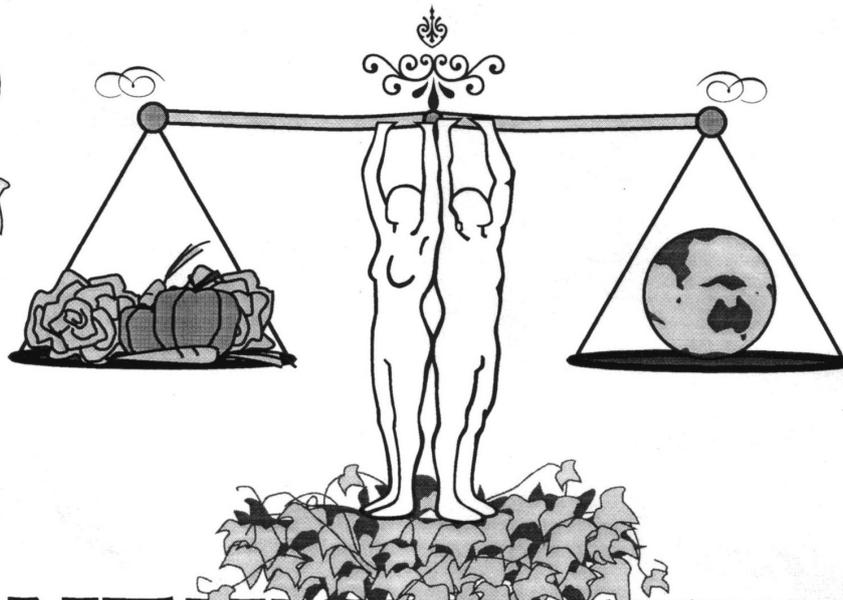


# GOLD COAST ORGANIC GROWERS Inc.



## NEWSLETTER

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OUR NEXT MEETING: Thursday 17 February

**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: 3<sup>rd</sup> Thursday of the Month**

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

Doors open 7.00 pm; Begin at **7.30 pm** Entry is \$1 members, \$3 visitors.

(No meeting in December)

**Annual Membership Fees:**

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

To renew or start memberships please send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

**Seed Bank:** \$1.50 ea.

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

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

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

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

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

**2010 Committee**

<i>President</i>	<b>Maria Roberson</b> (07) 5598 6609 405 Piggabeen Rd, Currumbin Q 4223
<i>Vice President</i>	<b>Ross Davis</b> (07) 5599 7576
<i>Treasurer</i>	<b>Diane Kelly</b> (07) 5522 7444
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<i>Guest Speaker</i>	<b>Lise Racine</b>
<i>Trip Co-ordinator</i>	<b>Maria Roberson</b> (07) 5598 6609
<i>Librarian</i>	<b>Heather Ryan</b> (07) 5534 4047
<i>Library Assistant</i>	<b>Pauline Behrendorff</b>
<i>Seed Bank</i>	<b>Peter Seymour-Smith</b> (07) 55965678
<i>Seed Bank Assistant</i>	<b>Graham Boyle</b>

**Thanks to other contributors:**

Diane Kelly, Ross Davis, Jenny Davis, Lise Racine, Roger Griffiths, Elizabeth Dolan, Rebecca Bowen & Dorothy Coe.



## Notice Board

### Membership Renewals

**Overdue:** Fraser & Kerstein  
Trueman, Tony Hall, Leah Galvin,  
Peter Aubort, Maria Roberson, Karen  
Hart, Ross & Jenny Davis

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

**February:** Terri Groth, Barry  
O'Rourke, Roger & Pauline Behren-  
dorff, Barbara Morgan, Ken & Pat  
Jenyns, Judy McCracken, Jerry  
Rogers, Alison Blatcher, Suzanne  
Blatcher, Tali Filip, Sylvia Rolih

**Welcome to our new members:**  
Scott Godfredson

### Guest Speakers

**Feb:** TBC  
**March:** TBC

**Gold Coast Organic Growers are  
Online at....**

**Website:**  
[www.goldcoastorganicgrowers.org.au](http://www.goldcoastorganicgrowers.org.au)

**Blog:**  
<http://gcorganicgrowers.blogspot.com>

**Facebook:**  
[www.facebook.com/gcorganic](http://www.facebook.com/gcorganic)



## Green Fingers Potting Mix

71 Lawrence Drive  
NERANG  
Phone: 5578 3264

### COW MANURE

\$7.30 per 30 ltr bag, or  
\$58 per metre

### COMPOST

\$7.30 per 30 ltr bag, or  
\$58 per metre

### PREMIUM POTTING MIX

\$9.00 per 30 ltr bag

### SEED RAISING or PROPAGATING MIX

\$11.50 per 30 ltr bag

### NEW—ECO-Z PLUS POTTING MIX

\$8.00 per 30 ltr bag

**And much, much more.  
Call us for a full list of products.**

[greenfingersqld@bigpond.com](mailto:greenfingersqld@bigpond.com)  
[www.greenfingerspottingmix.com](http://www.greenfingerspottingmix.com)

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We Sell Certified  
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Free-range chickens & eggs

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**Ph/Fax: (07) 5578 2322**



**SEASONS ON THE MOUNTAIN**  
Tamborine Mountain Open Gardens

Introducing: New Format—Three seasons

**Autumn:** Saturday 8th & Sunday 9th May

**Winter:** Saturday 7th & Sunday 8th August

**Spring:** Friday 1st to Sunday 3rd October

[www.tmbotanicgardens.org.au](http://www.tmbotanicgardens.org.au)



**Miami Organic Farmers Market**

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

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

**Sustainable Gardening Workshops**

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

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

Please note: Dates for 2010 are still to be confirmed.

**Prostate Awareness  
Twin Towns & Tweed Coast**

Just a click away:  
[www.prostateawarenessaustralia.com](http://www.prostateawarenessaustralia.com) or  
contact Ross Davis for more info:  
[rossco12@bigpond.com](mailto:rossco12@bigpond.com)

**Workshops at the Gold Coast  
Botanical Gardens**

Come and enjoy the expertise and experience of skilled presenters and learn a host of fascinating knowledge and practical skills. The Friends of the Gold Coast Regional Botanic Gardens offer a range of leisure courses – from two-hour presentations, half or full day.

**When:** Friday 19 February

**Time:** 10am - 12.30pm

**Where:** Botanical Gardens

**Cost:** \$8 - \$10

**Workshop:** Identifying and controlling environmental weeds

**Presenter:** Diane Wagner

**When:** Friday 26 February

**Time:** 12.30pm - 4pm

**Where:** Botanical Gardens

**Cost:** \$8 - \$10

**Workshop:** Plants and design

**Presenter:** Kate Heffeman

Maximum of 10 participants

Bookings are essential. Please contact the Friends on 0449 561 674.

**Facts about Bees**  
*By Lise Racine*

**Did you know:**

- A queen will lay around 24 000 000 eggs in her life.
- A bee visits around 7 flowers per minute
- A bee colony can pollinate 28 to 35 millions of flowers per day.
- A bee colony travels 960 000 km during summer (these info are from Canada... so our bees are over worked?)
- A bee flaps her wings 720 000 times per hour.
- A bee hive accommodates a few hundreds of male bees and tens of thousands of working bees.

### 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.

Remember: Bookings are essential. Places are strictly limited and the program is not able to accommodate people who turn up on the day. Call (07) **5581 1521** for information and/or to book your spot.

#### Restoring native bushland

**When:** Saturday 5 February 2011

**Time:** 10am to 1pm

**Where:** Tamborine Mountain

Presented by Jen Ford, GCCC.

Discover what it takes to restore bushland from a weed-infested state to a thriving natural ecosystem. Learn practical skills in site assessment, weed identification and control that can be used to achieve lasting results for bushland.

Activity suitable for ages 14 and above.

#### Reptile awareness

**When:** Saturday 12 February 2011

**Where:** Carrara

**Time:** 10am to 12pm

Presented by Allan Burnett, Reptile Awareness Displays of Australia

Be prepared to bust misconceptions and myths about snakes and other reptiles at this live display. Get up close and personal with some of South East Queensland's common reptiles. Learn about their behaviour, how to identify them and why they are an important part of an ecosystem. Learn about snake bite first aid, how to help in an emergency and how to avoid being bitten.

Activity suitable for all ages.



### Revive & Replenish Health Store & Cafe

Making organic  
food affordable!

#### The store offers...

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

#### Sit and relax in the café or take-away...

- Hot and cold savouries, pies & cakes
- Daily chef specials
- Organic coffee
- Freshly squeezed juices
- Smoothies

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

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

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



### Seaweed Sprays

These are applied to boost growth and are also good for reducing pest and disease problems. They do not act directly as pesticides but aid the plants to make resilient, vigorous growth that throws off attacks. The smell of seaweed may also help by confusing pests.

Source: Bob Flowerdew, *Organic Garden Basics*



### Life Changing Documentaries, Workshops and Seminars

Presents: MONDAY NIGHT @ THE MOVIES

**FILM SCREENING** - TBC soon

**When:** Monday 7th March

**Times:** TBC

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

**Cost:** TBC

Life Changing Docos are offering our **club members 20% off the ticket price** - simply order your tickets online at their website and type in the customer code: "VIP"

More info and bookings at  
[www.lifechangingdocos.com](http://www.lifechangingdocos.com)

### Workshop Natural Living with John Palmer

**When:** Sunday 13th February

**Time:** 1:00pm - 4:00pm

**Where:** Tallebudgera Valley

**Cost:** \$65 per person

**Presenter:** John Palmer

More Info Learn the 3 Principals of Natural Living...

1. Edibility - Discover the wild and cultivated edibles in your own environment and their nutritional value
2. Originality - Learn about the edible native plants (bush tucker) and their medicinal uses
3. Utility - Understand how to utilise perceived waste and turn it into a resource for your garden

Some may know John Palmer from Camp Eden, Golden Door, Gwinganna Lifestyle Retreat, Hippo-crates Health Centre of Australia, Gecko, or the College of Natural Therapies Gold Coast.

He is very well known around the Gold Coast region for his incredible work for the Environment. John was awarded the Medal of the Order of Australia (OAM) in 2000 for his services to the environment, particularly on the Gold Coast.

John has studied Agricultural Science, Environmental Consulting, Landscape Studies (Architecture), Botany and Ecology. He attended the first Permaculture Course in Australia taught by Bill Mollison.

Possibly the greatest gift John brings is his passion for the environment and wanting the world to enjoy it as much as he does. He walks his talk and is a true role model for us all in relation to sustainable and traditional living.

Workshop includes:

- a light lunch
- comprehensive notes on all edible plants and their nutritional/medicinal properties and how to create your own compost.
- clippings of plants that you would like to take home and grow

To book call Tracy on 0414 962 649 or Katie on 0415 299 822 or email at [johnpalmer@hotmail.com.au](mailto:johnpalmer@hotmail.com.au)

To learn more about John Palmer go to [www.johnpalmer.webs.com](http://www.johnpalmer.webs.com)

#### Did You Know?

The roots of sunflowers can also be roasted and eaten as a vegetable. They have a similar nutty flavour to Jerusalem artichokes.

*Extract from "Harvest" By Meredith Kirton*

### Workshop Herbs for Health and Healing

**When:** Saturday 29 January

**Time:** 13:30 - 15:30

**Where:** Shipards Herb Farm,  
139 Windsor Rd, Nambour

**Cost:** \$10.00

Isabell Shipard, and her Husband Derrick have lived on their picturesque Herb Farm in Nambour for over 30 years, and have grown a very large range of culinary and medicinal herbs, spices, fruits and rare edible plants, sought after by people from throughout Australia and internationally.

In the last 7 years, Isabell has written 3 books, sharing many years of extensive research, knowledge and experience:

- How can I use Herbs in my daily life?
- How can I grow Sprouts as living food?
- How can I be prepared with Self-sufficiency and Survival food?

These books have all become best sellers.

Isabell's passion is herbs, and she loves to share the joys and wonders of natural herbs for health and healing.

Herbs are so valuable for their richness in vitamin, minerals, antioxidants, pain-relieving properties, healing benefits, and preventative medicine applications.

Isabelle will present to the group for 1/2 to 3/4 hour, illustrating the talk with lots of visuals and samples to taste, and there will be plenty of time for questions. Afterwards there will be an opportunity to purchase herbs, seeds, plants and/or books and DVD's. Allow 2 hours in total.

There is a wealth of useful information on herbs available for download from Isabelle's website: [www.herbsarespecial.com.au](http://www.herbsarespecial.com.au)

For further info on this workshop please call Candice on 0439 490 453.



## HERB FARM

Michael & Sandra Nanka  
491 Springbrook Rd  
MUDGEERABA. 4213

### Opening times

Friday, Saturday, Sunday & Monday  
9 am – 4 pm

**Phone: (07) 5530 3253**

**[www.herbcottage.com.au](http://www.herbcottage.com.au)**

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



### Ant Graziers

If you see sooty mould and ants on your hibiscus, then suspect either aphids or mealybugs, both of which produce a sticky secretion called "honeydew".

If you can't find any aphids, check twig junctions and beneath leaves for waxy, cottony blobs. Mealybugs group together and suck sap, weakening plants. Ants transport and defend mealybugs. Spray ant trails with pyrethrum. Prune plants to remove mealybugs, handpick the pests, or leave them to their many predators.

Source: *Garden Problem Solver, Reader's Digest*

### **Social get-together & Workshop** *By Rebecca Bowen*

Sunday 2<sup>nd</sup> January turned out to be a fine day.

25 people turned up for a social get-together & Workshop at my place in Southport from 9am – 12md. (Using Newspaper to make Paper Pots for Seeding Up)

There were members from Nerang, Joan Park, Labrador and Ashmore Community gardens plus others who happened to read the article in the newspaper.

With very able assistance from Lyn, (Miss Community Gardens herself), Justin (Permaculture interests) & Greg, Kristel & Eden (Wormtec), time flew by.

Before long, everyone was making paper pots in various styles and sizes, and placing seed raising material inside along with their seeds of choice.

Justin spoke about an Awareness Fund Raiser he is connected with (to be held at Three Worlds restaurant Saturday 15<sup>th</sup> Jan), Greg spoke about his worms, their by-products, and very kindly donated some Coir for use as required.

Very interested audience Q & A, followed by a quick walk around the garden (what's left of it after being drowned) & so much 'bring a plate to share', with orange drink, chili cordial, tea & coffee.

To add insult to injury, I was all set to make pizza, got them prepared only to find the oven elements are on the fritz! Improvised by cooking the bases in a very large fry pan, then transferring to under the griller section to cook & brown the top. You'd never know it wasn't oven cooked, especially with all the fresh herbs mixed through. YUMMMM...

What a lovely group of gardeners – most brought cuttings from their gardens to propagate as well as donating seeded up pots to

aid Justin's Fundraiser, seeds and seed raising mix for the group, green tree frog tadpoles for those interested in frogs, and best of all, they all brought a plate to share.

Actually, the best thing was – making new friends and increasing the gardening network even more.

I must thank Lyn, for teeing up Zoe, (reporter from the Gold Coast Sun), who did such a good job with her photo and story that appeared the week prior – 'by spreading the word, you made the day a success'.

If anyone else has any suggestions or prepared to workshop, it's such fun and a great way to maintain membership interest.

### **Learning about Okra** *By Elizabeth Dolan*

I'm growing Okra for the first time this summer. Having been unable to obtain Okra seeds, I bought seedlings in November from Farmer's Choice Organic, on a seedling stand at Wray's Organic shop, Palm Beach.

Okra is a member of the Hibiscus family. It has grown vigorously in my garden & is already about a metre tall with large leaves and beautiful hibiscus like flowers close to the stem.

When the flower falls the okra develops. To my surprise from the one punnet of seedlings, there are red and green stem plants producing red & green okra. The red okra seems to be best harvested early – when only the size of one's little finger (any bigger and they toughen), while the green ones are fine at double the size.

So far I have had enough for one meal – a delicious Gumbo soup using leftover Christmas ham and vegetable stock as a base, adding home made tomato sauce, fried onion, capsicum and a small chilli, two cups

of diced okra, a cup of rice and plenty of chopped parsley.

I think it's set to become a favourite summer crop. I planted the okra about a metre apart and find that I'm able to use the dappled shady area underneath to grow coriander and Warrigal greens, as well as lettuce. I'll definitely save some seed of both the red and green varieties from this year's crop for the GCOG seed bank.



Red Okra



Green Okra



Lettuces are 95 per cent water, so always give them plenty of water so they will grow successfully.

Extract from "Harvest"  
By Meredith Kirton



### Row or Block Planting

Block and row planting are alternative ways of laying out crops.

Those that need support, such as peas, are better in rows that run north-south, so that the ground between is not shaded. Rows are not essential, however; you can grow beans and peas in a circle by attaching a wheel to the top of a pole and running strings down from it. Rows waste a lot of space and the paths between them gets compacted and need digging. For most crops, especially those that are close planted, such as carrots, block planting is better.

Apart from saving space and reducing digging, it helps with weed control, because once the plants are half-grown, their foliage meets, excluding light from the soil and choking out weed seedlings. This also forms a favourable micro-climate and prevents moisture loss. If netting is used to prevent pests reaching the plants, block planting is again more practical.

For successful block planting you need loose, deep soil to enable the roots to go deeper in search of nutrients.

Source: Bob Flowerdew, *Organic Garden Basics*



### All Purpose Insecticide

You can make an all-purpose insecticide for spraying any plants plagued by caterpillars, aphids or flea beetles:

Combine equal quantities of mint, chopped onion, garlic and lavender tops and stems in enough water to cover.

Leave the mixture for 24 hours, then strain it prior to use.



**Amish Bread -  
Sour Dough  
Original Recipe  
By Jenny Davis**

Do not use metal  
utensils / containers  
Do not refrigerate:

<b>Starter</b>	1 cup sugar	1 cup flour
	1 cup Milk	1 teaspoon
	Yeast	60 Mls tepid water

**Method**

- In a small bowl dissolve yeast in water. Stand 10 mins.
- In a glass bowl (Plastic OK) Combine 1 cup sugar & carefully add 1 cup flour, mix so NO lumps.
- Mix well, Add Milk slowly & Dissolve yeast. Mix well.
- Cover loosely & stand at room temp until BUBBLY.
- This is day one of 10 day starter cycle.

**Days 1 to 4** - Stir starter with wooden or plastic spoon, stir well.

**Day 5** - Stir in 1 cup sugar & 1 cup milk.

**Day 6 to 9** - Stir only.

**Day 10** - Again add 1 cup each Sugar, Flour & Milk

Then remove 1 cup of starter to make bread – cakes – fruit loaves.

Retain 1 cup starter for yourself & give 2 cups starter away with the recipe.

To start again begin on day 2.

Starter can be stored in screw top jar in fridge or frozen,

Thaw 3.4 hours at room temp.

**Amish Bread Starter Recipes  
By Jenny Davis**

You can make cakes, fruit loaves with this recipe;

**To One Cup of Starter**

2/3 cup veg oil or butter  
1 ½ tsp. Cinnamon  
2 cups plain Flour  
2 tsp. Baking Powder  
2 tsp. Vanilla ess  
1 cup Sugar or honey  
3 beaten Eggs  
\*1 ½ tsp. Bi-carb soda. (\*This is correct.)

**Method**

- Beat until smooth with a wooden spoon
- Grease 2 large loaf tins - or Muffin tins or one cake tin.

**Variations**

Choc Chips, Dates, Pecans, Chopped Dried apricots, sultans, Banana, grated Apple.

I used this recipe for several years whilst on our property & always had a variety of baking at hand & in the freezer, all make from this fabulous recipe.

This recipe has been passed amongst all farming wives thru Toowoomba, & beyond & down through the Brisbane Valley for years

**Did You Know?**

The small, dried white seeds of nutrient-rich French beans are called haricots. If kept in a cool, dry place, they will last for a year or more.

*Extract from "Harvest" By Meredith Kirton*

**Chili Cordial**  
*By Rebecca Bowen*

With the glut of chills, this is a great way to use them up.

½ kg sugar  
2 L. water  
15 small chillies – (Bird's Eye are ideal) or whatever is available – DO NOT CUT OPEN – BRUISE ONLY  
2 tsp Citric Acid  
2 Fresh Lemons – juiced with a little Rind (or Lemon Essence if preferred)

Put sugar & chillies in saucepan  
Fill with water & bring to boil for 10 mins  
Remove from heat and add Citric Acid  
When cool, add lemon juice or essence  
Strain through Muslin and bottle up  
Dilute to taste with chilled water

- Lovely in long glasses with ice blocks made from cordial
- Extra special touch – add a couple of mint leaves & finely sliced cucumber
- Lovely with Soda Water, Ginger Ale & some suggest Vodka
- Flavour intensifies daily as level reduces. Top up with water till depleted

I don't strain the cordial as I like a RUSTIC LOOK chillies and lemon rind floating in the drink. Also leaving the 'bulk in' makes for very intensive flavours.

I like to serve this in a large bowl with a ladle like a fruit punch – people can help themselves (have that jug of water on hand for extra dilution just in case)

Some recipes substitute Citric Acid for Tartaric Acid, have more sugar, less water etc – it's a matter of experimenting to your taste.

Submit your recipes to Dorothy at  
webprint@onethenet.com.au

**Summer time Pavlova**  
*By Jenny Davies*

Pavlova: the recipe everyone keeps asking for by Jenny.

**Pre heat the oven to 200 deg C**

**Ingredients**  
6 egg whites.  
1.5 cups of caster sugar  
1.5 table spoons corn flour  
1.5 tea spoons vinegar  
500 mls Cream  
2 table spoons PURE icing sugar

Line an oven tray with baking paper and spray with oil.

Mark a 25cm square on paper.  
Prepare bowl and beaters by rubbing with half a lemon to remove any grease.  
Separate eggs and beat whites with an electric mixer.

Add vinegar and 6 teaspoons of sugar and beat until mixture looks dry, gradually add half of the remaining sugar and beat until mixture very stiff and sugar has dissolved.  
Lastly, mix the remaining sugar with the corn-flour and fold gently into meringue.

Spoon meringue onto a prepared tray using the marked square as a guide.  
Smooth the side and top and use a small spatula to peaks, up side of Pavlova.

Lower pre-heated oven to 125 deg-150 C.  
Place on middle rack and bake for 1.5 hours.  
Leave in oven till completely cool (prop oven door with handle of wooden spoon).

Whisk 500 mls of cream with 2 tablespoons of PURE icing sugar until soft peaks form.  
Pile onto Pavlova and decorate with:  
Honey dew melon (slice into star shapes with cookie cutter)  
Lady finger bananas. (Toss in lemon juice)  
Kiwi fruit slices.  
Drizzle pulp of 3 Passion fruit over the top.

**Book Review**  
**by By Roger Griffiths**

**Green Harvest by Rebecca Jones**

*A history of Organic Farming and Gardening in Australia.* CSIRO Publishing - published in 2010 9780643098374 (pbk.) 631.584

The principal sources for this history are those which reveal the beliefs of organic farmers and gardeners plus interviews with individuals who were significant or representative figures of the last 70 years of Australian organic growing.

The book is structured around four (4) key themes which are: (1) soil, (2) chemical free, (3) ecological well being and (4) back to the land. Each thematic chapter is followed by a life story of a promoter that had applied the theme.

**Soil:**

**Harold White** worked a property for 60 years near Guyra, northern NSW from 1911 to 1971: "His organic belief was in the importance of the soil environment to human health. His organic methods reflected the belief that human health could be enhanced or compromised by the soil in which food was grown and that organically grown food, food grown in soil rich in organic matter, would convey health and combat disease." The "great humus controversy" was how one historian stated the period of the 1950's and '60's.

**Chemical Free:**

This part of the book is about the voices of organic growers against chemical fertilisers.

Organic growers condemned the sea of chemical fertilisers as "the NPK mentality". DDT was the Australian organic growers public enemy number one several years before the publication of the book *Silent Spring* in 1962. On this topic one writer put it this way. "Doctoring the soil with chemicals is an affront to nature".

who had a dairy farm near Penguin, Northern Tasmania. Ray tells of when he had 10 cows down in one afternoon that could not get up. That was one third of his herd. The cows had magnesium deficiency or "Grass tetany". About the same time Ray, at 38 years old, once could not get out of bed – his heart stopped! These two events shocked Ray and Elma into deeply questioning the way food was produced by conventional farming methods, and propelled them into a lifetime's journey through organic and biodynamic farming, towards soil fertility and chemical free growing.

The combination of organic and biodynamic techniques allowed the Masons to reverse the declining health of their animals, improve Ray's health and enabled them to create a more productive, and commercially viable organic farm.

**Ecological Well Being:**

This term is from the editor of *Farm and Garden Digest* 1950 and led the readership into a broader awareness of the natural order. This was contrary to sundry government departments of the day that were actively promoting the clearing of land for farming, just like governments had been doing through the nineteenth and early twentieth centuries.

"The wellbeing of man is bound up with that of the animal and insect kingdoms, the trees and plants and with the living soil itself. All are inter-related and mutually dependent upon each other."

Sundry groups were established, with aims to save the forests and preserve native plants. The thinking expanded into conservation of whole habitats, and recognised that farms and gardens were not patches of land that ended at the fence, but were part of whole ecosystems connected to the regional, national and even global environment. Ecology became recognised as a third principle of organic gardening. The book *Permaculture One* was first published in 1978.

**Anthony Sheldon** farms Mallee country right on the border of South Australia and Victoria. He comments "adopt your style to where you live...live within the means of the landscape". His story of conversion to organic agriculture is an example of the application of organic growers' ideas about health and environment to a productive, commercial broadacre property in challenging environmental conditions.

### **Back to the Land**

In 1972 Earth Garden magazine promoted the term "Back to the Land". The "Back to the Landers" came from the counter culture of the late 1960's and 70's. Grass Roots magazine started in 1973.

These were countercultural movements of people seeking an alternative to the life big business forces upon us and were connecting to an ideal of a rural area. Their primary attraction of self-sufficient organic gardening was that it brought them in close contact with the bio-physical environment. For some this was described not just in terms of physical wellbeing but also in terms of spiritual health.

Self sufficiency was a way to create an alternative to urban living and it was obligatory to have a garden! "Back to the Landers" and organic growers maintained parallel rather than integrated existences. The last 20 years has seen "Back to the Landers" move away from political action to personal enrichment and this is exemplified by the case study of Jackie French now a writer. She has 2 hectares near Araluen, near Braidwood in the southern highlands of NSW. Her organic gardening techniques are about creating an "almost self sufficient" oasis including dispensing with designated beds and promoting organic as traditional and "Tried and True."

### **Australian organic farming and gardening in the 2000's**

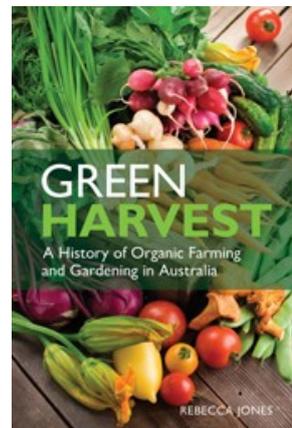
In the mid 2000's there were seven Australian organic organisations certifying

Australian organic farms. The consistency of the organic message over 70 years provide a set of principles and practices which at times challenge dominant ideas about agricultural and more broadly about human's ways of interacting with the environment around them.

Organic growing continues to rest upon the same belief that human health and wellbeing depend upon the health and wellbeing of the biophysical environment, an idea which remains as relevant in the 2000's as it did at the founding of the Australia's first organic growers' societies in the 1940's.

The sources of references and quotations that are sprinkled throughout the 150 pages of reading are listed in 551 endnotes. At the back is a huge bibliography and an index listing the pages where a subject or person is mentioned in the book. Also there are memorable iconic coloured plates of ancient organic magazine covers which to me evoke utopian images of the past and dreams into the future.

To obtain a sense of the history of organic growing in Australia, this books builds a simple skeleton of understanding. It is easy to read and gain insights into the flow of ideas of organic growers from past decades up to the present. This book could be inspirational for someone who was dreaming of going, "back to the land." END.



### The Experiment Continues By Ross Davis

27<sup>th</sup> Nov 10

The 4<sup>th</sup> crop of tomatoes in the hot house. It is now 55 day since the last crop on tomatoes and Cucumbers were transplanted.

The tomatoes are up to 60mm cross and the cucumbers are in abundance



Trusses less than 8 inches apart.



### Growing Sweet Potatoes By Ross Davis

With all this wet weather around you need to grow crops that can handle wet weather. Sweet potatoes fit the bill.

They are good at rejuvenating the soil as well.

Select the variety of sweet potato u like. You can even buy a tuber from your favorite shop.

Place the tuber in a black plastic pot with good compost, keep moist. Sweet potatoes like HOT soil. They will shoot very quickly when the weather is hot.

Select the shoots on the potato; it should have roots starting right at the place where it is shooting from the tuber. Break off carefully with roots in tact from the tuber.

Now bend the shoot into an L shape, into the mounded up row.

Make a slot about 50mm deep.  
Place the L shaped shoots into the bottom  
and cover with about 25mm of soil.

You should now have a slot in the soil and  
the top poking out. Fill the slot with water, the  
slot should act as a mini dam and makes  
sure that the shoot gets away into a plant  
very quickly.

The mounds should be 6 inches high



The tender young leaves  
and shoots or nearly all  
cucurbits are edible, so  
rather than trim the vigorous  
growers back to keep them  
under control, lightly fry the  
new shoots in some olive oil and garlic.

Extract from "Harvest" By Meredith Kirton

### After Flood Care By Diane Kelly

**Although the Gold Coast was not directly affected by the recent floods, the following information from Emergency Management NSW and the Brisbane City Council web-sites would be good to have on hand in case of future water inundation.**

#### VEGETABLE GARDENS:

Flood water may have contaminated your vegetable or herb garden. Some garden produce may be salvaged and sanitizing, peeling and cooking is recommended to prevent food-borne illness.

Your garden will take about a month to become clean after floodwater inundation. Don't eat or preserve food during this time.

Discard leafy greens such as lettuce, spinach, cabbage and broccoli, as well as soft berries and herbs. These are highly susceptible to bacterial contamination which is difficult to remove from them.

Wash beans, peas, tomatoes, capsicums and zucchinis in water. Then soak in a weak chlorine solution of 2 tablespoons of chlorine bleach in 4 litres of water. Peel and cook them thoroughly before eating.

For underground vegetables such as carrots and potatoes, wash in water and sanitize as above. Peel and cook thoroughly before eating.

Produce with a protected fruit or impervious outer skin, such as peas, melons, corn or oranges, should be washed and disinfected before the outer shell, skin or husk is removed. Then shell, peel or husk the produce and cook if possible.

#### Did You Know?

*Zucca* is the Italian word for "gourd", hence *zucchini* means "little gourd".

## Herbs For Healthy Chickens

There are a number of common herbs we can grow for chickens for general health. Herbs can also be used to treat chooks for infestations of worms, lice and mites.

### Herbs for general health

General poultry tonics and laying stimulants include, garlic, onion, chickweed dandelion, fennel, wormwood, rue, cleavers, cress, marigold, mint, vervain, comfrey, mullein roots, thyme, marjoram, sage, nasturtium, mugwort, goats rue, gotu kola and parsley.

Parasitic worms, body lice and mites are the most common problem of chickens.

### Worms

A good preventative for worms is nettle. The nettles should be boiled and the liquid added to mash when cold.

Garlic is the best organic treatment for worms. A cold extract can be made by putting several cloves of crushed garlic into half a cup of water overnight. It can be given to chickens individually by eyedropper or the extract can be put into the chooks drinking water for a week. Herbs can also be used on a regular basis to treat worms.

Once a month leaves such as horseradish, garlic, wormwood, tansy, elder, santolina, rue, hyssop, goats rue, can be mixed with onions, grated carrots, mustard and pumpkin seeds and then added to feed at a rate of about 20%. Nasturtium leaves and seeds have antiseptic and medicinal properties and are also good wormers.

### Lice and Mites

Lice and mites are another common problem for poultry. Garlic again is suitable for these problems.

Artemisia's such as southernwood, wormwood, mugwort and other insect repellent herbs like tansy and fennel, when grown near the chook

pen can be used to control these external parasites. Other good insecticidal herbs are rosemary, catnip, feverfew, lavender and pennyroyal.

These can also be grown near the chook shed, so the chickens can brush past them or nibble on them.

These insect repelling herbs can also be cut fresh and strewn around the ground in the chook area or can be dried and added to feed. When herbs are used as a food for chickens they will only eat what they need of these herbs.

### Comfrey

Comfrey is rich in protein and is a very nutritious tonic food. It has high levels of potassium and calcium and is a good source of amino acids. If chickens are fed comfrey daily before their grain, they will have good health and produce eggs with golden yolks.

### Chickweed

A common weed that grows during the cooler months of the year here in SEQld is chickweed. This is a favourite tonic green for chickens.

### Feverfew

Feverfew is related to pyrethrum but is not as strong. It produces lots of flowers and self seeds readily. Flowers and leaves can be made into a tea and sprayed to control lice and mites.

### Gotu Kola

Gota kola is a creeping plant that likes damp partially shaded areas. The leaves fed to chickens are a useful tonic. It can be used externally for skin conditions.

### Nasturtium

Nasturtiums are a good general herb for chickens. It has antiseptic and antibiotic properties and is a good wormer. It also helps to repel insects.

### Nettle

Nettles are a great tonic herb for poultry. High in a range of vitamins and minerals, they are a preventative against worms and can be dried and added to comfrey to stimulate egg laying.

This is just a few of the herbs that you can give to your chickens; there are many salad herbs that are quite safe to feed to your chooks.

Source: *Mudbrick Cottage Herb Farm Blog* at [www.herbcottage.com.au](http://www.herbcottage.com.au)



### Chooks and Snakes By Diane Kelly

*Having recently had several large branches lopped off our paper-bark tree because they were giving our "friendly" carpet snake access to our chook run, I was interested in the following "Letter to the Editor":*

Q: A reader recently asked if she could use a carpet snake in the chook shed on her farm in Queensland to keep down the rat numbers.

A: In answer, I have seen a diamond python (carpet snake) living happily alongside hens

for many months in a chook pen built inside an old barn. The python hung about the rafters and fed on the many rats that infested the area. However, when the rat supply ran out, Hazel (as she was called) began to swallow the fowls at a rate of roughly one a month.

As for other snakes on the range (open forage areas), the odd aggressive cock bird or, more rarely, pullet in the wrong place at the wrong time may be struck and killed by a poisonous snake that is feeling threatened. However, tiger, black and brown snakes do not prey on adult hens.

Larger snakes may come in after eggs and chicks up to the age of six weeks, but, if you find snakes other than pythons around the layers' shed, it's the rats and mice they'll be hunting. Shingle-back lizards have also been known to feed on eggs and new hatched chicks.

Source: *The Organic Gardener*  
January/February 2011

### Did You Know?

#### Phenology

This is the study of the times of recurring natural phenomena, such as the dates when leaves or flowers emerge, even when insects emerge from their cocoons or migratory birds make their first flight.

The founder of this science was Robert Marsham (1708-1797). A keen naturalist from Norfolk in the United Kingdom, he was the first to record the coming of spring according to 27 key indicators, rather than the conventional date itself (1<sup>st</sup> September in the southern hemisphere, 1<sup>st</sup> March in the northern).

These days scientists are keen to study whole systems like this, using them as indicators for other things, such as global warming.

*Extracts from "Harvest" - By Meredith Kirton*

### **Weather Lore** **By Diane Kelly**

Centuries of observation of the manner in which particular trees and plants react to or reflect imminent changes in the weather led people who grew things for a living to compose little couplets, many of which contain more than a grain of truth.

While most refer to the northern hemisphere, many can be applied to conditions in our part of the world too.

#### ***When the dew is on the grass Rain will never come to pass***

Dew on the grass at the end of a summer's day indicates a settled atmosphere, since the dew is caused by the cooling earth condensing the moisture in the air.

The necessary heat loss from the ground cannot take place if insulating clouds are present.

#### ***Beware the blackthorn winter***

A warm spell in early spring can bring the blackthorn into bloom when often some of the worst weather of the year is still to come.

#### ***Spring starts when you can put your foot on 12 daisies***

Lawn daisies, among the earliest of the spring flowers, often emerge in clumps on the lawn.

#### ***Pimpernel, pimpernel, tell me true Whether the weather be fine or no***

The scarlet pimpernel flowers in summer.

On fine mornings, it stands with its flowers fully open, but, when humidity reaches about 80 per cent, it closes its petals to protect the pollen. Other flowers that close on, or before, rainfall include daisies, dandelions and tulips. Lime (linden) leaves cover the flowers before rain, and clover leaves contract before a storm.

### ***When the leaves show their undersides Be very sure that rain betides***

High humidity and strong winds before rain makes stalks more pliable and toss branches about, showing the under-sides of their leaves

*Source: 1001 Hints & Tips for the Garden - Readers Digest*



### **Shading our Gardens**

Heat stress can really take its toll on summer crops – soft, wilted and sunburned foliage, along with flower and fruit drop, are enough to make many gardeners give up on their summer plots altogether. Things like regular, deep watering and mulching are important for keeping plants alive, but the best thing for protecting your crops is shading. All you need is a length of shade cloth, or suitable material, and a frame.

As well as protecting your plants from the harsh rays of the summer sun, a little shade over your crops will:

**Reduce sun-scald:** This is where the leaves go soft, wilted and watery or their edges turn brown and crispy. Fruits such as tomatoes and capsicum form ulcerous blemishes due to sunscald and become inedible.

**Save water:** The rate of moisture loss from the soil by evaporation is reduced because the ground surface is cooler. Plants are cooler too, which means they lose less moisture from their leaves.

**Extend your growing season:** Cooler conditions allow you to grow crops that would otherwise more likely fail in summer – especially leafy plants like lettuce, silverbeet, beetroot and cabbage, and even coriander that normally bolts to seed. Tomatoes also do better in cooler conditions as their fruit won't form when it is too hot.

Heat stress can really take its toll on summer crops – soft, wilted and sunburned foliage, ***Make planting & transplanting more successful:*** Young plants with immature root systems rarely survive a hot day in full sun.

***Offer hail protection:*** One wild storm out of the blue could rip your plants to shreds.

***Deter pests:*** A full cover to the ground reduces attacks from leafhoppers, grasshoppers, grubs, caterpillars, and fruit-piercing moths and birds. You can also protect crops from fruit fly by using a fruit fly grade mesh.

***Make summer gardening more comfortable:*** Super shade structures that cover an entire growing area will offer you sun protection, too.

***No shade required:*** Some crops love the heat and don't need the protection of a shade structure. It makes sense to be growing these plants in separate beds that reap the benefits of the sun:

- Sweet potato
- Okra
- Corn
- Snake bean
- Watermelon
- Kangkong
- Hibiscus spinach
- Amaranthus
- Ceylon spinach
- Cassava
- Yam
- Egyptian spinach

#### **Did You Know?**

The roots of sunflowers can also be roasted and eaten as a vegetable. They have a similar nutty flavour to Jerusalem artichokes.



#### **Cultivating Eggplants**

Good drainage is essential for eggplants, as they can develop verticillium wilt, and will therefore also need to be rotated annually around the vegetable garden.

These vegetables flourish in hot, humid weather, but struggle in anything lower than about 25 degrees. If you do have the right climate, however, they are well worth growing, not only because they taste great and look lovely, but also because they produce heavily – up to 8 kg of fruit on a single plant, although less on the smaller-fruited types.

To give eggplants a head start, sow seeds in pots or tray about eight weeks before planting, then plant out seedlings in spring into warm, acid soil once temperatures surpass 18 degrees. They will respond well to regular applications of fertiliser.

It takes at least ten weeks for eggplants to grow from seedling to cropping stage; the fruit should be in full colour as well as firm and unwrinkled. Store eggplants in the fridge for about a week, or pickle them to serve on an antipasto plate.

*Extract from "Harvest" By Meredith Kirton*



#### **A Rough Snail Trail**

Your best defence against slugs and snails may be in your tool-box. Surround lettuces with strips of gritty sandpaper to protect them from slugs and snails. Even though lettuce is their favourite menu item, these soft-bodied molluscs will turn away from the scratchy barrier rather than crawl across it to get to the salad bar.

**Source: Garden Problem Solver Reader's Digest**

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



### VEGETABLES

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

**FEBRUARY:** Artichoke, Beetroot, Carrot, Celery, Cucumber, Eggplant, Endive, Lettuce (under shade cloth), Marrow, Parsnip, Potato, Pumpkin, Radish, Rhubarb, Shallots, Squash, Sunflower, Tomato, Zucchini.

### HERBS

#### 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.

#### FEBRUARY

**Annual:** Amaranth, Basil, Dill, Herb Robert, Misome, Mizuna, Nasturtium, Italian parsley Rocket, Giant Red Mustard, 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.

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.

<b>Planting in January</b>
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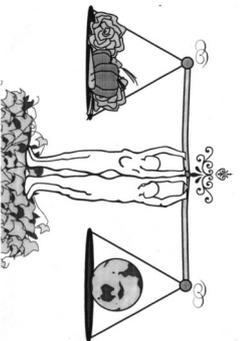
Amaranth	Plant in garden.	Harvest from April
Asparagus Pea	Plant in garden.	Harvest from April
Basil	Plant out (transplant) seedlings.	Harvest from April
Beetroot	Plant in garden.	Harvest from April
Burdock	Plant in garden.	Harvest from June
Cape Gooseberry (also Golden Berry, Chinese Lanterns)	Plant in garden.	Harvest from May
Capsicum (also Bell pepper, Sweet pepper)	Plant in garden.	Harvest from April
Chilli (also Hot peppers)	Plant in garden.	Harvest from April
Chives	Plant in garden.	Harvest from April
Climbing beans (Pole beans, Runner, Scarlet)	Plant in garden.	Harvest from April
Cucumber	Plant in garden.	Harvest from April
Dwarf beans (also French beans, Bush beans)	Plant in garden.	Harvest from April
Eggplant (also Aubergine)	Plant in garden.	Harvest from May
French tarragon	Plant in garden.	Harvest from April
Leeks	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from May
Lettuce	Plant in garden.	Harvest from April
Luffa (also Loofah, plant sponge)	Plant in garden.	Harvest from May
Mustard greens (also gai choy)	Plant in garden.	Harvest from March
Okra (also Ladyfinger, gumbo)	Plant in garden.	Harvest from May
Oregano (also Pot Marjoram)	Plant in garden.	Harvest from March
Pumpkin	Plant in garden.	Harvest from May
Radish	Plant in garden.	Harvest from March
Rockmelon (also Canteloupe)	Plant in garden.	Harvest from May
Rosella (also Queensland Jam Plant, Roselle)	Plant in garden.	Harvest from July
Salsify (also Vegetable oyster)	Plant in garden.	Harvest from May
Silverbeet (also Swiss Chard or Mangold)	Plant in garden.	Harvest from April
Squash (Crookneck, Pattypan, Summer squash)	Plant in garden.	Harvest from April
Swedes (also Rutabagas)	Plant in garden.	Harvest from April
Sweet corn (also maize)	Plant in garden.	Harvest from May
Tomato	Plant out (transplant) seedlings.	Harvest from April
Turnip	Plant in garden.	Harvest from April
Watermelon	Plant in garden.	Harvest from April
Zucchini (also Marrow, Summer squash)	Plant in garden.	Harvest from March

<b>Preparing for February</b>
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Amaranth	Plant in garden.	Harvest from April
Asparagus Pea	Plant in garden.	Harvest from April
Beetroot	Plant in garden.	Harvest from April
Broccoli	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from April
Burdock (also Gobo (Japanese Burdock))	Plant in garden.	Harvest from June
Cape Gooseberry (also Golden Berry, Chinese Lanterns)	Plant in garden.	Harvest from May
Capsicum (also Bell pepper, Sweet pepper)	Plant in garden.	Harvest from April
Carrot	Plant in garden.	Harvest from May
Chilli (also Hot peppers)	Plant in garden.	Harvest from April
Chives	Plant in garden.	Harvest from April
Climbing beans (Pole beans, Runner, Scarlet)	Plant in garden.	Harvest from April
Cucumber	Plant in garden.	Harvest from April
Dwarf beans (also French beans, Bush beans)	Plant in garden.	Harvest from April
Eggplant (also Aubergine)	Plant in garden.	Harvest from May
Leeks	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from May
Lettuce	Plant in garden.	Harvest from April
Mustard greens (also gai choy)	Plant in garden.	Harvest from March
Okra (also Ladyfinger, gumbo)	Plant in garden.	Harvest from May
Onion	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from August
Oregano (also Pot Marjoram)	Plant in garden.	Harvest from March
Parsley (also curly leaf parsley or flat leaf (Italian) parsley)	Plant in garden.	Harvest from April
Pumpkin	Plant in garden.	Harvest from May
Radish	Plant in garden.	Harvest from March
Rosella (also Queensland Jam Plant, Roselle)	Plant in garden.	Harvest from July
Salsify (also Vegetable oyster)	Plant in garden.	Harvest from May
Shallots (also Eschalots)	Plant in garden.	Harvest from May
Silverbeet (also Swiss Chard or Mangold)	Plant in garden.	Harvest from April
Squash (Crookneck, Pattypan, Summer squash)	Plant in garden.	Harvest from April
Swedes (also Rutabagas)	Plant in garden.	Harvest from April
Sweet corn (also maize)	Plant in garden.	Harvest from May
Turnip	Plant in garden.	Harvest from April
Zucchini (Courgette/Marrow, Summer squash)	Plant in garden.	Harvest from March

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 Guinness Creek Road  
& Coolgardie Street  
Elanora, Gold Coast

**Next meeting:**  
Thursday 17 February 2011