



TRANSITION TOWN  
HERVEY BAY

**Transition Town Hervey Bay and Transition Town Gardeners**  
"The Cottage", 16 Peters Lane, Pialba

# February 2011

For more information and back issues  
visit [www.transitiontownfrasercoast.org.au](http://www.transitiontownfrasercoast.org.au)

## February Schedule:

The Cottage garden opens at 8.00 am with workshops usually starting at 8.30 am and finishing with morning tea. Feel free to bring something along to share for morning tea and the trade table. Meetings are 1st and 3rd Thursday and 2nd and 4th Saturday of the month and everyone is welcome!

### Thursday 3<sup>rd</sup> February

A day in the garden

### Saturday 12<sup>th</sup> February

TBA – come along anyway!

### Thursday 17<sup>th</sup> February

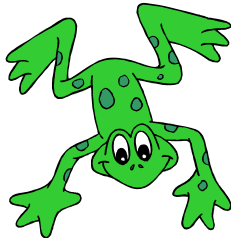
Seed saving – bring seeds to share, envelopes, etc to replenish seed bank and to swap with members

### Saturday 19<sup>th</sup> February

Torquay market stall 9.00 am – 2.00 pm see notes for more information

### Saturday 26<sup>th</sup> February

Frog Hotel workshop – see notes on what to bring to encourage frogs to stay in your garden



### What to bring to build your Frog Hotel

3 x 90 mm pieces of poly pipe (about 1 m long)  
6 x caps for 90 mm poly pipe  
3 x smaller pieces of poly pipe (smaller diameter than 90 mm but large enough for frogs to move through)  
2 x plastic plant pots to fit into 90 mm pipe  
Hole saw cutter (if you have one) size to suit the smaller pipe or a hacksaw blade

Poly pipe can be sourced as off cuts from plumbers or perhaps the recycling centre.

Workshop starts at 8.30 am and will finish with morning tea when your hotel is finished!

*Please bring a plate of morning tea to share and have some fun! Children welcome with parents or grandparents.*

## Torquay Market Stall



- To increase the profile of Transition own Gardeners and to raise a few funds, we will be holding a stall at the Torquay Markets which are held on every third Saturday of the month.
- On sale will be unusual edible plants, herbs, seeds, worm juice, subtropical fruits and veggies in season (such as fresh kang kong Asian greens, chillies and dragon fruit), alternative veggie bags.
- Running from 9.00 am – 2.00 pm, we will need people who can come for a couple of hours to help – contact Linda to indicate how you can assist.

### Donations Wanted!

- ✚ Ice cream containers
- ✚ Plant cuttings and seedlings of unusual edible plants for the market stall (you can get free potting mix from *The Cottage* if you would like to pot these up for us)
- ✚ Surplus produce of veggies, fruit and herbs for the market stall
- ✚ Unwanted envelopes
- ✚ Egg cartons
- ✚ Plant pots, especially small ones

***Helpers always welcome!***

**Membership to Transition Town Hervey Bay is free; membership to Transition Town Gardeners is \$6 for singles, couples and families based on a calendar year, which entitles you to entry to the garden workshops and provides public liability insurance coverage through the Hervey Bay Neighbourhood Centre.**

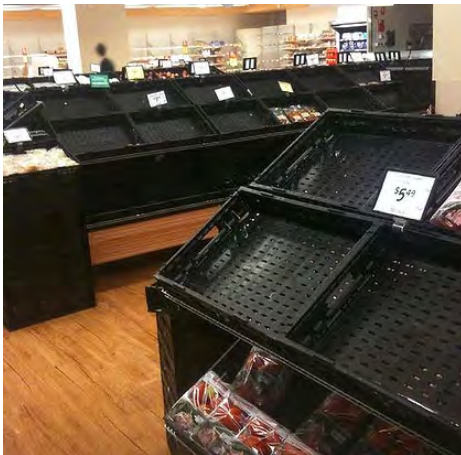
## WAKE-UP CALL!

Wow, what a month January was!! Stories abound on how there were fights at the service station, angry shoppers pushing and shoving with one poor shop assistant having to go to hospital, and someone stomping on bread because she was told she could only buy two loaves instead of four!!! How can this happen in our civilized city only one and a half days after the roads were cut? What will Hervey Bay be like in the event of a 'real' emergency?

Transition Town Hervey Bay (TTHB) has been considering such questions for a while now and working towards the solutions - how to build resilience into our region. Our first Energy Descent Action Plan (EDAP) was completed in June 2010 and taken to Canberra, and now the dedicated Transition Town team is putting together grant applications in an effort to secure some of the 'regional priorities' funding for the Fraser Coast.

After recent events more people are realizing just how much at risk our supply chains are and the relevance of the Transition Town initiative. We don't need to feel this vulnerable; we can secure our own future. Please join us to help.

Maggie John  
EDAP Project Coordinator  
tt\_hb@hotmail.com



Unimaginable to most of us in our lifetimes - empty supermarket shelves in Hervey Bay due to the recent Queensland floods cutting roads, flooding the central market and disrupting wholesale distribution chains and the trucking industry.

Having a few tomatoes, sub-tropical spinaches, herbs, passionfruit, pumpkins and paw paws quietly growing in your back yard will take the pressure off relying on shop bought veggies and fruit. Transition Town Gardeners are helping people learn how to do this.

## Cottage Garden Ramblings

All of the rain has the garden growing gang busters, so we have been busy weeding and tidying. Last month we planted a three sisters system of unusual coloured corn, beans and bitter melon.

As it was raining on the first day back, we washed and sterilized all the pots; now we are ready for our propagating plans, though donations of more pots would be appreciated, as would cuttings and seedlings of edible plants.

We envisage conducting workshops for children during school holidays, and any suggestions for themes or activities and helpers would be appreciated.

The Multicultural Respite Centre will be relocating to the new Hervey Bay Community Centre building later this year, but we will continue where we are until that happens, and then reconsider our options for the future.

If anyone has a talent for garden crafts, gardening, tool maintenance skills, etc that you might like to share with other, please consider holding a workshop. We don't require experts, just a good knowledge and know-how - we all love to learn new things.

Linda



**TRANSITION TOWN**  
HERVEY BAY

## Key Contacts:

### President

John Williams  
[john.williams17@bigpond.com](mailto:john.williams17@bigpond.com)  
Mb 0428 980 019

### Secretary

Les Idiens  
[lin.les.idiens@bigpond.com](mailto:lin.les.idiens@bigpond.com)  
Ph 07 4124 2913

### Treasurer

Linda Idiens  
[lin.les.idiens@bigpond.com](mailto:lin.les.idiens@bigpond.com)  
Mb 0418 793 344

### Assistant Secretary

Sara Ashdown  
[permagaia@hotmail.com](mailto:permagaia@hotmail.com)  
Ph 0400 721 949

### EDAP Project Coordinator

Maggie John  
[tt\\_hb@hotmail.com](mailto:tt_hb@hotmail.com)  
Mb 0434 144 394

### Seed Savers Hervey Bay

[hbseedsavers@hotmail.com](mailto:hbseedsavers@hotmail.com)

### Newsletter Editor

Christel Schrank  
[christel.schrank@bigpond.com](mailto:christel.schrank@bigpond.com)

### Transition Town Resource Shelf

For books & newsletters  
Hervey Bay Library, Old  
Maryborough Road,  
Pialba



## Hervey Bay Seedsavers News

During January we cleaned and saved seed from the cos lettuce, pigeon pea and sweet basil plants grown at the Cottage. Other seeds sorted and packed were brocholetti, nasturtium, bell peppers, dill, broccolini, pineapple sage and various Asian Greens of unknown variety.

In addition to the above we have these seeds in the seed bank. Quantities of some varieties are very low and donations of seeds of lettuce (other than cos), tomatos, carrots, radish, beetroot, cucumber, zucchini, squash and corn would be appreciated.

<p><b>LEGUMES</b> Pigeon Pea Winged Bean Dwarf snake bean Climbing snake bean Dwarf snap bean Borlotti Bean Turtle Bean Peanut - Virginia Bush Bean "Redland Pioneer" Climbing bean "Purple King" Mung Bean Climbing bean Climbing "Blue Lake" bean Snowpea "Delta Matilda"</p> <p><b>ROOT VEGETABLES</b> Carrot "Chantenay Red" Carrot "Pfalzer" Radish "Radar" Radish "long scarlet"</p> <p><b>CUCUMBERS</b> Lebanese cucumber Giant Russian Cucumber</p> <p><b>CAULIFLOWER &amp; BROCCOLI</b> Hauzontle Unidentified broccoli Broccoli "Spring Raab" Broccoli "De Cicco"</p> <p><b>PUMPKINS</b> "Jap" pumpkin Ironbark Pumpkin - variety unknown</p> <p><b>FRUITS</b> Custard Apple Yellow Paw Paw Red Paw Paw Tamarind</p>	<p><b>TOMATOES</b> Tiny Tim Russian Mortgage Lifter Tropic tomato Tommy Toe</p> <p><b>HERBS</b> Opal Basil Lemon Basil Sweet basil Coriander Parsley - flat leafed Garlic chives Nigella Fenugreek Dill</p> <p><b>ONIONS</b> Spring onions</p> <p><b>LEAFY GREENS</b> Okinawa spinach Ceylon spinach Egyptian spinach Pineapple sage Cos lettuce "cos verdi" Cos lettuce Rocket Mustard Pak Choi Chinese cabbage Cabbage "sugarloaf" Portuguese Cabbage</p> <p><b>EGGPLANTS</b> Listardia di Gandia Small round orange Purple eggplant Large White Eggplant</p> <p><b>ZUCCHINI</b> Black</p>	<p><b>CHILLI &amp; CAPSICUMS</b> Bell pepper Big Jim Tabasco Perennial capsicum Unidentified capsicum Unidentified chilli Fiesta chilli Banana Capsicum Capsicum "Corno di toro" Small yellow capsicum</p> <p><b>CORN &amp; MELONS</b> Sweet corn "Golden bantam" Rockmelon - variety unknown Rockmelon - Planters Jumbo Yellow rockmelon Mango Melon Watermelon - Moon &amp; Stars Watermelon - Sweet Siberian Watermelon - crimson sweet</p> <p><b>GOURDS</b> Luffa cylindrica Luffa ridged Smooth luffa</p> <p><b>FLOWERS &amp; Other edible plants</b> Statice Heartsease (wild pansy) Cosmos Blue Pea Nasturtium "Jewel Mix" Dwarf marigolds Rosella Chia Drumstick Tree Red Okra Green Okra</p>
--	--	---

Packets of seed are 50 cents each, or free if you donate seed to the seed bank. The seed bank is available each week during scheduled activities at The Cottage. To contact the seed bank coordinator email [hbseedsavers@hotmail.com](mailto:hbseedsavers@hotmail.com)

***Remember - withdrawals and deposits into your local seed bank help keep seeds viable!***

## Bees in your garden

Did you know that bees like blue flowers? And open pollinating varieties? They haven't been active lately due to the wet weather, so you may need to hand-pollinate some plants such as pumpkins and zucchini to get them to bear. But as soon as the sun comes out, so do the bees. You can hear them buzzing around plants that flower prolifically such as basil and even cocos palms in your garden or neighbourhood. Look around you and see where they are active, what sort of bee they are and where they go. Native bees look different to honey bees, and don't travel as far, so you might be lucky enough to have a hive nearby.



## Butterflies are beautiful

Planting large drifts of flowers helps attract butterflies to your garden as a large mass is easier for them to spot as they fly by. Their favourite colours in order of preference are:

- Purple
- Blue
- Yellow
- White
- Pink
- Orange

Butterflies like the edges of vegetation and you will see them flit about the edges of parks, gardens and local rainforests. So try planting low flowers at the edge of your lawn, and taller ones behind them in front of trees or fences.



## Sweet Harvest of Sweet Potatoes

*A tried and tested recipe from Linda; cooking time 40 minutes, serves 4.*

2 medium orange sweet potatoes, peeled and diced  
1 large onion, peeled and diced  
1 clove garlic, crushed  
6 cups vegetable stock  
250 gm red lentils  
Teaspoon dried chilli flakes, or a fresh chilli  
Teaspoon of allspice  
Season with salt & pepper to taste  
Cup of fresh coriander, chopped

Sauté onion and garlic in a large non-stick saucepan with 2 tablespoons of water until soft. Add stock, sweet potatoes, lentils, chilli and allspice. Bring to the boil, reduce heat and simmer 30 minutes or until potatoes is soft. Puree in a food processor, stir through seasoning and coriander.

