

It was a beautiful day for the official opening of The Cape Community Farm Inc.



Our cape life: *in October*

What's been happening and what is about to happen...

Welcome The Community Farm was officially opened on Saturday 1 October - and the weather was perfect. It was a fun event for farm members, which included planting and a harvest for sharing. Farm guests included our local member, *Jordan Crugnale*; representative for the Boonwurrung traditional owners, *Sonia Weston*; our Mayor, *Michael Whelan*; and Deputy Mayor, *Leticia Laing*. It was great to see around 50 people attend this long awaited launch. The Farm now has around 40 members and around 84 beds have been allocated with many of those having been planted already. The plantings are looking great, and members could be in for a bumper crop come harvest time.

Remember, the Farm is still a work in progress, but there will be lots of opportunities for the broader community to engage with happenings at the Farm. Stay posted.

The Committee is working on a family day and all the fun details will be announced once finalised.

You may have noticed that some of the resident magpies have begun their swooping behaviours. It's a regular spring time thing when they are protecting their nests and babies. There are signs up around the place, so give the birds some space and try another path - that keeps everyone happy and safe.

...arrivals

We'd also like to send a very warm welcome to the newest residents at The Cape:

Seadragon: Mark & Bar.

Seastar: Tshepo & Lani; Sharon.

Spinifex: Anthony, Sarina, Harrison, Jaida & Emily;

...sweet potatoes and how to strike them



Sweet potatoes are a very healthy addition to our diets and they work really well in wicking beds - allegedly, one of our gardeners grew over 10kg last year in a single food cube – challenge on anyone?

This is a 2-step process with the 2nd step being described next month.

Grab your supplies:

- A sweet potato! Can I just use one from the pantry I hear you ask. The answer is 'maybe' – the standard sweet potatoes you buy from the supermarket may have been treated to prevent them growing. You're more likely to have success with Organic sweet potatoes, or a Sweet potato from a nursery intended for growing. Save the best one from your crop and use that next year.

- Skewers
- Large Jar (eg large coffee jar)
- Water



Step one:

- get your sweet potato and see which end is pointier – this is the top!
- Insert 3 skewers about a quarter of the way down to form a support
- Put your sweet potato in the jar and add water– as per the picture
- Keep in a warm place (eg on the kitchen bench)
- Keep the water topped up and change the water once a week.
- Within a few weeks you will see roots start to appear and then you should see green shoots.

Join us next month for what to do with your sprouted sweet potato!

Events



Women's breakfast at The Channel Store

When: 9.45am, 1st Wednesday of the month

Where: The Channel Store

Shout out to the ladies...come along and enjoy some good food and great company....what a way to start your day! Babies and toddlers welcome.

Cape Paterson Community Membership Day

When: 11am, Sunday 16 October

Where: Community Farm

Join us at the Farm to look around, ask questions and take up a membership at the special introductory price of \$75 (subsequent years will be \$150) - and maybe you'd also like to rent some plots for an additional \$50 per plot, per annum. See you there!

Men's breakfast at The Channel Store

When: 8am, 4th Friday of the month

Where: The Channel Store

Shout out to the blokes...come along and enjoy some good food and great company....what a way to start your day!