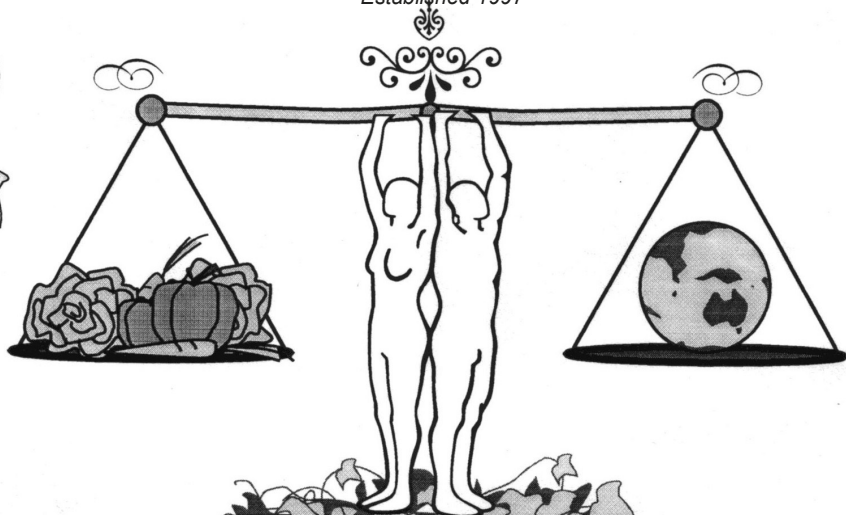


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 19 MAY 2015 Issue 5
GARDENING IN AUTUMN

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OUR NEXT MEETING: Thursday 18 June

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

2015 Committee

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Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 John Clarke Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Judy Reiser

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

Overdue:

Karen Hart (198), Celia Forrest (351), Peter & Patricia Edwards (163), Danielle Bohata (359), Danny Li (384), Julie Townsend (385), Barbara Morgan (246), Ken & Pat Jenyns (273), Judy McCracken (274), Jerry & Justy Rogers (275), Suzanne Blatcher (276), Tali Filip (277), Anne-Maree Andrew (337), Regina Lacgalvs (208), Angela Anderson (323), Judy Reiser (338), Alex Dimos (364), Maggie Golightly (365), Tricia Oh (368), Jude Lai (220), Gai Morrow (309), Kerstein Trueman (346), Rodney & Cathy Boscoe (347)

May:

Chris Larkin (141), Karen Auchere (147), Bruce Kelly & Heather Ryan (234), Robert Faulkner (303), Virginia Jacobsen (325)

June:

Barbara Talty (58), Lise Racine (151), Jan Wright (191), Graham Boyle & Mea Lee Khoo (211), Chris & Dorothy Winton (253), Ron Campbell (255), Cathie Hodge (304), Eileen Turner (328), Val Sier (349) Josh Walker & Chris Viehbock (371), Lesley Freeman (372), Sue Beckinsale (373)

Upcoming Guest Speakers

June:

We will not be having a guest speaker in June, instead making the time to socialize and to have an extended Q&A.

We have decided that the wealth of knowledge amongst members is an underutilized resource in the club, so as part of June's meeting we are seeking members who would like to give a 5 minute presentation about a specialty or current interest, for example a 5 minute segment on sprouting or tomato trellises or a new way to worm farm. If you have something you have been dying to share, speak to Rachael Lebeter or Maria Roberson after the May meeting or contact them before the June meeting.

Workshops

23 May Nutrition & Gluten Free Cooking

29 May Talk on Bees (Robina Library)

20 June Compost and Soil Mixes

For more information contact Gold Coast Permaculture 0434 727 276 or info@goldcoastpermaculture.org.au

Newsletter:

Contributions and ideas welcome. Send in a photo of what's going on in your patch. Email Dorothy - webprint@onthenet.com.au

Thanks to Contributors:

Diane Kelly, Jill Barber, Maria Roberson, Rachael Lebeter, Keith Gascoine, Heather Ryan, Lyn Mansfield, & Dorothy Coe

Past newsletters can be downloaded from the site at

www.goldcoastorganicgrowers.org.au

President's Message

Hello Everyone,

I'm pleased to say that our Newsletter problems are over because Dorothy Coe has volunteered to once again be our Editor. Dorothy held this position a couple of years ago so she knows what she is in for. I'm just kidding, it's a great job, and I am sure she will enjoy it. So, Dorothy, on behalf of everyone, I would like to give you a giant thank you.

Our first outing for the year has been arranged for SUNDAY 21ST JUNE AT 2PM, when we will be visiting the FREEMAN FAMILY FARM, on Tomewin Mountain Road again. This will give all those who missed out last year the opportunity to visit a working farm and learn some tried and true growing techniques. The farm tour will go for an hour or so, and then, if you wish, we can have a chat over coffee at the new coffee stand on-site.

For those of you who are keen to attend other gardening related outings, there are a couple of events coming up that I thought you might be interested in. The Queensland Herb Society Annual Show is on Sunday 24th of May 2015 at Albion Peace Hall, 102 McDonald Rd, Windsor. Entry is free, and you can enjoy demonstrations, talks and workshops. There will be herbs and plants for sale and much, much more. Visit www.qldherbsociety.org.au for the lowdown.

Another event a bit closer to home is the Mudgeeraba Show on the 26th, 27th and 28th of June. This is a great little show, with a country vibe, and I recommend you check it out. For those of you who are just a little bit competitive, why not enter some of your produce - jams, cakes or even eggs, to be judged in the Bill Deacon Pavilion, as some of us have done over the years. For more information on how to present your chosen goodies, check out their web site. Go on, you know you want to!

Members, please check your membership and catch up with late memberships renewals. If you are not sure when you are due, reminders are printed in the Newsletter each month. You can now pay by direct debit if you wish, or cash and cheque are still accepted. Ask Di at the desk if you have any questions. Now to the all important Supper Table: if you have never brought in a plate before, I reckon it could be your turn. It doesn't have to be anything fancy, and your offering will be greatly appreciated.

Don't forget to register your interest in being part of the FRUIT AND VEG SWAP; just email Dorothy Coe with your details (club members only please).

Now for some garden chat: if you planted garlic you will have noticed that it is up in 4 or 5 days which is always really gratifying. When some quick salad greens are needed, plant Rocket, Tatsoi, Lettuce and Kale; nothing beats this combo for speedy food as they can be picked leaf by leaf when really quite small, without detriment to the growing plants. If you find life a bit dull without coriander, plant up now as it is the perfect season for it. Get your Brassicas in, if you haven't already, and give Cauliflower a try: home grown Caulies are delicious, raw or cooked; even the kids will eat them.

Happy Growing,

Gardening Riddles by Heather Ryan

- Q** Why didn't Elton John like kale ?
A He was a rocket man.
- Q** What did Winnie the Pooh say to the agent ?
A Show me the honey.
- Q** How do you stop bandicoots from digging up your garden ?
A Take the shovels away.

Top Tips for Growing Brassicas

Ensure your brassicas have the best possible care by following a few basic rules:

Rotate them: Rotate brassicas so they are never on the same patch in your vegetable garden more than once every three years. If you grow them in the same spot year after year, you are likely to see a build-up of club root, black rot and black leg. Because they are greedy feeders, the soil needs enriching after they have grown there.

Stake them: Stake individual brussels sprouts and rows of broccoli and kale. Support top-heavy ballhead cabbages and cauliflowerers to stop them lying on the ground.

Protect them: Some plants, including tomatoes, are said to repel cabbage white butterfly, so regularly place the suckers you have pinched out from tomato plants, or fresh sprigs of broom or fern, onto cabbage leaves. Butterflies dislike the smell of these and, it is said, will avoid your cabbage patch.

Underplant them: Underplanting your cabbages with a green manure crop may distract insects that would otherwise lay their eggs on the cabbage leaves.

Source: Secrets & Tips from Yesterday's Gardeners, Readers Digest

DID YOU KNOW?

To get rid of snails, create a barrier around freshly planted seedlings using sawdust. The sawdust sticks to the snails and they become bogged. Alternatively, bury a saucer to the rim and fill it with stale beer. Snails will smell the beer and seek it out. When they drink it, the alcohol renders them unconscious and they will drown.



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Microbiology Magic By Rachael Lebeter

I was very excited about hearing Greg Plevy, our April speaker. Like many of you, my first contact with Wormtec, Greg's company, was through a workshop at Gold Coast Permaculture. After hearing about the bacterial wars that take place in the root zone (microbiology has become Rome vs Sparta in my mind), a no-dig garden bed was inoculated with Greg's Worm Juice. Magic! And not just the no-dig part! What did 'inoculant' even mean!? It seemed much too complicated for me to locate Worm Juice, let alone try it in my own garden. So imagine my pleasure in discovering last month that, actually, Greg's approach to soil management is refreshingly simple and unintimidating!

Like many of our speakers, Greg is one who believes that soil microbiology is, to quote him directly, "our best friend". Microbes make nutrients soluble and therefore available to plants. They also form a vital part of the soil food web, decomposing waste and organic matter. Have you ever noticed that on some garden beds, mulch doesn't seem to break down? Particularly things like cane mulch, which I learned from one of our past speakers (forgive me for having forgotten who!) contains little microbiology due to its treatment? (Lucerne has particularly high levels of protozoa, if you are looking for an alternative.) It turns out that this is a microbe problem. Greg's advice: use an inoculum (like a microbe stimulant or influx) like Worm Juice and things will begin to decompose.

Like the holy grail of soil management, Greg believes that microbiology does everything for you. And in my mind, he outlined four key areas of soil, plant and pest management: pH, microbiology, nutrients and Brix levels. It's funny, because writing the list now, it seems rather long and complicated. But listening to Greg speak, improving the compacted, degraded, clay cow-paddock that is my garden seemed, for the first time, somehow manageable. And not overly expensive or complicated, either.

pH

pH is the acidity of the soil and, according to Greg, is the limiting factor in your garden. It controls the nutrients that are available to plants, and the type of microbiology present. In extremely acid or alkaline soils, most microbes become dormant, meaning that organic matter does not decompose, soil becomes compacted and nutrients are not made available to plants. On the other hand, for soils that don't have extreme pHs, once your pH is in a neutral ballpark, plants and microbiology seem to be able to keep it there without much help. So fix your pH and it will take care of itself? That sounds promising!

REFER to the bottom of the article for: The Characteristics of pH and the pH of common garden materials

Microbiology

The second element of soil management the Wormtec way, is microbiology: namely the creation and maintenance of a diversity of microbes – the microbes that are responsible for making nutrients available, reducing soil compaction, controlling temperature and pH swings, and aiding water, nutrient and air retention in the soil. The good microbes in a healthy soil will even out compete any bad ones, and healthy plants are less likely to suffer from disease also.

Greg emphasized the damage that is caused by using fertilizers, or even organic pesticides such as Neem oils, as they do not just destroy the bad microbes or bugs, but the good ones also. His advice was: if you have worms in your soil, you have microbes; if you have no worms, be VERY worried. I found that rather reassuring - we have certainly got worms - as was the comment that as soon as the soil conditions are favorable a variety of microfauna, including worms and microbes, will come out of dormancy and do their wonderful work.

And if your mulch seems as though it doesn't break down as well as it could? A little inoculum a couple times a year, be it Worm Juice

or even compost or manure, plenty of organic matter and you're set! A great idea from Greg if you are looking to increase microbiology? Spray seedlings with an inoculant so that the microbe population can grow with the plant and be available when it is needed.

Nutrients and Brix levels

I think the reason why Greg's advice seemed so accessible, was that once you take care of the pH and microbiology, everything else more or less takes care of itself. Plenty of organic matter, palagonite rock dust for the trace minerals, and the happy microbes will take care of the rest.

And the ridiculously complicated seeming Brix levels, or the sugar content of our fruits and vegetables? Well, interestingly, the higher the sugar content, which is much tastier to us, is less appealing to insects. So, happy plants? No insect problems.

For me, Greg's presentation was packed with ideas and, best of all, made soil management and microbiology seem so much more manageable on a home-scale than it had before. Soil that manages itself after some initial amendments truly is magic! As Greg himself said, if we can take a little from every meeting and every speaker in order to improve our gardens, we will be doing well. Happy gardening!

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GC Visitors Guide 2013

Characteristics of pH

Acid 0	5.5	Neutral 6.5 – 7.5	9	Alkaline 14
Soil life becomes dormant		More fungal microbes present in soil	Ideal for plant growth	More bacterial microbes present in soil
				Soil life becomes dormant

pH of common garden materials

Acid 0	Neutral 6.5 – 7.5	Alkaline 14
Organic matter Compost	Worm castings	Mushroom compost Lime
Coffee grounds		
Peat moss		
Pine needles		
Sawdust		

Vermiculite and Perlite By Dorothy Coe

The key ingredient in many potting soil mixtures isn't soil, compost or other organic materials. Instead, small pellets of inorganic vermiculite or perlite improve aeration and hold onto moisture while also adding lightweight bulk to the mix.



Perlite Basics

Sterile perlite, a material composed of super-heated volcanic glass, resembles pure white foam pellets. Perlite granules feature small cavities on their surface that trap and **hold moisture**, which helps retain moisture in an otherwise quick-drying potting mixture. Lightweight perlite also **aerates soil** because the lightweight pellets prevent the organic ingredients in the soil mix from compacting.

Vermiculite Basics

Vermiculite comes from super-heated mica. It forms an expanded platelike structure that **traps air, moisture and nutrients** present in a potting soil mix. Vermiculite can soak up 3 to 4 times its volume in water. It also attracts plant nutrients such as potassium, magnesium, calcium and phosphorus.

Plants that require moist, nutrient-rich soil grow better in vermiculite mixes, while those that prefer a dryer quick-draining soil are more likely to thrive in a perlite-based mix.

In propagation, for example, seedlings thrive in vermiculite mixtures because the soil remains moist without becoming soggy, while holding onto the nutrients the young plant need to grow. Cuttings perform better in quick-draining perlite because they are less likely to become overly moist and succumb to rot before they root.


Source: <http://www.ehow.com> and <http://homeguides.sfgate.com/>

Dave's Perlite and Vermiculite Free delivery (Gold Coast area)

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Vermiculite 30 ltrs - \$15
 Vermiculite 100 ltrs - \$35
 Perlite 30 ltrs - \$15
 Perlite 100 ltrs - \$35
 Peat Moss 115 ltrs
 (Compressed to a 4 cubic feet bale) - \$75



 Mobile: 0428 296 646

 davesperlitevermiculite@gmail.com

 www.facebook.com/davesperlitevermiculite

DID YOU KNOW?

Never apply fertilizers to an avocado tree while it is flowering as this will cause the tree to drop its blossoms, and of course that means no fruit.

About pH

By Keith Gascoine

Meaning of pH

At our April meeting, one of our members asked what the term "pH" stood for. Was it some sort of acronym? None of us seemed to know, so I thought I'd look it up.

In only took a minute for the ever-ready Wikipedia to enlighten me, as follows:

The concept of p[H] was first introduced by Danish chemist Søren Peder Lauritz Sørensen at the Carlsberg Laboratory in 1909 and revised to the modern pH in 1924 to accommodate definitions and measurements in terms of electrochemical cells. In the first papers, the notation had the "H" as a subscript to the lowercase "p", ie p_H.

The exact meaning of the "p" in "pH" is disputed, but according to the Carlsberg Foundation pH stands for "power of hydrogen". It has also been suggested that the "p" stands for the German Potenz (meaning "power"). Others refer to French puissance (also meaning "power", based on the fact that the Carlsberg Laboratory was French-speaking). Another suggestion is that the "p" stands for the Latin terms pondus hydrogenii, and potentia hydrogenii, or potential hydrogen. It is also suggested that Sørensen used the letters "p" and "q" (commonly paired letters in mathematics) simply to label the test solution (p) and the reference solution (q).

pH Test Kit

GCOG has a pH test kit which members can borrow from the library.

Instructions are on the box, but essentially you take a small soil sample (about a teaspoon), mix it into a paste with the liquid provided in the test kit, dust it with a white pow-

der (also provided in the test kit), then observe the colour change in the powder. The measure of soil pH is obtained by matching this colour with a colour chart (also provided in the test kit). The whole process takes less than 5 minutes.

This is a qualitative process because it does not produce an exact result (as opposed to the quantitative process demonstrated by the April guest speaker who showed us a tester with a digital readout), however the GCOG kit is good enough for our gardening purposes.

How do we measure pH?

pH is a measure of the acidity or alkalinity of the soil using a scale from 1 to 14; where 7 is neutral, less than 7 is acid, and greater than 7 is alkaline.

pH Table

For gardening purposes, we don't need to be too precise and can follow the table below.

pH range	Denomination
< 3.5	Ultra acid
3.5–4.4	Extreme acid
4.5–5.0	Very strong acid
5.1–5.5	Strong acid
5.6–6.0	Moderate acid
6.1–6.5	Slight acid
6.6–7.3	Neutral
7.4–7.8	Slightly alkaline
7.9–8.4	Moderately alkaline
8.5–9.0	Strongly alkaline
> 9.0	Very strongly alkaline

**Getting to Know Rachael Lebeter
By Diane Kelly**

Mount Warning provides a magnificent backdrop to the Tweed Valley, and as you travel past Murwillumbah to the tiny township of Uki (pop: 203, according to the 2006 census and probably not much changed!), you feel the tranquillity of the countryside settle around you.

Imagine living on twenty-five acres of gently sloping land, treed with gums and rainforest, with plenty of sunshine, and with cows, chooks, rotational compost bins, flower and vegie gardens – and parents that share and support your interest in all things gardening. Rachael Lebeter grew up in Uki, and attended the local primary school before studying at Murwillumbah High. After she was awarded a scholarship to attend Somerset College at Mudgeeraba, the family moved to Palm Beach for ten years. But then Rachael and her parents moved back to Uki, and Rachael comes home most weekends to enjoy the farm, and her vegetable garden and fledgling orchard.

Rachael grew up with her own 1-metre square garden, and enjoyed growing strawberries and carnations. Her mother is a gardener, and has always had a sizable vegetable garden – and a dog that loved to dig up potatoes! Rachael's parents met each other in Portugal, when both travelling overseas – her mother comes from the US, and her father from Ipswich. Rachael has also spent a considerable amount of time away from Australia, visiting relatives in America, and also spending a year in Mexico City teaching English. She loved the food, the people and the culture of Mexico, although coping with the density of population and activity was a challenge. Rachael learnt conversational Spanish during this time, and one of her goals is to teach Spanish in the future – but more of that later.

Returning home to Uki, Rachael realized she wanted to start growing her own vegetables,

and especially the herbs that she had come to enjoy using in meals in Mexico. Friends of her father, Murray and Judith Olver invited her along to the GCOG meetings, and now she is a very involved member of our Club. As her interest in the garden developed, Rachael built six garden beds, adding compost and cow manure to the existing clay soil. Over time the soil has improved, and the gardens are becoming very productive. The vegetable and flower area consists of a number of beds, with saw-dust covered pathways dividing them. Rachael likes to mix what she plants, as she feels this is a way of controlling unwanted insects coming to the garden. One of Rachael's main interests is to have a wide variety of crops, and she has the goal of producing food all year round.

Rachael also commented that she would like to be more deliberate in planning her garden, so you will enjoy the next photo – a large artist's book that records each season's plantings, the location of whatever Rachael has grown, and what crops are grown with each other. Have a look at the picture on our website – it really is quite impressive!



Now back to Rachael's career. Having gained a BA in Literature and History, Rachael teaches at Miami High. But that is only three days a week – for the other two days, she teaches Horticulture at the school, and it is very easy to see where Rachael's real interest lies. The program that Rachael

has been able to develop includes re-establishing an existing garden area. There is a poly-tunnel; it is well-fenced; and there is material for a hydroponic or aquaponic system, but the recent building program has restricted their use. But now it's time to start again, and there has been a degree of success – when I asked Rachael what the students enjoyed most about the classes, the answer was “Eating the food!”.

Rachael lives on the Coast during the week, and enjoys being close to organic markets, good butchers and healthy bakeries. She attends Spanish classes (with teaching the language in mind), reads a lot, takes cookery classes, makes jams, preserves, cordials and chutneys – and cooks lots of Mexican food. But most weekends she returns home to Uki, where she works on her existing garden, and is planting out a very large orchard (pear, peach, Dorset Golden dwarf apple, nectarine, peachcot, plum and citrus trees so far) and is working a method of wind-breaks to protect the fruit trees. The farm gets about ten frosts a year, so stone fruit etc should do well. Pigeon pea bushes (for nitrogen), borage and sweet potatoes plus layers of newspapers and swales filled with small branches are combining to make good surrounds for the orchard. The fencing is very impressive – Rachael's dad has used timber from the treed area of the property to make fence posts. The logs are “peeled” – Rachael now has a degree in “De-barking – Level 1” (joke!); the ends are dipped in oil to preserve them, and they now provide a secure area from the cows. There is another area also being fenced and wired, around to the front side of the house – it is a large paddock, and will ultimately be a fruit and vegetable garden on nearly market-garden scale. Berry vines will surround the area along the fence line, and there will be large sections for corn, pumpkins and watermelons – and then a large area that will help fulfil Rachael's dream of varied food production. (Maybe it is good that Rachael has access to plenty of land – she tells the story of how she over-bought on potatoes and garlic last season, and so just had to go on building more garden beds to plant them all

in!) In her current gardens, Rachael has planted such things as elephant garlic, rosellas, comfrey, pumpkins, Mexican chillies, Dutch cream potatoes, dill, tarragon, broccoli, lettuce, turmeric, coffee plants, Davidson plums, purple globe artichokes, raspberries, kiwi fruit, grape vines and loganberries – and much more.

I asked Rachael what she feels gardening has taught her, and her answer was “to be a lot more ecologically-minded”. Rachael now takes much more notice of the visiting birds, the animals and the weather. She also has become much more aware of the value of shopping locally, and commented about how she enjoys buying fresh food for her evening meals.



Every backyard should open onto a cow-paddock, a chook pen, an orchard & a three-tiered compost area!

So a wonderful place to live, and plenty of plans for the future – grafting trees for the orchard, increasing the compost production, doing more seed-saving (although currently Rachael is noticing a problem with cross-pollinating) and, one day, keeping bees. And, if you would ever like the recipe for a persimmon cake made with home-grown fruit, just ask Rachael – it's one of her many accomplishments.

Recipes Column

This is a new column for those recipes...

Pickled Eggplant



Ingredients

- 4-6 garlic cloves (left whole or cut in half)
- 1 tablespoon dried oregano
- 1 pound of eggplant
- ½ cup white vinegar
- ½ cup water
- 1 teaspoon salt
- fresh basil leaves
- fresh hot pepper(s)
- 1 whole bay leaf (optional)
- Extra Virgin Olive oil (enough to cover contents of the glass jar)

Process

1. Cut eggplant into long strips (about three inches long and a quarter inch wide)
2. Place the eggplant strips in a large metal colander and sprinkle liberally with salt. Place a weight on top of the eggplant and let the salt, eggplant, and weight do its magic for 2-3 hours (to remove the moisture).
3. Remove the eggplant from the colander and squeeze any remaining liquid out of the eggplant by hand.

4. In a large pot, bring the vinegar and water to a boil and add the eggplant. Cook for 2-3 minutes (any longer and the eggplant will lose its crunch).
5. Drain via a colander (with a weight, again) and let sit for 12-24 hours (in the fridge if you'd like).
6. Remove the eggplant strips and squeeze any excess water/moisture by hand. In a very clean glass jar fill with the remaining ingredients: eggplant, garlic, hot pepper(s) – chopped or un-chopped, basil, oregano, and extra virgin olive oil (the olive oil should completely submerge the ingredients – do this slowly).
7. Put eggplant in glass jar with fresh garlic cloves, fresh cut into big chunks hot peppers, fresh mint and good drizzle of olive oil. Shake up and refrigerate.

This recipe was from the internet but we changed it a little, mainly added extra herbs & spices including Oregano, Thyme, Rosemary and mustard seeds.

From Dorothy Coe

=====

Mango Chutney

- 7 - 8 green, or semi ripe mangoes, peeled, seeded, cut into chunks (keep all the juice and small bits in the bowl too). Put the best ½ chunks in a separate bowl.
- Juice of 1-2 lemons
- 8 figs
- 12 dates
- 3 cm piece fresh ginger, peeled, grated
- 1 teaspoon cumin
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- ½ teaspoon turmeric
- 2 whole cloves
- 1 teaspoon oil
- 1 heaped desert spoon of dried cane juice

Put the oil and spices in the pot and gently sauté.

Add the other ingredients, except the 1/3 mango.

Stir and let it thicken and cook down – 20 mins.

Add 1/3 mango and cook for another 5 mins.

Put in jars.

Other possible ingredients: onions, garlic, sultanas, other fruit in season ...

From Jill Barber

=====

Raw Choc Caramel Slice

This recipe is so intuitive, and the ingredients are quite expensive. You will have to taste and adjust measurements accordingly at each step along the way.

All measurements are approximate and organic.

Base

- 1 cup activated raw nuts of choice (almonds/walnuts/Brazil)
- 1/2 cup desiccated coconut
- 5 medjool dates
- 1 Tbsp honey (optional)

Place all ingredients in a food processor and process until crumb consistency. Press into approx 22cm flan tin and refrigerate.

Caramel filling

- 1 cup soaked cashews
- 80g cacao butter
- 1 thai coconut - water and flesh
- 1/2 cup coconut syrup
- 1 tspn vanilla extra
- 1 pinch salt
- 4 drops lemon essential oil
- 1 Tbsp Lucuma

Process cacao butter until fine. Heat at very low temperature until melted. Process cacao butter and all other ingredients except coconut water. Add coconut water slowly until enough has been added to make a smooth consistency. Spread mixture evenly over base and freeze while making choc top.

Raw Choc top - adjust measurements accordingly

- 1/2 cup cacao
- 1/2 cup coconut oil
- Enough honey or coconut sugar until desired sweetness

Whisk all ingredients in a bowl (soften coconut oil if solidified). Spread evenly over the top of the caramel and refrigerate.

From Jill Barber

More recipes continued over the page....

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Recipes Column... Contd.

Soothing Alkaline Gut Healing Soup

After feeling a bit acidic and suffering with a bit of bloating lately I decided to change my diet and eat more **Alkaline** based foods (vegetables, fruit, nuts, seeds) and less **Acidic** foods (meat, caffeine, dairy, pre-packed foods).

I'm into week 3 and I'm really enjoying making a lot of new recipes. Here is a recipe that I found on the internet recently and it tastes really good and is also very good for your gut.

So how can we soothe and fix the gut?

To heal the gut, you need to give the body:

- Vitamin C
- Vitamin A
- Vitamin E
- Zinc
- Omega 3
- Coconut Oil

This soup is nourishing, comforting and soothing, and it feeds your gut with everything it needs to repair and replenish.

- **Lentils:** contain heaps of folate, fibre, manganese, iron, protein, vitamin b1, b6, zinc and potassium, lentils have heart health, blood sugar stabilizing and most importantly, gut healing properties. The insoluble fibre in lentils helps prevent IBS, discomfort and diverticulosis.
- **Sweet potato:** Vitamin A, C, B1, B2, B3 and B6 rich, sweet potato is also an incredible source of manganese, fibre and potassium. Sweet potato is an antioxidant rich food that also serves as an anti-inflammatory, which is critical for gut health. Nothing damages the gut more than inflammation.

- **Spinach:** Spinach is a super-superfood. Chlorophyll rich, it is one of the most impressive of the 'dark leafy greens' which are ALL incredible. In terms of gut health, spinach is also a strong antioxidant and anti-inflammatory, and contains huge amount of vitamin K, A B2, B6, B1, vitamin C and omega 3.
- **Carrot:** packed with vitamin A and C, carrots are mega-antioxidants – particularly their high carotenoid content. Brilliant for gut health due to their high content of Vitamin A, C, E and fibre.
- **Bell Pepper:** also high in Vitamins A, C and E, bell pepper (also known as pepper or capsicum) is a strong antioxidant which can support gut health, with bountiful amounts of carotenoids and flavonoids.
- **Avocado:** full of healthy omega 3s (specifically ALA), avocado is also a strong anti-inflammatory, containing high levels of phytosterols, carotenoid antioxidants and vitamins A, C and E.
- **Dill:** supports proper digestion by stimulating bile and digestive juices found in the stomach, while also is a powerful antioxidant. Studies have shown that Dill activates the enzyme glutathione-S-transferase which increases your antioxidant potential and reduces free radicals in the body.
- **Cashews:** equally high in phosphorus, magnesium, manganese and zinc, cashews are a powerfully antioxidant rich food that also support heart health, bone strength and are proven to help lower weight.
- **Garlic:** a potent anti-inflammatory, antibacterial and antiviral.



Soothing Alkaline Gut Healing Soup

Serves: 4

Preparation Time: 25 minutes

Ingredients

- 200g lentils (*I used half red and half green dried lentils*)
- 1 avocado
- 1 large sweet potato
- 1 large handful of spinach
- 2 carrots
- 1 red bell pepper (capsicum)
- 2 tbsp chopped dill
- 1 handful of cashews (roughly chopped) (*I didn't use the cashews and still tasted great*)
- 4 cloves of garlic
- 1 brown onion
- 200ml yeast-free, MSG-free vegetable stock
- 1 tbsp coconut oil

Instructions

- Prepare the lentils, (*I used dried lentils and I soaked them over night but this is not necessary and I cooked them for about 25 mins*)
- Next, roughly chop the onion and garlic and warm gently in a very large saucepan with the coconut oil

- While these are browning and flavouring up, chop the peel and chop the sweet potato and carrots roughly, and once chopped, add to the pan and get it all mixed together and coated in oil. Stir for about 2 minutes to start to warm the root veg and get the flavours of the garlic and onion onto and into them
- Now add the vegetable stock, and simmer for 10 minutes, until the vegetables are just warmed through but not overcooked – we want to maintain as much of the nutrients as possible.
- Add the lentils in now for the last five minutes to get these warmed through too
- Next, transfer to a blender or food processor (do in batches if your blender isn't big enough to do all of this at once) and add in the avocado, capsicum (roughly chopped and deseeded), spinach and dill. Keep just a few sprigs of dill back if you want to garnish.
- Blend until smooth and serve with those sprigs of dill, sprinkle with the chopped cashews and drizzle with a little olive oil at the end.

From Dorothy Coe

Source: By Ross Bridgeford <http://liveenergized.com/dinner-recipes/alkaline-diet-recipe-174-soothing-gut-healing-soup/>

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

Recipe submission deadline is the second Monday of each month.

**If You Just Do One
Thing This Month ...
Plant some Brassicas
By Diane Kelly**

But first of all, let's identify what "Brassicas" actually are.

The Collins dictionary defines brassicas as being "any cruciferous plant of the genus *Brassica*, native to the Mediterranean region", and crops from this genus are sometimes called *cole crops*, which is derived from the Latin *caulis*, denoting the stem or stalk of a plant. In more layman's terms, Tim Marshall, in his book "The New Organic Gardener" describes the brassica family (which is also called the mustard family) as including root crops (turnip, swede and radish) and leaf crops (broccoli, cabbage, cauliflower, kohlrabi and kale).

But whatever the definition, leafy brassicas are considered the backbone of the winter and early spring vegetable garden. So let's plant some this month

Brassicas can be planted as direct seed or seedlings, with the latter being more common. Plant brassicas a little deeper than the seedlings were in the punnet, and remember that they prefer soil with a pH of 7-7.5. But they can be grown in a wide range of soil types if supplied with adequate compost and soil quality

Some hints for the most common brassicas:

- If your Brussels sprouts aren't firm, it's either been too hot or you've used too much nitrogen to feed them. Mulching helps both these problems.
- Broccoli prefers a well-drained soil, and lots of compost. It is a heavy feeder, so it is often grown after legumes in the rotation. Compost tea and mulch are highly recommended for young broccoli.
- The leaves, leaf stalks and stem of kohlrabi are also edible – and remember that

this is a plant that is best grown quickly and eaten while still young.

- Kale, or collards, are a type of non-heading cabbage that can be harvested over a long growing season – but this requires regular supply of nutrients. Hilling compost around the stems of established plants helps provide additional nutrients, as well as helping stabilizing top-heavy plants. Remember that kale will cross with related brassicas that are in flower at the same time, so if you wish to maintain pure seed strains, isolate crops from neighbouring plants.
- Cabbages appreciate a good depth of soil (so that their tap-roots don't get bent), and ample soil moisture for good production. Do not grow cabbages in beds that have grown other brassicas over the past three years nor directly after potatoes. Ideally, they should follow a legume or green manure crop.

One more idea:

- Eat the flowers: The white & yellow flowers that form on brassica crops are quite sturdy if harvested before they reach full maturity. You can steam or stir-fry the flower stems, or pick off the individual blooms and toss them through a salad. Brassica plants are prone to bolting to flower if they are subjected to heat stress. If you use the flowering stems, then at least the crops will not be wasted. Just remember that the flowers of mustard greens and other hot, peppery brassicas will have the same flavour as the foliage.

DID YOU KNOW ?

CABBAGES: Get a double crop!

Instead of pulling out the stumps that are left in the ground after harvesting cabbages, use a sharp knife to make a cross on the top of each one. Four or five loosely formed heads will then sprout from each cross, giving you a second crop.

**Seeds Available
from the GCOG Seedbank**

The following seeds are available for purchase from our seed bank for just \$2 per packet.

If you have any questions about our seeds just chat to Lyn Mansfield at the next meeting and she will be happy to help you.

Vegies		Flowers & Herbs
Bean Bush Redland Pioneer	Leaf Amaranth	Basil
Bean Climbing Blue Lake	Leek Giant Caventan	Beneficial Inspect Mix
Beetroot Bulls Blood	Lettuce Little Gem	Calendula
Broccoli Calabrese	Lettuce Paris Island Cos	Chives Onion
Broccoli Hong Kong	Lettuce Red Salad Bowl	Coriander
Broccoli Purple Sprouting	Mesclum Mild	Cosmos Giant
Cabbage Sugar Loaf	Mustard Greens Osaka Purple	Dill
Cabbage Wong Bok	Pea Bush Sugar Snap	Flat Parsley Giant of Italy
Carrot Chantenay Red	Radish Diakon	Garvinia
Carrot Nantes	Radish French Breakfast	Lupin
Cauliflower Snowball	Silverbeet Fordhook	Madagascar Bean
Celery Tall Utah	Silverbeet Lucullus	Marigold Orange
Ceylon Spinach	Snowpea Mammoth Melting	Nasturtiums
Jicama Yam	Tatsoi	Queen Anne's Lace
Kale black Toscana	Tomato Cherry	Rocket
Kale Red Russian	Tomato Thai Pink Egg	
Kohlrabi Purple Vienna	Tomato Tropic	

Source: Lyn Mansfield

FRUIT TREES

MAY

Custard Apples: Peak harvest period, harvest every 3-7 days. Don't let trees dry out.

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

Lychee: Don't let trees dry out. Fertilise trees this month. Mature trees (5 years and older) 1.5 kg organic fertiliser with sulphate of potash added per sq m to the drip line of trees. (For trees under 5 years, use only 50 grams.)

Low Chill Stone Fruit: Fertilise trees with 50 gms of organic fertiliser with sulphate of potash added per sq m to the drip line of trees. Prune off 2/3 of new growth.

Mango: Apply gypsum if soil pH is 6 or more. If below 6 pH, apply lime, 50 gms per sq m of either. Mature trees (5 years and older) 1.5 kg organic fertiliser with sulphate of potash added per sq m to the drip line of trees; water in well.

Passion-fruit: The water can be tapered off. Harvest fruit every 3-4 days under vines.

Pawpaw: If you have not applied boron, apply now. 1 teaspoon per tree. 40% of annual organic fertiliser can be applied e.g. 20 gms per sq m.

Persimmon: Decline water needs. Apply a little garden lime and gypsum, 20 gms per sq m.

Strawberries: Plants should be coming away well. A little organic fertiliser with sulphate of potash can be applied now. Use fish emulsion or kelp spray regularly over plants to keep in good health.

Bananas: Keep up the water. 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: Harvest should start this month, and continue until August. Keep up watering.

Avocado: Add garden lime, 20 grams per sq m to drip line and gypsum 20 grams per sq m

again to drip line. Early varieties can be picked. Don't let trees dry out.

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.

VEGETABLES

MAY

Asian Greens, Beans (French), Beetroot, Broad beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Garlic, Kale, Kohlrabi, Leek, Lettuce, Mustard Greens, Onion, Parsnip, Pea, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Tomato, Turnip.

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.

HERBS

MAY

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.

JUNE

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

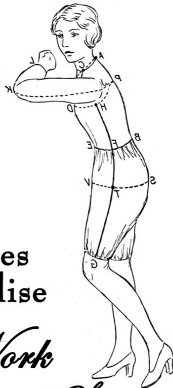
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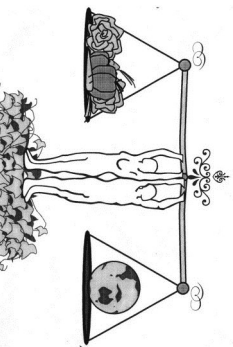
Maggie Golightly 0413633055
golightly@iprimus.com.au

Veggie Swap by Dorothy Coe

If there are any members interested in doing some "veggie swapping", let me know during the meeting or email me at webprint@onthenet.com.au so that I can add you to the current list that we are putting together.

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 18 June 2015