



# This Month in Your Garden

Issue 5 | December 2014

## Gardening workshops in 2015!

The WAVE team will be holding some Gardening Workshops next year and we would love to see you there.

Where: Grantlea Downs Primary School

When:

Workshop 1 – Monday, 23 February 2015

Workshop 2 – Monday, 4 May 2015

Workshop 3 – Monday, 3 August 2015

Workshop 4 – Tuesday, 27 October 2015

Time: 3.30pm – 5.30pm

Registrations: Email Debbie at [Debbie.Johnstone@cdhb.health.nz](mailto:Debbie.Johnstone@cdhb.health.nz) to let her know if you wish to attend these workshops. Alternatively, please let your WAVE Facilitator know.



## Sun Safety


Enjoy the Outdoors but remember to be **SUN SMART!**


**SLIP** – into a shirt


**SLOP** – on some sunscreen

**SLAP** – on a hat

**WRAP** – on some sunglasses

 The UV is strongest between 10.00am and 4.00pm so it is important to remember Slip, Slop, Slap and Wrap during this time.

 Drink plenty of water!

 Children do what you do so set an example and be...



**SUN SMART!**



The WAVE team wishes you all the best over the summer holidays.

We look forward to working with you in 2015.

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## Companion Planting

### Nasturtiums

There are some benefits to having nasturtiums!  
Carry on reading to find out more...

Wanting to get rid of those nasty aphids?  
Orange-coloured nasturtiums repel them.  
Let them grow around or up your apple tree and they will  
control the spread of the woolly aphid.

Grow nasturtiums in your greenhouse as they will protect  
more precious plants from white-fly.

Nasturtiums can also add flavor to your plants.  
They secrete a mustard oil which, if planted with radishes,  
gives them a good hot taste.



### Minted Baby Potatoes

#### Ingredients

- Baby new potatoes – allow 3-4 per person
- Salt
- Fresh mint sprigs
- Margarine OR oil (olive, canola or rice bran)
- Fresh mint, chopped



#### Method

1. Scrub potato skins to remove any dirt.
2. Cut any larger potatoes so that they are all evenly sized.
3. Add to a pot of boiling, salted water with the mint leaves.
4. Reduce heat to a simmer.
5. Use a fork to test for doneness.
6. When ready, drain and mix in a small amount of margarine/oil and finely chopped mint.
7. Serve in a heated serving dish.

### Berry Good Jelly

#### Ingredients

- 95g packet strawberry instant jelly
- 1 cup strawberries, sliced
- 1 cup raspberries
- 1 cup blueberries



#### Method

1. Make the jelly according to the packet instructions, then leave to cool.
2. Divide into individual containers or pottles and refrigerate until just beginning to set. Then add the strawberries, raspberries and blueberries.
3. Return the jellies to the fridge to finish setting. If you put the fruit in before the jelly has begun to firm, it will sink to the bottom – not a catastrophe but not as pretty as when the fruit is suspended in the jelly.

## WAVE Gardening Resources

## CURRICULUM LINKING TO GARDEN

We have a new Gardening Resource!

Reserve this great book through our WAVE website  
“Step-by-step Veg Patch”

There is great information about how to plant your vegetables  
and when, looking after them, pruning and much more.



### GET ARTY!

There are so many fun activities to do over the summer  
holidays with children. Give one of these creations a go or  
get creative and come up with something new!

Instead of using old tyres, you could use any other suitable  
container you find lying around.

