

## LIZ'S KITCHEN RULES

Cauliflowers belong to the Brassica family and are an annual vegetable, they are instant recognisable for the edible white head which is the part of the plant generally eaten. The origin of the name is from the Latin word caulis (cabbage) and flower.

Pliny included what he referred to as cyma among his descriptions of cultivated plants in Natural History, (1st century AD). "Of all the varieties of cabbage the most pleasant tasting is cyma". His descriptions most likely refer to an earlier variety of the plant we know today, Arab botanists wrote about it in the 12th and 13th century, it's origins said to be Cyprus. All of this tells us that the cauliflower has been around for a long time and probably arrived in Australia with the first settlers.

They are a versatile vegetable and can be roasted, boiled, fried, steamed, pickled and eaten raw, cauliflower rice is a popular and healthy way of eating this vegetable. It is finely chopped into rice size pieces and put into specific packaging which can be microwaved for a quick addition to a meal. The Ryan family are value adding to their crop by using the 40% which is normally thrown away to venture into a West Australian made cauliflower rice.

If you want to grown your own there are seedlings available at the moment, autumn is a good time for planting in the home garden. Dig your soil over well, adding well-rotted compost, ¾ handful blood and bone and a handful of lime per square metre, plant 60cm between rows and 50cm between plants firming down well. Water in, they love the sun but don't like to dry out. When heads begin to form, feed weekly with a liquid plant food, bend some leaves over the curd or provide shade as exposure to the sun will discolour them. I should mention the dreaded White Cabbage Butterfly which absolutely loves all the brassica family, you can either cover your rows with netting or simply check every day and either spray with a safe product or do what I do, pick the little green caterpillars off and dispose of them before they can do any damage. Harvest when the head is fully developed, white and firm.

One serving of cauliflower contains 77% of the daily recommended intake of Vitamin C, a good source of Vitamin K and Vitamin B6 and fibre, all the good things, due to the ideal growing conditions in our south west they are always available, a good reason to eat more of them!

### SPICED CAULI and SWEET POTATO

Ingredients:

1 cauliflower head, 1 medium sweet potato, 1 tablespoon Moroccan spice blend or turmeric, 1 teaspoon cinnamon, 1 tablespoon Light Extra Virgin Olive Oil, 80g almonds, 3 handfuls of rocket, Salt and pepper to taste.

Method:

Preheat the oven to 200°C/180°C fan-forced. Line an oven tray with baking paper. Cut the cauliflower into small florets. Peel and cut the sweet potato into 1 cm cubes. Place in a large bowl, add olive oil, Moroccan spice mix and cinnamon to cauliflower and sweet potato mixture. Season with a pinch of salt and pepper. Transfer the cauliflower and sweet potato onto the prepared tray. Cook in the oven for 30 minutes or until the sweet potato is tender and the cauliflower is golden and slightly charred on the edges.

To roast the almonds, place almonds on a lined baking tray and pop in oven for approximately 10 minutes.

To serve: combine the rocket, roasted almonds, cauliflower and sweet potato and season with salt and pepper.

A lovely lunch or delicious as a side serving with a roast.



### A PRODIGIOUS POTATO

Those of you who read our April edition of bytes will recall the eggstroordinary story of the large egg produced by one of our local chooks, as we are hot on the topic of all things huge we couldn't let this month pass without adding the tale of the supersized spud.

One morning in late March Mike from Manjimup decided it was time to dig over the vegetable patch in preparation for autumn planting. Our man was digging up the last of the potatoes when he spied quite a mound under the soil. As he began to clear the soil away it became clear this was a rather large potato, it was extracted carefully from the garden bed it had drowsed in all summer and proved to be a whopper, 1.43kg to be exact! It was marvelled at, discussed and photographed for posterity, finally going the way of all potatoes, roasted, mashed and chipped for the following week or so. For the record the variety was Dutch Cream and I think Mike from Manjimup is keen to plant them again this year, you never know, there might be another monster lurking underground come harvest time!

The Guinness Book of records says that the world's heaviest potato tipped the scales at a massive 4.98kg and was grown by Peter Glazebrook in the UK, it was weighed at the National Gardening Show on 4th September 2011, I wonder if he has any tips he would like to pass on?

Let's finish this tasty tater tale with a quote from A A Milne, "What I say is that, if a fellow really likes potatoes, he must be a pretty decent sort of fellow". Liz Coley

**WHO ARE WE?** The Bytes Team who bring you this publication are: Rae Starr, Manjimup CRC Liz Coley & Kathy Hill  
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# Manji Cafe Bytes

## Byte sized stories

May 2018, Edition 48



Artist: John Duncan

Welcome to our May newsletter. Winter is on the doorstep, knocking quietly with a reminder to dig out our warm clothing and make sure our wood supplies are piled high, the glorious autumn colour will be fading before long. Our town continues to advance, we can all be grateful for the funding the government has provided, which means they can see the value of our area as much as we can.

It's only a few weeks before the Motor Cross 15000, well done to all the organisers. We can look forward to another internationally successful event.

### WORLD NAKED GARDENING DAY

If you need an excuse to shed all your clothes and head out into the garden to do some work, then May 5th is the day to mark in your calendar for 2018.

This unofficial holiday has been celebrated annually on the first Saturday in May each year, the idea being that it helps people to liberate themselves and reconnect with the natural world, if you want to take part here are a few tips to make your day successful.

Wear sunscreen, remember there are parts of you that the sun never shines on and if you are out there all day you don't want to end up looking like a lobster.

Wear insect repellent, any biting insect is going to be doing a hip hip hooray dance when it spies lots of new places to investigate.

Show consideration for the neighbours, they may not appreciate your new-found enthusiasm and may see more of you than they ever anticipated when you moved in next door.

Wear your gardening gloves, boots and maybe a protective hat, it is not completely naked but it is practical and gives you somewhere to stash the sunscreen and insect repellent.

If you are a man be extra careful when you are using the whippersnapper or the garden shears (for obvious reasons).

I thought Adam and Eve may have started it all off but no, WNGD was created by Mike Storey and Jacob Gabriel in 2005 for Nude and Natural magazine and now has an international following, celebrated by nudists all over the world, I rather think all over the world means warmer climes than ours. The northern hemisphere is celebrating spring sunshine while winter rains are heading our way.

If you are keen to give this a try a little cold weather is not going to put you off, so whether you plan to garden solo or in a group, in your yard or down at the park, have fun and avoid cactus plants! Liz Coley







## MANJIMUP PRODUCE SWAP

Every second Sunday at 3pm for the last five years the local Produce Swap members have been gathering at Manjimup Gateway Hotel to share a variety of excess produce, and often there's some general hints on managing gardens and households as well. Having gone as a guest to their last meeting I was totally impressed with how it all works. Manager Clare Bailey runs the show with informality and lack of rules which she says has cultivated some amazing networking, friendships and true generosity. The tables are always laden with fresh fruit, vegetables, plants and baked goods, members coming and going with armfuls of fresh produce – without any money changing hands.

Sunday saw a wide variety of fruit and veg, and spied on the table were two bags of home-made firelighters! You never know what might turn up. The concept is simply to avoid waste, and was inspired by similar groups operating in the Eastern States. There's an impressive number on Clare's mailing list and every meeting sees up to 35 members attending, opting to not let their excess produce go to waste. Sharing the bounty.

There's no membership fee, and Manjimup Gateway kindly allow the use of the covered outdoor area free of charge.

Congratulations to Clare and her team, five years is an impressive success story. How to find out more? Join the "Manjimup Produce Swap" Facebook group or email, [claresbailey@bigpond.com](mailto:claresbailey@bigpond.com). New members always welcome. Kathy Hill (photo courtesy Clare Bailey)



## BALBARRUP PIONEER CEMETERY

We were saddened to hear of Bernice Holbrook's passing a few months ago, her love of history research is a loss to local historians. Bernice's daughter Paula Nolan has kindly shared with us her mother's notes on some Balbarrup history from 1870.

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The Trove site is a treasure. The most interesting item was finding the names of the two men who perished at Balbarrup and resulted in the placing of the cemetery on the spot they died. It was only later when the Wilgarrup River flooded that the settlers realised they needed to move the cemetery higher, resulting in there being two Balbarrup cemeteries.

The men who perished 2nd of May 1870 were Thomas Norris aged 42 years and Joseph Herlott aged 37. Joseph's surname is listed as Arlott on his death certificate.

Reported in The Inquirer and Commercial News 18 May 1870.

On Monday night, 2nd instant, it appears that two men, named respectively Thomas Norris and Joseph Herlott, both in the employ of Mr. Assistant-Surveyor Carey, and stationed near the residence of Mr. Giblett, at Balbarrup, retired to rest in good health. They slept in a tent, and the night being extremely cold and rainy, they very carefully secured their tent against the admission of any air, which the rain no doubt assisted them to effect, having, however, previously filled an iron vessel with charcoal to keep them warm. In the morning both were found DEAD! They had apparently died without a struggle, their postures and position being that of repose, so much so that it was difficult to believe them dead. An express was immediately forwarded to Bridgetown Police Station, and from thence to the nearest Magistrate, who, however, unfortunately lived a few hundred yards beyond the boundary of the district in which the accident had occurred; information had therefore to be sent to Busselton (Vasse) for the attendance of the medical officer and magistrate, resulting in an unpleasantly long delay—for this is Saturday, and the bodies are lying as they were when they closed their eyes for the last time.

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This was the first cemetery in the district, then when its location was deemed unsuitable the second Balbarrup cemetery was opened, around 1905. The Manjimup Cemetery was not opened until 1922.

Bernice had a deep passion for recording local history and some of the results of her hard work can be found on [www.forestdeathswa.com](http://www.forestdeathswa.com). You will be hard pressed to find her name mentioned but she was the motivator of this amazing collection of statistics and with the help of her son the web site was produced. We recommend you pay the site a visit.

Our thanks to Paula for generously sharing her mother's research.

Kathy Hill

## HERE TO STAY

Sounds shells are not rare, many towns have them, but we believe our new Sound shell is indeed rare. No other town has a shell with such a special history behind its formation, the honouring of someone who gave so much, to so many, in the community.

Congratulations to everyone involved in making the Sandra Donovan Sound Shell become a reality, forever more to take an important place in Manjimup's history. All who attended the opening on April 20th were privileged to experience the emotion and pride in welcoming this very special cultural addition to town. It is a fitting monument to Sandra, who left so many wonderful memories. Kathy Hill

(Photo from Wendy Eiby)



Throughout Australia Volunteer Involving Organisations will be celebrating the contributions of volunteers, during 2018 National Volunteer Week. Organisations will provide events highlighting and celebrating the invaluable contributions by volunteers in many communities. It is accepted that volunteering enriches the lives of individuals and increases community capacity, as well as being positive for volunteers' mental and physical health. During 2016 an estimated total of 932 million hours was generously gifted by the nation's volunteers. Volunteers report being inspired to be involved in volunteering, as a means to give back to their community or to make a difference to the lives of others. The theme for NVW 2018 'Give a Little. Change a lot.' has provided a catalyst to Manjimup CRC's Volunteer Opportunity Development Service to provide an information week, regarding volunteering with people living with dementia. Manjimup CRC and VODS currently has an ongoing commitment to supporting and promoting Manjimup as a dementia friendly community. Visitors to the CRC, during NVW, can expect to find displays and materials regarding the Manjimup Dementia Friendly town initiative. **On Thursday 24th May from 10.00am to 2.30 Manjimup CRC** invites volunteers and local organisations to attend a day of presentations concerning volunteering, in a variety of capacities, with people living with dementia, which could be helping out an art class for those experiencing dementia or simply supporting someone to maintain their social inclusion. Presentation sessions will include Manjimup Home and Community Care and Alzheimers WA. Refreshments will be provided, throught the day. Please contact: [rae@manjimup.org.au](mailto:rae@manjimup.org.au) or call 97772774 for more details.



## WHERE DO YOU READ YOUR BYTES?

Morning coffee at Déjà vu.

Send us a photo, we'd love to see where you read your Café Bytes.

Share with us on Facebook a funny photo of you reading the Bytes.

## QUOTE FOR MAY:

"Most folks are about as happy as they make up their minds to be" – Abraham Lincoln (1809-1865)

## CHAT SUBJECT FOR MAY:

What's something your brain tells you to do and you have to constantly remind yourself not to do it?



## GARDEN SURPRISES.

Our beautiful Agapanthus flowers have passed their prime but it is easy to give them a second life. Check out this photo, simply achieved with a can of spray paint. Kathy Hill



### Unearthed Permberton Festival 2018

The Festival is a showcase of the regions premier food and wine producers  
6th April - 6th May - ALL DAY EVENTS



### The Addams Family A New Musical

All ticket enquiries contact: 0427 155 222 or 9771 2895  
4th, 5th & 6th May



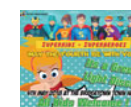
### Manjimup Community Tech Club

Computer Classes.  
10:00am - 12:00am  
Reaccuring every Tuesday



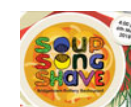
### Manjimup Community Tech Club

Ipad Classes.  
9:30am - 10:30am  
Reaccuring every Thursday



### Super Kids Super Heroes

ALL PROCEEDS OF DOOR SALES GO TO  
SUPER KIDS SUPER HEROES  
3:30 PM - 9:30 PM 4th May



### Soup Song Shave

PRE BOOK YOUR TICKETS TODAY! 9761 1038  
4:00 PM 6th May



### Mothers Day

Sending Love to Mums everywhere  
ALL DAY EVENT  
13th May, 2018

For further information in relation to any of the events you see here go to:

[www.manjimup.crc.net.au/whats-on-at-the-crc.html](http://www.manjimup.crc.net.au/whats-on-at-the-crc.html)