

# CITTA-CHAT



Winter edition | Newsletter for members of Cittaslow Goolwa | 18 July 2022

## *President's welcome*

It's Winter Time! What does that mean? Cold, wet days, staying inside by the fire?

Well, that maybe so, but many have taken the opportunity over the last few months with the higher moisture in the ground to plant seedlings...about 2600 of them. Our very skilled green thumb, Iain Langusch has been busy over many months getting seedlings of plants endemic to our area ready to plant. Many have been sold at the market with the majority been supplied to Cittaslow members to plant on their own properties (for example, read about the planting day on Karen & Chris Lane's property 'Tjoperi' on Hindmarsh Island on page 6 of this issue). Just when you thought it was safe to put away your gum boots and spade, Iain has already started getting the next forest of seedlings ready for next Autumn.

It is activities like this that make Cittaslow such a great organisation, supporting Alexandrina Council in maintaining its Cittaslow accreditation for Goolwa. Our volunteers work tirelessly supporting activities such as the Produce and Artisans Market, Community Garden, How To Sessions and the Corner as well as the various interests groups, such as Food and Wine and Environment.

One of these wonderful volunteers is Bart O'Brien, who sadly is leaving Goolwa to return to Tasmania to live. Christine sums up the immense contribution Bart has made to our community in her tribute on page 11.

All of our family, adult and concession members should now have received their membership card by email. It looks a bit like this sample:

If you haven't received yours please let me know via email to : [president@cittaslowgoolwa.com.au](mailto:president@cittaslowgoolwa.com.au).



Cards for our business members and market stall holders will be sent out in the next week or so.

Our management committee won't meet in August. After the winter break we will start planning summer activities like At The Wharf. This coming season will be a little different as the wharf precinct will be undergoing extensive work, so we will be holding this event somewhere else with in Goolwa. So keep an eye out for news on this great activity.

In the mean time keep warm and safe.

Michael Keen

## CORE PROGRAMS

### *Cittaslow Corner*



As in earlier years, the admin and shopfront at Cittaslow Corner will be closed to give our volunteers a winter break. In 2022 this means we will be closed from 28 July and reopen on Thursday 1<sup>st</sup> September. During this time, a range of our products will continue to be available at the Cittaslow Goolwa Produce and Artisans Market held from 9am-1pm on the 2<sup>nd</sup> and 4<sup>th</sup> (and 5<sup>th</sup> when this occurs) Sundays of each month. During the closure this means 31<sup>st</sup> July, 14<sup>th</sup> and 28<sup>th</sup> August.

Just a reminder during this break, if you have an opportunity to collect toiletries and samples of personal hygiene products in your travels or while shopping, Cittaslow Corner continues to be a collection point for these products. Local volunteers then use them to make up packs for distribution to people in need of them.

And watch out for the extended range of EcoHouse products on our shelves (and at the Market) including cleaning and other environmentally friendly products to use around the house. Then when the Corner re-opens in the Spring, we will be introducing new recycling collection boxes for a number of items.

If you have any enquiries about products while Cittaslow Corner is closed, please contact Angela on 0438 321 674 or Rose-Marie on 0411 574 485.

### Cittaslow Goolwa Community Garden

The Community Garden continues to be a place where friendships, knowledge, skills and diverse produce grow. We have welcomed some new volunteers who are keen to become involved & to learn, as well as sharing their skills. One of these volunteers very kindly filmed & produced two short videos about the Community Garden, its members & its role in the Goolwa Community. These videos can be seen on YouTube - search: *Goolwa Community Garden*.

Our biggest project so far this year has been the purchase & installation of 4 raised garden beds. These will soon be available to rent out to Cittaslow members who are keen to have a small manageable patch to grow some fresh produce.

We have noticed a lot of changes around the ripening times of our fruit & vegetables, we acknowledge we have to adapt to the changing climate & really observe the weather patterns, no longer can we stick to past planting schedules.

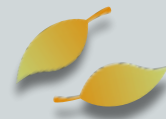
The Community Garden continues to provide fresh produce to the Kindy/Childcare Centre, with the ongoing support of Bendigo Community Bank, Goolwa Branch.

Our orange & lime have been relocated to a raised bed with plenty of sun & are doing well, as are the weeds!

Angela Toone



# Moments in the Community Garden



Weeding the orange and lime bed



Maintenance of tools & equipment is an ongoing job



The new raised garden beds.



Some of Iain's many seedlings





## The Cittaslow Produce and Artisans Market



The Cittaslow Produce and Artisans Market has become the Go To event on alternate Sundays in Goolwa, both for locals along with their children and dogs, as well as tourists who are on their way to or returning from a train ride.

The Market continues to grow, with between 15 and 25 stalls at each market providing a wide variety of food, locally made articles and plants.

Jane's departure from the market also meant the loss of the lovely bread from Willunga that people had come to count on. We found out that Home Grain Bakery at Aldinga delivers sourdough bread to the Middleton Bakery and so were able to provide both white and rye sourdough bread for Market customers, selling it from the Cittaslow Stall.

Recently we were pleased to have Basket Range Bakery ask to have a stall at the Market. Given the popularity of this bread range, it is a real scoop to have them at our Market. We hope that the stall becomes so popular that they will come to the Market long-term.

Visitors to the Market can have breakfast/lunch while there. There is a choice of G Gs Baked potatoes, Brents delicious savoury pastries, Les Deux Coqs goodies, Anna's array of baked goods, bagels and to finish off, the Brew Box coffee. And of course you can take it all home for later. There is also fresh fruit and vegetables and fresh plants to take home to grow your own.

These and other products like dried fruit and nuts, jams, sauces, and exotics like the Korean kim chi, French pate and other products are available.



Early this year we had the Eco House stall providing the Market with a range of environmentally friendly household products. Unfortunately this was short lived. However, Cittaslow has some of these products available at Cittaslow Corner as well as the Cittaslow Market stall. Cittaslow is also looking at how to increase the number of these products made available through the Market stall and Cittaslow Corner in order to promote using non plastics and non-chemicals in everyday life.



Apart from the 2 stalls selling a range of plants and seedlings we also sell native seedlings endemic to our area and Iain (who propagates them) is usually present to answer any questions. Our own Sophie Thompson! *haha...*

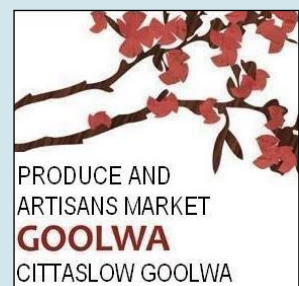
Sometimes Market days start off as really cold mornings. Mostly they end up being those beautiful, crisp, sunny winter days that make you glad to be alive so we hope that more and more people make the Market their regular fortnightly Sunday morning outing. SEE YOU THERE!

## The Markets need your help!

As you know, the Cittaslow Goolwa Produce and Artisans Market runs throughout the year on two and sometimes three Sundays a month. As well as the volunteers who work on the Cittaslow stall, we rely on the small team who set up and pack up the stall for each market. This role involves collecting marquees and trestle tables from Cittaslow Corner before 8.00 am and setting up the stalls; then, returning to pack up and replace the equipment from 12.45pm. The volunteers work flexibly and take turns to cover the tasks so that no one has to do it every time, however, several of the regulars in this team are away from Goolwa during the next couple of months and we are struggling to fill their important role. This is where we hope that you will offer to help!

- ♦ ARE YOU ABLE TO HELP OUT ON SUNDAY MORNINGS ONCE OR TWICE A MONTH - IN THE FIRST INSTANCE BETWEEN NOW AND THE END OF AUGUST?
- ♦ DO YOU HAVE A UTE OR OTHER LARGE VEHICLE FOR TRANSPORTING THE MARQUEES AND TRESTLE TABLES TO AND FROM CITTASLOW CORNER AND JARALDE PARK ONCE OR TWICE A MONTH?

If you can help with one or both of these, please contact Michael Keen (0447 172 219) or Iain Langusch (0448 334 9780), or talk to Angela Nesci, Market Manager, at the Cittaslow stall on Sunday mornings (2<sup>nd</sup> and 4<sup>th</sup> (and sometimes 5<sup>th</sup>) Sundays each month from 9-1pm). They will be delighted to explain how it works and show you the ropes (literally!)



## INTEREST GROUP ACTIVITIES

### Environment Group News



#### Planting on our property - *Tloperi Sanctuary, Hindmarsh Island/Kumarangk.*

##### Karen Lane.

Tloperi was purchased in 2010 by Chris and Karen Lane. The 80-acre property on Hindmarsh Island/Kumarangk is very close to the Coorong National Park and Lawarrii Conservation Park at the Murray mouth in South Australia. Prior to purchase the property had been continually farmed since 1856 and was devoid of any native vegetation. Since then, over 68,000 locally indigenous plants have been planted, purchased, and also grown by Karen through funding from programs including federal and state funding through MMER (HI Landcare), CLLMM (Goolwa to Wellington LAP), a Round One Federal Biodiversity Grant and this year a Hills and Fleurieu Landscape board grant and also Goolwa Cittaslow Environment group generous plant donations. We have recreated the ephemeral wetlands, inland sand dunes and woodland that would have originally been found on this part of Hindmarsh Island/Kumarangk and have attracted 5 species of bats, 5 species of frogs, over 60 species of birds, many reptiles and at least four rare butterfly species to the property. Natural recruitment of plants is increasing rapidly but there is still a need to increase the diversity and structure of the plantings on the property.



On June 4<sup>th</sup>, 2022, the weather was forecast for a high chance of rain and moderate winds, but even so thirty-four (AMAZING!!) intrepid planters descended on Tloperi to extend a large butterfly habitat on the eastern front sand dunes and infill on the western boundary as well. People came from Adelaide, Victor Harbour, Goolwa and Hindmarsh Island/Kumarangk, some were friends we knew from down here, others were from Adelaide Bring Back the Butterflies Group, Butterfly Conservation SA, Friends of Glenthorne Farm, and members from the Goolwa Cittaslow Environment Group and other Goolwa Cittaslow members as well.





From 10am to 12 we planted over 900 butterfly plants on the western front sand dune, we planted a yummy smorgasbord of locally indigenous nectar plants for butterflies (and native birds and lizards as well) including *Dianella brevicaulmis*, *Kunzea pomifera* and *Hardenbergia violacea* and dozens of other species and also butterfly host plants, *Poa poiformis* for the Spotted Grass Skipper butterflies and *Adriana klotzschii* for the Bitter Bush Blue butterflies that live on the sand dunes here.

Over a thousand plants were grown and donated to us by the Goolwa Cittaslow Environment Group but some were too small to be planted so will wait till later to be put in, 500 plants were purchased from Clayton Bay Community nursery and grown by Phil Collins (who collected some of the seed and cuttings from here) and community volunteers and were paid for from a Hills and Fleurieu Landscape Board Grass Roots grant. I also grew a few hundred plants this year as well. The planting project was registered with Planet Ark, so everyone's efforts have been recorded at a national level.



Just after 12 we stopped for a sausage sizzle, hot drinks and cakes including some amazing cakes made by my friend Mette and a big thankyou to Brian and Neil for cooking the BBQ for us and thanks to Iain from Cittaslow for donating most of the sausages. After lunch about 15 people decided to keep going and we all headed off to the Eastern boundary to put in another approx. 300 shrubs to infill previous plantings.

All in all, it was a wonderful day, everyone enjoyed the planting, the weather was good with just the odd shower and over 1200 plants were put in the ground and guarded in total. Many thanks from us and all the wildlife at Tloperi to Nev, Maggi, Mette, Brian, Kerry, Di, Debra, David, Roxanne, Abigail, Steve, Alan, Chris (hole digger extraordinaire ,1200 holes augured over 2 days before we planted !!), Tammy, Karen, Debbie, Angela, Iain (amazing organiser and grower of plants), Olaf, Sandra, Bob, Judy, Sue, Alex, Bart, Lloyd, Kate, Susan, Deidre, Steve, Judith and Martin (and some ones name I couldn't read from the list and anyone else who didn't sign in!).

THANK YOU all.



## EDUCATION



Investigator College students and Cittaslow's Bart O'Brien doing a Biochar burn. The photos show the important last stage of the process when the fire is quenched with nutrient rich water that activates the charcoal.

Iain Langusch



## FOOD AND WINE



Our first meeting of the year was held on 28<sup>th</sup> Feb 2022. The food theme was Australian. The wine quiz was by Steve Grieve and the Food and Wine quiz by Lauri O'Brien.

The agenda included discussions about the Community Garden improvements, the Wharf Redevelopment in relation to the At the Wharf Events at Signal Point, and the Raclette, fund raising dinner for refugees.

Meetings have continued each month with meetings held for months March, April, May and June and are very well attended. The July meeting is scheduled for 25<sup>th</sup> July.

Food themes have included the Raclette fundraising dinner, Vegetarian, Greek and, at our last meeting the very successful pie floater night.

Wine quiz hosts included Steve Grieve (x3), Iain Langusch and David Gabbusch. Food and Wine quiz hosts were Lauri O'Brien, Terri Gibson, Ruth Jones, Linda Kald, and Geoff Mayhew. It does seem as though the quiz's are becoming harder each time and Geoff did a completely different style by using food and wine music to base his questions.

We wish to thank the hosts of these quizzes, who generously donate the wine for the blind tasting and the wine for the winners of each quiz. It is much appreciated.

Amongst other items for discussion on the Agenda's have been the Vogelalonga Down Unda, the Million Trees project, Seasonal Dinners and another Locavore lunch.

Roger Stainer





Pie-floater night  
at the G.A.C.





The team have organised several sessions in the past months but unfortunately the Tour of Cittaslow Community Garden and intro to setting up a garden bed, did not progress past the invitation stage as sadly there was little interest.

The first session that the new team organised was Pasta making held on 15 March at Angela Nesci's home. Angela is a very talented cook and the group learnt how to make fresh pasta by machine and to appreciate the true skill of making home made pasta, participants also made it the good old-fashioned way - by hand!

On 28 April we held a session on Cheese Making at the Goolwa Aquatic Centre. Rebekah kept us entertained with how the family business, Alexandrina Cheese Company started and where it is heading today. The session concluded with a very tasty array of cheeses that she so generously provided. Unfortunately we were so busy smacking our lips and chatting that we forgot to take photos!

The most recent session on making Kombucha and Pickled Vegetables was held at the Community Garden on 23 June. Ian Langusch explained the process of making the fermented, lightly effervescent sweetened black or green tea drink. We tasted his brew which was a ginger beer flavour - very refreshing with a hint of sweetness. We were able to take home Ian's recipe and a SCOBY (symbiotic culture of bacteria and yeast) which is the 'mother', to make our own brew.

Three pickle recipes were on offer. Rose-Marie Vasiljuk discussed how to make "quick" (20 minutes from prep to eating) refrigerated pickled vegetables - a short term product which is kept in the fridge for up to two months. Angela demonstrated how to make a longer keeping pickle and how to also make a quick pickle - a very flavoursome Italian style flavoured with garlic, chilli, and her own air-dried oregano. We had willing participants chopping veggies, and everyone enjoyed the tasting.

These sessions are a wonderful way of learning something new and meeting fellow Cittaslow members in a casual and fun environment. These types of events can only continue if we have a team of members to happily organise and support these sessions and willing volunteer "teachers" (no teaching skills required) who are passionate about their interest or hobby and love to share. If you would like to be part of our How to team, have some session ideas, or are happy to share your craft with other people, we would love to hear from you.

#### THE HOW TO TEAM





## Farewell to Bart O'Brien

With considerable sadness and a heap of gratitude, this month we farewell one of our most active members and volunteers, Bart O'Brien, when he returns to relocates to Tasmania. Bart will be well known to many of you as an enthusiastic champion of everything that Cittaslow represents. Since becoming a member in 2015, Bart has been actively involved in the Food and Wine Group and the Cittaslow Environment Group activities. He has consistently volunteered his time at events like Smoke Off and At the Wharf and in staffing Cittaslow Corner, as well as being a regular in the set-up and pack-up team for the Sunday Cittaslow Goolwa Produce and Artisans Market.

Bart was a key player in initiatives like the Locavore Lunch where he became an ardent advocate of the challenge to source every single ingredient locally in this 5-course meal for 50 people! He led by example in the development of sustainable farming techniques, sharing his growing knowledge about the use of Biochar through 'How To' demonstrations for members.

Throughout his time in Goolwa, Bart's ebullient nature has seen him make good friends in this community. At the end of July, Bart is returning to Tasmania where he grew up. Cittaslow will miss him as a gregarious workmate and determined supporter. On behalf of all Cittaslow Goolwa members, we thank him for his significant contribution to our community through his work in Cittaslow and wish him all the best for the future. Don't be a stranger, Bart.

Christine Putland



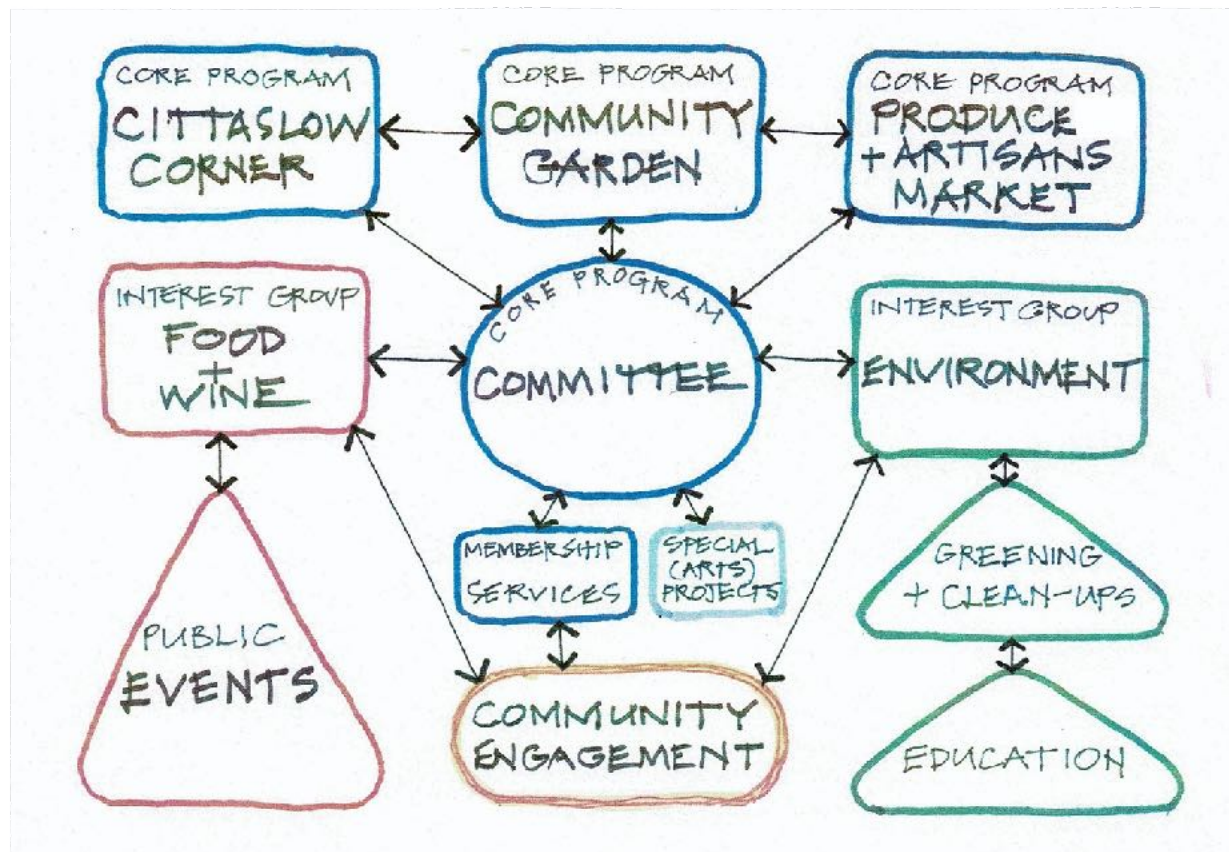


## KEY CITTASLOW CONTACTS 2022

<b>GENERAL INQUIRIES</b>		<a href="mailto:admin@cittaslowgoolwa.com.au">admin@cittaslowgoolwa.com.au</a>
<b>COMMITTEE</b> <b>President</b> <b>Vice President</b>  <b>Treasurer</b> <b>Secretary</b> <b>Members</b>	Michael Keen Iain Langusch Angela Nesci Tony Hargreaves Christine Putland Jane Williams Roger Stainer Olaf Hansen Antonio Trimboli	<a href="mailto:president@cittaslowgoolwa.com.au">president@cittaslowgoolwa.com.au</a> <a href="mailto:languino66@gmail.com">languino66@gmail.com</a> <a href="mailto:anesci48@gmail.com">anesci48@gmail.com</a> <a href="mailto:treasurer@cittaslowgoolwa.com.au">treasurer@cittaslowgoolwa.com.au</a> <a href="mailto:secretary@cittaslowgoolwa.com.au">secretary@cittaslowgoolwa.com.au</a> <a href="mailto:jane@bigpond.net.au">jane@bigpond.net.au</a> <a href="mailto:rstainer@internode.on.net">rstainer@internode.on.net</a> <a href="mailto:o.hansen@inet.net.au">o.hansen@inet.net.au</a> <a href="mailto:ttrim52@gmail.com">ttrim52@gmail.com</a>
<b>CITTASLOW CORNER</b> <b>Coordinator</b>	Karen Ross Rose-Marie Vasiljuk	<a href="mailto:corner@cittaslowgoolwa.com.au">corner@cittaslowgoolwa.com.au</a>
<b>COMMUNITY GARDEN</b> <b>Volunteer Liaison</b> <b>Newsletter</b>	Angela Nesci Ange Toone	<a href="mailto:garden@cittaslowgoolwa.com.au">garden@cittaslowgoolwa.com.au</a>
<b>CITTASLOW GOOLWA PRODUCE</b> <b>AND ARTISANS MARKET</b>	Angela Nesci	<a href="mailto:market@cittaslowgoolwa.com.au">market@cittaslowgoolwa.com.au</a>
<b>FOOD &amp; WINE GROUP</b> <b>Chair</b> <b>Notetaker</b>	Lauri O'Brien Roger Stainer	<a href="mailto:foodandwine@cittaslowgoolwa.com.au">foodandwine@cittaslowgoolwa.com.au</a>
<b>ENVIRONMENT GROUP</b> <b>Convenor/Chair</b>	Iain Langusch	<a href="mailto:languino66@gmail.com">languino66@gmail.com</a>
<b>AT THE WHARF EVENTS</b> <b>Coordinator</b>	Lauri O'Brien	<a href="mailto:lauri@healthcareredesign.com.au">lauri@healthcareredesign.com.au</a>
<b>PUBLICITY</b> <b>Print/Radio</b> <b>Website</b>	Ken Smith Tracy Parkes Rose-Marie Vasiljuk	<a href="mailto:kgsmith27@internode.on.net">kgsmith27@internode.on.net</a> <a href="mailto:parkes.tracy@gmail.com">parkes.tracy@gmail.com</a> <a href="mailto:rosemarievasiljuk@gmail.com">rosemarievasiljuk@gmail.com</a>
<b>MEMBERSHIP</b> <b>Liaison/financial</b> <b>Registration/data base</b>	Tony Hargreaves Lynn Maxwell Lauri O'Brien	<a href="mailto:treasurer@cittaslowgoolwa.com.au">treasurer@cittaslowgoolwa.com.au</a> <a href="mailto:maximcs@bigpond.com">maximcs@bigpond.com</a> <a href="mailto:lauri@healthcareredesign.com.au">lauri@healthcareredesign.com.au</a>
<b>NEWSLETTER</b> <b>Content Coordinator/Editor</b> <b>Publisher/Layout/Editor</b>	Christine Putland Gillian Keen	<a href="mailto:secretary@cittaslowgoolwa.com.au">secretary@cittaslowgoolwa.com.au</a> <a href="mailto:newsletter@cittaslowgoolwa.com.au">newsletter@cittaslowgoolwa.com.au</a>



## Organisational Diagram



How all the activities in Cittaslow Goolwa fit together - you can find out more about each area on the website: <http://www.cittaslowgoolwa.com.au>

## Newsletter of Cittaslow Goolwa Inc.

**Editing/layout:** Gillian Keen

**Content/coordination:** Christine Putland

**Photography:** Rod Flintoff, Iain Langusch, Angela Nesci

**Please send contributions to:** [newsletter@cittaslowgoolwa.com.au](mailto:newsletter@cittaslowgoolwa.com.au)