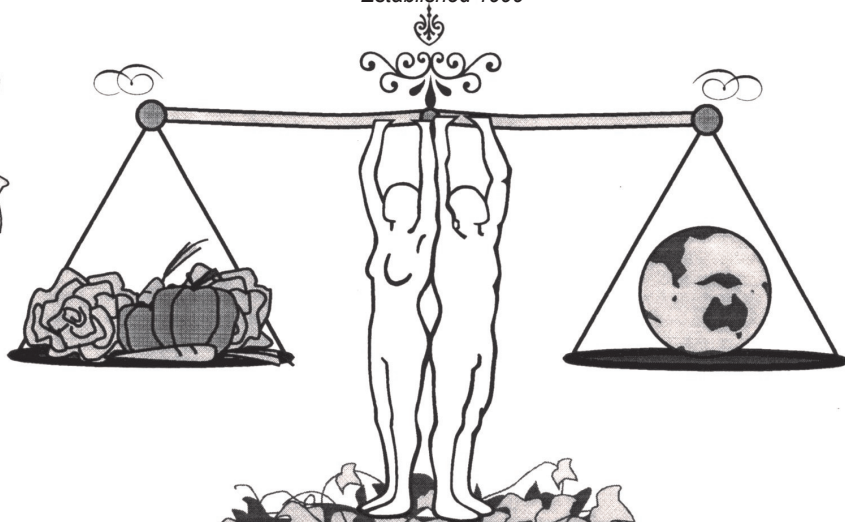


# GOLD COAST ORGANIC GROWERS Inc.

Established 1999



## NEWSLETTER

Volume 15

JULY 2012

Issue 7

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**OUR NEXT MEETING: Thursday 16 August**

**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:** 3<sup>rd</sup> 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:** \$2.00 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 per year (11 issues),  
**1/2 page:** \$20 an issue or \$200 per year,  
**full page:** \$30 an issue or \$300 per year.

**Newsletter:**

Contributions and ideas welcome.  
 Email Angela at [w.a.anderson@bigpond.com](mailto:w.a.anderson@bigpond.com)  
 Please put [GCOG] in email 'subject' box.

**2012 Committee**

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Library Assistant	Greg Wiltshire
Seed Bank	Roger Griffiths (07) 5530 5067
Seed Assistant	Peter Seymour-Smith (07) 5596 5678
Supper Co-ordinator	Jenny Davis (07) 5599 7576

**Newsletter Theme**

Gardening in Winter

**Thanks to Contributors:** Diane Kelly, Jill Barber, Maria Roberson & and Roger Griffiths.



## Notice Board

### Membership Renewels

**Overdue:** Katie Culpin, Penny & Allan Jameson, Stephen Dalton, David Tangye, Kay Schiefelbein, Clive Canning, Karen Auchere, Robert Turner, Robert Faulkner, Lise Racine, Ross & Helena Kelso, Peter Seymour-Smith, Jan Wright, Elizabeth Dolan, Graham Boyle, Khoo Mei Lee, Chris & Dorothy Winton, Ron Campbell, Cathy Hodge, Neil McLaughlin, Gary & Jenny Spence,

**July:** Ian & Margaret Lee, Liz Spittal, Renato Morandini, Peter & Jan Fleming, Patricia McGrath, Ann Brown, Kathy Steenbeek, Justin Robinson, Jase Hillyer, Scott McCormack

### August:

Shelley Pryor, Warren & Beverly Carlson, Murray Olver, Gene Rosser, Gordon & Dorothy Singh, Wolfgang Dempsey, Peter & Leanne Dickfos, Jill Barber, Leah Galvin, Geoffrey Williams, Lyn Mansfield, Jan Guest

### Guest Speakers

**July** - Sandra Nanka from Mudbrick Cottage on various Herbs

**Aug** - tbc "Homegrown" movie

**Sept** - Rod Bruin on Soil Improvement for Organic Veggies

**Oct** - Gina Winter on Using Herbs as Food and as Medicine

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

### Website

[www.goldcoastorganicgrowers.org.au](http://www.goldcoastorganicgrowers.org.au)  
[www.facebook.com/gcorganic](http://www.facebook.com/gcorganic).

## GCOG on the Web

### From the Library

We now have a list of books and DVDs online. The list can be viewed from:-  
<http://www.goldcoastorganicgrowers.org.au/library-books.pdf>

### Newsletters

To look up past newsletters from 2010:-  
<http://www.goldcoastorganicgrowers.org.au/newsletters.html>

### Links

Follow some of our favourite links:-  
<http://www.goldcoastorganicgrowers.org.au/links.html>

### Facebook

We are now on facebook:-  
<http://www.facebook.com/gcorganic>



## HERB FARM

Michael & Sandra Nanka  
 491 Springbrook Rd  
 MUDGEERABA. 4213

### Opening times

Friday, Saturday, Sunday & Monday  
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## President's Message

Hello Everyone,

We are currently talking to all members about whether they would like the printed version of the Newsletter or if they would like to read it on the GCOG web site. It has been very interesting talking to you and so far it looks like it's half and half. There is no pressure on you to choose either form of accessing the Newsletter; we are simply looking to provide you with a choice. If you haven't yet had your say we will get to you one way or another very soon.

While we are discussing the Newsletter have you had a chance to view it on line yet? It is wonderful to see the photos provided with the articles in colour which is something the paper version sadly lacks. Check out our new advertisers as well and please support them with your patronage if you can. We need more members to write an article on THE THREE THINGS I CANT LIVE WITHOUT in my garden or on my property; this is something I hope all of you will have a go at, email you story to Angela. The new theme for the next three Newsletters is of course the season of SPRING.

I can't believe I'm writing this but it is time to start thinking about your Spring garden because August is the beginning of the Spring planting season for the Gold Coast region. Spring is "IT" when it comes to the vegie garden; you can really let your hair down and go for it. Use your local seasonal planting guide to plan what you are going to plant and watch the plants leap out of the ground. We will have a great range of new seeds for you at the August meeting so you can get off to a flying start. I am busy scouring the seed catalogues at the moment looking for new delicious herb and vegetable seed as well as tried and true favourites for us to plant.

In lasts months Newsletter I mentioned that we now have a list of all the resources stocked in our Library on our web site for you to browse prior to meetings. I jumped the gun a little when I said you were going to be able to pre-order books this way too, while

this is something the committee has discussed, it is still on the wish list rather than an actual reality at this point in time. Sorry for any inconvenience I may have caused you. We seem to have an extraordinary number of books and DVDs either outstanding or missing at the moment, I am begging all members to double check their bookshelves at home for any misplaced items. There appears to be about 60 titles unaccounted for which I'm sure you will find as disturbing as I did. It is hoped that a lot of these will turn up and have just been overlooked by members who don't make it to meetings every month. If you do find a book at home and can't return it promptly, please phone me so I can make arrangements for it to be picked up and returned.

July may have turned out to be pretty cold however the vegetable garden hasn't looked back. The garlic and brassicas are looking fantastic and weirdly enough some sunflower seeds self germinated and are nearly ready to flower. When the nights get really chilly I can't help thinking about all the cabbage caterpillars that are being shall we say 'terminated' and the now broken breeding cycle of future plant munchers. That didn't sound so creepy in my head maybe I should have kept my thoughts to myself.

Happy growing,  
Maria.

## Editor's Message

Hi Everyone,

I particularly enjoyed last months newsletter because we saw contributions from within our own community showing their efforts in the garden. There is much to be gained from sharing news from our own gardens with fellow members. **Please send photo's and updates from your garden.**

We had a last minute hiccup with the "Getting To Know" section which will be back next month as usual.

And can I just thank Diane, Jill, Dorothy, Maria and Ross who make my job easy!  
Thanks. Angie

## GCCC - Active & Healthy Program Community Gardening Workshops

### Composting and Worm Farming

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. Tea and coffee are provided and all you need to bring are closed shoes.

**Time: Saturday between 10am and 12pm**

**July 21** - Elanora Library

**August 18** - Nerang Library

**September 22nd** - Broadbeach Library

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855.

### Visit one of the Community Gardens

#### Southern Beaches Community Garden

off Tugun Street on the vacant land behind the Tugun Community Hall.

#### Varsity Vegies Community Garden

Jim Harris Park, Mattocks Road, Varsity Lakes

#### Peachey Community Garden

Cnr Mcreadie and Tillyroen Rds, Ormeau

#### Joan Park Community Garden

Joan Street, Southport

#### Loders Creek

Owen Park - Ewan Street or south of Beale Street, Southport.

#### Labrador

Olsen Avenue, Labrador Park

### Prostate Awareness Twin Towns & Tweed Coast

Just a click away:

[www.prostateawarenessaustralia.com](http://www.prostateawarenessaustralia.com)

or contact Ross Davis for more info:

[rossco12@bigpond.com](mailto:rossco12@bigpond.com)

## The Diggers Club

Australia's largest garden club is helping gardeners grow healthier vegetables, tastier fruit and the most beautiful flowers.

- Heirloom vegetable & flower seeds, herbs, plants
- Gardening advice, free seeds and discounts for members



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### The Wilderness Garden - August

#### What to Propagate:

Take chrysanthemum cuttings and strike them in sandy loam. Snap off bits of lavender and wormwood and stick them in any bare patch round the garden, both for their beauty, and to help repel pests and attract predators

#### Lawns:

Scatter on pelletised hen manure or blood & bone. This will give the grass a boost and stop weed seeds germinating. Mow the lawn as soon as it starts to grow. This will kill annual weeds which are just starting to flower, and stop them spreading their seeds through your lawn next year. Look for bright green bindii patches. Scatter on sulphate of ammonia to kill. Bindii eyes are easy to see at this time of year – they're a much brighter green than the rest of your grass.

**What to Plant for beauty:** Seeds or seedlings of alyssum, calendula, coleus, gerbera, helichrysum, impatiens, kangaroo paw, marigold, pansy, petunias, phlox, saliva, sunflower, Swan River daisy and zinnia.

**Fruit Fly Management in Home Gardens  
and Orchards with Richard Bull**  
By Jill Barber

The evening actually got off to a very shaky start for Richard last week in that it was not till 8:30pm that he was given the floor, and then the computer didn't work! Gentleman that he is, he didn't complain about his trip from Mt Tamborine having been wasted, as he faced the possibility of having to do his presentation without all the power point visuals he'd created; rather, he patiently though nervously gave it time, and then it worked! As a tribute to him, as well as to our lovely members present, he was then able to share with us the system which he has perfected and is passionate about, not finishing till 10pm, with his audience still totally captivated. Even then I didn't see people rush off home: many clustered animatedly around him and his handouts and products, even though the delectable supper table beckoned. He, in turn, stayed chatting with whoever wanted to chat with him, right up till we were closing our doors! A truly generous man, he further offered to send or bring materials for anyone who missed out.

I furiously scribbled down notes to try to capture all his gems of information, which I'll now share with you. The Queensland fruit fly (Qff) is very destructive: 60% of all fruit in topical and sub-tropical areas is destroyed by it, so if you are one of those who has lost any hope of salvaging your beautiful, organic fruit, and has ripped out or is planning to rip out your trees, you are not alone. However, Richard has worked with Dick Drew of Griffith University to devise a break-through Modern Integrated Pest Management (IPM) system which avoids the use of toxic cover sprays, and is a methodical, scientific approach to controlling fruit fly. He uses long term, Area-Wide Fruit Fly Suppression programs with orchards and achieves 100% crop protection!

Richard claims that the Key to Beating the Enemy is to understand its life cycle, biology and habitat, and he gave us five steps to follow to achieve his results.

Step One is **Population Monitoring** with effective traps. Contrary to popular belief, one trap in a back yard will do absolutely nothing to protect fruit on adjacent fruit trees. Its function is to simply count male fruit flies in the area, enabling growers to make intelligent decisions on control actions. The most effective traps are those using a male pheromone (Cue-lure for QFF) wick + toxicant, with the Steiner-type design having the highest efficiency. One trap in a back yard will give the owner plenty of information on the dynamics of the local fruit fly population, such as when they begin coming to your area and you need to put out your killing devices. Richard had them for sale at \$14.

Step Two is **Area-wide suppression** with MAT: Male Annihilation Technique devices consist of a pad impregnated with male attracting pheromone and a registered toxicant (an Amulet CL MAT). The use of fipronil toxicant to kill Queensland fruit flies (Qff) attracted to them has a delayed mortality that enables males to contact females during mating several hours later. Logically, a significant advantage is gained by killing females as well as males. (These amulets are so named as they "ward off evil", like a protecting charm, except that there's no superstition here) The amount of fipronil used is minute, at 20mg per station, and the Qff is the only creature that is affected by it, so that other desirable parasites and predators, such as lady birds, green tree frogs and spiders are still free to feed on mealy bugs, etc, for us. These amulets are hung below the fruit, in shady trees or vines to protect them from the weather, in a 25m grid pattern, well before the fruit are susceptible, say in October, and they last for 3-5 months, when they degrade harmlessly. They are then replaced in about mid-January for the next round of Qff assault.

Step Three is **Protein Bait Sprays**. These target mature females, and are regularly applied, weekly, once again, in very low dosages (5-15ml per tree), to the lower foliage, in 2-3 places, avoiding the fruit. When

a fruit fly emerges from the pupal resting stage, it is sexually immature. Substantial protein food is required by the fly before any development of the sex organs occurs, with sugar fed, protein starved flies being sterile even weeks after emergence. Normally, once ingested, protein nutrients stimulate eggs to rapidly grow and mature, and usually 5-8 days after a protein meal, flies will mate and eggs are then ready to be laid into fruit by the female. Recently emerged QFF crave protein, and normally 'graze' on fruit or host tree leaf surfaces, licking up minute traces of bacteria and fungi to satisfy their needs – a slow process to ingest sufficient for 200-300 eggs. A protein bait spray applied to leaf surfaces offers a feast and will get an immediate response from virgin female (and male) flies within nearby tree canopies. When they include a toxin, the female is killed before it can lay eggs. The sexual maturation period of 7-8 days for virgin females is thus the basis of the recommendation for application of protein bait sprays at 7-10 day intervals.

All area-wide management and eradication programs must combine the two operations, MAT and the Protein Bait Sprays. Richard had a protein bait powder called DacGel for sale at \$1.50.

Step Four is **Crop Monitoring**. At least a week before starting treatments, trap(s) must be set up outside and inside the orchard area to provide an indicator of district populations of Qff. The trap(s) must be emptied and catches recorded so that comparisons can be made with before and after treatments.

Step Five is **Crop Hygiene and boundary issues**: Crop hygiene plays a vital part in breaking the fruit fly life cycle. If stung fruit is allowed to remain on the ground, maggots in the fruit escape through exit holes bored through the skin and drop to the leaf litter and soil beneath host trees where they moult into the pupal stage. Depending on climatic conditions, these mature after about 10 days, and the new immature adult fruit

fly emerges to fly into the host tree canopy, seek protein meals, mate and then commence 'stinging' (ovipositing) new fruit. Removal of fallen fruit is thus an essential way of breaking the life cycle to the next (larger) generation of fruit flies. In suburbia, every year of a good mango crop there will be a massive burst of fruit flies about 2 weeks after the main crop is finished, simply because most unwanted fruit and those knocked down by flying foxes become infested on the ground with fruit fly larvae, and are left there to rot. Placing all fallen fruit in 'garbages' with the top tied and left in direct sun for 2 days will kill all fruit fly larvae when the fruit exceed 53°C, and can then be safely buried. Unheated fruit buried in a compost heap will still hatch most fruit flies from infested fruit.

**Boundaries** to suburban properties often present difficulties with fruit fly management due to the frequent presence of host trees breeding fruit flies that simply fly over the fence into a managed orchard. Area-wide programs using MAT work best the more area they cover, and the best results are achieved in suburbia by getting neighbourly cooperation and even encouraging linking up back yard usage of MATs along streets.

The handouts that Richard so kindly provided to us give more detailed instruction on the use of the amulets and the protein bait sprays, and these can be available to anyone who didn't get all four of them that night, as can the products themselves – just ask me. Some people have asked for the Amulet Cue-Lures already, and, since these are \$56 for 16, and a minimum of 8 or 9 are recommended for a home garden, they can be split with a friend for half that.

In conclusion, I found it a lot of information to take in at once, but a careful study of the information Richard provided is well worth the time, in order to Beat the Enemy, and be able to grow healthy, pesticide free fruit. We were, indeed, fortunate to have such a knowledgeable and helpful guest speaker come to share his experience with us that night.

## Q & A

An interesting range of questions and topics as always, here is a selection from the June meeting.

**Q. When is the best time to cut Asparagus back?**

A. The fern like Asparagus fronds will start to die back in winter, when all or mostly all have gone brown you can cut back to the soil level. If you have just a few plants trim with sharp secateurs, if you have a lot of plants the brush cutter can be a time saver. After cutting back fertilise with compost and rotted manures, they love a bit of seaweed based fertiliser as well. Keep the water up to them from spring onwards for fat spears. Asparagus is usually grown from one or two year old crowns purchased from nurseries. You can grow plants from seeds sown in spring which is very easy to do however it will take a couple of years longer till you are able to harvest the spears. This is why most people opt for planting the crowns in spring. You must not cut spears from a new plant in the first year as it will deplete the asparagus plant too much. Be patient, on the second year harvest about 30 per cent of the spears the next year about 60 per cent, after that you can really go for it.

**Q. When is the best time to plant Loofahs?**

A. Spring is the best time to plant Loofahs in our area. If you already have a vine you may notice some plants coming up now from seed that has dropped out of last season's fruit. If so and they are in a suitable position you are in luck and have a head start for the next crop. Nature's funny like that she likes to push the boundaries and exercise ultimate control.

**Q. How far away from Termite control barriers around houses is it safe to plant a vegetable garden?**

A. I discussed this with Richard Bull who was our guest speaker for the night and his comment was that if Fipronil was the chemical

used it would not be a problem because it is locked up in the soil and does not travel or leach in the rain. He said it is able to stay put because its electrical charge locked it in to the soil (positive and negative ions). We all need to do a bit of research when it comes to these types of issues and get as much correct information as we can before proceeding with food gardens. This is certainly a concern for many house holders however members did have some interesting ways of dealing with this dilemma. Raised garden beds were the general consensus with many ideas on how to stop plant roots from tapping into the possibly contaminated soil underneath. One would be to put a layer of gravel or cracker dust down first then weed mat and finally the new, clean soil. Materials for edging the beds ranged from rocks, besser bricks, and untreated timber and corrugated iron sheets cut to size.

**Q. What did GCOG have to say about using treated pine timbers in the edging of garden beds?**

A. GCOG remains cautious on their use and does not recommend it. The reason being it is difficult to get a definitive answer on these chemicals safety. I don't think I can remember an instance where a manufacturer said I am going to sell you this product but it's not safe, they all claim safe use. It is the consumer's choice and therefore behoves you to do the fact checking. Any way there are plenty of alternatives to using treated timber products in the garden. We listed a few above and here are some more- green sleepers, old roof tiles, Cyprus pine, hardwood direct from the saw mill the list is endless, just keep in mind that if its natural and not manmade or interfered with by man it's probably a goer.

### Miami Organic Farmers Market

**Where:** Miami State High School  
2137-2205 Gold Coast Highway, Miami

**When:** Every Sunday, 6am to 11am

**Telephone:** 3358 6309 or 1300 668 603



### Three Things I Can't Live Without From Roger Griffiths

#### Land space

The opportunity to grow vegetables assumes that land is available on which to grow them. Although there are allotments, or community gardens available, having one's own bit of dirt is part of my DNA. Again, it is what I have grown up with, from countryside in the old country, to space in the Gold Coast hinterland, without the land space to mess around with, even to mess up and experiment on, and make mistakes, makes me a wiser user of land space. That would be invaluable if ever I had to start again. So I'm grateful to have land space on which to grow vegetables.

#### Dutch hoe

Seeing lines of vegetables growing healthy, green and clean of weeds gives me a buzz. There is a cultural mind set in me (and perhaps you too) that does not want any garden patch with random plants growing where they are not wanted, that is, "weeds". It is a personal learning curve to accept random plantings, mixed plantings or even "weed" growth in the garden. Now although I may be off the track on my cultural approach towards these wayward weed sprouts, I do have a response to feed my mindset. That is my Dutch Hoe. This tool takes just seconds to apply along the rows of greenery, and then all those weeds are being cooked by the sun. Okay it may not be the ultimate answer, and perhaps a mulch covering may be a better action between some rows of vegetables, but for me, at this time in my organic growing career, the Dutch Hoe is a favoured companion.

#### Bees

Every gardener does not have his or her own bees, but without someone's bees visiting the garden, the garden will suffer some losses. Now they do not take much out of the garden, say some nectar from some plants, perhaps some pollen from others, but they do collect random sundry flavours which reveal themselves in their seasonal honey. I would be at a loss without my bees

and recent losses due to hive beetle infestation is an attack upon something that has been dear to me for years. Perhaps I could live without my personal bees, but without my bees I would lose the opportunity to give away gifts of honey with unique seasonal garden flavours. You too may lose out, from the monthly raffle table!

### What to do in August

This month sees the sap start to rise in plants, and the length of daylight begin to change. Towards the end of the month, a fairly warm spell may delude us into thinking spring has sprung. But beware – winter can often return with a vengeance. Remember to keep off soil when it is excessively wet – tramping over very wet soil compacts it, pushing out all the air and damaging the structure. Once this has happened, raking the soil down into a fine, crumbly tilth that will give seeds a good start becomes much more difficult.

August is the month for pruning woody plants. Hardy shrubs that flower on new wood later in the summer can be cut right back, generating lots of twiggy prunings. Shredded prunings make a good home-grown mulch, but lay it when the soil has warmed up and is weeded and well-watered from rain, then you will lock some of that moist warmth in under the mulch blanket. What you can do now is give the soil a dressing of fertilizer, so that the nutrients it contains will be available to plants just when they need it - when they start into growth.

Seeds and seedlings can go straight into the garden in our area, but don't be in too much of a hurry to sow a lot of summer flower plants yet. If sowings are made too early, the plants may become leggy due to poorer light conditions.

**Apply fertilizers to garden beds:** This is a good time of year to do this, as organic fertilizers release their nutrients more slowly than inorganic ones, so they will be available to the plants just as they start into growth in the spring. Spread the fertilizer according to the maker's instructions and lightly stir it into the soil surface with a hoe or garden fork.

**Make sure garden birds have native food plants** and a supply of water – it may distract them, and small mammals, from taking buds and bulbs. Native plants provide nectar and carry more insects. Birds will soon be looking for nesting sites, so get any pruning out of the way this month to avoid disturbing them later.

Cabbages that have been standing in winter will benefit from a feed now – use a general organic fertilizer to boost growth. As you harvest, cut every alternate plant in the row leaving the others to grow on. You can get a second crop from cabbages that have already been cut. Leave the stem and root in the soil and make a cross-cut on the top of the stump. Feed the plant and in a few weeks “mini-cabbages” will grow from the cuts.

#### **FRUIT:**

**Picking & storing:** Continue to check fruit in store. Any fruit showing signs of rotting should be removed immediately – if left, rot will quickly spread through the rest of the fruit. Any fruits not too badly rotten can be put out on the ground for birds and other animals to feed on – it will be a welcome addition to their diet when food is more scarce in the winter.

**Sprinkle sulphate of potash** or rock potash around fruit trees. To get good quality crops, fruit trees need a high-potash fertilizer. Normal organic fertilizer, while good for them, is not especially high in any one nutrient, so supplementing it with a little extra potash will go a long way to helping you produce good-quality fruit. Spread it below the trees in an area equal to the spread of the branches. Use fertilizers according to the manufacturer’s instructions. There is little point in putting on a little extra for luck – it is just wasteful.

**Mulch all fruit with well-rotted manure** or garden compost. It is well worth doing this after all the pruning and feeding has been done. Not only will a mulch help to keep down weeds, it will also hold in moisture. This cuts down the amount of watering you will have to do in the summer months, and will give you better quality fruit to enjoy. Keep the mulch away from trunks or stems.

*Gardening Through the Year in Australia*  
Ian Spence

### August at a Glance

- Apply fertilizers
- Continue planting trees, shrubs, fruit trees and bushes as the weather allows
- Firm newly planted trees and shrubs if lifted by frost
- Prune winter-flowering shrubs that have finished flowering
- Prune summer-flowering shrubs that flower on new wood
- Prune hardy evergreen trees and shrubs
- Prune jasmines and late-summer-flowering clematis
- Prune off old stems of herbaceous perennials
- Start dahlia tubers into growth
- Re-pot or top-dress shrubs in containers
- Bring in the last of spring bulbs being forced
- Prepare seedbeds for vegetables
- Lime vegetable plots if necessary
- Mulch fruit trees after feeding
- Prick out or pot up seedlings sown last month
- Make sure garden birds have food and water

#### **Last Chance !**

- Cut back overgrown shrubs and hedges before the nesting season starts
- Finish pruning fruit

#### **Get Ahead !**

- Check tools, equipment and plant supports are sound well before you need to use them
- Make sure all pots and seed trays are clean
- Prepare ground for making new lawns in spring
- Sow annuals

*Gardening Through the Year in Australia*  
Ian Spence

# It's Time To Get Growing



## VEGETABLES

### JULY

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

### AUGUST

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.



Turmeric: all this from one little of finger of Shelley's turmeric - Thank you, Angela.

## HERBS

### JULY

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

**Perennials & Bi-Annuals:** 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.

### AUGUST

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

**Perennials & Bi-Annuals:** 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.

## FRUIT TREES

The best time to plant fruit, nut and berry trees is from late autumn to early spring.

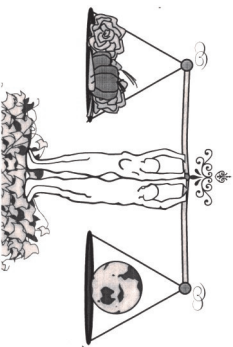
**BOGI.**

Plant limes, tropical apples, avocados, grape and passionfruit vines.

*The Wilderness Garden, Jackie French*

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 16 August 2012