

Our Club Function was held on Saturday 4th June and although it was a very wet day Members braved the conditions and attended. In the absence of President Peter, who was away at another Meeting, Vice-President David presided over the Afternoon Activities. Our Guest Speaker was Terry Stokes from -

Dr. Grow it all™ who spoke on the Organic Fertilisers of his Company and how it improved root growth of plants resulting in stronger growth. Members were keen to try these products –



Terry is having a Stall at our Garden Expo in August and Members will be able to ask more questions and advise him how the garden is improving or not! We thank Terry for his generous donation of 3x1 litre Containers for our Lucky Draw.

We would also like to thank Tara Valley for their donation of a Lots A' Lemon Dwarf Tree for our Lucky Draw too.



Products and Plants for Prizes -

Faye and Del conducted the Lucky Draw and Faye herself was lucky to win one. Congratulations to all Winners of the wonderful prizes.

DECOR– We thank Alan for bringing some of his flowering Orchids for display on our Tables.



SHOW AND TELL – John continued his talk from last month on Compost Making to answer a few questions that Members had put to him since then. Members joined in the debate in discussing various ways to compost items from the garden.

PLANTS – We did not have our usual Stall of Plants for sale, as due to the heavy rain it was unsuitable to bring the Plants from the Greenhouse into the Hall. We thank Ron for bringing some seedlings of Lemon Grass for Members to purchase. Ron then kindly donated the proceedings to the Garden Club.

LIBRARY – Desleigh brought us up to-date with the new Books in our Library. She spoke on the Organic Magazine “Home Grown”, which we now have a subscription for twelve months.



BIRTHDAY WISHES – All Financial Members are eligible to receive a Gift in the month of their birthday. Happy Birthday to All Members who are celebrating a birthday in June.

GARDEN EXPO – preparations are well under way for our Expo to be held on the 27th August. Thank you to all Members that have volunteered their time to help on the day with the various tasks. It promises to be another wonderful day for our Garden Club, and we look forward to seeing more wonderful plants for our gardens.

DATE CLAIMER – Our next Bus Trip will be in October, when we anticipate we will travel to Warwick to see the Roses at Killarney. This Tour is still being arranged and more information will be available nearer the time.



FRIENDSHIP DAY – On Monday 6th June Graham and Faye attended the Laidley Garden

Club Friendship Day as representatives of our Club. In spite of the windy, cold day, it was a very pleasant, well attended Function. Every Guest received a small Pot Plant on arrival. Guest Speaker, Peter McQueen, a Horticulturist from Toowoomba TAFE, spoke passionately about Organic Treatments for Pests and Diseases, including the use of beneficial bugs. He is looking forward to visiting our Club on 6th August. A multi-draw Raffle kept everyone excitedly checking their tickets. Graham and Faye came home with new Pink Gardening Gloves and a pack of Anemone Bulbs. A very nice Lunch of Chicken and Salad followed by Apple Slice, Ice-cream, Custard and Cream, ended the Function.

HONEY – We have received another batch of Honey from our “Adopt a Bee Hive”, so our Queen “Beatrice” and her Workers have been busy. Unfortunately, this was received in solid form and had to be de-crystallized to a pouring consistency.



We now have bottled Honey for sale at our next Meeting.



We do not guarantee that our Glebe Gold Honey will not crystallize again. If you don't like eating it that way, sit the bottle in hot water until it returns to liquid form.

GARDENING COULD SAVE YOUR LIFE - The scientifically proven health benefits of tinkering in a plot of green are growing. Fiona Baker investigates – Sunday Mail 24/11/13.

Pottering in the garden isn't just a satisfying and serene way to spend a few hours, it could save your life. While this may sound like a dramatic claim, new research has found that exercising your green thumb can cut heart attack risk by almost twenty percent.

The results of the Swedish Study, published in the British Journal of Sports Medicine, are no surprise to Dr Margaret Johnson, a Senior Lecturer in Horticulture at the University of Queensland. "There's much research out there about the many health benefits of doing a spot of gardening", she says. "Gardening is about a lot more than planting something and watching it grow – it's about getting out of our chairs and into the outdoors".

It is this physical activity aspect of gardening that the research credits with its life-giving properties. The 12-year study, which followed more than 4000 people aged 60 and older, found that routine activities such as gardening and a bit of do-it-yourself home maintenance were as good as regular forms of exercise, particularly for older people. The Researchers believe the gardeners showed such good results because they were less sedentary, even though gardening is a low-intensity activity. Prolonged sitting drives the metabolic rate down to the bare minimum, while standing and physical movement increase it. And more scientific evidence is linking gardening with improved mental health, as well as physical.



TIPS FOR INCREASING THE AMOUNT OF FRUIT AND VEGETABLES IN YOUR DIET

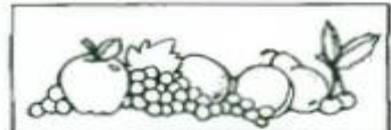
VEGETABLES:



- *Use frozen vegetables (some packets contain 5 different vegetables).
- *Include salad (or vegies) with your lunch.
- *Include at least 3 different coloured vegies with your main meal.
- *Fill half your plate with vegies.
- *Cut up vegies for snacks – dip them in hummus or yoghurt.
- *Make an omelette, using capsicum, onions, mushrooms, tomatoes, a little grated cheese + herbs.
- *Make soups for lunch/main meals. Add vegetables or make a vegetable soup. One meat-free day a week is often recommended.
- *Add vegetables to dishes e.g. pastas or casseroles (e.g. grated carrot).



FRUITS



- *Add fruit as a topping on cereals.
- *Eat fruit for snacks or desserts.
- *Make fruit smoothies with fruit, milk (or juice) and yoghurt.
- *Bake apples or pears for desserts.





The Collector's Edition Cordyline Range is a selection of high quality Cordylines that provide vibrant colour to the home all year round. The range is perfect for lush Tropical Gardens, Pool areas, Resort Style areas or to add an organic touch to contemporary indoor furnishings. Positioned as a stand-alone feature plant, add height and contrasting shapes to an established garden. The Cordyline Range is a sophisticated colourful addition to all living spaces.



Miss Andrea – is an exotic beauty. This warm tropical display of green foliage has cream highlights and gorgeous streaks of burgundy. It creates a contrast of colour on overly green gardens.



John Klass Red – is a striking evergreen, ornamental plant with vibrant, rich, pink trimmings

MORE PLANTS FROM TARA VALLEY NURSERY

FLOWER CARPET ROSES -

These Roses are a gardener's delight! They are easy to maintain and provide masses of colourful blooms and lush green growth and will withstand hot and dry conditions making them perfect for Queensland Gardens. They come in many colours and are bred to resist most pests and diseases. They are fast growing and love full sun.



BAY LEAF TREE – another addition to the Patio Orchard Collection. Widely used in cooking, bay leaves will transform bland recipes by infusing flavour into poultry, fish, hearty stews and soups, plus sauces and marinades.

Grown in a pot the Bay Leaf will grow to around 1.5m, but if planted in the yard the tree will grow to full size of 12m. For convenience, grow in a pot and prune in spring for desired size. Prefers full sun and thrives in most climates, with little to no frost tolerance.



Bay Leaf Tree