



THE RUNNING POSTMAN NEWSLETTER

**Corner Hardey Road and
Glen Forrest Drive, Glen Forrest
Issue 6, April 2018.**

All are welcome!!

Regular work is happening at the garden every Sunday morning. From 9.00 am onwards we welcome newcomers to come and visit the garden.

The garden is looking very green with the cooler weather. Parsley, mint, zucchinis, silver beet and pumpkins to name a few vegetables that are thriving at the moment.



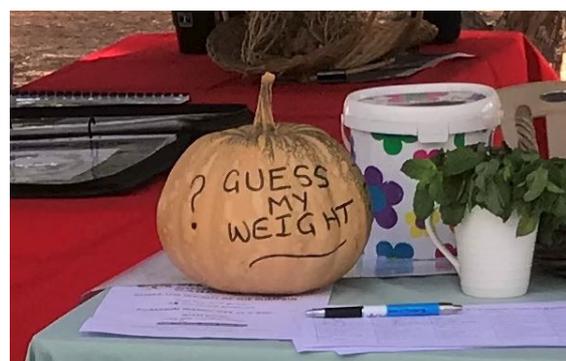
RECENT WORK

A work party from Wooroloo came to the garden in March. They concreted the chess board, laid crazy paving to the front of the shed and fixed birdnetting over the arbour. We greatly appreciate the work they do in mowing and whippersnipping the garden area and the watering of the young native plants along the creekline.



BLUE SKY FESTIVAL

The GF Community Garden had a stall at the Blue Sky Festival held in March in Mundaring. The festival was a great success with many stalls, talks and activities all with reference to sustainable living, including managing waste, sustainable gardens, and protecting wildlife. The garden stall successfully fundraised with the "Guess the weight of the pumpkin" competition.





ANNUAL GENERAL MEETING

The AGM was held in March at the Glen Forrest Gourmet Café where Viv catered for us with a lovely quiche and salad meal. Kerry and Jenny presented their reports as President and Treasurer outlining the efforts and outcomes of the past year. Office bearers were elected. Some modifications to our constitution required by changes to the Act were unanimously agreed upon.



LOCAL MLA VISIT

Our local state member, Matthew Hughes MLA, came to visit the garden in March. He toured the garden and listened to our ideas for the future and showed great interest in helping out in some capacity.

PLANT OF THE MONTH

The zucchini is the plant of the month. Our zucchini patch has produced so many zucchinis that we have been thinking of new ways to use them. They can be added to curries and stews, fried in ring shapes and also roasted in large pieces. When grated they can be formed into patties, frittatas and loaves. Cut them length wise and use them as lasagne sheets.



UPCOMING EVENTS

Scarecrow making Sunday 28th October

Winter Solstice Pizza Saturday 23rd June

NOONGAR SEASON

Djeran is the Noongar season for April and May. It heralds an end to the really hot weather and brings cooler nights. It is the season for red flowers and also the banksia flowers which bring food for many birds and insects.