy examines ways to create inspiring garden spaces and, with the use of a generous number of beautiful photographs, demonstrates ideas on the most effective planting. It includes many interesting suggestions on gardening practices, including debunking some of the myths connecting with the successful growing of plants.

In addition to the chapter on *Bulbs*, there are chapters on *Trees, Shrubs, Herbaceous Perennials, Annuals and Biennials*—all containing gems of horticultural advice. It's a pleasure to read.

Muriel's Musings

After Sarah's oh-so-passionate talk about their Australian Native Garden, I came home all enthusiastic and fired up. Walked around my Granny Garden and realised I didn't have any Australian Natives in my garden—but then I remembered: YEEES I do! There are the "I could murder them" Mountain Lowry parrots, which strip the new growth from my rose bushes; and the Bower birds who nip off the polyanthus flowers for the fun of it.

Then there are the possums, AND the rabbits—a couple of pairs were imported in the early 1800s and haven't they done well? The two wallabies have just about grazed out the gardens in St Claire Street and are foraging for their favourite taste of the month—Azalea tips. And to finish off what's left, there is the neighbourhood WOMBAT, who visits our gardens and dumps a calling card (the size of which gives me cause to believe that he is on a very, very high fibre diet.)

While on the subject of rabbits, I've remembered a story that caused many a chuckle back in the war years in the 1940s. Ray and Muriel Burt and their son John lived at Canyonleigh. On Monday mornings they would bring John to stay with Aunty Meg so he could attend school at Moss Vale. On Friday afternoons they would take him home to the farm.

Being wartime and meat was on ration coupons, Aunty was always grateful for the brace of rabbits Ray would bring to her on Mondays and Fridays. Aunty Meg was from 'Silly Suffolk' and had a large repertoire of u-beaut recipes.

One especially tasty dish was a rabbit, belly flap of pork and strips of bacon, onions, sage leaves, pepper corns and salt, dusted with flour, just covered with water and roasted as a casserole in the oven—delicious.

Bert and Mabel Wilcox were invited to Sunday dinner and all was going well until Bert came across 3 or 4 little black peppercorns in the gravy. He instantly placed his knife and fork together on the plate and pushed the plate aside—and NO amount of explaining would convince him that those little black peppercorns were not rabbit 'you know whats'. Aunty dissolved into tears and Mabel gave Bert a right ticking off.

During the depression and war years 'underground chicken' was pretty much a staple food in our diet—but the introduction of myxomatosis put a sudden stop to that.

*Knowledge is knowing a tomato is a fruit.
Wisdom is not putting it in a fruit salad.*

Muriel Stuart

Minutes of General Meeting 6 August 2012

Presbyterian Church Hall, Bowral

Present: 42 Visitors: 1

Apologies: Elizabeth Nicol, Shelia Beames, Lolita Godsell, Diana Squires, Glenys Lilliendal

President M. Probyn opened the meeting at 1.30 pm drawing attention to the beautiful new screen recently purchased by the club. The visiting speaker Sarah Cains was then introduced and the group reminded that there would be an opportunity to visit Sarah and Geoff's garden at the end of the month.

Sarah began with a history of her gardening experience in the Southern Highlands. Initially Sarah had a traditional garden in the Southern Highlands style but a horticultural course inspired the decision to establish a native garden when building a new house at the top of Mt. Gibraltar. Sarah was influenced in her course by many books including "Landscaping with Australian Plants" by Glen Wilson and a desire to conserve the natural environment.

An important first step was to protect the soil microorganisms so as not to destroy soil complexity built up over the years. Don't dig, became the message, but lay down organic matter and continue to do so continually at regular intervals. Conservationists can often overlook the importance of gardens as a force for conservation and if twenty per cent of all gardens were devoted to native plants corridors of natural life could be established and flourish.

Sarah gave many insights into plants that have proved successful and reference material that is available. Pictures of the garden were then shown to illustrate the ideas covered.

Margaret Woodcock thanked Sarah and presented a small gift.

Minutes of Previous Meeting

Motion: That the minutes of the July 2nd 2012 be accepted as a true record of the meeting. Moved: Bob Bailey; Seconded: Barbara Wilson.

Correspondence in:

Flyers: Robertson Spring Festival

Highlands Garden Society Bulletin

Correspondence out:

Thank You to Carolyn Dwyer.

Confirmation to D. Hill re October Meeting.

Sympathy Card for Norma Bath's Family.

Treasurer's Report:

P. Bailey moved that the records show income for July at \$260.00 and expenses of \$442.67. This results in a balance of \$3989.00 in the current account and together with \$2475.38 in the saving account a total of \$6465.00. Seconded S. Regtop.

General Business:

- Thank you to Lorraine Stott and Barbara Wilson for the display of entries in the photo competition.
- A reminder that the special pens ordered for the Golden Anniversary have arrived and are available from Jan Scott.
- Program reminders; Coffee next Monday at Post Office Café, Moss Vale.
- Garden visit Monday 27 August, 4 Earl St. Mittagong
- Visit to Hillview, Tuesday 25 September
- Tulip Time plans are moving along well. Gingham has been purchased for the ladies skirts, to be worn with a white blouse and shawl. Names of all volunteers were recorded and men are asked to wear cricketing gear. A call has gone out for a number of caps to provide some uniformity.
- **The trading table** has a number of slipper orchids for sale at \$15 each.
- **Reminder to wear name badge**, place a gold coin in the donation box if you forget.
- The Embroiderers Guild exhibition is at Moss Vale Services Club on Sat. 25 August.

The winners of the Photo Competition were then announced by Sarah with congratulations going to:

- a. Patricia Ward (Landscape)
- b. Sandra Regtop (Visitor to the Garden)
- c. Marilyn Gleeson (Single Flower)

Jan Scott indicated that the beautiful camellias on the display table were to go to the lucky winners of the competition.

Show & Tell: The lucky draw for those members who contributed to both the exhibition table and trading table was drawn by visitor Sarah Cains and won by Bob Bailey.

Lucky Door Prize: Drawn by Pat Keen and won by Jo Lees.

Meeting ended at 2.45 pm and the date of the next General Meeting is Monday 3 September 2012 at the Presbyterian Church Hall, Bendooley Street Bowral where the visiting speaker will be Stuart Read.

Management and General Committee		
President & Editor:	Meg Probyn	4871 3134
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Treasurer:	Pam Bailey	4869 5117
Meet & Greet:	Janice Scott	4861 7101
Membership:	Pat Keen	4861 5815
Program:	Ulishka Virag	4872 2243
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Publicity:	Lorraine Stott	4869 4797
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Social Secretary:	Catherine Mah	4861 7268
Trading Table:	Marilyn Gleeson	4869 3881
Afternoon tea hosts:	Glenys Lilliendal	4861 2849
	Margaret Buckland	4862 5963
	Wendy Gamble	4862 2766
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