



# Greening & Growing *together*

NEWSLETTER SUMMER 2021

## Community Greening News



Master Gardeners in Bega at the Glebe estate Community Garden

Over the past few years the Master Garden program has gone from strength to strength.

We will be running two Master courses in Nowra and Wilcannia and are seeking participants. If you live in Nowra and Wilcannia and would like to join us. Get in quick as the courses fill fast, we have 28 interested in Wilcannia already!

On the **9,10,11 March 2021**, we will be running a course in Sydney for people who have already completed the Master Gardener course who have been volunteering in their local

community gardens and are working with other community members in a coordinator and peer education role.

We are asking for Master Gardener participants to express **interest** in this course. It will be held at the Botanic Gardens in Sydney (support with travel/ accommodation is available) but will focus on the People side of community gardens in the best plant place. We continuously hear and observe that the hardest part of community gardening is working with the community, especially people who are struggling with mental

health and other personal issues. Often our garden coordinators find themselves in positions where they play the role of a counsellor and have to deal with issues that sometimes involve conflict. This 3-day course is designed to help garden coordinators to develop skills needed for personal self-care and ways to help support the community in a sustainable way.

Please email [paddie.lane@bgcp.nsw.gov.au](mailto:paddie.lane@bgcp.nsw.gov.au) to express your interest.

*Paddie Lane*

# 8 flora facts about dazzling Dahlias

**T**hrough selective breeding over many years, florists and horticulturists have been able to change the patterns and colours of the different flowers to create the incredible diversity we see today.

Unlike many other flowers, Dahlias are octoploids, which means that they have eight sets of chromosomes. For reference, humans only have two.

This means there are countless hybridisation opportunities and an amazing genetic diversity which allows us to create the desirable characteristics.

The bright and colourful collection of Dahlias at the Blue Mountains Botanic Garden Mount Tomah has been bringing a sense of wonder and joy to plant lovers from around the world. The impressive display has an extensive range of colours, shapes, sizes and best of all - quirky names.

*Carla Horvath*

[www.rbgsyd.nsw.gov.au/Stories/2019/8-flora-facts-about-dazzling-Dahlias](http://www.rbgsyd.nsw.gov.au/Stories/2019/8-flora-facts-about-dazzling-Dahlias)



- Yellow Dahlia in flower now at East st Community Garden Bega cared for by Glebe Estate
- resident and recent Master Gardener participant David



# How we communicate

## How Can I Communicate More Effectively?

### Active Listening...

Look at people when they're speaking

Notice your body language

Nod your head

Encourage people to ask questions

Learn from other people's culture by allowing people to tell their stories

### Find a way to communicate that you're comfortable with...

Be relaxed

Face the person you're talking to

Watch your body language, how you're standing or holding your arms

Tone of voice

Eye contact

Breathe

Give people time to listen

Watch your audience, are they bored, are they engaging, are they interested?

## YOUR COMMUNICATION TOOLBOX

### WHAT IS GOOD COMMUNICATION?

#### Places-People-Plants

Learn about other people's cultures helps to understand diversity.

Diversity in a garden is a healthy garden.

Different types of food can be grown and delicious meals shared.

#### Respect...

The right of others

Respectfully disagree without having an argument

Hear people's opinions

Learn from people's differences

Learn from people's diversity

## How Do I Communicate?

Do I make assumptions about others...

- People's Gender?
- People's Age?
- People's Cultures?
- People's Values?
- People's Body Image?
- People's Disability?
- People's Sexual Orientation?
- People's Beliefs and Values?
- People's Religions?

It's important to be aware of the assumptions we make about people. People from different cultures sometimes have different beliefs and values that may conflict with your own

These notes are a part of the Master Gardener resource under development and has a corresponding worksheet.

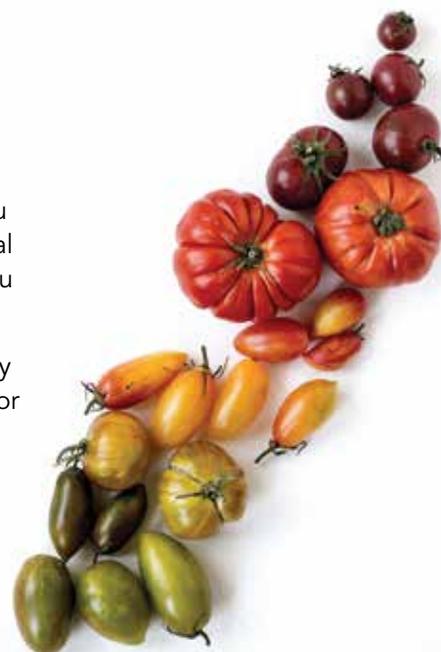
# The Tomato Festival Sydney 2021 is going virtual!

We're excited to announce that the Tomato Festival Sydney is going virtual! Due to restrictions we're going online with live sessions with Costa, Grow it Local and the Diggers Club. There will be great recipes from award winning and Executive Chef of the Longest Tomato Lunch - Chef Luca Ciano.

Check out the great tips on growing tomatoes, interesting facts, information about the different

heirloom varieties and a look back at last year's Festival. We hope you enjoy this small taste of the Festival and look forward to welcoming you back to the Garden in 2022.

Stay Connected on the Community Greening NSW Facebook Group for links, dates and times to join us.



## Community Greening – Have your say

The Community Greening Participant Survey 2021 is now LIVE!

Do you live in social housing? And are you involved in gardening with neighbours or a community garden?

Tell us about the benefits of community gardening and help improve the Community Greening program.

The survey is open from Monday 8 February and closes at 7.00pm on 9 April 2021.

To complete the survey, go to [www.surveymonkey.com/r/V3YFPLQ](http://www.surveymonkey.com/r/V3YFPLQ).

By completing the survey, you can go into a draw to win a seed pack from the Royal Botanic Gardens.

We would love to hear about your experience.

### Can't fill in the online survey?

Contact Phil Pettitt (0447 420 173) to get a paper copy of the survey or to access the survey in a community language.

Royal Botanic Garden Sydney and Community Greening are on Facebook, Twitter and Instagram. Follow us.



[www.facebook.com/RoyalBotanicGarden/](http://www.facebook.com/RoyalBotanicGarden/)



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Community Greening is a partnership program of the Royal Botanic Gardens and Domain Trust and Housing New South Wales. Youth Community Greening is made possible with generous financial assistance from the Eden Foundation.

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