

Greengold Vegies
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Weekly Food Fair Newsletter
12 August 2010

Edition 9

Hi Everyone,
Sorry about last weeks news sheet, just ran out of time to get it gone.

Well we are nearly half way through August so it will soon be time to start planting our summer vegies such as sweet corn, Tomatoes, beans, cucumbers and zucchini. This season we will also grow Capsicums and Egg Plant and we will add another 200 hens to our poultry flock ensuring a constant supply of fresh Terara eggs.

Rhubarb, Spinach and Cabbages will still be available and we are hoping to start making Rhubarb Pies again soon.

Rhubarb Spray. With Rhubarb being plentiful again we are also making organic Rhubarb Spray. We take the leaves and place them in an old Copper and just cover with water. We bring the water to boiling point and then simmer for about an hour. When cool strain the tea into a clean container and use by diluting two parts water with one part rhubarb tea. Note that this mixture is poisonous and protective clothing and gloves should be used at all times when handling this spray. The product will kill aphids and leaf eating grubs and bugs but do not eat any sprayed vegetable for about three days. You can google Rhubarb spray for more info and note the variations to dilution and uses for the spray.

Northern Territory Mangoes were available this week at the Sydney markets but we will wait a few weeks before obtaining a supply as the new season fruit is still green, a little sour and expensive at the moment.

Tomorrow, Friday Locavore Day in Berry

Carol and Ian from South Coast Producers will be presenting produce grown by Greengold Vegies and other producers at their new shop at 78 Queen Street Berry (the main street) opposite the Hardware Shop. They will have our Broccoli, Cauliflowers, Spinach, Pak Choi, Rhubarb, Sugar Cabbages and Pumpkins and be sure to check out their exciting range of products including Jams, Sauces and Pickles in great looking and fancy jars which make for great inexpensive gift ideas. They also use some of our produce in their products..

These fresh vegetables will also be available at the Heads Hotel fresh food market each Saturday morning.

Remember our own Farmgate operation. We are open Monday- Friday 9am - 5pm and on Saturday until 3pm and check out our website for price guides and what's in season now.

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