



## From our Chairperson

The Winter Solstice (21st June) has come and gone, so at least from now on our daylight hours will gradually start increasing and our nights will get shorter. We have certainly experienced some frost already and there is bound to be more before the end of winter. It is not advisable to start cutting back frost-damaged plants and shrubs at this stage. The correct time to cut back is early spring, once the danger of more frost has passed.

We have composted all the common area gardens and at the beginning of September we shall be putting lawn dressing on all common area lawns. Also, at the beginning of September, Sonia from Efeko (who gave a very interesting talk about pesticides at the recent Garden Tea) will give a talk on fertilisers. In particular she will discuss what the numbers on the bags of fertiliser mean and what is needed and best suited to fertilise lawns, flowers, leaves, roots etc. The date and time of this talk will be advised shortly but it will be a Thursday or Friday morning.

To avoid any misunderstanding about the duties and responsibilities of the garden service staff, please note that they are not responsible for the private gardens of a unit i.e. gardens enclosed by the picket fence of a unit. To clarify, the garden service staff are responsible for the following:

1. Gardening team – no work is done in any private garden by these staff members; they only work in common area gardens.

2. Cutting team – mowing and edging of private garden lawns and blowing grass cuttings off paved areas in the private garden.

3. Private gardener – available, at a small fee, to do any garden-related work in a private garden. Such work must be carried out under the supervision of the Owner or Resident. Bookings for the private gardener can be made at Reception.

As always, my sincere thanks and

appreciation to our dedicated and hard-working Garden Committee Members – it is truly fabulous and rewarding to work with such committed and positive people.

Sid has resigned as an active member of our committee. We thank him for his positive contributions!

Kind regards and happy gardening!

Doreen

Read all about Antoinette's garden in our next issue

### Meet the committee

|                       |          |      |
|-----------------------|----------|------|
| Doreen Dennehy        | Unit 41  | 5243 |
| Louise (Lu) Penberthy | Unit 163 | 5389 |
| Margie Lockwood       | Unit 133 | 5451 |
| Beryl Taylor          | Unit 161 | 5388 |
| Jim Taylor            | Unit 161 | 5388 |
| Thersia Tait          | Unit 47  | 5227 |
| Monica Hall           | Unit 436 | 5209 |
| Di Main               | Unit 57  | 5125 |



### A BIG thank you to the following Owners/Residents who made donations of plants, pots etc. to the Garden Committee for use in the common areas:

- Frank & Merrill Peachey – unit 67
- Maureen Adams – unit 51
- Harvey & Philippa Hemmingway – unit 36
- John & Di Main – unit 57
- Martin & Margie Lockwood – unit 133
- Pieter & Yvonne Kritzinger – unit 156
- Rosemary Woolley – unit 129
- Alan & Lyn Sharp – unit 37
- Brian & Angela Lawlor – unit 8
- Johan & Thersia Tait – unit 47
- Mary-Ann Crocker – unit 85
- Antoinette Dreyer – unit 360
- Mandy Green – unit 303



## Inside...

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# Shrubs of the Quarter



## **Bauhinia galpinii**

*(Pride-of-De-Kaap or Vlam-van-die Vlakte)*

What a gorgeous

and extremely useful shrub or scrambler. Because of the spreading nature of this easy to care for plant it can be used as a screening plant, cut to form an informal hedge or left to cover an unattractive area in the garden. The leathery light green leaves and bright orchid-like flowers in salmon pink to brick red makes this one of our most beautiful indigenous shrubs. This fast-growing plant can tolerate drought and wind and grows well in any type of soil in full sun, but adding plenty of compost will always ensure more rewarding results. *Bauhinia galpinii* plants are evergreen under favourable conditions and flower from October to May. Propagate from semi-hardwood cuttings and seed soaked in hot water overnight. Once mature, the plant will self-seed and the seedlings can be harvested.



## **Plumbago auriculata**

*(Cape leadwort or blousyselbos)*

If you are more attracted to the cooler

colours of blue or white, you cannot go wrong in planting this evergreen, fast growing rambling shrub. The long woody stems carry light-green leaves and terminal sprays of pale blue flowers with extra-long slender flower tubes. A white variety called *P. auriculata Alba* is also widely available. Hybrids producing deep dark blue to purple flowers are available at specialist garden centers. These plants prefer full sun but the white variety will tolerate shady conditions. The plants can be clipped into a formal hedge or allow them to scramble over a support to form a screen. Butterflies and birds are attracted by the flowers in summer. Water in summer but keep the plants fairly dry in winter. Feed regularly with slow release or organic fertilizer. Propagate by lifting the rooted suckers and replanting them in well composted soil.



## **Tinnea barbata**

This superb little shrub is related to salvias. The delicate deep purple-blue flowers dangling from erect

branches like little ornaments are this shrub's best feature. This multi-stemmed, woody, perennial shrub can reach a height of 3 m, but usually only achieves half that height in a garden. The leaves are hairy, dull to dark green and paler underneath. The plant has a long flowering period through summer with showy, deep blue or pale to dark mauve flowers centred with bright yellow stamens. While not quite free-flowering, the flowers are scattered attractively over the shrub as they are borne at the ends of the many branches. *T. barbata* is relatively slow growing and can be regarded as rare because of its extremely restricted distribution. Plant in a warm, sunny or even semi-shaded position in rich, well-drained, composted soil. The shrub can also be planted in a small or medium pot for patios or verandas in good light conditions. The plant responds well to pruning for shape in late winter. It propagates easily from seed, but is best not kept too wet. Regular feeding with both general or organic fertilizer will keep the foliage healthy and green.



## **Tecoma capensis**

*(Cape honeysuckle or Kaapsekanferfoelie)*

A glossy leaved evergreen shrub with flowers

pollinated by sunbirds, in pale yellow, fiery orange, salmon or bright red from summer through to midwinter. Rich in nectar, the flowers also attract honeybees, butterflies and sugarbirds. Plant in a sunny position and compost these fast growing shrubs well. To create a stunning border or hedge interplant with plumbago, crossberry or wild jasmine. As well as being easy to grow, *Tecoma* is drought and wind resistant. To keep the plant in a neat shape, prune back after the autumn flowers have faded. Propagate by cuttings or lift rooted runners.







# Allium Sativum

Its close relatives include the Onion, Leek, Chive and Chinese Onion.

Garlic has a history spanning several

thousand years - it was known to the ancient Egyptians and used as a food flavouring and traditional medicine. Garlic is native to Central Asia and North-eastern Iran, but is now cultivated world-wide.

Allium Sativum is a bulbous plant growing up to 1.2 metres in height. It produces hermaphrodite non-descript flowers which are pollinated by bees and other insects. It is easily grown and can be cultivated year round in mild climates. Propagation is by planting individual cloves close together. Although the bulb or clove is most used in food preparation, the leaves and flowers are also edible but are milder in flavour.

Culinary uses of this pungent herb need no introduction. Used in baking, sauces, adding flavour to casseroles . . . the uses are too many to mention.

Garlic contains several nutrients including vitamin B6 and C, and the dietary minerals manganese and phosphorus, thiamine, pantothenic acid, calcium, iron and zinc. The composition of raw garlic is 59% water, 33% carbohydrates, 6% protein, 2% dietary fibre and less than 1% fat. Garlic has great benefits to general health

- from colds and 'flu, acne, hair loss, high blood pressure as well as heart disease and cancer. According to the National Cancer Institute, garlic's antibacterial properties block the formation and activation of free radicals.

Garlic's sulphur compound Allicin binds breast cell receptors and prevents the action of cancer agents. Allicin is released when the fresh clove is crushed.

Garlic has been proved to reduce both chest infections and the duration thereof. Daily intake of garlic greatly improves the immune system.

The active compounds in garlic can significantly reduce blood pressure. Please note though, garlic might reduce platelet aggregation so people taking anticoagulant medication are cautioned about consuming large quantities of garlic.

Garlic facilitates the formation of bones and connective tissue, bone metabolism and calcium absorption due to its high content of manganese, enzymes and antioxidants.

This truly remarkable bulb should be a must in our daily nutritional intake.

On a lighter note, people say one never gets a cold if you consume vast quantities of garlic - that's because no-one dares to come near !



# MAKE EVERY DROP COUNT

In an effort to maintain a culture of water conservation, residents should please take note of the following:

The Members of the Board, Village Management and the Garden Committee are making an urgent appeal to each and every resident in the Village to seriously start saving water. The grant of 6 kilo litres of free water per unit every month will stop at the end of June 2017 and from the 1st of July 2017 the water usage in the Village will be billed from the very first litre of water used, thus almost doubling the monthly water bill from Joburg Water.

Residents should note that the cost of the water bill is incorporated in the monthly levy, and should the account from the Council exceed the budgeted amount for water, a levy adjustment would need to be considered by management.

The water restrictions imposed by Joburg Water have only been partially lifted and the watering times on an annual basis remain **before 8am and after 4pm from 1 April to 31 August and before 6am and after 6pm during the period 1 September to 31 March.**

All residents are prohibited from using a hose-pipe connected to municipal water to clean paved areas, driveways and

vehicles. The council will impose strict fines on transgressors. As we are now in the middle of the winter please adjust your irrigation systems as gardens do not need the frequent watering required during the summer months. Please do not water your kikuyu lawns as the grass needs to die down for a resting period during the winter.

Mulch your plants as it will help to retain moisture as well as serve as insulation to protect plants against the lower temperatures. Keep a bucket in the shower and in the kitchen to catch the first flush of cold water to use on your plants.

*We urge our residents to change the manner in which they engage with water and to maintain vigilance in conserving this scarce resource. Saving water must become part of our lifestyle. The water conservation measures implemented as a result of the restrictions must become the norm in our Village.*

*It depends on each and every resident to ensure that our taps do not run dry in the near future.*



# Our TREES

## Warburgia salutaris

(Pepper-bark tree or Peper-basboom)

A slender tree from five to ten meters in height with aromatic leaves, glossy dark green above and dull and a paler green below.

White or greenish flowers appear in April and are followed during October to January by leathery skinned dark berries turning black when mature. The tree has long been used medicinally and is so much in demand amongst the African peoples that many trees have been destroyed. The inner bark is



used for the common cold and when dried and ground the snuff is used to clear sinuses. The bark is chewed or the smoke from burning bark is inhaled to relieve chest complaints. The roots and bark are also boiled and used as a remedy against malaria.



## Nuxia floribunda

(Forest elder or Bosulier)

A small to medium sized tree with a densely leafy rounded crown. Creamy white fragrant flowers appear in sprays during May to August. Fruit capsules of about four centimeters in length turn brown when mature and release very fine seeds from June to October. These trees make a very good garden subject.



## Sideroxylon inerme

(White milkwood or Witmelkhout)

An evergreen small tree with a gnarled and twisted stem. The shiny dark green leaves often show rusty brown hairs when young which are lost with maturity.



Greenish white flowers in clusters appear from January to July and are followed by spherical fleshy fruits up to 1.2 centimeters in diameter from July to January. This species is protected in South Africa where three specimens have been proclaimed National Monuments. The Post Office Tree in Mosselbay, the Treaty Tree in Woodstock, Cape Town where the commander of local defences formally handed over the Cape to the British after the battle of Blaauwberg. The third being the Fingo Milkwood Tree near Peddie in



the Eastern Cape. An infusion of the bark is reputed to dispel nightmares.

## Peltophorum africanum

(Weeping wattle or Huilboom)



A medium sized tree with a spreading crown. The leaves are a dull green above and pale green below. Very showy large bright yellow flowers with crinkly petals appear from September to February followed by flat elliptical pods hanging in dense clusters from February to June. The bark is used medicinally in Africa to relieve stomach disorders. Insects, known as spittle bugs occur in large numbers on the branches during certain times of the year. They excrete almost pure water which drips from the branches wetting the ground beneath, thus causing the tree to 'weep'.



## Eucleacrispa

(Blue guarri or Bloughwarrie)

An evergreen shrub or small tree with a dense grey

green crown. Very small greenish to yellow flowers are borne in sprays from October to February. Single seeded spherical edible fruits ripen to reddish brown and finally black from April to December. The branches are used to beat out veld fires and black rhinos browse the bark and leave. The chewed ends of twigs are used as tooth brushes. A dark brown dye used in basket weaving is obtained by boiling the roots.



From Trees of Southern Africa by Keith Coates Palgrave and Field Guide to Trees of Southern Africa by Braam van Wyk and Piet van Wyk.



# Seen around

*It might be winter, but the work never stops!*



Top left: New rose standards in the new garden at reception. Top: Compost bought in bulk for planting the trees.

Left: Our committee members are hands-on involved. Right: New trees and shrubs being planted.



Left: The team responsible for planting the trees.



Left: One of the large trees ready for planting.

Bottom: The reception garden taking shape.



## Twisted Pots

*Update your pots with these interesting finds on [pinterest.com](http://pinterest.com)*



*Paint old pots with glue and roll in sand to give them new life.*



*Plastic buckets covered in rope, with some paint accents.*



*Plastic pot covered in reclaimed pallet wood*



*Jeans faded or not fitting? Use them as planters*



*Spray paint any container for a striking planter*

*If the shoe fits plant a few!*



*Don't get rid of your old/rusty webber...*



*Bottom: An old filing cabinet was repainted after a rubber mat was glued to the sides.*





# ...to Tea or not to Tea...

All proceeds of the function go to the purchase of trees, plants and compost/lawn dressing for the Village.



Top: Hampers; Bottom: some of the awesome gifts sponsored by MayFord

Top: Veronica Flooks won our pamper hamper.



The Garden Committee's autumn tea was a huge success. Representatives from MayFord and Efecto gave an interesting talk around questions raised by the people attending. They also surprised everyone with gifts for each person attending.



**Sonja Cronje from Efecto/ MayFord giving tips and tricks for optimally maintaining plants while getting rid of pests in a safe way.**





# From the Garden Couch



## Clever Gran

A doctor who had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these his eyes grew wide as he realized Grandma had a prescription for birth control pills.

## Grandfathers know everything!

Hunter was in primary school and visiting his grandfather for a few days. He'd been playing outside with the other kids, when he came into the house and asked, "Grandpa, what's that called when two people sleep in the same bedroom and one is on top of the other?"

His Grandpa was a little taken aback, but he decided to tell him the truth. "Well, Hunter, it's called intercourse." "OK," little Hunter said, and went back outside to play with the other kids. A few minutes later he came back in and said angrily, "Grandpa, it isn't called intercourse. It's called Bunk Beds!" "Oh, and Mom wants to talk to you."

"Mrs. Smith, do you realize these are birth control pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!"

She reached out and patted the young doctor's knee and said, "Yes, dear, I know that.

But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks. And believe me it definitely helps me sleep at night."

You gotta love Grandmas!

# Do you believe in fairies?

Fairies live where everything is more beautiful than anywhere else in the world. For many years the Fairy population were blissfully unaware of the plight of humans and their suffering with drought and their dismal endeavours to make their own land attractive and a happy place to live in.

Fiona was one of these Fairies and because she was so adventurous, she decided to travel to another land to see how they lived. She set off, leaving her happy family behind and travelled a long way before she came to a rugged place with a beauty of a different kind but without the colour that she was used to. There were no flowers and trees to attract birds and insects and indeed any other beasts. She was very sad and decided that she would like to change the situation for the humans of that place.



She returned to her home and told her friends of the humans' plight and they all decided that they would go back with her and help them to improve their situation. They took enough fairy dust with them to sprinkle around but they soon realised that

they needed the humans to help them to keep their surroundings beautiful too.

Each Fairy was assigned to a garden that only had rocks and soil and they planted one very colourful thing in each one. In this way the humans became aware of the potential beauty that they could enjoy and they began exchanging plants with each other and very soon their gardens were filled with colour. The Fairies were so happy that their plan had worked and that the humans had been made aware that they could surround themselves with life and colour.

Most of the Fairies then went home, satisfied that their mission had been accomplished but there were a few who stayed behind as they had a plan for a Village they had found whose residents were wanting to make their surroundings as beautiful as all the other gardens in the land.

So, dear Villagers, if you get up very early every morning, you may well spot one of these beautiful creatures sitting on a rock or dancing on the leaves. Do not approach them as they are very sensitive folk. Just leave them to work their magic in your garden. Share your knowledge and your plants and know all is well.  
The end