

PO Box 43376  
Casuarina NT 0810

Off Freshwater Drive  
(Behind Community Orchard)  
Jingili Water Gardens

jingilicommunitygarden@gmail.com



**Open  
Garden Day  
17<sup>th</sup> August  
2019**

## **History of Jingili Community Garden:**

Welcome to our beautiful Community Garden, a Lila Notley initiative.

After previously being diagnosed with cancer herself, Lila was concerned about the escalating incidence of many diseases in our community, especially among the young, and believed it could be reversed by proper nutrition. She believed we needed to start with the soil to make lasting changes, growing and eating organic produce. However organic foods were hard to find in Darwin.

As she said 'cancer is a great motivator for change'. Lila was indeed a visionary. She went on to establish the 'Organic Growers & Consumers Association of the Northern Territory' which was incorporated in 1995 and this was how organic produce was first bought from interstate for it's members. She also went on to put a submission to Darwin City Council to sponsor a Community Garden. The rest they say is history.

This garden was first established in 1996 by Lila with the help of like minded friends and the DCC land. DCC fenced the area, PAWA put in the irrigation, TIO paid the insurance. They were the first sponsors and it was up and running under the name of 'Organic Growers & Consumers Association of the Northern Territory'. This name was changed to Jingili Community Garden Inc. in 2005.

The Community Garden started with a few plots and has grown over the years to 31 individual plots with communal areas of citrus, bananas pawpaw trees as well as assorted passionfruits. The garden is organic, non profit and sustainable. There are many precious babies and children (with their parents of course) as part of this garden and we welcome them. They are the organic gardeners of the future.

## **Take a walk around our garden:**

Explore the herbs grown in the Lila Notley communal herb plot including, assorted basil, French tarragon, Echinacea, dill, rosemary, sage, chilli, parsley and coriander.

Within the individual plots you will find many vegetables including assorted spinaches, Asian greens, lettuce, rocket, tomatoes, snow peas, eggplant, taro, cucumbers, long beans, sweet corn, Abika, zucchinis, pumpkins and Mizuna's. Our boundaries include many citrus trees, paw paws, banana's and passionfruits

We are still learning from each other: Get inspired and grow healthy organic foods.

**Gardens grow good food**

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## Garden Greens: Growing

**Good book:** Tropical Food Gardens (Leonie Norrington)

### Wet and dry season:

Sweet leaf  
Ceylon Spinach  
Brazilian Spinach  
Aibika  
Amaranth  
Kangkong  
Rocket  
Sweet potato  
Bok Choy

### Dry season greens:

Tatsoi  
Mizuna  
Bok Choy (best dry season)  
Pac Choi  
Kale  
Rocket (best dry season)  
Choy sum  
Cos Lettuce  
Chinese cabbage

### Good place to buy seeds:

<http://www.diggers.com.au>  
<https://www.edenseeds.com.au>  
Rapid Creek market (Greenies)  
Bunnings

### Sources of Plant food

Horse manure: Rapid Creek stables  
Cow Manure:  
Wishart rd Cattle Pens  
Organic Liquid fertilizers ( eg seaweed)

## Garden greens: Eating

### Kale Crisps

Chop up kale into bite-sized pieces. Wash and dry. Spray or drizzle with olive oil, sprinkle with salt, bake 10-15 in medium oven on baking tray. Perhaps sprinkle with a bit of grated parmesan before finished cooking. Crispy and yummy and interesting.

### Good websites for local sustainable cooking

<http://gulpnt.com>  
<http://themulchpit.net>

### Garden Green Tofu Dip Ingredients

5 cups of garden greens (corianders/spinaches )  
1 Chilli (one long)  
Red onion (½) chopped  
Cashews/almonds (1 cup)  
Olive Oil (½ cup)  
Lemon Juice (1/2 medium sized)  
Garlic (2-3 cloves)  
Soft Tofu (4 Tbs/)  
Pepper and Salt

Mix all in blender (add more or less lemon juice/chilli/tofu as required)

### Green morning

**juice:** (some of the following)  
Kale/spinach  
Lime/lemon juice  
Ginger/celery  
Green apples

### Stir Fry:

Garden greens  
Chopped garlic  
Chopped ginger  
Fry lightly in soy sauce and sesame oil (few drops)