

Garden for Wellbeing

Without Work G4W³

Next Workshops - 27/08/21 & 24/09/21



Pandeia Te Taiao
Garden for Wellbeing

August 2021

Daffodils and Snowdrops!

Dear fellow Gardeners for Wellbeing

I hope your garden is 'springing' like mine is! The daffodils are so beautiful, our berm cherry tree is about to blossom, the bees are way more active and the promise of spring is all around! 😊 One plant of which I have been eagerly awaiting the return, is

Onion Weed. They are blossoming now and quite delicious! See picture right for my first Onion Weed salad of the season.

We have a new one minute video (Courtesy of [Miriam Toms](#) from our April cohort) designed to encourage the use of the **Ruth Stout Gardening Without Work method** to build up your soil life, reduce watering, weeding and feeding.

<https://youtu.be/lwDUBUbUc9k>

We have four **Gift-the-Garden** designs on the go too, each one at a different stage, see overleaf for an example of one garden which we started the planting in a working bee last week. We are partnering with Naylor Love, a major contractor to explore ways of diverting useful materials from construction sites destined for landfill into our garden designs.

I discovered, (and have now joined) a wonderful club called Tree Crops (<https://treecrops.org.nz>) who meet on the fourth Monday of the month. I love it!



The July Cohort potting up their 'Backdoor Salad Bars' Noone in Auckland should need to buy salad!

I learned how to 'innoculate' a log with Shitake mushrooms on my Permaculture course and came home with a great fat log. I can't wait for harvest come November, fingers crossed! Olivia and I attended the launch of TUMG (Tamaki Urban Market Garden) and taught Salad Bar planting and Georgia from TUMG attended G4W³.



This month I am looking forward to attending a workshop on Edible Weeds with [Julia Sich](#). The July workshop saw Amy trialling 'Wild Weed Pesto' – a great success. See Page 2 for the recipe.

Finally, I was heartened to see how money I am saving right now whilst shopping in Huckleberrys, our local Organic Store. See below, my garden produce is in the top picture. Please send pics of yours!

😊 Happy Gardening for August, Panda Warren & all at Wadhamville

Images Above - my long-awaited first Onion Weed Salad of the season.

Right top - Lovely harvest from the garden. Bottom - The current prices of organic seasonal produce means that I am happy with the savings I am making by growing my own!



Thoughts of the Month:

“Let the Beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground” *Rumi*

“All of the world's problems can be solved in a Garden!”

Geoff Lawton, Permaculturist



Wild Weeds Pesto - Recipe

Courtesy of www.vegetarian.org.nz This recipe is from the Veggie Tree Cookbook by Anna Valentine. Anna's recipes also feature in Vegetarian Living NZ magazine. Vegan and Gluten free.

Recipe Makes 2 Cups

Pesto is great with tomato and Italian flavours, ideal as a pasta sauce with ricotta or cream cheese, in burgers, mixed through pie fillings; it also makes tasty dip or cracker topping. This wild weeds version with fennel or mung beans means it is packed with essential nutrients.



1. The easiest way to make this is in a food processor. If you don't have one you could use a mortar and pestle or just chop everything up as fine as you can, then mix together well. If you are using a food processor. Start with:

- 1 clove garlic, peeled, 1/4 c macadamia, cashew nuts or 2T pinenuts
- 1/2 c mung bean sprouts or 1 fennel bulb, roughly chopped

2. Whizz these together until roughly chopped. Then add:

- 3 cups dandelion, plantain, nasturtium, onion weed, chicory, borage and/or clover leaves, roughly chopped and loosely packed (we also added Dock).
- 1/4 cup parmesan, dairy or vegan, finely grated, 125ml extra virgin olive oil, zest and juice of 1 lemon
- 1 tsp salt to taste, 1/4 tsp black pepper

3. Whizz again, scraping down the edges as necessary. Blitz again until finely chopped. Store in a jar in the fridge add a lid to keep it from going brown on the top and always keep a layer of olive oil on top as this also helps it to stay fresh.



Above: Amy introduces our sumptuous lunch she has prepared from the July Garden Workshop Produce. Top Left: Close-up of the Wild Weeds Pesto

Out and about - TUMG Launch

July 17th was a very wet day and was coincidentally, the day of the official TUMG launch! We loved it!

A stoic audience enjoyed lessons from The Compost Collective and our own Olivia on creating a Back Door Salad bar.

Georgie from TUMG took us through making 'Bee Bombs' using clay, compost and wildflower seeds. I took some home and launched them at the Berm!

We took a bale of Hay and demonstrated the 'Ruth Stout Gardening Without Work method'

From Left, the slightly damp Lucy Pierpoint and Georgia McCrory-Bowick from TUMG and our own Olivia Bayley from Lush Greenery Gardens after all the guests had escaped into the dry for a cuppa!



Out and about - Tree Crops

On July 26th I attended the Tree Crops Auckland branch meeting. <https://treecrops.org.nz> It was fantastic! 51 varieties of edible were brought in by the members for display and tasting. I came away with a 'Rainbow Valley' Pawpaw bred by my permaculture teacher, Trish Allen. She tells me I can grow them from the seed so I will be trying that!

I won a grafted heritage apple tree in the raffle, and it has totally inspired me to plant more perennial edibles in my garden. So! This weekend I will be planting a Cherimoya, Guava Red Strawberry, a Pomegranate, (Wonderful) an Orangeberry, Nashi Pear triple grafted, Kaffir Lime, thornless blackberry, (Karaka Black) and a black chokeberry plus several blackcurrants (my favourite!). Wish me luck with the weather 😊



Left: Lochy regaling us with tales of fruit and nut!



Right: The amazing table at Tree Crops meeting - 51 different types of edible Wow! Even a pineapple.

What to do in the Garden in August 2021

Moon Planting 11th August to 21st August is a great planting period for all 'above ground' veges by the Moon Calendar!

'Below ground' veges (roots etc.) are best planted 5th & 6th plus 26th & 27th August.

So, here's what's good to sow and plant in St Heliers right now:

Veges

Sow:

- Lettuce, Spinach, Silverbeet, Bok Choy, Peas, Broad Beans, Onions.
- Beetroot, Carrots, Radish, Turnips
- Potatoes – Try different varieties -I like Rocket for a fast 'new potato crop' but I am also trying Agria as a main crop this year too under 1 foot of hay!

Plant Out:

- Strawberries & Asparagus
- seedlings of Lettuce, Spinach, Silverbeet, Bok Choy, Spring Onions

A good time to add 'Ruth's' Hay! This will feed the soil nicely ready for the intensive summer planting

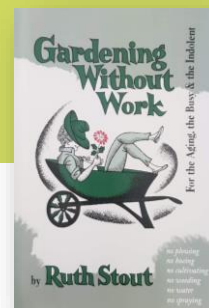
- All Brassica seedlings Kale, Cabbage, Cauliflower, Broccoli, Celery, Coriander, Rhubarb and all of those above.
- Fruit trees and shrubs (e.g., blackcurrant) and all other trees are good to go in now before they get too active. Top with compost and blood & bone.

Flowers In Containers: Calendula, Carnation, Cineraria, Dianthus, Lobelia, Nemesis, Poppy, Snapdragon, Stock, Sweet Pea, Statice.

Direct in ground: Alyssum, Candytuft, Larkspur, Linaria, Stocks, Sweet Pea, Wallflower. New Roses.

Make sure your roses are pruned by now.

Lawns Top-dress any bare patches with new seed and organic compost. I am spiking and adding sand as my lawn is on clay. **DON'T BE TEMPTED TO ADD ANY ARTIFICIAL FERTILISER** – that would kill all the soil life and especially your precious worms!



'Gift-The-Garden'

Lawn to Lunch, Waste to Wealth, Nurture with Nature



Several of you who have attended one of our Garden for Wellbeing workshops have asked us for help in replicating the principles in your own gardens. Many of you have large lawns which do not yield much for you or the wildlife but which have great potential.

Lauren Turner, owner of [Vanity Fair Beauty](#), is the first of many 'Gift-The-Garden' Boutique Permaculture clients. Lauren's garden is a large plot with most of it laid to lawn. She had been struggling to keep a worm farm alive and we discovered that her gardener was spraying the edges with a herbicide.

Lauren's brief was for a "A nurturing paradise for wildlife and people, providing nutrient dense food for

the family with nature doing most of the work. Also, somewhere for her clients to relax and admire the Beauty"

Following a detailed interview and sector analysis, Olivia and I developed an initial concept which was worked up into the design pictured here.



This weekend, the first fruit trees were planted in a fun working bee with Lauren's friends and family. Triple and double grafted Pear, Apple and two plums were planted along with Basket Willow for an arch into the 'secret garden' which will contain a hammock. The mown path can be faintly seen leading to a circular space for seating and a bird bath. The rest of the lawn will become a 'food forest' for both Lauren and the wildlife, building healthy soil, sequestering carbon and aiding biodiversity.

Stages of Gift-The-Garden

- 1 - Initial Introduction & Brief
- 2 - Concept Design
- 3 - Full Design & budget
- 4 - The Make-over
- 5 - Maintenance
- 6 - Your ongoing Permaculture journey as part of a learning and sharing community

Top left - Design for Lauren's back garden.
Middle left: Fruit trees are planted. Middle right and bottom: Concept images for the 'food forest' which the lawn will become.



Three Triple Grafted plums and apples in centre. One triple grafted pear holds the space in the North west corner.

