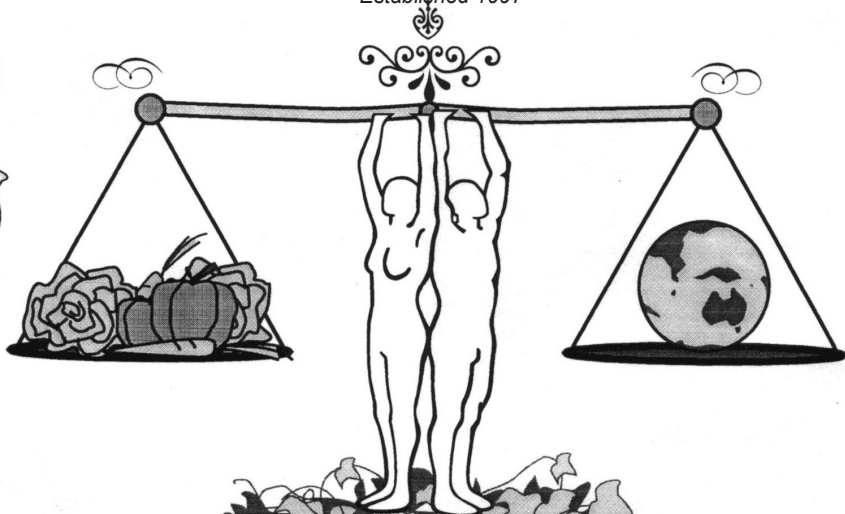


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - MAY 2016 Issue 5
GARDENING IN AUTUMN

| | | | |
|-----|---|-------|--|
| Pg2 | <i>Club Information</i> | 9 | <i>If You Do Just One Thing This Month</i> |
| 3 | <i>Notice Board, Guest Speakers, Workshops</i> | 10-11 | <i>Our Fourth Working Bee</i> |
| 4-5 | <i>Veggie Swap, Wise-Women Medicine</i> | 12-13 | <i>Recipes</i> |
| 6-7 | <i>Q & A from April meeting</i> | 14 | <i>Fruit Trees</i> |
| 8 | <i>Let's Share our Tips of "All Things Gardening"</i> | 15 | <i>Vegetables and Herbs</i> |

OUR NEXT MEETING: Thursday 16th 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

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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 – May 2016

Overdue: Warren & Beverly Carlson (87), Virginia Brown (381), Marion Symons (155), Danielle Bohata (359), Doris James (360), Julie Townsend (385), Shem Pireh (361), Keith Rowell (362), Daniel Raper (387), Judy Reiser (338), Alex Dimos (364), Jude Lai (220), Julie Abraham (315), Elizabeth Hughes (389), Alison Chandler-Bird (390)

May: Karen Auchere (147), Bruce Kelly & Heather Ryan (234), Brian & Lyn Dick (298), 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 and Lesley Freeman (352)

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

May onwards

TBC next month

Workshops

Gold Coast Permaculture

28th June Composting — with Dan

25th July Wonderful world of worms — with Greg

For more information contact Lyn Mansfield at Gold Coast Permaculture
 M: 0409 645 888
 E: lynmansfield14@bigpond.com

Nerang Aquaponics Study Centre

Introduction to Aquaponics with Sid, David & Dan

Saturday 21st May — 10am to 12pm
 \$10 payable on arrival (NCGA members: \$2)
 Morning tea provided

At the Nerang Community Gardens
 214 Beaudesert-Nerang Rd, Nerang 2011

RSVP:
NerangAquaponicsStudyCentre@gmail.com
 or
www.facebook.com/NerangAquaponics

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge, Maria Roberson.

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

Veggie Swap by Dorothy Coe

Next Veggie Swap Meet-ups...

Sunday 22nd May — 12 noon onwards

Tugun Park next to the Community Centre. (As part of Neighbourhood Watch Day which is on between 12-2pm we will be doing our veggie / produce swap at about 12 noon onwards.)

Sunday 29th May - 2pm

Southern Beaches Community Gardens, Tugun (This will be part of the Gardens Open Day - we will start our swap about 2pm).

Sunday 5th June - 2pm

Southern Beaches Community Gardens, Tugun (This will be part of the Gardens Open Day - we will start our swap about 2pm).

Sunday 12th June - 10am -10.45am

Freeman's Organic Farm, Currumbin (Social morning - Even if you have nothing to swap just come for organic coffee and cake or to socialise and check out the amazing views from the Farm. Also live music from 11am onwards).

For more information and other meetup dates goto www.facebook.com/groups/veggieswappgoldcoast/

Any questions: 0412 382 989

Wise-Woman Medicine by Rachael Lebeter

I am usually a bit sceptical when it comes to natural remedies. So it was interesting to find that I actually agreed with most of what Gina Winter, our March guest speaker and qualified herbalist, told us. Originally a trained nurse, Gina became disenchanted with West-

ern medicine's conception of the body as something to be "fixed" with drugs and operations and, through the study of herbalism with the aptly named Susan Weed, eventually came to a wise-woman perspective on medicine which is much more holistic and balanced.

From Gina's wise-woman perspective, health is about self-nourishment on all levels. Bodies are not imperfect or in need of fixing, but understanding. We cannot see our body as the aging enemy, as we often do in Western medicine, but as part of a perfect being which must always strive to be better. Good health is not difficult, and can be achieved at home, we just need to nourish ourselves. True nourishment decreases our cravings for bad foods, and leaves us more flexible and resilient. With true nourishment, our bodies have what they need to heal themselves.

According to the wise-woman tradition, there are three types of nourishment that the body needs: food, storytelling (or perhaps story-sharing is more accurate), and ritual, whether it be spiritual or personal. Gina's position is that supplements and manufactured foods are not readily recognisable by the body, and that we need the life-force of plants to be truly nourished by our food.

How often have you eaten a large meal, or binged on something you are craving, only to find that you are still unsatisfied. We need to eat a range of plant foods in order to satisfy these cravings, but it can be difficult to do this. Gina made some simple suggestions for including more plant-foods in our diets through the use of herbs, and therefore increasing our nutrient intake.

We often think of herbs as flavouring, or medicine. However, Gina encouraged us to think of these nutrient-dense plants as food. Consumed every day, they will nourish our body and promote balance in our lives. It is an easy way to promote good health and to put the abundant herbs in our gardens to better use.

Nutritious herbs are easily soluble in water,

providing a broad range of nutrients and long-lasting, sustainable energy (as opposed to stimulating herbs like mint). Taken as an infusion, they are one of the easiest ways to improve our health through food-nourishment at home. Many nutritious herbs can also be eaten raw. It is recommended that we start to add more nutrients to our diet slowly, monitoring our reaction to one herb at a time before adding more.

Some of the nutritious herbs which Gina recommended were:

- Nettle: Easily Gina's favourite and available dried if you do not wish to grow it yourself. An antihistamine that is good for the blood, kidneys and the adrenal glands; it also promotes healthy gut flora.
- Kale
- Garlic
- Dandelion: A tincture of the leaves, roots and flowers of the true plant is good for digestion.
- Plantain: Can be eaten raw, or chewed to form a poultice for bee-stings and insect bites.
- Oats and oat straw
- Red clover: A good option for women, providing natural oestrogen and promoting fertility.

As we develop our knowledge of herbs and their functions by learning from people like Gina, whose knowledge of herbs and their uses was truly encyclopaedic, we can add other types of herbs to our diet. Tonifying herbs, such as burdock, astragalus, hawthorn, golden rod, elderberries and schisandra, can be taken regularly, like a tonic, for improved health or function in particular areas. And Gina also mentioned stimulating herbs, like mint, which can wake the body, and sedatives, which have the opposite effect.

If you are interested in learning more, visit Gina's inspiring Facebook Page: Self-Help Pharmacy, or arrange a visit to her beautiful

garden at Springbrook, where she grows many of the herbs mentioned in her presentation. Or what about starting your day with a nutrient-rich herbal infusion of nettle, as Gina recommended!

Creating a herbal infusion

1. Place about 30g of the herb in a litre jar.
2. Cover the herb in boiling water, completely filling the jar.
3. Leave for 4-10 hours to infuse.
4. Bruise the herbs well.
5. Strain, pressing the leaves into the sieve to get as much of the juice out as possible.

These infusions will keep a few days in the fridge and can be taken warm or cold. Try to have a glass each morning and see the difference it will make! You can dilute the solutions if they are too strong. You will become accustomed to the taste, but a little honey can help in the beginning.

Creating a decoction

1. Place roughly ½ cup of the herb in a sauce pan.
2. Add about ½ litre of water.
3. Simmer for 10-15 minutes.
4. Leave overnight in fridge to infuse.
5. Strain.
6. Simmer to reduce liquid by half.
7. Decoctions work particularly well with berries and can be sweetened while still warm to form a syrup. Store in the fridge.

Creating a tincture

1. Fill a 1 litre jar with as much of the herb as it will hold, while still remaining spongy when pressed.
2. Top off with vinegar (or alcohol for a more traditional tincture).
3. Close tightly and label.
4. Keep in a dark place for 6-8 weeks, shaking or inverting the jar occasionally. Strain.

Un-pasteurised vinegar is best. This will also continue to ferment and form a "mother", which is a fermentation culture which can be used to make vinegar from juice. Store in a cool, dark place.

Q & A - From The March Meeting By Cathie Hodge

Q. Does the Club sell watercress seeds?

A. No. There are a variety of cress plants available. They usually favour moist & shady conditions in fertile soil. Cress can be grown from cuttings, or by planting the remaining roots of cress plants that you have purchased for eating.

Q. Cherry tomatoes – stake them? Or allow to trail on the ground?

A. This is a personal choice. If you do not have much space in your garden area, then making a trellis to get the tomato plants off the ground is recommended.

Q. Angie brought 3 plant specimens from her property in Currumbin Valley for identification. (John Palmer, botanist, helped with the identification)

A. Only 2 plants could be positively identified:

- Smooth Davidson's Plum (*Davidsonia johnsonii*) – <http://www.nativerainforestplum.com/davidsonia-johnsonii.html> This small tree grows in the subtropical rainforests & rainforest regrowth of the Currumbin & Tallebudgera Valleys. It is classified as "Endangered". According the Gold Coast City Council booklet "*Threatened Rainforest Plants on the Gold Coast*", only a few of these trees are known to survive in the wild. Seedlings can be purchased from Daley's Nursery <http://www.daleysfruit.com.au/buy/smooth-davidsons-plum-tree.htm>
- Black Walnut (*Endiandra globosa*) – this small to medium tree also grows in the subtropical & riparian rainforests of the

Currumbin & Tallebudgera Valleys as well as Elanora. It is classed as "Near Threatened" by the GC City Council. See their booklet "*Threatened Rainforest Plants on the Gold Coast*". Seedlings can also be purchased from Daley's Nursery – <http://www.daleysfruit.com.au/buy/black-walnut-endiandra-globosa-tree.htm>

- Unknown ID?

Q. Which varieties of lemon tree are recommended for this area?

A. Suggestions were for either or both of the following varieties, if you have space in your yard – 1) Meyer lemon tree (which is a cross between an orange & a lemon tree) – very juicy but they don't have good preserving properties; or 2) Eureka which will fruit for about 8 months of the year. <http://www.thekitchn.com/whats-the-difference-between-meyer-lemons-and-regular-lemons-word-of-mouth-216551>

Q. Is it possible to purchase compost on the Gold Coast?

- A.** Yes. Apparently available from the following
- Gold Coast Permaculture - <http://goldcoastpermaculture.org.au/> However, they have a waiting list at the moment.
 - Greg Plevy of Wormtec has various compost-type products <http://wormtec.com.au/>
 - Lismore City Council produces compost at their waste facility -http://www.northernriverswaste.com.au/cp_themes/default/page.asp?p=DOC-RPK-55-48-21
Check with local landscaping suppliers

Q. Mushroom compost as a mulch? Woodchips as a mulch?

A. Mushroom compost
Maria uses mushroom compost only as a

mulch. She advocates using fresh mushroom compost, as opposed to spent mushroom compost, as it wouldn't be possible to know what chemicals have been sprayed onto the spent mushroom compost. Ask for a pH test to be done on the mushroom compost before purchasing it.

Woodchips

Use woodchips only as a mulch. Don't dig it into the soil, otherwise the microbes get busy trying to break it down & this results in a loss of nitrogen from the soil. This applies to any type of woodchip, including woodchip containing eucalyptus oil.

Gold Coast Permaculture have old, broken down woodchips available at their Carrara facility

Final comment regarding the use of composts & woodchips in your garden

Maria mentioned the Biodynamic principle which recommends making everything (composts & mulches) on your own property; otherwise you don't know what problems or issues you are bringing onto your property.

Make your own compost & mulches. Growing a green manure crop is probably best for your soil when you want to improve your soil but don't have many inputs.

Q. A Panama Red passionfruit in a pot since last October. It has received plenty of worm juice & watering, buy it isn't doing very well. The fruit is dying or dropping off?

A. The plant is probably sacrificing some fruit, simply because it is in a pot. Growing food in pots is always challenging.

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GC Visitors Guide 2013



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

As the weather has continued to be quite warm, and the winds have been drying, it seems appropriate this month to have a few hints about "Water and our Gardens".

1. Time your watering. Water before a hot spell, if you can predict it, so plants are more resilient, and not during the searing heat of the day when most of the water will evaporate.
2. Water only as deep as the roots. Not all areas of the garden will need the same amount of water – shallow-rooted plants like strawberries and lettuce will need more frequent but shorter watering than carrots or shrubs. If in doubt, dig a trench near your vegetables to about the same depth as their roots – then stop watering when the moisture has penetrated to the bottom of the trench.
3. The better plants grow in good times, the better they'll survive the bad. Plants survive extraordinarily once they are well established, but they need good root systems to be able to do so – and the sooner they get those root systems, the harder they'll be.
4. Remember that bales of hay stored near the back verandah, or piles of prunings placed around trees as a mulch, or dry leaves raked up for composting are all potential fire risks. A few months ago, club member and volunteer fire-fighter Cathie Hodge talked to us about being aware of the dangers of bushfires – so maybe it's time to dig out that Fire Plan forms that we didn't get around to completing!

Now to a few other practical hints:

- When harvesting potatoes, remember to pick all the tubers – even the small

ones, as any left in the ground could help perpetuate eelworms and the fungus that causes blight.

- Some gardeners like to pre-soak seeds for speedier germination, but bean seeds should never be soaked as they absorb water readily, and will drown. Once planted in damp earth, they will absorb all the moisture they need to germinate, and do not need watering again until the seedlings appear.
- When taking cuttings from plants, ensure that any knife you use is sharp. This is important, as bruising caused by a blunt knife can result in the cut end of the cutting rotting away and failing to produce roots.
- Fruit and nut trees almost always do better if at least two of each variety are planted. For some varieties the need is imperative – they will bear very poor crops without pollination help. As pollination is usually accomplished by bees, native bees and other beneficial insects, do not use sprays of any type at tree blossoming time.
- To keep ants out of your garden, surround your plants with damp mulch – or even build a small moat – ants won't cross water. And if that fails, peppermint oil repels ants.
- Manure teas are an effective way of applying a fertiliser. Place some manure in old stockings or mesh-like material and steep this in water until a greenish yellow liquid is produced. The prepared liquid can be diluted at 10:1 with water for use on seedlings. Beneficial tea preparations can also be made from weeds, stinging nettles & comfrey.

If you have a hint passed down through your family, or something you have come across by chance like I did with the avocados, please jot them down and send them into Dorothy for inclusion in our newsletter –

dorothy@dorothycoe.com

If you only do one thing this month Plant some Beetroot
By Diane Kelly

It is good when my favourite gardening book advises that a vegetable is “easy to grow”, and one such vegetable is beetroot.

Beetroot can be either globe-shaped or long-rooted, and can range in colour from a deep crimson to yellow to white, and even to striped tonings. As with most vegetables, beetroot likes an open, sunny site and soil that is well prepared by being aerated and having sieved compost added (a bucketful per square metre is a good ratio). Do not grow beetroot on freshly manured ground as they will tend to divide into small, forked roots. When growing beetroot, make small sowings every four to six weeks to spread the harvest.

Soaking the beetroot seeds in warm water just prior to planting helps to speed up germination. Sow seeds directly into the prepared bed to a depth of 1-2 cms, or into seed trays for transplanting as seedlings. Unlike other root crops, beetroot seedlings transplant well, provided they are not permitted to become too large and are kept moist when transplanting. You can transplant them successfully as soon as the plants have formed their first true leaves.

A beetroot “seed” is in fact a fused cluster of up to four separate seeds. Because they will germinate as a group, sow them sparingly to make subsequent thinning easier. If removed carefully, the thinning can be transplanted to form additional rows. Allow 10-15 cms between plants, and 20 cms between rows.

Remember to water the beetroot consistently, because intermittent or inadequate watering can result in stress cracks and breakdown of the roots. Also you can use manure to prepare the soil, but excessive application of nitrogen will result in lush top growth at the expense of root development. As with all root

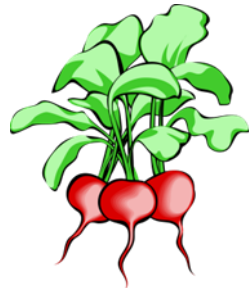
crops, beetroot require good levels of phosphorus and potassium.

Beetroot plants tend to force themselves up out of the soil as the roots begin to swell, so in shallow soil you may need to hill plants to prevent them toppling over.

Harvest beetroot before they exceed 10 cms in diameter, because over-mature roots are likely to be tough and fibrous. Beetroot leaves can be enjoyed in salad mixes. When harvesting beetroot, hold the base of the leaves with one hand and twist off the root with the other – cutting leaf stems or twisting them off too close to the root will cause it to “bleed”, losing its colour and flavour during the cooking process. Avoid breaking the beetroot’s skin, as this also will result in loss of colour and flavour. Boil, steam or bake until tender, and either eat the beetroot as a hot vegetable or pickle it in vinegar. Grated beetroot may be eat raw, and to enjoy the foliage, prepare as spinach.

Beetroot are largely free of pest and disease problems, although chewing insects may occasionally attack the foliage. In very alkaline soils, beetroot is subject to boron and manganese deficiency.

So, “easy” indeed – so let’s plant some beetroot!



Our Fourth Working Bee – and a lot was achieved By Diane Kelly

Back in the middle of April, I caught up with Evelyn Douglas for a cup of coffee and a chat. (We visited the Eco-Village, and enjoyed a snack at the Cafe, and then took a wander around the gardens of the Village.) Anyway, Evelyn mentioned that her garden was becoming a challenge because of a problem with her hand that stopped her being able to do a number of maintenance jobs. So I suggested that we could have a working bee at her place, and that is exactly what we did on Saturday morning, the 14th of May.

Evelyn's home is in a quiet cul-de-sac in Miami, and the front, back and side yards are full of gardens. The backyard has a pergola which is about two and a half metres high. It towers over several of the vegetable gardens, and is covered with a large grape vine. Our tasks were to weed the vegie gardens, prune anything that needed pruning, clear the sweet potato patch, and move several metres of new soil from the street front to the gardens.



The “Before” photo

The main vegetable patch is raised up, supported by concrete blocks in which Evelyn has planted out various herbs. So clearing that was our first job, as we could not spread the soil until all the weeds were out. While several of us weeded, Philip started on the

grape vine – and it was just as well he is about six feet tall! But we cleared the area, along with the sweet potato bed. Then anything that was too woody was cut back, and the trimmings collected to go through the mulcher. The excess banana trees were sawn down and chopped into pieces – the trees produce wonderfully sweet lady-finger bananas.



The “Half Way Through” photo – collecting all the green waste

Then the ladies started moving soil – we filled barrows and wheeled them to the back areas, and Grant lifted the barrows for us and dumped the soil into the raised beds. The soil was spread and looked really good – Evelyn had got in part of a truck load of enriched soil from Mount Tamborine, and it was pliable and looked as though it would be full of nutrients.

After two hours, and when our energy levels were being challenged, it was time to collect up all the trimmings, tidy the tools, and then sit down for a cold drink or a cup of tea, and some cake or savoury biscuits. It was good to swap gardening stories, and get to know each other better. For example, Kerry is one of our newest Club members and she came along to help and to learn. She was telling us about the trip she is taking to England shortly, one which will include the Chelsea Flower Show (and yes, I did ask her to do an article for the newsletter about it!) Rachael told us about the challenges of her orchard, and Grant told us about the many fruit trees that he has

growing in the backyard of his property in Nerang.



The "After" photo – it really was an amazing difference!



We could have been chatting about our next working bee – or commiserating about how tired we were !! But it was well worth it.

So we had a good morning. The before and after photos showed what we achieved in the garden, and the "people" photo shows that we now all have a new group of friends. We are looking forward to "Working Bee Number 5".

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Recipes Column

Raw Pizza - Makes 2 pizzas

Ingredients:

Base

- 4 Stalks of celery, washed, trimmed and chopped into 1 inch chunks
- 2 Carrots peeled and chopped into 1 inch chunks
- 1 1/2 shallots/spring onions. (Use one full one and the greens of the other one)
- 2 tomatoes roughly chopped
- 2 cloves of garlic peeled
- 2 cups of flax ground (measured before grinding)
- 1/2 - 1 teaspoon of salt
- 1/2 cup water

Cashew Cheese

- 2 cups of cashews soaked 2 hours (measured before soaking)
- 2 shallots/spring onions
- 1 red capsicum (you could use yellow or orange instead if you like)
- 2 cloves of garlic
- the juice of 1 - 2 lemons
- pinch of salt

Tomato Sauce

- 2 1/2 cups of tomatoes
- 12 sundried tomatoes soaked one hour
- 3 pitted dates soaked one hour
- 2 cloves of garlic
- 1 table spoon of olive oil
- 1 teaspoon of salt

First Pizza

- 3 button mushrooms washed and peeled and sliced
- 1/2 large zucchini grated
- 1/2 red capsicum, you could use other colours
- 1/2 tomato
- Some parsley chopped roughly
- Some perennial basil chopped finely
- 8 olives chopped. We used Sunfood Herbed Olives this time

Mix all of these ingredients together in a bowl. Put some alfalfa on your base then top with the zucchini mix. You could add a dash of salt here if you wanted to also.

Second Pizza

- 1 avocado mashed with some salt and lemon juice
- 1/2 an orange capsicum sliced finely
- cherry tomatoes about 10 chopped in quarters
- 1 mango (minus a few bites that I couldn't help but eat)
- 1 spring onion/shallot
- topped with shredded perennial basil

Methods/steps

Base

Put your celery, carrots, shallots, tomatoes, and garlic in your food processor with the S blade. Process until everything is chopped very finely but not like it's blended. Add your flax/salt mix and process again. Add water as needed. Depending on the vegetables, you might not use all of the water or you might need more. It doesn't matter if you add too much. It will dehydrate out.

Spread your base on a non stick sheet and put them in your dehydrator for 3-4 hours. After this time you should be able to flip them onto a mesh sheet. If you're going to work, or

your busy or even if you forget, and can't flip them, don't worry. You can do it later. Leave the bases for another 6-8 hours depending on their thickness.

Then they should be done! You can test by breaking off a little piece and trying it. Yum yum.

Cashew Cheese

Put all of the cheese ingredients in your blender and blend until smooth. If you need to, you can add some water or more lemon juice but if the cashews are soaked long enough they should have enough water in them.

Remove from blender immediately because the cashew cheese does thicken on standing.

Tomato Sauce

Put most of your fresh tomatoes in your food processor with your soaked dried tomatoes and soaked dates.

In your Blender put your garlic, salt, olive oil, and a couple of chunks of fresh tomato. Blend until smooth. This saves you needing to worry about getting chunks of garlic and ensures and even flavour through the sauce.

Add your blended garlic mix to the food processor and whizz until smooth.

Assembly

Spread the tomato sauce on a base then return base to dehydrator for 1-2 hours
Spread the cashew cheese onto the base, then return to dehydrator (again!) for another 1-2 hours

Add your toppings!

Additional Tips

You can save celery leaves and use them in your green smoothies!
You can also dehydrate any celery leaves in

your dehydrator and then blend them into a 'salt'. Yummy!

Pizza bases can be frozen after they are made. You can also freeze them with the dehydrated sauces on them. We've done this and just pulled out a slice at a time and topped it as we went.

This doesn't need to all be done in one day. You could make your base one day and your sauces the next.

When using grated zucchini on a pizza it's best to add it just prior to serving or the zucchini will release it's water content to the pizza base and you don't want that.

Cabbage slaw with apples and raisins.

Ingredients:

- 1 cup unpeeled, cored, diced apples
- 1/2 cup raisins
- 1/4 cup Meyo
- 1/4 cup Natural Yogurt
- 3 cups shredded cabbage

Preperation:

Combine apples, raisins, and salad dressing. Chill for 1 hour. Just before serving, toss with shredded cabbage.
Serves 6.

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

Recipe submission deadline is the second Monday of each month.

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 sqm.

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.

Brisbane Organic Growers Handbook

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

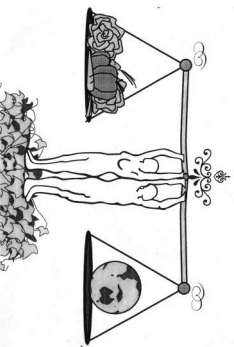
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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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

*GOLD COAST ORGANIC
GROWERS Inc.*



NEWSLETTER

Meetings held:
3rd Thursday of the Month

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

Next meeting:
Thursday 16th June 2016