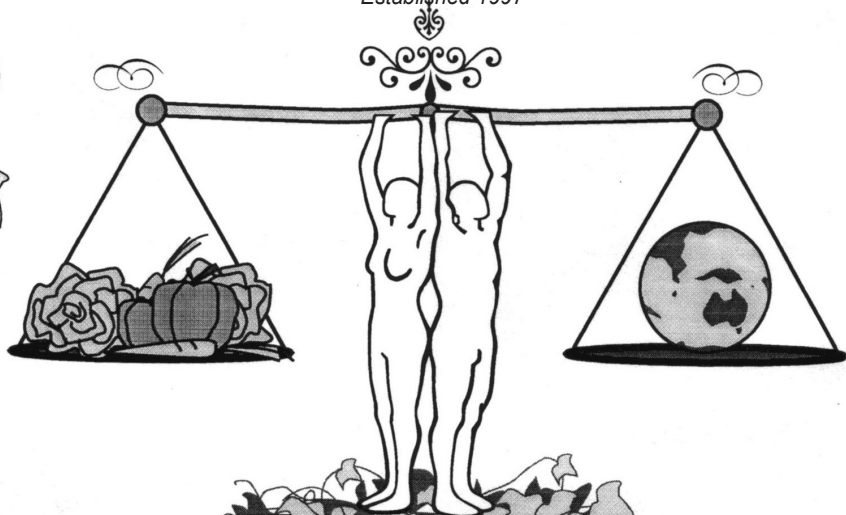


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 19 NOVEMBER 2015 Issue 11
GARDENING IN SPRING

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OUR NEXT MEETING: Thursday 21st January

Notice Board

1. **To promote organic sustainable food raising for home gardens and farms.**
2. **To foster research into improved methods of organic farming and gardening.**
3. **To provide information and support to all those interested in the various aspects of organic growing.**

Meetings Held:

3rd Thursday of the Month

The Meeting Place, Cnr Guineas Creek Rd and Coolgardie St, Elanora.

Doors open: 7:00 pm. **Begin at 7:30 pm**

Entry is \$1 members, \$3 visitors.

(No meeting in December)

Annual Membership Fees:

Single: \$20. Family: \$30.

To renew or start memberships please transfer funds directly into our bank account, send cheques (payable to GCOG) to Diane Kelly, or just pay at the door.

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

Please bring plants, books and produce you wish to sell or trade.

Raffle Table:

This relies on the kind generosity of members to donate items on the night. Tickets - \$1 each or 3 for \$2.

Library:

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

Advertising: (Note 11 issues/year)

1/4 page: \$10 an issue, or \$100 per year

1/2 page: \$20 an issue or \$200 per year

full page: \$30 an issue or \$300 per year

2015 Committee

| | |
|---------------------------------------|--|
| President | Maria Roberson (07) 5598 6609 |
| Vice President | David Freeman 07 5533 0119 |
| Treasurer | Diane Kelly (07) 5522 7444 |
| Secretary | Karen Hart (07) 5551 1297 Penny Jameson |
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| Advertising | Dorothy Coe dorothy@dorothycoe.com |
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| Librarians | Ann Brown 0403 936 360 Pat McGrath |
| Seed Bank Seed Assistants | Lyn Mansfield 0409 645 888 John Clarke Maggie Golightly |
| Supper Co-ordinator | Paul Roberson (07) 5598 6609 Judy Reiser |

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

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 Member-ship 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

November 2015

Overdue: Barbara Talty (58), Lise Racine (151), Val Sier (349), Josh Walker & Chris Viehbock (371), Sue Beckinsale (373), Roger Peterson (330), Scott McCormack (334), Warren & Beverly Carlson (87), Geraldine McDonald (354), Jun Yoneda (374), Graham & Flora Dunne (375), Jasen Pankhurst (376), Henry Blonner (108), Denise Goodwin (335), Ros Griffith (378), Darrell & Marion Williams (310), Denis Byrne & Sandra Ridolfi (380), Virginia Brown (381), Lynn Tilley (382), Evelyn Douglas (383)

November : Paul & Maria Roberson (4), Megan Keeler (358)

January 2016: Penny Jameson (201), Karen Collins (350), Marion Symons (155), Julie Abraham (315), Danielle Bohata (359), Doris

Thanks to Contributors this month:

Diane Kelly, Jill Barber, Rachael Leberer, Dorothy Coe, Angela Anderson & Karen Hart.

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

Upcoming Guest Speakers

Guest speakers for 2016 are TBA in early 2016.

Workshops

Gold Coast Permaculture Workshops

5 Dec Christmas Party

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

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G/C Visitors Guide 2013

President's Message

Hello Everyone,

I would like to thank all those who stepped in and helped to keep the September and October meetings running while Paul and I were away; we both really appreciate it. I personally feel it is the measure of a successful club, when things can just tick along nicely during the absence of one or two committee members. It shows a certain type of maturity and cohesiveness, and is one of the many ways in which our club is special.

After a six-week absence I had expected that the gardens would probably be in a bit of a state; however, what I didn't expect was the rapid growth of everything, including the weeds, due to some good rainfall while we were away. With one of the worst El-Niño events in the last twenty years bearing down on Australia, I assumed most of my plants would be suffering from the dry. Well, you know what they say about assumptions...

After the surprise of the rather large amount of rain we had on Sunday the 8th of November, and my consequent missed opportunity of not pumping some of the water that was overflowing in one tank into another half empty tank, I got to wondering. I wondered, "Why do the little things that ultimately make a big difference get overlooked?" Now the answer is probably obvious to you, and it is too me as well, but it seems that I need to constantly remind myself that good gardening and good garden management is all about preparation and planning. The trouble is that preparation and planning sounds a bit boring and time consuming to me, so I guess I just take a few short cuts from time to time. What I have come to realise though, is that without both, I will probably never achieve the garden of my dreams or, at the very least, a garden that I am happy with. Planning and preparation can and does take many forms when trying to create a beautiful and sustainable garden in a natural environment. I am sure I don't have to

tell any of you how difficult it can sometimes be.

So here are some of my thoughts on how I could have improved my chances of having a better garden to come home to after six weeks of neglect, and how to keep it growing through the approaching summer. I could have mulched around all of the plants and tiny seedlings in the vegetable garden so the unexpected weed growth didn't just about swallow them. I could have laid down thick layers of newspaper in all of the pathways and not just half of them, to keep the weeds from swallowing those, too. (I don't think that pulling waist high cobbler's pegs is anybody's idea of a good time.) I wish that I had planted more veggies and herbs, but I am relieved that I actually planted what I did before I left. When the tanks were full last week, I could have brought the pump up from the paddock so that if it kept raining, I could top up the other tanks on the property, and now be living the maximum water storage capacity dream.

So once again, lessons are learnt, and hopefully mistakes are not repeated. Of course, if I had planned and prepared my garden for my absence as well as I planned my holiday, I wouldn't need another vacation just to get over the work that my vacation has caused me.

Happy Growing,
Maria.



**Q & A — From Oct 2015 Meeting
By Karen Hart**

Q. Ron brought in a garlic plant that was very large, but did not have a bulbous end. It looked like a leek, so he was wondering why it didn't have individual cloves.

A. Margaret suggested that he contact Lise Racine – the Herbal Gardener – as she is an expert on garlic on the Gold Coast. Ron is happy to eat them, anyway. They taste like strong garlicky spring onions!

Q. Angie showed us some tomatoes which were perfect on one side, but badly blemished on the other.

A. They are possibly sunburnt: they may have been watered on a hot day. Angie did say that she recently removed shade cloth from the tomatoes!

Q. Karen mentioned that when removing sugar cane mulch, she finds 'flea-like' insects springing around.

A. They are spring tails – like shrimp. They are possible food for frogs, etc. and cause no damage in the garden.

Q. Diane has owned chooks for around fifteen years and never had a problem, but now with only three chooks left she is finding that they have started pecking the eggs and eating them.

A. A suggestion was to substitute for china eggs to discourage the pecking. Another suggestion was that they are possibly looking for protein. Maybe they have a calcium deficiency, the shells are thin, and if the eggs get broken, the chooks get a liking for it. Celia said that chooks do not need 'chook feed'; they like to forage. She uses oyster shells, not mussel shells, and smashes them with a hammer. She puts straw or lucerne on the ground, and turns them over every few days as bugs get underneath. Lucerne hay is very high in protein.

There is a website – Backyard Poultry – which is a forum for questions.

<http://www.backyardpoultry.com> and <http://www.backyardchickens.com>

**Working Bee
Saturday 21st November**

Our next Club working bee will be held this **Saturday the 21st November**, at Cathie Hodge's place.

We'll be doing some general tidying up, and also be joining in some of the bush regeneration work that Cathie does on her property.

The working-bee will start at **8.00 am**, and finish at 10.00 am – and then we'll all stop and have morning tea and a chat.

So **bring** your own sturdy boots, hats, sunscreen and gloves, and also any equipment that you have for weeding and clearing, including a weed bucket. Please **bring** a plate of morning tea to share as well.

Cathie's address is 44 Dalton Road, Tallebudgera, and we have been asked to park outside the front of the property – there will be signs to show where to park, and then we just walk up the driveway.

Cathie's number is 0406 575 233 if you need further directions or have any questions.

**Veggie Swap
by Dorothy Coe**

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

Last Month's Guest Speaker
By Rachael Lebeter

Imagining Gold Coast Gardens

*Our responsibility begins with the
 power to imagine.*

Sometimes, when the weeds threaten to overwhelm and the grasshoppers are waging war, a gardener can feel very alone. I am never lonely in the garden, but I do occasionally feel like a solitary soldier overrun by the hordes and therefore shanghai a friend's help and company. It is amazing the difference that it makes, and I often think of how lovely those family vegie patches of the early 1900s must have been.

I imagine that for many of us, despite our presence here, gardening itself often is a very solitary act. It was therefore very interesting to hear Terri Lethlean speak of gardening as a community activity. In her words: there is no single gardener, only a community of gardeners. Gardening, for Terri, is an act of "nurturing life". She began as a gardener as part of the Work for the Dole program, and came to realise the importance of gardeners' stories and the way that they came together despite differences of age and background. This has been the inspiration for her PHD, looking at the importance of gardening and its impact on the community, which she kindly shared with us in October.

As we are faced with global issues such as the reliability of our food, the questionable sustainability of industrial agriculture, rising populations and climate change, the vegie garden has recently made a comeback. This can be seen most clearly in the resurgence of the community garden in urban areas, converting private land into a public space where we all have the opportunity to enjoy the benefits of growing our own food. These gardens are a cultural space as well as a physical one, and their more personal and intimate nature, when compared to a cluttered CBD, make a calmer and more meaningful place for interaction and imagination. A community

garden is a social entity, about sharing food and knowledge, as much as space.

Community gardens take many forms and go through many stages of development. On the Gold Coast, gardens from Tugan to Lotus Creek may have different priorities, but they face similar challenges: the availability of land, legal requirements for establishing a garden, and the maintenance which so regularly falls to a core group, despite the requisite Committee of 40 members. Yet, as Terri said, they all welcome you with a smile and send you home with an armful of fresh vegetables. Community groups may benefit from the gardens, like the disability support group that works with Gold Coast Permaculture, and many gardens offer classes and support to new gardeners. Some also offer community plots which donate vegetables to local families and charities.

In conducting her research, Terri looked into why people garden, collecting personal stories from hundreds of gardeners, many of which she shared with us:

For many of her interviewees, a garden is a site of personal expression, an art work, even, whose idiosyncrasies give visitors an insight into the maker. They are shaped by memories of past gardens, and tell stories of experimentation, challenge and satisfaction, as well as beauty and diversity.

Others say that gardening stops them feeling isolated – one member of Lotus Creek Community Garden spoke of a bed of potatoes which was worked on communally by all of the members – the potatoes cost more than they do at Woolies, but the satisfaction of growing them together was much more important than economics.

Many of Terri's gardeners also value the teaching and learning elements of community gardens. We all know how important it is that our skills and knowledge are passed on, and a community garden provides an opportunity to share experiences and techniques, and to facilitate cross-generational dialogue.

Gardens also provide us with a practical, dare I say grounding, relationship with the soil. They provide connections to nature and place, giving us a sense of responsibility and ownership of the world around us. They provide us with a community of like-minded neighbours, and a sense of belonging.

For many of us, gardens are also therapy. They take the "tension away" and fill us with generosity of thought and action. They improve our mental and physical health (I just recently read that some of the microbes found in the soil have anti-depressant properties!) and provide us with a sense of well-being.

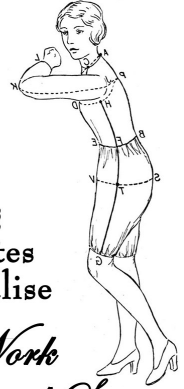
Despite this rosy picture, community gardens are not without challenges or conflict. On the Gold Coast, while funds are available, there is no Community Gardens Officer to facilitate the development of new gardens, or to manage the needs of the old. Demand for beds at any one of the gardens will show you that more are needed, both in the community and in institutions like nursing homes and schools. The food is better, with less risk involved. They create green space and a sense of community. And they provide people with a relevant, tangible and functional way of being needed, and of giving, both to the planet, to the community and to each other.

If any one of our speakers this year has understood gardening in all of its moods, it is surely Terri. Something from her stories and research surely sung for every one of us, and the idea of community certainly resonated with me. She was asking every one of us to examine, at the core, why we too imagine our gardens, and how. And with imagination, begins responsibility.

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Introduction to Aquaponics Workshop By Rachael Lebeter

Nerang Aquaponics Teaching Unit – Introduction to Aquaponics Workshop

Just in case you haven't noticed, I have a bit of an abiding interest in Aquaponics. As such, I dragged myself out of bed and up to Nerang Aquaponics Teaching Unit on yet another Saturday for an Introduction to Aquaponics workshop.

Not expecting to do a Speaker's Write-Up, I must admit that my notes are not as copious as they normally would be. I wrote down only what I did not already know, and what was directly useful to my rudimentary fish-tank system and my plan to dabble in something bigger next year. Two hours, a cuppa, and some lovely sandwiches later, I still had four pages of detailed notes to take home and a strong desire to participate in the next, full-day course which is enticingly titled "How to build your backyard aquaponics system". I am not the handiest of people – ask me what I did when a tap came off in one of my classes at school – yet after visiting the Nerang Unit and noting their helpfulness, I think that even I could cope with that.

The presenter of the workshop, fittingly known as Aqua-Dan, was a veritable encyclopaedia of aquaponics knowledge. He provided a nice background to the systems and how they work, as well as dropping enough tips to keep me scribbling away. For all the DVDs and handbooks available at the Gold Coast Library, and believe me there are heaps, most of which I have read, Aqua-Dan was way better: easier to understand, clearer, and with a conveniently located system to show us.

It is amazing the difference that a working model makes. I now understand what a bell-siphon is (and how it works, and how I might be able to make one), what different types of systems look like (there are 3), and what a bio-filter is. Also inspiring was the utter lack of

panic when a pipe snapped and water came pouring out. Experience tells me that I would not be so calm (see above), but it is comforting to think that one day, perhaps several workshops later, I too will handle such "disasters" with aplomb.

The next aquaponics workshop was to take place on the 14th of November. I was at a long-awaited cheese-making course and did not get to build my system. Fortunately, the homemade brie and parmesan went some way to assuaging my disappointment. That said, this is a public appeal for you to help me convince Neil and Sid to offer another "build your own" early next year (perhaps it could be for the "anti-handyman/woman") before they move on to workshop 3, which will no doubt be fascinating also.

Jill's Garden Update By Jill Barber

Well, now we know: the lattice (see pic) does not keep out the rat(s)! Last month I was thrilled with our carrots...and so was the little rat! Caught him, though, after he hadn't consumed too much, and carried him off into the bush down the valley (sorry if you live near there). Now his little relative has found the carrots, too, and has been too cagey (not yet...) to get caught in the cage, so far...It's only a matter of time.



The Blue Lake climbing beans in the back corner of this garden are just about finished, but another lot are now producing prolifically, and we can pick a big bag every couple of days. I just love fresh beans, especially home grown ones! I delight in being able to give them away, too, to family and friends.

Since it's too soon for shade cloth (to protect vulnerable salad greens, and help them to stop bolting too quickly), the beans have climbed above their circular lattice, and latched on to a handy wire holding a swinging old CD (used to dissuade the birds), and climbed up it to the pergola, built to hold the shade cloth in summer. It's clearly dual purpose.



Dorothy's Garden Update By Dorothy Coe

Not too much happening in my garden at the moment but I did have success with carrots (seeds purchased from Diggers club specifically for our climate).



I also had an abundance of cherry tomatoes because I let my bottom garden run wild with them. In the last 3 weeks I have picked over 10kg and in addition to giving away bags of toms to friends and family I still had more than I knew what to do with so I have been making some Cherry Tomato Chutney...pic below and recipe on page 10.



Recipes Column

I have some new recipes thanks to Angela Anderson (club member) who came over to my place a few weeks ago to give some friends and I a demo of her Thermomix machine. What an amazing kitchen gadget, not only does this machine chop, whizz, blend, grate but it also cooks the food too.

Put ingredients into a blender whizz up until desired consistency.

Angela is also doing Thermomix demonstrations professionally now so if anyone wants to see it in action, let her know. Angela can be contacted on 0439 488 166.

Source: Dorothy Coe

=====

Angela's Secret Recipe for Smokey Hummus — oops not a secret anymore!

Cherry Tomato Chutney Jam Sweet & Spicy

This dip is a bit special because unlike the regular hummus, this has a nice smokey flavour due to Angela's secret ingredient.

Ingredients:

Ingredients:

1 can Chick Peas (drained)
1 Garlic Clove
2-3 Tb Tahini
2-3 Tb Verjuice (or lemon juice)
2-3 Tb Water
2-3 Tb Oil (tasty EVOO)
1/2 tsp Cumin
1 tsp Smoked Paprika (**secret ingredient**)
Salt and Pepper to taste

2 tsp cumin seeds
2 tsp coriander seeds
750g ripe cherry tomatoes, halved
2 onions, finely chopped
2 fat garlic cloves, crushed
2 large mild red chillies, deseeded and finely chopped
5cm piece fresh ginger, grated
250ml white wine vinegar
300g soft light brown sugar

Put ingredients into a blender whizz up until desired consistency.

Put the cumin and coriander seeds in a small frying pan and toast over a low heat for 1 minute, then crush in a pestle and mortar.

=====

CADA — Coconut, Almond, Date & Apple

Put the tomatoes and onions in a wide pan with the garlic, chillies and ginger. Add the spices, vinegar and sugar. Bring to the boil, then simmer until reduced to a jam-like consistency.

I really liked this dish because it's not only quick to make, yummy, very filling but it's a healthy too even it felt like I was eating a naughty snack. It could be eaten between meals as a snack or as a breakfast meal or even a desert.

Then spoon into jars. Seal the jars while hot, then allow to cool completely before labelling and storing. Tastes fantastic with cheese and home-made biscuits.

Ingredients:

40g Coconut
40g Almonds
40g Dates
1 Green Apple

Source: Dorothy Coe

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

Recipe submission deadline is the second Monday of each month.

**If You Just Do Three Things This
Summer... Slip, Slop and Slap!
By Diane Kelly**

We all know the slogan, but in addition to protecting our skin over the summer, let's think about looking after our gardens during the hot and damp months ahead. Let's plan to slip on some mulch; slop on some compost, and slap on some shade cloth!!

MULCH:

Mulch comes from the old English words meaning "soft" or "mellow", which is appropriate because one of the roles of mulch is to stop the compaction of soil that can be caused by heavy rains. Mulch, which can range from lucerne to seaweed to comfrey leaves, also conserves soil moisture; reduces garden water requirements; encourages plant root growth and earthworms; increases soil fertility; and limits weed growth by excluding light to their seeds.

There are a few things to be aware of about mulches. Remember to water your garden soil well before applying mulch, because the mulch barrier inhibits water penetration and soil may remain dry beneath the mulch, even when sufficient irrigation is provided. Mulch that is applied too closely to plants or trees can increase local humidity and so cause collar rot, and be careful when applying wood mulches. These do not add nutrients to the soil, and because they are high in carbon and low in nitrogen, they can actually cause depletion of soil nitrogen levels.

So slip on some mulch, because it is "one of the secrets of easy gardening".

COMPOST:

Composting was regarded by Esther Dean as "nature's supreme fertilizer", and Annette McFarlane describes composting as "a method of speeding up the natural decomposition of organic matter". In warm climates, soils tend to be shallow and so need compost to supplement their reserves of nutrients. Year-round growing seasons put high demands on

soil, and compost can help sustain that growth – and compost also helps avoid soil leaching.

When deciding on what type of compost to make – aerobic or anaerobic – consider the materials that are available, the space you have, how quickly you need compost to apply to your garden, and your capacity to aerate the heap. Read up on topics such as carbon/nitrogen ratios, compost tumblers, and bio-dynamic composting. Learn what size the materials you use need to be chopped into for greatest efficiency, and prepare to need about twelve heaped wheelbarrow loads of materials so that the balance between volume to surface area is correct. And finally, investigate what are the best materials for making compost.

So slop on some compost, because it is an essential part of gardening in a warm climate.

And finally, slap on some **SHADE CLOTH:** Shade cloth has been used in Australia for the last 30 years, but I hadn't considered the benefits of protecting the vegie garden with some of it until recently. As a means of protecting our lettuce and sweet corn seedlings from being destroyed by rascally white cockatoos, I put some bird netting over our raised garden beds. The seedlings grew well, but then the weather turned warm and damp – and I was in danger of having bolted lettuces among the garden display that I was developing for the end of October. But then I noticed that, although the lettuces were fully formed, they didn't bolt – and when I lifted the netting, there was a definite difference of temperature to the outside air.

Now this was only bird netting, and the evidence is only anecdotal, but it made enough of an impression on me that I will experiment with actual shade cloth for my vegetables over the hot months of summer.

So, slip – slop – slap – and I hope your summer garden is a healthy and productive one.

Getting to Know ... Anne-Maree Andrew
By Diane Kelly

Anne-Maree Andrew and her husband Mark live on a fan-shaped block in a quiet cul-de-sac in Coombabah. The front garden has a few low-maintenance plants, but the rest of the area is intentionally left as lawn as it contains clover, and the bees love it! So it was quite a contrast to walk through the house and out the back door – and to see a yard absolutely filled with green plants. There is a wide variety of trees, shrubs, vines, herbs, vegetables and flowers, and they create an oasis.

Anne-Maree grew up in the small country town of Birchip, which is a community between Mildura and Horsham, in the Mallee region of Victoria. Although her parents lived in the town then, Anne-Maree and her siblings used to visit her grand-parents on their farm. Now Anne-Maree's mother & father live on the farm, and produce sheep and wheat, and have paddocks that are between 3,000 to 6,000 acres each. The family have always had a vegetable patch, and Anne-Maree says her mother "is a fantastic gardener". She also tells of living through two ten-year droughts, which is why so much land is needed for running sheep.

Twenty years ago, Anne-Maree decided to come to the Gold Coast for a holiday and visit her brother - and has stayed here ever since. She had studied IT at university, and also qualified as a nurse, which was her career for a decade. Four years ago she became a gardener, and was part of the GC Permaculture team – and then, thanks to Lyn and Judy, she joined the Gold Coast Organic Growers club.

The backyard of the Andrew's block slopes forward to the street, and this meant there was a problem with run-off water ending up in the garage. Obviously enjoying a challenge, Anne-Maree proceeded to dig out a garden bed measuring 7.5 x 6 meters. This solved the water problem, and also allowed the de-

velopment of a large vegetable and herb garden. The garden is circular, with mulched pathways providing easy reaching access, and Anne-Maree weeds, prepares and plants out one section at a time, as each crop finishes.

The garden was built on "lasagne" principles, using layers of cardboard, wood-chip, water-weed, horse manure, Blood & Bone, rock mineral and compost. The item of most interest to me during my visit to this garden is that no hay is used in the layers. For carbon material, Anne-Maree dries large amounts of lawn clippings, and then combines them with sieved horse manure and compost at the ratio of 1:1:1.

This mixture is used to add new layers of soil once each area decomposes down and it works well – . Anne-Maree doesn't want to have to bring any more materials onto the block than is necessary. So she makes her own compost, using a four-sectioned besser-block system, which is permanently home to earthworms. The same combination of materials is used for planting out seedlings, and achieves a very high germination rate.



The circular garden.

So Anne-Maree has achieved – and obviously learnt – a lot over the past four years. She particularly values her garden because it gives her "the joy of being healthy".



The very successful composting system.

Walking around the garden we checked out the plant nursery, the bee hive, the compost bins, a tumbler, potatoes growing in a bag, jap pumpkin vines and fruit trees. Anne-Maree says Mark looks after the fruit trees, and she tends the flowers, herbs and vegetables, and does all the weeding – her quote about weeding is “don’t weed unless you have a place to put it”. So everything is “re-cycled” and returned to the soil.

One fascinating (and quite tasty) item in the vegetable patch was a hibiscus spinach tree. Anne-Maree enjoys walking around the garden and picking leaves to eat, and the hibiscus spinach leaves are among her favourites. She says she likes growing “low maintenance plants where you can just pick the leaves and enjoy a snack”.



The hibiscus spinach tree.



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QUESTION FROM JILL BARBER

Re my kale and (chorizo) recipe in the September issue....

Did anyone try the Kale and Chourico (ie. Chorizo) recipe that my brother sent me, and if so, did it work out?

I have to say that I drastically modified it when I made it - less than 150gm, not 500gm, and it was still quite strong! I also cut everything up quite small, and the second time around even plunge blended it, and added lots more stock - better.

FRUIT TREES

NOVEMBER

Custard Apple: Increase irrigation. Mulch trees. Apply fertiliser with Sulphate of Potash - 1kg-mature trees, 1/2kg-small trees.

Figs: Pruning should be done. Figs only produce on new wood or new season's growth. Keep well mulched and watered.

Lychee: Peak water needs.

Low chill stone fruit: Use fruit fly control programs. When fruiting is finished and harvested, prune trees.

Mango: Peak water needs.

Passion-fruit: Prune. All dead parts to go. Keep up the water.

Paw-paw: Increase irrigation. Apply 20 gms per sq m of organic fertiliser.

Strawberries: Keep well watered to encourage runners for next year.

Bananas: Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well. Apply fertiliser, 1kg/stool.

Citrus: Keep up the water. Spray with pest oil for leaf miner. Paint trunks with a white waterbased paint.

DECEMBER/JANUARY

Custard apples: Hand-pollination of Pink Mammoth and Hillary White.

Figs: Keep water up and mulch well.

Low chill stone fruit: Prune trees. Apply organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees.

Lychee: Peak water needs. Cover trees with net for protection from fruit piercing moth, birds and bats. Fertilise with an organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees. Harvest only when fruit on the pendant stalk are sweet and full colour.

Mango: Net trees or bag fruit to protect from birds and beasts.

Passion-fruit: Apply 1 kg organic fertiliser with sulphate of potash. Keep up the water.

Paw-paw: Apply organic fertiliser with sulphate of potash – 1 kg for mature trees and ½ kg for young trees. Apply a copper based spray or leaf microbes for black spot control.

Persimmon: Apply organic fertiliser with sulphate of potash – 1 ½ kg for mature trees.

Strawberries: Keep well watered to form new runners for next year. December is the time to mark old strawberry plants. Watch for their new runners to develop. This makes it easier to define plants when you are ready for new planting.

Bananas: Keep them well watered.

Citrus: Water tree well. Keep up pest oil spray for citrus leaf miner.

Brisbane Organic Growers Handbook



Why did the tomato blush?
Because he saw the salad dressing!

VEGETABLES

NOVEMBER:

Artichoke, Asian Greens, Beans (French & Snake), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrows, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet corn, Sweet potato, Tomato, Zucchini.

DECEMBER:

Asian Greens, Beans (French), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

JANUARY:

Asian Greens, Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Shallots, Snake Beans, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

Bee Warned !!



← Unusual photo on the left was sent in by Diane Kelly - The photo taken by a French tourist while travelling through Broken Hill.

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.

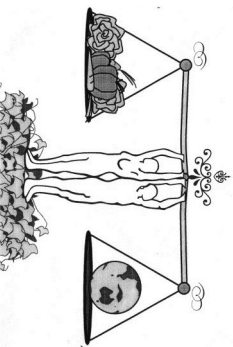
JANUARY

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.

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 21 January 2016