

HARVEST



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Welcome to our first newsletter!

We thought it was time to create our first newsletter, since our network of customers and associates is steadily growing.

A bit about us

FIMBY began as an idea back in 2007, when Juliet and Christina used to muse and daydream about somehow making a living from pottering in the vegie patch. The idea developed and the name "FIMBY" was coined in mid 2008, and then in August 2008 we began to work with our first three 'pilot' gardens, all belonging to friends in West Hobart. The 2008 /09 summer saw all these gardens producing really well, and we got enthusiastic support, encouragement and helpful feedback from our patient and brave guinea pigs!

A newspaper story in Feb 09, followed by an invitation to go to the April 09 Sustainable lifestyles Expo, was enough exposure to have a steady stream of people contacting us for advice and help getting started. We've now helped to establish over 50 new vegie patches in people's backyards, and we continue to visit on a monthly basis to provide guidance and hands on support for over half of these customers.

Where are our customers?

Most of our customers are within an hour's drive of central Hobart, with the furthest north at Woodsdale and the most southerly at Lower Wattle Grove. Closer to home we have customers in all the inner city suburbs from Lenah Valley to Sandy Bay, as well as Tranmere, Risdon Cove, Lindisfarne, Bellerive, Kingston, Blackmans Bay, Tinderbox, Birchs Bay, Claremont, Glenorchy and Fern Tree. We have just begun to talk with people in Oatlands, Parattah and Launceston also, and will be happy to work with people in the north once we have a core group to get going.

So we spend quite a bit of time driving, and usually take the fuel efficient little proton ute along with poo, plants and tools in the back.

Fertility in their backyard

Congratulations to Mike and Cynthia, two of our very first FIMBY pilot customers, who have recently had their first child, Sebastian. Another of our very first customers, Yvette and Stew, are about to have their first child too! Must be all that fresh produce, hands in the soil, connection with nature's cycles stuff!



Christmas gift ideas

How about potting up some basil plants into small terracotta pots that would sit well on the kitchen windowsill? You could make up a little package of pine nuts, garlic and parmesan, plus a pesto recipe, and tie this on to the outside of the pot, for a "Pot of Pesto" as a gourmet Christmas present.

Another lovely idea if you're going to someone's house for lunch or dinner is to make bouquets of fresh picked herbs, radishes, spring onions, baby beetroot, chive flowers, whatever you've got handy, and dress them up with a rich red ribbon for a fragrant and unique gift on Christmas Day.



Harvest recipe on FIMBY.com.au

We have a recipe for a carrot and beetroot salad on our website already. However, since its just about time to begin harvesting the new seasons crop of these lovely roots, here's another carrot and beetroot salad recipe from our friend Sonia, who's in Denmark, Western Australia:

"I make a delicious carrot and beetroot salad with dry-toasted coarse-shredded coconut and toasted sesame seeds (sunflower seeds and/or pepitas also nice, as well or instead).

Carrot and beetroot are simply grated raw, and added in a 4:1:1 ratio to the coconut and seeds. Dressing is lemon juice, light soy sauce and a little honey, honey.

Mmmmm."



FIMBY
food in my backyard

www.FIMBY.com.au



Expanding team of workers

We've been establishing many new gardens in recent months with the help of a dedicated team of hard working blokes. Craig, Tim, Danny, James, Lex, Cam, Andy, and Dave have all used their muscle power to cart soil, compost, manure and straw, and cut and assemble sleepers, dig trenches and help create the infrastructure for planting new vegie gardens. Although we love having our 'stable' of fit blokes, we'd also love to hear from any fit young women interested in a bit of gardening work too!



Gourmet produce

FIMBY has been delighted to start a collaboration with Luke Burgess, a talented and passionate chef. Luke prepares gourmet dinners for up to 12 guests in private homes, and he's always searching for fresh local produce. He sources all the produce from local surrounds, and needs small amounts of high quality produce on an irregular basis – perfect for FIMBY customers who have some excess or un-used vegies. Luke can often use parts of the plants that the rest of us wouldn't (eg pea tendrils and garlic flower stalks) and he's very happy to share his experience with exciting ways to use a variety of vegetables and fruit. For more information about Luke or to see his amazing photographs, go to www.lukeburgessphotography.com



Garlic harvest time

The wet weather is by no means good garlic harvesting weather...but in most Hobart gardens its probably time to get it out of the ground anyway, if you haven't already. Ideally garlic should be harvested when the soil is as dry as possible, but who's had dry soil lately? If you're not sure if yours is "ready" pull out a big looking bulb and check to see if the cloves are fully segmented inside. The aim is to harvest after they're segmented, and before the outer skin splits (which would let in dirt that will stop them keeping a long time).

Spread your harvested bulbs out in a sheltered place to dry a bit, and strip off a few outer leaves to get them clean. Check to make sure there's no rot on any of them. If there is, take the rot affected ones to the kitchen to use the good bits, including the stem which can be chopped up like a spring onion. Fresh picked garlic is mild, juicy and DELICIOUS!

Once they've dried for several days, the tops should have wilted enough to make platting easy. If you get them before the leaves become brittle they can be formed into plaits for hanging in a cool airy place to finish drying. We hang ours between the kitchen and living area where there is good air flow, and I'm happy to report no vampires have been seen in either place.



handy tips

If it does ever stop raining long enough for the soil to dry out, you'll be thinking about watering. People often ask us "how often do we need to water?". The answer is: it depends! The water requirement is subject to your soil type, what's growing, how windy it is, as well as the temperature. The best thing to do until you're familiar with your site is to check by sticking your finger into the soil, or better yet, digging a small hole. If the soil is still damp a few inches down, then you probably don't need to water.

When you do water, the aim is to wet the soil profile down to the root zone, not just the top couple of centimetres. This means water for longer, but less frequently. Ultimately you will need to get to know your own garden and its needs. Hand watering if you have the time is great, because you're really in touch with what's happening in your patch. Automated systems are useful if you're going away, but when you're around we recommend that you don't rely on an automated system, rather your own observations about what's needed.

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