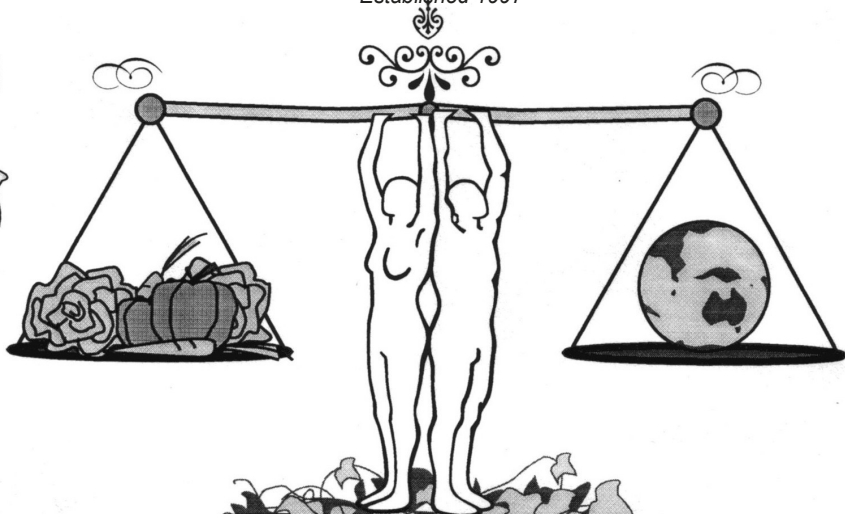


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 21 - JANUARY 2017 Issue 1
GARDENING IN SUMMER

Pg2	<i>Club Information</i>	9	<i>If You Do Just One Thing This Month</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	10-11	<i>Where to get your gardening supplies</i>
4	<i>Beyond Organic Gardening</i>	11	<i>Useful Hints and Tips</i>
5	<i>Can We Help, Offers/Wants Section</i>	12	<i>New Veggie Swap Guidelines</i>
6	<i>Pinch to Grow an Inch</i>	13	<i>How to Keep Chooks Laying In Summer, Recipes</i>
7	<i>Protecting against Disease</i>	14	<i>Fruit Trees</i>
8	<i>Let's Share our Tips of "All Things Gardening"</i>	15	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 16th February 2017

Notice Board

1. **To promote organic sustainable food raising for home gardens and farms.**
2. **To foster research into improved methods of organic farming and gardening.**
3. **To provide information and support to all those interested in the various aspects of organic growing.**

Meetings Held:

3rd Thursday of the Month

The Meeting Place, Cnr Guineas Creek Rd and Coolgardie St, Elanora.

Doors open: 7:00 pm. **Begin at 7:30 pm**

Entry is \$1 members, \$3 visitors.

(No meeting in December)

Annual Membership Fees:

Single: \$20. Family: \$30.

To renew or start memberships please transfer funds directly into our bank account, send cheques (payable to GCOG) to Diane Kelly, or just pay at the door.

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

Please bring plants, books and produce you wish to sell or trade.

Raffle Table:

This relies on the kind generosity of members to donate items on the night. Tickets - \$1 each or 3 for \$2.

Library:

Books 50c, Videos, DVDs \$2, Soil Test Kit \$2. Available to members for 1 month.

Advertising: (Note 11 issues/year)

1/4 page: \$10 an issue, or \$100 per year

1/2 page: \$20 an issue or \$200 per year

full page: \$30 an issue or \$300 per year

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

2016 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Cathie Hodge 0406 575 233 cathie.hodge@gmail.com
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
Newsletter Editor Newsletter Asst.	Dorothy Coe dorothy@dorothycoe.com Diane Kelly
Website Editor	Dorothy Coe dorothy@dorothycoe.com
Advertising	Dorothy Coe dorothy@dorothycoe.com
Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellebeter@gmail.com
Librarians	Ann Brown 0403 936 360 Pat McGrath Megan Keeler
Seed Bank	Lyn Mansfield 0409 645 888
Seed Assistants	Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

Newsletter Contributions are welcome. Send in a photo of what's going on in your patch. Deadline for contributions is the **second Monday** of the month. Send your content to Dorothy Coe at: dorothy@dorothycoe.com

Notice Board

Membership Renewals

NEW: You can now pay your membership fee directly into the GCOG bank account.

Name: Gold Coast Organic Growers
 Bank: Suncorp
 BSB: 484-799
 Account: 0014-21651

Remember to put your Name and Membership Number in the comment field.

Note the number in brackets after your name is your membership number - you will need to quote this number in the comment field, if you pay via online banking.

Membership Renewals – January 2017:

Overdue: Ann Brown (329), Gene Rosser (224), Dayne Petersen (377), Kim Verecke (393), Frank Rebesco (342), Celia Forrest (351), Ray & Cheryl Finlayson (397), Amy Lukens (356), John Palmer (357), Paul & Maria Roberson (4), Geoffrey Williams (293), Megan Keeler (358),

January: Marion Symons (155), Karen Collins (350), Daniel Rhoades (399), William & Tracey Chen (400), Micheline Lazarod (401)

February: Margaret Reichelt (111), Barry O'Rourke (185), Karen Hart (198), Penny Jameson (201), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Ken & Pat Jenyns (273), Anne-Maree Andrew (337), Andrew & Helen Blum (344), Shem Pireh (361), Danny Li (384), Bill & Susan Smart (386), Kerry Lason (402), Gillian Tubbs & Dolphe Cooke (403)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Lebeter.

Latest newsletter can be downloaded from the site at goldcoastorganicgrowers.org

Upcoming Guest Speakers

Upcoming Speakers

February - David from Easy OyYa

There is nothing more frustrating than watching otherwise healthy plants, that you watered that morning, wilting in the heat by mid-afternoon. Any hydroponics grower will tell you that constant water supply leads to happy plants. And David has a way to provide constant water to our plants even in the heat of summer!

Workshops

Abilities Plus – Permaculture

All these workshops are held at 2 Market Street, Carrara (Behind the Back Page Sports Bar and Woolworths)

Come and chat about a vegetable, herb or plant and learn how to cook it....

Workshop are from 10am to 12 noon

30th Jan - Intro to Herbs and Spices into Cooking, Raw Food, Asian & Vegetarian Cooking

13th Feb - Weeds & Green Smoothies

27th March - Make your own cleaners & skin products

Cost is \$5.00

BOOKINGS REQUIRED

For more information contact Lyn Mansfield
 M: 0409 645 888

E: lynmansfield14@bigpond.com

W: <http://abilitiespluspermaculture.com/>

Beyond Organic Gardening

Ten Rules for a Healthy Vegie Garden

(These rules apply to flower gardens, too)

1. Don't plant straight, neat rows. Pests can start at one end and march down the row, munching like guests at a smorgasbord. Break up plantings so there are no large groups of one plant; plant small plants near tall ones; shallow rooters like lettuce near deep rooters like carrots; climbers next to long-stemmed corn or sunflowers.
2. Grow flowers and vegetables together. Flowers attract predators to eat the pests, attract bees to pollinate, help break up groups of vegetables so that pests, which track their food either by shape or smell, will find it harder to attack your crops. Vegetables can be beautiful too – just look at the ferny fennel (try the bronze variety) or bright yellow zucchini flowers for example. Potatoes were grown as ornamentals for their sweet blue flowers long before chips were even thought of! Try Swiss chard with multi-coloured stems; admire the bright red flowers of climbing beans, more vivid than sweet peas.
3. Don't plant too early. Spring growth is soft and sappy – just what pests like – and is disease prone. Predators start to breed up some weeks after pests. Wait until the ground warms up, until you can sit on the ground for an afternoon in comfort. Vegetables and flowers planted later will mature at the same time anyway; a cold slow start stunts them. Start seedlings in a pot if you want big seedlings early.
4. Let the best vegetables go to seed. This will give you fresh, free seed next year, adapted to your garden, and the flowers will attract the adult form of many predators.
5. Don't worry about pests and disease. Worry only if they are killing the plant. Put your effort into growing things instead; plant more; mulch more, and pick regularly, instead of worrying about killing things.
6. Pick often. Frequent picking stimulates more flowers, more leaves on the silver beet or lettuce, more flowerettes on the broccoli – and it takes you into the garden to enjoy it.
7. Don't just plant annuals in your flower and vegie gardens. Perennials send down deep roots and bring up leached nutrients. They are more drought resistant, and their leaves will shade annuals in the heat. With a backbone of perennials your garden will be sure to have flowers or materials for mulch – and a year round food supply for a small number of pests and the predators that eat them, a background security system.
8. Plant nitrogen fixers like beans, peas, sweet peas and broad beans. Peanuts fix nitrogen from the air, and add fertility to your garden as their residues break down.
9. Add more shade! Shade your vegies with tall trellises of perennial beans and chokes and kiwi fruit. The trellises stop the soil from drying out so fast, hide the garden from flying pests, and provide a lot of food in a small space.
10. Mulch thickly in dry times, right up to the leaves or beans, tomatoes and corn.

**Source: *The Wilderness Garden*
Jackie French**

Can We Help?

In the section BELOW our members can ask about cuttings, seeds or plants that they would like to obtain, or where we could let others know about any bits and pieces that we might have spare and would like to share.

So if you would like to let the Club members know about any particular plant you are looking for, or if you can help out and provide a plant that someone has asked about, please email Dorothy with the details at dorothy@dorothycoe.com

Offers / Wants / Swap / Share

Does anyone have black turmeric or the black turmeric plant I could buy ?

If so just contact me - thanks Dorothy
dorothy@dorothycoe.com

Three Figs Café & Greenbird Gallery

- Locally made delicious food
- Big range of coffees and teas
- Old farmhouse setting
- Shady gardens and landscaping
- Handmade gifts & homewares

Open Wed-Fri 8am-2pm, Sat-Sun 8am-4pm
The Ecovillage, 639 Currumbin Creek Rd
Currumbin Valley

For bookings phone Mirella 0419 170 654

*"An enjoyable experience on so many levels
– lovely ambience, yummy food and coffee,
interesting things to see and buy.*

Don't miss it!"
GC Visitors Guide 2013

THE DIGGERS CLUB

Helping Australians grow the best heirloom vegetables, fruits and berries.

Join the club for discounts, eight magazines a year and free offers.

Shop online for delivery around Australia.

Visit our website for video tutorials, fact sheets and gardening articles to help get you started.



TEL 03 5984 7900

DIGGERS.COM.AU



HERB FARM

Michael & Sandra Nanka
491 Springbrook Rd
MUDGEERABA. 4213

Opening times: Mondays, Tuesdays and the 3rd weekend of the month.
9 am – 4 pm

Phone: (07) 5530 3253
www.herbcottage.com.au

- ◆ Culinary, Fragrant and Medicinal Herbs
- ◆ Vegetable and Herb Seeds
- ◆ Craft, Herb Vinegars, Jams & Preserves
- ◆ Essential & Fragrant Oils, & lots more

Pinch to Grow an Inch from Dorothy Coe

I have been coming to the growers club now for 7-8 years and actively growing my own veggies for approx. 3-4 yrs (lost count) and in that time I have heard rumours about the benefits of pruning some veggie plants eg. tomatoes, cucumbers, and squash but I have never tried pruning these or really understood how to do it so I did a little research and found this article on the Learn to Grow website.

I will be doing some experiments over the coming months. If anyone else has any tips on this maybe you could contribute next month or during the Q&A at the meeting.

We vegetable gardeners really eat this stuff up: After weeks of patient waiting, our beloved [tomato plants](#) have finally taken off and seem to be growing bigger by the day. (Excellent!) Here's the problem: We want to grow a lot of healthy *tomatoes*, not a lot of healthy fruitless branches. The same can be said for [cu-cumbers](#) and [squash](#). If we don't pinch and prune these vegetable plants to remove excess leaves and flowers, we could be losing out on an extra-bountiful season!

If left to grow however their natural habit wills, most vegetable plants will actually reduce the number of flowers they produce and concentrate more on growing foliage. This stinks because (just in case first-time food growers don't already know) the flowers set the fruit, which sets the course for food-garden success. So while lots of healthy, green and leaf-full branches may look nice in the vegetable patch, they don't guarantee a basketful of homegrown food. They just encourage plants to grow more leaves.

By pinching and pruning, plants can focus their energy on making *food* instead of foliage. Pinching off extra flowers will help, too:

Less flowers (along with less leaves) means more plant attention on developing bigger, better veggies, bringing forth that quality harvest you've been dreaming of.

In addition to increasing fruit size and quantity, pinching and pruning can help train plants to grow where you need them to, like up trellises, stakes and other supports, keeping your garden looking well-maintained. This can also help keep your plants healthy, as removing excess foliage encourages good airflow through the plant, as well as makes it easier to spot pests or diseases before they become a serious problem.

If the idea of snipping off extra leaves and flowers makes you nervous, try to remember that vegetable plants adapt well to pinching and pruning. If an active bud gets damaged or cut off, a new one will take over. Use the pictures and captions on this page as a guide to help you get started. Before you know it, you'll be growing one step closer toward home-grown goodness – and you'll get there in a pinch!

Pinching Vegetables

Pinching Excess Foliage

Pinching off foliage with your fingers will help increase your yield, as well as encourage a full and dense plant.



Reduce Excess Flowering

Don't get carried away with the pinching – leave some shoots bearing buds and flowers on your plant. Removing about one-third to one-half of the blooms as they appear will help your remaining fruit grow larger and mature more quickly.



Reduce Crowding

If you have a crowded cluster of tomatoes forming, break it up: Remove any that are deformed or don't look healthy, and snip off those that receive limited light and air circulation. Pinch off any leaves that come in contact with the tomatoes, too.



Protecting against Disease

Two things more than any other contribute to the spread of disease. The first is open wounds or damaged tissue in the leaves or stems of a plant. Often this is how diseases enter it in the first place. The second is a damp, humid atmosphere. Most diseases and disorders thrive in warm, wet, stagnant conditions, where they will replicate only too readily.

Here are some simple do's and don'ts that should help you keep diseases at bay:

- Don't overcrowd plants. Give them space so that air can circulate around them freely
- Weed, water, and if necessary, feed regularly. Healthy plants are more likely to be able to ward off disease
- Disinfect tools before and after use if you are working with infected plants – especially those with a viral disease
- Use clean seed trays and pots for sowing seeds and transplanting
- Use fresh soil or potting compost
- Although saving and recycling water is ecologically sound, saved water can harbor disease-causing micro-organisms. When dealing with vulnerable seedlings and young plants, mains tap water is safer
- Clear away all plant debris at the end of the season, and burn anything that you suspect may be infected. Don't risk putting it on the compost heap
- Follow a crop-rotation scheme to discourage recurrent diseases from building up in the same areas

Let's Share our Tips of "All Things Gardening" by Diane Kelly

Hints for January & February

1. Mealy bugs have a waxy, water-repellent coating, which often makes insecticide sprays ineffective. To control them, prune off the worst of the affected growth, and then kill any remaining mealy bugs by dabbing with a cottonwool ball soaked in methylated spirits. This dissolves their waxy coating so that they dehydrate and die.
2. To store pumpkins or squash so that they don't rot, cut the plants free leaving up to half a metre of vine on each. Resist carrying them by these stalks – if they snap off, decay instantly sets in the scar left behind.
3. As soon as you harvest beetroot, take the foliage off. Otherwise it draws moisture from the roots, leaving them rubbery and tasteless.
4. Many grevilleas flower non-stop all year – "Misty Pink", "Moonlight" and "Honey Gem" are rarely without blooms. Dead-head regularly to promote more flowers.
5. Feed lawns with equal parts chicken manure and blood and bone. Sprinkle a handful per square metre and then, a fortnight later, apply lime or dolomite at the same rate. This counteracts any acidification caused by using nitrate-rich fertilisers, and also discourages moss.
6. Allow seed potatoes to turn green in the sunshine for a fortnight before planting. The sunshine activates growth, getting crops off to an early start.
7. To ripen green tomatoes, place them on the kitchen window ledge, or in a brown paper bag with a banana skin!
8. Dill: Sow fresh seeds where they are to grow, because dill doesn't like being

transplanted. The plants are excellent for attracting beneficial insects.

9. We use only the white part of a leek for cooking, but the coarse green tops can be used to make stock.
10. Cut Brazilian spinach back hard and use 15cm cuttings to create edible borders. Strip off the lower leaves, plant 10cm into the ground, 30cm apart, in full sun or semi-shade, then water.
11. And, for our final hint this month, here is some advice from one of my favourite books "No-Dig Gardening" by Esther Deans. To grow some comfrey to add to your compost, or use as a mulch, "pieces of root three to six centimetres in length, planted about six centimetres into the soil, will soon give new comfrey plants". Just add plenty of sunshine and moisture!



If You Only do One thing this Month Grow some Pineapples

By Diane Kelly

The other day I bought a corned beef and salad sandwich for lunch, and when the girl at the bakery was making it for me, I asked her to add a slice of pineapple. But pineapples have many more uses than just adding a dash of sweetness to a savoury sandwich – they can be eaten raw, fried, grilled, included in kebabs, added to desserts, and turned into drinks. And they are easy to grow, and can be planted all year round.

As part of the bromeliaceae (i.e. bromeliad or air plant) family, pineapples do grow in soil but need good air circulation and a very freely draining soil. To grow pineapples successfully, it is best to have a full-sun position, with slightly acidic to acidic soil (pH between 4.5 and 6) - and they need plenty of food and water! The size of the fruit harvest is largely dependent on the nutrients and water applied, so remember to add liquid fertiliser and compost at regular intervals.

I'm sure we have all tried to grow a pineapple by planting the foliage tops of a particularly nice fruit that we have bought or been given. The way to do this is to remove it from the fruit, and cut away any extra flesh. Leave the top for a couple of weeks until it dries out – you can pop it in the middle of your fruit bowl, because although the base will begin to dry out, the leaves will remain green. Prior to planting, strip some of the lower leaves to create a stub at the base of the tuft of foliage – you may even be able to see immature roots already growing where the lower leaves have been removed.

The top is now ready for planting – but be patient, because plants established from tops usually take two years to produce fruit. Another way to grow pineapples is to grow them from suckers which have formed as offshoots of established plants. Cut the suckers away from the parent plant with a sharp knife and plant them – the plants that form should produce fruit within eighteen months.

Here are some other good things to know about pineapples:

- They are considered a largely pest-free crop for home gardeners
- To enjoy the optimum flavour of a pineapple, eat it at room temperature
- You can tell whether a pineapple is ripe by pulling one of the centre leaves from the crown of foliage. If it comes away easily, it is ready to enjoy!
- When harvesting a pineapple, do so with secateurs – this will ensure that the shallow-rooted parent plant is not accidentally wrenched from the soil
- Pineapples don't need to take up valuable veggie garden space – the plants make a great low border around ornamental gardens
- And how big do they grow? Half a metre high, with a 1 metre spread

Pineapples: easy to grow; basically free if you use the tops; and can be beautifully sweet – so why not plant out a pineapple in January and February!



Where to Get Your Supplies....

SEEDS

GCOG

www.goldcoastorganicgrowers.org.au

Eden Seeds & Select Organic

www.edenseeds.com.au

Diggers

www.diggers.com.au

Wray Organics

www.wrayorganic.com.au

Green Harvest

www.greenharvest.com.au

Bunnings

www.bunnings.com.au

SEEDLINGS

Farmers Choice Organics

www.farmerschoiceorganics.com.au

LOHAS Precinct at the Burleigh Farmers Markets

www.facebook.com/TheLohasPrecinct

Bunnings

www.bunnings.com.au

Abilities Plus – Permaculture

<http://abilitiespluspermaculture.com/>
or see Lyn Mansfield at the club meetings.

Club members Anne-Marie Andrew, Jill Barber, & Dorothy Coe also have some seedlings at the meetings on a Thurs night.

HERBS

Can be obtained from the same sources above but for the biggest range including rare and speciality herbs is the **Herb Cottage**
www.herbcottage.com.au

MUSHROOM COMPOST / SOIL

Mudgeeraba Landscape Centre

www.mudgeerabalandscape.com.au

Abilities Plus – Permaculture

W: <http://abilitiespluspermaculture.com/>
or see Lyn Mansfield at the club meetings.

SoiLife Group Pty Ltd t/as SoiLife Australia

www.soilifeaustralia.com.au

FREE HORSE MANURE

There is a list of horse agistments on Gum-Tree here: www.gumtree.com.au/s-gold-coast/horse+manure/k0l3006035

COW POO

21 Dunlin Drive, Burleigh - \$5 per bag

CHOOK POO

Aussie Chook Poo

www.aussiechookpoo.com.au

STRAW, HAY, LUCERNE

See the man on the corner of Tallebudgera Creek Rd & Tallebudgera Connection Road every Monday.

FRUIT TREES

Daleys Fruit Trees Nursery

www.daleysfruit.com.au

The Fruit Tree Man

www.the-fruit-tree-man.com

ROCK DUST MINERALS / PALAGANITE

Guy Lewington but contact **Jill Barber** in the club as she is our main contact for orders/deliveries. 5534 4753

VERMICULITE & PERLITE

David on 0428 296 646 or davesperlitevermiculite@gmail.com

BIOCHAR

Dolf Cooke www.biocharproject.org/
or see Dolf during the club meetings.

WORM JUICE

Greg at WormTech www.wormtec.com.au

Dorothy Coe at the club meetings.

CHOOKS—POINT OF LAY

Bonogin Valley Hatchery – phone 0418 728 890. (Justin at Burleigh Pet & Stockfeed Supplies in Kortum Drive – ph 5520 6662 – takes orders for a monthly delivery from Bonogin Valley Hatchery)

Kym from Tallebudgera Valley 0404 028 272

City Chicks – based at Anstead but also servicing the Gold Coast - <http://citychicks.com.au/>

Hobby breeders in Mudgeeraba – see Gumtree ad - <http://www.gumtree.com.au/s-qld/chickens+sale/k0l3008841>

If anyone knows of any other good suppliers please let me know and I can update this list.

Useful Hints and Tips

HINT: Ripe figs:

Figs must be allowed to ripen on the tree. They are ready for picking when the flesh yields to gentle pressure from being squeezed between your finger and thumb.

HINT: Potting a plant – rootball ratio:

Always try to choose the right pot for the plant, and keep everything in proportion. The best container size for any plant is one that is roughly 5 cm (4 inches) deeper. After a year or so, depending on the speed of growth, you will need to re-pot the plant into a larger container. Planting a small plant in a much larger pot is not a time-saving solution, as plants do best in pots only slightly larger than their rootball. Check regularly that the roots are not growing through the base of the pot. If they are, it is time to re-pot.

HINT: Emergency resuscitation:

If you do allow a plant to dry out to the point of wilting, you can usually revive it by giving it a long, deep drink. Plunge the entire container into water, and hold it down so that the potting mix is beneath the water level. Keep the container submerged until any air bubbles stop rising. Remove and allow to drain. The plant should then revive.

HINT: Shoo fly!

Place fly-deterrent plants at door-ways, on verandas and so on. These plants include basil, bay, chamomile, lavender, lemon verbena, mint, rosemary, sweet woodruff & thyme.

Veggie Swap by Dorothy Coe

After great success with the veggie / produce swaps over the last few months we will be continuing with them ongoing so don't forget to keep bringing your excess veggies, jams, plants, eggs etc. to swap at the future meetings.

The swap will commence as soon as the doors open at 7pm until the official meeting starts at 7.30pm and then we will commence again after the main meeting during supper.

In addition to swapping produce, if you have enough excess of anything you can also sell your items on the sale tables.

Feel free to **JOIN** our **facebook page** for updates on swaps done outside the club.
www.facebook.com/groups/veggieswapgoldcoast/



I have come up with some rules / guidelines for future produce swaps just to make it run more smoothly.

How the Veggie Swap Works

Veggie / produce swap starts at 7pm when the doors open until 7.30pm and also continues again after the main meeting at approx. 8.30pm.

VEGGIE / PRODUCE SWAP RULES / GUIDELINES

1. Put your full name on all of your items OR put them into one box/bag/container/ tray and put your name on that so people know exactly what belongs to who.
2. Label uncommon items just in case people don't know what they are.
3. Try to swap with items that have the same or of similar value where possible.
4. If you bring 6 items and only swap 3 items of similar value you can take your other 3 items back if you wish.
5. If you place items down and then realise there is nothing on the table you need then you can take your items back again.
6. Items left at the end of the night will just be handed out to anyone left in the room.
7. **IMPORTANT: Direct swaps and Indirect swaps** – uses the below NEW system:-

RED STICKER = If you **only** want to swap directly with someone then place a red sticker on your items and you will be **approached by people before** they take your items to see if you are interested in what they have for swap (or you can approach people yourself).

NO STICKER = If no sticker is placed on your items then this means you are open to **indirect swaps** ie. you would place your items on the table and just take items that don't have a sticker – eg. place 2-3 items down and take 2-3 items of similar value which have no sticker. If you want an item with a red sticker – just approach that person and ask them first if they would like to swap.

Any questions just ask Dorothy Coe during the meeting.

How to Keep Chooks Laying In Summer

If your hens stop laying in summer, it is a sign that they are stressed. Chooks stop laying if the temperature around them goes above 25-32 degrees C, and they can die of heat prostration if the temperature goes over 32 degrees C.

Chooks also need cool, clean water. They may stop drinking, even on very hot days, if their water is polluted. Water (and food) needs to be within the range 18-24 degrees C – on a very hot day, chooks may drink half as much water again as usual, and can die after only half a day without fresh water

Hens eat less if the temperature is over 30 degrees C, and so may not get enough calcium for good eggshells. So in summer you should put extra calcium in the feed or water. Some egg farmers add 1 teaspoon bicarbonate of soda to 1 bucket of water, or 10 grams of vitamin C per 100 grams of feed to help shell quality.

Keeping Chooks Cool:

- Cover the chook house with vines
- Insulate the chook house in hot areas
- Put a sprinkler on the roof on hot days
- Hose the chooks and their hen house every hour
- Make sure water is kept cool – running water is cooler than still water
- Let your chooks free-range to find the coolest spot
- Plant trees

Source: Jackie French

Recipes Column

Re: Recipe Alert! Recipe Alert!

This is an amendment to the Kale Chip recipe from Sept issue. The temp. and time were inaccurate as Jill Barber discovered as she almost burnt down her house — sorry Jill. The temperature should be approx. 150 degrees for approx. 8 mins but keep a close eye on them.....a fine line between crisp and burnt.

Buckwheat Porridge

Sprout buckwheat by soaking for 8-10 hours, then rinse well, drain and leave covered with gauze for a further 12 hours. Serves 4. Very yummy and sustaining.

- 1c sprouted buckwheat
- 6 fresh medjool dates (or 12 dried dates, soaked)
- 2 apples
- 2T or more sunflower seeds
- ¼ tsp freshly ground cinnamon & good sprinkle nutmeg to taste
- ½ c rice or other milk + a little more to pour over each serve if desired
- 1 lge sliced pear or banana or mango or strawberry, etc
- Optional agave syrup or maple syrup
- Bee pollen if possible
- Shaved or shredded, toasted coconut to garnish
- Put everything (except fruit & garnish) into blender/processor & process.
- Stir in fruit, reserving some for decoration. Add garnish.

Please email your yummy recipes to Jill jillbarber611@gmail.com

FRUIT TREES

JANUARY

Custard Apples: Peak water needs. Apply organic fertiliser with sulphate of potash, 1 kg for mature trees and ½ kg for young trees.

Figs: Net trees to protect figs from birds. Fertilise with 1 kg organic fertiliser with sulphate of potash.

Low shill stone fruit: Moderate water needs.

Lychee: Peak water needs. This is a good time to “skirt” trees (skirt-trim all growth to 500mm above ground). Prune so 20% light can be seen through trees.

Mango: Apply organic fertiliser with sulphate of potash. Keep up water. Prune trees after harvest. **Pruning:** If it is a very large tree that needs to be pruned to a manageable size, the correct way is to cut back 1/3 of branches each year for three years. In the first year remove one of the largest branches, the following year remove another branch, and so on until the tree is of an acceptable shape and size. In this way you will have some fruit each year while at the same time reducing the size of the tree.

Passion-fruit: Keep up the water.

Pawpaw: Spray copper based spray or leaf microbes to prevent black spot.

Persimmon: Make sure trees are fully netted. Harvest time for early varieties.

Strawberries: Keep well-watered to form new runners for next year.

Bananas: Keep up water; bag fruit; and cut off bells.

Citrus: Fertilise tree with organic fertiliser containing sulphate of potash, 1 kg for large trees and ½ kg for smaller trees. Keep up sprays of pest oil for leaf miner.

FEBRUARY

Custard Apples: Peak water needs. Apply organic fertiliser with sulphate of potash, 1 kg for mature trees and ½ kg for young trees.

Figs: Net trees to protect figs from birds. Pick fruit every two days. Fertilise with 1 kg organic fertiliser with sulphate of potash.

Low shill stone fruit: Moderate water needs.

Lychee: Peak water needs. Mulch trees. This is a good time to “skirt” trees (skirt-trim all growth to 500mm above ground). Prune so 20% light can be seen through trees. If Eri-nose mite is a problem, spray with wettable sulphur every 10 to 14 days from pin head size new growth to fully open, and harden off.

Mango: Apply organic fertiliser with sulphate of potash. Keep up water. Prune trees after harvest. **Pruning:** If it is a very large tree that needs to be pruned to a manageable size, the correct way is to cut back 1/3 of branches each year for three years. In the first year remove one of the largest branches, the following year remove another branch, and so on until the tree is of an acceptable shape and size. In this way you will have some fruit each year while at the same time reducing the size of the tree. Spray with copper based spray or leaf microbes for anthracnose every fortnight.

Passion-fruit: Keep up the water.

Pawpaw: Plant pawpaws in threes (thin out to strongest). Plant out seedlings as the soil is still warm and by Autumn they will be stabilised, and then be ready to get an early start for Spring. De-bud your first year trees (keep one flower to try the fruit – if you must!) Keep one male to eight female trees. Pawpaws are heavy feeders. Spray copper based spray or leaf microbes to prevent black spot.

Persimmon: Make sure trees are fully netted. Harvest time for early varieties.

Strawberries: Prepares sites for runners to be planted out at the end of the month. Keep well-watered to form new runners.

Bananas: Fertilise with organic fertiliser with sulphate of potash – 1 kg per stool. Keep up water; bag fruit; and cut off bells.

Citrus: Fruit thinning should be done this month. Leave one fruit every 150mm. Fertilise tree with organic fertiliser containing sulphate of potash, 1 kg for large trees and ½ kg for smaller trees. Keep up sprays of pest oil for leaf miner. Keep up the water.

Brisbane Organic Growers Handbook

VEGETABLES

JANUARY:

Asian Greens, Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Shallots, Snake Beans, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

FEBRUARY:

Asian Greens, Beans (French, Snake), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Chilli, Choko, Kale, Leeks, Lettuce, Marrow, Mustard Greens, Onions, Parsnip, Pumpkin, Radish, Rhubarb, Shallots, Silverbeet, Sunflower, Sweet Potato, Tomato.

HERBS

JANUARY

Annual: Amaranth, Basil, Borage, Calendula, Dill, Herb Robert, Misome, Mizuna, Giant Red Mustard, Nasturtium, Italian Parsley, Rocket, Salad Mallow.

Perennials & Bi-Annuals – Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

FEBRUARY

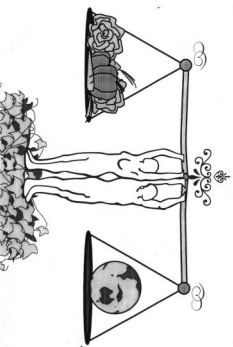
Annual: Amaranth, Basil, Dill, Herb Robert, Misome, Mizuna, Nasturtium, Italian parsley Rocket, Giant Red Mustard, Salad Mallow.

Perennials & Bi-Annuals: Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

If not claimed in 14 days, please return to:
GCOG, PO Box 210, Mudgeeraba Q 4213

*GOLD COAST ORGANIC
GROWERS Inc.*



NEWSLETTER

Meetings held:
3rd Thursday of the Month

Meeting place:
Cnr Guineas Creek Road
& Coolgardie Street
Elanora, Gold Coast

Next meeting:
Thursday 16th February 2017