

# HARVEST



## Is it Spring yet?

Frosty freezing mornings, snow all over the mountain, surprising mild nights, buds on the plum trees swelling and bursting – BOING!!  
It must be nearly Spring!

More FIMBY babies are popping out – congratulations to Hazel and Kieren on the birth of their boy Archie, and as we go to press we've just heard that congratulations are also due to Disa and Scott on the birth of their son Eskil. These lucky children are going to grow up knowing what fresh peas taste like, and how to grow carrots. How wonderful!

## Happy Birthday to FIMBY!



Believe it or not, FIMBY is celebrating its **THIRD** birthday in August! Who would've thunk it? Juliet and Christina are so grateful to a long list of friends, family supporters, our team of big hearted fimbaristas, suppliers and collaborators, and of course our customers who are easily the best customers anywhere for anything.

Special honour to Dave, Sarah, Mike, Cyn, Yvette and Stew who were our first 'pilot' customers, and who gave great encouragement and advice. So cool to see that you all have beautiful vegie gardens still!

What's that? The party? See box at Right for details!

## fimby fresh news

**no. 13 August 2011**

### Workshops and activities

#### FIMBY BIRTHDAY PARTY

**Saturday 13<sup>th</sup> August 12 noon – 4pm**

*Christina's place, 20 Wellesley St, South Hobart*

Everyone welcome! All current and past customers, friends, associates, kids, pets, TV documentary makers, celebrity chefs, gardening luminaries and gurus.

There will be food, real food, fresh from a backyard near you! If you'd like to bring something to share that would be very welcome.

There will be miraculous libations (and a cuppa tea), and there will be CAKE.

There will be laughter and music and dancing and sitting around feeling proud and good.

We'd love to see you – please come if you can!

#### TASMANIAN FARM GATE MARKET

**Sundays 9 am – 1 pm**

FIMBY have a stall at the market on the first Sunday of every month. Bring your own fresh or preserved produce to sell! Make some cash, meet the people and share the love!



*Contact Christina for all details and bookings.*

## Invitation to Oxfam Future of Food Forum

Rebecca from Oxfam has invited all FIMBY folks to Oxfam Australia's launch of the GROW campaign in Hobart: a forum about the future of Food. With special guests including Matthew Evans of SBS Gourmet Farmer Fame.

Where: Long Gallery, Salamanca Place, Hobart





## Grasping the nettle

Stinging nettles can give a nasty sting, even through gardening gloves (specially through the cloth bits). But they're welcome in my garden, for their many beneficial properties. They're good at accumulating micronutrients like iron and magnesium, so make an excellent tea, fertiliser, compost activator or sauce. Jo from Bellerive recently donated a carefully harvested few bags full to Luke at Garagiste, to be prepared with skill and served to appreciative restaurant patrons! Check our website soon for recipes.

## Planting guide for August

Leafy greens such as bok choy, mizuna, tat soi, rocket and all your favourite lettuce varieties can be sown now. If you want to try succession planting, see if you can contain yourself to a pinch of seeds in a short row about half a metre long. Repeat every 3 – 4 weeks. You'll get loads more little seedlings than you need, and the extras can be carefully dug up and distributed into nooks and crannies around the garden. Or leave them till there are 5 or 6 true leaves, then thin them out and eat the thinnings as gourmet 'micro greens'.

Now is a great time to scatter coriander seed about.

It's also a good time for early spring sowings of broad beans and peas. You can soak the seeds overnight in water, and plant into damp soil, then you don't need to water until they've emerged out of the soil.

It's also a good time to plant spuds in areas that don't get too much frost. Bury them fairly deeply so that by the time they emerge the frost danger has past. It can seem like forever before the spuds emerge sometimes. The new tubers will form above the one you plant. If you live in a frosty area, buy some seed potatoes now and keep them in a cool dark place for another month before planting out. Or if you can't wait, have some loose straw on hand to cover the new plants with when you hear the forecast for a frosty night.

## Channel Living Workshop

It's a small world, isn't it? Phil Wood is the clever dude who designed FIMBY's website, but he also is involved in [Channel Living](#), a sustainability focussed community group based in Woodbridge. After seeing a pic of the vertical strawberry garden (see last month's newsletter) Phil invited FIMBY to run a demonstration vertical garden session at Woodbridge. And Voila! 15 or so enthusiastic participants got to work to create the beginnings of a garden wall at their headquarters.



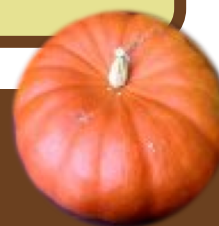
Above: Phil and Sue concentrating hard . . .  
(Nice spot for a workshop, eh?!)

## Harvest notes

Broccoli, cabbage, cauliflower, brussels sprouts, kale, rocket . . . much of what is harvestable in the garden right now belongs to the brassica family. This mob are totally unperturbed by cold wet weather, although it will slow down the growth of new seedlings a bit.

Broccoli heads can be cut early, when they're still small and tight, and this will encourage the growth of many more side shoots. If you keep picking these side shoots you can extend the harvest for a long long time. Cauliflower and cabbage usually only produce one good head however, so once you've harvested these ones, pull the whole plant from the ground for the compost.

Parsley and silverbeet seem to be the main stayers as we approach the 'hungry gap' time of year. This is when the winter vegies like brassicas, and the last of the overwintering root vegies and leeks are finished, and the spring sown leafy greens, peas and broadbeans haven't yet started to produce. It's ironic that this 'hungry gap' comes at a time when people start to wake up after winter and think about the garden again. Oh well, there are always a few asparagus spears to munch on!



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