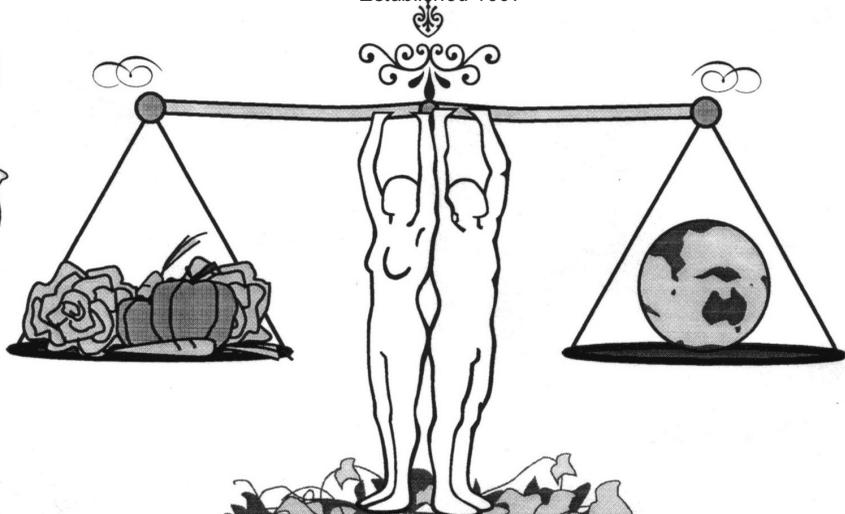


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - JUNE 2016 Issue 6
GARDENING IN WINTER

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OUR NEXT MEETING: Thursday 21st July

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

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Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

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 – June 2016

Overdue: Danielle Bohata (359), Doris James (360), Julie Townsend (385), Shem Pireh (361), Keith Rowell (362), Daniel Raper (387), Judy Reiser (338), Alex Dimos (364), Julie Abraham (315), Alison Chandler-Bird (390), Karen Auchere (147), Robert Faulkner (303), Keith Gascoine (369)

June: Barbara Talty (58), Shelley Pryor (72), Jan Wright (191), Mea Lee Khoo (211), Dorothy Coe (253), Ron Campbell (255), Peter & Jan Fleming (287), Cathie Hodge (304), Darrell & Marion Williams (310), Eileen Turner (328), David & Lesley Freeman (352)

July: Ian & Margaret Lee (118), Ann Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347), Theunetia Scheepers (391), Judy Fourie (392)

Newsletter Contributions: Contributions and ideas 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

Upcoming Guest Speakers

July onwards

TBC

Workshops

Gold Coast Permaculture

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

28th June Wonderful world of worms — with Greg

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

Workshop are from 10am to 12 noon

16th July Green Pesto – Garlic, Olive Oil, Jar, Salt, Nuts

20 August Tumeric

17 Sept Herbs and Oils

BOOKINGS REQUIRED

For more information contact Lyn Mansfield at Gold Coast Permaculture

M: 0409 645 888

E: lynmansfield14@bigpond.com

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge.

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

Workshops (Contd.)

Mudbrick Cottage Herb Farm

Saturday 9th April

Growing and Propagating Herbs

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.

When

Saturday 9th April 2016 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.

Cost

\$60 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.

What to bring

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).

Where

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

Bookings: 07 5530 3253 or sandra@herbcottage.com.au

Workshop with Elisabeth Fekonia

Would anyone be interested in the below workshop with Elisabeth Fekonia. If we can round up enough people she will travel down to the Gold Coast.

Lactic fermentation of vegetables, fruits and beverages

Lactic or wild fermentation is a very natural and wild fermenting method that creates zillions of lactic bacteria that are a wonderful source of pro biotics for your inner health. Learn how make these easy ferments for yourself and see how versatile and varied these can be. Ferments such as sauerkraut, kimchi, fermented tomato sauce, fermented fruit paste, fruit chutney, cucumber pickles, fermented polenta fingers, nuca doca, as well as kombucha tea, beet kvass and ginger beer. Participants will be making these ferments by demonstration and every one will take home sauerkraut made on the day. All foods and beverages will be available for taste testing with handouts including all the recipes.

3 hour fermenting workshop is \$60 each or if booking in couples \$55 each (I may be able to get a discount the more people we have).

If you have any interest or know anyone else that would be interested please contact me with preferred date and numbers. Elisabeth could come to the Coast on Sat 30th July or Sat 20th August but we would need to book asap to secure one of those dates.

Feel free to forward this information onto other members outside of the club.

I will probably need to get a deposit from you closer to the time too once all is confirmed.

Contact me at dorothy@dorothycoe.com / 0412 382 989 if interested.

Can We Help ?

Recently Maggie asked if anyone happened to know where she could buy or swap some Japanese anemones.

We thought it would be a good idea to have a section in our newsletter where our members could 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

ROOSTERS FREE TO GOOD HOMES

A few months ago I had a clucky hen so we sat her on 6 fertile eggs. Five chicks made it and they are now 4 months old and it seems we have one hen 4 roosters. I have managed to find a good home for one rooster so far but I still have 3 left. If anyone would like one or more to take care of some hens please let me know. The roosters are all similar in colour—white with brown/cold specs.

Thanks Dorothy 0412 382 989



Veggie Swap by Dorothy Coe

We have had some great veggie swaps over the last few weeks, meeting on Sundays at the Tugun Community Gardens.



Feel free to **JOIN** our **facebook page** for updates, event meeting dates and chat with members. www.facebook.com/groups/veggieswapgoldcoast/

Any questions just let me know — 0412 382 989 or dorothy@dorothycoe.com

Q & A - From The May Meeting
By Cathie Hodge

Q. The roots of a rose plant are exposed at ground level. What should be put around the roots?

- A. A mixture of soil & potting mix could be used, but ensure that the plant doesn't become waterlogged. Also the rose plant could be mulched with lucerne hay in summer – this will provide moisture protection & nitrogen, as well as helping to keep the plant roots cool. Finally, banana peels can be put around roses as they do well with them.

Q. Asparagus plant still putting out spears that are turning into the fern fronds. Is it time to cut back the fronds?

- A. No. It is important to wait until the fronds die. The fronds photosynthesise & provide nutrients to the asparagus crown. Once the fronds die, the plant will become dormant for about 6 weeks. If the asparagus plant is only 1 – 2 years old, only harvest the asparagus spears sparingly. This will enable the asparagus plant to become more vigorous & later provide plenty of spears.

Q. Should Epsom salt be added to the soil?

- A. ALWAYS check soil pH first, before adding anything to your soil. Also, get a soil test done so that you can become aware of any deficiencies or imbalances in your soil. Finally, be careful regarding what you add to your soil.

Bunnings sell a pH kit which is suitable for home use & the kit can be used many times. Generally, the best ways to improve the soil pH & the mineral balance is to grow a green manure crop &/or to make your own compost

to add to your soil.

Maria's mantra – look after moisture, mulch & microbes. Provide an environment that is friendly to worms & microbes.

Here is a fact sheet from Jerry Colby-Williams which includes a bit of information regarding the use of Epsom salts <http://www.abc.net.au/gardening/stories/s1801782.htm>

Q. Which are the best mango varieties for this area?

- A. Bowen mango. However, mango trees take up a lot of space & don't necessarily bear fruit every year. If you don't have much space, it is better to buy your mangoes. Megan mentioned that she used copper sulphate on her mangoes & got a big crop. However, Maria suggested being very cautious using copper sulphate as it would be toxic to beneficial insects as well. Someone asked if it would be okay to have a mango tree growing in a chook yard? Maybe, if the soil isn't too acidic. (Do a pH test! If the soil is acidic, add agricultural lime)

Q. Small lemon tree with a plague of grasshoppers & gall wasp. There are some lemons on the tree. How to treat the gall wasp?

- A. Gall wasps lay in the new growth of citrus trees. So firstly, fertilise citrus trees 4 times a year so that there is an even flush of growth. If there is a big flush, more gall wasps will invade the tree. Trim off as much gall wasp as is practical. Gall wasp doesn't kill a tree but will weaken branches if there is too much. Try to get the tree to outgrow the gall wasp. Also, keep the trees well watered. Check the pH & mulch the tree. Generally citrus don't need to be pruned so be judicious & prune the branches back to the trunk if you do prune.

Q. Citrus in a pot. Lightly fertilise?

A. Citrus don't do very well in a pot. They are hungry & thirsty plants.

Q. When to pick feijoas?

A. Once they are ripe they will fall off the tree, so check for the fallen fruit.

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**If You Only do One thing this
Month plant some Silver Beet
By Diane Kelly**

One vegetable that I always like to have in my garden is silver beet. Silver beet is easy to grow, is a good source of iron, and the plants can stay in the ground for up to a year. Silver beet can be added to a tossed salad, featured in a quiche, or you can steam and drain the chopped leaves, and then add one beaten egg and a dash of garlic powder to make a tasty addition to your winter meals.

There is a range of types of silver beet – or *Beta vulgaris cicla*. Those with green foliage, midribs and leaf stems are referred to as “perpetual spinach” or “spinach beet”. Varieties with green leaves and broad, white basal leaf stalks and prominent midribs are generally referred to as “silver beet”. The name “Swiss chard” is generally applied to selections with red or yellow coloured stems, and as a general rule, the paler the leaf colour, the more subtle the flavour.

Because silver beet can stay in the vegetable garden over many months, allocate the plants long-term space in your cropping plan. They need well-manured, well-worked soil in a sunny position to thrive. Two weeks before sowing, rake in a pelleted slow-release fertilizer at the recommended rate. Aim for a soil pH of 6.5-7, good drainage, and shelter from strong winds. Plants require plenty of nitrogen, potassium and water for the rapid formation of large, well-shaped leaves. Water or nutrient-stressed plants are more likely to bolt to seed.

Silver beet contains 2-3 seeds in a cork-like fruit. Soak the seeds in warm water prior to planting, and then plant them directly into beds to a depth of 1-2 cm. (You can plant them into seed trays for transplanting as seedlings.) The seeds should germinate within 10-14 days, and you can leave the seedlings in clumps, established at 30cm intervals.

Establish 3-6 plants at a time, to ensure regular harvests. Keep the plants well watered, and mulch well to ensure the growing area is weed-free and the soil moist. Start harvesting the silver beet leaves as soon as the plants are large enough, but balance the frequency of harvesting with the rate at which the plants can produce replacement foliage. Always ensure that 4-5 leaves remain on each plant, and pull the leaves from the plant rather than cut them, as stem rot can occur in cut stem sections.

Potential problems: Silver beet plants are prone to attack by snails and slugs. As plants age, they become more subject to fungal leaf spot diseases and stem rot. This indicates the need to replace the plants with young, more vigorous ones.

Seed saving: Silver beet is a biennial plant that produces flowers and seeds in the second season. In subtropical climates, plants often produce flower stalks prematurely, and saving seeds from these plants reinforces this tendency to bolt. Plants are pollinated by wind and insects, so different perpetual beet, silver beet and Swiss chard-type plants need to be isolated from one another and also from beetroot crops.

So plant some silver beet – it’s easy, the leaves are tasty, and the plants just keep on growing.



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

This month's hints range from beneficial plants, to chook perches, to drying herbs – and a few more:

1. Hoverflies, ladybird beetles, lacewings, tachnid flies, assassin bugs, predatory mites, robber flies and many other insects are important allies in pest control. Daisies and other plants with very small flowers are important in maintaining populations of beneficial insects. They provide a nectar source for the adults. The large, tubular flowers of many warm climate species such as allamanda and hibiscus may drip with nectar, but these can actually drown tiny predatory insects – they need much smaller flowers.
2. When building a roost in your chook pen, position it so that it is not going to be in the line of a draft. The circumference of the perch depends on the bird – standards need about 4cms of perch to curl their toes around, while bantams can do with 3cms. Allocate about 30cms of space per chicken per perch, and allow 50cms between each perch and also between the wall and the nearest perch.
3. If you wish to control weeds, it is important to identify the way in which they spread. Some weeds, such as farmer's friend or cobbler's pegs, spread only by seeds. Care must be taken not to shatter the seed heads when weeds are being removed. Follow-up mulching of garden beds is also advisable – a thick layer of mulch helps to prevent the thousands of seeds found in the top few centimetres of soil from germinating.
4. Hibiscus wilt and lose leaf gloss when water-stressed. Deep watering twice each week during the dry season is adequate providing plants are well-mulched.

Always ensure that the soil around plants is moist when fertiliser is applied.

5. When planting potatoes, bear in mind that new potatoes form above the point where the original seed potato is planted, and not below it. Shallow planting and failure to hill or mulch developing will result in poor sets of potatoes forming.
6. The cut foliage of lemon grass plants makes great mulch.
7. When watercress is added to ponds, it will help keep the water clean and provide habitat for fish.
8. Dragonflies can consume up to fifty mosquito larvae per hour – but remember to keep any ponds deep enough to stay cool, and put in a rock or two and some water plants so that the insects have somewhere to land.
9. Dried herbs need to be stored in airtight containers as soon as they are dry so they don't re-absorb moisture from the air. Carefully remove the leaves from the stems and try to avoid crushing them too much as this lessens their aromatic qualities. Clear glass jars with well-fitting lids are the best containers to use as they allow you to watch for condensation, a sign that the herbs are not completely dry and should be removed and dried for a little longer.



Recipes Column

Veggie & Lentil Bake

This recipe is a good one for winter. I make a large tin of this veggie bake and then freeze it down into containers for quick easy meals in winter.

Serves 8-10

Main Ingredients:

Use any veggies you have but I mainly use the following if I have them:

- 1 cup water
- 1 can lentils
- 2 cans tomatoes
- 1-3 potatoes (sliced 5 mm)
- 1 sweet potato (sliced 5 mm)
- 1 eggplant (sliced 5 mm)
- 2 carrots (sliced)
- Small piece of pumpkin (sliced 5 mm)
- Bunch of mixed greens
- 3 large mushrooms (sliced or chopped)
- 2 leeks (sliced)
- 4 spring onions
- 2-4 mountain bread wraps or similar (optional)
- 1 red chilli (no seeds)
- 1 garlic clove (chopped optional)
- Small piece of ginger (optional)
- 1 tbsp mixed Italian herbs

- 1 tsp smoked paprika
- 1/2 tsp turmeric powder
- 1 tsp ground cumin
- Handful of other mixed fresh herbs— whatever is in the garden (eg oregano, basil, tarragon, thyme)
- Small handful of pumpkin kernels (optional)

Sometimes I will add zucchini and capsicum if there is space in the baking tin.

You could also add 1 brown onion to this recipe but you might need to cook that first in a pan, hence I normally leave it out.

If you wanted to add mince meat you could also do that too.

Cheese Sauce Ingredients:

- 3 tbsp. butter
- 3 cups of milk
- 3 tbsp. flour
- 1 cup cheese
- 1 small chunk parmesan
- 1/2 nutmeg grated

Method for Cheese Sauce:

Melt the butter in a pan over a medium heat. Add the flour and cook for 1 minute or until mixture bubbles. Slowly add and stir in the milk until sauce boils and thickens. Stir in cheese and other ingredients until smooth and remove from heat.

Method for Veggie Bake:

Simply layer all the veggies, herbs, tin tomatoes, cheese sauce, and water. There's no strict rules here but I normally put a layer of potato and greens on the very bottom and then layer with some of the tin tomato juice then just layer more veggies and more sauce until all the ingredients are used up. I also finish with a bit of cheese sauce on the very top.

On the very top you could also add more cheese, or other toppings. My latest version of this recipe included some pumpkin kernels on top to add a bit of crunch.

Lastly cover the pan with foil and put into an oven at 190 degrees for about 1—1.5 hrs.

Source: By Chris Winton

Chai-Infused Vanilla Quinoa Porridge

I haven't tried this recipe yet but it sounds lovely for winter so I am going to attempt to make it sometime this week.

Serves 2

Preparation Time: 8 minutes

Ingredients

- 1 cup of dry quinoa
- 2 cups of water
- 1 stick of cinnamon (or 1/2 teaspoon)
- 1 1/2 teaspoons ground ginger or 1 inch piece of fresh root ginger finely grated
- 1/2 teaspoon ground nutmeg (pref fresh grated)
- 1/2 cup of coconut cream or milk (depending on how creamy you want it)
- 1/2 lemon skin grated (or lime)

- 1 vanilla bean pod or vanilla essence
- Sprinkle (half a handful) of assorted nuts and seeds to your liking

Optional: coconut yoghurt

Optional: cloves, ground

Optional: 1 grated apple (if transitioning)

Instructions

First prepare the quinoa to the packet instructions.

Once the quinoa is cooked and drained, add it back to the saucepan and stir in the chai spices (cinnamon, ginger, nutmeg and cloves if you've done them in a pestle and mortar) and add the coconut cream or milk and throw in the scraped out vanilla pod (or add the drop or two of vanilla essence).

You can pick either the milk or cream depending on how creamy and thick you want it. When it's ready, grate in the apple if you're using it – right at the end.

Warm through and then serve in a big bowl. To serve, add the lemon rind grated onto the top and sprinkle with extra ground cinnamon. Finally throw on the seeds and nuts (I recommend sesame seeds with this especially). As an indulgent extra, you can also serve with a dollop of coconut yoghurt, which is alkaline and JUST DELICIOUS!

Please email your yummy recipes to Jill for inclusion soon: jillbarber611@gmail.com

Recipe submission deadline is the second Monday of each month.

Seeds From Dorothy Coe

Looking ahead:

Do not deadhead all our flowers; allow some of them to go to seed so that you can collect the seeds when they are ripe. But remember that most of the seeds saved from F1 hybrid varieties will not product identical plants to the parents. This may be disappointing but it can provide some pleasant surprises.

Efficient seed collection:

Place paper bags over flowers going to seed and hold each one in place with a small plastic tie. Avoid using polythene bags, which do not let in the air. Once the stems are dry, cut each one just below the tie and shake it so that the seeds fall into the paper bag. Label the bag. Cut stems of seeding celery, carrots, dill and fennel when the outer seeds are brown. Hang upside-down, tied in paper bags.

Assisting nature:

Loosen the soil beneath shrubs or trees where you would like annual and biennial flowering plants to seed themselves, then hang bunches of them from the branches when the seeds are almost ripe. The seeds will fall and scatter in the wind. It is easy to propagate love-in-a-mist, forget-me-nots and poppies in this way.

Seed supplies:

Seeds shed by many perennials and annuals after summer flowering will germinate during the following autumn and spring, so look for seedlings in your flower-beds and transplant them carefully or leave them to grow on.

Test for viability:

If you want to sow an old packet of seeds, do a test to make sure you are not wasting your

time. Sow a few seeds on a piece of damp paper towel laid in the bottom of a clean margarine tub, replace the lid and leave the container in a warm place. Check every day for signs of germination. If none of the seeds germinate on the paper, throw the rest away. If some of the seeds germinate, the proportion showing signs of life indicates how many of the remaining seeds you need to sow to raise the plants you require.

Germination acceleration:

The hard coating on seeds of trees, annual and perennial sweet peas and some other perennials can be worn away by shaking the seeds for a few minutes in a tight-lidded jar lined with a medium-grade sandpaper, abrasive side inwards. This will allow water to penetrate the seeds once they are planted, and will permit germination to take place in days instead of months. Alternatively, you can speed up the germination process by soaking hard-coated seeds of broom, cyclamen, lupins and sweet peas between two layers of damp tissue overnight or until they swell to almost twice their size. Any seeds that do not swell should be chipped with a small, sharp knife on the opposite side to the eye.

Storing seeds:

Don't throw away seeds you haven't used. Stored properly, they can be used later. Left-over seeds in paper packets, for example, can be stored if the seeds are wrapped in aluminium foil and then placed in either an airtight container in a cool room or in a screw-topped jar in the vegetable compartment of the refrigerator. Add a packet of dessicant.

Source: 1001 Hints & Tips for the Garden - # 4

Trench Composting From Dorothy Coe

Composting doesn't have to be difficult or messy. Trench composting is an effective way of improving the soil over the cooler seasons of autumn or winter in preparation for new trees, shrubs, vegetables or flowers.

- Mark out the area to be dug over in a series of trenches, and mark the lines of the first two parallel trenches
- Dig out a single trench about 30 cm wide and 30 cm deep, and move the soil from the trench to the end of the plot, which will be the very last section to be trenched
- As they become available, gradually fill the trench with plant debris, vegetable scraps and kitchen waste
- Dig out a second trench in a similar way to the first one. Cover each layer of material in the first trench with the soil that has been dug from the second parallel trench
- Start filling the second trench with garden and kitchen waste as it becomes available and then fill this trench with soil from the third. Each completed trench will gradually settle over the month or two as the plant material decomposes
- Shred any woody material, such as prunings or cabbage stems, before you bury it so it will decay more quickly.

Source: "Dig" by Meredith Kirton

Re-potting From Dorothy Coe

After a few years in the same pot most plants need re-potting. Telltale signs include roots circling on the surface or growing out through the drainage holes, and plants wilting quickly despite frequent watering.

This may mean graduating to a larger container, or root pruning and then going back into the same size container with fresh mix. A handy way of combining both techniques is to take out "cores" each year.

- First, cut the surface roots with a sharp knife
- Lift out this clump of matted roots and soil
- Then cut the exposed roots cleanly with secateurs
- Fill the hole with fresh potting mix. Repeat the process (steps 1 to 4) twice more so that you remove approximately 30 per cent of the feeder roots
- Water thoroughly

Source: "Dig" by Meredith Kirton

FRUIT TREES

JUNE

Custard apples: Harvest every 3 to 4 days as fruit matures. Don't let trees dry out.

Figs: Dormant period. Don't let trees dry out.

Lychee: Do not let trees dry out. Minimal watering is needed. Check emerging flowers for flower caterpillars. If more than ½ are infested, spray with pyrethrum or garlic spray.

Mango: Don't let the trees dry out.

Passion-fruit: Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertiliser with added sulphate of potash can be applied to vines, 20 gms per sq m – for example, large vines = 100 gms; small vines = 50 gms.

Pawpaw: Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Pick fruit at mature stage with ½ colour to have full flavour.

Persimmon: Dormant period. Minimal water required at this time.

Strawberries: Feed with organic fertiliser with added sulphate of potash. Also use fish emulsion and kelp spray regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered – try not to wet the berries. This will prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needs are good.

Bananas: Keep up the water and bag fruit. When fruit are formed, bag fruit with banana bag, tie bag to top of stem and drape down to bell. Leave open at bottom for air. Cut off bell to get larger fruit.

Citrus: Harvesting should be well under way. Keep up watering.

Avocado: Early flowers should appear this month. Keep up water needs. If you have not applied garden lime and gypsum, apply now as per June instructions.

JULY

Custard apple: Harvest every 3 or 4 days as fruit matures. Don't let trees dry out. Apply garden lime to soil – 20 grams per sq m to drip line – for example, a mature tree, 1kg.

Figs: Keep well mulched.

Lychee: Do not let trees dry out. Minimal watering is needed. Check emerging flowers for flower caterpillars. If more than ½ are infested, spray with pyrethrum or garlic spray.

Low chill stone fruit: Peak water needs. Water trees 2 weeks before flowering and 3 weeks later. In late July start blossom thinning. Winter prune late varieties. 50g of organic fertilizer with sulphate of potash added per sq m to drip line of trees. Mature trees – 1 kg.

Mango: Don't let trees dry out. Continue with copper based spray or leaf microbes for anthracnose if visible.

Passion-fruit: Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertilizer with sulphate of potash can be applied for vines. Large vines – 1 kg; small vines – ½ kg.

Pawpaw: Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Use copper based sprays or leaf microbes if black spot is about. Pick fruit at mature stage with ½ colour to have full flavour.

Persimmon: Minimal water required at this time.

Strawberries: Feed with organic fertilizer with sulphate of potash. Spray fish emulsion and kelp regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered, but try not to wet the berries. This will also prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needles are best for this.

Bananas: Don't let the stools dry out. Keep fruit covered and cut off bells.

Citrus: Pick mature fruit when fully ripe. Keep up irrigation.

Brisbane Organic Growers Handbook

VEGETABLES

JUNE:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Tomatoes, Turnips.

JULY:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Tomatoes.

HERBS

JUNE

Annual: Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, 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, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

JULY

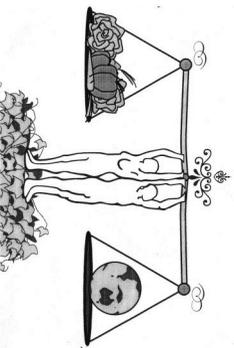
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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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 21st July 2016