

Sustainable Gardening Tips!



Gardening in WA isn't easy and we have traditionally 'propped' up growth with enormous amounts of resources. To thrive into the future we need to learn to use less and waste less! - Thom Scott

- 1 Healthy food comes from healthy soil.** The better and 'richer' the soil the more 'nutrient dense' the food. Your 'greenwaste' from the kitchen and garden make perfect ingredients to make premium compost.
- 2 Growing healthy and nutritious food in WA can be tough especially over summer.** A great way to help your plants through this testing time is to put a 30% shade cloth over the plants to cut back the impact of the relentless summer sun.
- 3 Grow seasonal!** Often the stock you see in the garden centres doesn't reflect what you should be growing at that time. As a tip check with local WA sources to make sure you know what is best to plant season by season
- 4 Remember your food growing areas should be part of an ecosystem.** Let nature do most of the work for you and include a suite of plants that can attract wildlife – birds, frogs and insects - to do the pest control for you.
- 5 Feed the soil to feed your plants.** Remember good quality compost, manures, clay, zeolite, organic slow release fertiliser, rock dust and fish and seaweed solution will be the building blocks of healthy and nutritious food production.
- 6 Never leave the soil bare!** In WA with our tough and brutal climate a good quality mulch is essential to keep your soil and plants protected and healthy. Lupin or pea straw are perfect for your veggies beds.
- 7 Fat drops close to the ground!** When it comes to watering your veggies beds remember drip line irrigation or low drippers are the best choice to make your garden truly waterwise and productive.



Kefir Recipe!



“ Simply put, kefir is a reason to drink milk again. Transforming milk into a fermented product converts indigestible products in milk into digestible a product our gut bacteria can use as nutrients. - Tim Kershaw ”

Best described (or not) - Kefir is a symbiotic arrangement of clumpy biology that reproduces with every new batch. A cultured milk (fermented), kefir is thicker than milk, mildly tart to sour, and if properly prepared, bubbly.

You need...

2 tbsp. Kefir grain 250ml Organic milk 200ml coconut milk (emulsified)

Mix the grains with the milk and coconut milk in a glass container that sufficiently holds the liquid but doesn't fill the jar all the way to the top.

Hold the jar at room temperature for 2 days (in mild weather), stirring once a day to disperse the grains. (**Optional**) I like to put the jar in the refrigerator for the third day to slow fermentation but still allow some activity without separating the milk.

Strain the grains from the liquid and repeat the process. The milk can now be consumed, refrigerated or turned into something more interesting like a kefir tart!

You can 'suspend' kefir grains in a small amount of fresh milk & freeze in an airtight container; when ready to reuse, thaw the kefir, follow the recipe and allow extra time for the kefir to start fermenting.

Orange Pastry Ingredients

- 150g butter
- 75g icing sugar
- Zest 1 orange
- 2 egg yolks
- 1 tsp orange flower water
- 250g plain flour

Kefir Tart Recipe

Beat the butter, sugar, orange zest and water until a soft cream in electric mixer. Slowly work the flour in 3 batches before adding each egg yolk one at a time. Finish by working the dough on a bench with your hand until just combined, wrap, refrigerate for 2 hours and then roll to desired shape.

Kefir Cheese Ingredients

- 200g kefir milk
- 1 Orange Rind

Using a clean tea towel or cheese cloth hang the kefir milk through the fabric in a mesh strainer. After 2hrs you will begin to see the "cheese" separate & the "whey" pour into the container below. Remove the cheese, add lemon rind & if the cheese is too tart for your taste add a dash of honey to your liking.

To make the tart...

Blind bake small orange pastries of any desired shape or size, just making sure to imprint a cavity big enough to hold the pawpaw and kefir sufficiently.

Once the pastries are cooked, and while still warm, remove the pawpaw from the warm pickling liquid and fill the tart. Top with orange kefir cheese, add some pecan, walnut or peanuts for crunch, a little more orange zest if desired, a drizzle of honey or maple and serve.

Pickled Pawpaw Ingredients

- 100g white sugar
- 100ml filtered water
- 100ml apple cider
- 200g green pawpaw

Bring the water, sugar and apple cider to a boil. Skin the pawpaw and cut into small 2cm cubes. Reduce the pickle liquid to a simmer, and the pawpaw and cook until just tender.