



ME AND MY ARROW : Jack and Diane kindly produced some arrowroot plants to share around. For those interested, here's the go : Queensland arrowroot (*Canna edulis*) is a hardy producer of edible underground rhizomes, and grows to 2m tall. It will grow in poor soil and tolerate dry conditions but is frost sensitive.

Arrowroot for eating, is best used when young, at about half size, before the fibre develops. When tubers are large and aged, they can be quite tough. The tubers can be boiled or baked, and take longer to cook than other tubers, but retain a firm consistency, even after prolonged cooking. Arrowroot can also be eaten raw, or steamed, roasted, barbecued, diced finely and added to stir-fries, casseroles, stews, soups, in fact in any meat or savoury dish. Arrowroot does not have a lot of flavour on its own, but absorbs flavours beautifully. Good local stuff!



CRUNCHY CHAMPERS : Some seedy growing tips from Athol for the Champagne Melon seeds (provided at the last meet) : Champagne Melons need a long growing season, lots of space and prefer soil on the acid-side of neutral. Best time to plant when soil reaches 20 degrees - September to December. About 90 days growth time. Pick when curl dries off, and melon has a hollow sound when tapped. The flesh is sweet, fabulously flavoured, and oh-so-crunchy! Our favourite of all the melons (oh, except for the Greenhalgh crop, of course!)



RIND RAVE : Here's a great melon-method : eat the rind! It's equally as nutritious as the flesh, and is great to eat fresh-grated, or pickled, or perfect in chutneys. There are plenty of recipes on the net. Google "rind recipes." Add the rind to fruit salads, blend it into shakes and smoothies, grate into salads. Just make sure you remove all of the outer green skin. And a few of the seeds are great to munch on while eating the flesh - good nutrients in there too. Go the crunch!



SHARING THE RHIZOMES : Also from Athol, some planting tips, offered gingerly : Plant ginger rhizomes with 2 or more healthy-looking buds. Best time during the month of October. They need to be kept moist during their whole growing season - until late Autumn. Dig up when tops go yellow and fall over.

Note : ginger is perfect to freeze, for up to a year.

