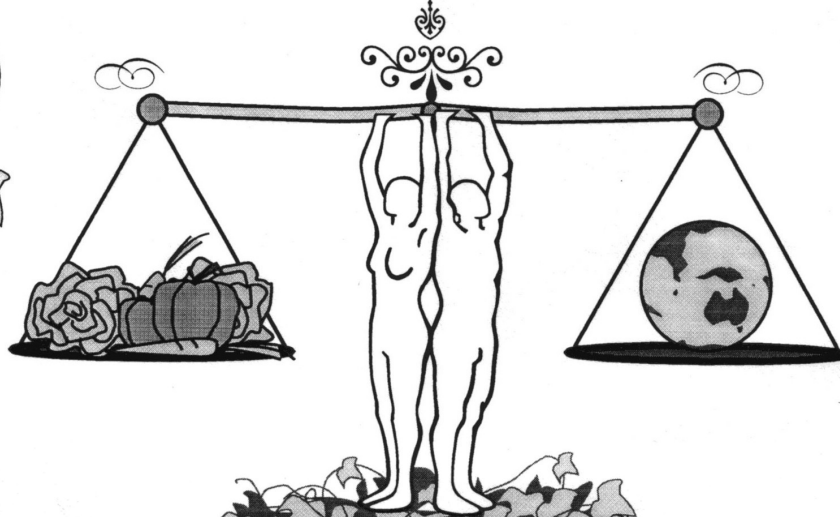


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 14 JULY 2011 Issue 7

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THE AIMS OF G.C.O.G. Inc.

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 send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

Seed Bank: \$1.50 ea.

Members Market Corner: Please bring plants, books and produce you wish to sell.

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

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

Advertising: **1/4 page:** \$10 an issue, or \$100 for 11 issues (1 year), **1/2 page:** \$20 an issue or \$200 per year, **full page:** \$30 an issue or \$300 per year.

Newsletter: contributions welcome by post or email (preferred). Please send to Dorothy at webprint@onthenet.com.au
Please put [GCOG] in email 'subject' box.

2011 Committee

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<i>Seed Bank</i>	Peter Seymour-Smith (07) 55965678
<i>Seed Assistant</i>	Scott Godfredson
<i>Supper Co-ordinator</i>	Jenny Davis (07) 5599 7576

Thanks to other contributors:
Diane Kelly, Patti Barton & Dorothy Coe.



Notice Board

Leone Freney, Bronwyn Morrison, Barbara Talty, Adam Boyes, David Wyatt, Helen Wainwright, Karen Auchere, Heather Ryan, Bruce Kelly, Leanne Cane, Brian McRae, Robert Faulkner, Linda Thompson, Lise Racine, Peter Seymour-Smith, Jan Wright, Elizabeth Dolan, Chris & Dorothy Winton, Ron Campbell, Cathy Hodge

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Neil McLaughlin, Eileen Turner, Gary & Jenny Spence

Lise Racine will be presenting
"A Biodynamic Approach to
Growing Herbs"

Q&A / TBC

Gina Winter, Medicinal Herbs
Bonni Yee on micro-organisms

If any members within the club
would like to share something
that would be of benefit to our
members please contact Jill
Barber to discuss.

www.goldcoastorganicgrowers.org.au
www.facebook.com/gcorganic



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Tulsi or Sacred Basil seeds/plants
as venerated by Krishna.

Contact Rebecca Bowen by
phone on 5531 4297 or email:
mangoesbowen@optusnet.com.au

Thank You

Come along to Council's free sustainable gardening workshops where you can learn all about composting and worm farming to recycle your waste and improve your garden.

The workshops are held on a Saturday between 10am and 12pm at the following locations:

- Elanora Library, Guineas Creek Road, Elanora

- Nerang Library, Corner White and Price Streets, Nerang

- Robina Library, Robina Town Centre Drive

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855. Tea and coffee are provided and all you need to bring are closed shoes.

Where: Miami State High School
2137-2205 Gold Coast Highway, Miami
When: Every Sunday, 6am to 11am
Contact: David Whyte
Telephone: (07) 3358 6309 or 1300 668 603
Email: info@gcorganicmarket.com

(Chinese Proverb)

)
Just a click away:
www.prostateawarenessaustralia.com or
contact Ross Davis for more info:
rossco12@bigpond.com

Learn the basics of organic gardening and enjoy a fun creative workshop includes free seedling give-aways and light refreshments.

Saturday 23rd July
10:00am - 11:00am
270 Ferry Road, Southport
\$10

Bookings essential
RSVP: Gold Coast Permaculture Group
permaculturegc@gmail.com
07 5539 3973

Learn the basics of preserving vegetables for maximum freshness and nutritional value, using the age old techniques of fermentation.

Saturday 23rd July
Time: 11:00am - 12:00pm
270 Ferry Road, Southport
\$10

Free tastings and light refreshments.

Booking essential
RSVP: Gold Coast Permaculture Group
permaculturegc@gmail.com
07 5539 3973

Did You Know?

Lapsang Souchong tea is often used as a possum repellent. Simply make up a strong of tea and allow it to cool, then spray the tea over plants eaten by possums. The strong, smoky flavour of the tea is said to stop them nibbling new growth and flowers. Repeat applications after rain and overhead watering.



27th of August 2011
9am — 4pm
12 Benaroon Crt, Tallebudgera

In this workshop you will be introduced to:

- biodynamic principles
- how to correctly store and use biodynamic preparations
- how to properly stir the preparations
- how to build a biodynamic compost heap

Afterwards if you wish, you can join the Biodynamic Gardeners Association which gives you access to the biodynamic preparations.

\$60 single
\$100 couple
\$50 /90 concession for Health card holders.

For further enquiries and to register,
contact Lise Racine. Ph: 07 55339505

Most herbs are hardy and will grow well throughout the garden, or in pots. Grow herbs amongst your vegetables, they make great companions, they can improve growth and flavour of vegetables and help repel pests. Learn how to grow herbs in the garden and in pots, different propagation techniques, how much sun, water and what type of soil herbs like, there are also hints on repelling insects and some simple recipes for sprays. This is a hands on class with plenty of opportunities to ask questions.

The class runs for 4 hours from 9.30am to 1.30pm, with morning tea at 11-11.30am. Try to arrive 10minutes prior to have a cuppa and settle in.

this includes a booklet of information on growing and propagating herbs, growing herbs in pots and in the garden and some recipes for herbal sprays, as well as a herby morning tea. You also get to take home the cuttings and seed trays that you do on the day.

A hat and closed in shoes as we will be spending some time in the garden. Secateurs or scissors for cuttings (if you have them).

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

Book online at www.herbcottage.com.au
or call 07 5530 3253

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Want to be part of a community gardening project? Community gardens are a great way for residents without their own garden, or those who want to be part of a community gardening project to get out and use their green thumb.

If you would like to grow your own vegetables, fruits, herbs or flowers, and want to get outdoors and interact with like minded green thumbs, the community gardens may be for you.

To find out where your nearest community garden is established simply email: communitygardens@goldcoast.qld.gov.au

Invites you to a fundraiser at
270 Ferry Rd, Bundall

Children's Face Painting • Plants • White Elephant Stall • Fruit • Vegetables • Baked Goods • Home Made Preserves and Sauces and much more.

Entry: Gold coin donation

for more information about Ashmore Community Garden or this event email: ashmorecommunitygarden@hotmail.com
www.ashmorecommunitygarden.org

Gold Coast City Council's NaturallyGC Program has some great activities running throughout the year, many of them of interest to organic gardeners.



Remember: Bookings are essential. Places are strictly limited.

New activities coming September 2011 for gardeners.

Call (07) _____ for information and/or to book your spot.

Did You Know?

Green capsicum are invariably cheaper to buy than red capsicum because they are harvested several weeks earlier. In order to develop their intense colour, red capsicum must be left to mature on the plant for a longer period. Paprika is made by drying the seeded fruit of a sweet capsicum then grinding it into a fine powder.

*Ecologically sound,
hand-made on the farm*

The herbal ingredients are grown with Demeter certification and transformed using traditional herbalist techniques. No synthetic preservative or petroleum ingredients are used.

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Tallebudgera, Qld, 4228

A novice gardener friend of mine was commenting recently how much she hated winter. "Oh" I said, "me too!". "I can't wear my bikini and thongs to work, spend entire days in the pool, or drink a slab of beer to remain hydrated!" I lamented.

I assumed, of course, that we both felt the same. How wrong I was! She replied that she disliked winter because she couldn't garden. Couldn't garden! Winter is a magic time in the garden, because there is so much to do, and my neighbours don't stare at me in my bikini! So, let's have a look at the month of July to encourage you off the couch and into the garden!

- Plant out some tasty winter treats, like Chinese cabbage, rocket, silverbeet, mizuna and tatsoi.
- In warmer areas pop in beans, sweet corn, leek, pumpkins, tomato and watermelon.
- Whack in some coriander, chamomile and nasturtiums in the herb patch.
- Green manure crops (like mung beans) are good to go now... improve that dormant vegie patch!
- Many ornamental and fruit trees are keen to get in the ground now. Try figs, pistachios, bare-rooted roses and vines (non-invasive of course!!)
- Pruning and weeding is a top job to do at this time of year.
- Top up mulch on your vegie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Source: *Sustainable Gardening Australia*, www.sgaonline.org.au



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\$7.30 per 30 ltr bag, or
\$58 per metre

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\$9.00 per 30 ltr bag

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\$8.00 per 30 ltr bag

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www.greenfingerspottingmix.com

Did You Know?

Watermelon seeds may be roasted and eaten in the same way as pumpkin seeds.

Also, the seeds of all types of marrows, pumpkins and cucumbers have a higher nutritional value than the flesh of the fruit. We routinely eat cucumber seeds, but often consume marrows before the seeds form. The seeds of pumpkin, on the other hand, are generally removed before we cook them.

Organic vs conventional agriculture: 20 year trial reveals major benefits of organic production

In America's longest running trials comparing organic farming methods against conventional, the results are in; organic agriculture methods are the most environmentally sustainable and resilient.

Organic production was found to have less net carbon emissions, was more water saving, and at least as financially profitable for farmers as conventional farming methods - in many cases more so.

In 1981, the Farming Systems Trial (FST) was founded by the Rodale Institute. The research focused on corn and soybean crops and looked at three core farming systems: a manure-based organic system, a legume based organic system, and a synthetic inputs based conventional system.

The results of its comparison findings showed:

- Organic systems produced 31% higher corn yields than the conventional system during moderate droughts;
- Weed competition in organic production methods were tolerated better than in conventional farming methods;
- Carbon sequestration is highest in manure based organic production, followed by legume based organic production;
- Groundwater appears to increase in organic systems with 15-20% higher volume of percolating water and reduced runoff;
- Herbicides were detected in the conventional system, with atrazine levels reaching a level known to produce deformities in frogs;
- Energy use in the conventional system was higher than in the organic systems;

- Initial costs to set up organic systems were 10% higher than conventional, but organic premiums ranged from 65-140%.

Dr Andrew Monk, BFA Director, says the FST has shown what organic growers have been claiming for many years now;

"Organic systems can have a significant benefit to producers, particularly in times of climate extremes, and are therefore going to be important for increasing the resilience of our agricultural sector in the coming years," Dr Monk said.

"This long term study disproves the myth that organic cannot yield more than conventional systems - as yields are always one dimensional. With an increasing need for resilience in the face of climate realities, demand on our water resources increasing by the day, and biodiversity being stretched and threatened by current agricultural systems, there has never been a better or more important time for farmers to consider organic and biological agricultural methods, for their own health and the health of the earth."

Source: www.getfarming.com.au
and www.bfa.com.au

To help your garden cope with cold weather, consider some of the following strategies:

- Use hedges and barriers to redirect cold air away from sensitive plants.
- Look for planting opportunities close to brick walls so you can take advantage of radiated heat.
- Avoid over-feeding your plants. Tough plants are more cold-tolerant.
- Cover plants before the sun goes down to help retain heat around them, particularly when you know frost is likely.

- Take care that thick, water retentive mulches don't chill your plants.
- Be inventive and build a mini-greenhouse or cloche from recycled materials.
- Use pots and window boxes in warm spots around your home and garden to grow sensitive plants, as well as give seeds and seedlings a head start.
- Look for cold-tolerant varieties and lesser-known species through seed saver networks and organic gardening groups.

To help your garden cope with hot weather, consider some of the following strategies:

- Shelter plants with shade cloth or other sun-filtering fabric.
- Forget the traditional north-south orientation of vegetable gardens. Establish vegetable gardens on the eastern side of buildings, where they will benefit from some afternoon shade.
- Look for heat-tolerant varieties of vegetables, such as non-hearting lettuce, perennial leeks and bunching onions.
- Substitute traditional vegetables with Asian, tropical or arid vegetables, which are better suited to the climate where you live. Snake beans and Ceylon spinach are more suited to warm climates than many traditional European crops.
- Change your planting schedule. You may be able to grow traditional summer crops that are less tolerant of extremes of heat and humidity more successfully during spring, autumn and winter seasons.
- Build a pond or other water feature in the garden. Air will be cooled as it passes over the water, providing free evaporative cooling for your garden.

Source: Annette McFarlane, "Organic Vegetable Gardening"

Have you ever tried planting the fresh seeds of a particularly delicious tomato, only to find that the seeds do not germinate? This is because some seeds have in-built mechanisms that prevent them from germinating at the wrong time of the year or in an unsuitable location.

Fleshy seeds such as tomatoes contain natural chemical inhibitors that prevent immediate germination. To reduce the concentrations of chemicals within the seeds, wash, soak or ferment the seeds before sowing or cleaning and drying them for storage. Tomato seeds that come up like weeds in the compost heap have already been through the same sort of fermentation process, hence they germinate readily once the compost is used around the garden. All they need is light, warmth and moisture.

Source: Annette McFarlane, "Organic Vegetable Gardening"

1. Start small and expand your garden as your experience grows.
2. Arrange a labour exchange with a more experienced gardener. Spend a few hours working in their garden, while they teach you a few things in yours.
3. Remember that neatness does not always equal productivity.
4. Plant small amounts of a variety of crops.
5. Grow things you like to eat, but try small amounts of new crops to give you time to discover great ways to cook them.
6. Begin with easy-to-grow vegetables such as beans, cherry tomatoes and silver beet.

Source: Annette McFarlane, "Organic Vegetable Gardening"

I have been consuming a lemon a day for weeks now and have been feeling great and free of winter ills too at last.

Some people have a drink of lemon juice in hot water before breakfast.

Eating a lemon is a lot healthier than eating an orange ... LEMON will clean all your IN-TESTINES. Which oranges don't. Even doctors are now saying that there is value in "LEMONS".

The surprising benefits of lemons!

\$



Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about this?

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant, though bitter, of course, and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumours. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial

infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and is an antidepressant, and it combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, saying that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ... The compounds of this tree showed as 10,000 times better than the product Adriamycin, a drug normally used as a chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

Source: *Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD1201*



To make the soil pH lower (more acidic) incorporate:

- Composted sawdust
- Composted pine needles
- Powdered sulphur

To make the soil pH higher (more alkaline) incorporate:

- Dolomite lime
- Agricultural lime
- Wood ash (in small amounts)
- Bird manure, which also contains nitrogen and phosphorus

Source: *Annette McFarlane, "Organic Vegetable Gardening"*

I've often heard the name "Warrigal Greens", but have never known what type of a plant it is – until I was looking through an old gardening magazine. (I haven't tried the recipe yet, but it sounds simple and tasty.)

Like so many of our native foods, Warrigal Greens (*Tetragonia tetragonoides* – family *Aizoaceae*) can be found under a number of different names – New Zealand spinach, Native Spinach, or even Warrigal Cabbage!

Warrigal Greens found its way to the Kew Gardens in England in 1771 via Sir Joseph Banks, the botanist on the Endeavour, who discovered the plant in New Zealand (where its native name is Kokihi or Rengamutu). The plant is native to New Zealand and Japan, as well as Australia.

In the 19th century, Warrigal Greens enjoyed considerable popularity in North America and Europe, especially France where it is called "Tetron" or "Tetragon" and still remains an important winter pot-herb full of vitamins and minerals.

Warrigal Greens is a low-spreading plant with spearhead-shaped leaves. In Australia it can be found from North Queensland to South Australia, growing wild and sometimes lush on sand dunes along the Australian coastline.

It is very adaptable to different soils and climates, but these will affect whether it survives or thrives. It has spread from the coast and grows well along waterways, in moist understory situations, and even in the interior. Although tolerant of infertile soils and salinity, the plant will be less luxuriant and have smaller leaves in the more arid regions.

Warrigals Greens has large, green, horned seed pods that form along the stem. The best time to harvest the pods is at the end of summer when they turn a soft brown. Once the pod darkens to a dark brown it falls off,

exposing the seed. The seeds are best aired in the shade for up to two weeks before storage or planting.



Ingredients:

Oil

5 cups of loosely packed Warrigal Greens leaves
 1 sheet of ready rolled puff pastry
 100 gm cheddar cheese, grated
 1 egg, beaten
 Pepper to taste (native pepper is best!)

1. Preheat oven to 200 deg C
2. In a pan, cook the onion in the oil until soft
3. Wash the greens and blanch (for at least three minutes to remove the oxalates). Squeeze out excess moisture and chop coarsely
4. Stir the onion, cheese and egg into the spinach
5. Place the pastry sheet on an oiled pie dish or baking sheet
6. Put the green mixture into the middle of the pastry sheet and fold the corners up around the filling
7. Bake for 15-20 minutes until golden

Source: *The Organic Gardener, Winter 2001*

The greatest waste of space located outside the house is the nature strip, and I reckon it's time we all paid some attention to this often neglected but all too visible patch of nothingness!



Traditionally, most nature strips are a monoculture of turfan area of often neglected grass used by the postie, house visitors when parking and, my own personal nemesis, the inconsiderate souls who brings their dogs to toilet there nightly...right by the letter box! But, as St. Dylan told us, "the times they are a-changing'", and increasing numbers of eco-friendly folks are looking to change the face of our natures strips.

Now, before you scurry out to the front strip and start re-creating the Daintree, there are a few things you need to be aware of.

So, what exactly is a nature strip?

Well, technically speaking, a nature strip is "council owned and/or controlled land located between a constructed road and a parcel of private property, which does not include land reserved for public purpose or bushland". This is pretty much a long winded way of saying, 'the area out the front of your place between the boundary fence and the gutter'. Nature strips are, in most circumstances, owned by the council but managed by the residents, which means the upkeep (yup, I'm talking mowing) is up to you. The exception to this rule is street trees, which are generally managed by the council... so give them a call if they need a prune, or some serious management.

I reckon that, by very definition, the word nature strip is an oxymoron in most circumstances. There is so little 'nature' on most nature strips that the desolated Afar Depression on the Horn of Africa would have some serious competition from many nature strips!

With all things edible now becoming incredible, imagine converting your footpath into a food forest? This is a fabulous option for loads of residences, especially those with limited backyard space or those living in quiet cul de sacs or side streets, away from the polluting influence of main roadways. And even better is that taking your veggie garden to the street is a fantastic way of connecting communities.



There are a number of communities in Sydney, Melbourne, Brisbane and Fremantle already converting large expanses of footpath into community veggie gardens, and, councils willing, more should continue. The secret here is to seek council approval before whacking in the watermelons, and liaise with your neighbours. Veggie verges are an attractive, functional, productive use of what can be a bit of a waste of space.

So hop to it... call your council, get into the guidelines, connect your community and do something funky on your footpath!

Source: <http://www.sgaonline.org.au>

One of the most difficult aspects of growing your own vegetables is not the actual culture of plants but providing continuity of harvest. Here are some tips to help you even out the "feast or famine" cycle so common in home gardens.

- Plant something in the garden every week.
- Share plants with your neighbours rather than plant the whole punnet simply because you do not want to waste them.
- Select varieties that can be either harvested over a long period or stored.
- Make a note of what vegetables you currently buy. If your peak lettuce consumption seasons are summer and autumn, you probably need to plant the majority of your lettuce crops during spring and summer.
- Record what you plant, including details of the variety, number, and start and end dates of harvest. The following season you will have a better idea of both when to plant and how many plants you need.
- Learn to use your vegetables at different stages of their growth – for example, pick baby pumpkins and eat them as you would squash, or harvest baby beetroots and Swedes.
- Plant a few standby crops, such as leeks and silver beet, that practically guarantee a year-round harvest.
- Accept that you will not always get it right. Many gardeners experience a glut of peas and beans, or an oversupply of tomatoes. At these times, you can simply be creative and make more meals using the abundance of fresh produce, share your bounty with neighbours or friends, exchange produce for alternative crops with fellow gardeners or dry, freeze, pickle or preserve the excess produce.

Source: Annette McFarlane, "Organic Vegetable Gardening"

Try a mix of tubers: taro, sweet potato, yam and potato!

When we visited the Logan Community Garden recently, I remember Justin commenting that “once you eat cassava chips, you’ll never go back to potatoes”. So I was interested to come across an introduction to the cassava plant in the Northey Street City Farm’s cookbook “Share”, along with recipes for chips, and for cassava pudding.

Cassava (*Manioc*, *Manihot esculenta*) is a shrub that grows to two or three meters, and produces large sausage-shaped tubers that are high in starch but low in protein.

The outer layer of the tuber must be removed before cooking as it can contain hydrocyanic acid, which is toxic.

Like potato, cassava can be boiled, fried, baked or made into flour.

2 cassava tubers (approximately 1 kg)

Peel outer layer off cassava. Boil for five minutes. Cool and then cut into chip-sized pieces.

Fry in hot oil in a wok or fryer till light brown. Be careful not to overcook.

Sprinkle with salt and cracked pepper, serve with bush fruits chutney, green mango chutney, or even with guacamole.

2 cups cassava, peeled and grated finely
1 cup fresh grated coconut
1 cup raw sugar
½ tsp nutmeg
½ tsp cinnamon
½ tsp fresh grated ginger
1 tsp vanilla extract
3 tbsps melted butter or oil

	Tomatoes, squash and strawberries	Deters tomato worm, improves growth and flavour and in the strawberry patch will increase the yield.	
	Aromatic plants, sage, dill, camomile, beets, peppermint, rosemary, Beans, Celery, Onions, Potatoes, dwarf zinnias.	Dill attracts a wasp to control cabbage moth. Zinnias attract lady bugs to protect plants.	Strawberries, Tomatoes
	Potatoes, Peas, Beans		
	Cabbages and onions	Deters flies and mosquitoes and gives strength to any plant growing nearby.	
	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
)	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
	Beets, summer savoury, tomatoes, lettuce, strawberries, camomile		
	Carrots, turnips, corn, beans, radishes, cucumbers, most vegetables and herbs		Onions, garlic gladiolas, potatoes
	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
	Asparagus, Parsley, Chives, Onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
	Beetroot, Onion		
	Bush bean, spinach, borage, lettuce		Cabbage



[Redacted]

Asian greens, Beetroot, Broad beans, Broccoli, Carrot, Celery, Celeriac, Cucumber, Endive, Kohlrabi, Lettuce, Marrow, Onion, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry, Tomato.

: Amaranth, Artichoke, Asian greens, Bush beans, Ceylon spinach, Climbing beans, Capsicum, Carrot, Celeriac, Celery, Sweet corn, Cucumber, Eggplant, Gourd, Kohlrabi, Lettuce, Luffa, Marrow, Okra, Parsnip, Peanut, Potato, Pumpkin, Radish, Rhubarb, Rockmelon, Shallot, Spring onion, Silverbeet, Squash, Strawberry, Sunflower, Sweet potato, Tomato, Watermelon, Zucchini.

[Redacted]

Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Giant Red Lettuce, Herb Robert, Italian parsley, Misome, Mizuna, Mustard Lettuce, Nasturtium, Rocket.

) Catnip, Chicory, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Thyme, Upland Cress, Watercress, Winter Savoury.

: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

) Catnip, Chicory, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Thyme, Upland Cress, Watercress, Winter Savoury.

www.goldcoastorganicgrowers.org.au

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

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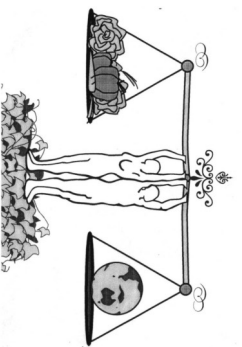
Beetroot	Sow in garden.	Harvesting from August - September
Cape Gooseberry	Sow in garden.	Harvest from October
Carrot	Sow in garden.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - January
Chives	Sow in garden.	Harvesting from August - September
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - September
Dill	Sow in garden.	Harvesting from August - September
Endive	Sow in garden.	Harvest from September
Garlic	Plant cloves.	Harvesting from October - December
Kohlrabi	Sow in garden.	Harvesting from August - September
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from August - September
Mustard greens	Sow in garden.	Harvest from August
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from December - February
Parsnip	Sow in garden.	Harvesting from October - November
Peas	Sow in garden.	Harvest from September
Radish	Sow in garden.	Harvest from August
Rocket	Sow in garden.	Harvesting from July - August
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from September - October
Silverbeet	Sow in garden.	Harvesting from August - September
Snow Peas	Sow in garden.	Harvesting from September - October
Spring onions	Sow in garden.	Harvesting from August - September
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from April - July

Amaranth	Sow in garden.	Harvest from August
Asparagus	Sow in garden, or plant as crowns.	Harvest from 24 months
Asparagus Pea	Sow in garden.	Harvesting from August - September
Basil	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Beetroot	Sow in garden.	Harvesting from August - September
Burdock	Sow in garden.	Harvesting from October - November
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - October
Cape Gooseberry	Sow in garden.	Harvest from October
Capsicum	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Carrot	Sow in garden.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - January
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Chilli	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Chinese cabbage	Sow direct in the garden.	Harvesting from August - September
Chives	Sow in garden.	Harvesting from August - September
Climbing beans	Sow in garden.	Harvest from September
Coriander	Sow in garden.	Harvesting from July - August
Cucumber	Sow in garden.	Harvesting from August - September
Dill	Sow in garden.	Harvesting from August - September
Dwarf beans	Sow in garden.	Harvesting from August - September
Eggplant	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Fennel	Sow in garden.	Harvest from October
Globe artichokes	Sow in garden.	Harvesting from April - August
Jerusalem Artichokes	Plant tubers about 5cm (1.5") deep..	Harvesting from October - November
Kohlrabi	Sow in garden.	Harvesting from August - September
Leeks	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November

Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from August - September
Marrow	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Mint	Grow in trays and plant out or start from cuttings.	Harvesting from August - September
Mustard greens	Sow in garden.	Harvest from August
Okra	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from December - February
Oregano	Sow in garden, or start in seed trays.	Harvest from August
Parsnip	Sow in garden.	Harvesting from October - November
Potato	Plant tuber.	Harvesting from October - November
Pumpkin	Sow in garden.	Harvesting from October - November
Radish	Sow in garden.	Harvest from August
Rocket	Sow in garden.	Harvesting from July - August
Rockmelon	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Sage	Sow in garden.	Harvest from 18 months
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from September - October
Silverbeet	Sow in garden.	Harvesting from August - September
Spring onions	Sow in garden.	Harvesting from August - September
Squash	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from August
Sweet corn	Sow in garden.	Harvesting from September - October
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from April - July
Tomatillo	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Tomato	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - October
Watermelon	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Zucchini	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - September

If not claimed in 14 days, please return to:

*GOLD COAST ORGANIC
GROWERS Inc.*



NEWSLETTER

3rd Thursday of the Month

Cnr Guineas Creek Road
& Coolgardie Street
Elanora, Gold Coast