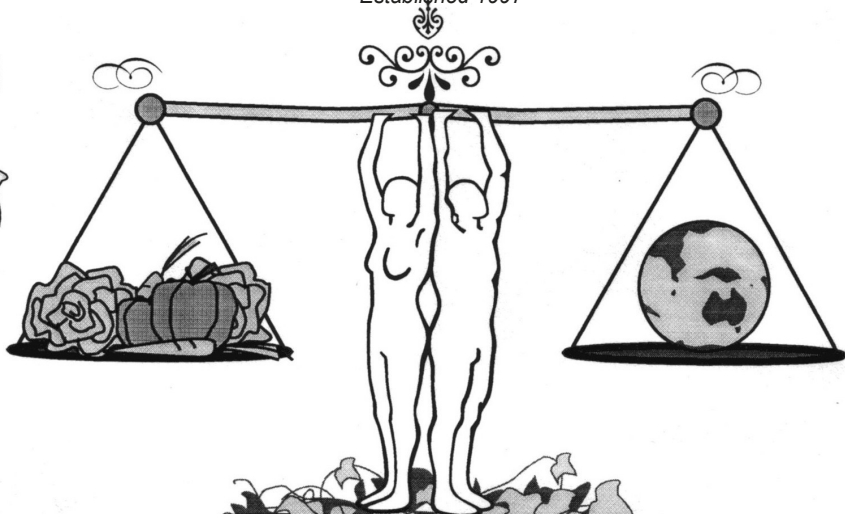


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 21 - MAY 2017 Issue 5
GARDENING IN AUTUMN

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OUR NEXT MEETING: Thursday 15th June 2017

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

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

2017 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
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Librarians	Ann Brown 0403 936 360 Dayne Petersen
Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly Bill Smart
Supper Co-ordinator	Heather Ryan 0409 577 499 Deb Phillips

Newsletter Contributions are 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

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 2017:

Overdue: Megan Keeler (358), Marion Symons (155), Karen Collins (350), Daniel Rhoades (399), Margaret Reichelt (111), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Ken & Pat Jenyns (273), Anne-Maree Andrew (337), Gillian Tubbs & Dolphe Cooke (403), Angela Anderson (323), Judy Reiser (338), John Clarke (345), Fran Janes (366), Rachael Lebeter (367), Tricia Oh (368), Ros Griffith (378), Gai Morrow (309), Kerstein Trueman (346), Sue Beckinsale (373), Lynn Tilley (3820), Elizabeth Hughes (389), Justin Gage (406), Suzi Lucas (407), Deborah Phillips (408), Vickie Searle (409)

May: Karen Auchere (147), Mary Frawley (150), Bruce Kelly & Heather Ryan (234), Brian & Lyn Dick (298), Denise Goodwin (335), Kym O'Connell (411)

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), Shem Pireh (361), Debbie Chesterfield (410)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Lebeter, Jill Barber & Beverley Geraghty.

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

Upcoming Guest Speakers

June - Kirsty Kraynik from Gutsy Mums

Kirsty is a popular speaker on the subjects of gut health and fermentation. Her own story is inspirational and at our June meeting Kirsty will share some of her ideas about home fermentation for better health.

July – Peter McKelvey from Aussie Chook Poo

Peter is known to many of you as the Aussie Chook Poo man. He was at our meeting last November selling fertiliser, and will be back with us in July to tell us about his products and give us a crash course in soil health.

Workshops

Abilities Plus – Permaculture

For more information and bookings contact
 Lyn Mansfield M: 0409 645 888
 E: lynmansfield14@bigpond.com
 W: <http://abilitiespluspermaculture.com/>

19 May - 10:30am to 12:00 noon -
 Healthy Fast Food, Broadbeach Library

26 May - 9:30 am to 11:30 am - Cooking,
 Health Talk and Essential Oils, Lyn's Place –
 45 Desert Falls Cres Parkwood

28 May - 10am to 2 p.m - Gold Coast Regional Botanic Gardens Open Day, Ashmore Road, Benowa

3 June - 11:30am to 12:30pm - Health Talk
 - Jema Lee, Essence of Living Studio
 3/52 Peerless Avenue, Mermaid Beach

5 June - 9:30am to 11:30am
 Gardening Class - TBA

19 June - 9:30am to 11:30am - Gardening
 Class (Flowers) - Margaret's Place,
 Mudgeeraba

1 Day Event — Herb Awareness

Queensland Herb Society Inc. present
Herb Awareness Day

1 DAY ONLY – Don't miss out!

Date: Sunday 28 May 2017

Time: 9:00 am - 4:00 pm

Location: Albion Peace Hall 102 McDonald Rd, Windsor QLD 4030, Australia

FREE ENTRY

For everyone who wants to learn more about growing and using herbs.

- **Discover** a large variety of medicinal and culinary **herbs and plants for sale**.
- **Browse** a wide variety of **stalls with herbal products** including preserves, coffee, teas, spices, skincare, bush foods, wines and all sorts of yummy delights.
- **Relax** and revive at **Café Sage** for delicious, home baked, herb inspired food and beverages.
- **Enjoy** a wide variety of **FREE demonstrations, guest speakers, talks and workshops** presented by informative Queensland Herb Society members and stall holders.
- *All this and much more awaits you at the Queensland Herb Society Annual Herb Awareness!*

(Please note: No EFTPOS and only limited Credit Card facilities available)

For more information:

email ghs@live.com.au

phone Elspeth on (07) 3279 6037

or visit www.qldherbsociety.org.au closer to the date for demonstration timetables and more details.

Veggie / Produce Swap At The Ediblescapes Project, Nerang

To support the start up of Ediblescapes (Edible Forest Landscape Project) at Nerang we will be holding a veggie / produce swap.

Date: Saturday, 10 June

Time: 8:30 am

Location: Nerang Country Paradise Parkland's Riverkeeper Community Nursery



Share what you grow - exchange produce and good will, no money.

Swap your excess veggies, fruit, herbs, cuttings, seedlings, seeds or healthy home made produce such as honey, jam, & eggs and swap them for other locally grown produce.

Nothing to swap! No problem, there will be a table with Hot Composted soil, worm castings, manure and donated fresh produce, fruit, vegetables, herbs, and plants available for a good coin donation in the honesty box.

Also if you would like to donate any edible plants, trees, seedlings or cuttings to the Ediblescapes project either now or in the future or would like to be involved in anyway or even join as an active member please contact Jorge for more information.

Jorge can be reached at: ediblescape.nerang@gmail.com or if you have any questions about the veggie swap contact Dorothy 07 5533 9955.

Can We Help?

In the section BELOW our members can 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

Offers / Wants / Swap / Share

EDIBLE PLANTS, TREES, CUTTINGS DONATIONS REQUIRED

To support the start up of Ediblescapes (Edible Forest Landscape Project) at Nerang they are looking for donations of Edible Plants, Fruit Trees, Seedlings & Cuttings.

This will help them get the community edible landscape established.

If you can help now or in the future please contact Jorge at:
ediblescape.nerang@gmail.com

PLANT POTS, NATIVE PLANTS, EDIBLE TREES, SEEDLINGS, CUTTINGS REQUIRED

If anyone has any spare unwanted plant pots or **any** types of plants, trees, or cuttings (edible or non edible) please contact Cathy Beard as she is collecting them for an ongoing project down in Murwillumbah to help the people that had their gardens and homes flooded during the last storm.

This will be an ongoing project until further notice so if you don't have anything right now but might have something in the future please keep her in mind.

Also if anyone wants to be more actively involved helping Cathy with potting and planting or even offering storage over the coming months please let her know.

Cathy can be reached on 0428 816 173

Botanical Bazaar Gardening Expo

Botanical Bazaar Gold Coast Gardening Expo

When: 3rd Sept — 9am to 5pm

Where: Country Paradise Parklands,
74 Billabirra Cres. Nerang

Early Bird Tickers on Sale Now — \$11



GROUND

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Go to Ground on Saturdays

**Local seasonal organic produce,
cold-pressed juices, Burleigh
Baker sourdoughs**

7am to 1pm

Primary supplier Food Connect Co-op

Join the Ground Co-op for wholesale prices

Please contact us with your excess produce,
we pay market prices for commercial
quantities and accept smaller amounts on
consignment.

@ The EcoVillage, 639 Currumbin Creek Rd,
Currumbin Valley
paul@groundcurrumbin.com.au

**April Guest Speaker, Jema from
Wellsome by Rachael Lebeter**

Jema Lee's 7 Easy Tips for Better Health

Jema's own health journey began early in life, when her brother was diagnosed with coeliac disease. Growing up in a gluten free household opened Jema's mind to the idea that food can be as detrimental to our health as it can be helpful.

In coming to know her own body, Jema was struck by our inherent individuality – we are all unique, and what works health- or diet-wise for one of us, might not work for another. The loneliness of this personal health journey inspired Jema to share her experiences with others. She is a strong believer in the idea that health should be free, and is motivated by the thought that sometimes people just don't have access to knowledge that would help them make better choices. Therefore, after studying Ancestral Health, Jema became involved in sharing her knowledge with people from all walks of life, from children to senior citizens to Organic Growers.

At GCOG's May meeting, Jema shared with us her 7 simple tips for getting the most out of our bodies. Here is my interpretation of the surprisingly do-able ideas:

Stop counting

Stop counting calories, portions, servings. Focus on getting as much variety and colour as you can.

Eat nourishing food

Don't worry about labeling. Stop thinking I don't eat this, or I can't eat that. Just eat as close to nature as you can.

Drink more water

Drinking plenty of fresh water, as clean and pure as possible, and remembering to breathe, are key to health.

Move your body

Any movement will do. Being sedentary = loss of movement and emotion.

Work on your gut and liver health

Your gut is responsible for almost 70% of your immune health. Doing a little to look after it every day, like eating fermented foods, will keep you healthy. And your intuition, which is often a gut feeling, will work better too!

Energize your environment

Think about where you are spending your time and energy. Spending time in a negative environment, or doing something that doesn't fulfill you, will impact how you feel in all other aspects of your life.

Get outside

We are of the earth. The more we can be outside and in it, the better.

Jema is part of the Active and Healthy program – a series of free workshops and activities supported by the Gold Coast City Council. A program is available online or at local libraries.

<http://www.goldcoast.qld.gov.au/community/active-healthy-program-27969.html>

For more information or to contact Jema, visit her website at www.wellsome.com

**If You Only Do One thing this Month –
Grow Some Garden Sorrel
By Diane Kelly**

When I look at my planting guide for May and June, I can see that these two months have the most "ticks" for vegetables that we can grow at any one time during the year. So, because you are going to be busy growing lots of other vegetables, I am going to introduce you to something that is very easy to grow – garden sorrel.

Garden sorrel is a very hardy plant – you can grow it in damp or relatively dry soil; you can grow it in full sun or part shade; you can grow it in a wide range of pH levels; and you can grow it in either poor or fertile soils. So why not give it a go.

The first question to answer is "why would we

want to grow garden sorrel?" One of the main benefits of growing garden sorrel is that you can add it to provide a refreshing, sharp lemon flavour to salads. If the leaves have grown older, they can be used as a spinach, or added to soups. Once cooked, much of the lemon flavour is lost, but add a few handfuls of garden sorrel next time you make leek and potato soup. Simply saute the sorrel and leeks in butter, then add potatoes and cook until tender. Before serving, puree the soup and season to taste.

If you are planning to grow garden sorrel to add to salads, it pays to give the plants some care. Plant them in an area that is protected from the hot afternoon sun, and improve the soil with compost prior to planting.

Garden sorrel is a deep-rooted, clumping perennial that grows to about 50cm high – and, if it is like deep-rooted comfrey, it probably brings much goodness from the soil into the leaves. The plants have arrow-shaped leaves that are about 20cm long, and have long petioles (leaf stalks).

The plants can be grown from seed (for patient gardeners) by either sowing them into seed-raising mixture, or sprinkling the seed into prepared gardens in which the plants will be left to grow into maturity. However, garden sorrel can also be grown by cutting 10 cm root sections from existing plants, or by removing existing plant and dividing the root clumps. Root propagation and division can be done at any time of year. Establish plants 35-50 cms apart.

When the plants are growing, apply liquid fertiliser, compost tea or seaweed any time they appear to need a boost, and remember that garden sorrel is ideal for growing in pots. Remove any flower spikes that form during the growing season because this will encourage greater leaf production, and prevent unnecessary seed production.

When it is time to harvest your garden sorrel, pick the outside leaves as they have the strongest flavour – the young, inner foliage in the centre of the plant is milder and more tender. If plants go unharvested for a period of time, then you can cut all the foliage back to ground level, and this will encourage a new flush of young foliage.

If you are into seed saving, wait until the garden sorrel seed heads and brown seeds are obvious. To collect and save the seed, cut the seed stalks and place them in large paper bags until they dry. The seeds will fall into the paper bag, and can be stored or sown immediately.



**NOT
FOR
PROFIT**

*Find us on
Facebook*

*Memberships
Available*

COMMUNITY MARKET

- Your Community Space for its Healthy Market, Live Music, and Movies that Matter (11am)
- Every Saturday 7am – 1pm
- Find us inside the Hall at Burleigh Heads State School, Lower Gold Coast Hwy
- Love Organic Living in the Healthy Café
- Burleigh's only 100% Organic Café
- Artisan Kombucha @ The Alkaline Bar
- Biodynamic Seedlings & Herbs
- Certified Organic Fruit & Vegetables
- Natural Healers & Crystals
- Environmental & Social Awareness Podcasts
- Pop-Up, Healthy Living, Stall Spaces Available
- Business Start-Ups on Application
- Artisan Cooking & Gardening Teachers Wanted
- Skill Sharing e.g. Woodworkers, Sewers, Knitters & Basket Weavers Wanted
- New Community Space Available

For more information phone: 0414315451

Jill's Garden Update for April

What a month for the garden it was in April! First, I badly sprained my foot, which turned out to be a small fracture, necessitating a moonboot for a few weeks. Then the rain came down, giving the garden a wonderful drenching, and fortunately doing virtually no damage for us... and it continued for about as long as that moonboot needed to stay on! I felt so looked after!

Then in mid April my green manure beds were patiently awaiting my arrival to chop them down and fork them under. (see pic).



It's fairly strenuous work, but very satisfying to be getting it done.

Now I'm about to plant out brassica seedlings in these, so hopefully I'll have a nice crop ready for spring eating, thus beating the summer bugs.

I also did a bit of clearing and planting of spent summer greens (mostly gone, bar some kale – see pic), and planting of more green manure.



As in the other beds, I sowed cow pea and Japanese millet in one, and mung beans and buckwheat in a couple of other ones. I think it's a bit late to be planting green manure, but I couldn't use all the beds for new seedlings all at once, anyway.

I'll show you the same beds next month, hopefully with lots of brassicas in 2 of these beds, and green manure in the middle one.

Three Figs Café & Greenbird Gallery

- Locally made delicious food
- Big range of coffees and teas
- Old farmhouse setting
- Shady gardens and landscaping
- Handmade gifts & homewares

Open Wed-Fri 8am-2pm, Sat-Sun 8am-4pm
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Currumbin Valley

For bookings phone Mirella 0419 170 654

*"An enjoyable experience on so many levels
– lovely ambience, yummy food and coffee,
interesting things to see and buy.*

Don't miss it!"

GC Visitors Guide 2013

GroNATIVE App
by Rachael Lebeter

I went along to a GECKO talk at Currumbin RSL last month. I was interested in the presentation by Professor Catherine Pickering from Griffith University (and in picking up more potential guest speakers). As well as lecturing in the School of the Environment, and designing all of the gardens at Griffith's Gold Coast campus using native plants, Professor Pickering has also headed a project to design an app.

The app, which was made in partnership with Natura Pacific, is available free from the iTunes store or Google play called **GroNative**, it is intended to help us design a garden using only local, native plants. The beauty of the App for me is that it is so local that it allows us to search for suitable plants for our specific postcode. The plants recommended are *from the Gold Coast*, not from other parts of Australia. Not only does this lead to more gardening success, it will also help preserve the immense biodiversity of our region by providing the right plant varieties for our local insect, bird and animal species.

I was also excited by the potential to use the app to search for native plants suited to a particular garden style, from a rainforest garden to a cottage garden flowerbed. And by the function that allows you to choose plants based on size, colour, growing conditions or even by the types of bird that they attract.

It is so difficult to find local gardening books, and **GroNative** fills that gap. It doesn't have any information on food plants, but for ornamentals suited to Southern Queensland, it has been awesome. Check it out!



HERB FARM

Michael & Sandra Nanka
491 Springbrook Rd
MUDGEERABA. 4213

Opening times: Mondays, Tuesdays & the 3rd weekend of the month.

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WE NEED YOUR CONTENT HERE

SEND US SOME TIPS ABOUT GARDENING THAT YOU HAVE DISCOVERED OR PERHAPS SOME INFO ABOUT WHAT IS HAPPENING IN YOUR GARDEN.

TIP

I discovered that Amaranth is a great sacrificial plant to have in any garden. I planted it years ago to collect the seeds to eat but decided that was too hard but I also discovered that the grasshoppers love it and if I have it in my garden they much prefer this to anything else so I plant it on purpose now next to my kale and silverbeet which the grasshoppers usually like.....*Dorothy Coe*

How to Make Kombucha Tea By Dorothy Coe

I have been making my own home-made Kombucha tea now for a few years and from time to time people ask me how to make it so here is my method and recipe.

What is kombucha tea?

The ancient Chinese called it the “Immortal Health Elixir” It’s been around for more than 2,000 years and has a rich anecdotal history of health benefits like preventing and fighting cancer, arthritis, and other degenerative diseases.

Made from sweetened tea that’s been fermented by a symbiotic colony of bacteria and yeast (a SCOBY, a.k.a. “mother” because of its ability to reproduce, or “mushroom” because of its appearance).

When I’m making it at home I usually make a large batch of 13 Ltrs but I have come up with a ratio that should work for you if you are making a smaller batch.

My Kombucha tea is brewed for 1-4 weeks (1 week during warmer months and 4 weeks during colder mths) and then bottled.

I double ferment my Kombucha so after bottling I will add a flavouring (usually whatever I have in my garden eg. ginger, turmeric, lemongrass, mint, pineapple). Once I have added the flavouring I leave the bottles **out** of the fridge stored for about another week (**second fermentation stage**) while it continues fermenting and also builds up some fizz.

Home-brew versus shop bought Kombucha

There is a big difference in flavour between the home brewed Kombucha and shop bought Kombucha and this is because what you buy in the shop is usually a single fermented version which has been carbonated, unlike the traditional home-brew which is usually double fermented which allows the

fizz to naturally build up as well as gaining a fuller fermentation.

If you have tried the store bought version and didn’t like it please don’t be put off and try some home brew and/or start making your own.



Getting Started

Making a 4 Ltr batch

If you are making smaller or larger batches you will need to adjust the amounts of water, sugar, and tea accordingly.

You will need:-

- A Scoby (also known as a mushroom or mother)
- 4 Ltr glass jar, bowl or other glass container
- Saucepan or pot for boiling water
- Utensil for stirring (avoid wood)
- 4 ltrs Filtered Water
- 2 cups of raw or white sugar
- 4 tsp of black or green tea (tea bags can be used too)
- Tea strainer if using loose tea
- Some starter tea (ie. fermented tea from a previous batch)
- Jug
- Funnel (optional)
- Tea towel or cloth
- Elastic band

Hopefully you will have a Scoby given to you by someone (see Jill Barber, she often gives them away on the veggie swap table).

If you receive your Scoby in a plastic container pop it into a glass container with about 2 cups of starter tea which has already been fermented and the container should be covered with a tea towel and secured with an elastic band allowing it to breathe. If you do not secure the jar with an elastic band then ants will find their way in!!

Method

1. Add the sugar and water to a pot and bring to the boil (stirring so that the sugar doesn't stick to the bottom).
2. Once the sugar has dissolved, take the pot off the heat and add your loose tea or tea bags and allow to steep for 10 mins. (I use loose organic GREEN tea).
3. Then strain the tea leaves off or remove your tea bags if using bags.
4. Once the tea has completely cooled you can pour it into your glass container (which will currently have the Scoby and starter tea in it).
5. Depending on the time of year, let the Kombucha brew for 1-4 weeks. This time of year it can take 3-4 weeks but maybe longer depending on the size of your Scoby—mine is large approx. 5cm thick so mine brews faster. If you have a thin Scoby it can take another few weeks. The Scoby will grow bigger with each batch so your brewing times can be shorter once your Scoby gets bigger.
6. I recommend taste testing your tea every week so that you can get an idea of how the flavour changes from week to week.
7. Once the sweetness has gone but before it's gone too sour pour your Kombucha tea into bottles with an air tight lid. To do this I take the Scoby out of the jar and set aside in a separate bowl whilst I am pouring my tea into bottles using a jug and funnel.
8. If you require more fizz and/or want to add flavourings (second ferment) simply add a tiny bit of fruit (ginger and pineapple are great flavours), during the bottling stage and secure the lid.
9. Leave out of the fridge for about a week while it continues fermenting.
10. Do a taste test and then if it's ok you can put it into the fridge to slow the fermenting process right down and drink once it's nice and cold. You can leave the fruit in the bottle or strain it off.

The Kombucha doesn't really expire and can last for months in the fridge but if left way too long it will just turn to vinegar which is fine as you then have a nice home made vinegar that you can use in your cooking, etc.

Important notes

Brewing times will also depend on the temperature and also the size of your scoby. The bigger the scoby the faster it will ferment.

Do not touch your Scoby with dirty hands, instead either use rubber gloves or wash your hands with NON antibacterial soap and then rinse hands with vinegar, then it's safe to touch your Scoby. Do not dry your hands with a towel and then touch the Scoby as you can transfer something nasty to your Scoby.

Do not allow metal to touch the Scoby.

Do not allow hot water to touch the Scoby.

Recipes

Come on now, 'fess up' who gave me this yummy recipe? There's no prize, so don't all claim the credit at once. Could just the real one stand up please? This dish was on the supper table in March and someone handed me the recipe but I have no idea who ?

Mashed Pea & Corn Slice

Ingredients

- Butter, for greasing
- 3 spring onions/shallots (approx. 90 g), trimmed and cut into quarters
- 3 sprigs fresh basil, leaves only
- 100 g tasty cheese, cut into pieces (3-4 cm)
- 500 g frozen green peas, thawed
- 400 g canned chickpeas, drained and rinsed (approx. 250 g after draining)
- 250 g frozen corn kernels, thawed
- 4 eggs
- 2 tsp seeded mustard
- 50 g plain flour
- ½ tsp baking powder
- 1 tsp salt
- ½ tsp ground black pepper, to taste

Green Goddess Dressing

- 3 pieces lemon zest, no white pith (1 x 5 cm)
- 1 garlic clove
- 100 g fresh baby spinach leaves
- 7 sprigs fresh flat-leaf parsley, leaves only
- 20 sprigs fresh chives, cut into quarters
- 1 tbsp dried tarragon
- 50 g mayonnaise (see Tips)
- 50 g sour cream
- 50g lemon juice
- 1 pinch sumac (optional)
- 1 spring onion/shallot, trimmed and cut into quarters

Useful Items

- Baking dish (30 x 20)
- Baking paper
- Sealable storage jar or container
- Serving bowl

Method

Mashed Pea & Corn Slice

- Preheat oven to 200°C. Grease and line a baking dish (30 x 20 cm) with baking paper and set aside.
- Place spring onions/shallots, basil, cheese and 250 g of the peas, & half the chickpeas into mixing bowl and chop 3 sec/speed 7. Scrape down sides of mixing bowl with spatula.
- Add all remaining slice ingredients, including remaining peas, and mix 10 sec/reverse/speed 4, with aid of spatula. Transfer mixture into prepared baking dish and bake for 30-35 minutes (200°C), or until set and golden in colour. Clean and dry mixing bowl.

Green Goddess Dressing

- Place lemon zest and garlic into mixing bowl and chop 10 sec/speed 7. Scrape down sides of mixing bowl with spatula.
- Add all remaining dressing ingredients and blend 30 sec/speed 5. Transfer into a serving bowl or a sealable jar or container until ready to serve.
- Serve slice hot or cold with Green Goddess Dressing

Tips

- Use leftover dressing on greens salads or pasta salads, or serve over scrambled eggs with sourdough toast.
- The chickpeas and cheese provide protein, and the spinach is a source of iron.
- To make your own mayonnaise, prefer to the recipe in The Basic Cookbook or Everyday Cooking.

- You can replace canned chickpeas with dried chickpeas (soaked and cooked) in this recipe. See page 179 of the Vegetarian Kitchen recipe book.

Cook's Recommendations

- Instead of the fresh baby spinach leaves which are fairly neutral in taste, you could use a Swiss Chard broken into pieces, which gives a stronger flavor. Kale could be used as well.
- The green parts of the 3 spring onions from the Mashed Pea and Corn Slice can be used in the dressing in place of chives.
- Rosemary can be used instead of dried tarragon.
- Lemon rind and a good pinch of ground salt are a good substitute for sumac.
- If using a tougher leaf, blend on speed 7.



This one was a popular dish from the supper table at the last meeting provided by Beverley Geraghty

Pumpkin Pie

Whole wheat shortcrust pie shell baked for 15 mins. Use a generous pie dish as this is a large mixture.

- 3 cups cooked pumpkin puree
- 2 Tbsp Molasses
- 3 Tsp cinnamon
- 1 1/2 Tsp Ginger
- 3/4 cup Honey
- 1/4 Tsp Powdered Cloves
- 1/2 Tsp Salt
- 4 Eggs slightly beaten
- 1 can evaporated Milk or 2 cups scolded Milk full cream.

Pour ingredients in a large bowl in sequence and mix thoroughly with egg beater till smooth.

Pour into pie shell and bake 10 mins at 225 then 40 mins at 175 degrees. As the pie cools a beautiful glaze appears on the top of pie.

Serve with Whipped cream and pecans or icecream.

Thank you to those leaving their name with their Supper Table offering so we can ask you for the ingredients/recipe!

**WE WANT YOUR TRIED AND TESTED
YUMMY RECIPES**

COME ON DON'T BE SHY

**Please email your yummy recipes to Jill
jillbarber611@gmail.com**

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

Perennials & Bi-Annuals:

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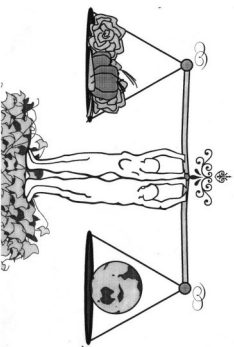


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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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 15th June 2017