



Noosa Community Gardens

# Newsletter

## July 2025

*Handy Hint: For a better user experience on your phone, try Landscape view.*

### Sausage Sizzle a Sizzling Success



What a great day for our members who rolled up their sleeves (once the morning nip left the air) and helped with our annual Bunnings Sausage Sizzle fundraising event. Once again this year, we out sold our previous year's number of sausages and had to dart off for more supplies before the afternoon was up.

A big thank you goes to all those who participated, our supply organisers, cooks, onion preppers, bread stackers, servers and money handlers. And an extra big shout out to all those members of the garden and the community who supported us on that day by purchasing what was a superbly cooked and curated 'Aussie Taco'. We hope to see you all again next year when we will be back for another big day of sizzling.



## *Winter Solstice Gathering at the Garden*



What a delightful way to celebrate the shortest days of the year with a gathering in the garden to watch the sunset over the Wallace Park Precinct. Members enjoyed a warming welcome drink and nibbles at the start of the festivities and some participated in a friendly round of the corn hole garden game, then as the last light faded around 5.30 pm the lanterns in the gardens came to light creating a beautiful backdrop for the remainder of the evening. Later in the evening toasting of marshmallows around the brazier was popular among both the younger and older in attendees.





And of course these gatherings are not without their fine fare thanks to those on the organising committee who made delicious slow cooked pulled pork rolls topped with homemade coleslaw produced mainly from produce picked fresh that morning from the garden.

## July/August Upcoming Events

🍷 Regular Social Get Together - Last Friday of the Month from 4 pm - **Tunes by the River** - BYO drinks, nibbles to share and your chair. Please remember partners and friends are most welcome to come along and share in our fun. You'll find us in our usual spot on the grassed area between the Boathouse and the boat ramp. ***This month it will be Friday 25 July at 4 pm***



🎪 11-13 July 2025 - Queensland Garden Expo at Nambour Showgrounds. You can read more about this event on their website at [Queensland Garden Show](https://www.qgardenexpo.com.au/) If members wish to attend you will need to purchase your tickets online and arrange car pooling if required with others attending.

🚌 Thursday 24 July 2025 - Local Community Gardens Bus Trip hosted by Pomona and District Community House. For more information click this link [Bus Trip 24 July](#). Bookings are required via [info@pomonacommunityhouse.org.au](mailto:info@pomonacommunityhouse.org.au) or phone 5485 2427. It is possible to join in by car pooling/self driving if desired but bookings are still required by Thursday 10 July 2025.

👉 Tuesday 5 August 2025 at 2.00 pm - NCG Committee Meeting is being held at 5/28 Lionel Donovan Drive, Noosaville. All members are welcome, please RSVP via email to [noosacommunitygardens@gmail.com](mailto:noosacommunitygardens@gmail.com) if you will be attending, so we can ensure we have enough seating. You are also welcome to submit agenda items by Friday 1 August, 2025 via email please.

👉 Saturday 16 & Sunday 17 August 2025 - Cooloola Farmers Trail. For more information following this link <https://www.cooloolafarmtrail.com.au/>. Members may like to arrange car-pooling among those wanting to do the trail

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## Keeping Up Appearances

We are all proud of what we have created in our garden space at Wallace Park and of course that comes with ongoing maintenance as well as infrastructure improvements that are regularly attended to by our hard working members. Please note that your efforts do not go unnoticed, while we can't all be involved in these little working bees we certainly all appreciate what you achieve.



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## Growing Cabbages

.....*From Seed to Salad*

Cabbages are a cool-season crop packed with nutrients and flavor, making them a great addition to any vegetable garden. Cabbages are rich in vitamins C and K, fiber, and antioxidants. They're versatile in the kitchen—perfect for slaws, stir-fries, soups, or fermented into sauerkraut or kimchi. And with proper care, they can yield large heads with minimal fuss.

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### Choosing Your Cabbage Variety

There are several types to choose from:



- **Green Cabbage:** The classic, round-headed variety.
- **Red Cabbage:** Deep purple color, great for color in dishes and high in anthocyanins.
- **Savoy Cabbage:** Crinkled leaves with a milder flavor.
- **Chinese Cabbage (Napa):** Elongated heads and tender texture, great for Asian recipes.

Choose based on your climate and culinary preferences.

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## When to Plant

Cabbages grow best in **cool weather**, making them ideal for early spring and autumn planting.

- **Autumn crop:** Direct sow or transplant 8–10 weeks before your first expected cold weather.
  - **Spring crop:** Start seeds 6–8 weeks before the start of spring.
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## How to Plant

1. **Soil Prep:** Cabbage loves well-drained, fertile soil rich in organic matter. Aim for a pH between 6.5–6.8.
  2. **Spacing:** Transplant seedlings 12–24 inches apart in rows 18–36 inches apart.
  3. **Sunlight:** Full sun is best – at least 6 hours daily.
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## Watering & Feeding

- **Water deeply** once or twice a week, keeping soil consistently moist.
  - Apply a **balanced organic fertilizer** at planting and again midway through the season.
  - Mulch around the base to conserve moisture and suppress weeds.
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## Pest & Disease Tips

Watch out for:

- **Cabbage worms, aphids, and slugs.** Use row covers, hand-pick pests, or apply organic solutions like neem oil.
  - **Root rot and mildew.** Avoid waterlogging and rotate crops each year to reduce disease pressure.
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## Harvesting

Cabbages are ready when heads are firm and reach a usable size (typically 70–100 days after sowing). Cut the head at the base with a sharp knife. Leave the outer leaves to possibly grow a second, smaller crop.

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## Storage

Store harvested cabbages in a cool, humid space (like a fridge or root cellar). They can last several weeks to months when kept properly.

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## Final Tips

- **Start small:** A few heads go a long way.

- Rotate crops yearly to avoid soil-borne diseases.
- Don't forget to enjoy the process – gardening is as nourishing for the mind as it is for the plate.



*Reference Source: ChatGPT*



Members who were present at the garden on Friday 27 June will recall Emma Menzies visit to advise us of the new initiative "Grow It Local" for which the council have paid a group subscription. To use this resource click the following link <https://bit.ly/3ZLdPan> Once on this page, complete your details to sign up. Remember there is no cost



# PLANTS THAT THRIVE ON CRUSHED EGGSHELLS



**Peppers**



**Strawberries**



**Tomatoes**



**Cabbage**



**Squash & Zucchini**



**Basil**



**Roses**



**Eggplants**



**Broccoli**

*Source: Gardening Hints and Tips/Facebook*

This month we welcome the following new member/s to our group. We hope that you find your time spent in the garden productive and that in addition to growing some wonderful produce you also develop many new friendships.



Tom Murray  
Susan Bartley

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## *Thank You to Our Helpers & Sponsor*

A big shout out this month to

### **All Our Sausage Sizzlers**

(Members & Partners)

for assisting us with our awesome fundraising  
Sausage Sizzle on 14 June.

And to the crew at Seasons IGA Noosa for once again this year  
supporting us with supplies for the event.



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## *Just For A Laugh*



I'm old enough to get this....



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## *Letter to the Editor (Satire)*

Howdy MNGA,

This is Bazza, & Not Wazza, & Not Cora

Looong story on why it is me, but here goes.

I was walking my 6 x dogs past the "Numbat Community Gardens" the other day, stopped for a chin wag over the barbed wire fence with an old bloke sorting manure, and before I knew it, some woman there (still not sure of her name) signed me up as a Member, sold me 3 x plants that I don't know the name of, and what I think was a bag of worms. She seemed happy at the time, muttering about finally meeting her monthly budget. Not sure if that was a " \$ " budget, or " new man " Member budget ??

I went back the following week to see what I had actually signed up for, and was put on Compost Duty. Didn't learn much about Compost, but jeez the guy there knows some Worldly Facts. I think I may have seen him as a Winner on that Show, "*Selling of the Century*". Nice guy, fun time, but phew, stinky work. I'd never heard of putting fish heads in a compost bin before.

I pleaded with President Wazza if I can have another job, and he said ; "sure, you can write a letter to the Editor Sister of "MNGA Garden Commune at NoosaVista". Have I got the names right?? I hope so, apologies if not, as they haven't really given me much to go on or what to say. Seems to be the way they roll here. What does "MNGA" stand for ?*Make NoosaVista Great Again* ?

Just a couple of things to finish, as Wazza did say not to rabbit on too much.

Been chilly here. Damn Cold to be honest. Watermelons are not going too well, nor the pineapples. Good for slushies, the drink, not the boots. And sorry to say, too chilly for chillies. But, the Mob here are setting up a Sausage Sizzler thingy for fundraising, (I thought Sizzlers had gone by the by?). I said I would help, but told 'em I don't go anywhere without my 6 dogs, so still waiting to hear about my shift, or maybe I have been given the "short shift" ??

Anyway, I will definitely be asking for yet another job in the garden next week, apart from dodging that lady trying to sell me more plants and bags of something.

Catch Ya later Sisters,

Bazza and his 6 dogs

for Wazza, and maybe Cora

E: [wazzawot@geezmale.com](mailto:wazzawot@geezmale.com)

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## *Recipes of the Month*

*These recipes were enjoyed by members at the recent Winter Solstice gathering*

### Thai Coriander, Lime and Cashew Dip

#### *Ingredients*

- 1 cup cashews, roasted
- 1 bunch coriander, roots removed
- 1/2 long red chilli, deseeded and finely chopped
- 1/4 cup of olive oil
- 1/4 cup lime juice
- lime rind finely grated
- 1 tsp salt
- 1/4 cup of water (more lime juice can be added if desired)



#### *Instructions*

- Place all ingredients into a blender and blend to the desired consistency,
- Serve with crackers and/or raw vegetables of your choice.

*Contributed by Rhonda Smith*



# Mulled Wine

## Ingredients



- 1 bottle of red wine (pinot or cabernet sauvignon preferably)
- 125ml water
- 40ml dark rum
- juice of 2-3 oranges
- 5 cardamom pods, bruised
- 6 cloves
- 1-2 star anise
- 1.5 cinnamon sticks
- 40g sugar
- fresh or dried orange slices for decoration

## Instructions

- Place the spices in a little bag or coffee filter,
- Mix all other ingredients in a pot and add the spices,
- Bring to a boil until the sugar has dissolved,
- Turn off the heat and let the spices infuse for a couple of hours,
- Remove the spices, add more sugar if desired,
- Return to the heat and warm to the desired temperature,
- Serve in mugs with half a slice of fresh or dried orange as decoration
- In the very unlikely event that you don't drink it all, it keeps in the fridge for a week.

*Contributed by Susanne Huber*

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## Links to other Newsletters & Community Information

Organic Gardener

Organic Gardener

Bendigo Bank Connect Newsletter

Empowered Agriculture Newsletter



## Noosa Community Gardens (NCG) Inc

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