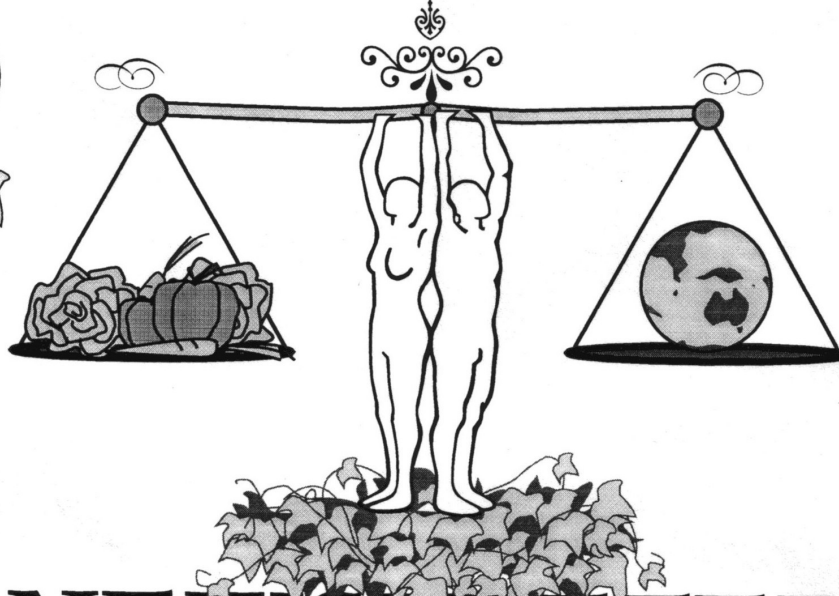


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 14

OCTOBER 2011

Issue 10

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OUR NEXT MEETING: Thursday 17 November

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: **1/4 page:** \$10 an issue, or \$100 for 11 issues (1 year), **1/2 page:** \$20 an issue or \$200 per year, **full page:** \$30 an issue or \$300 per 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.

2011 Committee

<i>President</i>	Maria Roberson (07) 5598 6609
<i>Vice President</i>	Lise Racine (07) 5533 9505
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<i>Trip Co-ordinator</i>	Justin Sharman-Selvidge (07) 5539 3973
<i>Librarian</i> <i>Library Assistants</i>	Heather Ryan (07) 5534 4047 Pauline Behrendorff & Greg Wiltshire
<i>Seed Bank</i> <i>Seed Assistant</i>	Peter Seymour-Smith (07) 55965678 Scott Godfredson
<i>Supper</i> <i>Co-ordinator</i>	Jenny Davis (07) 5599 7576

Thanks to other contributors:
Diane Kelly, Ross Davis, Roger Peterson,
& Dorothy Coe.



Notice Board

Membership Renewals

Overdue: Elizabeth Dolan, Lise Racine, Renato Morandini, Patricia Barton, Jacqueline Zantiotis, David Novakovic, Hermann Vorster, Jill Barber, Justin & Vanessa Sharman-Selvidge, Geoffrey Williams, Mel Kidd, Owen Brown

October: Greg & Val Sbeghen, Gai Morrow, Darrell & Marion Williams

November: Marie Rudd, Maria Roberson, Karen Hart, Ross & Jenny Davis, Scott Godfredson

Welcome to our new member:
Denise Goodwin

Guest Speakers

Nov: TBC

Jan: TBC

Feb: TBC

If any members within the club would like to share something that would be of benefit to our members please contact Jill Barber to discuss.

**There will be NO
meeting in December!**

Website:

www.goldcoastorganicgrowers.org.au

Facebook: www.facebook.com/gcorganic



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Community Gardens

Want to be part of a community gardening project? Community gardens are a great way for residents without their own garden, or those who want to be part of a community gardening project to get out and use their green thumb.

If you would like to grow your own vegetables, fruits, herbs or flowers, and want to get outdoors and interact with like minded green thumbs, the community gardens may be for you.

To find out where your nearest community garden is established simply email: communitygardens@goldcoast.qld.gov.au

Edible gardening workshops

There are a series of organic edible gardening workshops across the city.

Learn the basics of setting up a vegetable or herb patch and enjoy growing without the use of chemicals, using recycled, local and organic materials. All workshops are designed for the beginner gardener and will have you on your way to growing your own edible garden in no time.

Bookings required. For bookings please email Leah on leg30@hotmail.com. To find out more call 0406 897 195.

Miami Organic Farmers Market

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

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

NaturallyGC Program

Gold Coast City Council's NaturallyGC Program has some great activities running throughout the year, many of them of interest to organic gardeners.

If you have always wanted to grow your own vegetables, fruit and herbs but just don't know where to start, then this series of workshops is just for you. A variety of tree gardening workshops are regularly held at community gardens across the city. The workshops will provide you with a hands-on introduction to growing your own food with all the tips and tricks to ensure that your garden thrives and survives.

Introduction to organic gardening

When: Saturday 12 November

Time: 2-3pm

Where: Loders Creek Community Garden, Olwen Park (Loders Creek), Olsen Avenue

Small space and balcony gardening

When: Saturday 10 December

Time: 2-3pm

Where: Labrador Community Garden, Labrador Park, Olsen Avenue

Remember: Bookings are essential. Places are strictly limited and the program is not able to accommodate people who turn up on the day. **Contact:** Gold Coast Permaculture 07 5539 3973 or permaculturegc@gmail.com

Prostate Awareness Twin Towns & Tweed Coast

Just a click away:
www.prostateawarenessaustralia.com or
contact Ross Davis for more info:
rossco12@bigpond.com

Gold Coast Permaculture Workshops Introduction to Organic Gardening

OCTOBER

Date: 22nd October

Time: 10am-11am

What's On: Introduction to seed raising and seed saving

Time: 11am-12noon

What's On: Sprouting and living foods (raw)

Date: 29th October

Time: 10am-11am

What's On: Introduction to worms and compost

Time: 11am-12noon

What's On: Preserving foods for beginners

NOVEMBER

Date: 5th September

Time: 10am-11am

What's On: Looking after chickens

Date: 12th November

Time: 10am-11am

What's On: Subtropical gardening

Time: 11am-12noon

What's On: Fermenting Food for beginners

Date: 19th November

Time: 10am-11am

What's On: Small-space gardening and balcony boxes

Time: 11am-12noon

What's On: Dairy-making workshop

Cost: \$10 per workshop

Where: 270 Ferry Rd Southport

Bookings required - Contact Gold Coast Permaculture 5539 3973 or email permaculturegc@gmail.com

Sustainable Gardening Workshops Composting and Worm Farming

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.

The workshops are held on a **Saturday** between **10am and 12pm** at the following locations:

19 November - Banksia Park Community Centre, Hope Island

10 December - Joan Park Community Garden, Southport

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855. Tea and coffee are provided and all you need to bring are closed shoes.

Did You Know?

Nettle compost teas

Nettles make excellent plant feed as they are rich in nutrients. Best of all, it's a reason to control, rather than pull up, an invasive nettle patch in your garden. Comfrey and dock leaves are similarly effective, and can be used in the same way as nettles.

When harvesting nettles, take care to avoid harvesting lady-birds too! They love to live in these plants.

For acid-loving plants like blue-berries, cranberries, camellias, rhododendrons and ferns (all of which are very happy to be grown in pots), you can save your coffee grounds, tea bags and tea leaves and add them to your nettle feed. This will make a brew that will acidify as well as feed the soil.

Source: "Growing Stuff" Black Dog Publishing



Life Changing Documentaries, Workshops and Seminars

FILM SCREENINGS

CANCER IS CURABLE NOW

Back by popular demand is the ground breaking documentary CANCER IS CURABLE NOW... Be one of the first to find out more about non-invasive, mostly inexpensive techniques for preventing and curing cancer, in the most up to date global perspective on cancer treatments by over thirty leading health practitioners.

When: Monday 24th October

Time: 6.30pm

Where: Paradise Room - Gold Coast Arts Centre (facing the Lake + Canals)

Cost: \$15 (Club members receive **20% discount** - To receive the **discount** you must purchase tickets **online** and enter the customer code: "**VIP**" when buying tickets.

Exclusive Screening of FAT, SICK & NEARLY DEAD

100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well— with one foot already in the grave, the other wasn't far behind.

When: Monday 7th November

Time: 6.30pm

Where: Paradise Room - Gold Coast Arts Centre (facing the Lake + Canals)

Cost: \$15 (Club members receive **20% discount** - To receive the **discount** you must purchase tickets **online** and enter the customer code: "**VIP**" when buying tickets.

Fabulous **organic food** and **wine** will be available from **5.45pm** when the doors open. After the screening our panel of experts will discuss the issues raised by the film, and field questions from the audience.

Please **consider the environment** before printing your ticket as we have a complete list of names at the door. Thank you.

Urban Permaculture Movie Night and Talk by Geoff Lawton

Attention People of the Gold Coast who are interested in Permaculture, sustainable living and been a positive change in our world.

Come along to the premiere in the garden of the Urban Permaculture DVD by Geoff Lawton, the director and educator of the Permaculture Research Institute of Australia!

The movie will be shown along with a talk and questions and answers by Geoff Lawton.

When: November 4 · 6:00pm - 9:00pm

Where: Mandala Organic Arts Cafe and Organic Permaculture Garden, 2558 Gold Coast Highway, Mermaid Beach.

Cost: \$ 12 each at the door.

Brought to you by Gold Coast Permablitz and Mandala Arts and supported by Life Changing Doco's.

There is organic dinner, drinks and delicious desserts available on the night. Mandala Organic Arts Cafe is run by Vldy and his family who support local farmers where possible...

Contact: Leah Galvin 0406 897 195 or leg30@hotmail.com

For more info about the movie and permaculture visit www.permaculture.org.au



WORKSHOPS

COOKS TOUR OF THE HERB GARDEN

- Identify and discuss herbs in the garden
- How to use and combine herbs in cooking
- Booklet of information & recipes
- Lunch of herbal delights

When

**Saturday 29th October 2011
10.00am – 2.00pm**

Where

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

For full details and pricing please call
07 5530 3253

GOLD COAST ORGANIC GROWERS

November Meeting

The November meeting is our final get-together for 2011.

We don't schedule a meeting for December, as it would be too close to Christmas.

Therefore, on Thursday the **17th of November**, come along to celebrate another enjoyable and successful Club year.

We would appreciate **everyone bringing a plate of something extra for supper**, and then we will all catch again in Jan 2012.

Organic Fair and Christmas Party - Sunday 20th November Evandale Parklands

Organic Fair 10-1pm

The aim of this inaugural Fair is to raise awareness and the profile of community gardens on the Gold Coast; and to improve understanding of growing, cooking and eating organically grown locally produced goods.

The event is open to the public and we have created five hubs for the day:

- information/technical demonstration hub (worm farms, soil biology, composting, pruning, gardening books, waste management, seed raising, sprouting, etc) 30min technical demonstrations every 1/2hr for the duration of the Fair;
- growers/producers hub (organic honey, bulk foods);
- organic food vendors hub (smoothies, pizza, coffee, tea, ice blocks etc);
- children's activities hub (art and craft, making mini compost bins, tomato planting, jumping castle etc); and
- community gardens hub (each garden represented and guest gardening gurus including ABC radio).

We are looking for volunteers to help run the Fair and also to run activities and stalls. Please contact me if you wish to be involved.

Community Gardens Christmas Party 1.30-3.30pm

The program includes a shared afternoon tea, awards and presentations and an update from the gardeners. For more info contact Heather Mackay.

Heather Mackay, Community Gardens Officer
Gold Coast City Council
Ph: 5581 6656 Mob: 0439 226 325

Gardening with Ross

Green Crops to protect you soil over the wet season

We need to protect our soil over the wet season. This can be achieved in several ways. One crop that works well and gives you plenty of food over the autumn is Sweet potatoes. Plant your Sweet potato runner NOW. After giving the soil a good helping of Blood & Bone make the soil up into raised rows at least 8 inches high. Select the runners and carefully lay the runner in a slot on the top of the raised row. The slots only need to be about 1.5 inches deep, cover the runner with a small amount of soil leaving an indent about the size of a cup, in the top of the row. Now from a bucket of water put one cup of water in each indent, making sure the plant gets its full cup of water. If you follow this practise you will be rewarded with a good crop come autumn next year.

Of course you can always **just sow soya beans** after the ground has warmed up (20 degrees) to protect your soil.



Red S. potatoes



Sweet potato runner Plants watered in ready to grow.



Tropical

Potatoes

Potatoes are susceptible to the potato moth, if they are left in the ground after the growing period is over. As soon as the tops turn yellow you should make plans to dig your crop. Make sure the ground is dry and dig then with a good fork, leave in the sun for a minim of time. Spuds need to be dry when you bag them up. Storing is best in a dry dark shed. You need to dig Potatoes before the wet season gets here.



Early flowers on the crop of Dutch cream potatoes.

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Growing Beans

Growing beans is not easy, why because there are two things that MUST happen.

1. The ground needs to be 20 degrees temperature, to get good germination.
2. The soil needs to be just moist; if the soil is too wet the bean seed will rot.
3. The exception is Broad beans. A winter crop here on the coast.

So, if you have a nice warm location that has sun over it most of the day you can plant now. When the beans are through the ground and only then can you water.

Before you water give a good side dressing of Blood & Bone.

At this stage I find that one real good watering seems to get the plant off to a good start.

Beans are susceptible to mildew.

Two things to keep mildew at bay are plant the seed well apart & never water over the tops of the plants. If by chance you want to water over the top make sure you water first thing in the morning, this then gives the plants all day to dry out.

TIP: sow the bean seeds into punnets filled with a black soil place in a hot location. Make sure the soil is damp before sowing the seeds.



Dead-heading

Dead-heading has an obvious aesthetic purpose, allowing you to clear away dead flowers and maintain the beauty of your plant. It can also prolong bloom time, increase flower yield, and even stimulate a second bloom.

Source: "Growing Stuff" Black Dog Publishing



**Getting to Know
Louise Newell
(& the Burleigh State School)**

Interview by Diane Kelly

Next week, some of the children at the Burleigh Heads State School are going to winnow the wheat that they have grown and harvested in the school garden, and then it will be ground into flour. Other children will be watering the vegetables and flowers that are flourishing in the garden area of the school, and, in the near future, the 230 children that participate in the gardening classes each week will be learning about worm farming and plant propagation.

Louise Newell, one of our club members, is a teacher at the school, and spends two days a week teaching the children how to plant and maintain a large variety of vegetables and flowers.



Long view of part of the garden

In April this year, a working bee was held to establish the garden, and an estimated 100 volunteers helped to spread damp newspapers, soil and mushroom compost, and to plant out over 1,500 seedlings. The garden area was designed by the Perma-blitz team, and all the beds are raised – the school is over 90 years old, and the soil has been well-compacted over the years by lots of little feet, so building up was the best option. The design of the garden is based on an indigenous story, and features a dolphin, fish, stars and a circular meeting area.

The purpose of the garden and classes is to grow food for the newly-introduced cooking classes at the school, where the children will be able to prepare meals from the food they have helped grow. No pesticides are used on the plants, and all the seedlings are heirloom varieties. The first thing that I noticed as Louise and I walked around the area is how healthy the plants looked – the greens were strong and firm, and we only found one tomato that had been stung – and the rest of the plants were flourishing. Louise feels that the quality of the produce is due to the initial soil – nothing further has been added to the garden beds except a small amount of lucerne mulch.

The garden beds are full of zucchinis, leeks, spring onions, cucumbers, Russian garlic, Ceylon spinach, kale, tomatoes, carrots (including the purple “dragon” variety), potatoes, beetroot, turnips, red cabbages and silver beet. The snow peas have finished; the chokos are growing up the back fence (they encourage lady birds); the grape vines are flourishing; and the citrus trees are covered in blossom.

There are also plenty of herbs planted – dill, oregano, basil, sage, fennel, mint and Italian parsley fill the herb spirals. There are strawberries with large fruit on them (the resident possum is currently eating the kale, and obviously hasn’t discovered the strawberries yet!) There are also flocks, candy-tuft and calendulas to add dashes of colour, and to bring bees to the garden.

Then there are other things planted – sweet potatoes, butter-nut and Jap pumpkins, land-cress, bush beans, sunflower plants, egg-plant, dwarf beans, passionfruit, pigeon pea trees and broccoli. The potatoes have been successful – a couple of them weighed a kilo each, and there are broad-beans ready to eat. The bok choi, pak choi and galango have been harvested, but the lemon grass is flourishing, and the comfrey has the largest and healthiest leaves I’ve seen.

One of the features of the garden is the red cotton bush plants that are growing in the drip-irrigated area where the strawberries are planted. These are host plants to the eggs, caterpillars, chrysalis and then adult Monarch butterflies. The children have been delighted with this process – one described the butterfly emerging as being like it “coming out of an onion skin”, which is a fair description.



Monarch butterfly caterpillar

Another area has a long row of **sunflower** plants, each with a name label beside it – each plant has been adopted by one of the children, and there is competition being held for whose plant grows the tallest!

Many people have contributed to the garden project, and it has been filmed at various stages by the “Life Changing Doco’s” people. The students at TAFE built the pergola that will soon be covered with the Black Isabella & Pink Iona grape vines, and the red and gold Panama passionfruit. Various plants have been contributed, a native bee hive has been provided, and several volunteers give of their time each week. A fund-raising group gave the school the eggs, caterpillars and the Red Cotton Bush plants so the children could learn about butterflies. Even the transport people that delivered the soil for the project back in April did so free of charge “just to help”.



The “meeting place”, with the horizontal log containing the native bee hive

The gardening project is part of the Stephanie Alexander Kitchen Garden program, whose goal is “pleasurable food experiences for children”. Louise commented that the children are starting to realize that the vegetables they are growing in the garden are actually able to be eaten – their food doesn’t have to come from the supermarket. She has also heard about children making their own little gardens at home, and going with their parents to nurseries and getting vegetable seedlings to plant.

Louise has been an organic gardener for nearly twenty years, and believes strongly in learning how to grow our own food, because “we need the dirt to sustain us – technology can contribute a lot, but it can’t keep us alive.” Her next project is a “bush-tucker” garden at the front of the school, and she has already put in a number of native food plants – and, to her delight, found a native lime already growing among the well-established trees in the area.

So if you would like to be inspired and impressed, have a chat to Louise – or even consider volunteering to help in the gardens. As Louise said (as she moved aside some leaves and found a zucchini that would do for several meals) “gardening teaches patience; gives some disappointments – and lots of unexpected surprises!”

Worms & Wine
Saturday, 1st October
By Diane Kelly

Down a quiet road in the foot-hills of Upper Coomera, the Thumm Winery provided the venue for a presentation by Greg Plevey from Wormtec, and a chance to see a hydroponic system for growing vegetables and flowers using worm products.

The winery was of interest – aging in the “cellar” are some 30,000 litres of vintage port that are stored in large oak barrels which were brought out from France in 1846. The grape vines are part of a 15 acre property, and the winery is in process of changing to the fully-organic production of wine, using Greg’s expertise and the Wormtec products.



Greg’s presentation was organized for the Sustainable Gardeners Society from Mt Tamborine, and many questions were asked about soil biology and healthy gardens. Here are some of the main points of interest:

1. Worms cannot live in their own castings – that’s why they continually move to the top of their container (as well as looking for food).
2. To keep flies and undesirable bugs out of a worm farm, spread a dessertspoon of garden lime over the top of the contents.
3. To improve garden soil effectively, add worm castings to your compost. The greater the variety of food used in the worm farm, the richer and more beneficial the castings and thus the compost become to your garden.

1. In a worm farm, the worms eat the bacteria on decomposing food, not the actual food itself.
2. Maintenance treatments with worm casting fertilizer will keep black spot & aphids away from rose bushes.
3. When the pH level of soil is either too high or too low, microbial life goes dormant, and soil improvement stops.
4. Compressed soil is anaerobic, which is an environment where disease bacteria flourish.

After the presentation, we had the chance to see the hydroponic system that Greg has established – there were about 35 metres of pipe, with a pump and two water cylinders to which the worm products are added. The pump is switched on for 15 minutes a day to circulate the water and fertilizer, so electricity and water usage are kept to a minimum. The worm liquid can be diluted with water down to a ratio of 30:1.

The system has been set up with overhead cross-wires to which verticals wires are connected for growing beans and other climbing plants. Planted out are a variety of lettuces, tomatoes, herbs (including a big pot of lemon grass), silver beet, celery, rocket, bok choy and some very pretty miniature roses that were in flower.



So it was an enjoyable visit – the discussion about soil quality was educational; to see the hydroponic system was interesting, and I am looking forward to improving the use of my worm farm.

Book Review by Diane Kelly No-Dig Gardening - Esther Deans

Esther Deans, gardener, poet, writer & conservationist, wrote the small book that started the "No-Dig Gardening" movement in the 1970s, and which explains how to grow superb vegetables and flowers using lucerne hay and compost.

Battling ill health, Ms Deans realized that she needed to improve the quality of food she ate, and so she began to experiment with the sandy, grub-infested soil of her backyard. Believing that "gardening should not involve hours of back-breaking toil", and that lucerne hay should be the basis of the materials used in a no-dig garden, Ms Deans devised a gardening method that had earth-worms multiplying rapidly, soil starting to form, and within six weeks, beans starting to grow. In that first gardening year, the best yield of potatoes (from an area 2.5 square meters) was 22.5 kilograms!

"No-Dig" gardening is very simple:

- First provide an edging for the future garden. (It can be on an area of soil, lawn or even concrete!) If the garden is being built on soil or lawn, give the area a good soaking. Next, lay thick, overlapping layers of wet newspapers or cardboard on the ground, and follow this with pads of lucerne hay, a layer of organic fertilizer or poultry manure, a layer of loose straw (about 20 cms), and another thin layer of organic fertilizer. Two bales of lucerne hay and one bale of straw will make a good-sized garden.
- After watering well, make depressions in the surface and fill them with compost. Well-established seedlings, large seeds, tubers and bulbs can then be planted immediately. If there is sufficient compost available, it is an even better idea to place a layer of compost right over the top of the garden, rather than just in pockets.

- A suggestion is that, if you are making your garden on concrete or hard, rocky ground, the very first layer to put down should be one of old leaves, small sticks and pieces of seaweed to a depth of 7-10 cm. Then proceed as described above.

"No-Dig Gardens" are excellent for gardeners who have difficulty bending, as they can be built on raised platforms, or even old metal bed frames – one of Ms Deans' greatest pleasures was to show physically-disabled children that they too can be gardeners!. No digging of soil is required – after the bulk of your garden composts down, just add new layers for planting the next season's crops.

"No-Dig Gardening" is an easy-to-read book which contains simple instructions, lots of hints, and some good recipes. Copies are available at Gold Coast Libraries.

Three basics of Tomato Selection

1. **Out-door or Greenhouse:** This is determined by how weather-resistant and quick-growing the tomato plants are.
2. **Bush and Cordon:** Bush tomatoes are also known as "determinate", and cordon varieties also known as "indeterminate".
 - Bush tomatoes are exactly that – shorter (they grow to a maximum of about 75 cm) – and they require no pruning or pinching. This group includes the type that can be grown in hanging baskets.
 - Cordons are taller and grown as a single stem, straight up a support such as a string or cane.
3. **Type of Fruit:** The last choice to make is what type of fruit you want: tiny or gigantic, red, orange, yellow or striped; sweet or tangy. You can have any combination of the three basics, and this will determine the care they need from you.

Source: "Growing Stuff" Black Dog Publishing

Madagascar Lima Beans by Roger Peterson

This perennial bean is a great asset to my backyard garden - don't know how many years it will produce for, but the beans can be either allowed to dry in their pods and used like any other dried bean, or better still, used green from the maturing pod and added to any dish. I remove the outer skin from the green bean - no need to blanch like a broad bean - and you have two very sweet, crunchy hemispheres.

It is a vigorous grower but easily trained to send its runners wherever you want it to go, and the cascades of pods are very pretty. The dried seeds are white with burgundy speckles. Probably the best time to plant is spring but winter plantings germinated OK here at Elanora.

The plant needs a strong frame to grow on and the normal boundary fences are ideal. Experimenting to see how they grow in a partly shaded spot under a large lemon tree, but they have germinated OK.

It would be interesting to see its root system and evaluate its nitrogen fixing. I obtained my starter seed from Green Harvest. A great plant.



Gold Coast Sustainable Living Market

Opening Late 2011

Expressions of interest....

Calling all green/sustainable/organic/
Australian made businesses.

For further details contact
Kym OConnell - 0413 672 940

October In Your Patch

With the footy finals out of the way and the weather warming up nicely, there's no better place to be than the backyard. October is a huge month in the patch. With so much ready to plant, you'll be struggling to get it all done. So, welcome to October, a fine time to be in any sort of garden. Remember to use all your senses in the garden. Watch for pest issues, feel for soil moisture, smell your soil, and, most importantly, taste the fruits (or vegetables) of your labours! Let's get into it...



Weeding

Weeding is an awesome job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. I may sound tedious, but it's incredibly rewarding! While the kids are on school holidays, why not give them a "buck a bucket" for each bucket of weeds they remove? Gets them in the sun, having fun, and learning about nature!

Tomatoes

It's time to plant everyone's favourite – tomatoes!! By now your soil should be good and ready, so head to the local garden centre, pick a few varieties, and get going!! This is the moment we have all been waiting for! Don't forget their mates' basil and marigolds! They are great mates, and no tomato patch is complete without them!

Sunflowers

Time to pop in some sunflower seeds. Find a sunny spot where you would like to see some happy sunflowers later in the year, and plant the seeds to double the depth of the seed. Cover lightly with dirt and wait... they'll be popping their heads up in no time!



Remember to mulch

Top up mulch on your vegie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Tools

On non gardening days, why not head out to the shed, and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash and plant illness in the long run.

Green Manure

Consider a green manure crop to add some life and love to an overworked patch. At this time of year, try clover, pigeon pea or soybean. This will improve your soil incredibly, and, for a bit of forward planning, you'll find it well worth the effort! Plus, young wheat is used to make wheat grass, an incredibly vile tasting, but very beneficial health tonic! Green manure crops, including clover, barley, millet and wheat are good to go now... improve that dormant vegie patch, and get

ready for next season's heavy feeding plants!

Purrrrrr

If you are the owner of a furry little feline, why not pop in some catnip and cat grass? Cats dig it, and you can keep these either in a pot, or in the patch. Cat grass is especially beneficial for house cats, so why not treat your puss today?

Warm Areas

- Get going, get sowing and get growing! The garden is the place to be in October, and there is so much ready to go, so why not whack these into your vegie patch: capsicum, spring onions, cucumber, pumpkins, squash, zucchini, rosella, sweet corn, eggplant and, my personal favourite watermelon!
- For some super herbs in the 'burbs, try basil (both sweet and purple), parsley, sage, pyrethrum, lemongrass, oregano, rue and marjoram. Mint is ready to roll now, but you might want to keep it in a nice sized pot, just to prevent serious mint invasion!
- Feeling fruity? There's still time to plant passionfruit, paw paw, avocados, banana, citrus, and macadamias. If your tastes are a little more exotic, try putting in a guava... they're tough little tackers, and the fruit is tops!
- Why not try some lovely flowering stuff in your patch as well, like: nasturtium, dianthus, Livingstone daisies, verbena, snapdragons, petunias, chrysanthemums, Shasta daisies, marigolds (French) and celosia. These guys are great at attracting pollinators and beneficial insects to your patch and I reckon they look tops as well.

Source: *Sustainable Gardening Australia*,
www.sgaonline.org.au

COMPANION PLANTING FOR OCTOBER

Plant	Companions	Function	Foes
Basil	Tomatoes	helps repel flies and mosquitoes	Rue
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
Borage	Tomatoes, squash and strawberries	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
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Dill	Brassica's	Dill attracts predator wasp for cabbage moth.	
Nasturtium	Radishes, cabbages, zucchini cucurbits, fruit trees	secrete a mustard oil, which many insects find attractive and will seek out, particularly the cabbage white moth. The flowers repel aphids and the cucumber beetle. The climbing variety grown up apple trees will repel codling moth.	
Parsley	Tomato, asparagus, roses	Deters rose beetle, improves tomato and asparagus.	
Potato	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
Pumpkin	Corn		Potato
Radish	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
Spinach	Strawberries		
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



VEGETABLES

OCT: Amaranth, Artichoke, Bush beans, Ceylon spinach, Climbing beans, Snake bean, Sweet corn, Capsicum, Carrot, Choko, Cucumber, Eggplant, Gourd, Lettuce, Luffa, Marrow, New Zealand spinach, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rockmelon, Rosella, Spring onion, Silverbeet, Squash, Sunflower, Sweet Potato, Tomato, Watermelon, Zucchini.

NOV: 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.

HERBS

OCTOBER

Annual: Basil, Borage, Calendula, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

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.

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.

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

Planting in October		
Amaranth	Plant in garden.	Harvest from January
Basil	Plant out (transplant) seedlings.	Harvest from January
Borage	Plant in garden.	Harvest from January
Burdock	Plant in garden.	Harvest from March
Capsicum	Plant out (transplant) seedlings.	Harvest from January
Carrot	Plant in garden.	Harvest from February
Chilli	Plant out (transplant) seedlings.	Harvest from January
Cucumber	Plant in garden.	Harvest from January
Dwarf beans , French beans, Bush	Plant in garden.	Harvest from January
Eggplant	Plant out (transplant) seedlings.	Harvest from February
Globe artichokes	Plant in garden.	Harvest from September
Jerusalem Artichokes	Plant in garden.	Harvest from March
Lemon Balm	Plant in garden.	Harvest from January
Lettuce	Plant in garden.	Harvest from January
Luffa	Plant out (transplant) seedlings.	Harvest from February
Marrow	Plant out (transplant) seedlings.	Harvest from February
Mint	Plant out (transplant) seedlings.	Harvest from January
Mustard greens	Plant in garden.	Harvest from December
NZ Spinach	Plant out (transplant) seedlings.	Harvest from January
Okra	Plant out (transplant) seedlings.	Harvest from February
Oregano	Plant in garden.	Harvest from December
Pumpkin	Plant in garden.	Harvest from February
Rocket	Plant in garden.	Harvest from December
Rockmelon, Canteloupe	Plant out (transplant) seedlings.	Harvest from January
Rosella	Plant in garden.	Harvest from April
Rosemary	Plant in garden.	Harvest from 12 months
Sage	Plant in garden.	Harvest from 18 months
Silverbeet	Plant in garden.	Harvest from January
Squash	Plant out (transplant) seedlings.	Harvest from January
Sunflower	Plant in garden.	Harvest from January
Sweet corn	Plant in garden.	Harvest from February
Sweet Potato/Kumara	Plant in garden.	Harvest from February
Thyme	Plant out (transplant) seedlings.	Harvest from September
Tomato, Tomatillo	Plant out (transplant) seedlings.	Harvest from January
Watermelon	Plant out (transplant) seedlings.	Harvest from January
Yam	Plant out (transplant) seedlings.	Harvest from February
Zucchini, Marrow	Plant out (transplant) seedlings.	Harvest from December

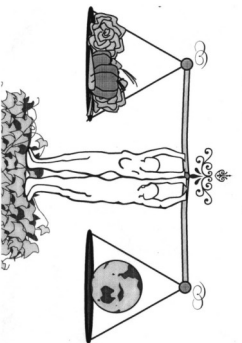
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Preparing for November

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Capsicum	Plant out (transplant) seedlings.	Harvest from January
Carrot	Plant in garden.	Harvest from February
Chilli	Plant out (transplant) seedlings.	Harvest from January
Chives	Plant in garden.	Harvest from January
Choko	Plant in garden.	Harvest from May
Cucumber	Plant in garden.	Harvest from January
Eggplant	Plant out (transplant) seedlings.	Harvest from February
French tarragon	Plant in garden.	Harvest from January
Globe artichokes	Plant in garden.	Harvest from September
Lemon Balm	Plant in garden.	Harvest from January
Lettuce	Plant in garden.	Harvest from January
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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 17 November 2011