

Film Nights

All welcome.

Films will be shown every fourth Friday of the month at the East Fremantle Bowling Club, at 7.00 pm. The film evenings are a great way to get to know your neighbours, listen to some live music, share a cuppa or glass of wine together and discuss how you would like to see the community garden develop.

2010 Film Program

24th Sept *The Power of Community*

A film about Cuba's transition from a fossil-fuel intensive farming to small, less energy intensive organic farms and urban gardens; from a highly industrial society to a more sustainable one.

22nd Oct *No Impact Man*

A New York City liberal decides to practice what he preaches for one year. Turns off electricity, stops making garbage, gives up television, taxis and take out and becomes a walking, bicycling, composting, tree hugging, polar bear saving, local food eating, 100% sustainably living citizen of planet earth. All while taking his baby daughter and caffeine-loving, luxury seeking, retail obsessed wife along with him. Saving the world, one family at a time. "Proof that eco and entertainment aren't mutually exclusive"

26th Nov *Food Inc.*

An unflattering look inside America's corporate controlled **food** industry.

Come and join us

Membership and committee nomination forms are available online, at the AGM, or by contacting East Freo Farm Inc. at beck.james@bigpond.com

The interim committee welcomes anyone interested in being involved in the community garden to get a completed form to us. Don't hesitate to self nominate.

Marmalade Making Tips by Sophie Moller

Citrus are in season at the moment, so don't let them go to waste! Any citrus can be used for making marmalade, and they can be mixed with great success. Here are a few basic tips:

- Wash out your containers (glass jars with metal lids are ideal). Sterilise by putting face down on an oven tray and place in oven at 110 degrees for 10 minutes.
- Wash the fruit. I like to include the peel, so small and medium sized fruits (such as mandarins) can be sliced whole. For larger fruit, slice sections of the peel, exclude the pith but keep the juice. Always taste the fruit (even the rind!) to help you to decide how much sugar to add.
- Reserve the seeds (they are precious!) in a muslin bag or tea strainer.
- Place all of the fruit (I usually include a couple of lemons, sliced finely) in a bowl and add water so that the liquid just covers the fruit. Include the seeds. Cover and store overnight.
- Next day, simmer the fruit and seeds in a pan gently for 40 minutes. Cool and place back in the bowl, and in the fridge overnight.
- Measure the fruit into a heavy bottomed pan. For each cup of fruit, add one cup of sugar. Include the seeds too.
- Heat slowly, ensuring all sugar is dissolved and bring to a rapid boil. Stir occasionally to prevent sticking.
- Keep testing the jam by dropping a small amount on a chilled plate. Wait a minute and if it wrinkles when touched, it is ready. When this happens, remove from heat and let stand for 10 minutes.
- If a foam has formed, skim off. Ladle jam into still-warm jars and place lids on immediately.
- The metal 'button' should pop to ensure a clean seal. Jam should keep almost indefinitely until opened.
- Experiment with flavouring agents such as ginger and Cointreau!



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August 2010



Farm Fodder

Newsletter of East Freo Farm Inc

Growing the community by Del Weston, Interim Chair

East Freo Farm Inc is blossoming! It has grown out of a desire to build the East Fremantle community into a more socially cohesive, lower consuming community. At the core is an organic fruit and vegetable garden in which members can participate in a common gardening area or lease garden plots for vegetable growing.

Community gardens are planned and managed by local communities. They have many dimensions – organic fruit and vegetable growing, bush re-generation, worm farms and frog ponds for example. The underlying philosophy draws on the concepts of sharing, growing locally and eating seasonally and creating, not only local food supplies but also social relations. Thus community gardens are about more than growing veggies; they are also about growing the feeling of 'community', getting to know our neighbours, sharing our close neighbourhood with each other, creating a sense of belonging, of sharing and caring for each other, whether we are young or old.

For me, one of the prime motivations for getting involved in this is my concern about global warming and the fact that our current lifestyles are unsustainable. We are consuming far more than our fair share of the planet's resources, and far more than the planet can cope with. If everyone were to try to achieve the standard of living that we have here in East Fremantle, global humanity would need the equivalent of 5-6 more planets to support us all. Interestingly, evidence suggests our high consumption levels have not made us any happier.



Importantly community gardens show us that another way is possible. We can build not only a lower consuming community, but also stronger relationships and be involved in creating a local culture that is ours – not something we have picked up from watching hours of imported television programmes and advertising that tells us we need to buy, buy, buy to be acceptable, successful and happy.

Once land has been allocated to East Freo Farm, there will be a facilitated planning meeting to discuss the format of the garden. If you are interested in being involved in this process, come and join up and join us in our exciting journey in developing something truly worthwhile - together.

Fremantle Ports is proud to sponsor *Farm Fodder*, the newsletter of East Freo Farm Inc

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Singing the praises of your veggie garden by Peter Mawson

When I was just a boy and first started growing veggies I had to deal with some fairly challenging soil – well, grey beach sand. Occasionally I found a sandgroper – one of the weird looking WA native mole crickets that live underground. They are related to day-active grasshoppers but live underground. I hadn't seen one for years until I moved to East Fremantle and started working on a new garden.

With the benefit of age, experience and willing help from my good wife I was able to turn my local beach sands into something a lot richer and more useful for growing plants. Recently I came across my first sandgroper in the garden and it reminded me of when I was a boy. More recently I started to hear 'crickets' singing while I took an evening walk. Over the past year or so I've managed to work out who actually does the singing. It wasn't the insect I was expecting.

The singers I encountered were quite big (up to 36mm) with small wings not well suited for flying but very quick at running away when dug out of a nice patch of compost-rich ground. This wasn't the sandgroper I remembered. So I did a little research. What I, and many others in East Fremantle have singing away in their gardens are species of mole crickets, introduced from the eastern States, probably via potted plant material imported for the nursery

trade. The male mole crickets (*Gryllotalpa*) have non-functional wings and sit and sing at their burrow entrances to attract their lady loves.

The females have larger functional wings and fly towards the fellows who sing the most attractive songs. I've noticed that during the warm summer nights the males sing with gusto and compete for the honour of best singer. Lately, in the first few milder nights after this cold winter, a few feeble and short chirps could be heard around the garden and from the veggie patch. I expect as the nights warm up the mole crickets will get their songs in order and sing in earnest again.

With respect to the diet of these interlopers from the east, some members of the mole cricket group are strict herbivores and feed on plants, both roots and other parts. Others are predatory. So I'll just have to watch and see if there are any deaths or failures amongst the veggies at the same time I'm seeing lots of mole crickets! Either way they certainly appreciate a good soil and veggie patch. Perhaps they are just another way of assessing the value of our gardening efforts. If your veggie patch has worms – great. But if it has mole crickets too – that could be the highest complement!

Here's to community building

Research shows that stronger social networks correspond with significant increases in physical and mental health, academic achievement, and local economic development, as well as lower rates of homicide, suicide and alcohol and drug abuse. Children are mentally and physically healthier in neighbourhoods where adults talk to each other. Social connections also boost a community's willingness to take action for the common good. The benefits to the community are greater and more likely to succeed and to last when those who are to benefit are involved in the process.

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What is in a name? By Rebecca James



We had lots of fun brainstorming on a name, culminating in us becoming East Freo Farm Inc. The idea of 'farm' captured the idea of growing fresh produce. What also appealed was the idea of having 'farms' in an urban environment and breaking down that city versus rural divide.

Next we poured in our ideas of how we wanted our logo to look. The work to produce it was generously donated by Little Design Farm – Creative Design and Print Consultancy.

The earthy colours represent a garden. The organic edges of the patch allow for other connections and synergies outside of the garden. Vegetables and fruit represent produce and (garden and community) growth. The glove shows hands-on involvement from the community and a kid-friendly font brings out the importance of children being a part of it all. The ladybird and earthworm demonstrate using nature and the wheelbarrow the use of tools and working safely.

We've had great feedback. One member said what she liked best was how it showed what was happening both under the ground and above it. I think our name and logo will mean different things to different people, which is great - because isn't that what being part of a diverse community is all about?

Natives Not Forgotten

One aspect of the community garden that is envisaged is to incorporate space for native plants. Apace landscape designer, Ann Forma, has suggested native plants can be used for a screening hedge in some places, a shady communal sitting place in another, and a pleasant, easily maintained community gathering space.

Having native species integrated into the garden will:

1. attract a broad range of birds and insects that can aid pollination and pest control on fruit and vegetables;
2. provide a water-wise screening hedge to give wind protection and aesthetic appeal; and
3. provide a shady meeting place, where gardeners can rest and swap notes after their labours.

As well as natives, other larger plants such as fruit trees or larger herbs could also be integrated into the overall site plan in common areas or on edges. The main thing is to plan areas of natives separate from the plants that require a regime of fertilising and watering.

Not Fantastic Plastic

Plastic is all around us, especially the environmental disaster, the single-use plastic water bottle. The process of producing a single 600 ml bottle of water - production, shipping, storage, refrigeration, landfill or recycling - uses 1.5 megajoules of energy. Water out of the tap uses only 0.2 megajoules.

Latest Farm Updates

East Freo Farm will soon be incorporated.

Negotiations are underway with East Fremantle Town Council for land for the community garden.

Check out the news section of the website for more info and the latest updates:

www.eastfreofarm.weebly.com

Notice of Annual General Meeting

6pm Friday October 15th 2010

East Fremantle Bowling Club

Fletcher St East Fremantle

Great Prizes & Live Music

Bar Open for a Fun Night