



**LYNDARUM
NORTH**

Editor's Note

With Autumn upon us, and some changes in the way we live at the moment, the team at Lyndarum North has compiled a range of activities that you can do in your very own home to keep you entertained!

Whether you are interested in gardening, cooking or getting fit, there's something for everyone, including tips on how to create your own vegetable garden, big batch-cooking ideas and some indoor exercise inspiration.

Because we need to keep up our social distancing and stay safe, it's still easy to stay connected to friends and family whether it be by phone, virtual catch-ups or even traditional snail mail.

To keep up to date with the latest community news follow us on Facebook
[@LyndarumNorthAVJennings](#).

Also, if you are a Lyndarum North resident there is a Facebook page especially for you, join today
[@LyndarumNorthResidents](#). Share what's happening in your community, meet new neighbours and get insights into your community. It's another great way to stay connected.

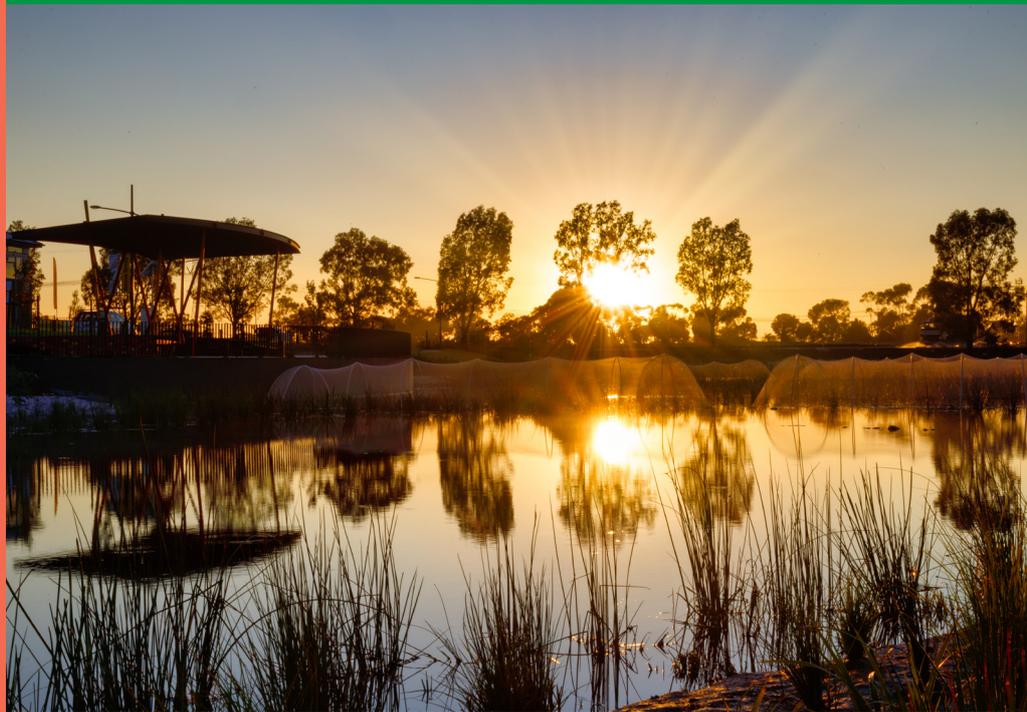
For updates regarding the development of Lyndarum North please visit:
<https://www.avjennings.com.au/vic/lyndarum-north-wollert>

Kind regards,
Amanda Nicol
Marketing Executive

Community news.

Autumn 2020

Edition 10



Title and Construction Update

The Lyndarum North community continues to grow at a rapid rate with the number of completed homes over 200 with nearly 500 residents.

Our latest land releases, Jade and Pearl (Stages 8 and 9) are nearing completion with titles expected in May/June 2020.

Our Pearl release continues to be a popular choice amongst our buyers. Located in a premium location and close to existing and future amenities the remainder of these lots won't last long.

Have you seen our stunning wetlands, fronting Craigieburn Road East? Now finished, they offer a spectacular entry point to our community. Lyndarum North's feature park is also nearly ready to go and we look forward to holding an official park opening as soon as we are able.

If you are interested in our latest releases and want to find out more, please contact our Sales Agents: George Kirkopoulos on 0438 972 189 or Serpil Gurel on 0435 938 979.



Lyndarum North Feature Park



Lyndarum North Wetlands



Put your bears out at Lyndarum North!

In what has become a global phenomenon, the teddy bear hunt is a great way to keep the kids safely entertained while social distancing. Not only this, it's a great excuse to get some fresh air and exercise!

The team at Lyndarum North encourages the littlest members of our community to place their teddy bears in their front windows and yards so that fellow residents can go on a bear hunt to count how many teddies they can find.



5% off our latest releases!

Right now, Lyndarum North is offering 5% off all land lots from our Jade and Pearl releases.

There's a great range of lots available suitable for all budgets and life stages.

Allotments are conveniently located close to existing and future amenity such as shops, cafés, schools, childcare and Lyndarum North's feature park and wetlands.

Offer is valid until Sunday 31 May 2020 – visit our website <https://www.avjennings.com.au/vic/lyndarum-north-wollert> to view T&C's.



With plans for a major town centre, train station and much more, there's no better time to join the Lyndarum North community.

Plant your own vegetables

Now is the perfect time to plant your own vegetable garden. Whether it be just a few herbs or a wide variety of seasonal vegetables, growing your own vegetables is a deliciously rewarding activity for the whole family.

Autumn Vegetable Planting Guide for Melbourne

Winter is a great time for growing some vegetables and Autumn is the time to plant them.



Step 1 - Find a sunny location in either your front or back garden

Step 2 - Decide whether you would like to use the ground, a planter box or simply some pots

Step 3 - Prepare the soil. Buy good quality soil, compost and plant food from your local garden supply centre

Step 4 - Choose your vegetables and buy the seedling or seeds - see the list below

Step 5 - Get planting. Remember to read the planting instructions to ensure you don't over-crowd your garden

Step 6 - Water every second day

Step 7 - Enjoy your home-grown delicious produce

Remember, there are many garden supply places that home deliver or offer click and collect services.

- Spinach
- Silverbeet
- Kale
- Salad Rocket
- Lettuce
- Chives
- Parsley
- Spring Onions
- Coriander
- Broccoli
- Brussels Sprouts
- Cabbage
- Peas
- Broad Beans
- Cauliflower

Ideas to keep the kids entertained for hours indoors

With many making the shift to working from home, you may find yourself searching for indoor activities that keep the kids entertained, which is why the team at Lyndarum North has put their heads together to give you some tips and tricks to keeping the kids busy!

- Crafternoon: Bring the art class home by pulling out some colouring books and breaking out the pencils, crayons and texas. No colouring books on hand? Don't worry, there are plenty of free colouring pages online, all you need to do is press print!
- Letter writing: In the age of technology, we're never far apart. Take it back to a simpler time and have the kids write letters to friends

and family. This is a great way to work on their writing skills, while also giving loved ones a nice surprise.

- Game Day: It's time to grab all those boardgames that have been collecting dust on your shelf. The perfect way to keep kids entertained for hours, you might even find yourself getting involved.
- Build a fort: A classic rainy-day activity, create a fort

that the kids can use to transport themselves to whatever world they desire.

- Movie Marathon: This is a great Friday 'treat' idea. Let the kids choose a movie each, microwave some popcorn and settle in for the afternoon.





Batch cooking recipe ideas

Whether you're a seasoned meal-prepper, or just looking for a reason to test out some of those recipes you've put aside, batch cooking will be your saviour over the next couple of months. Put aside a few hours on Sunday and spend some time preparing larger portions of various foods that can be mixed and matched throughout the week. We've put together a few recipe ideas to get you started!

Balsamic Roasted Vegetables

Eat this dish alone, on top of a salad, or with your choice of protein. Feel free to double, or even triple, this recipe depending on the size of your family.

Ingredients:

VEGETABLES

- 230gm mushrooms
- 1 red onion
- 230gm carrots
- 230gm parsnips
- 1 bunch radishes
- 1/4 bunch parsley (for garnish)

BALSAMIC MARINADE

- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp brown sugar
- 2 Tbsp soy sauce
- 1/2 Tbsp Dijon mustard
- 1/2 Tsp dried basil
- cracked black pepper

Method:

1. Preheat the oven to 200°C. In a small bowl, combine the olive oil, balsamic vinegar, brown sugar, soy sauce, Dijon mustard, dried basil, and pepper. Set the marinade aside.
2. Scrub or peel the carrots and parsnips, then slice them into 1-inch pieces.

Wash the mushrooms and cut them in half. Peel the onion and slice it into 1-inch wide wedges. Wash the radishes, cut off their stems and roots, then slice each one in half.

3. Spread the prepared vegetables out over a large baking sheet, making sure they're in a single layer and not piled on top of one another. Pour the balsamic marinade over top, then toss the vegetables until they're all well coated.
4. Transfer the baking sheet to the oven and roast for 20 minutes. Carefully remove the baking sheet from the oven, give the

vegetables a good stir, then return them to the oven and roast for an additional 15-20 minutes, or until the vegetables are tender and have browned on the edges. Don't be alarmed if the marinade blackens on the baking sheet, that part will not be scooped up with the vegetables.

5. While the vegetables are roasting, finely chop a handful of fresh parsley. Transfer the roasted vegetables to a bowl or serving platter and sprinkle the chopped parsley over top just before serving.

Balsamic Roasted Vegetables – Recipe source: <https://www.budgetbytes.com/balsamic-roasted-vegetables/>



Spinach and Potato Bake

This recipe can be eaten, fresh, refrigerated or defrosted! Eat alone or paired with a fresh salad.

Ingredients:

- 100g spinach
- 6 potatoes peeled
- 12 eggs beaten
- 600g pumpkin
- 300ml thickened cream
- 3 carrots chopped
- 1/2 cup cheese grate
- 60g butter

Method:

1. Preheat oven to 180C.
2. Lightly grease a lasagne dish
3. Cut potatoes, pumpkin and carrots into cubes.
4. Heat butter in frying pan and add the vegetables. Cook covered for 10 minutes, stirring occasionally until golden brown.
5. Add spinach and cook until wilted. Continue to cook until all the liquid has evaporated.

6. Spoon into lasagne dish.
7. Beat eggs and cream until combined.
8. Season with salt or pepper and pour egg mixture over the potatoes and top with cheese.
9. Bake for 35-40 minutes or until golden brown.

Top 5 fitness apps for indoor workouts

Being stuck inside doesn't mean you can't exercise. We've listed our top five fitness apps for indoor workouts that will keep you healthy from the inside out!

1. Centr Fit: Founded by Thor himself, Chris Hemsworth's fitness app Centr is offering a 6-week free trial and it's sure to get your blood pumping!
2. Keep it Cleaner: Dynamic duo Steph Claire Smith and Laura Henshaw's health and wellness program is offering free twice-weekly, equipment-free live workouts via the KIC Facebook page.
3. Down Dog Yoga: This fitness platform has made all its apps – including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout- free until 1 May. Make the most of the varied exercises on offer!

4. Nike Training Club – Nike's official training app has made all its premium workouts free until further notice. You'll get 4-6 training plans to suit your fitness level, schedule and goals.
5. Daily Workouts Fitness Trainer – This free app has been around for years and still holds its own in the increasingly crowded health and wellness app industry.



Lyndarum North Refer A Friend

Turn your friends & family into neighbours & receive a \$1,000 EFTPOS gift card!

Having friends and family live close by is a reward in itself so AVJennings is sweetening the deal with a \$1,000 gift card for Lyndarum North purchasers who successfully refer family or friends to purchase a new home. That's a thousand more reasons to love your neighbour, plus if you buy another AVJennings property within two years of your original purchase, you could receive a \$5,000 gift card.

Call us on 131 878 to request a referral pack. Terms and Conditions apply

We are in this together.

We're here to help

Our team is here to help! You can contact us via phone or email. We're also available for private appointments. We're flexible!



LYNDARUM
NORTH

Our Sales & Information Centre is located at
220 Craigieburn Road East,
Wollert

Call
George Kirkopoulos
0438 972 189

Opening Times
By appointment only

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