

THERE'S SOMETHING ABOUT POLLY

and it's more than just her extensive knowledge of heritage roses. Polly When has taken her love of gardening a step further by cultivating a crop of the most magnificent Hibiscus sabdariffa more commonly known as Rosella. This elegant annual shrub is a native of West Africa and grows to about 1.5m high. With large lobed reddish leaves and attractive yellow hibiscus – like flowers Rosella's are easy to grow and have few pest problems according to Polly.

Rosella's are mainly used as a hardy food crop with more calcium than most fruits and contain Vitamin C and some iron. "The bushes crop so prolifically" says Polly, that 3 or 4 plants are sufficient to produce a good crop for the family.

Wonderful jams, chutney's, pickles, syrups and teas are all products of this very attractive shrub.

Polly has had a very successful first season reintroducing this very valuable native bush food back into the forefront of consumer awareness.

There is an ever growing need for reinventing the small farm and often new projects and crops are taken on by women who have managed to combine the growing with the value added products all contributing to the local economy.

Congratulations Polly on your contribution to giving the Rosella a complete make over!

For more information contact Polly When on 0414 551270 or email apwheen@pnc.com.au

ROSELLA CHUTNEY

as adapted from a wonderful old Shauer Fruit Preserving Book – date and publisher unknown.

Wash and cut 5kg Rosella and put in a large pan

Add – 3 minced apples and 3 minced onions

Cup of Worcestshire Sauce

1 teaspoon cayenne pepper

1 teaspoon salt and boil for 20minutes.

Add – 1cup of brown sugar 1cup of vinegar and continue boiling for another 20 minutes or until quite tender.

