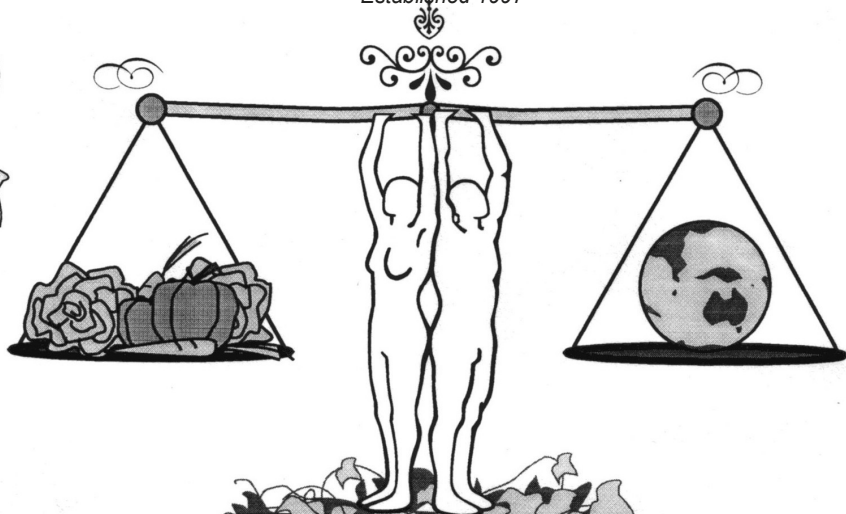


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 19

SEPTEMBER 2016

Issue 9

GARDENING IN SPRING

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**OUR NEXT MEETING: Thursday 15th October**

**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
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
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Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellebeter@gmail.com
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

## 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 – September 2015

**Overdue:** Chris Larkin (141), Barbara Talty (58), Lise Racine (151), Ron Campbell (255), Val Sier (349), David & Lesley Freeman (352), Josh Walker & Chris Viehbock (371), Sue Beckinsale (373), Patricia McGrath (305), Roger Peterson (330), Scott McCormack (334), Warren & Beverley Carlson (87), Gordon & Dorothy Singh (241), Wolfgang Dempsey (258), Peter & Leanne Dickfos (260), Jill Barber (290), Jan Guest (307), Geraldine McDonald (354), Jun Yoneda (374), Graham & Flora Dunne (375), Jasen Pankhurst (376)

**September:** Henry Blonner (108), Neil Ross (294), Denise Goodwin (335), Frank Rebesco (342), Beth Orme (343), Ros Griffith (378), Grant Fastier (379)

**October:** Glenn & Joan Jones (266), Darrell & Marion Williams (310), Amy Lukens (356), John Palmer (357), Denis Byrne & Sandra Ridolfi (380), Virginia Brown (381), Lynn Tilley (382), Evelyn Douglas (383)

## "SEW" Smart Empowered Women

What are you doing on the 1st Monday of the month. Come along and join us for a cuppa and chat. We are starting our "SEW" gatherings again. This time we will be growing things in the garden, finding out how it is done, then cooking what we have grown.

Come along this Monday 7th September, 10 am to 12 noon and join in the fun.

This activity is FREE just bring a plate of food to share and I will have a herbal tea waiting for you.

Everyone is welcome even children.

Cheers  
 Lyn

## Workshops

- |                |   |
|----------------|---|
| <b>26 Sept</b> | Animals in the Garden, Fermenting & Raw Foods     |
| <b>10 Oct</b>  | Open Day - stalls and farm tours — free workshops |
| <b>24 Oct</b>  | Small space gardening / Self watering gardening   |

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

### Newsletter:

Contributions and ideas welcome. Send in a photo of what's going on in your patch.  
 Email Dorothy - [webprint@onthenet.com.au](mailto:webprint@onthenet.com.au)

### Thanks to Contributors:

Diane Kelly, Jill Barber, Maria Roberson, Rachael Lebeter, Dorothy Coe, & Karen Hart.

Past newsletters can be downloaded from the site at  
[www.goldcoastorganicgrowers.org.au](http://www.goldcoastorganicgrowers.org.au)

## President's Message

Hello Everyone,

As usual the weather seems to dominate the start of any gardening conversation and so it goes. Weather forecasts predict an Ill Niño for the next season, with a good chance of less rain than the average. With this in mind, I hope that you have some extra water storage set up and an efficient plant watering system in use; if not, it may be a good time to do so.

To me it feels like we are marching straight into summer and skipping spring altogether; this happened last year, too. The phrase that we came to use to describe this is “summer”, and aptly so, I think. Is this how it's going to be in the future or just an irregular occurrence, I wonder?

It is time to plant zucchini and cucumber. I find it better to get an early planting in so that the plants are growing strongly before the humidity gets too high. These crops suffer a bit in the really hot, wet time of the year, from powdery mildew. Powdery mildew can be treated with a solution of one part full fat milk to ten parts water, sprayed onto leaves, but it is better to try to avoid having to do this, as it has limited results sometimes.

A big thankyou to the members who volunteered their time to help out on the GCOG info table at the Botanical Bazaar on the 30<sup>th</sup> of last month. I think the day was a great success: we spoke to so many people from our local area who didn't even know about our fabulous club. So, from a public relations perspective, it was well worth our effort to attend the day. I expect that we will have a few more new members over the next few months.

I picked up a magazine called “France” the other day, and it had a snippet of interesting news that I thought I would share with you. I found it rather poignant, especially after listening to last month's guest speaker talk about how important bees are to mankind.

Here is some of the article, titled, “Late Mowing to Save the Bees”: The green fringes of France's 12,000 kilometres of roads and highways are to be mown only after the flowering of the many plants that grow there has taken place. The minister for Ecology presented a three- year experiment as part of a national action plan, entitled ‘France – a land of pollinators’, to safeguard bees and other beneficial insects from harmful insecticides. It is hoped that the late mowing will result in a 30 per cent increase in the diversity of pollinating insects in the country. The action plan also makes provision for several hundred educational beehives to be started in municipalities across France. The plight of the bee, deemed essential for the survival of flowering plants and food crops, was highlighted in a report compiled by the European Academies Science Advisory Council. (This article was sourced from France Magazine) It is heartening to see that there is action on such an important matter and that not all news is bad news.

**Happy Growing,  
Maria.**

**Q & A - August 2015**  
By Karen Hart

A solution was found as to who was eating hot chillies – see last month's newsletter – Currawongs were the culprits!

Q. Rachael stated that the *tops of her cauliflower* flowers were being eaten.

A. Bush rats could be the problem, or it could be insect damage, eg caterpillars.

Q. How to get rid of *leaf miner on citrus*?

A. It is best to not do anything! Leaf miner attacks new growth of leaves, so pruning out the affected leaves encourages new growth, and also stops photosynthesis. Fertilise only 4 times per year. White oil can be used. The DPI did a study and the spray needs to be applied to the underneath of leaves not the top. Shelley suggested that the new growth be hardened off before spring.

Q. Neil's citrus trees are smothered in blossom and asks if he should pull some off?

A. They usually drop naturally, so if manually removed, it may result in not much fruit later.

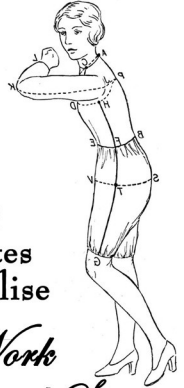
Q. Is it possible to get different coloured 'popcorn'? In America, they have red, blue etc.

A. Different varieties are needed to be planted, at different times, or they will cross pollinate, and colours will not be 'true'. The same principle applies to pumpkins – butter-nut and Jap need to be planted at different times and some distance apart.

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Maggie Golightly 0413633055  
golightly@iprimus.com.au

## OFFER:

I have a large **organic garden bed** that I would like to **offer** to someone interested in growing their own vegetables.

There is plenty of compost, horse manure, tank water and very easy access. I live about 5 minutes from Burleigh Heads at the start of Tallebudgera valley.

The garden is organic and has been active for about 15 years. The garden has just been green mulched and ready to go.

There is no contract or cost – this would be in exchange for us sharing some of the veggies.

If interested call 0419226546

**Kevin Finn—The Bees' Knees**  
**By Rachael Lebeter**

*If the bee disappeared off the surface of the globe, then man would have only four years of life left – Albert Einstein*

Kevin, from the Gold Coast Amateur Beekeepers Society (GCABS), introduced bees last month as a vital species for the survival of the planet. Bees pollinate about 60% of our food crops and all of their products are used: honey; bee's wax; pollen; propolis, a sticky resin used to build and sterilize in the hive; royal jelly, which has medicinal properties; even bee venom which is used in cosmetics. These really are the most efficient and industrious of insects.

Kevin taught us that there are over 1500 species of native bees in Australia, most of which are solitary and endemic to different regions. He warned us not to crush those rolled rose leaves, as they may hold the eggs of a leaf-cutter bee. And those frequently spotted bumble bees? They're actually teddy-bear bees, which are as cute as their name. The blue-banded bee is one such bee with agricultural potential. 8% of flowers, solanaceae and tomatoes in particular, are best pollinated through buzz pollination, which involves vibrating the anther to cause the widespread release of pollen. Bumble bees, which are not present on mainland Australia, and blue-banded bees, do this, while honey bees do not, and agricultural trials of the former have increased tomato yields by up to 30%.

According to Kevin, we have only 10 species of social bees in Australia, often called native stingless bees. These bees form hives of up to 5000 and produce about a litre of "sugar-bag" honey which can only be harvested by destroying the hive. They only travel about 500 meters but are particularly good pollinators for native plants such as macadamias.

European bees, which are much more recognizable to most of us, came to Australia on the Isabella in 1822. Really, Australia is a bit of a haven for these bees. Protected by ge-

ography, we have the world's purist strain of Italian honey bee and are yet to suffer from colony collapse disorder. We are also the only country not to have the parasitic Varroa mite, which is one of the biggest threats to bees globally. The DPI carefully monitors our bee populations, placing hives at ports to detect the introduction of threats and requiring keepers to register (\$14.80 annually) and use removable frames .

One of the most interesting insights which Kevin shared was into the structure of the hive:

The drones are the most dispensable members of the hive, whose sole purpose is to mate with a virgin queen, after which they will die. They are tolerated only until the hive falls on tough times, at which point they are left to starve.

The queen bee is the only reproducing female and she also produces a vital pheromone which keeps the hive together. As the latter begins to wane, the workers will build 10-12 specially shaped cells filled with royal jelly, triggering the chosen larvae to become queens. The first to hatch will destroy any other larvae and the old queen. In her first days, the virgin queen will go on one mating flight, meeting drones several kilometers from the hive in order to prevent inbreeding. She will mate with up to 20 drones, storing the semen for the rest of her reproductive life, which might be 2-5 years. After retiring to the hive, the queen will lay 800-1000 eggs per day, depending on the hive's activity and need for foragers.

The worker bees are all sterile females. They live for about 7 weeks and their lifecycle is very Darwinian. They begin as nurses for the larvae and become builders as their wax glands develop. They are most robust at 3-4 weeks and become guards for the hive. As they age, they become expendable and fill the hazardous roles of foragers and scouts. Even then, they can travel up to 3km and carry their own body weight in pollen and nectar.

While pollen gives bees protein, nectar is what makes honey. The nectar is carried in



foragers' stomachs then passed from mouth to mouth to decrease its moisture content from 60 to 16%. It can be mixed with pollen to form brood feed or put in cells, fanned to cool and capped with wax as insurance against hard times. While workers may produce up to 30kg of honey in a few good weeks, each teaspoon of honey takes 12 bees a lifetime to create.

Honey is the primary reward for amateur beekeepers and Kevin gave us some advice for if we would like to start our own hive. He recommended Langstroth frames, which are easily removed for honey extraction, and keeping 9 frames in a 10 frame box means that the wax capping of the cells can be easily removed with a heated knife and the frame of undamaged cells replaced in the hive for the bees to refill.

The entrance of a hive should be sheltered from wind, rain and lights. Additionally, Kevin recommends that hives are kept away from high traffic areas. In addition to normal bee activities, on summer afternoons new foragers will complete orientation flights, leaving the hive in ever increasing distances to ensure that they can find their way back to it after searching for food. Bees may also swarm, which is when a hive "splits", with an old queen leaving to establish a new hive in times of abundant food and little space. Hives also need nearby fresh water, or the bees may be tempted to frequent the neighbor's pool. And bees prefer a little morning sun in winter, and afternoon shade in summer. If too hot, bees will leave the hive in an activity called "bearding", forming a hanging beard on the side of the hive and fanning themselves with their wings to decrease temperatures.

Kevin shared some fascinating information about a vital creature in our gardens and hopefully inspired some of us to go along to the GCABS meetings to learn more. Anyone on a block over 400m<sup>2</sup> can have a hive, and given that we must be a member of a bee-keeping association to do so, it is a no-brainer to go along. With any luck, all the other members will be as knowledgeable as Kevin about the most industrious insect.

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GC Visitors Guide 2013



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**Visit to  
Cathy Hodge's Lovely Property  
By Diane Kelly**

GCOG members had the opportunity to visit fellow member Cathy Hodge's lovely property in the Tallebudgera valley on Sunday the 9<sup>th</sup> of August. I can't emphasise enough, how important it is for members to come along on these club outings. Not only will you have a great day out with people who share a common interest, I can guarantee that you will learn a great deal about gardening and growing food.

Everyone met at the agreed time on Cathy's driveway, so John Palmer could give us a guided tour of the property. John has extensive knowledge of native flora and because Cathy's property has some beautiful remnant bush left, it was very helpful to have John point out specific trees and shrubs.



Cathy's house is perched on top of a hill with a reasonable amount of flat usable land surrounding it for ample vegetable gardens, fruit trees and a run for the chooks. Over the years, a substantial amount of effort has been put in to make the property self-sufficient in water. There is a large, lined and covered rain water catchment that can be used in case of a bush fire, which, as those of us who live in the hinterland know, is a constant threat.

The vegetable garden, while not overly large, certainly provides enough veggies for the household. A tip to us would be: don't over extend yourself, and just stick to a size that is a joy to manage and not so much a chore.

Citrus tree are planted in close proximity to the house for easy access and they were looking fabulous, with big, fat and juicy fruits dangling. My rule of thumb for planting edibles is that you should be able to duck out in your slippers and grab that last minute ingredient for dinner, and Cathy has lots of gorgeous herbs growing in pots in a sunny spot by the front door, which is the entrance to the kitchen.

This area provides a micro climate for most of the Mediterranean herbs, and growing them in pots keeps their roots freer draining and less subject to root rot. Scattered around the "house yard" are many different garden areas, with a mix of fruit trees of all descriptions, inter planted with herbs, flowers and edible plants.

The gardens do follow loosely and in Cathy's own interpretation of Permaculture.



***Always grateful for John Palmer's sharing of his extensive knowledge***

All in all it was a great morning of learning and meeting new people, as some members from the Multi-Cultural Community



Gardens attended as well. To top it off, everyone brought a plate to share for lunch, and a beautiful salad was picked from the garden to be enjoyed by all. Thanks again, Cathy, for sharing your time and space with us.



*The salad plate is everything picked from the garden and was delicious.*



### **Five Points for Gardening in Spring – in the Sub-Tropics: From Diane Kelly**

1. Sow a repeat crop of sweet-corn. These are hungry plants, so give the soil all the compost you can spare.
2. Don't delay in planting rosella seedlings. The sooner you plant, the greater the return.
3. Same goes for sweet potatoes. Plant fresh cuttings, 30cm apart, in a newly prepared bed. If you don't have cuttings, plant a healthy tuber and it will soon sprout. Keep cuttings moist, and good-sized tubers will be ready to harvest by the end of summer.
4. Be ready to protect tomatoes and capsicum from fruit-fly attack. Cover trusses of fruit with exclusion bags.
5. Give pawpaw a service. Remove dead and diseased materials, fertilise with pelletised chicken manure, water deeply, and mulch.

## Why did my Seeds Fail to Germinate? By Diane Kelly

If your seeds still fail to germinate after doing everything correctly, consider the following:

**Seed viability:** Are the seeds you have still viable? Do they still have the potential to germinate. Some seeds, such as corn, parsnip and onion, have a very short viability. Seeds such as beans have very good viability, and if stored correctly, may still germinate successfully when over 10 years old.

**Hard seeds:** Some seeds have a very hard seed coat or testa. Vegetable seeds with a hard, corky or water-repellent seed coat include rosella, beetroot and capsicum. These seeds benefit from being placed in hot water and soaked overnight prior to sowing. When ready to sow, they will be swollen, indicating that the water has penetrated the seed coat and germination has begun.

**Internal dormancy:** Have you ever tried planting the fresh seeds of a particularly delicious tomato, only to find that the seeds do not germinate? This is because some seeds have built-in mechanisms that prevent them from germinating at the wrong time of year or in an unsuitable location.

Fleshy seeds such as tomatoes contain natural chemical inhibitors that prevent immediate germination. To reduce the concentrations of chemicals within the seeds, wash, soak or ferment the seeds before sowing or cleaning and drying them for storage. Tomato seeds that come up like weeds in the compost heap have really been through the same sort of fermentation process, hence they germinate readily once the compost is used around the garden. All they need is light, warmth and moisture.

**Perhaps they did germinate?** Perhaps the seeds did germinate, but fell victim to disease before they could emerge above the soil surface. Did something eat the seeds before

they had a chance to grow? Rats, mice, bandicoots, birds, possums, ants and all manner of other insects and animals include seeds in their diet. Look for signs of soil disturbance. Place seeds in areas that are inaccessible to pests, or set traps and barriers that prevent access to freshly sown seed. If you still have some of the seed remaining, try chitting them to determine their germination potential.

### Chitting, or Cheating?

Before storing seeds long-term, or to test the viability of seeds, you may want to carry out the practice known as "chitting". Gardeners use this simple technique to test the viability of seeds, and also to germinate seeds when the conditions outside would normally be too cold.

Lay out some clean paper towel and place a precise number of seeds (say, 10) in a row on the paper. Roll the seeds tightly in the paper, folding over the ends so that the seeds do not slip out. Thoroughly wet the roll of seeds and paper, and then place it in a plastic bag. Record the variety of the seeds, the date they were prepared, and the number of seeds the pack contains.

Place the seeds in a warm place, out of direct sunlight. Check the seeds after three days and then each day until you can see the seeds swell and the first roots of the seeds emerge. The seeds have now germinated, and you should be able to calculate the percentage viability by comparing the number of seeds that have germinated with the number originally set out on the paper.

These seeds need not be wasted, and gardeners in cold climates use this technique specifically to get seeds started. You can carefully transfer the sprouted seeds into pots.

*So .... for all of us who have bought packets of seeds from the Seed Table & still have them sitting in our gardening cupboard .....have a go !!*

## Recipes Column

Do please keep those recipes coming in - your favourite ones, that everyone just loves, maybe that you know were well received on the cluv supper tavle. Sharing them is a wonderful gift.

Please email your yummy recipes to Jill for inclusion soon:

[jillbarber611@gmail.com](mailto:jillbarber611@gmail.com)

### Portuguese Chourico and Kale Soup From Jill Barber

"My brother recently visited us, and, seeing all my kale growing, sent me the following recipe to utilise it all. Kale grows so prolifically and is so health giving! I'm going to use less chorizo". Jill  
2 tablespoons extra virgin olive oil

3 medium white waxy potatoes  
2 medium onions, chopped  
4 to 6 cloves garlic, chopped  
2 bay leaves, fresh or dried  
0.5 kg kale, coarsely chopped  
Coarse salt and pepper  
1 X 420 gm can chickpeas, drained ( I usually cook mine beforehand )  
1 X 420 gm can diced tomatoes  
0.5 kg diced chourico, casing removed ( the hardest part of the recipe! )  
1 litre chicken broth  
Warm crusty bread

- Heat oil in a deep pot over medium high heat. Add potatoes and onions, cover and cook, 5 minutes, stirring occasionally.
- Add garlic, bay leaves and kale to the pot. Cover pot and wilt greens for 2 minutes. Season with salt and pepper.
- Add beans, chourico, tomatoes and broth to the pot and bring soup to a full boil. Reduce heat back to medium and cook 5 to 10 minutes longer or until potatoes are tender.

Serve soup with hunks of crusty bread and butter.

## Upcoming Guest Speakers

### October

We will be joined by Terri Lethlean, a doctorate student from Griffith University. Terri will share her ideas about the benefits of Community Gardens for personal and local well-being. She will also talk about the potential of such gardens for the environment and the future.

### November

This month will be another Members Only meeting, as the last was such a success and it will give us more time to socialize at our Christmas break-up. If you would like to present for 5-10 minutes on a topic of interest or expertise, please let me know so that I can book you in!

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**If You Just Do One Thing THIS Month  
... *Grow some Cucumbers*  
By Diane Kelly**

Living on a sheep farm in Western Victoria in the 1960's, my parents drove into town to go shopping only once a month. So our vegetable garden produced much of our food, and one of my dad's favourite dishes was tomatoes, white onions and cucumbers sliced and placed in layers in a bowl and drizzled with cider vinegar.

Cucumbers range in style from the reliable Lebanese to the meter-long Armenian, through to the Giant Russian (which has a yellow skin and grows well in humid areas). Cucumbers can be grown on trellises or on the ground, and there are some compact, almost bush-like varieties that have been developed to grow in limited space. The fruit of vines grown on the ground tends to be less water stressed, and more likely to remain tender, crisp & juicy.

Choose a sunny location, and plant your cucumbers in ridges or low mounds to facilitate good drainage. Seeds should be planted 2.5cm deep in the raised soil, and four or five seeds can be planted in each site – they should germinate in six to nine days. Thin the seedlings to leave the two strongest plants, and when a plant forms its sixth or seventh leaf, pinch out the growing tip (or apex) to encourage side-shoots. This will increase flower and fruit production.

Cucumbers bear separate male and female flowers on the same vine – the male flowers are produced in clusters, while the female flowers are borne singly on short, thick stems, and are bee-pollinated.

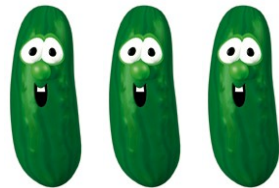
Regular watering is essential during the growing season. Mulching reduces moisture loss and competition from weeds, and it also protects developing fruits from fruit rot by preventing contact with the soil. An application of pelleted manure or liquid fertilizer can be applied when the young fruits begin to swell.

Your first harvest of cucumbers should be grown by 8-10 weeks, unless you want to use the immature fruit that are less than 10cm long for pickling as gherkins – they can be picked at about 6 weeks. Cucumbers are best harvested with a sharp knife because tugging on the shallow-rooted vines can cause plant stress and fruit shedding. Continue to harvest the fruit regularly, as this promotes continued production.

**Potential problems:** Excessive humidity can result in increased fungal diseases, and also in failure of flowers to set fruit. Small fruits that turn yellow and fall from the plant have probably not been successfully pollinated. Plants will also naturally shed excess fruits that are beyond the capacity of the plant to carry to maturity.

**Seed saving:** Different varieties of cucumbers will cross-pollinate with one another, but not with other cucurbits. Allow fruits to fully mature on the vine prior to harvest, and save seeds from plants that show good growth habits, disease resistance, abundant production, and well-filled fruit. Wash the pulp from the seeds and dry thoroughly before storing.

So, whether you are making a summer soup, a tasty salad, pickling some gherkins – or mixing your cucumbers in with sliced tomatoes and onions – enjoy!



**Regenerating Our Soils'  
National Biological Farming  
Conference and Expo**

**6 to 8 November 2015  
Southern Cross University,  
Lismore NSW, Australia**

The key objective of the conference is to elevate the discussion of best-practice, sustainable agriculture and offer farmers and agri-businesses educational and networking opportunities.

Our goal is to provide an affordable forum that will advance biological farming systems and address issues of productivity and sustainability.

The conference will run over three days and include Tours and various sessions from a number of speakers including International speakers:- Gary Zimmer, Bob Shaffer and Leilani Zimmer Durand, world leaders in the field of Biological Farming.

**Visit the Soilcare website for  
further details.  
<http://www.soilcare.org/>**

**Pre-conference Tour One:**

Taste of the NSW Northern Rivers - Departs from Southern Cross University  
Sub-tropical Horticulture - Avocados, Australian Bush Foods, Custard Apples, Coffee, Pecans and Macadamias

**Friday, 6 Nov 2015, 8.30 AM to 4.00 PM,**  
\$95.00 + GST (includes bus, morning tea and lunch)

**Pre-conference Tour Two:**

SOFT AGRICULTURE - Organic Grazing, Cropping, Compost and Biochar Production  
**Friday, 6 Nov 2015, 9.00 AM to 4.00 PM**  
\$65.00 + GST (total \$71.50) includes bus, morning tea and lunch

**Post Conference Workshop One**

Gary Zimmer and Leilani Zimmer Durand  
'Biological Farming Bootcamp - The Six Principles

This workshop is well suited to farmers new to biological farming as well as those who have already incorporated biological farming practices into their farm management. This is an opportunity to ask questions in a small group setting.

**Monday, 9 Nov 2015, 9.00 AM to 4.00 PM**  
Southern Cross University, Lismore, NSW  
\$100.00 + GST (total \$110) includes morning tea, lunch and afternoon tea

**Post Conference Workshop Two**

Bob Shaffer  
'Composting for Vineyards, Orchards and Other Farms'

This workshop will cover the basics of composting on-farm as well techniques to elevate the quality of compost for experienced hands at composting. This is an opportunity to ask questions in a small group setting.

**Monday, 9 Nov 2015, 9.00 AM to 4.00 PM**  
Southern Cross University, Lismore, NSW  
\$100.00 + GST (total \$110.00) includes morning tea, lunch and afternoon tea



## FRUIT TREES

### SEPTEMBER

**Custard Apple:** Leaf loss should occur this month. Low irrigation. Mulch trees. This month is the best time to prune custard apples. 1/3 of old wood needs to be taken off.

**Figs:** Pruning can be carried out. Be very vigorous. 1/3 can be cut off. Figs are only produced on new wood of the new season's growth. Give trees a good feed of organic fertiliser with sulphate of potash. Mulch well.

**Lychee:** Increase irrigation. Flowering should start this month. Fertilise trees with an organic fertiliser with potassium sulphate. Give mature trees 1 kg and small trees ½ kg.

**Low chill stone fruit:** Carry out final thinning. Stone hardening will occur this month. Continue with high irrigation. Prune out water shoots and dense foliage for better sized fruits. Use fruit fly control programs, for example netting or an attractant method.

**Mango:** Don't let trees dry out. Once flowering occurs spray with copper based spray or leaf microbes for anthracnose, if visible.

**Passionfruit:** Vines will start to grow this month. Apply a little organic fertiliser with sulphate of potash and mulch vines at least 2 to 3 metres out from the base. 1kg for large vines and ½ kg for smaller vines.

**Pawpaw:** Spray with wettable sulphur in the evenings for spider mite.

**Persimmon:** Flowering will start in early varieties. Mulch trees. Low irrigation.

**Strawberries:** Apply small amount of organic fertilizer with sulphate of potash. Keep up irrigation. Pick fruit when fully ripe.

**Bananas:** Don't let stools dry out. Keep fruit covered and cut off bells.

**Citrus:** Flowering will occur this month. Increase irrigation. Fertilise tree with organic

fertiliser with sulphate of potash, 1kg for large trees and ½ kg for smaller trees.

### OCTOBER

**Custard Apple:** Increase irrigation. Mulch trees. Apply 2g boron/sqm.

**Figs:** Pruning should be done. Figs only produce on new wood or new season's growth. Mulch well.

**Lychee:** Peak water needs. Mulch. Apply gypsum 20gms/sqm.

**Low chill stone fruit:** Spring prune new growth. Continue with high irrigation. Prune out water shoots and dense foliage for better size fruit. Use fruit fly control programs, for example netting or an attractant method.

**Mango:** Peak water needs. Apply organic fertiliser with sulphate of potash, 1kg for larger trees and 1/2kg for smaller trees. Spray with copper based spray or leaf microbes for anthracnose per fortnight.

**Passion-fruit:** Plant out new vines. Pruning carried out this month. All dead parts to go. Keep up the water.

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

**Strawberries:** Apply small amount of organic fertiliser with sulphate of potash, about 10g / plant. Keep up with fish emulsion or kelp spray weekly.

**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.

**Citrus:** Keep up the water. Add lime or gypsum. Mature trees 1/2kg, 1/4kg for small trees.

## VEGETABLES

### SEPTEMBER:

Artichoke, Asian greens, Asparagus, Beans (French), Beetroots, Capsicum, Carrot, Celery, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Leeks, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Silverbeet, Squash, Sunflower, Sweet corn, Sweet Potato, Tomato, Zucchini.

### OCTOBER:

Artichoke, Asian Greens, Asparagus, Beans (French), Beetroot, Capsicum, Carrot, Celery, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

## HERBS

### SEPTEMBER

**Annual:** Basil, Borage, Calendula, Chamomile, Coriander, 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.

### 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.

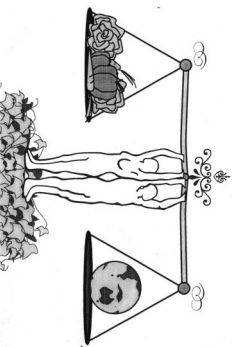
## Veggie Swap by Dorothy Coe

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](mailto:webprint@onthenet.com.au) so that I can add you to the current list that we are putting together.

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 15 October 2015