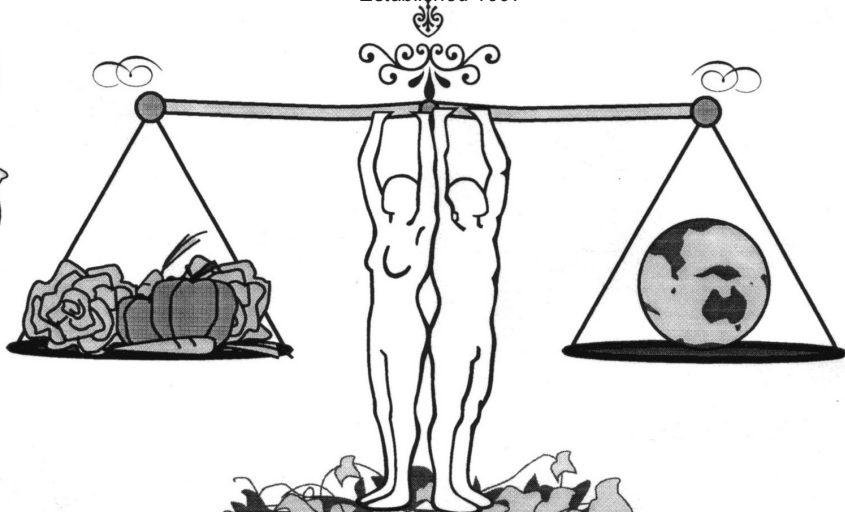


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - JANUARY 2016 Issue 1
GARDENING IN SUMMER

Pg2	<i>Club Information</i>	8	<i>If You Just Do one thing this month</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	9	<i>Recipes</i>
4	<i>Building Gardens in the Air</i>	10	<i>Fruit Trees</i>
5	<i>Sponsors</i>	11	<i>Vegetables and Herbs</i>
6-7	<i>Abilities Plus - LEARNING BY DOING GROUP INC.</i>		

OUR NEXT MEETING: Thursday 18th February

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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Advertising	Dorothy Coe dorothy@dorothycoe.com
Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellebeter@gmail.com
Librarians	Ann Brown 0403 936 360 Pat McGrath
Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 John Clarke Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Judy Reiser

Newsletter Contributions: Contributions and ideas welcome. Send in a photo of what's going on in your patch. Deadline for contributions is the **second Monday** of the month. Send your content to Dorothy Coe at: dorothy@dorothycoe.com

Notice Board

Membership Renewals

NEW: You can now pay your membership fee directly into the GCOG bank account.

Name: Gold Coast Organic Growers
 Bank: Suncorp
 BSB: 484-799
 Account: 0014-21651

Remember to put your Name and 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

Overdue: Lise Racine (151), Val Sier (349), Josh Walker & Chris Viehbock (371), Sue Beckinsale (373), Roger Peterson (330), Warren & Bev Carlson (87), Geraldine McDonald (354), Jun Yoneda (374), Graham & Flora Dunne (375), Jasen Pankhurst (376), Henry Blonner (108), Denise Goodwin (335), Ros Griffith (378), Denis Byrne & Sandra Ridolfi (380), Virginia Brown (381), Lynn Tilley (382), Evelyn Douglas (383), Paul & Maria Roberson (4), Megan Keeler (358)

January: Marion Symons (155), Karen Collins (350), Danielle Bohata (359), Doris James (360), Danny Li (384), Julie Townsend (385)

February: Margaret Reichelt (111), Barry O'Rourke (185), Karen Hart (198), Penny Jameson (201), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Ken & Pat Jenyns (273), Anne-Maree Andrew (337), Andrew, Helen & Claudia Blum (344), Shem Pireh (361), Keith Rowell (362), Bill & Susan Smart (386), Daniel Raper (387)

Upcoming Guest Speakers

18th Feb

Angela Anderson, (club member) talks about Chooks

Rest of the year - TBC

Workshops

Gold Coast Permaculture Workshops

23rd Jan

Smoothies & teas with herbs — with Dan

27th Feb

Compost & soils — with Dan

19th Mar

Getting your garden ready for winter — with Dan

23rd April

Herbs - cleaning products, soap making, soils & herbs — with Haley

28th June

Composting — with Dan

25th July

Wonderful world of worms — with Greg

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

Thanks to Contributors this month:

Diane Kelly, Jill Barber, Dorothy Coe, Lyn Mansfield, Heather Ryan, Judy Reiser

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

Building Gardens in the Air

By Rachael Lebeter

The imagined garden is resonant with life that will unfold only in the future, yet is already present.

I am currently reading *Six Square Metres*, a series of essays about the urban garden of journalist Margaret Simons. In her introduction, Simons talks about the eternal optimism that is gardening: we are forever planting seeds and hoping that they germinate; trying new varieties of crops that were epic failures the year before; moving sickly plants to new spots; giving more sun and less water, or less sun and more water. And sometimes, it still seems that you are “just lucky, or unlucky”.

For all that I prune and plant, plan and propagate, my garden looks little enough like the ones I build in the air. Some things flourish unexpectedly, while others fail to thrive through no lack of care on my part. Yet in my mind, my garden has potential equivalent to the elusive fountain of youth.

If I truly accounted for the hours, or dollars, invested in my patch, I'm sure that logic would tell me to throw in the towel. Still, there I am. Is it unfounded optimism, or pure imagination? Certainly, each time we plant a seed, it is an act of faith in the miracle that the “dried up specks” grow into plants. It is an ability to see beyond the withered, to what the seed could be, beyond the bare dirt and weeds, to the imagined garden. It is pure potential that, let's face it, few enough seeds, gardens, or gardeners ever actually fulfil. And yet I am so grateful that it comes. It comes with spring, with the change of seasons, with the promise of the first summer tomato. With rain, a sunny morning and a new seed catalogue. Like many faiths, it comes unbidden and unfounded, and yet is so deeply comforting.

Veggie Swap

by Dorothy Coe

As you may know I have been trying to get a veggie swap group happening so that when we have excess veggies we can swap with each other.

I decided to try and promote it outside of the club to target a wider audience and so I created a Facebook page a few weeks ago and the local free Sun newspaper found the Facebook page and wanted to help promote it.

They did an interview with me and put the article on the front page of the free Sun newspaper Tuesday 12th January. (Pic below).



Since then the Facebook page has started to take off and more people have been contacting me with interest which is great.

If you want to keep updated with what we are doing LIKE the Facebook page or just keep an eye on it and I will post updates there as things progress.

www.facebook.com/veggieswapgoldcoast

Alternatively contact me if you are interested in swapping veggies.
dorothy@dorothycoe.com



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GC Visitors Guide 2013

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**Jen's Story.... Abilities Plus
LEARNING BY DOING GROUP INC.**

By Lyn Mansfield



Jen Stuart's story begins back in 2002 when she employed a young man with an intellectual impairment in her gardening and landscaping business. It was then that she realised that her business was able to help these people in a way that would empower them to believe in themselves.

By 2006 Jen was able to employ 9 people with intellectual impairment. By 2009 Jen had 14 employees and today has 17 people that range from Physical, Psychiatric, Intellectual Disabilities, Asperger's Syndrome, Autism and Acquired Brain Injuries.

Over time Jen became aware of the desperate need to help in other areas such as literacy, numeracy and life skills. Her employees were unable to write their name or read, with not being taught to brush their teeth and unable to dress in the proper manner for work activities. Her employees were lacking in every day manners and respect or knowledge of life skills.

Jen said, "One young person had no idea what a Joey was. We were learning words starting with the letter J." Jen also said, "She had a person who bought his own birthday card as he had never been given a card and another person went to the dentist and drank

the mouth wash as he did not know that it was to rinse your mouth as nobody had told him".

Jen's desire to help these people was her priority and the top of the list they needed more than just a job - **they needed education**. It was all there in front of her but what could she do. With no financial help it was not going to be easy but Jen would study and get her Diploma in Horticulture, Landscape, Business, Management and OHS along with her BSA Landscape Construction License and then a friend said, "she should study for her teaching attainment". So that was next on the list and she passed with honours.

So what happened next was Jen asked a Nursery if she could use their lunch room for classes and that is how it all began.

Jen taught them literacy and numeracy skills and thought how good it would be for them to actually get a certificate. So it took 2 years to put seven people through their Certificate I in Horticulture also combined with literacy and what a graduation they had – thanks to many volunteers who helped.

Now Jen is teaching her employees their Certificate II in Horticulture and those involved all look forward to classes. By providing a safe environment where the disadvantaged in our community are empowered to believe in their abilities built on a solid foundation of trust. It is an environment that fosters self-esteem and self-worth in all creating, an incentive by giving them this opportunity to "learn by doing". As the people have not had the opportunity for academic success and having a curriculum delivered outside the box, they are now able to experience the joy of learning.

The group has two garden plots situated at Nerang Community Garden that assist with their classes and Jen believes that everyone can achieve if given a chance. Education is the key. By "learning by doing" they have been able to achieve things that others per-

haps thought not possible. They are all achieving fantastic results and the people who could not write their own names are proud as they can now write their own name but also have their Certificate I in Horticulture. Since achieving milestones we have taken the group to David Fleays Wildlife Park and we all know what a Joey is. We also go to McDonalds for birthdays and no-one no longer needs to buy his own birthday card.

Jen's goal is to continue helping the disadvantaged in our community and to keep on studying as the more Jen learns the better she can help by allocating work that is suited to each individual needs. Seeing the group achieve is what keeps Jen employing more and more disadvantaged individuals. Jen said, "Just seeing them smile and happy is a wonderful feeling."

Jen's employees all work and learn as a group helping one another. They are taught to respect and manners and when they get a call to help another person everyone attends. Jen and the group help each other as they have all been there and know how they feel and Jen teaches that everyone should be treated equally and not discriminated against for any reason.

WE ARE ONE BUT WE ARE MANY



ABILITIES PLUS - LEARNING BY DOING GROUP INC

CERTIFICATE II IN HORTICULTURE

Are you interested in Horticulture and enjoy being in the garden. Perhaps growing your own fruit and vegetables, have a love for flowers or even just care for our environment.

Abilities Plus - Learning By Doing Group teaches the disadvantaged in our community with no age barriers and promotes diversity in learning for all. We provide every assistance and guidance to all individual's needs and requirements.

Our learning program teaches Horticulture II combined with literacy and life skills. Ashmore Tafe is our Registered Training Officer. This program offers on the job training as the practical side and in the classroom for theory with several local open garden sites for training tours.

Our class room is set overlooking a parkland area allowing us a very peaceful and safe atmosphere connecting with nature as we learn.

Our learning program was put together to empower disadvantaged persons in our community to believe in themselves and develop self-esteem leading to a better future providing opportunities that sadly so many people do not receive in life and become lost and lonely and by giving people a chance they become a valued member of our society and of great assistance.

So if you would like to learn, work, make new friends and be a part of a team call Jen on 0418 784 266 or Lyn on 0409 645 888.

You will learn Certificate II in Horticulture and this class is over two years and is totally free to the student. Limited numbers of 17. Everyone is welcome so give us a call.

**If you Only do One Thing this
Month Plant some Radishes
By Diane Kelly**

Here's an easy one to start off our gardening year with – radishes!

Radishes can be planted all year round and can be harvested within four or five weeks. They are classed as “easy” to cultivate, are largely pest and disease-free, and their flowers are very attractive to native bees, parasitic wasps and other beneficial insects. So why not give them a go?

There are three main types of radishes:

- (a) Summer radishes – such as “Scarlet Globe” (the ones we would be most familiar with) or “French Breakfast”, which are similar in appearance, but more elongated.
- (b) Winter radishes – these have black skin and white flesh. They grow to the size of a beetroot, and are mild in flavour. “Round Black Spanish” is the best known.
- (c) Daikons – which are white skinned, low in calories, and their enzymes help digest starchy foods.

Summer radishes:

These don't need deeply dug soil, because they are only in the ground a few weeks. But they appreciate reasonably prepared soil – sift in a bucketful of compost into the top 7-10 cms of a square meter of soil. Poor soil and dry conditions can result in a very hot and bitter crop.

Sow radish seeds to a depth of about 2cm – they should emerge within seven days. You can scatter the seeds between other crops, especially leafy salad crops such as lettuce, endive and chicory. The regular watering required by these vegetables and the light shade they create will ensure a good radish crop.

Thin the seedlings out to create room for remaining ones to mature. Sow seeds frequently for a continuous supply, and remember that leaving them too long means they will become woody and lose their flavour.

All summer radishes can be used in salads – just trim the roots and tops off, wash and dry, and slice. Radish tops can also be cooked as spinach.

Winter radishes:

Winter radishes can be eaten raw (grated is good for salads), or used in soups and stews. Sow the seeds in drills 30cms apart, and then thin to 15cm. Remember to water regularly to maintain steady growth.

Daikon:

Daikons are cultivated similarly to summer radishes, but should be thinned to 20 cms apart. They have grey-green foliage, and are much larger growing and milder in flavour than the summers and winters – they also take longer to grow. Daikons range from white skinned to rose or white fleshed. It is wise to hill up soil around the plants as they grow, as they tend to push themselves out of the ground.

Suggestions:

- Peel daikon and slice crosswise very thinly. Place in iced water, pat dry, then serve with dips.
- Use the julienned roots for salads and in stir fries.
- Pickle the roots, or bake them, or add them to soups.
- Use the sprouted seeds in salads.

Recipes Column

Here are 3 recipes that were handed to me at the Xmas meeting in December so I THINK some of these recipes might belong to some of the food that was on the supper table.

Carrot and Comfrey Finger Food **Serve hot or cold**

4 small carrots
Cut into sticks
Par-boil for about 3 mins, drain and hold.

Fry in coconut oil
1/2 cup of comfrey, shredded finely
2 tbs of chives
2 tbs of mint leaves
1 desert spoon of mustard

Mix in carrots when the comfrey mix is cooked as desired.

By Judy Reiser

=====

Vegetable Egg Muffins

Make an omelette mix.
Combine with any vegetables you like. You can also add herbs and cooked meat if you want. Also add some grated cheese.

Grease some muffin trays.

Pour the mixture into muffin trays, but not quite to the top as they will rise a little.

I sprinkle with a bit more cheese on top.

Cook until it is firm and not runny in the middle.

By Heather Ryan

=====

Corn mini quiches

Ingredients

2 sheets of frozen ready-rolled shortcut pastry or you can make your own
4 eggs
1/4 cup pure cream
3 green onions, thinly sliced
2 x 125g cans creamed corn
1/3 cup grated cheese

Method

1. Preheat oven to 200° /180° fan forced. Grease two 12 hole rounded based patty pans. Using a 7cm round cutter, cut 24 rounds from pastry. Press into prepared pans.
2. Whist eggs, cream, onion, and corn in a jug. Pour mixture into pastry cases. Sprinkle with cheese. Bake for 13-15 mins or until golden and set. Serve.

By Diane Kelly

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

Recipe submission deadline is the second Monday of each month.

FRUIT TREES

JANUARY

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

Figs: Keep water up and mulch well.

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

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

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

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

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

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

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

Bananas: Keep them well watered.

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

FEBRUARY

Custard Apples: Peak water needs. Apply organic fertiliser with sulphate of potash, 1 kg for mature trees and ½ kg for young trees.

Figs: Net trees to protect figs from birds. Pick fruit every two days. Fertilise with 1 kg organic fertiliser with sulphate of potash.

Low shill stone fruit: Moderate water needs.

Lychee: Peak water needs. Mulch trees. This is a good time to “skirt” trees (skirt-trim all growth to 500mm above ground). Prune so 20% light can be seen through trees. If Eri-nose mite is a problem, spray with wettable sulphur every 10 to 14 days from pin head size new growth to fully open, and harden off.

Mango: Apply organic fertiliser with sulphate of potash. Keep up water. Prune trees after harvest. **Pruning:** If it is a very large tree that needs to be pruned to a manageable size, the correct way is to cut back 1/3 of branches each year for three years. In the first year remove one of the largest branches, the following year remove another branch, and so on until the tree is of an acceptable shape and size. In this way you will have some fruit each year while at the same time reducing the size of the tree. Spray with copper based spray or leaf microbes for anthracnose every fortnight.

Passion-fruit: Keep up the water.

Pawpaw: Plant pawpaws in threes (thin out to strongest). Plant out seedlings as the soil is still warm and by Autumn they will be stabilised, and then be ready to get an early start for Spring. De-bud your first year trees (keep one flower to try the fruit – if you must!) Keep one male to eight female trees. Paw-paws are heavy feeders. Spray copper based spray or leaf microbes to prevent black spot.

Persimmon: Make sure trees are fully netted. Harvest time for early varieties.

Strawberries: Prepares sites for runners to be planted out at the end of the month. Keep well-watered to form new runners.

Bananas: Fertilise with organic fertiliser with sulphate of potash – 1 kg per stool. Keep up water; bag fruit; and cut off bells.

Citrus: Fruit thinning should be done this month. Leave one fruit every 150mm. Fertilise tree with organic fertiliser containing sulphate of potash, 1 kg for large trees and ½ kg for smaller trees. Keep up sprays of pest oil for leaf miner. Keep up the water.

Brisbane Organic Growers Handbook

VEGETABLES

JANUARY:

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

FEBRUARY:

Asian Greens, Beans (French, Snake), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Chilli, Choko, Kale, Leeks, Lettuce, Marrow, Mustard Greens, Onions, Parsnip, Pumpkin, Radish, Rhubarb, Shallots, Silverbeet, Sunflower, Sweet Potato, Tomato.

HERBS

JANUARY

Annuals

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

Annuals

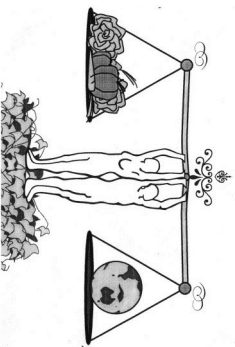
Amaranth, Basil, Dill, Herb, Robert, Misome, Mizuna, Nasturtium, Italian parsley Rocket, Giant Red, Mustard, Salad Mallow.

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.

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 18th February 2016