

Sweet Porridge



June/July 2025



Little Yarra Steiner School is situated on Wurundjeri Country. We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation as the Traditional Custodians of the lands on which we work, learn, and play, and pay respect to their Elders past, present and emerging.

We are honoured to share in the continued care of this land, with its wetlands and river, its stones that sleep in the depths of the Earth, its plants and trees that reach for the Sun, and all the creatures that know it as home. We respectfully acknowledge the ancient and enduring culture of those who have walked this land in the past, which will continue to enrich the lives of our community into the future.



WELCOME SUZIE

Professionals Yarra Valley Welcomes Suzie to the Team!

We're thrilled to welcome Suzie to Professionals Yarra Valley! With nearly 20 years of real estate experience, Suzie is an award-winning agent known for her personable approach, industry expertise, and unwavering support for her clients. She brings strong negotiation skills, a deep appreciation for both people and property, and a true passion for the beautiful Yarra Valley.

Beyond real estate, Suzie and her family are deeply connected to the local community. Her partner, Shar'lee, teaches Kinder/Prep at Little Yarra Steiner School, where their daughter Jazz also attended.

Backed by a strong track record of referrals from buyers and sellers alike, Suzie is a fantastic guide to support you through your next property transaction. Welcome, Suzie!

If you would like to chat about your property journey obligation free, you can reach Suzie on **0422 847 773** or our office on **5967 1800**.



Indigenous Knowledges

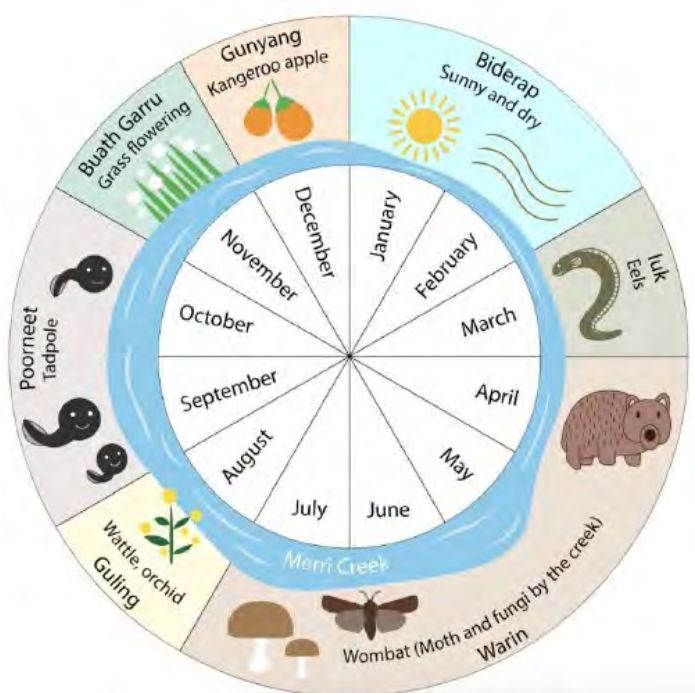
Waring Wombat Season on the Kulin nation calendar.

Like other Aboriginal and Torres Strait Islander Peoples, Wurundjeri Woi-wurrung people have seasonal markers based on changes in the landscape and skyscape rather than the Western calendar. Museum Victoria describes this local seasonal calendar as “marked by the movement of the stars in the night sky and changes in the weather, coinciding with the life cycles of plants and animals”. There are many interpretations of seasons available for Wurundjeri Woi-Wurrung Country.

For Wurundjeri Woi-wurrung, Waring was the time when wombats could be seen foraging. Early in Waring, the rain moth can appear after rain, emerging after living underground for years as a grub eating tree’s roots. The rain moth is one of Australia’s largest moths, with a wingspan that covers an adult hand. Like the Golden Sun Moth, it has an extraordinarily short lifespan (24 hours) and is born without mouth parts.

Fungi is also seen by the creek during Waring. Midway through the season, days are at their shortest and nights at their longest. In the later part of Waring, the mornings are sometimes misty, and the animals that live here are often experiencing the creek at its coldest and wettest.

Source: **Merri Creek Management Committee**



Seasonal calendar thanks to the Creekulum program and Moreland Primary School.

Contents

Indigenous Knowledges	3
Trust in the Toddler	4
Music Register	7
Craft: Doll in a matchbox	9
Recipes	11
The Little Match Girl	12
Flora, Fauna and Folklore	13
Talks and Events	14
July In Your Patch	15
Regular Community Events	17
Books	21

Inner Quiet

*Quiet I bear within me,
I bear within myself
Forces to make me strong.
Now will I be imbued with their glowing warmth.
Now will I fill myself
With my own will's resolve.
And I will feel the quiet
Pouring through all my being
When by my steadfast striving
I become strong
To find within myself the source of strength
The strength of inner quiet.*

(Rudolf Steiner)

Contributions of articles, recipes, stories, poems, music and artwork always welcomed. Please email to sweetporridge@lyss.vic.edu.au

Advertising deadline for the next issue of Sweet Porridge is Friday 25th July 2025

Waldorf Today: Issue 705

By Kate Hammond



A simple pop-up puppet can be a thing of wonder for a toddler. One minute it is looking at you, the next moment it is gone!

The motif of being present and hiding away has a strong connection to self, as the words from a traditional children's song indicate: Where is Thumpkin? / Here I am! The growing sense of self in the young toddler continues to enthrall parents, teachers, and scientists as we strive to understand more about this critical period in our children's lives.

We know from brain science that the first three years of life are a time of incredible learning, and critical for a foundation for well-being and success. Alison Gopnik speaks of this time as the "R&D" of humanity – when young children are blessed with possibility and plasticity.

This is a window of opportunity that has unique characteristics – the primary one being that the brain has no previous learning or knowledge. Therefore, the patterns and neuropathways that are formed can serve as a foundation for future learning.

Rudolf Steiner speaks about this period as a time of opportunity and great wisdom. At this time, the young child learns not through instinct but through a higher, expanded, and "wiser" self.

We can see this in language learning. The child learns language through being immersed in meaning, in living language that has a purpose and a structure.

Imitation is part of this learning, and behind this lies the self: making connections, deducing rules, imagining, and creating language out of what they have experienced in their environment.

What supports these delicate and crucial processes?

The young child has innate wisdom: let's trust this wiser self.

The baby will learn to walk by going through the same sequence of movements (e.g. rolling, crawling, sitting) as all other human children.

This happens most healthily when the child is allowed to move independently without adult intervention and instruction. (The important factor is that they have upright, walking human beings in their environment to imitate.)

When we hold the child's hands and walk them before they can do this independently, we are interfering with the natural sequence that provides a foundation for life. Through this sequence, the primitive reflexes are integrated.



The young child teaches themselves to focus. A toddler will gradually build the ability to move from a state of peripheral awareness to one of focus through their own activity. We are all surrounded by sensory input.

The young child's consciousness is directly affected by the sensory environment. They have fewer "filters" – they are less able to filter out the world and focus on one task.

There is growing evidence that the more the child is living in an environment where the sensory input is overwhelming, the higher the chances are that the child's ability to learn will be compromised, with a possible link to autism and attention deficit disorders (see N. Doidge, *The Brain That Changes Itself*; J. Hari, *Stolen Focus*).

The best environment for a child is one where there is a limited amount of sensory input (e.g., lower levels of white noise from traffic, planes, etc., fewer artificial fragrances, lower levels of Wi-Fi or mechanical vibrations, lower levels of processed food, etc.) and an environment where they can control their own processes and their own focus.

If, for instance, their attention is captured and guided by a carefully designed vignette such as a CoComelon video, they are not focusing through their own forces but are being manipulated by the show.

This is not building a strong ability of the self to focus. Instead, they are learning to rely on the environment for stimulation or input.

When the toddler is in an environment with a lower level of sensory stimulation (such as the home or a carefully selected learning environment with a handful of children), we can trust them to move from activity to activity at their own pace.

It may be that they spend 10-15 seconds looking at some soap bubbles they have on their finger or a good while longer observing a leaf moving in the breeze.

The crucial thing is that they are not interrupted. Sometimes, as adults, we are so enthralled by our children that we will interrupt this focus by moving closer, crouching down, or (more often) speaking or asking a question.

In my work with toddlers, I have learned to observe these moments from the sidelines and if I need to communicate with a child, I will wait until the child is between activities before initiating contact. Gradually, the child will begin to be able to focus longer and longer as they build on these early moments of concentration.

Such moments of focus can also have the aura of sacredness. When my oldest son was a toddler, we



were walking in the woods when he bent down and picked up a cigarette butt. He held it so delicately and looked at it with awe in his eyes.

In my new motherhood state, I was in a dilemma. Should I take it from him? What should I say?

It taught me that children have a deep and wonderful capacity for awe and that this is something that can nourish our lives in complex ways. The ability to observe without judgement and comment is a kind of gift: it is a trust in the world.

When we trust our toddlers and provide an environment where they can learn and flourish, we reinforce their deep trust that the world is a good place to be.

Kate Hammond is on the faculty of the Bay Area Center for Waldorf Teacher Training. She is a Waldorf alumna and has a Bachelor of Arts in psychology. Kate graduated from Emerson College with a certificate in Waldorf Teacher Training, specializing in Early Childhood Education, and has taught kindergarten, preschool, infants, and parent-child classes. She is Level 3 trainer in Spatial Dynamics® and the intrigued mother of two teenage boys.

WELLBEING IS MORE THAN JUST BEING WELL!



A hand-drawn diagram of the human brain, viewed from the side, with various regions color-coded and labeled with their functions. The labels and their corresponding functions are as follows:

- Reasoning, Executive Functioning, Motor Functions, Regulates Emotions, Expressive Language** (Pointing to the frontal lobe)
- Concentration, planning, problem solving** (Pointing to the frontal lobe)
- Touch** (Pointing to the parietal lobe)
- Taste** (Pointing to the parietal lobe)
- OCCIPITAL LOBE** (Pointing to the occipital lobe)
- Hearing** (Pointing to the temporal lobe)
- Vision, Sight** (Pointing to the occipital lobe)
- CEREBELLUM** (Pointing to the cerebellum)
- Balance, posture, coordination, Attention, Rapid Vestibular** (Pointing to the cerebellum)
- Smell** (Pointing to the olfactory bulb)
- Facial Recognition** (Pointing to the temporal lobe)
- BRAINSTEM** (Pointing to the brainstem)
- Involuntary Actions** (Pointing to the brainstem)
- SPINAL CORD** (Pointing to the spinal cord)
- PARA L LOBE** (Pointing to the parietal lobe)
- Auditory Processing, Behaviour, Emotions and long term memory** (Pointing to the temporal lobe)
- Speech** (Pointing to the temporal lobe)

<https://teachsteiner.org/harmonisingtrauma>

A young child is climbing a tree in a park. The child is wearing a light-colored shirt and dark pants. The tree has a thick, dark trunk and many green leaves. In the background, there is a green lawn, a fence, and more trees under a clear blue sky.

Violin

1/2 size violin. Comes in hard foam case. Very good condition. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

1/2 size violin, it is an Enrico brand, with hard carry case, shoulder rest, bow, rosin (more like half a rosin) and new set of strings just replaced. Asking \$120. 0435-798714 Kaku

1/2 size student Violin "Skylark" Chinese. 45 years old. Good condition. Comes with bow, shoulder rest, shoulder pad, rosin and good hard case. \$70. Vasudha 0451 944 051.

3/4 size Amore violin from Animato strings in Brisbane. In good condition. Complete with 2 bows, case and shoulder rest. Great quality instrument with a beautiful sound. Paid over \$1000 new, selling for \$400. Meaghan 0427751779

Full size 4/4 "Prelude" Violin. Copy of Stradivarius. High quality, very good condition. Comes with bow & case. Valued at \$2500. Selling for \$1500. Aladdin Jones 0490 123 199 or Tessa Priest 0405 390 348.

Viola

1/4 size viola (originally a violin) Comes in hard foam case \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

Cello

1/4 size cello. Comes in hard foam case in fair condition. Cello has a few nicks and scratches on it as it was bought 2nd hand, but still sounds beautiful. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

1/4 Size Chamber Brand Cello and bow. Great condition – some minor wear and tear. Comes with HYBRID brand Cello case (these retail for about \$399) Selling together for \$575 - can bring to school -Welcome to have it assessed by Music Dept). Call Amber on 0417 590 359

1/4 size cello "Chamber" Student Model MDC550 with bow and soft case in good condition. \$400 neg. Cat 0403 334 808

1/4 size cello. Salieri brand. Bought in 2018 through the LYSS music department. Excellent condition. Comes with bow and semi-hard case (case will require replacement). \$550 Call Monique 0401353 698.

1/4 size Cello, Chamber Student Model – Plus, great condition, \$700. Nadine 0423 539 718.

1/2 size cello Second hand in good condition, comes with bow and new hard case. Happy to drop at music department for assessment. \$400 ONO. Gerry Ross 0418-565-023

Cello - Chamber Student - 1/2 size. With bow, rosin, and hard case. Very good condition. \$750 ono. Tel: 0458 254 828

1/2 Chamber Student 301 Cello and hybrid wheeled case. Originally purchased new from Bows for Strings in 2023. \$1,000. Please contact Nastassia 0401579137

1/2 size Cello Chamber 300 Brand and bow. Excellent condition. Hybrid hard case. \$1000. Victoria 0411 016 299.

3/4 CELLO, SKYLARK (photos available). Decent condition with a few marks, 1 bow. Solid case with broken zip but clasps still close. \$400 neg. Luna 0433 337 161

3/4 size 'Arco' Animato Strings Cello, very good condition. Comes with bow and hard foam case. Probably needs tuning. \$550. Contact Liz on 0401 054 881 or lizmynes3357@gmail.com.

4/4 full size Cello Enrico Student Plus II. This lovely cello is in excellent condition, being near new and having had limited use. Comes with bow and hard foam case. \$800 Liz 0401 054 881 or lizmynes3357@gmail.com

3/4 Cello + Bow. Chamber Student 300s -Very Good Condition. Hard case (semi) in excellent condition. Located in Woori Yallock. Happy to bring to school for a try. Has been checked by music staff at school. \$750 ONO Contact Kelly - 0414391039

Schumann Prodigy 4/4 Cello. Full size cello, bow, and hybrid case with wheels. Purchased new, Bows for Strings in Feb 2023. Very satisfying to play and hear. Price as new: \$1899. Sell for: \$1300 o.n.o.. Larissa Lemon riss1437@gmail.com

Please note that music teachers are happy to assess if the instrument is the correct size for your child and advise if there are any repairs required prior to purchase. When discussing this with the seller please explain this may take a week as the teacher will need to fit time in for this around their busy schedule. If you require a valuation, it is best to take the instrument to a valuer for a valuation none of our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection

HUGS FOR KIDS

—Toys, Books and Craft—

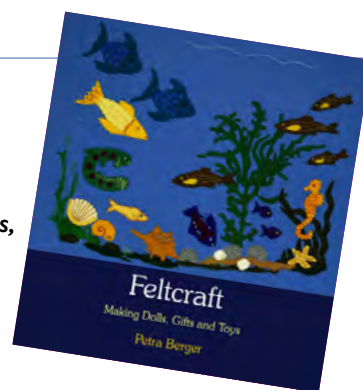


A World of Wonder for the Magical Age of Childhood



SHOP ONLINE AT [HUGSFORKIDS.COM.AU](https://hugsforkids.com.au)

From:
**Feltcraft: Making Dolls,
Gifts and Toys**
By Petra Berger



Doll in a matchbox

MATERIALS

- Pieces of felt
- Little wooden doll 1 1/4 in (3 cm) high
- Matchbox

METHOD

Cut out a piece of felt to fit exactly over the cover of the matchbox. Decorate the top part with embroidery or by sewing on a design such as a flower. Now glue the felt around the box cover.

Line the inside of the box with white felt.

Take a little wooden doll and dress the body with pink felt, gathering the piece of felt in at the top and bottom, so that it fits neatly around the neck.

Make the arms out of a piece of felt 1 1/2 x 1/2 in (4 x 1 cm). Fold the two ends and sew them together to make arms, sewing on tiny pieces of felt for the hands at the same time. Sew the middle of the strip on to the doll's back.

For the bonnet, take a piece of felt 1 x 5/8 in (2.5 x 1.5 cm), fold it in two, sew up the back and sew it on to the body.

Finally insert a small coloured piece of felt into the matchbox as a blanket.



92 *Doll in a matchbox*

Beans and Bananas

Fruit and Vegetable Co-op

Beans and Bananas is a local organic/ bio-dynamic fruit and vegetable co-op, providing members with an abundant box of mixed organic/ bio-dynamic fruit and vegetables at reduced prices due to our relationships with local suppliers.

Full or half boxes are packed and available fortnightly.

A full box costs around \$80 each fortnight depending on supply and market costs. There are also wonderful opportunities to be involved with the running of the co-op to reduce your box cost as an active member.

The pick-up for boxes is at ECOSS, Old Warburton Rd in Wesburn after 3pm on a Thursday.

Boxes are out for collection with no fixed pick-up time to allow for different schedules on the day.



You are welcome to start with a trial of three boxes (three fortnights) at an active member price before deciding to join!

For further information or to arrange a trial contact
beansveggiebox@gmail.com

Illustration and Graphic Design: Nightingale Graphics 0450 034923

Recipes

Mulled apple juice

Source: *Biodynamic association UK*

- 2 slices root ginger
- 1" stick of cinnamon
- ¼ teaspoon grated nutmeg
- ¼ teaspoon cloves
- sprig of rosemary
- A twist of finely pared lemon
- A twist of finely pared orange
- 75cl bottle apple juice



Put the spices, rosemary and peel into a pan with ½ the apple juice, bring to boil and simmer very gently for 3 minutes. Leave over night or for a minimum of 1 hour. Strain, add the remaining apple juice, warm through and serve. Even more warming with a splash of brandy!

Winter Bliss Balls

Source: halfbakedharvest.com

Ingredients

- 25-30 medjool dates, pitted (about 2 cups packed)
- 1 ½ cups roasted cashews
- ½ cup unsweetened coconut flakes
- ¼ cup cacao powder
- ¼ cup hemp seeds
- 2 tablespoons chia seeds
- 2 teaspoon maca powder
- 1 tablespoon orange zest
- pinch of flaky sea salt
- melted chocolate, nuts, seeds, dried roses, cocoa or cacao powder, for topping



Instructions

- Line a baking sheet with parchment paper.
- Add all the ingredients to a food processor and pulse until fully combined and the dough easily holds together when squeezed in your hand.
- Roll the dough into tablespoon size balls. If desired, roll on your desired toppings OR dip in melted chocolate and sprinkle your toppings onto the chocolate. Allow the chocolate to set in the fridge.
- Store the balls in an airtight container in the fridge for up to 1 week.

Coconut cashew & butternut squash curry

Source: *BBC good food.com*

Batch cook this squash and cashew nut curry and freeze for busy days when you need something quick and nutritious. It's perfect for a family meal



- 1 tbsp oil
- 1 onion, finely chopped
- 3 garlic cloves thinly chopped
- 1cm piece of ginger, peeled and grated
- 2 tbsp mild curry powder
- 400g can coconut milk
- 200g can chopped tomatoes
- 75g cashew nuts blitzed to a fine powder
- 4 tbsp raisins
- 400g can chickpeas, drained
- 1 large butternut squash, peeled and cut into chunks (about 750g prepared weight)
- rice, naan breads and pickles, to serve (optional)

Method

- Heat the oil in a large saucepan over a medium heat.
- Tip in the onion and cook, stirring regularly, until softened, about 10 mins.
- Add the garlic, ginger and curry powder, and cook for about 20 seconds, continuing to stir.
- Tip in the coconut milk, tomatoes, cashew nuts, raisins, chickpeas and squash.
- Pour in 200ml water, then bring to the boil and immediately reduce the heat to low.
- Simmer uncovered until the squash is tender, about 20 mins, stirring occasionally to prevent it from sticking.
- Season to taste.
- If freezing, leave to cool completely first. Can be frozen for up to one month. Reheat from frozen at 200C/180C fan/gas 6 for 10-15 mins.
- Serve with rice, naan and pickles, if you like.

The Little Match Girl

~Hans Christian Andersen

Most terribly cold it was; it snowed, and was nearly quite dark, and evening— the last evening of the year. In this cold and darkness there went along the street a poor little girl, bareheaded, and with naked feet. When she left home she had slippers on, it is true; but what was the good of that? They were very large slippers, which her mother had hitherto worn; so large were they; and the poor little thing lost them as she scuffled away across the street, because of two carriages that rolled by dreadfully fast.

One slipper was nowhere to be found; the other had been laid hold of by an urchin, and off he ran with it; he thought it would do capitally for a cradle when he some day or other should have children himself. So the little maiden walked on with her tiny naked feet, that were quite red and blue from cold. She carried a quantity of matches in an old apron, and she held a bundle of them in her hand. Nobody had bought anything of her the whole livelong day; no one had given her a single farthing.

She crept along trembling with cold and hunger—a very picture of sorrow, the poor little thing!

The flakes of snow covered her long fair hair, which fell in beautiful curls around her neck; but of that, of course, she never once now thought. From all the windows the candles were gleaming, and it smelt so deliciously of roast goose, for you know it was New Year's Eve; yes, of that she thought.

In a corner formed by two houses, of which one advanced more than the other, she seated herself down and cowered together. Her little feet she had drawn close up to her, but she grew colder and colder, and to go home she did not venture, for she had not sold any matches and could not bring a farthing of money: from her father she would certainly get blows, and at home it was cold too, for above her she had only the roof, through which the wind whistled, even though the largest cracks were stopped up with straw and rags.

Her little hands were almost numbed with cold. Oh! a match might afford her a world of comfort, if she only dared take a single one out of the bundle, draw it against the wall, and warm her fingers by it. She drew one out. “Rischt!” how it blazed, how it burnt! It was a warm, bright flame, like a candle, as she held her hands over it: it was a wonderful light. It seemed really to the little maiden as though she were sitting before a large iron stove, with burnished brass feet and a brass ornament at top. The fire burned with such blessed



influence; it warmed so delightfully. The little girl had already stretched out her feet to warm them too; but—the small flame went out, the stove vanished: she had only the remains of the burnt-out match in her hand.

She rubbed another against the wall: it burned brightly, and where the light fell on the wall, there the wall became transparent like a veil, so that she could see into the room. On the table was spread a snow-white tablecloth; upon it was a splendid porcelain service, and the roast goose was steaming famously with its stuffing of apple and dried plums. And what was still more capital to behold was, the goose hopped down from the dish, reeled about on the floor with knife and fork in its breast, till it came up to the poor little girl; when—the match went out and nothing but the thick, cold, damp wall was left behind. She lighted another match. Now there she was sitting under the most magnificent Christmas tree: it was still larger, and more decorated than the one which she had seen through the glass door in the rich merchant's house.

Thousands of lights were burning on the green branches, and gaily-colored pictures, such as she had seen in the shop-windows, looked down upon her. The little maiden stretched out her hands towards them when—the match went out. The lights of the Christmas tree rose higher and higher, she saw them now as stars in heaven; one fell down and formed a long trail of fire.

“Someone is just dead!” said the little girl; for her old grandmother, the only person who had loved her, and who was now no more, had told her, that when a star falls, a soul ascends to God.

She drew another match against the wall: it was again light, and in the lustre there stood the old grandmother, so bright and radiant, so mild, and with such an expression of love.

“Grandmother!” cried the little one. “Oh, take me with you! You go away when the match burns out; you vanish like the warm stove, like the delicious roast goose, and like the magnificent Christmas tree!” And she rubbed the whole bundle of matches quickly against the wall, for she wanted to be quite sure of keeping her grandmother near her. And the matches gave such a brilliant light that it was brighter than at

noon-day: never formerly had the grandmother been so beautiful and so tall. She took the little maiden, on her arm, and both flew in brightness and in joy so high, so very high, and then above was neither cold, nor hunger, nor anxiety—they were with God.

But in the corner, at the cold hour of dawn, sat the poor girl, with rosy cheeks and with a smiling mouth, leaning against the wall—frozen to death on the last evening of the old year. Stiff and stark sat the child there with her matches, of which one bundle had been burnt. “She wanted to warm herself,” people said. No one had the slightest suspicion of what beautiful things she had seen; no one even dreamed of the splendor in which, with her grandmother she had entered on the joys of a new year.



Flora, Fauna and Folklore

This exhibition bridges the disciplines of scientific illustration and myth, exploring how species and landscapes have shaped human belief across cultures.

Through detailed watercolour and oil paintings, Martha Iserman explores how humans have long assigned meaning to the natural world, shaping stories, legends, and ritual practices around the species that surround us.

Each section of the exhibition represents a different environment: ocean, forest, sky, and the artist's realm aligned with the four classical elements of water, earth, air, and fire. The ocean wall reflects the vast unknown, where real creatures have inspired tales of the abyss. The forest floor pulses with hidden life fungi forming fairy rings, insects and animals linked to transformation and alchemical symbolism. The sky wall examines birds and insects

as celestial messengers, tied to omens, spirits, and the occult. Finally, the artist's realm represents the act of creation, where natural history and esoteric knowledge converge. By merging scientific illustration with folklore, the exhibition inhabits the space between knowledge and mystery, inviting viewers to see the duality in nature.

More than a collection of paintings, this exhibition is an experience - an invitation to explore the liminal space between science and mysticism. It asks viewers to consider how nature has always been a source of knowledge, mystery, and power, influencing both scientific discovery and the hidden forces that shape human beliefs

Flora, Fauna, and Folklore by Martha Iserman
The Memo Healesville

On Display 10 Jul 2025 – 28 Sep 2025



Indigenous Food, Fibre and Medicine Plants

Thursday, 17 July 2025 | 07:00 PM to 08:00 PM
Online via Zoom

Before white settlement the Australian bush provided First Nations people with all the food, fibre and medicine needed to thrive in this unique country. Developed with assistance from Wurundjeri elder Uncle Ian Hunter, this workshop will introduce the gardener to some of the plants used by indigenous Australians and inspire gardeners to grow them in their gardens.

The workshop will focus on plants indigenous to the outer eastern area and also include some popular bush foods from other regions.

Topics covered in this webinar:

- Aboriginal relationship with the landscape and plants
- food plants
- fibre plants
- medicine plants
- tips on how to grow these plants at home
- question and answer time.

This Sustainable Gardening Australia webinar is presented by Yarra Ranges Gardens for Harvest Program.

This webinar will be recorded, however, it will only be available for a limited time, therefore if you can't make the live session, you should register so we can contact you after the event with the recording link.

Register for this event

Native plants: Pruning and Propagating

Date: Tuesday 15 July
Time: 7pm to 8.30pm
Where: Kilsyth

Learn how to maintain a healthy native or indigenous plant by pruning them correctly. You'll also learn how to draw beneficial insects to your garden by creating a wildlife-friendly space and finally, you'll get an introduction to propagating techniques

Register here



Tree Planting Days

Sunday 20 July -
Belgrave Heights

Sunday 27 July - **Badger Creek** (Landcare event)

Sunday 3 August -
Seville

Lend a hand at one of the National Tree Day plantings across the Yarra Ranges.



Fungi Walk and Talk

Date: Saturday 27 July
Time: 10am
Where: Montrose

Learn about the fascinating world of fungi and the critical role it plays in the environment on this guided walk through one of Yarra Ranges bushland reserves.

Register here



July In Your Patch

Source: Sustainable Gardening Australia

It's bare root season! Get your deciduous fruit trees in now, including apples, pears, plums, peaches and nectarines. Deciduous exotic trees can also be planted now.

There's still a bit happening in the veggie patch, especially if you love your brassicas, you could try spinach, carrots, sweet peas, broad beans, coriander and peas.

When you look outside this time of year the last thing you feel like doing is standing out in the cold, wet and windy weather, especially if you live in the cooler areas. Don't let this put you off. There is so much to do in the garden and a lot more to do in the garden shed. Get off the couch and put on the thermals, the beanie, a coat and your gumboots and warm yourself up with some winter garden love.

Of course, the following is just a rough guide, and many of you will find your situation varies from the above listing due to microclimates created in your garden, location in relation to your nearest major city, extremes of weather and garden type. But the one thing that remains the same for all zones and regions is this: improve your soil by adding organic matter, mulch and no matter the season, we can all garden more sustainably all year round.

Tool Time

Why not head out to the shed, and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash in the long run. Practicing tool hygiene will prevent the spread of disease.



Mulch your beds

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. If in the southern states try to avoid Sugar Cane as it would have a high carbon footprint due to transport.

Green Manure

Green manure crops are good to go now... improve that dormant veggie patch. In cooler to temperate areas you can use crops like like faba beans or field peas and for warmer areas try mung beans. Remember to chop and drop them before they flower.

Pruning & Weeding

Pruning and weeding is a great job to do at this time of year. Deciduous fruit trees love a big old haircut now, except your apricot!

Daikon

Source: yarraranges.vic.gov.au

Daikon is winter radish native to East Asia, commonly found in South Asian cuisines such as Indian, Pakistani, and Bangladeshi where it's known as mooli. The word "daikon" comes from the Japanese word for "big root"; it's also known as Japanese radish and Chinese radish.

This large root vegetable looks like a white carrot; and while most daikon radishes are white, some types are red, green, and purple. It has a mild flavour that is subtly sweet and slightly spicy, and mellows when cooked. When eaten raw, it's spicy and crunchy. When cooked, it becomes soft and tender.



Daikon has a variety of delicious uses:

- grate and use in salad or coleslaw
- throw in a stir-fry
- slice and eat on toast
- pickled in a Bahn Mi Roll
- eat the green tops.

Daikon is a low-calorie option (with 61 calories per radish) that's loaded with nutrients. It's a fantastic source of vitamin C, which is a powerful antioxidant that promotes immune function. It's also rich in folate, an essential nutrient for red blood cell function.

How to Grow

Daikon can be grown successfully in containers or directly into soil so long as it has adequate drainage. They prefer full to part sun. They are fast growing vegetables that you can expect to harvest in 3-4 weeks!



COME JOIN US AT

BRUSHY'S PLAYGROUP

FOR PARENTS, CARERS AND THEIR LITTLE ONES

WHEN: THURSDAYS DURING TERM
TIME: 10.30AM TO 12PM
WHERE: 3505 WARBURTON HIGHWAY, WARBURTON
(ENTRY AND PARKING VIA REAR OF BUILDING)

FUN FILLED MORNINGS WITH CRAFTS, PLAY AND MORE FOR BABIES, TODDLERS AND PRESCHOOLERS (AGES 0 TO 6)

BRING ALONG A DRINK BOTTLE AND SMALL SNACK FOR YOUR LITTLE ONES

ADRA COMMUNITY CENTRE - REDWOOD
 3505 WARBURTON HIGHWAY, WARBURTON



Professionals

What's your home worth in *today's market?*

Request a free Appraisal from Professionals Yarra Valley.

No pressure. Just real, local insight from agents who know your street — and your market.

Professionals Yarra Valley

03 5967 1800



BM Neil
 Property Services

- Earthmoving
- Demolition
- Retaining Walls
- Vegetation Maintenance/Slashing
- Driveways
- Large Scale Property Cleanups
- Forest Track Construction/Clearing

**Excavators. Bobcat. Truck
 Tractor.**

**No job too big or small
 Free Quotes
Call Bryn 0474 761 547**

Regular Community Events

Koha Cafe

Warburton Community Space

Koha Community Cafe, Warburton offers many opportunities for people to connect, give and receive! Join our amazing team of volunteers shaping a vibrant community! Whether you're a chef, green thumb, or have unique talents, we'd love your help! Flexible hours available for food prep, cleaning, gardening, and more. Contact us at contactkohacomunitycafe@gmail.com or drop by for details.

Monday Morsels with Nina

Mondays 10am-12pm

Join Nina for a nutritious breakfast, and feel free to jump into the kitchen to learn how she makes her delicious dishes! Or simply share a meal in a warm, welcoming community space. Everyone is welcome! See you there!

Open Pantry

Mondays & Fridays 10am – 2pm

Thursdays 6pm – 8pm

The Open Pantry offers fresh fruit, vegetables, and bread to the community for free or by donation. On Friday mornings, takeaways are available (donations appreciated). Donations of produce and pantry items are also accepted. Support and share with your community!

Friday Social Drop-In

Fridays 10am-2pm

Grap a cuppa and a chat, or join the craft group for some inspiration and encouragement. The food pantry is available, and the free DVD/book library is open for browsing! Everyone welcome!

Hall/Room For Hire

Koha has spaces to hire from \$10 per hour. Spaces include small rooms, commercial kitchen and for big events the whole venue.

Koha Cafe, 25A Dammans Road, Warburton.
0403 185 580, contactkohacomunitycafe@gmail.com

Brushy's Play Space

ADRA Redwood Community Centre, Warburton

Bring your little ones to Redwood Community Centre for playtime, story sessions, and library visits! Connect with other families, enjoy fun activities, and create special memories together in a friendly, welcoming space. Stay updated by following us on Facebook: The Redwood Community Centre.

Brushy's Play Space is open Monday, Tuesday, and Thursday from 10 AM – 2 PM. Pop on down and say hi, or join one of our fun programs!

Warburton/Redwood Playgroup

Thursdays 10.30am-12pm

10:30 AM – 12:00 PM

Meet other parents over morning tea while your kids play! A great way to connect and have fun.

Story Time with Kelly

12th May, 9th June 11am – 11:30am

Enjoy magical stories in a cozy, interactive setting—perfect for little book lovers!

Library Flexi Visits

Fortnightly Thursdays 12:00 PM

Borrow books and explore wonderful stories right at ADRA Warburton.

ADRA Redwood Community Centre
Monday, Tuesday, Thursday 10am-2:30pm
3505 Warburton Hwy, Warburton
(03) 5966 2320, katebarratt@adra.org.au

Cire Community Hub Yarra Junction

Cire Community Hub 2463 Warburton Hwy Yarra Junction

Cire Community Hub in Yarra Junction is your local hub for growth and connection! We offer diverse programs to empower you, from building digital skills and confidence to preparing for employment and connecting with the community. Whether you want to learn new technology, find your career path, gain essential certifications, or engage in creative activities and community conversations, we have something for you. Explore our upcoming programs below and go to our website to find out more and book,

Untutored Art Group

Wednesdays, 10am – 1pm

Love art? Join this relaxed, self-led art group where creativity flows freely. Bring your materials, share ideas, and create in a supportive space. No experience needed—just a passion for art!

Got a community event to promote?
Let us know and we'll add it in!

Advertising deadline for the
next issue of Sweet Porridge
is Friday 25th July



Warburton

\$770,000 - \$800,000

The Charm of a Mudbrick in a Ferny Oasis

Welcome to your own private sanctuary in the heart of nature. Nestled on approximately 1,600m² of lush land, and surrounded by vibrant native gardens and serenaded by local birdlife. Rustic and full of charm, the home features three generously sized bedrooms, each with built-in robes. The open plan kitchen, dining, and living area boasts beautiful timber benchtops and a freestanding mains gas oven perfect for those who love to cook and entertain. Outdoors, everything you need; a single garage and carport, a covered entertaining area ideal for summer barbecues. Come and experience the serenity and soul of this special property.



Rebecca Doolan

M 0401 832 068

P 5967 1277

3 1 2



For more info, contact Vanessa Czerniawski at 5966 2320 or vczerniawski@whe.org.au.

Yarra Junction Library

Yarra Junction Planters – Green Thumbs & Community Spirit!

Every Wednesday (during school terms) | 9:00 AM

Love gardening or just want to help enhance our beautiful town? Join the Yarra Junction Planters! Every Wednesday during school terms, this welcoming group comes together to maintain Yarra Junction's vibrant planters and community gardens. It's a fantastic way to enjoy some fresh air, get light exercise, and connect with fellow plant and nature lovers. All ages are welcome, and your efforts directly contribute to making our town more beautiful. Stay afterwards for a friendly morning tea and great company!

Edible Warburton Community Gardens

Every Thursday Morning, 9:30am-11:30am

Edible Garden Buddies

Connect with like-minded folks each week in the heart of Warburton as we garden and practise permaculture skills. Learn, share wisdom, and get hands-on with the earth. Meet new friends, pick up new skills, and enjoy some laughs with us in our beautiful community garden!



We have some great markets to enjoy in the Upper Yarra. Pop on down, support locals and connect with your community. Please check market websites for updates as market schedules may change due to weather.

ECOSS Valley Market

Every Friday 3.30-6pm.

711 Old Warburton Rd, Wesburn

FREE Family Fun on the 3rd Friday of the month with free kids activities.

Purchase fresh local produce direct from the farmer, by locally made wine and chocolate and grab a delicious traditional Mexican Taco for dinner!

Millgrove Community Market

3rd Saturday and 5th Sunday, 7am – 3pm

Memorial Park Reserve near CFA, Millgrove

Millgrove Market has over 30 stalls featuring arts, crafts, clothes, plants, bric a brac, hardware, toiletries, toys and fruit and veg.

Upper Yarra Community Market

2nd and 4th Sunday, 8.30am-2pm

Yarra Junction Football Oval, Warburton Hwy, Yarra Junction

Discover a diverse selection of products such as fresh produce, nuts, dried berries, plants, handmade crafts, cozy knits, greeting cards, and unique gifts. Additionally, you can explore the market's "trash and treasure" section, brimming with second-hand treasures like books, clothing, tools, toys, and kitchenware.

The Valley Market Warburton

1st Sunday, 11am-3pm

Thomas Avenue, Warburton

You will find a huge range of handcrafted goods here designed and made by locals. There are also food items here including locally grown fruit and vegetables, fresh free-range eggs, jams, preserves, chutneys, plants and flowers.

Seville Community Market

1st Sunday, 10am-2pm

Seville Community Hall, 590 Warburton Highway, Relaxed market, food and drinks for sale. Come support local stall holders with awesome stuff for sale.



The Christian Community Melbourne

Yarra Valley Study Group

with Rev. Darryl Coonan

Friends of The Christian Community are now holding a regular study group at LYSS. We are grateful that Little Yarra Steiner School has provided a space for this to occur.

The starting theme for our study is the '*Christian Festivals*'.

The festivals return each year, giving us another opportunity to deepen our understanding of what these festivals have to offer us on our path to becoming truly human. The initial focus of our study group is to explore the meaning of each approaching festival. We are beginning with Emil Bock's "*The Rhythm of the Christian Year*" as the foundation for our study together and welcome participants to bring in other sources and their own personal insights regarding the festivals.

If you do not have access to the book please contact us for a pdf copy of the current chapter as, if you can, it will be beneficial to read the chapter prior to the evening.

Our upcoming monthly study group dates and timings are:

June 16th

July 21st

August 11th

6.30pm - All welcome to come for a social cup of tea and chat. Tea provided.

7.00pm - Study group formally begins

8.15pm - Close of Day service

8.30pm - Close and tidy up.

Venue: Little Yarra Steiner School, Admin Hall, 205 Little Yarra Road, Yarra Junction.

Attendance is by donation.

For enquiries please contact Rev Darryl Coonan on 0447 881 957.

I am looking forward to what unfolds between us.

Rev Darryl Coonan

The Blue Forest: *Bedtime Stories for the Nights of the Week*

By Luke Fischer, Illustrated by Stephanie Young and Tim Smith

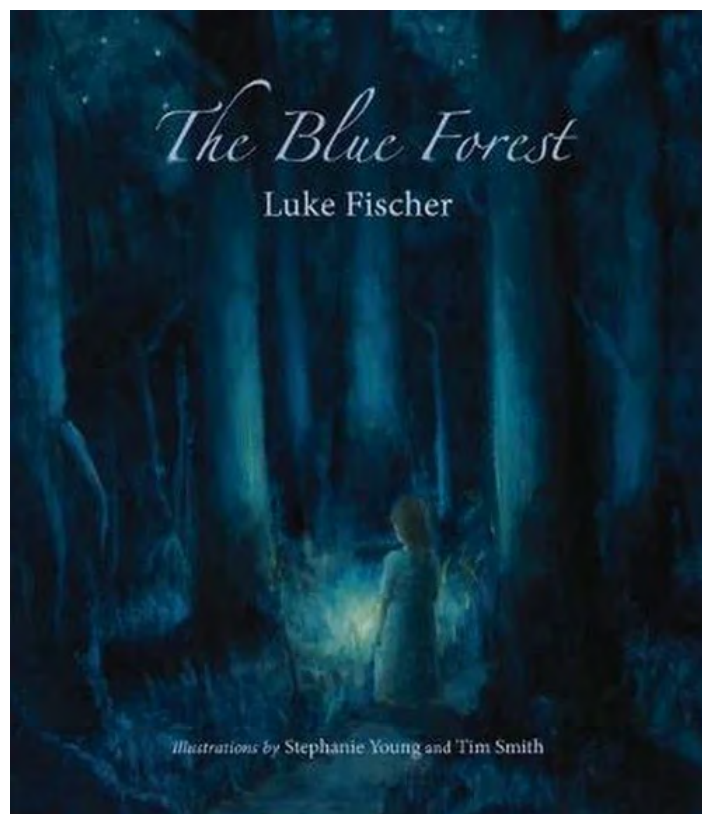
The Blue Forest is a collection of seven highly imaginative bedtime stories—a story for each night of the week, each featuring one of seven colors. The stories are set in a magical blue forest and tell of mysterious nighttime events and relationships involving humans, animals, and nature.

*These tales are from a wondrous forest
Where trees are blue and flowers sing,
A small girl finds a glowing chest
Enclosing jewels, pearls, a ring.*

*A boy who sleeps high in a tree
Is woken by a blue bird's song,
And a red bird's melody
Inspires dreams the whole night long*

In the first story, a small girl, wearing a dress as white as the stars and embroidered with fine golden thread, walks a path through the forest of blue trees. While making her way through the silent woods, she discovers a casket of jewels from which she selects a silver ring. As she places it on her finger it twinkles in unison with a star, which just at that moment peers through the foliage of a nearby tree. In the last story an old woman tends a garden where the flowers unfold at nightfall to greet the stars. While the old woman sings and plants blue seedlings, a pink butterfly alights on her head. When she turns back to the garden path to her house, the pink butterfly flutters off into the dark woods, arriving at a simple hut where a girl in a white dress with golden embroidery sleeps. The seventh story thus joins the tales into a circle. Other characters in *The Blue Forest* include a red bird, whose mellifluous song inspires dreams; a boy who is led by a blue bird to a murky pond, where an enormous golden flower blossoms before his eyes; an astrologer who paints stars from his purple tower; a fish family that transports raindrop jewels to a secret subterranean sea cave; and a mother and baby possum who chance on a mysterious emerald-green sanctuary while seeking refuge from a sudden storm.

The tales of *The Blue Forest* have an innovative and artistic character that presents bedtime stories in a new way. They were conceived and composed as bedtime stories in the most emphatic sense—their vivid painterly depictions, enigmatic occurrences, and



archetypal imagery make the tales resemble the non-discursive and ethereal dreamscape of sleep. These stories enliven the imagination in a way that leads both the reader and listener seamlessly from the clear outlines of the daytime world into the elusive realm of dreams.

The luminous, magical illustrations by Stephanie Young and Tim Smith beautifully serve the soothing and magical qualities of the stories.

(Ages 6–9 years)

Author Biography:

Luke Fischer is a writer, scholar, and award-winning poet. He is the author of the poetry collection *Paths of Flight* (Black Pepper, 2013), the monograph *The Poet as Phenomenologist: Rilke and the New Poems* (Bloomsbury, 2015), as well as poems, translations, and articles in journals, anthologies, and academic volumes. He won the 2012 Overland Judith Wright Poetry Prize, has been shortlisted for the Newcastle Poetry Prize, and was commended in the 2013 FAW Anne Elder Award for a first book of poems. In 2008, he was awarded a PhD in philosophy from the University of Sydney. He has taught at universities in the U.S. and Germany and lives in Sydney, Australia.

Beginners Tango Classes

A 6 week course in the Yarra Valley

**Sunday afternoon's
27th July to 31st August 2025**

4.30pm - 6pm

Little Yarra Steiner School
The Gymnasium
205 Little Yarra Road, Yarra Junction

\$240 per couple for 6 weeks

Bookings and enquiries:

Please call Ronan - 0404 323 584 or
email: ronanmoconnor@gmail.com

Note that class numbers are limited and
bookings close Friday 2nd May.



Argentine Tango: A Dance of Presence and Communication

Argentine Tango is more than just a dance—it is a conversation without words, a flowing connection between two people and the music. Unlike other structured dances, tango is not about memorising steps but about learning to listen—to the music, to your partner, and to your own movement.

In our beginner-friendly classes, we will explore the fundamentals of tango in a welcoming and supportive environment. You will learn to move with confidence, develop a sense of balance, and experience the joy of dancing in harmony with another person.

No dance experience is needed—just bring comfortable shoes, an open mind, and a willingness to explore this beautiful and expressive art form.

People joining the classes will need to have a dance partner for the duration of the course.

Our teachers: Tom and Tania Hungerford are passionate tango dancers who see the dance floor as a space for creative expression, connection, and joy. As experienced educators, they love sharing their knowledge with dancers of all levels, from complete beginners to those with experience. Tom began his career as a professional dancer and has spent decades exploring movement forms that uplift and enrich human experience. Tania brings a rich background in teaching, art, and anthroposophy, with 28 years of experience in adult education.



Volunteer for Conservation – Plant & Protect!

Location: 1217 Macclesfield Road, Yellingbo

Make a difference! Join the Friends of the Helmeted Honeyeater. Help in our Indigenous Plant Nursery (Tues, Thurs, Fri, 9:30am) to propagate native plants for local restoration. Or join our “Seeds and Weeds” team (second Sunday of month, 9:15am) to collect seeds and tackle weeds. All skill levels welcome!

Indigenous Plant Nursery

Drop in and visit the Friends of the Helmeted Honeyeater Indigenous Plant Nursery where a wide range of local indigenous plants may be purchased at very affordable prices.

The Friends nursery has over 150 species of trees, shrubs, grasses, herbs, lilies, sedges, groundcovers, climbers and aquatic/semi-aquatic plants available for sale throughout the year.

We grow plants which are specific to the Woori Yallock Creek sub-catchment around Yellingbo, Macclesfield, Seville, Emerald and surrounds. Since its inception in 1991, the Friends nursery has supplied over 700,000 plants for local revegetation activities. Volunteers are the life-blood of the nursery. New volunteers are always welcome. No experience necessary.



Op Shops in the Upper Yarra

The Upper Yarra has plenty on offer at your local Op Shops!



Golden Opportunity Shop

362 Warburton Highway Wandin North

Monday to Friday 10am- 4pm, Saturday 10am- 1pm

AdCare Op Shop

3490 Warburton Hwy, Warburton

Tuesday and Wednesday from 9am to 3pm

Yarra Ranges Recycling Services

689 Old Warburton Rd, Wesburn.

9am – 3:30pm Mon/Fri/Sat,

9:30am – 3:30pm Sun

FICE

2463 Warburton Hwy, Yarra Junction 3797

Monday – Friday, 9am – 5pm

Benwerren Boutique

2455 B380 Warburton Highway, Yarra Junction

Monday- Friday 9am-4pm, Saturday 10am-2pm

Advertising rates and artwork specifications for Sweet Porridge

- Small ad / 25 words – \$3
- Business card: 92.5 x 65.5mm / 100 words – \$6
- Quarter page: 92.5 x 136mm – \$10
- Half page (Horizontal): 190 x 136mm – \$17
- Full page: 190 x 277mm (OR 210 x 297mm with a 10mm border clear of content) – \$30
- Community Notices – Free of Charge
- All year by arrangement

All revenue raised from Sweet Porridge benefits the Parents Association of Little Yarra Steiner School.

Advertising payments can be made via EFT.

BSB 633 000 A/C 14 284 4166 LYSS P & F

Please email all content: PDF's or JPG's, to sweetporridge@lyss.vic.edu.au

Fundraising for Bookworm Community School, Zambia



*"Empowering
Education
for the
Community"*

Bookworm Community School in Zambia was started by the passionate Violet Mundubi in 2022. The aim of the school is to provide quality education to vulnerable children- particularly orphans, young girls and those who cannot afford to go to school. It now has 300 students from four to 17 years of age and they have nine volunteer teachers. It is run off donations and support from well-wishers. If the school is lucky, they might be able to provide the teachers a payment of \$40AUD per month through donations. The school provides food and clothing to the children, however they struggle financially and don't have enough furniture, school supplies, and are packed into rooms with barely any room to move. The school floods regularly, and Violet has been sending us videos of the school bus that they use to pick the children up when it's flooding – of which there are no seats and no battery – the children have to push it!

We have spoken to Violet about many of the needs. They have outgrown the space, and if I could fundraise \$19,000 we could actually buy them a building on the block (they're renting at the moment). This is a big dream, but I thought – why not go for it!

So the wishlist goes...

- If we raise \$19,000- we help purchase the new building.
- If we raise less- we purchase chairs and tables (currently they sit on the floor but it floods)
- We will also undertake a Permaculture of sorts, purchasing fruit trees in large pots that will hopefully provide sustenance and nutrition for the children.
- As well as this we will purchase period underwear for the girls.
- We will take a 30kg suitcase with us full of stationary, period undies, solar mats and whatever else we can fit.
- All remaining funds will be donated to the school.

Please read **HERE** for all the information and Bio of the school.

We thank you sincerely for any support you can offer.

We hope we can help make a lasting impact on the lives of these students.

Campaign Creator: Chelsea McNab.

Fundraising for Bookworm School in Zambia – donate at mycause