

MAKING A GARDEN ON TAMBORINE MOUNTAIN – Elwyn Paton

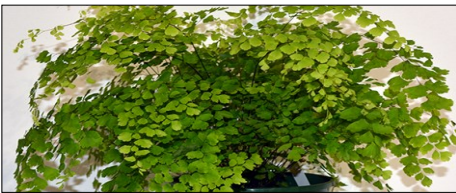
Surely we will be happy with our gardens again, when we hear the wonderful sound of rain on the roof. I have almost forgotten what it is like.

I have a bore which is such a blessing, but of course, for every litre of water on the garden there is a corresponding rise of dollars on the electricity bill, so I have been doing quite a lot of hand watering, giving individual plants some deep watering. After an hour of sprinkler watering, sometimes I find that the mulch around the plants is barely damp. There is nothing like an evening and a day of steady soaking rain. Bring it on!

My pot plants are getting better attention these days. I bought some Veltheimia bulbs from a mail order nursery and as they came from South Africa, I thought that they would do well here. I have several goes in different parts of the garden with dismal results. However, I have a friend who grows them in pots with good results. Not to be outdone, I bought some bulbs from her, put them in pots in good potting mix and, voila, lovely plants and flowers are the result.



This is a part of gardening that I struggle with. How many times have we bought plants in pots which don't seem to do anything until we put them in the ground and how many times do we expect plants that come from different parts of the world and are growing well in a pot to perform just as well in the ground. I guess this is part of learning how to make a garden in this place.



I thought I had the best Maiden Hair Fern in a pot, on the mountain until I neglected to read the signs of dryness in the plant. After one day too many of dry winds, I came home to a pot of shrivelled fronds. Very sad. Cut back, fertilize, water and start all over again.

I have let the “dear little

Erigeron” take over some of my gardens. So after three weeks' holiday and three weeks getting over some URTI, it is time to do some serious weeding. It is amazing how I have filled an entire trailer with this plant and I am still going. If you read books from southern states, you will be advised to plant this pretty plant in gaps in pavers and along your garden steps. Don't turn your back on it!!



I tend to moan and groan during dry times, hopefully by this time next month we will have had lovely rain and an excellent “Springtime on the Mountain”. Ellie



TAMBORINE MOUNTAIN GARDEN CLUB INC.

PO Box 63, North Tamborine, 4272 ABN 281 058 436 76 www.tmbotanicgardens.org.au

NEWSLETTER

Editor: Bernadette Stacey - bernadette1859@gmail.com 0409 759 838 **September 2017**

Davidson Plums – one of Australia's Native Superfoods - Lynne Rule

When we took over our residence on Tamborine Mountain the first couple of years were a voyage of discovery. Each Friday night we would arrive for the weekend and the first thing I did was look around the garden for new surprises. As we tackled the overgrown back section of the block we discovered all sorts of treasures – including edible ones which I think are doubly rewarding. First we found the fruit of the Davidson Plum as rotting debris. After some google research about what we could do with this tart but edible fruit, we were ready for the next crop – the following January.



I look forward to the annual crop now and have a range of recipes ready to deal with the fruit. I use the plums to make a wonderful jam, a paste for serving with a cheese board, and a cordial as the basics. The plums are also delicious when served as slices in a salad, used in stuffing for meat dishes, in cakes and desserts and in place of a slice of lemon in a gin and tonic. The deep purple fruit suffuses the drink a delicate pink.

Davidson Plums are native Australian trees. There are two distinct varieties, one being endemic to Northern NSW and SE Qld rainforest and the other in the Cairns - Daintree area. The tree looks like a cross between a palm tree and a tree fern with a slender trunk and small canopy – ours is not visible from the ground having forced its way to the sky through other rainforest trees.



The fruits, known as drupes, are unusual in that they form directly on the trunk of the tree in little bunches. As they ripen they turn a deep purple and when ripe they drop onto the ground. The fleshy pulp has two small seeds which need to be removed before preparing for any dish. I now freeze a quantity of de-seeded plums for use throughout the year. They can also be purchased from native fruit specialist shops on-line, but at \$150/kg you might want to try growing your own!

Davidson Plums are now recognised as being one of the nutritional powerhouse superfoods. The pulp is rich in Vitamins C and E, Potassium, Zinc, Magnesium and Calcium and anti-oxidant Anthocyanin. Research is also underway into its anti-microbial properties.

The trees prefer a shaded position with well-drained soil, regular rainfall and protection from frost. I am experimenting with planting some seeds this summer to see if they will grow from the seeds. I had never irrigated the tree relying on rainfall but if it is dry in spring this year I will provide water to see if the harvest improves. **Recipes on page 3.**

CONTACTS: President / Springtime Convener – Di Howard 5545 2628 | Vice President / Secretary - Bernadette Stacey - 5545 0605 | Treasurer – Helen Walsh 5582 7902 | Patrons - Mary Wallace, Margaret and Roger Bell

October meeting

Tuesday October 10th at 9:30 AM

Vonda Youngman Community Centre Main Street, North Tamborine

Guest Speaker: Phil Dudman: Pruning

Competition Table

- A flowering native
- An exotic tree or shrub
- A blossom
- A vegetable / fruit
- A hippeastrum – one cut
- An african violet in a pot
- A rose

Specimen table

Bring along a specimen; unusual, interesting, beautiful, unknown. Include a question if you like.

Question and answer segment

Get the answers you need to all your gardening questions. Use your experience to help with someone else's problems.

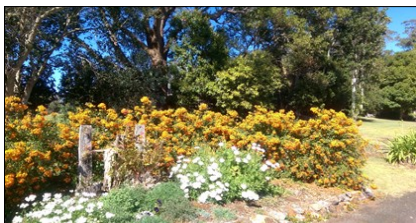
September Morning Tea

Margret Campbell, Hazel Baxter

August garden visit

A gorgeous winter's day greeted us to view yet another garden full of colour. This BROWALLIA (sometimes called the orange marmalade bush) was a stunning display of yellow and orange. It's a lovely addition to any garden. Thanks again Ann Zaremba for allowing the garden club to visit your garden. **No garden visit for September because of Springtime.**

Glenda Sullivan



From the President

It was so lovely to see so many of you at our August meeting in the Botanic Gardens. 66 members enjoyed morning tea and tucked into rolls, sausages, bacon and onions cooked to perfection by Eddie and Rob. I think they both have everything honed to perfection for the sausage sizzle at Springtime. The only downside to the morning was the chilly westerly winds.

There is always a lot of work to make these occasions a success so thank you to all the helpers. What would the club do without you?

Springtime on the Mountain is almost upon us. Thank you to everyone who has volunteered. We can always use more people, especially on the Monday morning when everyone is tired and the signs and cafe equipment have to be collected. If you will help, even for just a short time, it would be fantastic.

During Springtime weekend I will available on 0458 102 344 to deal with any issues. I will be out and about visiting all the gardens so do not hesitate to call me with any problems. If for any reason you are unable to work please contact me or your Gate Captain ASAP.

Please note current club members are entitled to \$10.00 Trail passes but must produce their 2017 membership card, so make sure it is in your wallet. Trail passes, which this year are Wristbands, must be worn to enter any of the Open Gardens. They are not transferable. Passes are available at all Open gardens and the Botanic Gardens. All volunteers will receive a Volunteer Pass but if for some reason you haven't got yours please contact me.

Once again there is some sad news. A long time Garden Club member, Anne Neary, had her husband Barry pass away after a long illness. Anne herself has been extremely ill. We wish Anne a speedy recovery and offer our condolences for her loss.

Di Howard

Upcoming events—please see the noticeboard for more detail

Clivia Show	TAFE Horticultural Pavilion,	15—20 Sept
Toowoomba Bromeliad Society Spring Show & Sale	Sacred Heart School Hall Cnr North & Tor St	16—18 Sept
Toowoomba Geranium Society Show and Sale	Masonic Hall, 58 Neil St	16 & 17 Sept
Twin Towns & District Garden Club 24 th Annual Show	Tweed Heads Civic Centre	16 Sept
Wondai Garden Expo	Wondai Sports ground	23 & 24 Sept
Gold Coast Rose Society Annual Rose Show	Robina Community Centre, Gold Coast	30 Sept 1 Oct
Stanthorpe Gardenfest	Stanthorpe Christian Fellowship, 207 Amosfield Rd	6 & Oct

Davidson Plum Recipes

Davidson Plum Paste (inspired by Maggie Beer's recipe)

Ingredients: ¼ cup water, 1 kg plums (yielded 885g pulp – pureed), 885g sugar, 2 star anise, 1 tbsp lemon juice

Method: Cut plums, remove seeds and puree. Add a little water to the bottom of a heavy based pot and pour in the pureed plums. Stir in the sugar, anise and lemon juice and cook at high temperature for about 20 minutes. Test as for jam making – drop a teaspoonful onto a cold saucer – if it sets it is ready. Pour into desired containers – I use a mix of small bottles for gifting and set some in a shallow dish for home use. Allow to cool and set. Serve with cheese board. Keeps well if well sealed.

To Make jam : Substitute whole vanilla pod and cinnamon stick for the star anise. I used 1 of each for 500g plum puree, squeeze lemon juice, 500g sugar & a small amount of water. Makes 3 small bottles.

Cordial (from permaculture.com.au)

Ingredients: 500g plum puree, 500ml cider vinegar, 1L water, sugar, lemon juice

Method: Simmer fruit and vinegar for 15 mins. Add water and bring to boil and boil for further 10 minutes. Strain the liquid through muslin cloth. Measure liquid into pan and for every cup of liquid add 1 cup sugar and juice of half lemon. Simmer for 15 mins. Remove from heat and stand for a few minutes before pouring into sterilised bottles. Seal and store in a cool cupboard. Keeps well – up to 12 months, but it won't last that long! Dilute with soda water.



Diary of a Springtime gardener

I'm exhausted after a month of frantic gardening. I have been pruning wayward growth, fertilising everything, shovelling woodchip mulch and constantly watering. In my spare time I have been weeding. The weeks ahead consist of more of the same. I just wish for some nice days of gentle rain to freshen everything up. Bernadette