



# Winter Newsletter 2019



*Australian Wattle*

This past year it felt as though Summer would never end. The hot dry conditions were testing our gardens and our temperaments! Autumn rains were slow in coming, but finally the sky proved it could still remember how to rain. Now, with Winter officially here, there is a welcome cool chill in the air and we're starting to see proper RAIN for the first time in many months. Winter is a good time to assess the bones of our gardens and plan changes and improvements. Enjoy the season and we look forward to seeing you in an open garden again in Spring!

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## Open Gardens SA Important Dates during Winter 2019

During the Winter months OGSA takes a break from opening gardens to the public – however there are some key dates and events during this time to consider including in your diary.

**July 21**  
Garden Owners Information  
and Thank you Day  
**By Invitation**

**August 18**  
Spring Season Launch  
**By Invitation**

**September 7**  
Espalier Workshop, Carrick  
Hill. **Booking Required**

See further details for Event  
Bookings on our webpage:  
<http://opengardensa.org.au/>



## Meet your OGSA Committee Members – Trevor Nottle



We have learned rather a lot about gardening in a changing climate in recent times. The past two years have been particularly instructive. When I wrote *Gardens of the Sun* (pub 1988, Kangaroo) I thought it was a timely reminder to begin addressing the way we garden in order to

be well down the track with new plants and new designs when the predicted changes became the new reality. I was even bold enough to write *Plants for a Changing Climate* (pub. 2004 Kangaroo) giving more detail about plants that would provide the physical attributes for successful adaptation. The lead times seemed about right for making changes according to research I had undertaken for a PhD; 20 years plus or minus a few years was commonly suggested by climatologists before climate change would hit.

Well, that time-span seems about here. We have endured two torrid Summers in a row, with a very short dry Winter in between. Deep soil moisture is practically zero and many trees have suffered badly or died. The long-term forecast for this Winter is for lower than usual rainfall and we have arrived at the critical turning point for gardeners: can we keep on doing what we have been doing in our gardens, or do something different? What we have been doing for the last hundred years seems no longer to be sustainable. What can we do differently with some improved chance of being successful?

So, what has this recent turn of events taught us? Some people haven't learned anything if my radio talk back 'phone callers are any source to go by. Members of the Mediterranean Garden Society have noted what survived and looked good and what didn't; agapanthus suffered severe leaf burn during the periods of extended, extreme heat; *Cercis FOREST PANSY* is liable to almost overnight death in the same circumstances; the leaves of otherwise fairly reliable small trees were desiccated in the course of one day of extreme heat when air moisture was zero; succulents can burn, cacti can cook. Lists were compiled of the best survivors – the old-fashioned hardy plants of the 19thC.

We thought we were well prepared for such eventualities but found the sudden and extreme extended changes were almost too much to bear. This is the part that I did not fully realise when doing my research and writing. I mistakenly thought the changes would be steady and gradual; instead they have been volatile and longer lasting. What we were accustomed to expect seems no longer to apply; the seasonal time scale has altered: Summers are longer, Winters are shorter, Spring and Autumn flash by in no time.

Looking back after making gardens in three different locations, and after writing some 20 books based on my experiences, observations and the knowledge of elders I am glad to have arrived at this understanding; plan for change from the base of passed-down practise; expect the unexpected and don't give up on garden-making. We need them. Our grandchildren and future generations will need them too.

I have always had a great interest in gardening, particularly as practiced in South Australia by people I have known. On both sides of my family my grandparents gardened in the drier parts of the state at Moonta Mines and Booleroo Centre where there were tapped water supplies but was only used in the house and for poultry. So, my formative experiences were formed by making do with whatever fell from the sky, much as had been done since the colony was started in 1836. The arrival of tap-water from reservoirs in the 1880's put an end to the development of gardens based on practicalities such as rainfall, plant hardiness and sustainability, and led people to stray into the luxury of following imported fashions dependent on the lavish use of water and the wide-spread planting of highly water-dependent exotics.

My interest and perspective as a gardener, garden historian and writer has always been this critical divide. Almost all my books refer to making gardens that are much less water-dependent and deploying plants that will perform without high water inputs. Drawing on the gardens of the past for the plant

families and survival mechanisms that enable them to survive I have tried to encourage gardeners to see that good gardening is possible without heavy Summer irrigation and plants that are tender in the conditions experienced here. To that I have added many years of exploring our understanding of Mediterranean-ness as an expression of culture, lifestyle and garden-making in order to expand my insights into what has been called ‘climate-compatible’ or ‘water-wise’ gardening. Travel and lecturing in Mediterranean countries, and those which are typified as having Mediterranean climates gave me other images and ideas about the subject of gardening in a manner appropriate to the places where we live. Along the way, I have built a public profile which makes its own demands but often results in fresh opportunities and new experiences particularly in southern Europe, Mallorca, Argentina and Uruguay.

A collector at heart I am seriously addicted to growing plants and planting seeds, and to books and reading. The results are a garden crowded with plants and 3 rooms of our house crowded with books; gardening books of course – including plant monographs, plant hunter’s biographies, garden histories, translations from Latin, French, Italian, Spanish, Russian, Chinese and Japanese books; design and style books, garden literature, rare illustrated tomes and even a few humorous books. Did you know Capt. W. E. Johns (author of the Biggles adventure books for children) wrote a funny garden book? It is called *THE PASSING SHOW* (Dent, 1937).



Photo: Daisy the French bulldog.



### Open Gardens SA – Thank you

OGSA would like to thank all of the wonderful garden owners, selectors, members, volunteers and visitors who take part in our activities each year and make Open Gardens SA such a special scheme. The spring season of garden openings begins on the 31 August 2019. There is more to come so watch out for our next Newsletter and don’t forget to visit our website.

The listing of our open gardens with all the details and beautiful photographs will be available before spring on our website:

<http://opengardensa.org.au/>

*Our aim is to promote the enjoyment, knowledge, and benefits of gardens and gardening in the South Australian community, and to build strong public support for the development of gardens across the state.*

### OGSA Annual General Meeting

The Annual General Meeting (AGM) for Open Gardens SA was held on the evening of Tuesday 28th May 2019 at Mitcham.

The OGSA Management Committee was re-elected, however our Deputy Chair and Committee Member, Lyndie Carracher, has decided to stand down from the Committee. Lyndie will continue with OGSA as a Garden Selector.

Formal positions on the Committee will be decided at the next Management Committee meeting.

Our very informative guest speaker for the evening was John Zwar OAM, President of Friends of The Australian Arid Lands Botanic Garden.

### OGSA Donation to the Botanic Gardens

Open Gardens SA Chair, Rob Andrewartha, and (outgoing) Deputy Chair, Lyndie Carracher were delighted to recently attend the “unveiling” of a native bee hotel located in the vegetable garden at the Adelaide Botanic Gardens. The bee hotel was funded by a donation from Open Gardens SA.



## Australian Native Bees

*From Wikipedia, the free encyclopaedia*



*Australian Blue Banded Bee Amegilla spp.*

Australia has over 1,500 species of native bee. Bees collect pollen from flowers to feed their young. Wasps and flies do not do this, although they may be seen eating pollen, so identification is not always easy.

### Sting or no sting, solitary vs social

Ten of the species, the social native bees *Tetragonula* and *Austroplebeia* have no sting. Of the remainder, which live solitary lives, none are aggressive, and most cannot actually use their sting on humans because they are too small to do so. Larger examples of Australian native bee are capable of stinging if handled or squashed. The stings of most Australian native species of bee will cause relatively minor discomfort to most people - not as painful as those of a bull ant or paper wasp and last only a few minutes. However, they may sting more than once, and can cause an allergic reaction — increasing the effect associated with repeated exposure to the antigen.

### Honey

Social species of Australian native bees do produce honey, but not much, as they are relatively primitive bee species. In cool-climate areas of Australia, all the honey the bees produce is needed by the swarm to live through winter.

Collecting honey from Australian native bee nests can cause many of the bees to drown in spilt honey. The honey is tangy in comparison with commercial honey taken from the European Honey bee. The bees store their honey in small resinous pots which look like bunches of grapes.



*Cloak and dagger cuckoo bee Thyreus spp.*

### Pollination

The different species of Australian native bee have different habits and preferences in gathering pollen, so different species are better pollinators of a given plant than other species. Research is currently underway into the use of

*Amegilla* ("blue-banded bees") for pollinating hydroponic tomatoes, while some hydroponic growers are petitioning for the introduction to the Australian mainland of the European bumblebee, *Bombus terrestris*. Australia has a history of sensationally poor outcomes from introduced species, the most famous example being that of the cane toad *Bufo marinus* — so the question of the use of native vs introduced bees for pollination in Australia is controversial.



*Australian Sugarbag Bee Tetragonula carbonaria*

**If you are interested in more information on Australian Native Bees the visit the Aussie Bee Website:**

<https://www.aussiebee.com.au/>

*“Protect and enjoy the 1,700 species of Australian Native Bees with the help of Aussie Bee Website. Over 200 pages of native bee articles, photos and videos! Proudly supporting Australian Native Bees since 1997.”*



**The hum of bees is the voice of the garden. ~ Elizabeth Lawrence.**



## Community Garden Grant Recipients



Open Gardens SA called for applications in January 2019 for \$3,000 grants available for up to three Community Gardens.

The successful gardens are the

**Old Mount Gambier Gaol Community Garden, Joan's Patch and the Trott Park Community Garden.**

Twenty seven applications were received and were reviewed according to several considerations — how needy the organisation was for funding, how well planned their project was, how community based and how likely to advantage the community, the practicality of the project and the chance of successfully seeing it through to completion. In this last regard, we considered whether they had already proved their success with an established garden, or could show evidence that they had resources to continue and complete a new project. We also considered whether the project would be likely to foster a love of gardens and gardening and whether the average visitor to gardens opened through OGSA would think this has been a good use of their money.



**The Old Mount Gambier Gaol Community Garden** is a not for profit organisation. Members of the community participate in growing fruit and vegetables on the land adjacent the Old Gaol site in the centre of town. The garden consists of 46 plots and has 29 active plot holders with many of these being recent migrants to the area. Other facilities include a pergola, pizza oven, BBQ and rainwater tank as well as all tools and hoses available to members. The Garden sought funding to construct permanent bird covering for their orchard.



**Joan's Patch** in Hawthorndene was established as a Community Garden in July 2013. Garden members are proud of the fact that much of the infrastructure has been donated or has been built and maintained by members. They hold events to involve the community such as Open Days and have held workshops on a number of topics including plant propagation, seed collecting, worm farming, insect hotels, permaculture and mosaicing. They sought funding to establish a drip line irrigation system to individual raised garden beds with individual isolation valves attached. It will also extend the existing fruit tree irrigation system.

**The Trott Park Community Garden** was established in 2014 and slowly built the garden to become a community of enthusiastic gardeners who grow a wide range of produce, share gardening ideas and educate those who are new to gardening. There are 20 raised plots; 3 are for communal use while the other 17 are leased to members. They have an open orchard of 20 fruit trees which is accessible to the public. There is also a publicly accessible dry herb garden and flower garden.



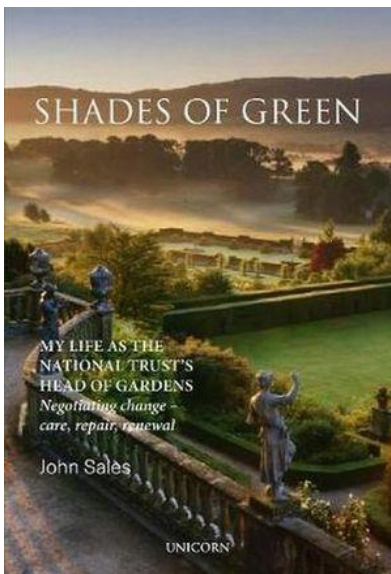
Members freely swap and share their produce every Saturday morning. Excess produce is regularly placed on the ‘free-swap’ cart located at the adjacent Trott Park Neighbourhood Centre so that other members of the local community can share in the output from the garden. In 2018 the City of Marion Council approved an extension to the garden enabling them to build an extra 8 plots. The OGSA grant will help in meeting the cost of the expansion project.

Please visit our website on a regular basis as the OGSA Management Committee plans to release further funding for Community Gardens in the future.



## Book Review - Shades of Green

By Trevor Nottle



SHADES OF GREEN – MY LIFE AS THE NATIONAL TRUST’S HEAD OF GARDENS, *Negotiating change – care, repair, renewal.*

by John Sales, (Unicorn Pub., London. 2018)

Everyone who has ever opened their garden to the public will recall that the whole experience from beginning to end can be most enjoyable but is almost never free of small irritations, grumble-some bother and the occasional quirky encounter. At the time these may produce a degree of aggravation. Mutterings of “never again” may be heard as the gate

closes after a tiring day. However, in retrospect most look happily on their experiences overall and, indeed, many declare they’d be happy to do it all over again next year, or the year after.

Imagine then the multiplier effect of being responsible for the standards and management of more than 150 open gardens! Gardens that are open not once, but many times over the course of a year; gardens that have huge numbers of visitors recorded in the tens of thousands each; gardens that are managed by 16 regional supervisors and 80 head gardeners; gardens that host horse trials, operas, theatre performances, flower shows, art exhibitions, *concors d’elegance* and much more besides. And then there are the owners to deal with, and the prolific committees, local government boards, lordly executives, aristocratic donors, benevolent billionaires and the Royalties.

Among all those personalities and events, grand houses and splendid gardens, lie much material for a discerning writer, especially one who has the benefit of being an insider. In *SHADES OF GREEN* John Sales tells an intriguing and illustrative tale; a tale of all the above complexities involving the gardens of the National Trust in England, Wales and Ireland (Scotland has its own Trust). Readers will recognise experience and personalities familiar in their own garden openings right from the most troublesome chaps to the nice-as-pie ladies. The scale is vast in this tale but boiled down to the essential juices the story shows however small or large a garden opening is at every level the *dramatis personae* are almost identical.



## Severe Wind – of the Weather Variety!

*Geoscience Australia*

With the arrival of winter and the expectation of some stormy weather, strong wind is a concern for many gardeners – strong winds can cause havoc, stress for the garden owner, and bring down established trees which may form the backbone of an established landscape.

There are a few tips and tricks you can follow to assist protecting your plants from damaging wind gusts:

- Give your trees a good prune, particularly those that are a bit long and thin, or very top heavy.
- Plant wind-hardy trees and non-invasive bamboos to act as sturdy wind breaks against the prevailing gusts.
- Tether climbers to wooden stakes to stop them from bowing under high winds.
- Plant with the wind in mind. Position wind-hardy fruit trees such as citruses, olives etc, on the front-line of your property where the wind is at its worst. Put your more wind-sensitive plants in protected areas, up against the most protected side of your house or other solid structures where they can enjoy some shelter.

*The following extract from Geoscience Australia is not restricted to conditions in South Australia, but may be of interest to our readers.*



### What is severe wind?

Severe wind is a general description of high-wind conditions that occur during severe thunderstorms, cyclones (in tropical areas), extensive deep low-pressure systems and tornadoes. These are often described as gale-force or storm-force winds in weather reports.

### How does a severe wind hazard come about?

#### *Severe storms*

Severe storms are associated with low pressure systems depicted on weather maps. Intense low-pressure systems and their associated cold fronts can generate strong winds and heavy rain over large areas, causing local flash flooding and riverine flooding. The main wind damage from these low-pressure systems is often in coastal areas and adjacent mountain ranges. The systems can also cause coastal erosion through the combined effect of large waves and an increase in sea level known as storm surge. Severe winds can also contribute to extreme bushfire activity.

#### *Thunderstorms*

Severe thunderstorms generate damaging wind gusts, often caused by downbursts as heavy rain and hail drag surrounding air towards the ground. Severe thunderstorms produce wind gusts of 90 km/h or more, with peak wind gusts exceeding 160 km/h in the most damaging storms. In Australia, the strongest measured wind gust during a

thunderstorm was 196 km/h at Double Island Point, Queensland, on 16 December 2006.

#### *Tropical cyclones*

A tropical cyclone is a low-pressure system which develops in the tropics and is sufficiently intense to produce sustained gale force winds (at least 63 km/h). If the sustained wind reaches hurricane force of at least 118 km/h, the system is defined as a severe tropical cyclone. In other parts of the world they are called hurricanes or typhoons.

In tropical cyclones, wind gusts in excess of 90 km/h can be expected around their centre, or eye, while in the most severe events, gusts can exceed 360 km/h. Although the strongest winds are near the eye, damaging winds can extend hundreds of kilometres from the centre. The eye can have quite calm winds and cloud-free skies, but this lull is temporary and is followed by destructive winds from another direction. This is because the winds spiral around the eye in a clockwise direction (in the southern hemisphere). The effect of this on the ground is that winds on opposite sides of the eye blow in different directions.

#### *Storm surge*

Potentially the most dangerous hazard associated with tropical cyclones which make landfall is storm surge. Storm surge has been responsible for more deaths than any other feature of tropical cyclones. Storm surge is a raised dome of water about 60 to 80 kilometres across and typically about two to five metres higher than the normal tide level. It is caused by a

combination of strong winds driving water onshore and the lower atmospheric pressure in a tropical cyclone. In the southern hemisphere, the onshore winds occur to the left of the tropical cyclone's path. In Australia, this is the east side on the north west and north coasts and the south side on the east coast.

The largest surge usually extends between 30 and 60 kilometres from the crossing point of the tropical cyclone centre, or eye. Its magnitude also depends on the local bathymetry of the seafloor and the angle and speed at which the cyclone crosses the coast. If the surge occurs at the same time as a high astronomical tide the area inundated can be extensive, particularly along low-lying coastlines.

*Tornadoes*

Tornadoes are the rarest and most violent of thunderstorm phenomena. A tornado is a violently rotating column of air suspended from large thunderstorm clouds in contact with the ground. It has a funnel shape and can range in width from a few metres to hundreds of metres. The majority of strong and violent tornadoes occur in association with supercell thunderstorms. Tornadoes often occur at the connecting zone between updraught and downdraught regions of a thunderstorm.

Tornadoes come in many sizes but are typically in the form of a visible funnel with the narrow end touching the ground. A cloud of debris commonly encircles the lower portion of the funnel.

Tornadoes typically have a short life span of only a few minutes but are powerful events which can cause extensive damage. The six-point enhanced Fujita scale (EF0 to EF5) was established to quantify the intensity of a tornado and its danger. This scale relates tornado intensity indirectly to structural and/or vegetation damage and corresponds that information to wind speed intervals from 65-510 km/h.

**Where does severe wind hazard occur?**

*Severe storms*

Severe storms can occur anywhere in Australia and do so more frequently than any other major natural hazard. Insurance statistics reveal that severe thunderstorms account for the majority of damaging events. The most common areas for severe thunderstorms are along the east coast from central Queensland to central NSW.

*Tropical cyclone*

The main source of energy for tropical cyclones is the warm oceans in the tropical regions. To initiate a tropical cyclone the sea-surface temperature generally needs to be above 26.5 °C. However, existing cyclones often persist as they move over cooler waters.

The development of a tropical cyclone also relies on favourable broad-scale wind regimes and can persist for several days with many following quite erratic paths. They lose their source of energy when they move over land or colder oceans causing them to dissipate. Weakening may also occur if the cyclone moves into an unfavourable wind regime which disrupts the structure of the system. Sometimes a decaying tropical cyclone may interact with a weather system in higher latitudes to cause impacts far from the tropics. In an average season,

tropical cyclones are mostly experienced in northwest Australia and in northeast Queensland.

There is some correlation between cyclone frequency and the El-Niño Southern Oscillation status, with activity subdued in El Niño events and enhanced during La Niña events.



*Tornadoes*

Although tornadoes have been observed throughout Australia, they occur most commonly in the south western and eastern parts of the continent and are not as rare as once thought. The perceived rarity was because Australia's sparse population and lack of detection equipment in the past resulted in many tornadoes not being reported. There have been more than 40 tornado-related deaths in Australia in the past 100 years.



Follow OGSA on Facebook and Instagram





### **OGSA Recommends....**

We recommend you always check our website for garden opening details. The website is an up-to-date, reliable and informative site which lists each open garden with a description of the garden, address (including a map), photographs, the availability of refreshments etc. The official Garden Notes written by the garden owner are also provided which you can read in advance or print and take a copy with you for your garden visit. Importantly, our website will always list any late additions or cancellations to our garden opening program.

<http://opengardensa.org.au/>

### **Open Gardens SA 2019 Winter Calendar**

During the Winter months OGSA takes a break from opening gardens to the public – however there are some key dates and events during this time to consider including in your diary.

#### **July**

**21 - Sunday Afternoon – By Invitation**

*Garden Owners Information and Thank You Day*

#### **August**

**18 - Sunday Afternoon– By Invitation**

*OGSA Season Launch*

#### **September**

**7 - Saturday ONLY – Booking Required**

*Espalier Workshop at Carrick Hill*

### **Another Successful Season for OGSA!**

Rob Andrewartha, Chairperson for Open Gardens SA, recently acknowledged the enormous effort of our garden owners and their volunteers in preparing their gardens for us to revel in. In the 2018/19 season, we had more than 50 gardens open. These gardens attracted more than 21,000 visitors.

Open Gardens returns half the entry fees to the hard-working garden owners and some owners choose to invite their favorite charities to use their open days as a fundraising opportunity through morning teas etc. This season, more than \$137,000 was raised for these charities. So not only do you enjoy lovely gardens, your visits help raise much-needed funds for approximately 50 different charities.

Because of our very prudent financial management, Open Gardens SA has also been able to commit \$27,000 in donations to various community activities ranging from community garden grants to scholarships, in accordance with our mission statement.

On behalf of all the garden owners who receive such pleasure from sharing their gardens, and the charities who also benefitted, thank-you for coming and we look forward to seeing you in just a few weeks.

### **Special Event – Espalier Workshop at Carrick Hill**

**Saturday 7th September 2019**

10am to 4pm

Cost \$80/head - 20 Attendees



Dan Austin, a Senior Lecturer in horticulture at Urrbrae TAFE, will start the workshop with a power point presentation at the Café. This will be followed by a walk to the espalier pear Arbor where Dan will talk about pruning. We then proceed to the propagation area where each participant will be given a branched apple tree to espalier under Dan's direction that they can take home. We will then conclude with a grafting demonstration.

*BYO lunch or purchase lunch from the café. Afternoon tea, coffee and cake will be supplied.*

Please visit our webpage for booking details:

<https://www.opengardensa.org.au/events/129-espalier-workshop-at-carrick-hill>



## Plant Profile – Pumpkins

*Food for Thought...When I think of pumpkins, I think of roast winter vegetables; rich, thick, steaming hot pumpkin soup; and even pumpkin scones!*

Native to North America (north-eastern Mexico and southern United States), pumpkins are one of the oldest domesticated plants, having been used as early as 7,500 to 5,000 BC. Pumpkins are widely grown for commercial use and are used both for food and recreation (think of the carved pumpkins for Halloween).



A pumpkin is a cultivar of a squash plant, most commonly of *Cucurbita pepo*, that is round, with smooth, slightly ribbed skin, and most often deep yellow to orange in coloration (but also colours such as the 'Queensland Blue' pumpkin). The thick shell contains the seeds and pulp. Some exceptionally large cultivars of

squash with similar appearance have also been derived from *Cucurbita maxima*. Specific cultivars of winter squash derived from other species, including *C. argyrosperma*, and *C. moschata*, are also sometimes called "pumpkin".

The colour of pumpkins derives from orange carotenoid pigments, including beta-cryptoxanthin, alpha and beta carotene, all of which are provitamin A compounds converted to vitamin A in the body.

Pumpkins are very versatile in their uses for cooking. Most parts of the pumpkin are edible, including the fleshy shell, the seeds, the leaves, and even the flowers. In the United States and Canada, pumpkin is a popular Halloween and Thanksgiving staple. Pumpkin purée is sometimes prepared and frozen for later use.

When ripe, the pumpkin can be boiled, steamed, or roasted. In its native North America, it is a very important, traditional part of the autumn harvest, eaten mashed and making its way into soups and purees. Often it is made into pumpkin pie, various kinds of which are a traditional staple of the Canadian and American Thanksgiving holidays. In Canada, Mexico, the United States, Europe and China, the seeds are often roasted and eaten as a snack.

Pumpkins that are still small and green may be eaten in the same way as squash or zucchini. In the Middle East, pumpkin is used for

sweet dishes; a well-known sweet delicacy is called halawa yaqtin. In South Asian countries such as India, pumpkin is cooked with butter, sugar, and spices in a dish called kadu ka halwa. Pumpkin is used to make sambar in Udipi cuisine. In Guangxi province, China, the leaves of the pumpkin plant are consumed as a cooked vegetable or in soups. In Australia and New Zealand, pumpkin is often roasted in conjunction with other vegetables. In Japan, small pumpkins are served in savoury dishes, including tempura. In Myanmar, pumpkins are used in both cooking and desserts (candied). The seeds are a popular sunflower seed substitute. In Thailand, small pumpkins are steamed with custard inside and served as a dessert. In Vietnam, pumpkins are commonly cooked in soups with pork or shrimp. In Italy, it can be used with cheeses as a savoury stuffing for ravioli. Also, pumpkin can be used to flavour both alcoholic and non-alcoholic beverages.

In the south-western United States and Mexico, pumpkin and squash flowers are a popular and widely available food item. They may be used to garnish dishes, and they may be dredged in a batter then fried in oil. Pumpkin leaves are a popular vegetable in the Western and central regions of Kenya; they are called seveve, and are an ingredient of mukimo, respectively, whereas the pumpkin itself is usually

boiled or steamed. The seeds are popular with children who roast them on a pan before eating them. Pumpkin leaves are also eaten in Zambia, where they are called chibwabwa and are boiled and cooked with groundnut paste as a side dish.

Pumpkin seeds, also known as pepitas, are edible and nutrient-rich. They are about 1.5 cm (0.5 in) long, flat, asymmetrically oval, light green in colour and usually covered by a white husk, although some pumpkin varieties produce seeds without them. Pumpkin seeds are a popular snack that can be found hulled or semi-hulled at most grocery stores. Pumpkin seeds are a good source of protein, magnesium, copper and zinc.

### **Pumpkin soup** *(Recipe sourced from the internet)*

#### INGREDIENTS

- 1 1/2 tablespoon olive oil
- 3 cloves garlic
- 1.5kg butternut pumpkin, diced
- 20g butter
- 1 medium leek, trimmed, halved, washed, sliced
- 2 medium potatoes, peeled, chopped
- 1 litre chicken liquid stock
- 1 tablespoon pure cream
- 1 tablespoon chopped fresh chives
- Ciabatta bread, sliced, toasted, to serve.

#### METHOD

Preheat oven to 200°C /180°C fan-forced. Line 2 large baking trays with baking paper. Place pumpkin and garlic in a bowl. Add oil. Season with salt and pepper and toss to coat. Arrange pumpkin mixture, in a single layer, on prepared trays. Bake for approx., 40 minutes or until pumpkin is golden and tender.

Squeeze garlic cloves from skin. Reserve. Discard skin. Melt butter in a large saucepan over medium-high heat. Add leek and cook, stirring, for 3 minutes or until leek has softened. Add potato and cook, stirring, for another 5 minutes.

Add the chicken stock and 2 cups cold water. Season with pepper. Cover and bring to the boil. Reduce heat to medium-low. Simmer for 15 minutes or until potato is tender. Stir in roasted pumpkin and garlic. Cook for 5 minutes or until heated through. Set aside for 5 minutes to cool slightly.

Blend pumpkin mixture, in batches, until smooth. Return to pan over low heat. Cook, stirring, for 2 to 3 minutes or until heated through. Ladle into serving bowls. Drizzle with cream and sprinkle with chives. Serve with toasted ciabatta slices.



### **Hot Tip from OGSA!**

If you missed the sensational Play earlier this year conducted in partnership with Blue Sky Theatre, you will be delighted to know that plans are already underway for the next *Theatre in the Garden* production, **She Stoops to Conquer**. Details will be available later in the year – so watch this space!!

### **World-renowned rose expert David Ruston OAM, age 89, died on Sunday 19 May 2019**

Some sad news with the passing of David Ruston OAM, the father of Australian roses. He took the rose, which was once only found in the gardens of the elite and helped make it a plant for everyday gardeners. He also founded the Ruston Rose Garden in 1968, which now houses the largest private rose garden in the Southern Hemisphere and is home to the National Rose Collection. He was the President of the World Federation of Rose Societies from 1991 to 1994.

### **David (Harry)**

**Harrison** who died on 7 April 2019, will also be remembered for his valued contribution to horticulture. He was the Past President and Life Member of the Rare Fruit Society of SA. Harry was inspirational to many, the reason for joining the Society for many others and a seemingly endless source of information and conversation. He will be greatly missed.



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Open Gardens South Australia is a not for profit organisation  
opening private gardens to the general public.

The purpose of Open Gardens SA is to educate and promote the enjoyment, knowledge  
and benefits of gardens and gardening in South Australia and to build strong public  
support for the development of gardens.

**Promoting the enjoyment, knowledge and benefits of gardens and gardening.**

**Our mailing address is:**

Open Gardens SA Inc  
PO Box 1184  
STIRLING SA 5152

Website: <http://opengardensa.org.au/>

Facebook: <https://www.facebook.com/opengardensa/>

Instagram: <https://www.instagram.com/opengardensa/?hl=en>

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*Editors: Di Michalk and Trevor Nottle.*

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