

Thriving through **connection** in the community since 1988

The latest news and announcements from Easy Care Gardening

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A Word from Our Patron Judy Horton OAM



Springtime and preparing the garden for summer

We've had a wet winter which means we're starting spring with a reserve of moisture in the soil. However it's surprising how quickly things can dry out after a few rainless weeks. Here's a few ideas to help get your garden survive the hot, dry summer.

·A layer of mulch keeps the soil cooler and retains moisture. Coarse mulches can be spread in a layer that's up to 8cm thick and finer mulches kept to as little as 2cm. Always water well before applying mulch and avoid having the mulch in direct contact with the plants. A non-flammable gravel or pebble mulch is a wise choice in bushfire-prone areas.

·Applying a soil wetter will get the water into the roots where it can do the most good. Soil wetters, which are a bit like horticultural detergents, come in organic or inorganic, liquid or granular formulations and also in hose-on applicators. They all encourage the water to enter the soil so use whichever formulation you prefer.

·Water-storing crystals hold moisture in the soil. The best way to use them is to swell the dry crystals in water before blending the swollen crystals with the soil in the planting hole. If the plant is already in situ, create vertical holes down into the soil as close to the roots as possible. Spoon swollen crystals into the holes and top with soil. Never leave the crystals exposed to the air as they will simply dry out.

Happy gardening!
Judy

International Day of Charity

September 5



Mother Teresa helping people in need

The United Nations General Assembly (UNGA) designated the International Day of Charity in an attempt to encourage people in the world to help others.

The event is held on the 5th September each year, which is the anniversary of the death of Calcutta's Mother Teresa. This well known figure is possibly the most philanthropic person of all time. She sadly died, aged 87, in

1997. Her lifetime work with the dying and sick in India is well documented. In 1979, Mother Teresa was awarded the Nobel Peace Prize 'for work undertaken in the struggle to overcome poverty and distress, which also constitute a threat to peace.' International Day of Charity is an event which recognises the role of charities in alleviating humanitarian crises and suffering in the world. We celebrate the event in Australia to help raise awareness of the amazing work that charities and individuals like Mother Teresa do, and to mobilise people to do good things to help people who need it the most.

There are many ways to get involved with International Day of Charity, whether that be organising your own event to raise money, volunteering with a local cause such as Easy Care Gardening or simply raising awareness for a charitable organisation. Regardless of how much time or money you have to spare, there are lots of different things to do.

Celebrate International Day of Charity on September 5 and help us raise awareness of the work we do in the community by sharing our story through your social networks:



Step 1 – Follow our Facebook and/or Instagram pages

Step 2 – 'Like' the International Day of Charity post

Step 3 – 'Share' the post in your stories or news feed

Step 4 – Follow the instructions in the post caption

All participants will go into the draw to win a team lunch valued at \$350. The first 20 volunteers to get involved will receive a \$50 gift.

Spring/Summer 2024

What's On

Dementia friendly harmonic cafe and choir. An inclusive environment for those living with Dementia. Come along for an afternoon of fun singing at our relaxed garden cafe. No musical ability required. More information [here](#) or visit www.krg.nsw.gov.au



SUNDAY 22 SEPT 2024

St Ives Village Green 10am - 4pm



St Ives Food and Wine Festival 2024. Delight in premium wine tastings, boutique beers, liqueurs, handmade spirits and cocktails. Enjoy delicious multi-cultural cuisine from fabulous food trucks. Meander through lifestyle stalls to your heart's content. Be entertained by live music. Kids will love the petting zoo, More information [here](#) or visit www.krg.nsw.gov.au

Employability program for migrants with skills from overseas. This program, designed and facilitated by professional volunteers, will take you through a structured approach to identify your strengths, build your confidence, craft a compelling resume and prepare for effective job interviews to present your best authentic self forward to your potential employer. More information [here](#) or visit www.krg.nsw.gov.au.



Identity Theft. Your identity is important. Let's protect it! ID Support NSW is the nation-leading identity support unit working to minimise the risks associated with identity theft. The aim of the session is to strengthen people's cyber resilience and arm them with the skills they need to stay secure online. More information [here](#) or visit www.hornsby.nsw.gov.au

Compost and Worm Farm Workshop. Always wanted a compost bin or worm farm but not sure where to start? Or do you have a system but are having some problems? Join the Hornsby Shire composting community and save the environment by turning food waste into nutrient-rich compost for your garden. Get some expert tips on how to set up and look after your compost bin or worm farm at our compost and worm farming workshop. More information [here](#) or visit www.hornsby.nsw.gov.au

Intergenerational Yoga - Sundays 9:00am-10:00am. A low-cost beginners yoga class with modified movements and poses for those with limited mobility. This class is an outdoor class for adults of all ages starting out with Yoga. Click [here](#) for more information or visit www.ryde.nsw.gov.au



Moocooboola Festival is the premier community event in Hunters Hill, attracting up to 15,000 visitors to Boronia Park Ovals. Featuring rides, entertainment, displays, food stalls, a market bazaar, performances and a crowd-favourite dog show, Moocooboola Festival offers something for everyone. More information [here](#) or visit www.huntershill.nsw.gov.au

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Welcome Michelle!



We have recruited a Client Service Officer, Michelle Vierboom, who will be the main point of contact for clients and volunteers relating to service schedules, bookings and day-to-day requests and cancellations. Michelle comes from a scheduling and customer service background and has been working with over 500 staff, primarily nurses and those required in hospitals and aged care facilities. She also has a certificate III in Horticulture which means she will be able to speak “fluent garden language” with a thorough understanding of all things plant related. In her spare time Michelle enjoys working with indoor plants and visiting gardens and nurseries in the warmer months. In the cooler months she loves being cozy with her two dogs. Welcome to the ECG team Michelle!



Tip of the Season

Springtime is here! Although gardeners often go by the weather to really decide that spring has started, you can count on early spring as the time when temperatures begin trending upward and stay

that way consistently. In temperate regions such as Sydney, most plants are just about to break dormancy but haven't started actively growing yet. Read on for some tips to get the outdoors of your home ready for the warmer weather.

Clean up flowerbeds - Clear away dead leaves or any other winter debris from the soil surfaces where you're planning to plant annual flowers and vegetables. Remove protective winter mulch from around perennials and ornamental grasses and cut back last year's dried foliage.

Add mulch - One of the easiest ways to make your yard look polished is to add a fresh layer of mulch around the garden beds. This also helps the soil retain moisture and keeps down weeds. Spread the mulch evenly with your gloved hands or use a rake. Careful not to layer it on too thick or too close to plants, which can cause diseases.

Prune trees and shrubs - If you didn't prune in winter, now is the time to trim your fruit trees and evergreen trees and shrubs. Prune before the buds begin to break into bloom, or you'll stress the tree and get a tiny crop (or possibly none). Perform basic maintenance on hardscaping - Check stonework particularly in paths and edging. Check the general condition of decks or patios and make any needed repairs. Clean off outdoor furniture so it's ready for relaxing after a busy day in the garden.



Support Us



Easy Care Gardening is a not-for-profit organisation that relies on volunteers to ensure its work in the community can continue. If you can spare 3 hours of your day to volunteer, click [here](#) for more information.

Whilst we do receive funding from the Commonwealth Government, it is not sufficient to cover all of our administrative costs and the purchase of new tools and equipment. Your donation today will help countless older residents keep living longer in their own home.

To donate now to Easy Care Gardening click [here](#). Donations of AUD \$2 or more are tax deductible.

Recipe Corner

Chargrilled bread and tomato salad with olives by Heidi Flett



Step 1 - Preheat oven to 190C/170C fan-forced. Line a large baking tray with baking paper. Place tomatoes, cut-side up, on tray.

Step 2 - Whisk together vinegar, oregano, garlic and 1/2 the oil. Spoon over tomato. Season with salt and pepper. Bake for 30 minutes until tomatoes are caramelised and softened.

Step 3 - Heat a chargrill pan or barbecue grill on medium-high heat. Lightly brush bread with remaining oil. Cook, in batches, for 1 to 2 minutes each side or until golden. Transfer to a baking tray to cool.

Step 4 - Tear bread. Place in a large shallow serving dish with rocket. Spoon over tomatoes and juices from baking tray. Toss to combine. Top with olives and bocconcini. Serve.

Ingredients

- 1kg roma tomatoes, cut into wedges
- 1/4 cup red wine vinegar
- 1 tbsp dried oregano
- 2 garlic cloves, crushed
- 1/2 cup extra virgin olive oil
- 400g sourdough Vienna loaf, cut into 2cm thick slices
- 1 bunch rocket, trimmed
- 1/2 cup pitted kalamata olives
- 180g tub bocconcini, drained, torn

Source: Taste.com.au

If you have an idea, or simply want to share feedback, we would like to hear from you. Contact us at info@easycaregardening.org.au or Phone (02) 9983 1644



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