

# perth garden festival

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# A WARM WELCOME TO THE 2019 PERTH GARDEN FESTIVAL



Garden Industry of WA are keen to constantly improve this event in order to give you that memorable experience.

Gardening in WA is on the up and with this feeling

right across Australia, gardening is becoming an acceptable and important part of our daily lives.

Of course, gardening is promoted to us in a variety of ways with lifestyle programs like The Block, Selling Houses Australia, Better Homes & Gardens and more traditional gardening shows like ABC Gardening Australia all inspiring us to get off the couch and get our fingers dirty.

What really is important that through all these media platforms that we are made increasingly aware of the benefits of a healthy diet and the importance of eating what we grow.

This year's festival theme is largely based on the national nursery industry campaign the "Plant Life Balance" which supports the greening of our homes both indoor and outdoor.

The impact plants have on us really cannot be underestimated and as you all well know the indoor plant phenomenon has not only hit

traditional horticultural retailers but there is a wave right across retailers supporting home interiors with greenery from floor to ceiling in many outlets.

For further information about the Plant Life Balance, the Australian first virtual greening app and an opportunity to have your picture taken in the jungle, head to the NGIWA marquee located at site 235 - amongst the main nurseries.

There are many highlights at this year's show including the show gardens, specialist nurseries and the full board of talks for you to sit and enjoy at the 'Richgro Stage' and the 'Waterwise Landscape Design Centre'.

So, whether you're an experienced gardener or a novice, we really do hope you come away feeling inspired and perhaps making those thumbs a little bit greener.

**Matthew Lunn**  
CEO NGIWA

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## PLANT FOOD

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# PLANTS FROM CUTTINGS

- BY DERYN THORPE

Growing plants from cuttings is an inexpensive and rewarding way to increase your stocks of plants. You can use cuttings to produce enough plants for a hedge, create plants for yourself or to give away to friends and clone a plant that has a special memory before you leave your garden.

If you have not done it before start off with plants that grow readily from cuttings like pelargoniums (geraniums), wormwood and lavender. These are very easy to strike (this term means getting the cutting to grow roots). Just cut off a piece and just push it into the soil. If you give them a little water and shade most will take root.

Other plants are slightly harder to get going and you need to know what time of the year to take cuttings and what part of the plant to use for the propagating material.

Growing from cuttings is very rewarding and inexpensive as you need nothing more than a pair of secateurs, some old pots (well cleaned) and a planting medium.

Professional nurseries also use hormone gel which is dabbed onto the end of the cutting to stimulate root growth but this is an optional extra and can be replaced by untreated honey.

The best planting medium for cuttings is one part river sand to one part coir peat (coco peat) but many cuttings will strike well in potting mix..

Put the cuttings into the soil mixture and firm them down with your fingers.

Nurseries keep the plants moist in glasshouses with misting devices. A home alternative is to provide cuttings with their own mini glasshouse. Invert a glass jar or a plastic drink bottle with the neck cut off over the cuttings or use a clear plastic bag supported by stakes or a wire coat hanger.

Provide shade from direct sunlight. Most cuttings strike best at a temperature between 20-25 degrees Celsius.

Do not remove the cuttings from the pot until the roots are well grown.



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## HARDWOOD CUTTINGS

In late autumn and winter take hardwood cuttings - which is usually the previous year's growth that has hardened in autumn or more usually in winter.

This wood snaps when you bend it. These cuttings (roses are an example) will take many months to strike.

## SEMI RIPE CUTTINGS

Semi ripe cuttings are made from broad leaved evergreen trees and shrubs using the wood that has changed colour from green to brown, are taken from evergreens in February and March. Cut the piece of branch between 10cm and 15cm long.

Plants from narrow leaved plants (like conifers) are usually taken as 'heeled cuttings'. Take a shoot that comes off a branch and pull off a piece of the branch as well so it has a heel. You don't remove the tip of these cuttings as it has hormones that help rooting. Expect roots to grow in one to two months.

## SOFTWOOD CUTTINGS

Tip cuttings are taken in spring and early summer. With these cuttings, which can be up to 10cm long, leave a few leaves on the top and strip the others away to help conserve moisture.

Take the cutting just below a node (the notch where the leaf will come out) as this is where the roots will appear.

Some plants need 'bottom heat' to strike, you can buy these from mail order nurseries like Diggers Plants.

## LEAF CUTTINGS

Some plants like African violets, begonias and succulents grow easily from a leaf. While some of the rosette-style succulents grow from offshoots many reproduce from leaves. The ones most likely to do so have leaves that easily fall from the plant such as Echeveria, Gasteria, Graptopetalum, Kalanchoe, Sansevieria and Sedum.

Most varieties will root well if you leave the succulent leaves sitting on the top of the potting mix (a specialised cactus and succulent one is recommended) and new roots will form. This can be done at any time of the year. Some varieties like to have the leaf base tucked into the mix.

As African violets and begonias are indoor plants leaf cuttings can be taken year round. The actual leaf does not grow into a plant but new roots form and the plant grows around it.

LAVENDERS,  
LIKE  
LAVENDER  
VIOLET LACE.  
ARE VERY  
EASY TO  
STRIKE FROM  
CUTTINGS.

**Deryn Thorpe is a garden consultant ph 040547 3960 or [Deryn@derynthorpe.com.au](mailto:Deryn@derynthorpe.com.au) and presents Australia's most popular gardening podcast 'All The Dirt'.**

**She will speak about growing plants from cuttings in the Richgro Garden Stage at 2.30pm on Friday.**

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# GARDENING THE WAY FOR ROCK' N MAY

**F**or eleven years, Abbe May has been at the forefront of Australian music – world tours, ARIA nominations, numerous WAMI (West Australian Music Industry) awards, including Best Album for 2018 for last year's 'Fruit' which was also a shortlisted nomination for The Most Influential Album of 2018 by The Australian Music Prize. She played alongside some of the biggest names internationally and nationally and was personally asked by Peter Garrett to not only support his first national tour back from politics but also be a guitarist in his band.

She's braved all the elements thrown at her by a rock n roll lifestyle which see's most people walk away altogether and she continues to strive, having just released a new single and working on a sixth album.

So why is all this in a gardening magazine? Those who follow her Facebook account will know, Abbe is an extremely honest person who shares many of her own personal achievements as much as she does her flaws and she loves her gardening. In fact she has recently announced a little side business offering her gardening services.

We'll get back to that later but for those who have not heard of her, as an insight, we thought we would first ask 'How would you describe your music?' 'Um, I don't really know how to answer that'.

Fair point because she has had a very diverse range of styles, all of which probably reflect where her life was at, at the time. Not only is Abbe May a successful and influential musician, she is also a truly friendly and sincere person – who swears a lot.

## TELL US ABOUT YOUR MUSICAL JOURNEY?


"I've been a professional musician for 11 years. I dived head first in into rock and roll straight after high school and joined my brothers band The Fuzz at seventeen, while I was attempting studying Arts at UWA. With The Fuzz, I learned how to sing and perform on stage while working with other people. My brother Doug, who was the writer for that band, use to throw me a bone here and there. He would let me finish a lyric or show me how he would write certain songs and that gave me a bit of an education into song writing."

## WE HEAR A LOT ABOUT THE ROCK AND ROLL LIFESTYLE, HOW DID IT AFFECT YOU?

"Initially, I was fairly naive – I didn't drink much at all but when I started branching out on my own, particularly on the touring circuit and playing at festivals, there was a fairly big dive into some of the more clichéd rock and roll behaviour. There's a lot of narcissism, I think, in young people so into my mid to late twenties, the rock and roll lifestyle and people blowing smoke up your bum doesn't help with fashioning yourself into a person considerate of other people.

At one stage, while on tour, we were pushing things way too hard and I had a seizure and I've never been the same since. I was thirty and it was the beginning of a nervous breakdown, which actually ended up becoming a breakthrough. It took many years to recover and in that time I wrote and recorded a record called Fruit (released in 2018). Normally, it would take eighteen months make and record an album but this one took me five years

My substance was always alcohol and it still is sometimes. Life



sometimes has its way of kicking your arse and it certainly kicked mine and I'm glad it did. I ended up in a position where I'm actually physically unable to handle anything really stressful. All that means though is slowing down. I don't tour like I use to. That level of where we would doing sixty shows a year, sometimes three shows a day – I can't really do that anymore.

I think life is too short to be rushing around. I feel like it's better to take it slow and play the shows I want to play. I don't work with people I don't like, I don't play a show unless I feel like it – I don't have any

of those pressures any more. It's kind of gone from this youthful decadence at the start of my career, with naivety and self-centred phases to now where I'm an aunty of three kids who look to me for comfort and support and I hope they continue to as I want to continue being that person for them".

**THROUGH YOUR MUSIC AND SOCIAL MEDIA - YOU'RE EXTREMELY 'WARTS AND ALL' AND VERY HONEST WITH YOURSELF. DO YOU FIND THAT IMPORTANT AND HELPFUL, NOT ONLY TO YOU BUT ALSO YOUR FANS?**

"I don't know any other way. I'm a terrible actor and I've always known the truth always comes out eventually and I'm also not ashamed of myself. I'm a human being, like we all are

and most of us are just garden variety humans trying to get through each day and trying to breathe.

My best friend has been battling cancer for the last five years. It's obviously been horrific for her and it's taken a massive toll on me as well as somebody who loves her, watching her struggle like this. The medical interventions to keep her body functioning are brutal. It's really hardcore but it does give you this idea that you need to stop bothering with the crap.

From the seizure and my friend's cancer, I could either get bitter or I could get better and I think getting better means you incorporate all the good, bad and ugly about yourself and just be good.

At the same time, the notion 'nice' is also not great. My choir teacher, from year five who sadly died in 2016, was an important person for me throughout the years, she taught me how to sing and we stayed in contact through the years. She was awesome - a little old lady who use to come to my shows and stick her fingers in her ears and suffer through the loud rock and roll. She use to say to us 'don't say 'nice' in our class. It means nothing' and that has always stayed with me. A lot of the best people I've ever met are direct – sure they can be gentle and kind but there's also no need for them to pretend to be something they're not. Of course there are some awful people out there but the garden variety person out there is multi-faceted, both good and


bad. It is a choice though, to contribute to society in a positive way and part of that choice is owning who you are, owning your shadow, owning your defensive or aggressive side."


## WHAT MADE YOU START THE WEEDING BUSINESS?

"I needed to do something with my hands and get my head right. I'd spent a year touring and I just made a funny business name as a joke and I started to get lots of jobs. I do find it hard to take money off pensioners. Just looking at the statistics of how financially hard done by they are, so I tend to do stuff for free when I can. I just like a cup of tea and a bickie and to hear about their stories. It's really fun doing stuff like that for people.





When I'm covered in dirt and sweat, it feels so good. I'm always amazed people would pay anyone to do their gardening but I guess people are so busy. For me, because of that seizure, I had to slow down. I very much enjoy transforming a space and I really like the feeling of when people come home

CONTINUE ON PAGE 21



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# SHAPEHOUSE HEROES

WHY WE ALL NEED TO INCREASE OUR  
DAILY DOSE OF

GREEN.

**The saying “nature is a force to be reckoned with” is not born out of ignorance.**

**N**ature has the ability to restore our health and mental well being and provide a sense of connection and belonging. Yet with 90 percent of Australians in urban areas spending the majority of their time indoors, the importance of nature is often totally overlooked as we go about our busy lives.

According to a recent report on garden trends, today’s “social clock” society is online 24/7. In a desert of work, stress and the internet; nature, both indoors and outside, has never been more important.

Despite the challenges of getting our daily dose of green, the reason we are instinctively attracted to nature is thousands of years of evolution, according to lead researcher, Dominique Hes, Director of the Thrive Research Hub at the University of Melbourne and part of the Clean Air and Urban Landscapes Hub.

“Plants, both indoors and out, can benefit our wellbeing as they have the ability to both relax and energise us. Being relaxed, your mood improves, you can concentrate longer and you are more productive.

“Different theories explain that this effect is reminiscent of our long history in close relationships with nature: we have an innate connection with it. Our brain evolved surrounded by natural environments and seeing these patterns and colour reminds our brain of that connection. Therefore, being able to see plants or be surrounded by them can be an effective mechanism of dealing with stress,” Ms Hes said.

Plant Life Balance is a new campaign that’s designed to get Australians excited and confident about styling

their homes with plants, while promoting the health and wellbeing benefits they bring.

Researchers from RMIT University and the University of Melbourne who are part of the Clean Air and Urban Landscapes Hub, have found a rule of thumb based on articles, scientific evidence and assumptions, to help people improve their plant life balance.

To improve air quality simply adding **1 medium sized plant to a medium sized room<sup>1</sup>, increases air quality up to 25%.** And when it comes to improving wellbeing, **5 or more plants leads to feeling healthier and happier,** (direct benefits include improved mood and concentration and indirect benefits like productivity).<sup>2</sup>

Plant Life Balance has also partnered with world renowned horticulturist, author and award winning designer Jamie Durie OAM, who has spent the last 20 years spreading the word about the multiple benefits of connecting with nature; both through design and health of not just us but the health of our planet when we bring plants into our environment.

‘The benefits of indoor plants go far beyond the aesthetic,’ said Jamie

“The good news is, and research has proven, that when we connect people with plants, we quickly start to restore our health and mental well being, what we also know, is that by bringing nature indoors by design, where we spend a lot of time, it can have a great impact on our physiology and psychology, not to mention the benefits to the health of our planet,” he said.

## THE SCIENCE

“Our aim was to take the world of research and synthesise the knowledge into a scale of benefits provided by plants by grouping them into two categories: air quality and wellbeing,” said lead researcher, Dominique Hes, Director

of the Thrive Research Hub at the University of Melbourne and part of the Clean Air and Urban Landscapes Hub.

"We gathered over 100 global studies and collated them to a major research piece and worked out how many plants we need in indoor environments to improve our plant life balance.

"We found that indoor plants improve air quality by filtering out particulate matter, or air pollution and other airborne toxins caused by organic chemicals in things like paints and furniture finishes.

"Plants, both indoors and out, can benefit our wellbeing too as they have the ability to both relax and energise us. Being relaxed, your mood improves, you can concentrate longer and you are more productive.

"Different theories explain that this effect is reminiscent of our long history in close relationships with nature: we have an innate connection with it. Our brain evolved surrounded by natural environments and seeing these patterns and colour reminds our brain of that connection. Therefore, being able to see plants or be surrounded by them can be an effective mechanisms of dealing with stress.

"By choosing different sized plants and species (spiky, smooth and complex) and including five or more plants in a room, you're going to start to feel the benefits plants can bring.

"Just remember, keep them healthy because happy plants make happy people," said Dominique Hes.

## THE PLANT LIFE BALANCE APP

The research has also been used to create an Australian first virtual greening app.

The Plant Life Balance app, asks Aussies to rate their

space, then improve their health score by choosing a look for their room or outdoor area, grabbing a plant list and hitting the nursery.

## SEVEN LOOKS TO OPTIMISE WELLBEING

So now you're looking to add more plants, but which ones will improve your plant life balance and what types will suit your home? Plant Life Balance also partnered with Georgina Reid from The Plant Hunter to create seven looks to inspire and motivate increased greening in small spaces.

We want to inspire everyone to improve their plant life balance, says plant lover, Georgina: "From tough-as-nails pot plants to spice up your share house to a formal, manicured garden for a family home, the looks will transform your space into a drool-worthy green oasis."

Plant Life Balance is designed to get Australians excited and confident about styling their homes with plants and promoting the health and wellbeing benefits they bring.

### Happy Styling!

Visit The **NGIWA** marquee to find out more about The Plant Life Balance campaign and get your pic taken in the jungle.



<sup>1</sup> Medium sized room refers to 4 x 5 m

<sup>2</sup> Benefits from plants are inherently variable and depend on a number of factors that haven't been studied so far, e.g. plant health, species, VOC type and individual propensity.



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# How to make a SUCCULENT BOOK

- Danni Close from Fickle Prickles

**S**ucculents are quite magical in my book. They have an ability to thrive in the most unlikely circumstances. Succulent cuttings can last up to a couple of weeks without water – A largely underrated ability, given that cut flowers last a day or two at most without water.

So why not take advantage of this ability? Succulent art pieces don't have to be restricted to permanent garden displays, they can be temporary! Just like a vase of flowers, a temporary succulent display can jazz up a boring side table, or fill that empty spot on your book shelf. Create a stunning dining table centre piece that will be a talking point for all your dinner guests!

Your imagination is your only limit when choosing a

container to plant succulent cuttings into. A shoe, perhaps? Or that toy truck that has lost its back wheel? How about a book from that pile that was about to get thrown in the bin? Plant it up with succulents!

## What you will need:

- A hard cover book (If you find it a touch too sad to cut into a fictional book, outdated Encyclopaedias work just as well, and are abundant at most op-shops)
- A sharp knife
- Sphagnum Moss
- Succulent cuttings

### Step 1: Prepare the Book

Using a sharp knife, cut a hole for the succulents to sit in. In this picture we have cut a rectangular hole out the pages of our book, leaving a large enough border around the outside so the book doesn't fall apart too easily. Take your time, and only cut a few pages at once. If your handy with a drill and have a hole saw, you can drill a circular hole in your book, cover and all, for a different look. You can line the hole with plastic to protect the pages from the damp and dirt, but it's not entirely necessary.

### Step 2: Prepare your Filling

Sphagnum Moss comes in dehydrated bricks. To use it in your projects, simply let it soak in water until it is damp and pliable enough to use. To prepare your succulents, simply take cuttings of your favourite species. You can also use entire rosettes, like that of Echeveria or Sempervivum. Remove the bottom leaves of your rosette or cutting and put aside.

### Step 3: Plant it up!

Arrange your cuttings and start planting! Position them one at a time into the prepared hole, using the moss to fill in any gaps as you go. The moss also helps to hold the cuttings in place.

### Tips on arranging:

There is no right or wrong here, it all comes down to personal choice. You can use a larger rosette or cutting as a focal point and plant smaller cuttings around it, or you can use all similar sized cuttings like we have used here. Take into consideration colours, textures and heights. Don't be

afraid to use multiples of one species and don't be afraid of using too many cuttings – you can't really overfill the space.

### In our book we have used:

Senecio serpens, Crassula cv. 'David', Portulacaria afra variegata, Sedum nussbaumerianum, Graptosedum 'Bronze', Crassula perforata, Graptopetalum paraguayense, Crassula anomala and Crassula pruinosa.

### Step 4: Enjoy your creation!

And that's it, you're done! There is no need to fertilise, prune or water, as it is a temporary display. Keep out of direct sunlight and it will keep looking nice for up to 2 - 4 weeks. When you are finished with your project, remove the succulents, brush the book clean and keep it for your next project!



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flick the  
switch

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## THINK GREEN LANDSCAPES AND WATERSCAPES

**T**hink Green Landscapes and Waterscapes are a small hands-on business with a great team specialising in natural water features and landscaping. They love working with natural materials like rocks, water and timber.

Their "Pond Life" display garden for the Perth Garden Festival 2019 will be showcasing an Aquascape Ecosystem Pond in the appearance of a recreation swimming pond to show just what is possible in an average size 10x10m backyard. Whilst the pond here is only about half a metre deep for the purpose of the show, they can build these as natural swimming ponds to two metres deep including a jumping rock into the deep zone!

Natural swimming pools are an emerging trend in Australia after being popular in Europe for decades. The water is kept clean and clear by beneficial bacteria and

plants in a constructed wetland filter. Work with nature instead of against it. No need for chlorine or other nasty chemicals.

Think Green Landscapes and Waterscapes have recently become the first (and only) Certified Aquascape Contractors in Western Australia and love building natural ornamental/fish ponds, swimming ponds, waterfalls and streams using their proven systems of biological and mechanical filtration.

The principles from these can also be applied to farm dams and naturally occurring ponds. An upflow constructed wetland filter can be built to strip nutrients and sediment from the dam to drastically improve water quality.

## CAPABILITY REDEFINED

### JOHN DEERE 1023E WITH FEL

- 23 HP Diesel Engine
- 4x4 Drive
- Twin Touch™ Hydrostatic Transmission

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\*Conditions apply. Pricing valid until 31/3/2019. Images for illustration purposes only.

### JOHN DEERE XUV 560i

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- 4x4 Drive

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### JOHN DEERE E110

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add  
most



tomato



celery



cucumber



carrots



beetroot



apple/pear



spinach



capsicum



mixed greens



snow peas



sprouts



mushrooms



avocado\*



onion



pumpkin



chicken



lean meat



egg



fish

add  
some



low-fat cottage  
or ricotta cheese\*



reduced-fat  
cheese\*



hummus\*



pesto\*



chutney\*



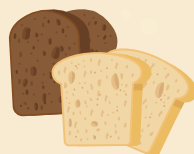
mayonnaise\*

*Use one teaspoon per condiment as a guide*

add  
a  
little



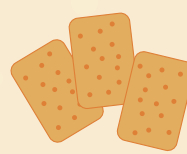
bread roll



bread



wrap



crackers

*\*Use sparingly as these ingredients can be high in salt, fat and/or sugar\**



# A WALK THROUGH HISTORY

**F**ounded in 1963 Benara Nurseries are proudly Western Australian owned and as a family business started from very humble beginnings in Noranda, Perth.

Win James, the founder of Benara Nurseries has been an inspiration to her family and all Benara employees. Win retired from full-time work aged 83, a truly solid example of hardworking ethics and testament to the family's ongoing commitment to personalised service. Her legacy of attention to detail and determination to succeed has been handed down to the current generation of the James family.

Their display this year picks up the Plant Life Balance themes and incorporates four different garden styles: an Australian, Formal, Food and Indoor Garden. Plant Life Balance uses the many different garden ideas to encourage the use of plants trees and gardens to promote good health and happiness which are based on two key benefits, Air Quality and Wellbeing. To find out more about creating these looks and more visit [plantlifebalance.com.au](http://plantlifebalance.com.au)

Benara Nurseries would like to extend a big thankyou to our local TAFE students for the enthusiasm and assistance with putting together the thousands of plants and trees that will welcome you at the 2019 Perth Garden Festival.



As a wholesale production nursery Benara supply seedlings, a wide variety of indoor and outdoor plants and advanced trees to retailers and landscapers both locally and interstate. They also supply advanced trees and plants to local government and major developments across Australia. There is a good chance you may have utilised the shade of their trees that have been planted in your local parks and streetscapes over the last 50 years.

Benara Nurseries have been very proud supporters of the Perth Garden Festival for many years and this year have once again provided all the plants and trees you will walk through at the front entrance. So it's fair to say 'It's a walk through history'.



# At the Perth Garden Festival



## BAILEYS HANGING BASKET COMPETITION

Each year Baileys invites gardeners young and old from across WA to be part of Perth's largest gardening competition, with support from Dawson's Garden World, Mia Flora, Zanthorrea Nursery and Guildford Town Garden Centre.

Entrants are provided with:

- 1 x Premium Potting Mix bag
- 1 x Hanging Basket and
- 1 x Free entry to the Perth Garden Festival!

WINNERS SHARE IN OVER  
**\$2500**  
worth of prizes.

VIEW OVER  
**150**  
amazing hanging baskets at the Baileys site in 2019!

WINNERS ANNOUNCED THURSDAY 12PM AT BAILEYS SITE.

## Talk Schedule

Baileys will be presenting the following daily talks at the Hanging Basket site

**10.30am**

2019 gardening & plant trends

**11.30am**

How to grow your own Avocados at home

**12.30am**

Create and maintain the best indoor and outdoor pots

**1.30pm**

How to get the best lawn in the street

**2.30pm**

How to permanently improve WA's sandy soil

## Introducing New Soil Matters Range



**Baileys new Soil Matters Range** is formulated on the cornerstones of a healthy, highly productive and disease-free soil; incorporating Microbes, Minerals, and Humus (that vital organic matter).

Fill in and drop at Baileys site to go in the draw to win 1 of 5 Autumn Gardening Gift Packs Valued at over \$100 and delivered to your doorstep.  
\*Perth metro only.

Name: .....

Address: .....

Phone: .....

Email: .....

By entering you will be added to Baileys mailing database



## CONTINUED ON FROM PAGE 9

and they see the jobs done and have that little bit less stress. It's just all positive but the only thing I really don't like are the massive worms – they kind of freak me out.

I have two favourite plants. The first one is the Desert Rose. I love the way they surprise you with these beautiful pink flowers and they're quite quick to do so. You have this lovely little Boab and the next couple of days you have this lovely pink flower. I'm also a big fan of Dragon Trees and Caladiums. They all tend to take care of themselves as well, which is lovely. It gets a bit depressing when a plant isn't enjoying itself. The Caladiums and Dragon trees I'm using to create the space outside for people to enjoy sitting. It's like a botanical garden outside at the moment. That's what I'm kind of going for so I've been collecting all these interesting tropical plants as well as native plants and just keeping them alive in their own various ways."

## NEW ALBUM?

"I've just released the first single called F\*\*k You and it's an old country record. I'd been spending a lot of time writing on an acoustic guitar and I have a voice that naturally lends itself to country music. I'm not afraid to say because I think she's fantastic, I've been listening to a lot of Shania Twain. I'm kind of putting out a record that's like a potty-mouthed Shania Twain with kind of an Arcade Fire, Bowie, Johnny Cash, Pattie Smith and David Bowie twist. We're having a lot of fun with it. I'm not trying to do anything 'cool', I'm trying to do the music I want to hear. I really like all those influences and they keep coming out when we produce a song.

I kind of feel I have the best life ever and I'm glad I've gone through that stuff. Of course, I have various degrees of remorse for people who had to put up with me in my twenties but that's life, isn't it.

*Abbe continues to perform. If you would like to know more about her visit [abbemay.com](http://abbemay.com) or [facebook.com/abbemay](https://www.facebook.com/abbemay). You can hear all her wonderful music on various streaming services. By buying her music and visiting her shows, she can afford to buy more plants!*



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# CALLING ALL BROWN THUMBS!

-BY LINDA MITCHENER

**D**o you wish you could have healthy plants? Do you feel sad or guilty that many of your green babies haven't survived for long after you've brought them home? There IS hope for you (and your plants) to blossom and thrive - if you're committed to giving them a little more attention.

They say "the best fertiliser is a gardener's shadow" and there is truth in this – like anything in life, what we give our attention to thrives. Unfortunately in the day to day bustle of life, sometimes our plants don't get all the love and attention they should – so our dreams of having jungle-lush surroundings or feasting on abundant home grown produce are dashed. But brown thumbs rejoice - there's something gardening can teach us – renewal! Each season nature hits the 'refresh' button, and Spring and Autumn in particular are great opportunities to have another go at growing things.

## "FALL DOWN 7 TIMES, GET UP 8"

If your garden has been a little neglected or deliberately left to go its own way over summer – now is the perfect time to start over. Before you do – just take a few moments to survey your plants and garden beds (it's ok to shed a few tears!) - try to see what lessens there are to learn; why did things not thrive? Too much sun? Not enough sun? Soil too dry? Too many competing roots in the soil? This is where you have the opportunity to change things for the better.

If you found it difficult to find time to spend in your garden, perhaps don't try to do so much next time. You need to build gardening into your routine somehow. If you're used to making yourself a cup of tea in the mornings, or when you get home from work, use that little bit of time to go outside. Just those few minutes to observe and check in with your plants are important. Are they looking healthy? Is there something amiss? If you don't have time then & there set a reminder to make time later. Incorporate it into family time – get the kids to come out with you and look for flowers, or bugs to identify. Put them in charge of a plant of their own to water if they're interested.

## SMALL IS GOOD

Stick to one smaller area (preferably close to the house) and concentrate on a few things there that you'd like to grow. Even a few pots will be rewarding and will help develop your green thumb.

Starting small means less expense too – don't skimp on preparing your soil; after all it is the foundation of a healthy garden. Most of Perth has very sandy soil which provides great drainage; but is not good for retaining water and nutrients. Adding clay and organic matter will help; ask your local Garden Centre for advice. Spending some time turning the soil into a good growing medium will pay off; try it and see for yourself! For pots, always buy the best quality potting mix you can afford (believe it or not – there IS a difference, even beyond what you can see).

The next step is plant selection – and again, your local Garden Centre staff will be happy to help with suggestions for things that will cope with your proposed growing environment. Also – look around your neighborhood. What grows well? Ask a neighbor whose garden you admire – they'll probably be flattered and very happy to pass on their knowledge.

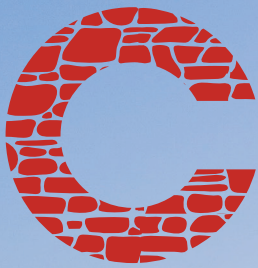
If it's a vegie garden you want to set up; do some research on what is in season to grow. Many new gardeners are discouraged by things failing to thrive, but if they've attempted

to grow things at the wrong time of year (or that aren't suited to the conditions in their garden) they're doomed to fail from the start. There are some great websites, apps and books (remember those?) that can provide all that information. Another great idea is to join your local community garden. For a small fee, you get to manage a plot of land and learn first-hand from other gardeners around you. Many groups run workshops too – it's worth checking with your local council to find out where your closest is.

If indoor plants are your passion; start with reliable plant performers (again – do some research!) and build on your experience one green baby at a time. Many indoor plants are killed through over watering (rather than under watering) - self watering pots are brilliant for beginners and busy people alike.

Gardening is an on-going learning experience for all of us. Nature loves to bring us new challenges and we won't always be perfect at responding to them. The trick is to persevere.

This autumn it's time to discover your inner green thumb. Develop a relationship with your plants and your garden and you'll never look back!



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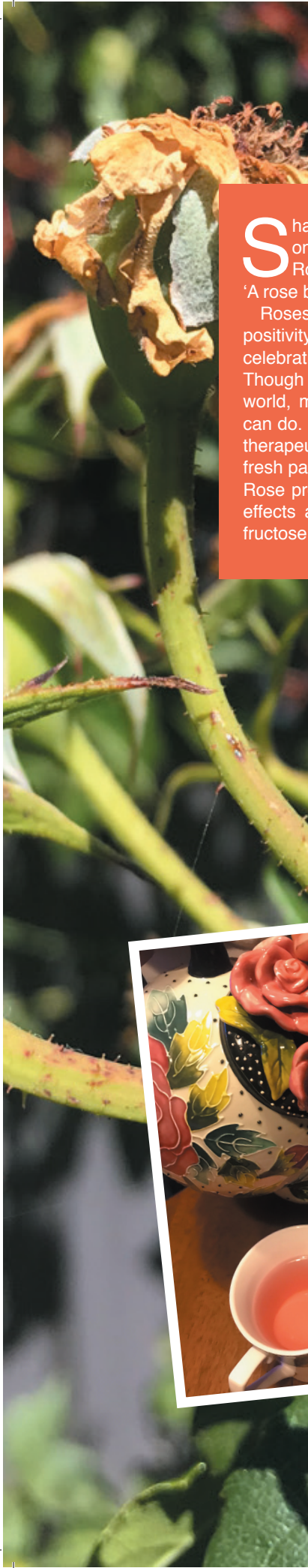


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# ROSES ARE EDIBLES TOO

- KATIE COYLE AND ROB MELVILLE



Shakespeare the great poet and author wrote one of the most famous statements about the Rose in his play 'Romeo and Juliet.'

'A rose by any other name would smell as sweet'.


Roses give us of feelings of joy, warmth and positivity. A rose is often given as a token of love, celebration and friendship.

Though the beautiful bloom is admired all over the world, many of us are unaware just what this plant can do. So, here is some info that throws light on the therapeutic properties and components of the various fresh parts (fruits, petals and flower) of the rose plant. Rose products can usually be used without any side effects and are a rich source of natural citric acid, fructose, flavonoids, bioflavonoids and zinc.

Gulkand (Rose Jam) can be used to calm the nerves and relieves stress, the fragrance from roses can stimulate nervous and immune systems.

Some of the amazing qualities of one of the worlds greatest ornamental plants, not to mention the cosmetic and perfume industries. So enjoy the ornamental qualities of your rose's but don't think that is all they have to offer!!

Roses have always been known as ornamental flowers believed to have originated in Asia. Ornamental because we have used them to adorn ourselves, our homes, our places of worship and many other aspects of our lives, since falling in love with their beauty thousands of years ago.



When it comes to cuisine, due to their rich Vitamin C content, rose hips are converted into soup, used as a tea, jam, marmalade etc. Wondering what a 'rose hip' is? It is the fruit of the rose plant which develops after flowering, if you don't deadhead.

The colour and size vary from red, orange, dark purple or black. They become ripe in the last weeks of summer right up to autumn.

It has been found that the components having the most therapeutic properties in rose plants are phenolic compounds. They exhibit properties of antioxidants, antidepressants, anti-inflammatory, and anticancer. Moreover, they act as free-radical scavengers. The vital vitamins found in rose are vitamin E, vitamin D, vitamin C, vitamin A, and vitamin B3.

Flavonoids present in rose plants exhibit antidepressant properties. An extract of the plant has been studied in relation to combating the pathological cause of Alzheimer disease. The oil also contains beneficial components which are well known for their anti-epileptic effects.

Rose oil shows antibacterial and antioxidant activities. Many eye drops contain rose compounds (made from rose petals) because of their anti-infective, anti-inflammatory properties. Not to mention Rose Oil smells GREAT!!!

The tea prepared from fresh rose petals, leaves, hips or combinations can assist in reducing fever, flush toxins from the body and reduces skin rashes. It helps in boosting the immune system and acts as a decongestant, great for relieving cold and flu symptoms.

**Heres how to make your own, the more fragrant the petals the better the brew:**

- Step 1: Mix a handful of clean unsprayed rose petals with five cups of water.
- Step 2: Heat for minimum ten minutes breaking down the petals, try not to boil. Strain if desired
- Step 3: You can add a few drops of honey (optional). The brew can be drunk while warm or chilled and enjoyed with ice and petal garnish.

Rose tea can usually be enjoyed without any side effects. The rose hips are a rich source of natural citric acid, fructose, flavonoids, bioflavonoids and zinc.

Gulkand (Rose Jam) can be used to calm the nerves and relieves stress, the fragrance from roses can stimulate nervous and immune systems.

Some of the amazing qualities of one of the worlds greatest ornamental plants, not to mention the cosmetic and perfume industries. So enjoy the ornamental qualities of your rose's but don't think that is all they have to offer!!



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# FESTIVAL GUIDE

## Kleenheat Kitchen

	THURSDAY 11 APRIL	FRIDAY 12 APRIL	SATURDAY 13 APRIL	SUNDAY 14 APRIL
11:00AM	<b>FRIED NOODLES WITH CHICKEN</b> Brendan Pang, Perth food personality	<b>SWEET AND SOUR AUTUMN VEGETABLES WITH BARBECUED BEEF</b> Guy Jeffreys, award winning head chef and gardener, Millbrook Winery	<b>PORK SKEWERS WITH PUMPKIN SEED SATAY</b> Melissa Palinkas, executive chef/co-owner, Young George	<b>HIGHLAND FLING (ROLLED STEAK WITH ITALIAN STUFFING)</b> Vince Garreffa, celebrity butcher Mondo Meats
12:00PM	<b>ROUGAILLE SAUCISSE (SAUSAGES IN CREOLE SAUCE)</b> Brendan Pang, Perth food personality	<b>BARBECUED CHICKEN WITH TOMATO SAUCE AND MOUNTAIN CORN POLENTA</b> Guy Jeffreys, award winning head chef and gardener, Millbrook Winery	<b>BUTTERMILK CHICKEN THIGH, NATIVE THYME, EGGPLANT SAMBAL, BUSH BASIL</b> Melissa Palinkas, executive chef/co-owner, Young George	<b>TRUFFLED PORK MEATBALLS WITH ALMOND SAUCE</b> Vince Garreffa, celebrity butcher Mondo Meats
1:00PM	<b>FRIED NOODLES WITH CHICKEN</b> Brendan Pang, Perth food personality	<b>SWEET AND SOUR AUTUMN VEGETABLES WITH BARBECUED BEEF</b> Guy Jeffreys, award winning head chef and gardener, Millbrook Winery	<b>HIGHLAND FLING (ROLLED STEAK WITH ITALIAN STUFFING)</b> Peter Manifis	<b>HIGHLAND FLING (ROLLED STEAK WITH ITALIAN STUFFING)</b> Vince Garreffa, celebrity butcher Mondo Meats
2:00PM			<b>TRUFFLED PORK MEATBALLS WITH ALMOND SAUCE</b> Peter Manifis	<b>TRUFFLED PORK MEATBALLS WITH ALMOND SAUCE</b> Vince Garreffa, celebrity butcher Mondo Meats

Compered by Deryn Thorpe and Steve Wood from 'All The Dirt' Gardening Podcast



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# FESTIVAL GUIDE

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YOUR ULTIMATE GUIDE TO  
GROWING A  
FIDDLE LEAF FIG

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GARLA

# GUIDE MAP



# FESTIVAL GUIDE

## SEMINAR SCHEDULE – RICHGRO STAGE

	THURSDAY 11 APRIL	FRIDAY 12 APRIL	SATURDAY 13 APRIL	SUNDAY 14 APRIL
10:00AM			<b>SUE MCDOUGALL</b> Television presenter/ broadcaster: "Propagation – creating plants from cuttings and divisions"	<b>LEESA CALDWELL</b> Naturopath: 'Growing herbs for food and medicine'
10:30AM	<b>ANDREA WHITELY</b> Garden consultant, writer: "Creative containers -The only 3 words you need to know"		<b>CON PAINO &amp; EVA RICCI</b> Turf specialists: "Lawn: choose the best varieties and tips to keep it thriving"	<b>ROHAN CARBOON</b> Bushfire safety consultant: "Garden design in bushfire prone areas"
11:00AM	<b>JACKIE HOOPER</b> Horticulturalist/Australian plant specialist: "Growing Australian plants in pots"	<b>NEVILLE PASSMORE</b> Horticulturalist/garden expert, "Aquaponics: growing edible fish and vegetables"	<b>SABRINA HAHN</b> Broadcaster/garden writer: "The importance of gardens in saving biodiversity in cities"	<b>SABRINA HAHN</b> Broadcaster/garden writer: "Gardening for change: New practices for ethics"
11:30AM	<b>LISA PASSMORE</b> Horticulturalist/ permaculturalist/landscape designer: "Make your own vegetable wicking beds and grow crops with minimal water"	<b>GRAEME FERGUSON</b> Turf grower: "Lawn: choose the best varieties and tips to keep it thriving"	<b>FAYE ARCARO</b> Gardening broadcaster: "Creating your own living sanctuary"	<b>DARREN SEINOR</b> Landscape/television presenter: "Great plants make great gardens"
12:00PM	<b>BOB HUNTER</b> Chairperson of the Cactus and Succulent Society of WA: "Unusual succulents and how to grow them"	<b>CHRIS FERREIRA</b> Sustainability expert: "Make your house and garden more sustainable"	<b>CHARLIE ALBONE</b> Landscape designer and television presenter: "Charlie's Show Gardens from around the world"	<b>MITCH McDONNELL</b> Indoor plant enthusiast, "Tips to make you indoor plant thrive."
12:30PM	<b>LINDA MITCHENER</b> Horticulturalist: "Why organic soil improvers and minerals will make your garden thrive."	<b>FIONA BLACKHAM</b> Permaculture consultant: "Growing food sustainably"	<b>CLAIRE GREENHILL</b> Landscape architect/indoor plant consultant: "Creating a green sanctuary with indoor plants"	<b>DANIEL VARISCHETTI</b> Horticulturalist/tropical plant retailer: "Create a tropical oasis: Palms, cycads, gingers and bamboo"
1:00PM	<b>BEN KLENNER</b> Podcaster: "Probiotic Gardening – How to ensure naturally healthy plants"	<b>CRAIG WOODROFFE</b> Horticulturalist/tree grower: "Best trees for Perth gardens"	<b>JOSH BYRNE</b> Garden television presenter: "Productive projects from Josh's house"	<b>JOHN COLWILL</b> Plantsman/media presenter: "Some like them hot - the world of chillies"
1:30PM	<b>ROSS HOOPER</b> Horticulturalist/Australian plant specialist: "Pruning Australian native plants"	<b>MARK TUCEK</b> Horticulturalist/plant wholesaler and Marissa Verma: "Tucker Bush – edible Australian garden plants"	<b>COLIN BARLOW</b> Media presenter/garden designer: "Perfect potted plants for indoors"	<b>MARK TUCEK</b> Horticulturalist/plant wholesaler: "Water Plants. Cool plants for every garden"
2:00PM	<b>PANEL</b> John Colwill, Ross Hooper, Fiona Blackham	<b>PANEL</b> John Colwill, Deryn Thorpe, Mark Tucek	<b>PANEL</b> John Colwill, Bob Melville and Colin Barlow	<b>PANEL</b> John Colwill, Mark Tucek, Peg Davies with lawn specialist Nick Bell
2:30PM	<b>STEVE WOOD</b> Garden podcaster/ broadcaster: "Growing vegetables at home"	<b>DERYN THORPE</b> Garden podcaster/garden writer: "Propagation: creating plants from cuttings and divisions"	<b>BOB MELVILLE</b> Rose specialist: "Best rose varieties for your garden"	<b>PEG DAVIES</b> Waste educator: "Living sustainably by recycling, composting and keeping worms"
3:00PM			<b>PEG DAVIES</b> Waste educator: "Living sustainably by recycling, composting and keeping worms"	

# FESTIVAL GUIDE

## WATERWISE LANDSCAPE DESIGN MARQUEE

THURSDAY 11 APRIL

FRIDAY 12 APRIL

SATURDAY 13 APRIL

SUNDAY 14 APRIL

9:30AM

10:00AM

10:30AM

11:00AM

11:30AM

12:00PM

12:30PM

1:00PM

1:30PM

2:00PM

2:30PM

3:00PM

**NEIL MARRIOT**  
South Metro TAFE:  
Waterwise Irrigation  
Design / Systems

**ROBYN TANDON**  
Redbird Landscapes:  
The Ten Commandments

**JAMES HARDIE**  
Hardiedeck: Creating the  
Perfect Deck

**DAN DEPIAZZI**  
Straightcurve: DIY  
Garden Edging

**NIC RUSSELL**  
Landscapes WA:  
Landscape Trends

**NEIL MARRIOT**  
South Metro TAFE:  
Waterwise Irrigation Design /  
Systems

**ROBYN TANDON**  
Redbird Landscapes:  
The Ten Commandments

**BEN PEACOCK**  
Republic of Everyone: Plant  
Life Balance

**JAMES HARDIE**  
Hardiedeck: Creating the  
Perfect Deck

**CERI WAGNELL**  
Empire Lane: Small garden  
design and exterior styling

**NEIL MARRIOT**  
South Metro TAFE: Waterwise  
Irrigation Design / Systems

**BEV HARRISON & DEBBIE  
TAYLOR**  
Mondo Landscapes: An  
Introduction to Garden Design

**BEN PEACOCK**  
Republic of Everyone: Plant  
Life Balance

**DAN DEPIAZZI**  
Straightcurve: DIY Garden  
Edging

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**BEV HARRISON & DEBBIE  
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Introduction to Garden Design

**NEIL MARRIOT**  
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Midnight Beauty

# FEATURE PLANTS

Dolphine Necklace

## DOLPHIN NECKLACE

A unique trailing succulent, *Senecio peregrinus* has stolen the hearts of collectors world-wide with its leaves that resemble small leaping dolphins. Its unique shape and glaucous blue colour are a result of hybridising a *Senecio rowleyanus* (String of Pearls) and a *Senecio articulatus* (Candle Plant).

The stems can grow up to 15cm in height, before trailing downwards, cascading down the side of the pot, where they will continue to grow up to several metres in length.

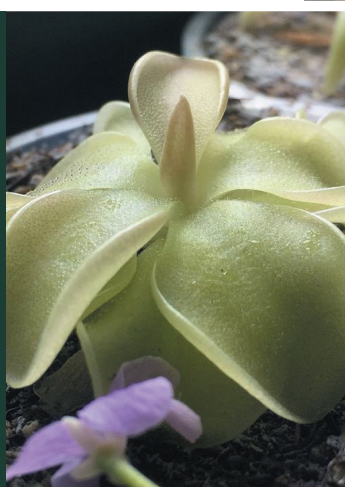
It is fast growing, low maintenance and suited to part shade conditions - The perfect houseplant! Excellent in a hanging basket, a macramé hanger or just simply as a pot plant in a well lit indoor area. Pot into a well draining cacti and succulent potting mix.

FICKLE PRICKLES - SITE 233

## BUTTERWORT

Often mistaken for a succulent plant, this Mexican carnivorous plant is small but mighty! Catching small insects on its sticky, glandular leaves it can help control fungus gnat populations amongst your other indoor plants.

W.A. CARNIVORES - SITE 58



## GRASSTREES

Grasstrees are a maximum impact, low maintenance feature tree native to

WA. With an extremely slow growing trunk at a rate of approximately 1cm per year, these ancient trees thrive in sunny areas with sandy, well-draining soil.

## MIDNIGHT BEAUTY

Midnight Beauty is a lovely small evergreen screening tree. With dense deep green, glossy foliage and a tight conical growth it is excellent for small areas, as a feature screen or specimen tree. Excellent choice also for pots and indoors, this versatile tree will add beauty to any area. Tolerating both sun and shade, it is also frost resistance and drought tolerant. In pots they grow to around 2m and in ground to 5m x 4m approx.

ELLENBY TREE FARM - SITE 217



Grasstree

Grasstrees Australia stock is rescued under license and nursery stabilised for a minimum 12 month period at our Retail Display Centre and Nursery in Wattle Grove.

Perfected over 30 years, this process ensures a new root system develops, leading to healthy plants with a full head of foliage for maximum visual impact.

Guaranteed new root development ensures an optimum success rate and minimal watering required compared to grasstrees taken straight from a bush environment.

Ranging in size from 10cm of trunk height to multi-branched features over 3m, we have a huge selection available to suit any garden or landscape.

GRASSTREES AUSTRALIA - SITE 229



**Australia's popular Bougainvillea.** These dwarf Bougs. have a restricted growth habit and superior flowering in a myriad of colour forms. Thorns are smaller and fewer in number. Bambinos grow well even in drier areas once established and are suited to growing in large pots, hanging baskets and sunny gardens.

Western Australian growers supplying retailers are:  
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Ring your retailer for more information or look up our website  
[www.bambinobougs.com.au](http://www.bambinobougs.com.au)



Lavender Park Iris



Romancer Iris



Rustic Dream Iris

## FEATURE PLANTS

### HEATWAVE SALVIA

**M**elville Rose n Garden are proud to introduce 4 NEW Heatwave Salvia to WA gardeners. The sisters 'Glimmer, Glitter, Glow and Sizzle' are a fantastic addition to any garden. Drought tolerant once established they ATTRACT BEES so you know your doing your part for our beautiful planet!

MELVILLE ROSE N GARDEN - SITE 230

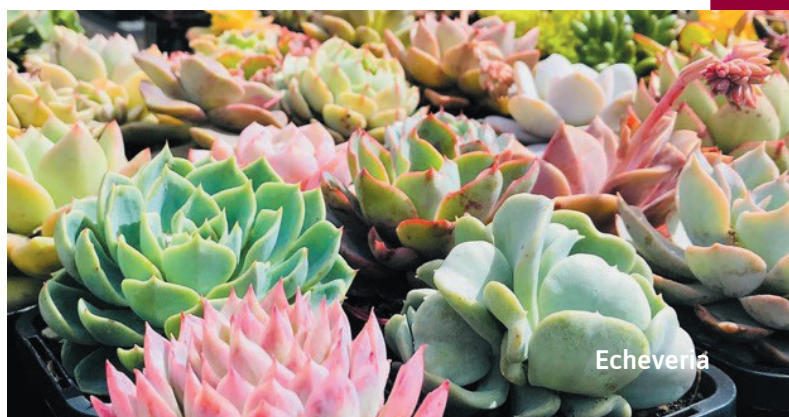


Heatwave Salvia

### ECHEVERIA

**E**ccheveria are considered by many as one of the most attractive succulents, coming in a huge variety of colours, shapes and sizes. These rosette forming plants are drought resistant, low maintenance and easy to grow, making them a great addition to any garden or container planting.

SUCCULENT PLANET - SITE 219



Echeveria

### TALL BEARDED IRIS

**A**spectacular mass planting of Iris flowering in spring with their heady perfume and eye-catching blooms standing bold above the fans is indeed a sight to behold...upon seeing one such planting, a lady was heard to say "Oh my God, I have died and gone to heaven!" so taken was she by their beauty. Perhaps it is this beauty that artists try to capture on canvas. Iris multiply from the rhizome which stores food and water and from which new increase is developed. When not in bloom the architectural foliage is an asset to the landscape and highly recommended. The colour range is huge with blues, purples, yellows and white proving popular. Over 100 varieties on offer at the Perth Garden Festival.

LAKEHOUSE NURSERY - SITE 223



### PERSIAN EYES

**A**Rosa Persica Hybrid with delightful, mid to deep pink semi double blooms with a dark chocolate brown eye and exhibiting bright yellow stamens.

This rose has healthy foliage and is a good landscaping specimen with spreading growth to 1.0m wide and 0.75m high. This rose is exclusive to Landsdale Rose Gardens and not available from any other rose grower within Australia.

LANDSDALE ROSE GARDENS - SITE 242



# PW

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W.A. 6926

[sales@domusnursery.com.au](mailto:sales@domusnursery.com.au)

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Buddleja  
'BUZZ'

Tecoma  
'Bells of Fire'



# VIOLETS & TEA

English gardens can call to mind scenes from a Jane Austen novel. You can picture Elizabeth

Bennet and Mr Darcy walking among a profusion of primroses and wild bluebells; or stately lawns backdropped by elm, hawthorn and gooseberry bushes; perhaps

a romantic meeting amid blooming magnolias.

Yet the country's gardens are not merely fiction. Nor do they always conform. While the classic 18th-century English garden has always been in vogue, there's been a lovely evolution in style as well.

Japanese maples extend the season at RHS Harlow Carr. Mixed borders reflect modern extravagance at Great Dixter. Even Prince Charles's personal gardens at Highgrove Estate have taken on a youthful tinge with a serene and fashionable wildflower meadow. Walking through gardens like these sparks the imagination and there's a romance that awakens all the senses.

"It's not that the traditional is going out of fashion. Far from it. Two core elements help make English gardens the finest in the world and these have never changed" says Eliza Ford, Founder of English garden tour specialists Violets & Tea.

Firstly, flowers are only one part of the picture. Blooming alternately through the seasons, the gardens are naturally floriferous. Yet the English garden is made whole by romantic grottos, meandering gravel paths, gently rolling hillsides, or a stately manor house backdrop. There's so much more going on and you can't appreciate it all without being there and immersing yourself.

Secondly, English gardens have always been made to be

enjoyed. Despite their vast sizes, these are family gardens at heart, very much lived in rather than just glossy photos. Most are home to centuries of history and to at least a few colourful characters.

The recent growth in experiential tourism has made English gardens accessible, so visitors from abroad can truly experience their enchanting beauty and stories. Think about a spot of afternoon tea at a 400-year-old estate. Or sipping Pimms as the roses are coming out in bloom. Even the Chelsea Flower Show just isn't the same without a flute of Champagne and some floral-inspired nibbles.

For Eliza, experiencing the best of England's gardens is both where and when to go: "Trebah Garden in Cornwall excels in Spring abundance while Lady Lansdowne's private walled garden at Bowood House really comes into its own around July. Sussex needs to be visited in Spring, while for Autumnal colours I love the late-summer exuberance of North Yorkshire."

Violets & Tea is founded on these passions and principles. Their approach is to go beyond a typical garden tour. Rather than passing through, these carefully curated programs are designed so garden lovers can fully experience the world's finest gardens. Head gardeners and estate owners provide insight and inspiration from behind the scenes. What most tour companies call extras are included as standard. "These are not just tours; they are holidays with a very personal touch."

With Violets & Tea you leave the everyday behind. You explore estates and gardens usually closed to the public, or visit famous gardens before their gates open for the day. Sumptuous dining and handpicked four- and five-star

hotels help you return home refreshed and relaxed. And yes, sometimes you could be wandering through a scene from a Jane Austen novel, like Lizzie and Lady Catherine in their "pretty little wilderness."

You can learn more about Violets & Tea and meet Founder Eliza Ford at stand 51 of the Perth Garden Festival.





## Battery Power. Made by STIHL.

STIHL's diverse range of battery powered products can tackle any garden or landscaping project for homeowners and professionals alike. Our Battery Power Systems use cutting-edge technology which do not compromise on power, but are exceptionally quiet.

The Lithium-Ion range features an integrated battery that is so easy to use and perfect for maintaining smaller gardens. The Lithium-Ion COMPACT range handles medium to larger sized gardens with a more powerful interchangeable battery. And for the professionals, our Lithium-Ion PRO range has been engineered to provide maximum power and performance with a long battery life whilst still being quiet on the ears and good to the environment.

Visit STIHL at the Perth Garden Festival at McCallum Park from the 11-14th of April to find out more.



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John Deere has built a tradition of trust and excellence across Australia and all over the world. At AFGRI Equipment, we continuously aim to maintain this level of excellence when supplying equipment to our customers. We do this by listening to our customers and going the extra mile to deliver the best possible solutions to meet their needs. We are a proud John Deere dealership group and our vision is to be our customers' reliable source of premium new and used equipment, service and solutions. To reach this goal, we have a company culture driven by our core values of integrity, teamwork, accountability, passion and service excellence. From pre-sales advice to parts, servicing and repairs, we are with you every step of the way. Our Perth branch, based in South Guildford, is one of our 14 branches across Western Australia and specialises in John Deere small ag equipment including ride-on and zero-turn mowers as well as small tractors and GatorTM utility vehicles. Whether it's a capable E Series mower, the powerful X Select Series or our versatile ZTrakTM zero-turn mowers, we have the mower for you. From the start, every E Series ride-on mower is made right. The stamped deck design completely lifts grass for a precise, even cut every time. Equipped with four-wheel steering to help you get around anything, power steering and the responsive

Twin Touch™ foot pedals for pinpoint control forward and reverse, the X300 Series are the real deal. The next step up are the smooth-running X500 Select Series Lawn Tractors, equipped for a powerful cut on all kinds of terrain. Alternatively, our John Deere ZTrak™ zero-turn mowers, offer a solid frame, large tyres, convenient control and outstanding versatility. We also specialise in John Deere commercial mowing and golf & sports turf equipment. AFGRI equipment is proud to attend the Perth Garden Festival again this year. Our friendly staff love this time of year and will be there to greet show-goers and answer any questions they may have. We also understand the importance of the event to the local area and the joy it brings the community. Be sure to visit the AFGRI site this year to view our range of premium John Deere equipment.



# Plant Life

## BALANCE™

NGIWA supports and represents businesses that commercially grow and retail plants or supply related products and services.

Our members cover a range of quality businesses committed to the importance of healthy plants and the growth of gardens in our landscape. NGIWA also advocates the importance of plants and our industry before government and other key policy makers.

NGIWA members listed below are able to provide you with quality advice and products in their respective areas of expertise.

#### Apace Aid (Inc)

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#### Aquaponics WA

295 Warton Road, Canning Vale  
(08) 9455 2133

#### Arborwest Tree Farm

77 Rousset Road, Wanneroo  
(08) 9405 7740

#### Australian Native Nurseries Group

141 King Road, Oakford  
(08) 9525 1324

#### Avon Valley Nursery

189 Bindoon Dewars Pool, Toodyay  
(08) 9594 3220

#### Blossoms Denmark

165 Ocean Beach Road, Denmark  
(08) 9848 2014

#### Boyanup Botanical

Lot 14 South West Hwy, Boyanup  
(08) 9731 5470

#### Chorus

43 Planet Street, Carlisle  
(08) 9318 5700

#### Coast Road Palms

Lot 52 Bennett Springs Drive,  
Bennett Springs  
(08) 9377 6875

#### Dawson's Garden World

179 Winton Road, Joondalup  
(08) 9300 0733

153 Railway Street, Swanbourne  
(08) 9384 9652

388 South Street, O'Connor  
(08) 9314 7258

160 Hale Road, Forrestfield  
(08) 9453 6533

#### Ellenby Tree Farm Pty Ltd

439 Sydney Road, Gnangara  
(08) 9405 4558

#### Fickle Prickles

0412 598 054

#### Garden Elegance

150 Railway Road, Subiaco  
(08) 9381 2197

#### Geographe Community

Landcare Nursery  
366 Queen Elizabeth Avenue,  
Busselton  
0429 644 885

**Grasstrees Australia**  
670 Welshpool Rd East, Wattle Grove  
(08) 9359 1443

#### Green Life Soil Co

178 Farrall Road, Midvale  
(08) 9250 4575

#### Guildford Town Garden Centre

96 James Street, Guildford  
(08) 9279 8645

#### Healthy Homes & Gardens

PO Box 760, West Perth  
(08) 9321 2830

#### Lakehouse Nursery

PO Box 228, Beverley  
0487 477975

#### Leschenault Community Nursery Inc.

PO Box 4086, Bunbury  
(08) 9791 4670

#### Melville's Rose n Garden

105 Tanner Rd, Carmel  
0419 964819

#### Miaflora Garden Centre

905 Beaufort Street, Inglewood  
(08) 9370 2928

#### Misty Ridge Plant Farm

16 Brown Rd, Wundowie  
(08) 9572 7145

#### Muchea Tree Farm

PO Box 250, Muchea  
(08) 9571 4090

#### Native Plants WA

Elanora Dve, Cooloongup  
(08) 9527 3142

#### Perth Hills Veggie Co Pty Ltd

PO Box 191, Darlington  
(08) 9467 7356

#### Pioneer Gardens Nursery

8 Lansdown Entrance, Canning Vale  
(08) 9455 1660

#### Strike Me Pink

4 Langton Rd, Mt Barker  
(08) 9851 1875

#### Succulent Planet

36 Hurrell Way, Rockingham  
(08) 9528 3636

#### Tim Eva's Nursery

1448 Toodyay Rd, Gidgegannup  
(08) 9574 6596

#### Trillion Trees

PO Box 103, Guildford  
(08) 9250 1888

#### Tube Nursery

Blond Street, Cowaramup  
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#### Tulips With A Difference

RMB 415, Boyup Brook  
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#### WA Horticultural Services

125 Southwest Highway, Waroona  
(08) 9733 2292

#### Zanthorrea Nursery

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Nursery & Garden Industry  
Western Australia





## YOUR ULTIMATE GUIDE TO GROWING A FIDDLE LEAF FIG

**H**ere at Green Assembly, we like to think of the fiddle leaf fig as the Kim Kardashian of the indoor plant world. You love to hate her, and her lush leaves are as iconic as that famous behind. They can be found looking perfect in home and garden magazines and were dubbed THE house plant of the last few years. And yet, people seem equally as desperate and petrified to own one!

These fears are warranted – with death rates running high. But while she can be fickle at times, this stunner is actually not as tricky as most think!

With some tried and tested tips from selling hundreds of these babes and from chatting with the guys growing them from scratch at the various nurseries around Perth, we've come up with the ultimate survival guide.

### LIGHT

The fiddle leaf fig needs bright, indirect sunlight for most of the day (think north-facing window). A bit of direct sunlight early in the morning won't brown her leaves but only if it's before 10am. After that, her leaves will scorch faster than a fat kid chasing an ice cream truck.

### WATER

Fiddle leaf figs like consistency and with (a lot) of trial and error we have found the best way to water them goes a little like this:

1. Always wait until the first three inches of topsoil are totally dry before you water (the time this takes will vary between summer and winter).
2. When it's time to water, give her a big drink, so that excess water runs out the drainage hole.
3. Let the excess water drip for an hour then empty the drip tray. Never leave water sitting in the drip tray.

### MAINTENANCE

One of the key things NOT to do with your fiddle leaf fig is move her. Once you find a well-lit possie she loves, leave her to do her thing.

### FERTILISING

We recommend a slow release fertiliser like the miracle-working Troforte CRF Pots and Plants that we use on all our plants, every six months and then in spring and summer, a liquid fertiliser like Seasol once a month.



### LEAF SHINE AND CLEAN

Use a mix of equal parts full cream milk and water and gently wipe the top and bottom of leaves to clear dust and make them shine.

### TROUBLESHOOTING

Dropping leaves can be caused by too much or too little water or being exposed to cold or warm airflow. The fiddle leaf fig originates from tropical regions, so she likes warmth, consistent moisture and even temps.

If you want to know more about the fiddle leaf fig or want to fill your home with any other indoor plants, then head to our online store where you can order and schedule delivery.

Green Assembly is Perth's most luxe online indoor plant and delivery service. Just choose your plant, pick your ceramic pot, we will do the potting and deliver to your door. [www.greenassembly.com.au](http://www.greenassembly.com.au)  
@green\_assembly



# Sabrina Hahn

hort with heart

## Sabrina Hahn – A whole lot of Hort with Heart

Sabrina Hahn is Western Australia's most popular horticulturalist and master gardener, with over 25 years on ABC Radio and writing twice weekly in The West Australian inspiring green (and not so green) thumbs. Sabrina believes a garden should be a haven, a refuge, sustainable, manageable, affordable and above all enjoyable for its owners.

She is an inspirational speaker hoping to encourage others to implement biodiversity in their own backyard. Sabrina is a respected author and writer with 3 books under her belt as well as writing articles for Gardening Australia and Organic Gardener. Sabrina Hahn is as in-demand for her guest-speaking and MC-ing at festivals, functions and events as she is for her garden designs.

### Introducing Sabrina's Coir Pots

Our 100% biodegradable coir pots are perfect for the keen gardener who wants to grow their own plants more sustainably. Coir pots eliminate transplant shock, particularly with native plants and keep a cooler root run than plastic pots. Coco Peat and fibre is a natural medium extracted from a 100% renewable resource. An environmentally friendly solution for commercial growers and the home gardener. Our manufacturer supports the sustainable prosperity of local villages providing economic support to local communities.

- No more environmentally harmful plastic pots
- Plant and pot can be planted straight into the ground eliminating root disturbance, pot will decompose within 2 months
- Looks great as a decorative pot plant with a lifespan of 1 to 1.5 years
- Reduces watering needs because coir retains moisture and nutrients.
- Perfect for Australian natives.
- No root binding
- Ideal for plant propagators, nurseries and hydroponic growers
- A renewable, sustainable resource from a by product



### Garden consult for Residential, Commercial and Community

Take your garden from bland land to grand plan with a little help from Sabrina together with her Hort with Heart team. Sabrina will help you optimise the full potential of your space, whether you're just after a little bit of inspiration and advice, or are looking for the development of a complete landscape design and implementation. Sabrina will help guide you through design options and provide a more diverse plant palette to create a better habitat for all and set your garden apart from others. A fresh set of eyes on an old garden can identify the strengths and weaknesses in a garden and bring out its full potential.



Keep up with all the latest dirt check out the website or follow us on Facebook, Instagram and Twitter



[sabinahahn.com.au](http://sabinahahn.com.au)

# GARDENS BY DESIGN

MATTHEW LUNN

*Executive Officer Landscape Industry Association WA*

When it comes to creating the perfect garden we often become confused and lost as soon as we are confronted with the thought of having to assemble a variety of materials, work with a space that seems too small or too large for our pocket and then has to be stylised with a selection of plants that are totally unpronounceable.

Garden design without doubt is still fairly new to the people of WA and going back some 25 years when the population of this state was still under a million the thought of engaging a designer to tell you how to get the best out of your garden, it's fair to say, was pretty foreign.

Moving the dial forward to 2019 and with the desire to live the so called 'Outdoor Lifestyle' with our Mediterranean climate, creating an outside room is far more on the radar with new home landscaping packages offering the complete experience with pools, outdoor kitchens, innovative lighting, composite decks, architectural plants for all seasons and seating areas complete with couches and multi-media devices to entertain.

Of course this all comes at a cost but get it right and your house when put on the market should reap some financial benefits with potential buyers seeing real value with an inside / outside home for 365 days of the year.

The real advantage in a designed garden is that your home suddenly extends to all boundaries of your property, is practical and useable in every way and what felt like a postage stamp is now spacious.

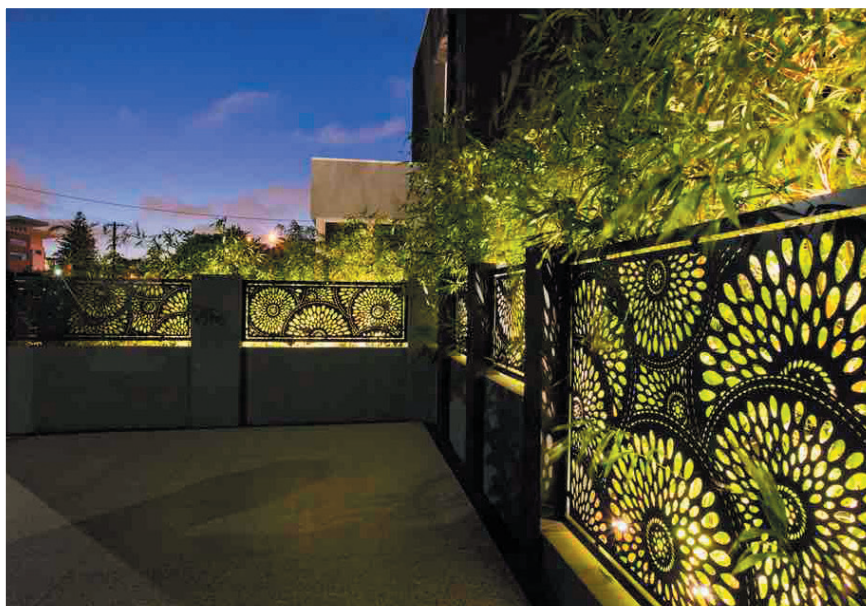
## SO WHERE DO YOU START?

The most important aspect is understanding the space you need to work with and it's surrounds but just as importantly its limitations. To often or not this is where things start to go wrong and before you know it both your wife and you have this long list of wants for your patch of dirt when in reality the space can't support this. So in small spaces keep it simple, uncluttered so it does feel more spacious, where as large spaces offer greater opportunities to be broken down into smaller garden rooms so that they don't feel like one massive soulless space.

Secondly sitting down with a piece of paper and measuring the space you have is paramount and something everyone should do. This will give you a real feel of how much space you have and you can then start to consider how much area can be allocated to a specific element of the landscape. For example, a pergola with a sitting area may take up several square metres in order to allow for a table and six chairs.

We all claim to be time poor so the thought of spending weekends doing it yourself often feels like an unattractive option so at this year's Perth Garden Festival we want to take some of those worries away and guide you with great garden design advice.

The 'Waterwise Landscape Design Centre' which is located near the show gardens, is where you are able to meet and hear professionals from the WA Landscape Design Assoc, Landscape Industries Assoc of WA and Nursery & Garden Industry WA speak on all aspects of garden design, DIY construction, best irrigation practices and plant selection for a waterwise garden. Don't miss it so head to the speakers guide in this magazine on page 30 and get the best advice.





# CREATE YOUR OWN GREEN OASIS! WITH SCOTTS OSMOCOTE

Make your own **mini terrarium** in a free, fun and easy growing workshop by Scotts Osmocote.

**Sessions are limited**, so make sure you visit the Scotts exhibit to secure a place at one of our workshops.



## DAILY WORKSHOP SCHEDULE

9:30am | 10:15am | 11:00am | 11:45am | 12:30pm  
1:15pm | 2:00pm | 2:45pm | 3:30pm

**#GROWINGWORKSHOP**



Department of  
Primary Industries and  
Regional Development

## Is that friend or foe in your garden?

Your garden is teeming with life. Lurking in its depths are both friends and foes, but how can you know which is which? How can you find out how to keep them at bay?

With a bit of knowledge, you can get on top of pest problems quickly, and enjoy your home-grown produce without excessive time and effort. Knowing what type of pest you have found in your garden will help you find the control method that suits you best. And if you find and report something that it is not supposed to be in WA, then the department can deal with it before it becomes a problem.

Every effort you make helps keep our state, and our agriculture industries pest and disease free. WA is unique in the world for being free of so many damaging pests. We are counting on you to help keep it this way!

### How to have a rewarding garden

The first rule about pests is to be vigilant – all year round. This means regularly checking your plants for insects, weeds, birds or other creatures. Setting up traps can be useful. Also check for pest damage or symptoms of disease. It pays to know what you are looking for.

While checking for common garden terrors (fruit fly, aphids, caterpillars, grasshoppers, or citrus gall wasps) you can help look for serious pests like Queensland fruit fly, Brown marmorated stink bug, European wasps, Tomato potato psyllid and Citrus canker.

The second rule is to carry out pest control, and do it all year long. This may require regular application of pesticides or insecticides (whether chemical or organic), and you can increase protection with exclusion netting. But most importantly regularly pick up and dispose of unwanted, infested and infected plant material.

In fact keeping your garden neat and tidy is important to prevent and control pests. Your garden is a dynamic and forever changing place where a myriad of creatures live and feed off the variety of plants, fruits and vegetables you grow. Leaving unwanted fruit on trees and the ground means that pests can feed and breed all year round. For example, fruit fly might prefer our juicy summer fruits, but are just as happy to ride out the cold in a sour lemon!

### Make your efforts count

Make pest control a street-wide effort. There is no point keeping your garden pest-free while those foes are hanging out next door. Talk to your neighbours about better ways to deal with garden pests.

**Come and visit us at stand 115.** We can give you the information you need and then you can invite your neighbour over for afternoon tea!



The Department of Primary Industries and Regional Development can provide you with the advice and tools you need to make your garden a rewarding one!



**So you have found something unusual – what happens next?**

**MyPestGuide™ Reporter** is an easy to use reporting app – you can snap a photo, share your report and send your questions to the department. We will send back a quick response to help you get to know your pests and instruct you on how to deal with them. You can also make an online report via the MyPestGuide™ community website: [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)



## CELEBRATING 20 YEARS OF GARDEN TRAVEL

**B**otanica World Discoveries is celebrating 20 exciting years of travelling to the world's most beautiful gardens with the release of its 2019 & 2020 brochure.

Featuring more than 40 garden-themed journeys, the new brochure contains many exclusive luxury cruise-based holidays including the popular Cherry Blossoms, Culture & Sights of Japan Cruise departing in March & April 2020.

Twentieth anniversary journeys also include an exploration of Northern India's Mughal Gardens and

Darjeeling's Tea Gardens on a journey by Luxury Train, a return to the botanical paradises of South America including the Galapagos Islands and a Patagonian Cruise, plus closer to home, a botanical discovery of Norfolk Island.

Many Botanica holidays are designed around the world's most famous flower and garden shows including London's Chelsea Flower Show, Hampton Court Palace and Dublin in Bloom. In 2020, the Belgium town of Ghent will shine as Floralia, the world's largest indoor flower and garden exhibition, takes centre stage. Closer to home, Botanica guests can visit the Singapore Garden Festival, the Melbourne Flower & Garden Show, Floriade in Canberra, the Toowoomba Carnival of Flowers and in New Zealand, the Taranaki Garden Spectacular.

Botanica tours include visits to exclusive private gardens where guests get to meet the owners who share their gardening knowledge, as well as exploring some of the world's most celebrated gardens. Botanica's regular stops include Sissinghurst, Chartwell and Great Dixter in England, Villandry in France, and in 2020, Botanica will visit Linnaeus Garden in Sweden where botanist Carl Linnaeus devised his plant classification system in the mid-18th century, which is still used today.

Venturing 'beyond the garden gate', Botanica's boutique cruises and tours are designed to interest gardeners and non-gardeners alike. Travelling with a small-sized group of like-minded people, Botanica holidays are enriched with handpicked cultural experiences, which incorporate themes such as history, art and music, as well as general sightseeing.

**To request a free copy of the brochure please call 1300 305 202 or visit [www.botanica.travel](http://www.botanica.travel)**

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## CREATION LANDSCAPE SUPPLIES

**M**ajestically situated overlooking the Indian Ocean in North Fremantle, Creation Landscape Supplies will gift you a visual feast as you wander around the various working displays, take in the expansive ocean views and immerse yourself in our indoor plant, pot and giftware haven. Going stronger than ever after 34 years, we've always been focussed on giving our customers the best possible experience. After all this time we still strive to improve our service, our knowledge, our quality and our range of goods. Landscaping tastes, concepts and trends have changed tremendously in recent years and we've moved with those changes. After all, that's the market we're in – home improvement.

Our standing as the state's leader in supplying building and landscape products has been hard won through many years of industry experience. Over this time we have developed an extensive network of suppliers that assist us in providing not only the best products, but the best product for you, our customer.

Creation Landscape Supplies buys only premium products from WA's most highly regarded suppliers and the quality and performance of our products are our paramount concern. Be aware that not all mulches, composts and soils are the same. You may find similarly named products that cost less, but will invariably perform accordingly. If you find our quoted price is more than what you have been quoted elsewhere, please take this into account. We love to focus on your job...every landscape and every garden is different and with that comes its challenges and needs. We are trained to listen to your wants and take these into account when making our suggestions and recommendations.

One part of our business we're particularly fond of is our

fabulous indoor plant shop. Our trained staff are indoor plant lovers with heaps of experience in plant health, plant styling and plant maintenance. The girls really do adore helping customers achieve their indoor plant dreams. It's the perfect spot to visit when looking for a gift too.

Over the last few years we've really ramped up our overall range of landscaping products too. Available in bulk we have 4 different types of sand, 5 soils, 3 composts, 5 mulches, 11 different sizes of river stone, 9 separate gravels, 3 types of gravel fines and 2 lines of natural rock. Other areas of supply we concentrate on are cement, bentonite clay, fertiliser, potting mixes, manures, rock dust, seaweed and fish tonics, limestone blocks, steel garden edging, gabion baskets, garden slabs, construction bricks, garden stakes and both indoor and outdoor pots.

As part of our service, we offer delivery to your property 6 days a week. We have 3 tonne and 8 tonne tipper trucks at our disposal along with a larger 12 tonne flatbed truck with a crane to unload large, weighty and bulky items like feature rocks, filled bulker bags and limestone pallets. Our crane delivery can prove a real labour saver by lifting heavy products into position over walls, onto 1st floor construction slabs, into closed courtyards and tight spots where access is poor.

We're confident you'll receive a total experience at our little piece of paradise at 139 Stirling Highway in North Fremantle. Come visit us in autumn after the Perth Garden Festival when the days are crisp and the sea breeze is light, we'd love to see you. Happy gardening!

**Phone: 9335 7383 |**

**Email - [enquiries@creationlandscapesupplies.com.au](mailto:enquiries@creationlandscapesupplies.com.au)**

**Monday to Saturday 8am to 4pm**

## VILLA CARLOTTA TRAVEL

**V**illa Carlotta Travel has a fantastic range of escorted tours featuring glorious botanical festivals and events throughout Australia and including Western Australia's world famous wildflower season.

Whether you are a serious gardener or just a garden lover, there is a villa holiday to suit you.

In 2019, join villa at the Toowoomba Carnival of Flowers in fabulous Queensland, the ever popular Floriade Festival in Canberra, the Tesselaar Tulip Festival in the Yarra Valley, the Grafton Jacaranda Festival in northern New South Wales, the Nannup Flower and Garden Festival in WA's South West, or aboard one of our many West Australian wildflower tours.

Each tour is fully inclusive with itineraries that are uniquely crafted with wonderful inclusions, exciting experiences and hidden delights along the way!

A specialist tour operator for retirees and semi-retirees, each holiday departs from Perth and includes pre/post tour transfers\* (Mandurah and Perth only), airfares and taxes (ex Perth, WA), most meals, quality accommodation, all tours and attractions and a professional Villa Tour Leader.

If you love to relax and enjoy what is on offer without having to organise, plan and coordinate, then villa is the tour company for you. In addition to botanical themed tours you can join over 100 other Australia wide and international escorted holidays, travel exclusively with solo travellers or enjoy travelling with small intimate groups of adventurous travellers. With villa you are spoilt for choice!

An ATAS accredited travel agency offering the complete travel experience and a wealth of travel knowledge villa can also arrange your personal independent holidays. Just ask to speak to Karen.

*For a free holiday brochure or to contact the office  
FreeCall 1800 066 272 or email [travel@villa.com.au](mailto:travel@villa.com.au).  
Alternatively check out the villa website [www.villa.com.au](http://www.villa.com.au)  
for the full range of holidays and services.*



## SEE WHAT'S NEW IN BATTERY AND ROBOTICS AT THE HUSQVARNA SHOW STAND



# EVENT DAY PARKING

## EVENT PARKING

Parking is available in proximity to the event for \$5.00, with part proceeds going to our not-for-profit partners. Visitor parking is located right outside the event gates on Taylor Reserve, allowing visitors easy access parking to the event. Please note, **all parking needs to be paid for in cash.**

## PARKING ACCESS

**Access to parking is via Ellam Street ONLY**, please note this is a change to previous years. Please see the parking map for directions on how to access the parking areas.

## ACROD PARKING

ACROD parking is available opposite the entry gate, in the north eastern side of Taylor Reserve. **It is no longer located along Taylor Street.** This new area is reserved for ACROD parking only, ensuring distance travelled is as short as possible. Please note that the Town of Victoria Park will be issuing parking infringements to patrons, exhibitors or staff members who do not display a valid ACROD permit in this area. This is also enforced by the event organisers and we take no responsibility for any fines issued in this area.

*Free parking is also close by at the Burswood Entertainment Precinct.*

## PARKING MAP

- PARCEL PICK UP
- CAR PARKING ACCESS
- CANNING HWY WEST/  
MILL POINT RD EXIT
- CANNING HWY EAST EXIT



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# PARCEL PICK-UP

Parcel Pick up is a free service by the event organisers. The parcel pickup area is in a new location for 2019, and is located on Taylor Street, adjacent to the festival area. Please refer to the parcel pickup map for directions on how to access the area.

Heavy or awkward items will be labelled (with your first and last name, contact number and item description) by nurseries or exhibitors and sent to the parcel pick up area. From there you may collect your item with your car via Taylor Street. Please note, that this is a high traffic area and patrons must

stay in their cars to collect their plants.

**Please allow a 30-minute wait between an item being purchased and the delivery to the parcel pick up location.**

Any lost items will be the responsibility of the nursery or exhibitor to replace. The event organisers take all care in ensuring that you received your plants however takes no responsibility for any damage, or loss.

**All items must be collected before 4.30pm** when Parcel Pick-up closes. Items will not be stored overnight.

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Visit our  
stand at the  
Perth Garden  
Festival



### FRIED NOODLES

Serves 4

#### Ingredients

6 chicken thigh fillets, cut into bite-sized pieces  
4 tbsp vegetable oil  
2 thick slices of ginger, bruised  
5 cloves garlic, roughly chopped  
4 spring onions, white part sliced, green part cut into 5 cm lengths  
6 large leaves of Chinese cabbage, sliced  
2 carrots, cut into matchsticks  
1 bunch choy sum, cut into 5 cm lengths  
1kg egg noodles  
2 cups beansprouts

#### Marinade for chicken

1 tbsp soy sauce  
1 tbsp Shaoxing wine  
1 tsp cornflour  
1 tsp toasted sesame oil  
Pinch of white pepper

#### Sauce

2 tbsp oyster sauce  
2 tbsp light soy sauce  
1 tbsp kecap manis  
1 cup chicken stock

#### Method

Mix the meat marinade ingredients together with the chicken and set aside.

Heat a large wok until it is very hot and add in the oil. Add in the ginger first and then after a few seconds, the garlic and white part of the spring onions. Stir for a minute or two until the garlic starts to brown and then add the chicken. Fry the chicken until it starts to brown, then add the Chinese cabbage, carrot, choy sum and spring onion greens. Fry for a few minutes until the vegetables are softened.

Add the sauce ingredients and stir to combine. Bring to a simmer, taste and season.

Add in the noodles and bean sprouts and stir to combine. Continue to cook for about two to three minutes until the noodles are cooked through. Allow to stand for a few moments and then transfer to a plate.



### ROUGAILLE SAUCISSE

Serves 4

#### Ingredients

6 pork and fennel sausages  
Vegetable oil

#### Creole Sauce

2 tins (800g) diced tomatoes  
3 onions, sliced  
1 tbsp ginger, minced  
1 tbsp garlic, minced  
2 sprigs fresh thyme

1 small bunch parsley, chopped  
1 small bunch coriander, chopped  
6 spring onions, chopped  
4 large green chillies, chopped  
Salt to taste

#### Method

Drizzle a little vegetable oil into a large saucepan over medium-high heat. Once hot, carefully lower sausages into the pan and cook for about two minutes before flipping. Continue turning the sausages every few minutes until they are brown on all sides, about 10 to 15 minutes.

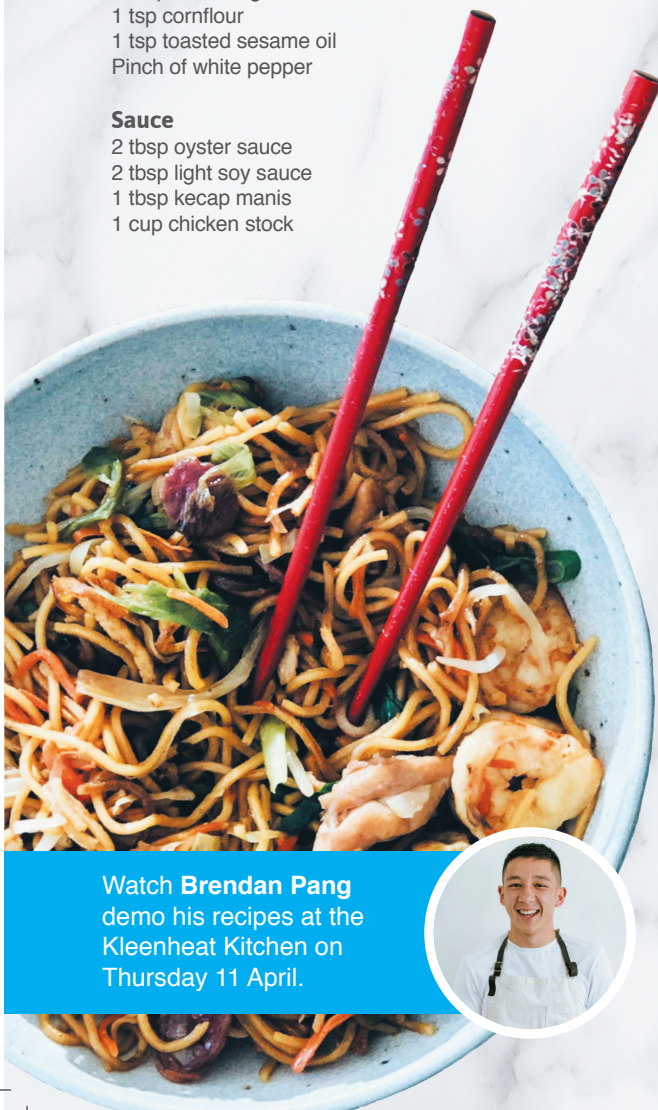
Remove sausages and let rest for 10 minutes. Slice diagonally into pieces and set aside until required.

In the same saucepan over low-medium heat, add a generous amount of vegetable oil. Cook onions gently and do not allow to colour, about five minutes.

Add ginger, garlic, thyme, parsley, coriander, spring onion and chilli to the saucepan and continue to cook, stirring for about five minutes.

Add the tinned tomatoes and simmer for five minutes. Add the sausage and stir well. Cook for a further five minutes, remove the sprigs of thyme and season with salt.

Serve immediately with steamed rice or roti.



Watch Brendan Pang demo his recipes at the Kleenheat Kitchen on Thursday 11 April.



# SWEET & SOUR AUTUMN VEGETABLES WITH BBQ BEEF

Serves 4

## Ingredients

- 1 eggplant, cubed
- 1 zucchini, cubed
- 1 capsicum, sliced
- 1 small fennel bulb, sliced fine, reserve young fronds
- 1 tomato, diced
- Big pinch of raisins
- Big pinch of macadamia nuts, toasted and chopped
- Handful of basil, torn
- 1 tbsp sugar
- 3 tbsp red wine vinegar
- Salt and pepper
- Extra virgin olive oil
- 4 rump steaks

## Method

Put tomato, basil, fennel fronds, raisins, macadamias, sugar and vinegar into a bowl, season and mix together. Heat a frypan and add a good splash of olive oil. Shallow fry the eggplant till just cooked, then remove with a slotted spoon and add to the bowl. Repeat with zucchini, then capsicum and fennel. Cover and leave for a couple of hours.

Barbecue your steaks till medium rare, or however you like them cooked and spoon over vegetables.

## Sweet and sour autumn vegetables with barbecue beef



## Tomato sauce, barbecue chicken, mountain corn polenta



# TOMATO SAUCE, BBQ CHICKEN, MOUNTAIN CORN POLENTA

Serves 4

## Ingredients

- 1kg tomatoes
- 1 onion, diced
- 2 cloves garlic, sliced
- 1 chilli, sliced
- 1 bottle Millbrook Estate Shiraz Viognier
- A few bay leaves
- Handful of olives, pitted
- Olive oil
- 8 chicken thighs
- Big pinch dry oregano
- 1 cup ground homegrown maize, or bought polenta
- 2 cups water
- 2 cups milk
- 75g parmesan, grated
- 75g butter
- Salt and pepper

## Method

To make tomato sauce add a big glug of olive oil to a hot saucepan. Add onion, garlic and chilli, sauté till translucent then deglaze with one cup of wine and reduce. Add frozen tomatoes, bay leaves, olives and seasoning. Bring to the boil, then simmer for 30 minutes or until saucy. Put through a mouli or blend till smooth. Adjust seasoning.

To make polenta bring seasoned water and milk to the boil, rain in polenta while whisking. When thick turn heat down low and simmer for 30 minutes or until cooked. Once cooked take off heat then add parmesan and butter, let sit for five minutes then stir through and adjust seasoning.

Heat barbecue to high, season chicken thighs and sprinkle over oregano. Barbecue until cooked.

To serve divide polenta onto four plates, top with two chicken thighs, pour over tomato sauce and pour out the rest of the wine.

Watch **Guy Jeffreys** demo his recipes at the Kleenheat Kitchen on Friday 12 April.



### HIGHLAND ROLL

Serves 2

#### Ingredients

2 scotch fillet steaks, 175g to 200g each  
1 tbsp pinenuts  
1 tbsp sultanas  
1 garlic clove, finely chopped  
1 tbsp Italian parsley, chopped  
1 tbsp grated parmesan cheese  
Extra Virgin Olive Oil (EVOO)  
Sea or lake salt to taste  
Freshly cracked black pepper to taste

#### Method

Lay the scotch fillet steaks out flat and lightly tap with a mallet then season with salt and pepper. Now mix all the other ingredients (pinenuts, sultanas, garlic, parsley, parmesan and olive oil) then press them into a sausage shape and put into each steak, roll up and tie with string. These can now be brushed with EVOO and roasted for 30 minutes at 200°C.

However, I am sometimes a little more creative and prefer to fry these rolls in a pan until they are well sealed, then I add a can of chopped tomatoes and stew together with a lid on for 10 minutes. I then add to the tomato, one glass of red wine and salt and pepper to taste and stew for another 10 minutes with the lid on. Now you can serve over mash potato or mix the sauce with some pasta and slice the meat in round slices if you wish. Go on, be a braveheart!

#### Highland Roll



### TRUFFLED PORK MEATBALLS WITH ALMOND SAUCE

#### Ingredients

##### Meatballs

300g of your favourite minced pork, veal or chicken  
1 cup white breadcrumbs (crumbs from inside a 3 day old loaf)  
1 tsp finely chopped garlic  
1 fresh egg  
2 tbsp finely chopped Italian parsley  
Zest of half a lemon  
1 tbsp WA truffle oil  
Organic lake salt  
Freshly cracked black pepper

##### Almond sauce

25 blanched almonds  
½ cup red onion, finely diced  
2 garlic cloves, finely diced  
A pinch of cumin powder  
A pinch of cinnamon powder  
A pinch of paprika  
1 bay leaf  
1 clove  
50ml dry white wine  
50ml dry sherry  
100ml chicken stock  
A pinch of saffron threads  
2 hard boiled eggs  
2 tbsp lemon juice

##### Extras

Extra Virgin Olive Oil (EVOO)  
10 to 20g truffle, thinly sliced  
Truffle slicer or microplane (optional)

#### Method

In a non-stick fry pan, fry the almonds with a spoonful of EVOO or two until the almonds are nicely coloured, then rest them on paper towel while you fry the onions until soft (add a little more oil if needed) and coloured. Now add to the onion the cumin, cinnamon, paprika, garlic, clove and bay leaf, stirring for half a minute. Then add the stock, wine, sherry and saffron threads. Cook for seven or eight minutes then take off the heat. Remove the clove and bay leaf and rest the sauce until required.

Mix the meat very well then roll into meatballs and fry in another clean non-stick frypan in a little extra virgin olive oil until cooked (stirring often, about 10 minutes) Then set aside and keep hot. In a blender, blitz the saved almonds with the lemon juice and the yolks from the hard boiled eggs into a paste. Reheat the onion and spiced sauce until it boils then add the almond paste and mix and cook until the sauce thickens. Season the sauce with salt and pepper to your liking, then finely chop the egg white and serve on top of the hot meatballs, with the almond sauce on the side. For final presentation, shave the truffle either using a truffle slicer or microplane so that the truffle covers the meatballs.



Watch **Vince Garreffa** demo his recipes at the Kleenheat Kitchen on Sunday 14 April.

# BUTTERMILK CHICKEN THIGH, NATIVE THYME, EGGPLANT SAMBAL, BUSH BASIL

Cooking with Melissa Palinkas

Serves 4

## Ingredients

4 chicken thighs  
10g native thyme  
100ml buttermilk  
1 large black beauty eggplant  
1-2 cups picked bush basil leaves  
100ml olive oil  
1 tbsp chilli flakes  
1 large red capsicum  
1 onion  
4 cloves garlic  
60ml balsamic vinegar  
1 tbsp salt  
1 ½ tbsp sugar

## Method

Place the chicken into a container with the buttermilk and ½ the native thyme leaves to marinate overnight.

Grill the red capsicum over gas flame till blackened, place in a container with its lid and set aside.

Dice eggplant and onion into approximately 1 cm x 1 cm sized cubes, micro grate the garlic.

On a high heat sautee onions, garlic, chilli flakes and eggplant until semi soft and browned in the olive oil, deglaze with the balsamic vinegar then add the salt and the sugar. Simmer, stirring often until all liquid has cooked out and the eggplant is glossy and soft.

Once your red capsicum has cooled, peel and dice and fold through the eggplant. Cool completely.

Remove chicken from the buttermilk, on a hot bbq or grill cook the chicken thighs. While the chicken is cooking, chiffonade a cup of bush basil and the rest of the thyme and fold that through your eggplant sambal.



# PORK FILLET, PUMPKIN SEED SATAY, RAW HEIRLOOM PUMPKIN, SALT BUSH

Serves 4

## Ingredients

2 large pork fillets  
4 salt bush skewers  
Trim pork of sinues and slice into medallions.  
(1 pork fillet will do 2 skewers)  
Divide the pork medallions and thread onto the 4 skewers and set aside

## Raw Heirloom Pumpkin

500g mixed shaved pumpkin  
40ml lime juice  
30ml honey  
100g toasted crushed pumpkin seeds  
100g shaved pickled onion  
Salt and pepper to balance

## Pumpkin Seed Satay Sauce

50g toasted smooth pepita seed paste  
40g toasted and pulsed pepita seeds  
300ml coconut milk  
2 cloves micro planed garlic  
1 tbsp micro planed ginger  
1 cup diced onions  
40ml ketchup manis  
40ml GF soy sauce  
25ml lime juice  
1 thinly sliced red chilli

## Method

Mix honey and lime together to make the dressing. Toss all other ingredients in a bowl and set aside till it's time to plate up.

Sautee garlic, ginger, chilli and 1/2 cup of onion for a minute on a medium heat.

Add coconut milk, ketchup manis and soy sauce, then whisk in the pepita paste.

Add the rest of the onions.

Bring to a slow simmer for 15 mins, stirring so it does not catch on the bottom. Add the lime juice and check the seasoning is balanced, the mix should be slightly thickened now.

If you reduce too far, add more coconut milk to bring it back to the right consistency.

Add the pulsed pepita seeds for texture and fold through.



Watch **Melissa Palinkas** demo her recipes at the Kleenheat Kitchen on Saturday 13 April.





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