

GREEN PZ NEWSLETTER

November 2009 | Issue 6



Hi Friends of Green Pz (Pronounced peas!)

November is a totally fabulous month in the garden. Sowing seeds is one of my favourite garden activities, so I liken this month to the feeling you get when you go to a smorgasbord restaurant. There is absolutely so much choice and absolutely no restraint required what so ever.

I think November is also the month of flowers;

😊 flowers, flowers everywhere. Whatever type of gardener you are, there are always flowers of some sort, be they roses, chives, orange blossom, lavender, borage, nasturtium, carnations or those cute little heartsease violas.

What to sow, plant and do in November

Sow and plant

- Practically anything you want to. You can sow or plant just about any spring or summer vegetable, flower, or herb this month. Grow whatever you and your family love to eat, smell or harvest. Maybe ask everyone what their favourite vegetable is, and start there!
- You can sow and plant all your tomatoes, peppers, melons, eggplants, pumpkins, courgettes and cucumbers **now**.
- It is also time to plant your main crop potatoes. I am trying a method, new to me, of putting them in trenches with wilted comfrey leaves and a sprinkling of neem granules. It is essential that you don't let the tops of your potatoes fall onto the ground. Keep your potatoes hilled up or mulched to keep the tops upright.
- Keep a look out for kumara tipu (baby kumara plants grown from a kumara tuber. Plant them on mounds with the soil up to but not covering their leaves, water well and water every other day for the first week or so.
- Jerusalem artichokes and yams can also be planted now, if you can get hold of the tubers.
- Plant your main corn crop and beans. Plant every couple of weeks until the end of December at least to ensure continuous cropping.
- Sow and plant a little of everything else every fortnight or so. Carrots, lettuce, beets, rocket, turnips, radishes, parsnips and spring onions.

- Consider sowing companion flowers into the veggie garden, including zinnias, sunflowers, cleome, marigolds, alyssum and bedding dahlias.

Do

- Prick out and transplant all seedlings.
- Prepare any empty beds.
- Mulch as many beds as possible to conserve moisture
- Apply regular foliar spray of seaweed, vermiliquid, compost tea or the like.
- Feed and water asparagus to encourage cropping until Christmas.
- Keep an eye on soil moisture levels. With our volcanic ash soil we quickly dry out, so it is not silly to check water requirements on a very regular basis.
- Watch carefully for insect pests and diseases. I have already spotted some shield bugs on my black cabbage.
- Soil for sweetcorn and pumpkins will be improved by working in blood and bone, or well aged manure, or sheep pellets.
- Consider putting a tablespoon of milk powder in the bottom of the planting hole of tomatoes.
- If lemons, or other citrus fruit are not clean skinned, and their fruit or leaves have warty looking growths, spray with copper.
- Protect plants from slugs and snails.



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Food Crop of the month

Beans

The Bean is one of the easiest and most popular vegetables to grow. The taste of fresh beans from the vine beats any you can buy in the shops. Beans are warm season vegetables and susceptible to frost, so now is an ideal time to plant them. If space is a consideration, try growing climbing beans up a frame or trellis. Being legumes, beans fix nitrogen into the soil, so are not just good to eat, but they improve the soil for future crops.

Beans thrive on light, well drained soil, such as Kawerau's, particularly if it has been enriched with compost, manure and lime. Germination is assisted if you soak the seeds overnight in a compost tea, or other liquid tea, like that made with cow manure. Plant seedlings up to their second, true leaves. It is often recommended that you hill up the young plants.



A liquid fertilizer regular watered in at flowering will help ensure a good crop. Try to irrigate along the base of the plant if at all possible, and water in the morning so the leaves have time to dry before nightfall.

Keep dwarf beans picked to get the best crops of the most tender beans. Extra care should be taken to control slugs and snails around bean seedlings. Consider planting dwarf beans every month through the summer for a continuous supply.



Green beans with Sour Cream and Garlic

- 2 cloves of crushed garlic
- 1 tablespoon of Kawerau Pure Foods Olive Oil
- ¼ C water
- 2 C sliced green beans
- 1-2 Tbsp sour cream

Heat oil in a frypan and sauté garlic for a couple of minutes, Do not brown. Add beans and water and cover. Steam for another couple of minutes, shaking pan occasionally until lightly cooked. Take off heat and fold in sour cream. Serve immediately.



Helpers at the Community Gardens Nursery. Filling up paper pots for seedlings.

November Moon Calendar 2009

The Full Moon was on November 3rd.
New Moon is on November 17th.

- 7th** Sow Broccoli, cauliflower, plant potatoes
- 8th** Rest day
- 9th** Sow cabbage, lettuce, silverbeet, celery and leeks
- 10-11th** Sow beans, cucumbers, zucchini, melons, pumpkins, tomatoes, capsicums and sweetcorn
- 13-15th** Sow beetroot, carrots, parsnips and radish
- 16th** Sow broccoli, cauliflower, plant potatoes
- 17th** Sow cabbage, lettuce, silverbeet, celery and leeks
- 20-21st** Transplant cucumbers melons, pumpkins, tomatoes, capsicums and sweetcorn
- 21st** Rest day
- 22nd** Cultivate and apply compost. Transplant
- 25-26th** Transplant broccoli and cauliflower
- 27-28th** Transplant cabbage, lettuce, silverbeet, celery and leeks
- 29th** Transplant cucumbers, zucchini, melons pumpkins, tomatoes, capsicums and sweetcorn
- 30th** Sow all seeds. Transplant as for 29th.

What's happening in my patch?

Most of the reading I have done lately expounds the virtues of the herb comfrey. November is the last month to plant comfrey root cuttings which I just so happen to have found on Trade Me. I find I am now on first name basis with our local courier driver – funny that! Couldn't possibly have anything to do with all the fabulous heirloom seeds that you can now find on that site. No of course not.

I have, despite having a most interesting time buying seed, actually been trying to save the best of my own veges for seed. I currently have a self sown parsley plant which I think is the best I have ever grown, but Murphy's law prevails and it has located itself in the most inconvenient place possible, so I have to duck and dodge about it all the time. I have nearly "disappeared" it several times out of frustration, but I am hoping to

persevere a bit longer. The progeny, will I am hoping, prove to be the perfect parsley for growing in Kawerau. The same can be said for a nice red lettuce. Every thing else has gone in that particular bed, and just this one, nearly ready to seed lettuce, remains all by itself holding up the works for the preparation and planting of a whole bed. Funny that too!

Sadly, the money plant I bought from the Garden Club Stall at Woodskills, which has been positioned by the door, (Feng Shui you know) hasn't bought any wealth in a hurry to the house, so we continue to live in hope with that one.



Community Garden News

Breaking News...Christmas has come early for the community garden project. We have had the most generous contribution of 10cubic metres of compost and some potting mix from the team at **East Bay Bark Company**. Thank you, Thank you, Thank you Wendy and Steve for your support. As you may be aware this has been our most limiting factor establishing the community garden behind the House of Hope and filling the newly constructed beds at the nursery. The **East Bay Bark** products are absolutely fabulous and there are some most interesting new ones which I cant wait to try like "Forest Floor" and "Jungle Mix." Also, I spotted some great topsoil out there which is usually like hens teeth. Well worth an investment and trip out to Onepu Springs Rd about 1km over the railway line.

Joy of joys. I have found a kindred spirit in Betty, a new volunteer at the community nursery. She has bought in chicken, horse and, can you believe it, cow manure to share with us. Bless her. What a fabulous woman! The smell did test the fortitude and resolve of the other volunteers, but life is good and the worms in the newly installed, never-full wormery are feasting on the delights of her hunter-gathering expeditions.

The community garden is progressing well from its small beginnings. We had a big burst and some very serious digging undertaken by the P.D. boys. **Thank you for the**

great kick start. The first lot of plants sown and produced in the nursery have headed out to new homes. We look forward to hearing of the first harvests. Thanks to everyone who is helping with the hard work of digging and cultivating the expanded garden. In a few weeks time we will have quite a few plants ready to go, so will soon have something to show for all the effort.

Special thanks to Des for sharing some of his special Kamo Kamo seed. We are growing these as per the Moon Calendar, so look forward to keeping you posted on progress. Thanks also to the Conservation Corps ladies for the work they did, and the Kawerau College Buildtec boys for the load of horse manure .

We have some most interesting named plants and seeds at the moment, Drunken Woman lettuce, magic, rainbow and Sue's Mums beans, and tomatoes by such names as Box Car Willie, Tommy Toe, Waimana, and Abraham Lincoln. In an odd, probably very odd sort of way, it was quite entertaining standing there in the nursery pondering just how the garden will turn out. What will happen if the Drunken Woman ends up next to Box Car Willy, or heaven forbid, Abraham Lincoln or perhaps Tommy's Toe out somewhere near Waimana, and if so, how will Sue's Mum cope with that?!. It quite defies my imagination! ☺

Don't forget if you want to grow some of your own seeds

Community Gardens

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P.O. Box 119, 60 Onslow Street, Kawerau
Phone: 07 323 7377
Email: kelly@kea.org.nz

We're on the Web!
See us at: www.kea.org.nz

Community Garden News continued....

at the nursery, or get involved with the project in some way, you are very welcome to join in. We are very much a work in progress. We are very pleased to put friends and family on the Newsletter list so just let us know. We welcome your contributions. Just contact me or KEA or others on the committee such as Phyllis Rangihika, Lyn Hartley, John Brierley and we will do our best to help you "Get Growing"

Kawerau Garden Club News/Hint

The Garden Club had a wonderful outing to 3 different venues including the Rotoma Gallery and charming Rotoehu garden of member Catherine Branston and "Wildwood" which early residents of Kawerau may recall was the former home of Dr Peter Lippa. Next meeting is to be held on Thursday 19th November with another garden visit later in the month. Contact Shirley on 323 9069 for further information.

Club members suggest you think about how you are going to manage blight in tomatoes, potatoes and strawberries. Prevention is always the easier option rather than trying to control it once you have it. You might like to do weekly fish, seaweed, or milk spray, or a monthly copper spray mixed with Rainguard, to help it stay on longer.

Can anyone help with...

- Potatoes, sprouting last season, rua or other maincrop variety
- Watering Can with rose
- Seedling punnets/trays
- Yard broom
- Flower and vegetable seeds you may have in excess
- Rooted pieces of NZ native spinach
- Parsley seedlings. Chives or other offshoots of herbs
- Melon seedlings and kumara plants
- Funding applications
- Managing a beehive for the Community Garden Project

What are you doing with any excess fruit and vegetables? Have you some spare to donate to Foodbank or Mountain View Rest Home? If so, contact John Brierley on 323 7458.



Seedlings on the go at the Community Gardens Nursery.

What's Happening soon?

- An item on Plants to attract bees and butterflies
- Green Screenings – Kawerau Rotary have 3 planned for 2010. These will be held at Taste Buds Restaurant and a meal will be available afterwards. Contact Tracy or John Brierley.

Glossary

- **Legumes** – The pod of a plant from the pea or bean family.
- **Neem Granules** – The crushed kernels of the Neem tree. It acts as an insecticide.
- **Vermiliquid** – Liquid vermicast. **Vermicast** is a concentrated, rich & micro bacteria laden product that earthworms & compost worms excrete when they digest their food. So liquidified worm poo.
- **Compost tea** - is a liquid solution or suspension made by steeping [compost](#) in water. It is used as both a [fertilizer](#) and in attempts to prevent plant diseases.

Green Pz is a Community inspired project and your input is making "it" happen. This Newsletter is available on the KEA website www.kea.org.nz, or to subscribe, phone 323 7377.