

INSPIRE! For all tropical, subtropical and warm climate gardens

RRP \$7.95 inc GST

ISSUE 13
QUARTERLY

subTropical Gardening

and landscaping in warm climates



**local advice for
local gardeners**



COLOUR
– blue



GARDEN STYLE
– Bali and bush



ORGANIC GARDEN
– vegies and fruit



SUBTROPICALIA
COLLECTOR

PROSTATE CANCER took one of my best mates, Pete. Each year it kills more than 2,900 Australian men – fathers, brothers, friends. Once men reach 50 they ought to talk to their doctor about prostate cancer – and if necessary get checked. It makes me angry to see so many good men needlessly lost. So if you have a loved one or friend who is 50 or older, please tell him to ask his doctor about prostate cancer.

Don't make me
ANGRY

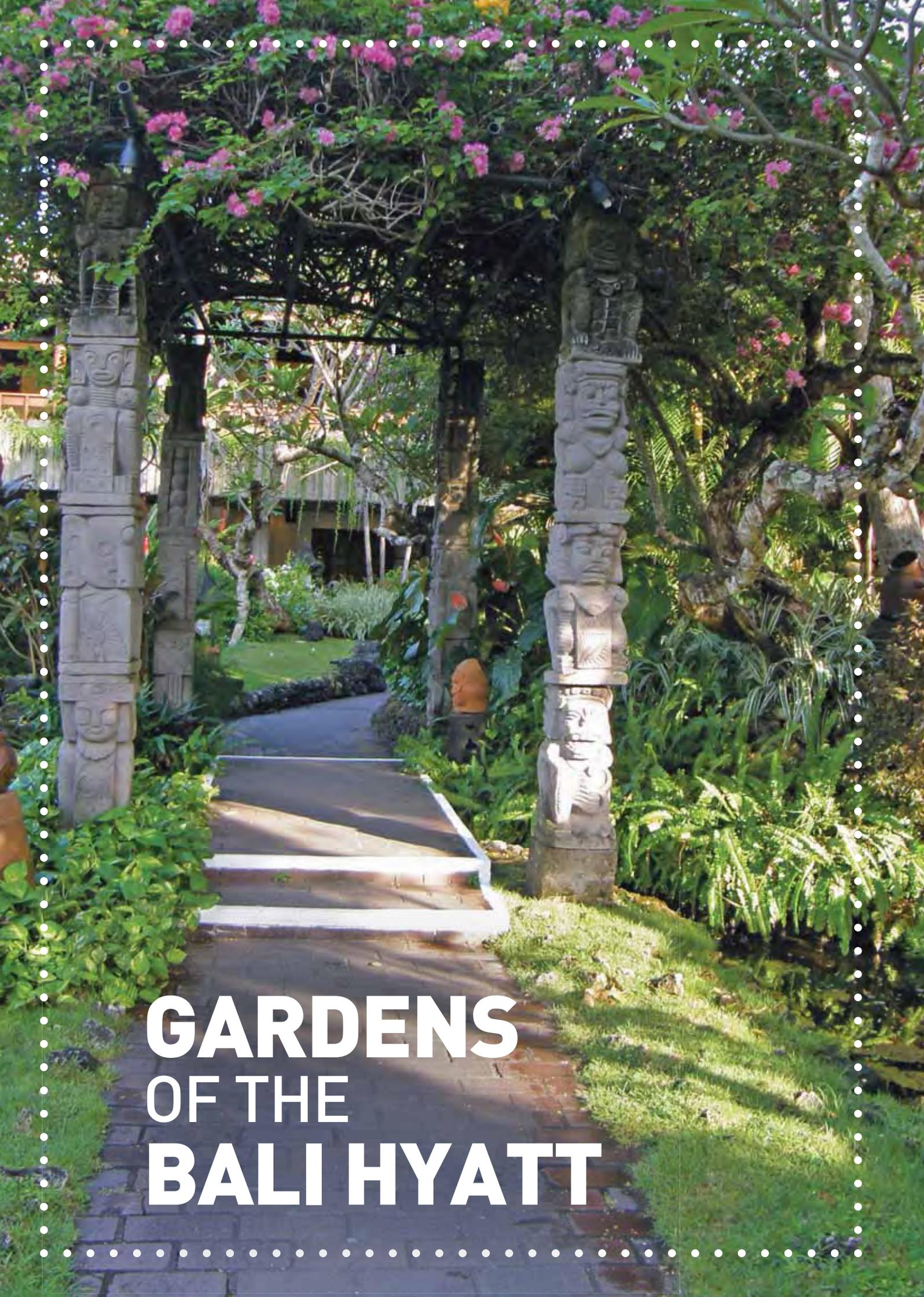
– talk to your
doctor about
**PROSTATE
CANCER**



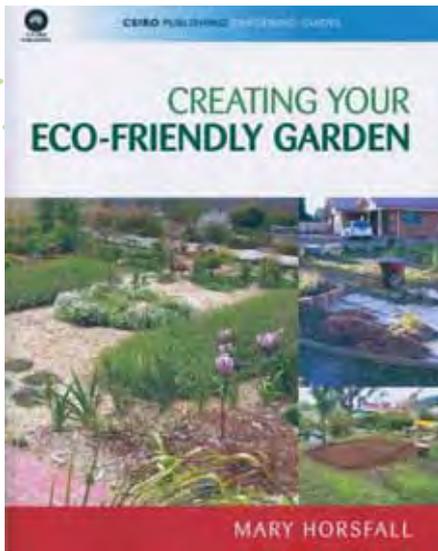
Prostate Cancer
Foundation
of Australia

FREECALL 1800 22 00 99
www.prostate.org.au





GARDENS OF THE BALI HYATT



Creating Your Eco-Friendly Garden – By Mary Horsfall

Based on personal experience in creating an environmentally sympathetic garden the author shows how to create a similar garden with minimal cost. Photographs depict steps and processes involved to provide assurance that this is not just words but actual projects with practical outcomes – it's a DIY meets eco-warrior on the domestic front. Good read with great ideas.

Publisher: CSIRO Publishing, 2008

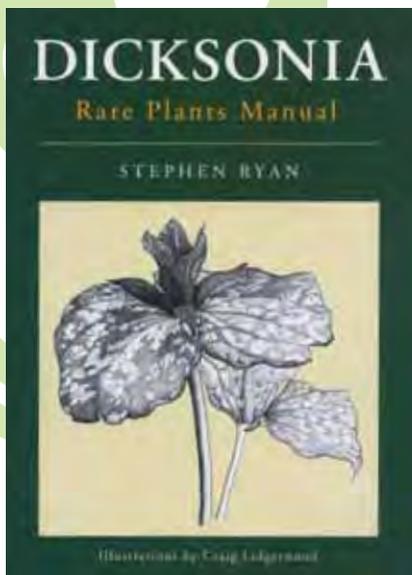
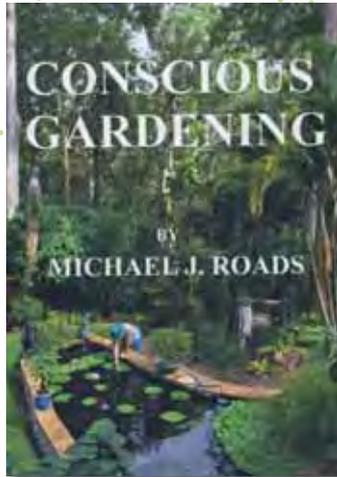
RRP: \$39.95

Conscious Gardening – By Michael J. Roads

Too often gardening books present an impersonal experience of gardening, cautious to say what authors really think. This book is daring to explore the author's inner most thoughts and opinions about the land, soil, vegetables, fruit, life and conscious gardening. Not everyone may agree with the thoughts explored in the book but the journey is a good read for some to adopt with sound gardening tips and advice.

Publisher: Roadslight P/L, 2008

RRP: \$19.95 available from www.michaelroads.com



Dicksonia: Rare Plants Manual – By Stephen Ryan

Started out as a nursery catalogue the author introduces many unusual plants to keen gardeners expressing his personal humour and observations. Though many plants are unsuitable for the warmer humid climates, it is enjoyable to read (with a glass of red). Read carefully and you will find a few gems worth tracking down to grow in your own garden in the subtropics.

Publisher: Hyland House, 2008

RRP: \$29.95

Editor's Choice For 2008 Christmas Gifts

Here are the top 12 books the Editor recommends to gardeners in the tropics, subtropics and warm climates of books reviewed over the last year.

Paul's assessment is based on content relevance, horticultural quality, aesthetics and price. There is no order for this listing.

Good Gardens with Less Water

– By Kevin Handreck

Mangroves to Mountains

– By Glenn Leiper, Jan Glazebrook, Denis Cox & Kerry Rathie

Successful Gardening in Warm Climates

– By Annette McFarlane

Queensland Planting Guide

– By Brisbane Organic Growers Inc.

Frangipani

– By Linda Ross, Lorna Rose and John Stowar

Native Plants for Top End Gardens

– By Nicholas Smith

Grow Clivias

– By Graham Duncan

Dry Gardening Australia

– By Jonathan Garner

My Gardening Year

– By Shirley Stackhouse

Conscious Gardening

– By Michael J. Roads

Creating Your Eco-Friendly Garden

– By Mary Horsfall

Grow It, Eat It

– By the Royal Horticultural Society, UK

COLOUR – BLUE

Paul Plant FAIH
Horticulturist – Ipswich



BLUE represents calmness. In the garden, it often appears stronger in cooler climates with their softer sunlight intensity. However there are plants with bold blue flowers that thrive in the heat and humidity of the tropics and subtropics. Associated with blue on the colour wheel, are the mauve and purples. Blue is an uncommon flower colour in nature. It tends to recede into the background, so large masses of it are needed to make an impact. Blue is a very cooling colour when used in the garden, particularly when associated with white.

Blue is associated with authority as depicted in blue business suits. Excessive blue can make some people feel sad or depressed, as related to the saying “feeling blue”.

Blue in the garden can:

- create an elegant mood when mixed with green and grey foliaged plants
- create contrast using it against its complementary colour – orange
- enhance a nautical theme when mixed with white

The following images represent a few plants worth growing in the warm climates.



Jacaranda (*Jacaranda mimosifolia*)
– deciduous tree to 12m. Flowers in late spring and summer. Adaptable to most soil conditions.

Go to www.stgmagazine.com.au for more plants displaying blue attributes.



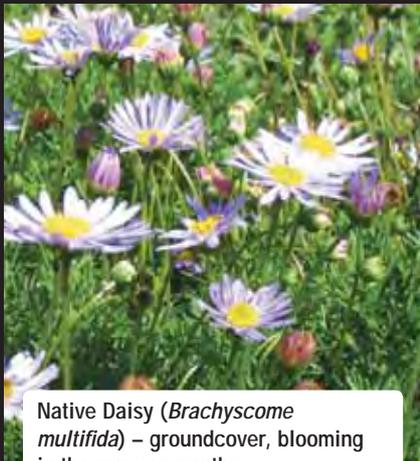
Blue Mist Flower (*Bartlettina sordida* syn. *Eupatorium megalophyllum*) – shrub to 2m with large dense heads of blue flowers. Protect from full sun. Prefers fertile and mulched soils.



Brilliantasia (*Brilliantasia subulugurica*) – Shrub to 2m with spikes of blue flowers in spring and summer. Full sun to semi-shade and fertile well-drained soil.



Tree Wisteria (*Bolusanthus speciosus*)
– deciduous tree to 6m in cultivation. Spring flowering. Tolerant of drought and poor soil.



Native Daisy (*Brachyscome multifida*) – groundcover, blooming in the warmer months. Best with full sun and well drained soil. Drought tolerant. Native.



SNACK FRUITS FOR KIDS



Jaboticaba – enticing, succulent and abundant.

PP

Sub-Tropical Fruit Club of Queensland

Images Paul Plant **PP**
Ted Newton **TN**
Linda Brennan **LB**

Noel Burdette **NB**
George Allen **GA**

PARENTS and grandparents, are you concerned about the young kids snacking on sweets, crisps or other highly processed junk foods while they sit indoors watching television or playing video games?

Why not entice them into your backyard to snack on a few fresh nutrient-dense novel fruit they would rarely see that they can discuss with or show-off to their friends. Anecdotal evidence suggests that when kids pick their own fruit (or vegetables) from the backyard they and their friends are more likely to consume that fruit.

The plants discussed below are perfect for growing a natural nutrient and vitamin supplement for kids (and adults) in most backyards. The kid-snacking fruit suggested for most tropical, subtropical and warm temperate backyards are:

- Acerola Cherry
- Jaboticaba (and relatives)
- Grumichama (and relatives)
- Miracle Fruit
- Ceylon Hill Gooseberry

They are particularly suitable for planting in school gardens – gardens which are receiving increasing community focus.

These fruits are rarely, if ever, found in supermarkets and their novelty value intrigues young children.

Parents have found that when young kids are encouraged to snack on fresh fruits (particularly those that are small, tasty and bite sized) they are less likely to be constantly looking for the junk food sugar hit. Acquire some or all of these plants and start your own kid-friendly food forest and encourage your kid's school to do the same.

Acerola Cherry *Malpighia glabra*

The Acerola Cherry is an outstanding selection for a kid's snack fruit with its very high natural Vitamin C and Beta-Carotene content. It is not bad for adults either as Acerola wine retains 60% of the original fruit Vitamin C. You can drink the wine and fight off those dreaded colds and flu. The Acerola Cherry was covered in detail in Issue 7 of this magazine. >>