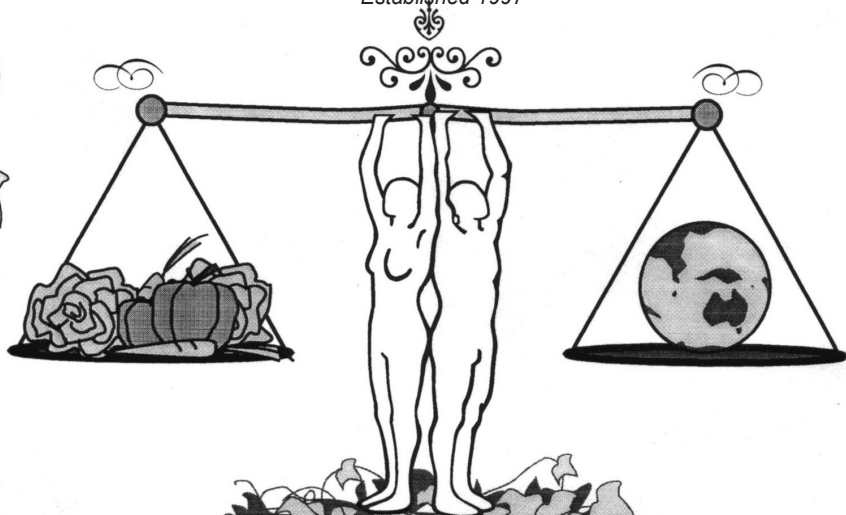


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - NOVEMBER 2016 Issue 11
GARDENING IN SPRING

Pg2	<i>Club Information</i>	10-11	<i>Let's Share our Tips of "All Things Gardening"</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	12-13	<i>Presentations by our Members, Gardening at a Glance in Nov</i>
4-5	<i>Workshops Contd., Events, Can We Help, Offers/Wants Section, Q&A from Oct meeting</i>	14-15	<i>If You Do Just One Thing This Month</i>
6-7	<i>A Tour of Higgedly-Piggedly Farm, Wild May Fruit Fly Control System</i>	15	<i>November Pests & Diseases</i>
8-10	<i>Getting to Know ... Pat McGrath</i>	16	<i>New Veggie Swap Guidelines</i>
		17	<i>Recipes</i>
		18	<i>Fruit Trees</i>
		19	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 19th January 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

2016 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Cathie Hodge 0406 575 233 cathie.hodge@gmail.com
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
Newsletter Editor Newsletter Asst.	Dorothy Coe dorothy@dorothycoe.com Diane Kelly
Website Editor	Dorothy Coe dorothy@dorothycoe.com
Advertising	Dorothy Coe dorothy@dorothycoe.com
Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellebeter@gmail.com
Librarians	Ann Brown 0403 936 360 Pat McGrath Megan Keeler
Seed Bank	Lyn Mansfield 0409 645 888
Seed Assistants	Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

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 – November 2016:

Overdue: Anne Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347), Gene Rosser (224), Dayne Petersen (377), Kim Verecke (393), Neil Ross (294), Frank Rebesco (342), Celia Forrest (351), Michael Cuthbertson (396), Ray & Cheryl Finlayson (397), Amy Lukens (356), John Palmer (357)

November 2016: Paul & Maria Roberson (4), Geoffrey Williams (293)

January 2017: Megan Keeler (358), Marion Symons (155), Karen Collins (350), Daniel Rhoades (399), William & Tracey Chen (400), Micheline Lazarod (401)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge & Rachael Lebeter.

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

Upcoming Guest Speakers

NOVEMBER

Vicki Brun from direct composting solutions will be our guest speaker this month - www.directcompostsolutions.com

Guest Speakers for 2017 - TBC

Workshops

Abilities Plus – Permaculture

All these workshops are held at 2 Market Street, Carrara (Behind the Back Page Sports Bar and Woolworths)

Come and chat about a vegetable, herb or plant and learn how to cook it....

Workshop are from 10am to 12 noon

19 Nov Ointments and Salves
3 Dec Christmas Party

Cost is \$5.00
BOOKINGS REQUIRED

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

Free Eco Festival

Brand new ECO MARKETS launching on the Gold Coast!

Eco. sustainable. natural. organic. plant based. earthy. green.

When: 19th November

Time: 8am to 3pm

Where: Broadwater Parklands, Marine Parade,

Market stalls will include food trucks, food produce, clothing, kids corner, crafts, jewellery, wooden handcrafted pieces, bamboo products, gifts, music, workshops, yoga, handmade, beauty, holistic tent, entertainment, speakers, charity organisations. And so much more!

If you would like a stall please email ourecomarkets@gmail.com

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

Q & A - From The Oct Meeting By Cathie Hodge

Q. Building a wicking bed?

A See the following links for instructions for building a wicking bed. (Or talk to Neil who has plenty of experience with them).

- ABC Gardening Australia - <http://www.abc.net.au/gardening/stories/s4010599.htm>
- Verge Permaculture - <http://vergepermaculture.ca/2011/05/guide-to-wicking-beds/>

Q. Young avocado tree that fruited last year but not this year?

A. The tree is probably too young for fruiting.

Q. Snake beans with problems?

A. Mites. It could be that the pH is out-of-whack, or that it is still too cool for snake beans to flourish. Check the soil pH.

Q. Feijoa growing?

A. At least two trees are needed to produce fruit. Select a fruiting variety suited to the subtropics. See the following websites for lots more information

- <https://feijoafeijoa.wordpress.com/growing-feijoas/>
- <http://www.daleysfruit.com.au/fruit%20pages/feijoa.htm>

Q. Can I plant garlic purchased from a shop?

A. Only buy Australian-grown garlic, preferably organically-grown. Imported garlic has generally been treated with growth-inhibitors & therefore won't sprout.

Q. Growing a Horseradish tree?

A. The Horseradish tree is also known as Drumstick tree, Miracle tree, Ben Tree or

Moringa. It will readily grow in the subtropics. See the following links for more information

- Green Harvest - <http://greenharvest.com.au/Plants/Information/HorseradishTree.html>
- Daleys - <http://www.daleysfruit.com.au/Herbs/horseradish.htm>

Q. Ethiopian cabbage?

A. See the following link with information about 10 subtropical food plants recommended by the website's author, including Ethiopian cabbage. (The rest of the information is also useful for subtropical gardeners). <http://gardendrum.com/2014/05/07/my-top-10-subtropical-vegetables/>

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
The Ecovillage, 639 Currumbin Creek Rd
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

THE DIGGERS CLUB

Helping Australians grow the best heirloom vegetables, fruits and berries.

Join the club for discounts, eight magazines a year and free offers.

Shop online for delivery around Australia.

Visit our website for video tutorials, fact sheets and gardening articles to help get you started.



TEL 03 5984 7900

DIGGERS.COM.AU



HERB FARM

Michael & Sandra Nanka
491 Springbrook Rd
MUDGEERABA. 4213

Opening times: Mondays, Tuesdays and the 3rd weekend of the month.
9 am – 4 pm

Phone: (07) 5530 3253
www.herbcottage.com.au

- ◆ Culinary, Fragrant and Medicinal Herbs
- ◆ Vegetable and Herb Seeds
- ◆ Craft, Herb Vinegars, Jams & Preserves
- ◆ Essential & Fragrant Oils, & lots more

A Tour of Higgleddy-Piggledy Farm By Rachael Lebeter

All of the feedback that I received after Relle's presentation at our club meeting in October suggests that I am not the only one who is hugely inspired by her community-minded, sustainable city farm, descriptively named Higgleddy-Piggledy.

As Relle pointed out, by 2020, 70% of the world's population will live in cities, leaving 30% to feed us. Agriculture, as a result, will become still more industrialised and intensive, putting further strain on existing farmlands. The only real choice is to actively grow produce in urban areas, and this is just what Relle does.

Higgleddy-Piggledy Farm is located on a ¼ acre block in Sunnybank, Brisbane. Allowing for buildings and living space, the garden is limited to about 600m² and, in such a small area, every possible centimetre has been used. Relle relies on raised beds and crates with holes in the sides for flowers. Climbing vegies are trellised up fences and the sides of the house, while pots of every description cover the rooves, making flexible use of an otherwise wasted space. Amazingly, the tiny farm produces at least 70% of the food required by Relle's family, plus has vegie boxes for sale, and it still has room for 20 chickens, 15 quail, 2 ducks and a long-awaited milking goat, not to mention pet dogs, cats and guinea pigs.

Relle is currently studying a certificate in Permaculture, and the three key principles of caring for the Earth, caring for people, and giving back to the community, can be seen in the design of the farm. Higgleddy-Piggledy is not certified organic, but plants are grown organically with a focus on using lots of compost to build the soil quality. Every element of the system has a role to play, from the cat that catches rodents, to the egg-producing poultry and lawn-mowing guinea pigs. Even the duck pond drains into a swale that waters and feeds the gardens. And the farm is a lesson in diversification, having many arms: it feeds Relle and her

family, and if they won't eat or sell the produce, it feeds their animals. In addition to producing 10 seasonal veggie boxes every week, provided to families within a 10 km radius of the farm, they also donate 10% of the produce to the 139 Club, which supports Brisbane's homeless.

The ultimate goal on the farm is to produce no waste, therefore capturing energy and creating a closed-system permaculture. Planting might be messy, but the integrated gardens allow for companion planting and succession grown crops, making the most of the space available. In order to embrace the values of reducing waste, a philosophy of reverse garbage is applied, meaning that pots are created from anything and everything.

The most inspiring thing about Higgleddy-Piggledy Farm is not, however, the innovative use of an urban space. More than a commercial venture, Higgleddy-Piggledy Farm is quite clearly a social enterprise that is an outlet for Relle's passion for community development. In addition to the CSA style vegie boxes, long table feast days and open days are hosted at the farm for the local community. A new outdoor projector has been procured to host movie nights with a permaculture focus, and the farm also hosts workshops on topics like beekeeping, gardening with kids and fermenting, with any proceeds being donated back to charity.

In the future, Relle would like to expand her growing space to produce 30-40 vege boxes per week. Her dream is to develop a crop-sharing system in the backyards of her neighbourhood. In exchange for a weekly vege box and free lawn mowing, busy families or people who cannot physically care for a garden, could "rent" their yard to Higgleddy-Piggledy for cultivation. Not only is this an interesting community project, the potential benefits that it could provide for pensioners, the disabled and the disadvantaged, is phenomenal. They would learn about growing things, be part of a community, increase their independence, receive healthy food and, if they wanted to participate in the gardening, they would also have a daily activity. You can see that Relle's first calling was social work!

The idea of gardening as a social enterprise holds some weight, as those of us who are members of a community garden well know. And it is this approach that Relle has taken to the integrated social project and market garden that is Higgledy-Piggledy Farm. Not only is the project one that I hope to see replicated in other urban spaces, but I also found Relle's ideas and enthusiasm an inspiration for my own projects. It was an important reminder that although community involvement may not be the obvious goal of a project, by focusing on the wider benefits of your work, a more rewarding and sustainable outcome is likely to be attained. Community is key in Maslow's Hierarchy of Needs, and therefore any project that builds community is one that we can be proud of. And Relle can certainly be proud of Higgledy-Piggledy Farm!

Wild May Fruit Fly Control System By Rachael Lebeter

Proper heirloom tomatoes are by far my favorite thing to grow. But even though I try to bag the fruit, for every tomato that I get to enjoy, I probably lose at least 4 or 5 to insects, and fruit fly especially.

When I took over as Guest Speaker Liaison in 2015, Jill Barber suggested that it was about time we had someone speak about fruit fly control systems. We all fight the little pests, and it would be good to learn more about the best organic practices available.

Wild May, who will be providing a speaker for us sometime next year, is going to be the answer to this request. They are a local company that has developed an organic control method for Queensland Fruit Fly. Used with a system of Integrated Pest Management (IPM), this product could be the answer to swinging the balance away from maggot-ridden fruit to more fresh produce for you.

Wild May's fruit fly management system relies on trapping male fruit flies. Traps can be

commercially bought or made from recycled materials, and Wild May manufactures an attractant that lures the male flies into the trap, from which they are unable to escape. Female fruit flies must mate before they can sting fruit and lay eggs, so by killing male fruit flies, the following generations can be eradicated. Because Wild May only attracts fruit flies, it does not harm other beneficial insects in your garden.

In lieu of speaking at one of our meetings this year, Natasha from Wild May has very generously provided us with sample packs containing fruit fly traps and attractants. If you were lucky enough to receive a pack at our November meeting, visit the Wild May website for more information on using the traps and attractants.

Natasha provided the following information:

Wild May has been operating for 17 years now, with a very loyal customer support group, enjoying great success growing and eating pesticide FREE fruit and veges.

The most important factor with fruit fly management is to keep the trap out all year. In the cold months keep a monitor trap out, so when you see the first flies in the trap, RE CHARGE your other traps.

THE REASON

This is the first of the juvenile male flies, so by catching them first you have wiped out a generation.

The female must mate before she can sting the fruit.

It is a very simple and effective method of fruit fly management if followed properly.

For more information, visit:

<http://wildmay.net.au/>

Getting to Know ... Pat McGrath

By Diane Kelly

One of Pat's best stories was the one about her dad. A Warrant Officer in both the British and Australian armies, he was transferred to many locations – resulting in Pat attending nine primary and three high schools. But the good part of this tale is that in every place that the family lived, Pat's father built a vegetable garden, and Pat's still remembers helping her dad do the weeding and pruning.

When they came to Australia, Pat and her parents moved to Warrnambool on the coast of Western Victoria. Apparently there used to be snails in vast numbers in the yard of the house they lived in, so to solve the problem, some ducks were bought. Of course they ate the snails very quickly – and they did such a good job that duck food then had to be purchased to feed the flock!

During the Second World War, at the age of nineteen, Pat's father had been part of Battle of Dunkirk. After coming to Australia he trained staff in the Citizen Military Forces, the name then given to today's Australian Army Reserve, and was awarded one of the British Empire medals.

Pat's parents eventually retired to Brisbane, and this is where we pick up Pat's side of the story.

Taking up a career as a teacher, Pat lived in the suburbs of Brisbane until the opportunity arose for her to become the Deputy Principle at one of the primary schools on the Coast. Wanting to live close to work, she looked around the southern end of the Coast for a property, knowing that she wanted a block with plenty of space as she had lived on in Sunnybank. In around 1987, Pat found her new location – an acre of very tall grass, very tall trees, and lots of clay soil. Since then Pat's story has been one of hard work, achievement, travel, and a wonderful garden.

The first thing Pat needed to do was to clear with a blade the grass and the groundsel – which she assures me were as tall as she

was! Pat lived in a caravan for a year while her house was being built, and gradually the block began to take shape. The eucalyptus on the block remained, as they are koala trees - but this presented the problem of shallow soil for planting anything under them. Pat has solved this problem by filling the garden areas primarily with bromeliads – but more about them later.



Pat lived in the house for some years, and then moved to Broadbeach for a while, before returning to Elanora permanently fourteen years ago. The improvements to the block include a lake formed on the natural watercourse of the property; a vegetable garden; a water tank (currently covered in beautiful white bougainvillea) for watering plants; and basically an acre of garden. To the house was added a patio, which I think would be on the north east corner, and it has two rose-coloured bougainvillea plants entwined around its supports – apparently they flower all year around. The patio area looks out over the lake, which is filled with water lilies, and edged with a variety of plants, include a parrots beak ginger plant that Pat obtained at our Club.

We walked from the house up the slope to the vegie patch, which is located there to catch as much sun as possible. Pat has a variety of vegies growing – the asparagus is producing well, as are the beans and Tommy Toe tomatoes. She has also planted Lebanese cucumbers, silver beet, turmeric, edible ginger, pine-

apples, perpetual coriander, endive and lettuces. The garden is fenced, and in some parts meshed, as Pat has a considerable problem with hares eating the greens – except watercress, as they don't enjoy anything bitter. The garden is slightly built up, has had cow manure applied, and is mulched with sugar-cane. Pat usually has a bin of compost in the making, and currently has two areas of compost supported by a retainer wall, and a barrow-load of weeds ready to be added.



Down along the southern side of the house is another productive area – several raspberry plants are thriving in containers - or bath tubs! yellow sweet potatoes and pumpkins are doing well in the compost heap; and lemon and lime trees are doing well in pots. Pat tells me that she tried growing citrus in the ground, but with no success, so pots it is! Also growing in a pot is a “Miracle Plant” – when you eat the berries of this shrub, anything sour that you eat after that actually tastes sweet. Blueberries are also one of Pat's favourite fruit, and they bear from spring to the end of autumn, fertilized by Dynamic Lifter and potash.

As we walk around from the fruit area to the front of the property, the star jasmine smells beautiful, and the yarrow flowers are worth taking photos of. Plus we are accompanied by Pat's Siamese cat, who is enjoying showing me around his property.

Apart from a row of orchids, a display of agapanthus, and a few bits and pieces, Pat's whole front yard is filled with bromeliads. Now Pat warned me that you either “love or hate” bromeliads, but whichever it is, the

plants on display are impressive. Pat also has a saying “you work with what you've got”, and this was the motivation to planting out broms in the front garden. The soil is very shallow, due to the gum tree roots, but the bromeliads are thriving in the dappled shade. Pat grows the plants in the main garden, and as they age, she transfers them to the “Brom Nursery”, where she usually gets one more “pup” out of them. The bromeliads have an amazing range of colours in pinks and greens and leaf texture – and in among them was the most beautiful blue ginger plant – it has no perfume, but the flower is well worth looking at on the website version of this article.

I asked Pat what her plans were for the future of her garden. Along one side of the property, continuing on from the lake, is a steep gully that Pat shares with her neighbour. So Pat's next project is to plant it out – partly to beautify it, and partly to stop erosion. This is where the pups from the bromeliads go, along with lilies and palms.

The lake with the fountain aerating the water.

So to finish up this article, a couple of stories:

- I asked Pat about whether there are snakes around the property. She then proceeded to tell me about the time she was around the side of the house, and accidentally stood on a snake – and I can't remember if it was a black or a brown. But Pat had one foot on one end, and one foot on the other end – and she tells me she is not scared of snakes!
- We talked about bees, and Pat told me how a swarm moved into her house – literally. They came in through the weep holes, and after the plaster needed to be removed, they were eventually rescued out of the wall cavity by a bee-keeping neighbour.

Contd. over page.....

- And one more piece of information that presents a lovely picture – Pat was talking about the bromeliads having “frog ponds”, and she mentioned that the frogs actually sit in the middle of the plant. I’ve since Googled that, and I’ve learned that frogs live in bromeliad plants to their mutual benefit. The frogs fertilize the plant, and the plant provides a safe haven in which tadpoles can be laid.



So Pat has done a wonderful job with her garden, adapting well to the conditions. She has had an interesting life, and has enjoyed travelling to more than fifteen countries over the years, ranging from Thailand to Poland, and most recently India.



And Pat’s comment about gardening? “It is more for the soul than the body”. And I am sure most of us would agree.



A beautiful staghorn in Pat’s front garden

Let’s Share our Tips of “All Things Gardening” by Diane Kelly

This month, we’ll start with some hints from Esther Deans about herbs:

1. **Borage:** Hardy and easily grown, the little bright blue flowers attract bees in profusion. This plant may self-sow, so it will provide you with plants over a period of years. Use borage leaves to flavour drinks and punches, as it has a pleasant cucumber flavour.
2. **Marjoram:** This plant thrives in full sun, but must not be allowed to dry out, so attention should be paid to watering it.
3. **Lemon Verbena:** Grow this shrub in a warm, sheltered position in full sun. Pinch out new shoots to encourage bushy growth, and mulch around the base in winter to give the roots shelter from the cold.

and about comfrey liquid fertilizer:

- Comfrey liquid can be used for pot plants if it is super-diluted. 30 millilitres

(one fluid ounce) of the stock solution added to five litres of water makes a nourishing mixture. Regular application of this liquid plus plenty of sunlight and love will make your indoor plants thrive!

And on to tomatoes, from Penny Woodward:

- Once growing strongly, prune around the base of the plant to leave a space between the soil and bush. Mulch well and water regularly, avoiding soil splash.

Then a few more suggestions:

- If your strawberries manage to make it to the kitchen without being eaten while harvesting, don't wash or hull them before storing in the fridge.
- When growing rhubarb, always harvest stems starting from the outside by pulling the stems from the crown. Never cut them, as this leaves a stump that can cause water to collect at the base, and might result in the crown rotting.
- Plant a summer survival kit near your back door in pots. Lemon verbena leaves can be crushed onto skin to help deter flies and mozzies; aloe vera gel can be applied to sunburn, cuts or insect bites; chop lemongrass leaves to make a refreshing tea; and eat cucumbers (or juice them) to rehydrate.
- Microbats: If for any reason you need to handle a microbat, wear heavy gloves and trap it gently in a towel or pillowcase – remember they do carry some dangerous diseases (although not as many as fruit bats). Best alternative? Contact your nearest wildlife rescue person.
- **And chooks:** The presence of lice and mites on a bird, internal parasites such as worms, or the presence of red mites living in the shed, will all reduce egg lay. So inspect birds and pens regularly and treat if required.

JOBS FOR NOVEMBER

November in the vegetable patch is as much about battling against weeds and pests as it is about sowing and planting new crops. Birds, slugs, snails, aphids, butterflies, moths and innumerable other forms of wildlife will regard your newly emerging seedlings and tender young plants as an irresistibly delicious free meal.

Water seeds and seedlings. Water regularly and generously. November can be a surprisingly dry month, and all growing plants need to be kept moist. They may not survive if you let them dry out. Direct sown seeds will germinate better if the seed bed is covered after watering. Carefully lay wooden boards, damp hessian or woven poly bags over the bed. Check daily and remove the covers as soon as the seeds have germinated. Established vegetables can be mulched with straw to reduce moisture loss.

Weed regularly. Weeds will grow as vigorously as anything else in your garden this month. It's important to remove them, however, as they compete with your own plants for water and nutrients in the soil. Using a hoe is the least back-breaking way of weeding, and is best done on dry, warm days when the sun will dry out and kill uprooted weeds.

Watch for pests. In the vegetable patch slugs and snails can devour a row of new seedlings overnight, so it's wise to place snail bait around the seedlings, particularly if rain is forecast. Aphid infestations can build up quickly on new growth, particularly new shoots of peace, nectarine, plum and cherry.

Thin out seedlings. Seeds you sowed direct last month may now have produced seedlings that need thinning. If you don't think them out, crops such as carrots, parsnips, beetroot and lettuces may not have enough room to grow to a reasonable size.

Check soil moisture under fruit trees. Fruiting trees are thirsty trees during fruit development.

Source: Alan Buckingham, Vegie Patch

Presentations by our Members by Rachael Lebeter

Sharing our thoughts

During Q&A, the breadth of knowledge harbored by our membership consistently amazes me. And in our Member's Only meetings, where we hear short presentations on a variety of topics, our members have proven to be entertainers as well as educators. I am convinced that everyone has something of value to share, so get in touch if you would like to present at a Member's Only meeting next year.

Backyard Duck Keeping – Anne Butler

I have always wanted ducks, so listened avidly to Anne Butler's tales of keeping Muscovies which she had raised from ducklings. Muscovies were the obvious choice for Anne, as they are a breed that does not need a lot of water and are therefore suited to smaller blocks of land and suburban areas. As long as clean drinking water is always available, and there is somewhere deep enough for a paddle, the ducks are happy. For example, Anne keeps a few plastic children's pools around the garden and says this option makes cleaning the pools, which get dirty easily, particularly simple.

Anne's motivation to keep ducks was based on the benefits for her garden. Unlike chickens, the birds do not scratch and can be left to roam in established gardens as a form of pest-control. Bill Mollison, the Australian father of Permaculture, was rumored to have said "you do not have a slug problem but a shortage of ducks". Anne does warn that ducks will eat your leafy greens and seedlings, however!

Duck poo also makes a great compost. Anne keeps her ducks in a predator-proof coop at night, and provides cane-mulch or straw as the bedding. She swears by that this mixture makes the perfect, moist compost for the garden.

If you are not yet convinced that ducks are the answer to all your problems, including the slug dilemma, don't forget that the eggs are lovely also and make the best cakes around!



Grey Water Recycling Systems – Judy Reiser

Judy Reiser, one of our long-standing members, took the opportunity to speak about her grey water recycling system, which keeps her plants moist and happy. The system includes swales and berms to catch the grey water, which is gravity-fed from her laundry to a perforated drum and Ag pipe buried in the garden. Despite concerns about chemicals contained in the water, Judy believes that if you use a biodegradable laundry powder, this is not an issue. And her garden has been happily absorbing grey water for more than 10 years, so she should know!

Recycled Raised Garden Beds – Dayne Peterson

Faced with building garden beds in pure rock, Dayne had to find a better way. He got his first raised garden bed, a corrugated iron affair, from the side of the road during the council chuck out. The find was so exciting and the piles of perfectly good materials destined for the dump so wasteful, that much to his wife's chagrin, Dayne continued to comb the piles of refuse. His solution to both the waste problem and the garden problem? Raised garden beds built from recycled and salvaged materials.

Dayne, the consummate entertainer, has turned all manner of metal into 16 raised gar-

den beds that now produce fruit and vegies on his previously infertile, rocky soil. He fills the beds with weeds, poo and soil before topping them off with mushroom compost and swears they will grow anything. Not bad for a \$15 package of grinder blades!



Sprouting at Home – Deborah Phillips

After being inspired to grow microgreens at July's meeting, it was great to learn about growing sprouts in August. Deb's method is simple, using a wide-necked jar with a mesh lid. Her advice is that success lies in the seeds, and she recommends the organic seeds available from Santos, although any organic seed will do.

To sprout the seeds, Deb first washes them and skims any floating seeds from the top of the water as they are not viable. She then leaves the seeds in the jar in a dark cupboard until they sprout, rinsing them every day and draining the water to prevent fermentation. When the seeds germinate, the sprouts will be pale from lack of sunlight. Move them to a sunny windowsill for a day and voilà, sprouts!

Deb likes mung beans and red lentils for crunchy, tasty sprouts that are ready in 2-3 days, or alfalfa, which takes 4 or 5 days, for salads and sandwiches.

The Biochar Farm's New Project – Dolph Cooke

The Biochar project at Kunghur moves from strength to strength. The low-tech, organic approach which Dolph takes to soil management through biochar creation is perfect for

community organisations and agriculture in developing nations. This was recognized by Organic India, and Dolph was invited to travel through the country, running workshops for farms and grassroots organisations, on bio-char and soil health. As part of the trip, he met the inspirational Dr. Vandana Shiva, the seed sovereignty activist, and came home with a wonderfully philosophical message on which to end the night: when a knowledgeable member of our community passes, it is like burning a library. We should save seeds, and teach others our craft in order to preserve our knowledge for future generations.

GARDENING - November at a Glance

- Prune spring-flowering shrubs that have finished flowering
- Take softwood cuttings of shrubs
- Lightly trim box and other formal hedging
- Prune *Clematis montana* after flowering
- Take cuttings from herbaceous perennials
- Cut back and divide spring-flowering perennials
- Protect young plants from slugs
- Clear out spring annuals, and plant out summer annuals and bedding plants
- Thin out annuals and vegetables sown earlier
- Feed fish regularly, and also give a special aquatic fertilizer to water plants
- Feed and weed lawns to encourage good growth, as well as mowing regularly
- Sow and plant out warm-season vegetables throughout the month
- Continue successional sowing of vegetables
- Feed and water shrubs in pots outside
- Sow more annuals for a late summer and autumn display of flowers Inspect plants regularly for signs of pests and diseases, and nip potential problems in the bud

Source: Ian Spence, *Gardening in Australia throughout the Year*

If You Only do One thing this Month Learn from my Mistakes

By Diane Kelly

This season I have planted out a number of crops in my vegie patch, and I must admit I am learning a few things about the following vegetables:

- Beetroot
- Lebanese cucumbers
- Red onions
- Sweet corn

Now not all my crops have been failures, but I've had enough less-than-successful results to send me to my gardening books – and these are some of the things that I've learnt.

1. **Beetroot:** Firstly, I did not thin out my beetroot seedlings. The leaves grew beautifully (the soil is quite rich in nitrogen), but the actual beets were stunted. Annette McFarlane suggests thinning out seedlings so that there should be 10-15 cms between plants (and 20 cms between rows).

I've only grown beetroot twice, and both times I've noticed that the roots came up out of the ground. Apparently this is normal "beetroot behaviour", so what I could have done is hill up the plants to prevent them collapsing. One of my friends also advised me that I should have "trenched" the seedlings, as you do potatoes – digging a trench, planting the seedlings, and then adding the soil as required. So next year

2. **Lebanese cucumbers:** I like Lebanese cucumbers, as they tend to have more flesh than the regular ones, and this year mine have grown well. But I noticed that several of them have "curled", and I wondered why. The conditions seemed adequate – plenty of bees in the area; plenty of fertilizer (cucumbers are heavy feeders); and regular watering. So my con-

clusion was physical interference. When the tiny fruit are growing, they can easily deform if caught on flower petals, vines or leaves, so the recommendation is to grow plants on a trellis. But I had already done this – and there was still a problem. I have now concluded that as the fruit were getting bigger, I did not move them so that they had space to grow – I noticed that a couple had butted up against the timber frame of the garden bed, and one or two against plant stems. So next time

3. **Red onions:** Third time unlucky – normally I only grow shallots, but this year I've grown red onions in two locations – and both have failed to mature. But this one was an easy one to solve – again, Annette McFarlane writes "if plants receive excessive nitrogen, onions may not form bulbs". The vegies that I am writing about are all being grown in 1 x metre square garden frames, and in with the red onions are growing silver beet and tomatoes. The silver beet is good, and the tomatoes are very leafy – good indicators of high nitrogen levels. I have now realized that I need to "companion plant" vegies that need similar amounts of nutrients. So after this crop
4. **Sweet corn:** Well, I've left the hardest until last, because I don't actually know what the problem is with my crop this season. It has just become evident that the cobs are not developing properly. There are several possible causes: plants not planted in blocks (done); insufficient soil moisture (regular watering done); or inadequate soil fertility (not an issue). But one hint did seem feasible to cause "*incomplete kernel development; ears partially filled with ripe kernels; shrivelled kernels*" – hot weather or high winds during pollination. So, although I planted the corn at the right time, and all the other conditions were met, I am summarizing that the heat and the recent windy weather have caused the problem. But if you have any other ideas, please let me know



Growing nicely October 2016



But maybe too hot and open to the wind?

So I've learnt a lot during the past two months. I still feel my soil is quite good; I have regularly watered the plants; I have kept the beds weeded; and I have planted the seedlings as directed. But now I can see that I need to move to the next level and learn to be more aware of exactly what is happening in my vegetable patch. So, next time, I hope I'll have some things to be learnt from my successes.

November Pests & Diseases

Vegetables:

- **Watch for cabbage white butterfly larvae**, especially on the leaves or radishes, rocket, and brassica seedlings such as cabbages, cauliflowers and broccoli. Keep plants well watered so they grow strongly and survive attack.
- **Slugs and snails** can be deadly now. Wet weather draws them out, especially at night.
- **Pesky birds** will attack brassicas, peas and strawberries. You can try scarecrows, but nets are the only real solution.
- **Broad beans**, especially early-sown crops, are prone to Chocolate Spot, a fungal disease that causes large freckles on leaves, stem and beans. Pull affected plants out and discard.
- **Pamper tomato plants** to keep the plants vigorous. If the foliage looks pale or curled, plants are likely to be diseased and should be replaced. Tomato virus diseases are spread via a sap-sucking vector such as thrips. There is nothing you can do once plants are infected except replace with healthy seedlings.

Fruit:

- **Net strawberries** to keep off birds, and deter slugs by laying a bed of dry straw around the base of the plants.
- **Check apples** for canker, powdery mildew and scab
- **Check pears** for canker and scab
- **Pear and cherry slugs** consume the leaf surface, skeletonising leaves on quince, pears and cherry during summer. Dusting with fine ash or lime desiccates the slugs.
- **Codling moths** mate this month. Hang pheromone traps in apples to catch the males, thus preventing the females, thus preventing the females laying eggs.
- **Don't spray** any fruit trees or bushes with treatments for bugs when they are in blossom and bees are busy pollinating.

Veggie Swap by Dorothy Coe

After great success with the veggie / produce swaps - we will be continuing with them ongoing into the new year, so don't forget to keep bringing your excess veggies, jams, plants, eggs etc. to swap at the future meetings.

The swap will commence as soon as the doors open at 7pm until the official meeting starts at 7.30pm and then we will commence again after the main meeting during supper.

In addition to swapping produce, if you have enough excess of anything you can also sell your items on the sale tables.

Feel free to **JOIN** our **facebook page** for updates on swaps done outside the club.
www.facebook.com/groups/veggieswapgoldcoast/



I have come up with some rules / guidelines for future produce swaps just to make it run more smoothly.

How the Veggie Swap Works

Veggie / produce swap starts at 7pm when the doors open until 7.30pm and also continues again after the main meeting at approx. 8.30pm.

VEGGIE / PRODUCE SWAP RULES / GUIDELINES

1. Put your full name on all of your items OR put them into one box/bag/container/ tray and put your name on that so people know exactly what belongs to who.
2. Label uncommon items just in case people don't know what they are.
3. Try to swap with items that have the same or of similar value where possible.
4. If you bring 6 items and only swap 3 items of similar value you can take your other 3 items back if you wish.
5. If you place items down and then realise there is nothing on the table you need then you can take your items back again.
6. Items left at the end of the night will just be handed out to anyone left in the room.
7. **IMPORTANT: Direct swaps and Indirect swaps** – uses the below NEW system:-

RED STICKER = If you **only** want to swap directly with someone then place a red sticker on your items and you will be **approached by people before** they take your items to see if you are interested in what they have for swap (or you can approach people yourself).

NO STICKER = If no sticker is placed on your items then this means you are open to **indirect swaps** ie. you would place your items on the table and just take items that don't have a sticker – eg. place 2-3 items down and take 2-3 items of similar value which have no sticker. If you want an item with a red sticker – just approach that person and ask them first if they would like to swap.

Any questions just ask Dorothy Coe during the meeting.

Recipes Column

Re: Recipe Alert! Recipe Alert!

This is an amendment to the Kale Chip recipe from Sept issue. The temp. and time were inaccurate as Jill Barber discovered as she almost burnt down her house — sorry Jill. The temperature should be approx. 150 degrees for approx. 8 mins but keep a close eye on them.....a fine line between crisp and burnt.

Grain-free Raspberry Coconut Cupcakes

Prep Time: 15 min
Cook Time: 18 min
Ready in: 33 min
Yield: 8 cupcakes



Ingredients

For the cupcakes:

- 96 grams (~1 cup but please weigh!) blanched almond flour
- 2 tablespoons (16 grams) coconut flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/4 cup (56 grams) coconut oil or unsalted butter, melted
- 3 large eggs
- 3 tablespoons (60 grams) honey
- 1 tablespoon vanilla
- 2 tablespoons plain Greek yogurt (or strawberry or vanilla)¹
- 2/3 cup (90 grams) raspberries, rinsed and patted dry with paper towels
- 1 teaspoon coconut flour

For the coconut whipped cream:

- 1 13.5 ounce (400ml) can of full-fat coconut milk that has been chilled overnight
- 1–3 tbs powdered sugar, optional

Directions

For the cupcakes:

1. Preheat the oven to 375°F (175°C). Line a cupcake pan with 8 cupcake liners.
2. In a medium bowl, mix together the dry ingredients (almond flour through salt) and set this aside.
3. In another medium bowl, mix together the coconut oil through Greek yogurt.
4. Add the dry ingredients to the wet and stir just until combined.
5. Put the chopped strawberries (that have been patted dry!) in the bowl that you had the dry ingredients in.
6. Add the teaspoon of coconut flour and coat the raspberries in the flour.
7. Fold the raspberries into the batter. Do not over mix or the resulting cupcakes will have a bad texture.
8. Bake the cupcakes for 15 - 18 minutes or until a toothpick inserted in the middle comes out clean and the cupcakes are firm to the touch. Let them cool for 5 minutes in the pan and then turn the cupcakes out onto a wire rack to cool completely.

For the coconut whipped cream:

1. Put a can of coconut milk in the refrigerator, being careful not to shake it. Let it sit overnight. Take the can out of the refrigerator and pour the liquid (it should be watery) into another container to use later (perhaps in a smoothie!).
2. Place the remaining thick cream in a medium bowl and whip with a hand mixer until it's the consistency of regular whipped cream. Add powdered sugar to your liking, starting off with a tablespoon.
3. Spread on the cupcakes and serve.
4. Refrigerate in an airtight container for up to 4 days.

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

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.

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.

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.

HERBS

NOVEMBER:

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.

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.

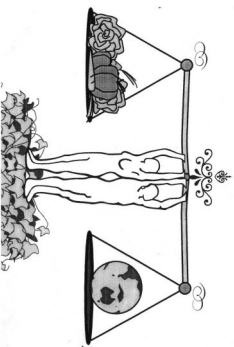
JANUARY

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 19th January 2017