

Bowral Garden Club Inc.

(Established in 1963)

Affiliated with Garden Clubs of Australia Inc

ADDRESS: PO BOX 910, BOWRAL NSW 2576

Patrons: Chris & Charlotte Webb OAM



NEWSLETTER SEPTEMBER 2013

Friendship through Gardening

What's on in September

2 September (Monday) 1.30pm: Club meeting at the Presbyterian Church Hall, Bendooley Street, Bowral. Guest speaker will be Carolyn Dwyer: *Sweden's most romantic garden—Sofiero*.



5 - 8 September (Thursday to Sunday): The Australian Garden Show Sydney will be held in Sydney's Centennial Park.

9 September (Monday) 10.30am: Tulip Time meeting at Eric and Phyllis Paananen (45 Highlands Drive, East Bowral) to discuss plants, dress, hats, etc. All welcome.

14 September (Saturday): Highlands Garden Society Camellia Show at the Uniting Church Hall (see opposite for details).

28 September (Saturday): Tulip Time Parade in Bowral.

30 September (Monday): 10.30 am: Coffee morning at the Milk Factory, Bowral.

What's on in October

6 -7 October: Many local gardens open: see page 5.

7 October (Monday): Public Holiday

12-13 October (Saturday-Sunday) 9.30am to 4.30pm Robertson Open Gardens (8 beautiful gardens) \$5 per garden or \$20 for all: proceeds to go to local charities.

14 October (Monday) 1.30pm: Club meeting at the Presbyterian Church Hall, Bendooley Street, Bowral. Guest speaker: Sandra Ross: *Inspirations of spring*.

18 October (Friday): A coach trip to Galston Open Gardens (8 gardens to be viewed), organised by Robertson Garden Club. To book your seat on the coach, please contact Geoff King on 4885 2592. Approximate cost for the coach will be \$25. It will collect people from Robertson (8.30am) and Bowral (9.15am).

21 October (Monday) 10.30am: Committee meeting - at 158 Oxley Drive, Mittagong.

26 October (Saturday): The Bowral Garden Club Plant Stall in Corbett Plaza, Bowral.

26-27 October (Saturday-Sunday) 9.30am to 4.30pm Bundanoon Garden Ramble. Tickets and garden descriptions are available on the day from the Soldiers' Memorial Hall. \$5 per garden or \$20 all gardens.

28 October (Monday) 10.30am: Garden visit to Invergowrie (to be confirmed).

Welcome to spring

Wintery days and nights are almost a thing of the past once September is here. There may be the occasional cold spell—and let's hope it's not at Tulip Time, particularly on the day of the parade—but mostly the mean maximum average temperature for September is three degrees warmer than August's. But be warned—the weather in the Highlands is very changeable this month and the south-westerly winds can blow very cold!

This is probably the busiest season for gardening and if you manage to visit a quarter of the garden shows and open gardens on offer you will be doing well. It's the time for preparing beds for planting, for fertilising and mulching—and for pruning the shrubs. Watch out for tiny bird nests when you prune. The little Brown Thornbills drew our attention to their nest as we drew perilously close to it while cutting back the hydrangeas. The nest is a rather untidy domed affair, with a hooded side-entrance, made of bark-shreds, grasses and green moss and bound with spiders' web and strange egg sacs. The parents are still popping in and out so we hope they manage to raise their chicks.



The Brown Thornbill's nest in the hydrangea

The slugs and snails will be out and about too, especially in the vegetable beds. Most of all, enjoy your garden in the spring sunshine.

Garden Visit: 29 July

On a warm July morning we visited Janice Scott's home; after a delicious morning tea the members strolled round, enjoying the beauty and peaceful ambience of her 5-acre garden. The camellias were just starting to flower—Janice has some stunning varieties, many of which we haven't been able to identify.

The water features include a small lake with a fountain, a creek that flows through tree ferns down the garden to the larger lake at the bottom of the property.

The garden has been chosen as one of the eight gardens to be opened on the last weekend in April 2014 for the fundraiser for the Southern Highlands Botanic Gardens—a beautiful, relaxing garden to visit.



Morning tea by the swimming pool



The fountain in the smaller lake



Clive Probyn and Bob Bailey on the small island in the lake

Results of the 2013 Photo Competition

The winning photos in the three categories:

1. **Single flower:** Charlotte Webb (her photo was also awarded a special prize by Tony Sheffield)



2. **Landscape:** Janice Scott



3. **Visitor to my garden:** Pamela Bailey



Pamela's photo had to be scanned as she didn't have a digital version—so apologies to her that it has not reproduced as beautifully as her original photo. Special thanks to Lorraine Stott who organised the competition and mounted all the photos. All the entries were splendid and we thank those members who shared their photographs with us.

Tony Sheffield has offered to take us on a field trip next year so watch out for details.

Trip to Canberra 11 November: National Arboretum

Please make sure that you finalise your booking for the coach trip by paying \$25 to Catherine Mah at the meeting on Monday 2 September. If there is any room left on the coach, bookings will be open to friends and non-members after that date.

Garden Visit: 19 August

After a beautiful weekend, the weather turned much cooler for the visit to the Probyns' garden on Monday 19 August. The garden on Mount Gibraltar is just over an acre with magnificent eucalypts and 'borrowed views' to the west, with the sweeping lawns from the White House garden and to the south, a 10-acre paddock complete with three dams. It is planted with a mixture of exotics and natives with a resident wombat and echidna on the property, and a Swamp Wallaby who lives next door but who visits every evening to enjoy the greener pastures!



The English Box encircles a maple (beautiful in spring!)



The lower circle of Syzygium



The back garden seen from the deck

Garden Tips

There is so much to do, where should we begin? It's really a good idea to get all the flower borders and vegetable patch as weed-free as possible before the surge of spring growth. The perennials will be bursting through and require fertilising and watering. The same applies to all the newly planted seedlings and shrubs—especially when the winds are blowing and drying out the garden so quickly.

Azaleas and rhododendrons often suffer from the fungal disease petal blight and this problem needs to be dealt with by spraying them every 10-14 days with Bayleton or other fungicides recommended at the garden centre to protect the flowers. Watering rhododendrons and azaleas can be a bit tricky too, because you need to keep the water off the foliage and blooms as far as possible so that the moisture doesn't spread the petal blight. It's probably good for your back and knees to bend down and water below the foliage!

Camellias can be trimmed as soon as they have finished flowering and before the new growth appears. If you see distorted growth on new leaves (pale yellow-green tinged with red and slightly swollen) then the plant has leaf gall—this can also happen to azaleas. Remove the leaves and place in the bin and spray the foliage as if you were treating petal blight (see above).

Two-spotted mite and lace bug can also attack the new growth on azaleas. (We sometimes wonder why we plant azaleas in the garden at all!) The mites and lace bugs like all the ornamentals, particularly fuchsias and *Viburnum tinus*. If you see red specks on the back of leaves and then, later in the year, the silvering of foliage you know you have a problem. Best to protect the plants this month by spraying with MaxGuard (for lace bug) and Confidor or MaxGuard (for two-spotted mite).

Fruit trees are susceptible to leaf spot so spray with Bordeaux at pink bud stage.

Cabbage White butterfly caterpillars attack all the cabbage family including flowers such as stock, wallflowers and nasturtiums. Spray caterpillars with Dipel.

Aphids love the new growth on roses and seedlings so spray with a non-toxic or soap spray.

We're moving!

The good news is that we have had many more members turning up for meetings this year; the bad news is that the Presbyterian Church Hall, which we all love, is now too small for comfort. We have looked at various other locations over the last few months and now the committee is happy to let you know that we have secured the Uniting Church Hall (corner of Bendooley and Boolwey Streets) for 2014.

From February onwards we will be holding our meetings on the **second Monday** of each month in this much larger venue with lots of car parking spaces—the Men's Shed doesn't operate on Mondays and we can use their area too. The hall has a sound system, data projector, large screen all built in and adequate blinds for the windows. (Eric has been climbing up the ladder with black plastic bags and gaffer-tape because the blinds only cover a portion of the windows in the hall.) Moving into a larger hall means that we won't be so cramped and the exhibition table and the trading table will have more room to display their wares. The membership numbers have increased over the last year: in June 2012 we had 64 members plus 9 honoraries and now we have 79 members and 11 honoraries.

From the Patch: Beetroot *Beta vulgaris*

I have to admit life isn't complete without at least one meal a week, which includes beetroot. In fact I would be happy to have beetroot with every meal—either roasted, steamed, pickled or cold it is always fantastic. However the homegrown beetroot completely surpasses the bought variety on all counts and the good thing is they so easy to grow.

Beetroot should be sown directly in position after the chance of frost has passed. Beetroot seed is actually a small capsule, which contains several seeds and when they germinate you will find there is a group of seedlings in one position. Once the seedlings have a few leaves prick out the weak seedlings, leaving the more robust seedlings, a much better crop will result.

Garden bed preparation is the same as for most seedlings, dig over and create a fine tilth. They prefer a neutral to slightly alkaline pH so depending on your normal soil pH an application of lime may be necessary. Beetroot require a bright sunny position, which is regularly watered. Seedlings prefer to be kept moist but not too wet and you can plant them quite closely together. They will germinate in about 14 days and be ready to harvest in 6 to 10 weeks.

Harvesting baby beets will extend your cropping period and be sure not to leave them in the ground for too long as aged beetroot will be woody.

Do not incorporate too much fertilizer as this will encourage the top growth in preference to the bottom. It is best to add an organic fertilizer such as cow or sheep, which is lower in nitrogen and takes longer to breakdown. A side application of phosphorus will encourage the root development and they do benefit from an application of Boron at sowing—simply water it on.

Beetroot Trivia

Beetroot is a very ancient crop and was first cultivated by the Greeks about 300 BC primarily for their tasty leaves. Their development as a root crop only began in the 1700s.

Australia has the highest per capita consumption of beetroot in the world.

Beetroot is high in Vitamin C and the leaves are high in Vitamin A. The bulb contains more iron, fibre and minerals than spinach and is a good source of folate.

Beetroot has been shown to help with the prevention of liver and heart disease and is beneficial in preventing strokes. It also contains *tryptophan*, which improves your sense of wellbeing and is recognised as an anti-depressant.

Beetroots contain the pigments *betalains*, which are not broken down in the human digestive system and consequently can produce quite an alarming and dramatic effect!!!

Beetroot Cultivars

- Bulls Blood** Very sweet with dark red leaves
- Burpees Golden** Very sweet with Golden flesh
- Chioggia** Old Italian cultivar—flesh with concentric circles of white and red
- Cylindrica** An elongated variety
- Globe** The most popular round variety

Mini Gourmet Dwarf, intensely flavoured, served whole

Other things to plant in July

Now is also the time to plant a huge number of spring vegetables including: artichoke (globe), asparagus, cabbage, cauliflower, chives, carrots, fennel, leek, chilli, chives, lettuce, Jerusalem artichoke, tomatoes, onion, parsley, snow peas, spinach, turnips and Swedes.

A Vegetable Thought from Gertrude Jekyll

"There is not a spot of ground, however arid, bare, or ugly, that cannot be tamed."

Chris Webb (*Garden tamer*)

Fitzroy Falls: Burrawang Pub lunch: Monday 26 August



(l. to r.) Michael O'Boyle, Bob Bailey, Veronica Launders and Patricia O'Boyle



(l. to r.) Patricia O'Boyle, Judith Foy, Catherine Mah, Carole Scott, Pamela Cornet and Lorraine Richardson (more photos on the web-site)

Open gardens in October for your diary

Some of the gardens open at Tulip Time are regularly open during the year but there are a few which are not always available to visitors. Those of you who are new to the area might like to check out the following during the weekend of 5-6 October:

- 'Retford Park', 1325 Old South Road, Bowral (open 10.00am to 4.00pm). Admission \$8 (Money raised goes to Open Gardens Australia and to Bowral District Arts Society).
- 'Greenbriar Park', Old South Road, Mittagong (also has a winery)

Other gardens open and worth visiting in spring are:

'Red Cow Farm', Illawarra Highway, Sutton Forest

'5th Chapter Estate', 217 Walkers Lane, Avoca (unsealed road)

'Chinoiserie', 23 Webb Street, Mittagong

'Sturt' (with an art/craft gallery), Range Road, Mittagong

'Harper's Mansion', Wilkinson Street, Berrima

'Hillview' (the old State Governor's summer home), 7277 Illawarra Highway, Sutton Forest

'Milton Park', Horderns Road, Bowral

'Moidart', Eridge Park Road, Bowral - the garden will be open as well as the nursery.

'Corbett Gardens' (worth a visit to check which tulips you would like to dig up in November community dig!)

Muriel's Musings

Have been watching the Test cricket until stumps at 3.30am and, as the granddaughter of Arthur (Peter) Dyer, who was reputed to be England's premier cricket ball maker, until machine made cricket balls killed the craft (but don't get me going on that!), I consider myself to have a working knowledge of the game and how it should be played. So I'm more than a little bemused at how modern day technology has taken over.

The Umpire raises his finger and says OUT and the player stands his ground and wants a second opinion. So they go upstairs to the 3rd Umpire—no one has asked the 2nd field Umpire what he thinks. Now the 3rd Umpire looks at his little 62cm TV screen to see if there is a tiny white spot on the cricket bat. No, there isn't—but on snickeroo there is a little wiggly line so maybe the batsman did hit the ball.

So the 3rd Umpire informs the field Umpire that the lad is OUT and two to three minutes of playing time has been wasted—then another minute of playing time is lost while the fielding team indulge in a group hug!!

I asked my son Bruce, "Why do they bother to have a field Umpire?" and he replied, "Well Mum, they have to have someone to hold the hats, sunnies and jumpers." To which I had a ready answer, "The 12th man could do that—it would give him something to do."

NO correspondence will be entered into on this matter.

Suffered a slight embarrassment while gardening—soft green weeds were smothering the row of violas in the bed beside the letter box, so with the garden fork I wriggled it down to loosen the soil and was then able to bend down and pull up the weeds with ease. Reaching the end of the row, I stood up and took a step back and another and another and another—but with arms

flailing I did manage not to damage the rose bush—before I sat down on the garden path.

It was a soft landing really, but how to get up? Brought to mind the saying, "Me heart's good, but me feet won't let me" as I bumped 'n paddled my way back to the garden fork, and what would have looked to a casual observer as a geriatric pole dancer going through her routine, I was up on my feet again. A quick look up and down the street and there were no casual observers, *Thank Goodness*, and no damage done, except for a bruised Ego. Make what you will of that.

The recording sessions are going along—I've filled one journal with writing and now on to the second. The fingers on my right hand are stiffening up, but I remember reading recently of a 'natural' remedy that I could be tempted to give a go:

1 cup of white Raisins
Soaked till plump in Gin
Then added to Tonic Water
And a slice of lemon and 2 or 3 ice cubes

It says '*This is a delicious, but slow acting remedy for Arthritis!*'

Muriel Stuart

Highlands Garden Society Camellia Show and Fair

Also Quilt Display by Peace with Pieces

Saturday 14 September: Bring your prize-winning camellia blooms to the Uniting Church Hall (corner of Boolwey and Bendooley Streets, Bowral) between 7.00am - 8.15am.

The judging will take place between 9 - 10am and the hall reopened at 9.45am to the public.

*For details contact Ray Bradley (Events Co-coordinator, Highlands Garden Society Bowral):
(Tel.) 4861 4090 (Mob.) 0416 191 905
(Email) rbb1945@bigpond.net.au*

A few exercises for gardeners!

If you haven't been spending much time this winter in the garden, remember to warm up your muscles before you start the strenuous springtime jobs. Even weeding can cause problems to your back and knees.

Bending

Muscles used: Abs, back, legs.

The right way to do it: Focus on tightening your leg muscles (your quadriceps and your hamstrings) as you bend forward. Keep your knees slightly bent.

Try this exercise: Bird dog

Get down on all fours, with your hands underneath your shoulders and your knees underneath your hips. Tighten your abdominal muscles while simultaneously raising your right arm and straightening your left leg, keeping your back straight. Hold for 6 seconds. Return to the starting position, switch sides and repeat 10 times.

Raking

Muscles used: Core, shoulders, arms.

The right way to do it: Use short, quick motions, and keep the rake close to your body. Switch sides every 2 to 3 minutes.



Minutes of General Meeting 5 August 2013

Presbyterian Church Hall, Bendooley St. Bowral

Present: 61 members, 2 new members. **Visitors:** 2

Apologies: Pat Keen, Anne Stegman, Glenys Lilliendal, Lynne Moore, Mary Madeley, Veronica Launders.

President Meg Probyn opened the meeting at 1.30 pm by welcoming everyone present especially the new members and guests. She introduced the guest speaker renowned photographer and Chief Photographer of "Highlife" magazine, Tony Sheffield.



Guest speaker, Tony Sheffield, with Pamela Cornet (left) and Carole Smith (right)

Tony treated us to a slide show of magnificent gardens in the Highlands and in the tropics. The audience was mesmerised as we enjoyed the peace and beauty of the countryside as seen through his eyes.

He explained to us how important it is to compose a picture and to add a little mystery; for a better picture use a reflector. Avoid the middle of the day, as it is too bright—early morning or later in the day produces better pictures. The magic of photo shop was also explained to us. Tony offered to take a small group of interested photographers out on location. Centennial Winery is featured on the front cover of Tony's new book now on sale. We were all invited to visit his gallery at the rear of the Brown Bookshop in Bowral.

Tony was presented with a gift of appreciation and thanked by the eloquent and humorous Keith Bailey on behalf of the club.

Minutes of the general meeting held on 1 July 2013 were accepted. Moved: Meg Probyn. Seconded: Uliska Virag.

Correspondence In:

- LTM Risk Partners, confirmation of insurance for the Tulip Time Festival participants.
- Highlands Garden Bulletin and flyer for Camellia Show, Uniting Church 24 September 2013.
- The Garden Clubs of Australia, quarterly bulletin.

Treasurer's Report

Noelene Bailey moved that the financial report be accepted as follows: Balance in cheque account \$6295.67 plus balance in savings account \$3179.12: Total funds on hand as at 31 July 2013 \$9474.79. Seconded Muriel Stuart and carried.

General Business:

- **Tulip Time:** Eric Paananen attended a meeting organised by Council on building floats. Our float, set in 1860s, will feature a slab hut. Red is the

theme colour for 2013 so we will use red waratahs, red aprons, red on hats. The date of the Tulip Time subcommittee meeting is to be advised.

- **Working Bee** for the Southern Highlands Botanic Gardens was a great success with 40 people turning up to help. Membership forms to the SHBG were made available.
- **Angus Stewart** and Tino Carnevale will be conducting a tour in Tasmania (9 to 20 November 2013) on gardens and historic gardens.
- **Bowral's Rose** yet to arrive.
- **Trip to Canberra Arboretum** November 11: Please contact Catherine Mah (4861 7268) for your ticket (\$25).
- **19 August at 10.30 am: Meg & Clive Probyn** will open their garden for members at 158 Oxley Drive, Mittagong.
- **26 August:** Meet at Fitzroy Falls Information Centre at 10.30 am for a walk and then lunch at Burrawang Pub.
- **ADFAS (Australian Decorative and Fine Arts Society)** – Fund raising - see Clive Probyn for \$20 tickets to see "Diana" at the Empire theatre on Thursday 10 October.

Trading Table: Thank you to those who brought plants and books for sale.

Exhibition Lucky Draw: Drawn by Stewart Ward, won by Ann McColl

Photo Competition judged by Tony Sheffield who congratulated the winners on their high standard of photos. The winners were presented with a cyclamen.

Landscape: Janice Scott

Visitor to the garden: Pam Bailey

Single flower: Charlotte Webb (who also won the special prize, *The Southern Highlands Life*, donated by Tony Sheffield.)

The meeting closed at 2.55 pm for a delicious afternoon tea prepared by our Afternoon Tea Hosts.

Next Meeting: Monday 2 September at 1.30 pm with guest speaker Carolyn Dwyer: "Sweden's most romantic garden – Sofiero".

Management Committee

President:	Meg Probyn	4871 3134
Vice-President:	Pam Bailey	4869 5117
Secretary:	Lorraine Richardson	4862 2677
Treasurer:	Noelene Bailey	4862 3741
Public Officer:	Eric Paananen	
Trading table:	Michael Launders	
Seed Box:	Barbara Wilson	

Membership and Front Desk:

Pat Keen, Catherine Mah, Janice Scott, Anne Stegman

Afternoon tea hosts:

Margaret Buckland, Wendy Gamble, Glenys Lilliendal, Doreen Plumridge

[Website: bowralgardenclub.com](http://www.bowralgardenclub.com)