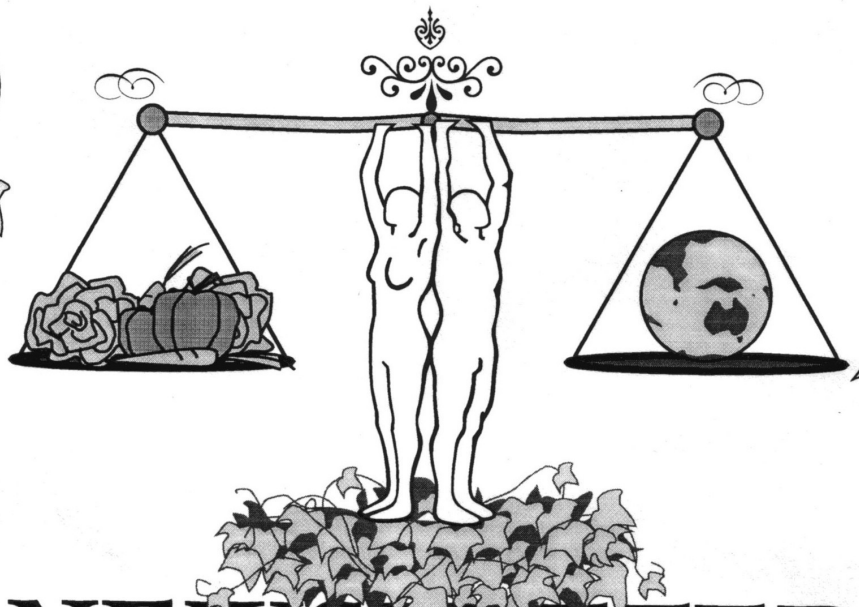
GOLD COAST ORGANIC GROWERS Inc.



NEWSLETTER

Volume 13 November 2010 Issue 11

OUR NEXT MEETING: Thursday 20 January

THE AIMS OF G.C.O.G. Inc.

1. To promote organic sustainable food raising for home gardens and farms.

2. To foster research into improved methods of organic farming and gardening.

3. To provide information and support to all those interested in the various aspects of organic growing.

Meetings Held: 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 send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

Seed Bank: $1.50 ea.

Members Market Corner: Please bring plants, books and produce you wish to sell.

Raffle Table: This relies on the kind generosity of members to donate items on the night. Tickets - $1ea or 3 for $2

Library: Books 50c, Videos, DVDs $2, Soil Test Kit $2. Available to members for 1 month.

Advertising: $10 an issue, or $100 for 11 issues (1 year).

Newsletter: contributions welcome by post or email (preferred). *Please send to Dorothy at* webprint@onthenet.com.au
Please put [GCOG] in email 'subject' box.

2010 Committee

President	**Maria Roberson** **(07) 5598 6609** **405 Piggabeen Rd,** **Currumbin Q 4223**
Vice President	**Ross Davis** **(07) 5599 7576**
Treasurer	**Diane Kelly** **(07) 5522 7444**
Secretary	**Karen Hart** **(07) 55277484**
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Publicity & Website *C-ordinator*	**Steve Dalton** **0414 464 564**
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Guest Speaker	**Lise Racine**
Trip Co-ordinator	**Maria Roberson** **(07) 5598 6609**
Librarian *Library Assistant*	**Heather Ryan** **(07) 55344047** **Pauline Behrendorff**
Seed Bank *Seed Bank Assistant*	**Peter Seymour-Smith** **(07) 55965678** **Graham Boyle**

Thanks to other contributors:

Diane Kelly, Ross Davis, Lise Racine, Roger Griffiths, Liz Spittall, Margaret Reichelt, Robert Edwards, and Dorothy Coe.

Notice Board

Membership Renewals

Overdue: Dorryl & Rita Mahon, Tony Hall, Fraser & Kerstein Trueman, Jacqueline Zantiotis, Leah Galvin, Mel Kidd, Henry Blonner, Greg & Val Sbeghen, Peter Aubort

November: Ross & Jenny Davis, Karen Hart, Marie Rudd

January 2011: Linda Beleski, Marion Symons, Peter & Patricia Edwards, Anissa Loades, Rodney Boscoe, Roger Griffiths

Welcome to our new members: Gai Morrow and Darrell & Marion Williams

Guest Speakers

Nov: Christmas party
Dec: No Meeting

Gold Coast Organic Growers are Online at….

Website:
www.goldcoastorganicgrowers.org.au
Blog:
http://gcorganicgrowers.blogspot.com
Facebook: www.facebook.com/gcorganic

Prostate Awareness
Twin Towns & Tweed Coast
Just a click away:
www.prostateawarenessaustralia.com or
contact Ross Davis for more info:
rossco12@bigpond.com

SEASONS ON THE MOUNTAIN
Tamborine Mountain Open Gardens

Introducing: New Format—Three seasons

Autumn: Saturday 8th & Sunday 9th May
Winter: Saturday 7th & Sunday 8th August
Spring: Friday 1st to Sunday 3rd October

www.tmbotanicgardens.org.au

Miami Organic Farmers Market

Where: Miami State High School
2137-2205 Gold Coast Highway, Miami
When: Every Sunday, 6am to 11am
Contact: David Whyle
Telephone: (07) 3358 6309 or 1300 668 603
Email: info@gcorganicmarket.com

To cultivate one's garden is the politics of the humble man.
(Chinese Proverb)

Sustainable Gardening Workshops

Come along to Council's free sustainable gardening workshops where you can learn all about composting and worm farming to recycle your waste and improve your garden.

A series of workshops will be held at the following locations from 10am to 12noon. To register for a workshop near you, call (07) 3488 9660.

Composting and Worm farming Workshops

- Saturday 11th Dec 2010 - Joan Park Community Centre, Southport

Soil Conference

When: Saturday, 27th Nov 2010, 9.00am-4.00pm **(Registration from 8.15am)**

Where: Undumbi Room, Parliamentary Annexe, Parliament House, Brisbane, George Street (entry via Alice St - UBD 4J13)

Although the soil biological ecosystem is considered the most diverse, it is poorly understood. Our conference will give you an introduction to all aspects of soil and will have a strong focus on aspects of soil biology. Scientists from Queensland and interstate will guarantee a hugely interesting learning experience and a better understanding of soil resource management needs.

Program highlights are:

- Dr Peter Kopittke/University of Queensland: Introduction to Soils
- Dr David Eldrige/University of NSW on Microbiotic Soil Crusts and their role in soil and ecological processes
- Associate Professor Peter McGee/ University of Sydney on Mycorrhizal Fungi and their Function in Soil and Application to Restoration
- Dr Geoff Monteith/Queensland Museum on Dung Beetles and their effects on soils
- Dr Geoff Dyne/Australian Government Land and Coasts Qld Section: A hidden diversity: native earthworm species and their role in soil processes and ecosystem integrity
- Dr Diane Allen/Qld Dept of Environment and Resource Management on Soil Carbon and Soil Health
- Merline Olson/Soil Foodweb International on How to Measure Soil Biomass
- Prof Richard Haynes/University of Queensland on Soil Contaminants and Bioremediation

- Dr Chengron Chen/Griffith University on Global Changes and Soil Microbial Community (incl effects of fertilisation on microbes)

And to relax and meet there will be a social post-conference BBQ held at the Qld Maritime Museum, Southbank (walk across the Goodwill Bridge from conference venue)
Conference Fee: $50,
Post Conference BBQ: $12

For further information, please contact Jutta Godwin on 0407 583 441, email cwcn1@bigpond.com or visit http://www.cubberlawitton.org/p23327

FREE Community Workshop

Griffith University EcoCentre — Invites you to attend the **Sustainable and healthy living workshop** series:

Grow Your Own Food

With special guest Celebrity gardener Jerry Coleby Williams

Morning session: A 2 hour presentation by Gardening Australia TV presenter, organic gardener - **Jerry Coleby-Williams**.

Afternoon session: FULLY BOOKED

When: Saturday, 4th December 2010, 9.30am – 3.30pm
Where: Griffith University EcoCentre Nathan Campus

Organic vegetarian lunch and afternoon tea provided

RSVP early to attend.

RSVP to Lisa Malcolm by 1st December 2010 Telephone: (07) 373 57992
Email: l.malcolm@griffith.edu.au

Revive & Replenish Health Store & Cafe

Making organic food affordable!

The store offers...
- Locally produced groceries
- Gluten free products
- Fresh fruit & veggies
- Herbs & spices
- Snap frozen organic meals
- Ready to cook and take home packs
- Organic seedlings

Sit and relax in the café or take-away...
- Hot and cold savouries, pies & cakes
- Daily chef speacials
- Organic coffee
- Freshly squeezed juices
- Smoothies

Pre order weekly fruit & veggies for pickup and home delivery.

Spend over $10 and receive a stamp. When you collect 10 stamps, receive a $10 store credit.

15/33 Tallebudgera Creek Road
West Burleigh | Tel: 07 5607 0808

Gold Coast Rose Society Inc - 11th Anniversary Annual Rose Show.

Where: Robina Community Centre (opposite David Jones carpark).
When: Saturday 20 Nov - 11.30am-5pm
Sunday 21 Nov - 10am-3.30pm
Cost: $3.00

Hundreds of Champion Roses on display, Floral Arts, Bromeliad Society display and sales. Raffles, Digital Photo competition etc. Home baked refreshment available.

The Experiment
(continued from last month)
By Ross Davis

It is now 35 day since these plants, (Super market cucumbers & Big Beef tomatoes) were transplanted into the Hot house. Now the fourth crop in the same soil.

I use; Good Compost and Sulphate of potash & blood and bone in the growing of these plants. To date there has been no sprays used, but this morning there was some small caterpillars on the tomatoes. So I will need to use some “Success” a “yates” product. Why do I use “Success”? It is rated as organic and it works well, I find it has more success that other similar products, the powdered ones do not perform as well for me in the hot house.

Above pics taken 9th October

The Experiment
By Ross Davis

35 days later …

12 Nov 2010 Tomato’s, notice the trusses are 8 inches apart.

That means the potash level is about correct, too much Nitrogen and the trusses are further apart and the plant is open to disease when the level of nitrogen is high.

The first cucumbers will be picked this week. 18th Nov 2010.

Weeds in the Organic Garden
From Diane Kelly

Any piece of ground left untended rapidly becomes covered in weeds. As the weeds slowly build up the fertility of the soil, the patch of ground becomes suitable for nettles, brambles and tree seedlings. A profusion of these weeds, especially nettles, can indicate a potentially rich site. Deep-rooted weeds like dock and thistles are also good for the soil as they bring up nutrients, making them available for future crops.

The types of weed will always be those most suited to the conditions, so:

- If they consist of acid-loving plants such as daisies, small nettles and sorrels, the topsoil is probably acidic
- Lime soils are indicated by cowslips, knapweed and silverweed
- Damp conditions encourage nettles, buttercups, bugle and rushes
- Lots of docks mean that horses or their manure have been on the land as the seeds pass through their intestines unchecked
- Lots of tomato seedlings could mean that sewage sludge has been used
- Beware of any land that grows few weeds!!

Good Weeds & Bad Weeds:

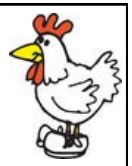
Weeds are, as we are always being told, just plants in the wrong places. Many are otherwise valuable garden plants or even crops – poppies, feverfew and red valerian, for example. Many weeds are edible: chickweed and dandelion leaves are delicious in salads; fat hen, nettle and ground elder can be cooked like spinach, while the roots of dandelion, horseradish and vetch are all edible. In some gardens, weeds may be the last remaining of the original flora and so help preserve insect and wildlife populations. A stand of weeds not only fixes and stabilizes the soil, but can act as a miniature hedge and windbreak, sheltering emerging seedlings, although it should be eradicated before it competes too much.

Remember, too, that before you get rid of all weeds that some are attractive to bees, butterflies and insects. They should not be allowed to compete with other plants, of course, but if you have a patch of ground at the end of the garden where they will do no harm, it is worth allowing some to survive. Weeds that attract beneficial insects include nettles, poppies, groundsel, herb robert and dandelion.

Most of all, weeds are a useful source of fertility, admirably suited to their conditions by self-selection. They produce a wealth of green manure at times when other plants cannot use the soil and act as a valuable groundcover over winter. They are also superb mineral accumulators, making these accessible to crops after they have been dug in or mulched. Clovers and vetches fix nitrogen, comfrey is well known for accumulating potassium, as are nettles and sorrel, yarrow and thornapple. Stubborn-rooted perennials, such as comfrey and nettles, will have to be mulched rather than dug in if they are used as green manure – and you will need to dig up the roots later, unless you want an annual crop.

Source: Bob Flowerdew, Organic Garden Basics

Rooster needs new home



Robert Edwards acquired some chicks from the local school and two turned out to be roosters. One already has a new home and we are just looking for another home for the second one.

He's about 3 months old, quite a large bird, white in colour.

If you would like the rooster contact Peter on 5525 1688.

Starting a Garden
By Lise Racine

You would like a garden next autumn? Then start now…

Every now and again I get questions asked:

- *What can I plant now (hear "very now")?*
- *Can I buy compost from you? I want to plant now.*
- *I planted xyz and they didn't do well. What can I do?*

If the catch phrase in real estate is "location, location, location" I would say that in the gardening world it is "preparation, preparation..." you get the drift.

Another overused phrase: we live in an instantaneous world but hey, it is so true. And you see it the gardening world plenty. But guess what, if Rome wasn't built in one day (sorry this is the wisdom time here) neither is a good garden. A good garden soil develops over time with attention, care, right feeding, proper cultivation at the right time. It is like bringing up children. They are not grown up overnight (some of us wish); they need the nurturing, the caring, the rest, the attention done over a period of time and more. Any gardens follow the same rule.

And preparation is one of the cornerstone elements. I find summer a great time to put the work in, so your soil will be well balanced and ready for action in autumn. That sort of time frame works well for me: my children are still as school, so comes early December it is school holiday time for 6 weeks. To add to that, I don't do well in very hot conditions, I get headache easily no matter how much water I drink, the children are after me wanting to go to the water hole or the beach or the movies (that's when it gets stinking hot).

And I figured that in Canada the soil gets a nice rest for at least five months of the year. What rest does our soil gets? Nothing! Not fair I reckon. So I plan my growing from March until October.

If all goes well (that's not always the case, as you well know for yourself) I have a green manure crop sowed by November. Hopefully (keep your fingers crossed) before Christmas that crop has been slashed and another one is sown on top. If I would start a garden from scratch, that's what I would do except that first I would spread some raw animal manure and **then follow with two green manure crops**.

The last crop will be slashed late January, early February (weather permitting) and then I'll start cultivating the soil over 3 to 4 weeks to work the green manure in. That brings me to the very first week of March; the beds are formed, the seedlings are ready to bust out of their punnets and the seeds are patiently waiting to come out of the packets and meet the elements while you get ready for a good workout.

A good choice of green manure for summer here are: borlotti beans, buckwheat, corn, lab lab, sorghum, wyn cassia, red kidney beans.

Ideally go for a mix of some legumes(30%) and more grains (70%).

Tuscany Kale
By Roger Griffiths

Tuscan Kale was grown for the first time this winter from a pot, from Bunnings I think.

Anyway, it has been a surprising success. It grew through the winter on a strong thick stalk. The big benefit is that the leaves can be taken one by one rather than taking out one whole cabbage plant.

We have used leaves for coleslaw, as an addition in some fancy meals, and even as a finely chopped leaf among tomatoes and mushrooms for breakfast!

Spring has well and truly arrived and the kale is looking like it will be around and producing for quite some weeks to come.

CCA Treated Pine in school gardens

From Liz Spittall

Exert from an email sent from Biological Farmers of Australia Group to a local school.

It has come to BFA's attention that CCA treated timber has been used to construct garden beds and other structures in some school gardens.

CCA treated timber is first on the list of 'Things To Avoid' in the published Introduction to the BFA's Organic School Gardens program.

Problems with CCA treated timber:
Following the phase-out for all domestic uses of CCA treated timber in the US, EU, Canada, Indonesia and Vietnam, and restrictions on its use in Japan, the Australian Pesticides and Veterinary Medicines Authority (APVMA) conducted a review of timbers treated with copper, chromium and arsenic as a preservative (CCA treated timber) and, as a result, in March 2005, declared this preservative to be a restricted chemical product (RCP) in the public interest.

The APVMA proposed regulations came into effect at the end of March 2006 restricting the uses of CCA for timber preservation because APVMA "were not satisfied that the continuing use of CCA for timber used in structures with which the public (and particularly children) are likely to come into frequent and intimate contact is safe".

Included in the restrictions is: (10.1. iv) "not permitting uses of CCA timber treatment products for timber intended for use as garden furniture, picnic tables, exterior seating, children's play equipment, patio and domestic decking, and handrails".

Page 15 of the APVMA's "Pest Management in Schools" document, published in 2009, states: "The APVMA has restricted the use of copper chrome arsenate (CCA) timber treatments, which are no longer permitted for timber intended for use as exterior seating, decking and children's play equipment." Common sense would dictate that the APVMA restrictions would also apply to garden beds (as they do to sand pits) because this timber can leach arsenic (a known carcinogen) into compost and soil for up to 20 years. There are a number of factors that affect the amount of arsenic leached from treated timbers, and some species of food crops can absorb high levels of arsenic.

As young children have a tendency to put their fingers in their mouths, and tend to be less careful about washing their hands, they can ingest significant amounts of leached arsenic from the surface of CCA treated timbers. Children are, of course, more vulnerable to all pesticides because their organs are still developing and young children eat more food per kilogram of body weight than adults do.

The regulations proposed by the APVMA allow the use of CCA treated timber for 'structural timbers' and the timber industry has included retaining walls in that description. However, the APVMA Review (page 11) clearly states, structural timbers "where frequent contact is unlikely, and the level of exposure and risk, is low".

Once installed:
Research by the US EPA (in 2005) found that penetrating sealants can reduce, but not eliminate, arsenic migrating from the treated wood. The data show sealants that can penetrate wood surfaces are preferable to products such as paint, because paints and other film-formers can chip or flake, requiring scraping or sanding for removal, which can increase exposure to arsenic.

US research (Gray and Houlihan, 2002: 4-6), has found that arsenic levels on CCA-treated wood remained high for 20 years, and that timber had to be re-coated every 6 months, making the maintenance of this timber to reduce students' exposure a tedious and expensive process.
More info. http://www.herinst.org/CCAtimber/recommendations/insitu.html

Chronicle Yves Gagnon
By Lise Racine

Hello club members.

Here is a "free-lance" style translation of an article I came across a few months ago. The article was written by a very interesting fellow in Quebec. He defines himself as an "agroecologist". He has an organic garden that he established with his wife 30 years ago. I did show photos of his garden in the presentation about my visit to Quebec in 2008. He has written quite a few interesting gardening books over the years and continues now to give workshops on the topic.

So here is his article that was published in August this year.

Chronicle by Yves Gagnon

Profession: Gardener
When I need to define my occupation on a form or in an interview I invariably choose the denomination *gardener*. I am told then that the information requested is about my work and not my hobby. So I confirm: gardener. Most probably that the title of author, teacher or agroecologiste would look better on the form but I do not wish to create a false impression.

So it is, I am a gardener. Full time in spring, Summer and autumn part time. In winter I put away by hoe but my brain continue to garden. The tingling in my fingers find relief through cultivating some peas and wheat or the writing of some texts on the topic. Then the cycle restarts with the first seedlings.

I like gardening because it allows me a perfect communion with the earth. One evening early June, after a rain that was long to come, I walk around the garden so I can smell the perfumes; the lupins and the iris waltz surrounded by a diaphanous twilight mist; the poppies, even a bit beaten by the rain, burst through the humid air with their surrealist red that sparkles at the extremity of delicate steams emanating from a "plantureux" emerald green foliage onto which perl hundreds of crystal-like water droplets, perfectly round and rolling; while the toads and frogs rival in their stridulations to mark their place in the pond and the night. These fragments of live are pure and perfect. I am there, present, conscious, totally at my place and probably happy. I take root in time and space.

A fundamental Look-out
The gardener is precious for the Life because he/she observes the time. Permanently secure to the environmental conditions, because the success of his harvent depends on it, he fills the role of climatic conditions look out. Gardener for more than 30 years, I am in a position to state that the climatic changes are not an imagination but a truly terrifying reality.

When we first arrive, there was frost systematically early June; then if the frost did not come at the end of August, it was unavoidable early September. For a total of a growing season of 80 to 85 days with no frost. For the last 5 years, the last frost come on average mid May and the first one at the end of September for a growing season of 130 days with no frost, an increase of 50 days. A growth of more than 60% in 30 years. We are not talking here of climatic variation but well and truly of a climatic metamorphose.

In 2008, our council area was declared "sinistre" since all the roads that were leading to it were physically cut off by the torrential rains. Last year, the incessant rain favored the propagation of mildiou on the potatoes and the tomatoes who died in most cases. The black fly come back now for a second cycle in autumn. In May this year we didn't have any rain for 4 weeks. Then the bush fires that blanketed cities of Quebec, Montreal and Trois-Rivieres with a penetrative and acrid fumes. I leave the rest. Apocalytic.

In the same vein, our prime minister Stephen Farmer who wants to impose Economy as the only topic of discussion during the next

G20 meeting in Toronto. Someone would need to explain to him that we all come the earth and not the Stock Exchange; that we are made out of air, water, sand and clay and a bit of bacteria. If we do not want them to dominate, maybe we need to react!

Being carbon-neutral

We all have the power to act to decrease the green gas effect, responsible for those climatic changes. By pedalling, paddling, swimming, walking, dancing, singing and especially by gardening: activity that is good for the moral, the taste buds and the wallet. The compost buried in the soil constitute an appreciable carbon sink (1 tonne of sequestred carbon for 100 square metre when the humus content is at 5%).

And if you go longer distance, you can always compensate for your carbon emission. The planet will be better for it and so will be you conscience.

Perpetual Spinach
Where's Popeye when he's needed?
By Roger Griffiths

A really successful winter seedling purchase was in a $4-95 yellow orange Bunnings pot full of "Perpetual Spinach". There were about 20 seedlings in this small pot, all were planted out, and everyone one of them grew, and grew and grew to 50 cms. plus.

Now where is that spinach loving comic character Popeye? A leaf can be eaten as part of a salad, and steamed leaves are so much better, even magnificent, and all the more so when put with home grown potatoes, product of the club's seed potatoes from Tasmania. If vitamins are in the greens then we must be bursting with them!

Bunches of spinach leaves are given away to any visitors, work mates or strangers. Remove one leaf and two seem to replace it. Pepetual spinach has been an overwhelming success these last few months. Now, where's Popeye when he is needed?

Radium Weed to Treat Skin Cancer

What is Radium Weed?

Radium weed Euphorbia peplus, is also known as petty spurge, milkweed and cancer weed. It has branched stems with alternate oval leaves, the yellow green flowers are inconspicuous, and the stem when broken produces a milky corrosive sap. The sap is the useful part of this plant, being used to burn off sun spots.

An Australian company called Peplin Biotech Pty Ltd www.peplin.com is conducting research and developing a gel from the sap of Euphorbia peplus as a simple topical treatment for certain skin cancers, such as basal cell carcinomas and squamous cell carcinomas.

How to use Radium Weed

The milky sap can be applied to sunspots for 2-4 days. You do not need a lot of the sap just a drop on the area to be treated. The site will fester and be quite unsightly, followed by a scab, then fresh pink skin. Fresh aloe gel can be applied to aid healing.

Be careful when using radium weed. Avoid contact with the eyes and internal membranes. The sap is corrosive and will burn sensitive soft tissues.

Growing Radium Weed

Euphorbia peplus self seeds readily throughout the garden, it will grow in poor soils and difficult positions, but grows better in a well watered position in sun to semi sun. It grows much more abundantly throughout the cooler months of the year here in South East Queensland and in the warmer parts of Australia. In cooler southern states it will grow through summer.

Source: Mudbrick Cottage Herb Farm
www.herbcottage.com.au

Getting to Know ….
Barbara Talty

Interview by Diane Kelly

During this series of interviews, one of the questions on my list to ask is "What would be your advice for new gardeners?"

Sitting down with Barbara yesterday afternoon and having a cup of tea and a slice of cake (another common thread in these interviews!), the answer was "Go to another gardeners place, help them, and that's how you learn". Doing just that in March 2009, when a number of Club members helped with making compost, was my introduction to Barbara, her property and the amazing variety of plants that she grows.

Barbara lives in Mudgeeraba, and has just over 8 acres of land, all of which is maintained and utilized. Originally bushland, the property was cleared during the mid 1970's, with the plan of growing roses commercially in mind. Barbara ended up with some 5,000 rose bushes, and supplied many of the florists on the Gold Coast for a number of years. Eventually the work-load proved too great, and Barbara changed the use of her land to growing fruiting trees, trees with edible leaves, bushes, herbs and vegetables.

The soil on Barbara's property is clay-based, but in the gardened area (an acre, I estimated) has been highly composted and mulched, and when we were digging for potatoes yesterday, I noticed how rich and aerated the soil was. Down the back of the property is a plantation of bamboo (which gets put through the shredder when needed); there are a number of ponds and the boundary creek that provide water plants; and there are piles of dug-out garden weeds that get collected. Also collected are shredded paper, chook house clearings, cow manure and lawn clippings. All these materials are piled in layers, kept moist, and turned until rich compost is produced – and this was what we were learning when we did our "composting classes" last year. Applying this to the garden has resulted in very healthy plants.

As we walked around Barbara's property, we looked at the several types of bamboo (used for trellises and fencing as well as compost) and the long beds of asparagus plants (which grow supported on bamboo poles).

This area, which is bordered by the Mudgeeraba creek, does flood, but the water recedes very quickly. Surrounding the garden area (which is walled by a row of bales of sugar cane to keep the wallabies out) are the fruiting trees, climbing rose bushes, the dam, bee hives, the chook pen and yard, and a new garden area in which Barbara had just finished planting about 60 small clivia plants that she had been given.

There are a number of ponds in the walled area, as Barbara encourages wildlife to come to the property – brilliant blue dragon flies flitted over the water, and I was told of fire flies, bees, frogs and butterflies.

Barbara also participates in the “Hollow Log Homes” scheme, and has timber box-homes in various trees for sugar gliders, micro-bats (who can eat up to 600 insects a night) and possums. Other visitors are wallabies, tusk frogs and black cockatoos (the yellow-tailed ones, rather than the red), and platypus live in creek. (I also “met” the resident carpet snake, which lives in the verandah roof – Barbara ***assures*** me that they are good to have around – and that it had gone to bed for the night!)

Other principles by which Barbara gardens are to grow plants that self-sow to multiply, and to avoid monoculture. Hence her garden area is a delightful mixture of vegetables – leeks, artichokes, tomatoes, asparagus, tree lettuces (which provide year-round salad leaves) and garlic; herbs – including several types of basil, mint, dill, feverfew, coriander; flowers – ranging from paper daisies to foxgloves, lavenders and roses, and including lots of blue/purple colours to attract bees; and other plants such as arrow-root, gingers, bushes that provide leaves for herb teas – and a current pride and joy - a brilliant red pineapple!

The range of fruiting trees that Barbara has grown is also impressive - pomegranates, Malabar chestnuts, grumichamas, bananas, japoticaba, figs, finger limes and various stone fruit – apricots, nectarines and peaches. In the poultry yard are growing frujoas, elderberries and cherry guavas, as shade for the chooks, but more importantly as a protective canopy to keep them safe from hawks and other predatory birds.

So what did I learn from my visit to Barbara’s place? I learnt that planting dill with roses assists in keeping aphids away (because it attracts lady birds), which is a hint I will use. But the main thing of which I was reminded is that “organic” living – and not just growing vegetable growing, or flowers, or fruit trees – is a total package.

We are responsible for doing the best we can to improve our soil. Insects, birds and animals need to be provided for and protected, and in return we benefit from them as they pollinate flowers, eat bugs and purify pond water. Properties – no matter what size – need to be maintained responsibly, with weeds and noxious plants being removed. We need to conserve water; grow healthy food; and reduce plant disease. The result, as evidenced by Barbara’s property, is a rich and rewarding environment.

Olive Tree

Practical Preventative Measures
From Diane Kelly

Many simple mechanical methods can be used to exclude pests and reduce their numbers. These cause little harm to the environment, and many can be made from recycled materials.

Carpet squares: Cabbage root flies need to lay their eggs in the soil next to the stem. A barrier made of 13 cm (5 in) squares of old carpet, tarred roofing felt or cardboard fitting snugly around the stem will seal the soil underneath and prevent access.

Carpet can be used to seal larger areas, trapping insect pests underneath when they emerge from hibernation or their pupae. This can considerably reduce infestations of gooseberry sawflies, raspberry beetles and pear midges. Carpet laid on a wet lawn will bring leather-jackets and other soil pests to the surface overnight. They can be swept or left to the birds in the morning.

Bands: Bands made of cloth, carpet and corrugated cardboard tied around trunks and stems simulate shredding bark and attract many insects. Examine your catch: beneficial ladybirds can be retained and released to continue their good work in the garden, while the unwelcome pests are evicted.

Earwig traps: Many creatures, especially earwigs, will crawl into hollow bamboo tubes and can then be blown out into a bucket. Earwigs are especially attracted to straw-filled flowerpots on sticks.

Sticky boards and flypapers: These are especially good in the greenhouse, where they trap many pests, especially whiteflies and thrips. Different colours attract different insects: white attracts sawflies; blue attracts thrips; and yellow attracts whiteflies. They are even more effective if they are given a pheromone scent. Hung in the trees, these sticky boards are a good way of reducing codling moth and plum fruit moth attacks.

Wasp traps: Wasps are beneficial in the early season as they hunt other insects in great numbers, but in late summer they turn their attention to fruit and should be trapped. A bottle half-full of water and jam should be given a foil cap pierced with a small hole that allows the wasps to crawl in but not to fly out. Do not use traps near flowers or with honey, because bees may also be lured in.

Lures: It is possible to make lures for many pests. Tins or yogurt cartons buried in the ground with bits of potato or carrot in the base will attract mostly millipedes and woodlice; slugs and snails will come to fruit; and wireworms will come to bran or germinating

grain. Dead-fall traps follow the same principle but without the lure of fruit or vegetables to entice pests.

Copper tape: A hoop of copper tape around a pot will deter slugs and snails, as they do not like to cross it.

Source: Bob Flowerdew, Organic Garden Basics

Fruit Fly

Margaret Reichelt sent me in a link to a website which is dedicated to the Fruit Fly. It is very a comprehensive guide which is very useful and I couldn't do it justice by trying to take snippets from the website, so instead here is the website address for you to take a look yourself.

http://preventfruitfly.com.au

These are some of the topics covered on the website...

- Seasonal advice
- About fruit fly
  - Damage
  - Species
  - Life cycle
- Guide
  - Deciding on a control strategy
  - Control strategies
  - Larvae control
  - Advice for less able gardeners
  - Methods
    - Exclusion
    - Cover spraying
    - Baiting
    - Trapping
    - Sanitation
    - Early harvesting
    - Pruning
    - Host plant removal
    - Non-preferred hosts
    - Alternative plants

Instant Containers

Convert a dead fridge or a small freezer into a hot composting container with some gutter sealant and black bituminous paint.

The super-insulated container keeps the compost much hotter and works amazingly well if the ingredients are emptied and re-mixed with plenty of air worked in. It runs wetter and, unless dryish material is mixed in, an ooze accumulates which can then be tapped off and diluted for use as a liquid feed.

Source: Bob Flowerdew, Organic Garden Basics

COMPANION PLANTING FOR NOVEMBER

Plant	Companions	Function	Foes
Asparagus	Tomatoes, Parsley, Basil		
Basil	Tomatoes	helps repel flies and mosquitoes	Rue
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables + herbs.		Onions Garlic Gladi-olus
Beetroot	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
Borage	Tomatoes, squash and straw-berries	Deters tomato worm, improves growth and flavour and in the strawberry patch will increase the yield.	
Carrots	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
Celery & Celeriac	Chives, Leeks, Tomatoes, Dwarf Beans		
Chives	Carrots	grown beneath apple trees will help to prevent apple scab; beneath roses will keep away aphids and blackspot. De-ters aphids on lettuce and peas. Spray will deter downy and powdery mildew on gooseberries and cucumbers.	Peas, beans
Cucum-bers	Beans, corn, peas, radish, sun-flowers		Potatoes, aromatic herbs
Garlic.	Roses, raspberry	helps keep aphids away from roses and raspberries, repels cabbage butterfly	Peas and beans
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Mint	Cabbage, tomatoes	Deters white cabbage moth, deters ants and fleas (especially spearmint), will deter clothes moths.	
Pumpkin	Corn		Potato
Radish	Peas, nasturtium, lettuce, cu-cumbers, spinach	Radish attracts leaf minor away from spinach	
Sage	Rosemary, cabbage and carrots	Deters cabbage moth and carrot fly	Cucumbers
Spinach	Strawberries		
Squash	Nasturtium Corn		
Sunflower	Cucumbers		Potato
Sweet Corn	Potatoes, Peas, Beans, cucum-bers, pumpkin, squash	Corn acts as a trellis for beans and beans attract predators of corn pests.	
Thyme	Here and there in the garden	Protects cabbages, improves growth and flavour of vegetables, general in-sect repellent.	
Tomatoes	Asparagus, Parsley, Chives, onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Potato, fennel, cab-bage
Turnip	Peas, nasturtium, lettuce, cu-cumbers		

COMPANION PLANTING FOR DECEMBER

Plant	Companions	Function	Foes
Asparagus	Tomatoes, Parsley, Basil		
Basil	Tomatoes	helps repel flies and mosquitoes	Rue
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
Beetroot	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
Chives	Carrots	grown beneath apple trees will help to prevent apple scab; beneath roses will keep away aphids and blackspot. Deters aphids on lettuce and peas. Spray will deter downy and powdery mildew on gooseberries and cucumbers.	Peas, beans
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Dill	Brassica's	Dill attracts predator wasp for cabbage moth.	
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Melon	Radish		
Pumpkin	Corn		Potato
Radish	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
Raspberry	Most vegetables		Blackberries, tomatoes, potato
Squash	Nasturtium Corn		
Sunflower	Cucumbers		Potato
Sweet Corn	Potatoes, Peas, Beans, cucumbers, pumpkin, squash	Corn acts as a trellis for beans and beans attract predators of corn pests.	
Tomatoes	Asparagus, Parsley, Chives, onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
Turnip	Peas, nasturtium, lettuce, cucumbers		

VEGETABLES

NOVEMBER: Artichoke, Capsicum, Carrot, Choko, Sweet corn, Cucumber, Eggplant, Gourd, Lettuce, Luffa, Marrow, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rockmelon, Rosella, Spring onion, Silverbeet, Squash, Sunflower, Sweet potato, Tomato, Watermelon, Zucchini.

DECEMBER: Artichoke, Capsicum, Choko, Sweet corn, Cucumber, Eggplant, Gourd, Luffa, Marrow, Okra, Peanut, Pumpkin, Radish, Rockmelon, Rosella, Spring onion, Squash, Sunflower, Sweet Potato, Tomato, Watermelon, Zucchini.

JANUARY: Artichoke, Capsicum, Sweet Corn, Cucumber, Lettuce (under shade cloth), Marrow, Okra, Peanut, Pumpkin, Radish, Rockmelon, Rosella, Squash, Sunflower, Sweet Potato, Tomato, Watermelon.

HERBS

NOVEMBER & DECEMBER
Annual: Amaranth, Basil, Borage, Calendula, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Nasturtium, Rocket, Salad Mallow.

Perennials & Bi-Annuals: Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury, Winter Tarragon.

JANUARY
Annual: Amaranth, Basil, Borage, Calendula, Dill, Herb Robert, Misome, Mizuna, Giant Red Mustard, Nasturtium, Italian Parsley, Rocket, Salad Mallow.

Perennials & Bi-Annuals – Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

Planting in November

Amaranth (*also Love-lies-bleeding*)	Plant in garden.	Harvest from February
Asparagus	Plant in garden.	Harvest from 24 months
Asparagus Pea	Plant in garden.	Harvest from February
Basil	Plant out (transplant) seedlings.	Harvest from February
Beetroot	Plant in garden.	Harvest from February
Borage	Plant in garden.	Harvest from February
Burdock	Plant in garden.	Harvest from April
Cabbage	Plant out (transplant) seedlings.	Harvest from February
Capsicum	Plant out (transplant) seedlings.	Harvest from February
Carrot	Plant in garden.	Harvest from March
Celery	Plant out (transplant) seedlings.	Harvest from April
Chilli	Plant out (transplant) seedlings.	Harvest from February
Chives	Plant in garden.	Harvest from February
Choko	Plant in garden.	Harvest from June
Climbing beans (+ *Runners, Scarlet Runners*)	Plant in garden.	Harvest from February
Coriander	Plant in garden.	Harvest from January
Cucumber	Plant in garden.	Harvest from February
Dwarf beans (*also French, Bush beans*)	Plant in garden.	Harvest from February
Eggplant	Plant out (transplant) seedlings.	Harvest from March
French tarragon	Plant in garden.	Harvest from February
Ginger	Plant in garden.	Harvest from June
Globe artichokes	Plant in garden.	Harvest from October
Lemon Balm	Plant in garden.	Harvest from February
Lettuce	Plant in garden.	Harvest from February
Luffa	Plant out (transplant) seedlings.	Harvest from March

Planting in November

Marrow	Plant out (transplant) seedlings.	Harvest from March
Mint	Plant out (transplant) seedlings.	Harvest from February
Mustard greens	Plant in garden.	Harvest from January
NZ Spinach	Plant out (transplant) seedlings.	Harvest from February
Okra (also Ladyfinger, gumbo)	Plant out (transplant) seedlings.	Harvest from March
Oregano (*also Pot Marjoram*)	Plant in garden.	Harvest from January
Pumpkin	Plant in garden.	Harvest from March
Radish	Plant in garden.	Harvest from January
Rockmelon (*also Canteloupe*)	Plant out (transplant) seedlings.	Harvest from March
Rosella (*also Queensland Jam Plant, Roselle*)	Plant in garden.	Harvest from May
Sage	Plant in garden.	Harvest from 18 months
Salsify	Plant in garden.	Harvest from March
Silverbeet	Plant in garden.	Harvest from February
Squash	Plant out (transplant) seedlings.	Harvest from February
Sunflower	Plant in garden.	Harvest from February
Sweet corn	Plant in garden.	Harvest from March
Sweet Marjoram	Plant out (transplant) seedlings.	Harvest from February
Sweet Potato/Kumara	Plant in garden.	Harvest from March
Taro	Plant in garden.	Harvest from July
Thyme	Plant out (transplant) seedlings.	Harvest from October
Tomato + Tomatillo	Plant out (transplant) seedlings.	Harvest from February
Turnip	Plant in garden.	Harvest from January
Watermelon	Plant out (transplant) seedlings.	Harvest from February
Yam/Oka	Plant in garden.	Harvest from March
Zucchini	Plant out (transplant) seedlings.	Harvest from January

Preparing for December

Amaranth	Plant in garden.	Harvest from February
Asparagus Pea	Plant in garden.	Harvest from February
Basil	Plant in garden.	Harvest from February
Beetroot	Plant in garden.	Harvest from February
Burdock	Plant in garden.	Harvest from April
Capsicum	Plant in garden.	Harvest from February
Chilli	Plant in garden.	Harvest from February
Chives	Plant in garden.	Harvest from February
Climbing beans (+ *Runners, Scarlet Runners*)	Plant in garden.	Harvest from February
Cucumber	Plant in garden.	Harvest from February
Dwarf beans (*also French beans, Bush beans*)	Plant in garden.	Harvest from February
Eggplant	Plant out (transplant) seedlings.	Harvest from March
French tarragon	Plant in garden.	Harvest from February
Ginger	Plant in garden.	Harvest from June
Lettuce	Plant in garden.	Harvest from February
Luffa	Plant in garden.	Harvest from March
Marrow	Plant in garden.	Harvest from March
Mustard greens	Plant in garden.	Harvest from January
Okra	Plant out (transplant) seedlings.	Harvest from March
Oregano (*also Pot Marjoram*)	Plant in garden.	Harvest from January
Pumpkin	Plant in garden.	Harvest from March
Radish	Plant in garden.	Harvest from January
Rockmelon (*also Canteloupe*)	Plant in garden.	Harvest from March
Rosella (*also Queensland Jam Plant, Roselle*)	Plant in garden.	Harvest from May
Salsify	Plant in garden.	Harvest from March
Silverbeet	Plant in garden.	Harvest from February
Squash	Plant in garden.	Harvest from February
Sunflower	Plant in garden.	Harvest from February
Sweet corn	Plant in garden.	Harvest from March
Tomato	Plant out (transplant) seedlings.	Harvest from February
Turnip	Plant in garden.	Harvest from January
Watermelon	Plant out (transplant) seedlings.	Harvest from February
Zucchini	Plant out (transplant) seedlings.	Harvest from January

Planting in December

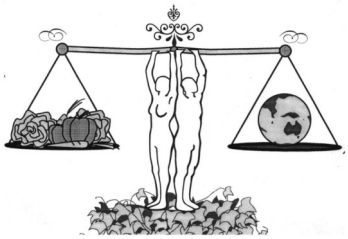
Amaranth	Plant in garden.	Harvest from March
Asparagus Pea	Plant in garden.	Harvest from March
Basil	Plant in garden.	Harvest from March
Beetroot	Plant in garden.	Harvest from March
Burdock	Plant in garden.	Harvest from May
Capsicum	Plant in garden.	Harvest from March
Chilli	Plant in garden.	Harvest from March
Chives	Plant in garden.	Harvest from March
Climbing beans (+ *Runners, Scarlet Runners*)	Plant in garden.	Harvest from March
Cucumber	Plant in garden.	Harvest from March
Dwarf beans (*also French beans, Bush beans*)	Plant in garden.	Harvest from March
Eggplant	Plant out (transplant) seedlings.	Harvest from April
French tarragon	Plant in garden.	Harvest from March
Ginger	Plant in garden.	Harvest from July
Lettuce	Plant in garden.	Harvest from March
Luffa	Plant in garden.	Harvest from April
Marrow	Plant in garden.	Harvest from April
Mustard greens	Plant in garden.	Harvest from February
Okra	Plant out (transplant) seedlings.	Harvest from April
Oregano (*also Pot Marjoram*)	Plant in garden.	Harvest from February
Pumpkin	Plant in garden.	Harvest from April
Radish	Plant in garden.	Harvest from February
Rockmelon (*also Canteloupe*)	Plant in garden.	Harvest from March
Rosella (*also Queensland Jam Plant, Roselle*)	Plant in garden.	Harvest from June
Salsify	Plant in garden.	Harvest from April
Silverbeet	Plant in garden.	Harvest from March
Squash	Plant in garden.	Harvest from March
Sunflower	Plant in garden.	Harvest from March
Sweet corn	Plant in garden.	Harvest from April
Tomato	Plant out (transplant) seedlings.	Harvest from March
Turnip	Plant in garden.	Harvest from March
Watermelon	Plant out (transplant) seedlings.	Harvest from March
Zucchini	Plant out (transplant) seedlings.	Harvest from February

Preparing for January

Amaranth	Plant in garden.	Harvest from March
Asparagus Pea	Plant in garden.	Harvest from March
Basil	Plant out (transplant) seedlings.	Harvest from March
Beetroot	Plant in garden.	Harvest from March
Burdock	Plant in garden.	Harvest from May
Capsicum	Plant in garden.	Harvest from March
Chilli	Plant in garden.	Harvest from March
Chives	Plant in garden.	Harvest from March
Climbing beans (+ *Runner beans, Scarlet Runners*)	Plant in garden.	Harvest from March
Cucumber	Plant in garden.	Harvest from March
Dwarf beans (*also French beans, Bush beans*)	Plant in garden.	Harvest from March
Eggplant	Plant in garden.	Harvest from April
French tarragon	Plant in garden.	Harvest from March
Leeks	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from April
Lettuce	Plant in garden.	Harvest from March
Luffa	Plant in garden.	Harvest from April
Marrow	Plant in garden.	Harvest from April
Mustard greens	Plant in garden.	Harvest from February
Okra	Plant in garden.	Harvest from April
Oregano (*also Pot Marjoram*)	Plant in garden.	Harvest from February
Pumpkin	Plant in garden.	Harvest from April
Radish	Plant in garden.	Harvest from February
Rockmelon (*also Canteloupe*)	Plant in garden.	Harvest from March
Rosella (*also Queensland Jam Plant, Roselle*)	Plant in garden.	Harvest from June
Salsify	Plant in garden.	Harvest from April
Silverbeet (*also Swiss Chard or Mangold*)	Plant in garden.	Harvest from March
Squash	Plant in garden.	Harvest from March
Sunflower	Plant in garden.	Harvest from March
Swedes	Plant in garden.	Harvest from March
Sweet corn	Plant in garden.	Harvest from April
Tomato	Plant out (transplant) seedlings.	Harvest from March
Turnip	Plant in garden.	Harvest from March
Watermelon	Plant in garden.	Harvest from March
Zucchini	Plant in garden.	Harvest from February

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 20 January 2011