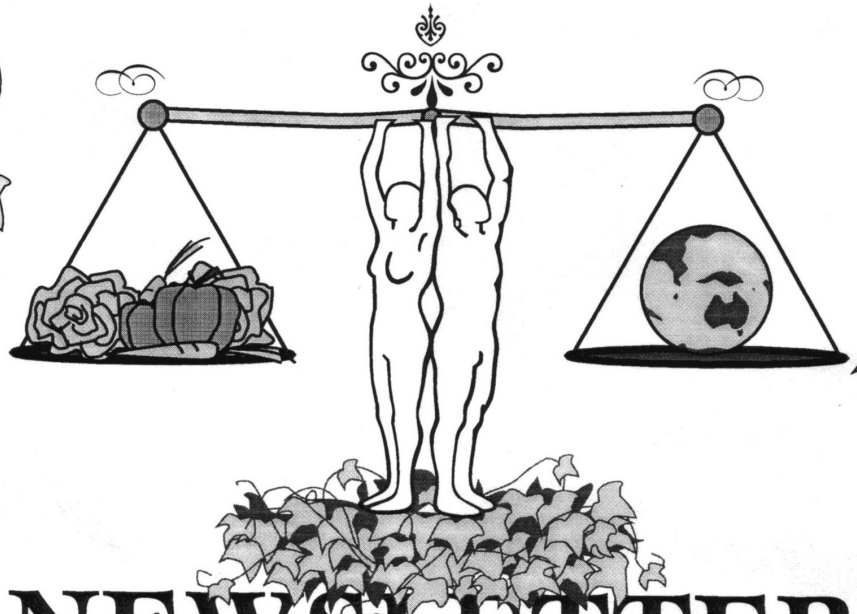
GOLD COAST ORGANIC GROWERS Inc.



NEWSLETTER

Volume 13 June 2010 Issue 6

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OUR NEXT MEETING: Thursday 15 July

THE AIMS OF G.C.O.G. Inc.

1. To promote organic sustainable food raising for home gardens and farms.

2. To foster research into improved methods of organic farming and gardening.

3. To provide information and support to all those interested in the various aspects of organic growing.

Meetings Held: 3rd Thursday of the Month
The Meeting Place, Cnr Guineas Creek Rd. and Coolgardie St, Elanora.
Doors open 7.00 pm; Begin at **7.30 pm** Entry is $1 members, $3 visitors.
(No meeting in December)

Annual Membership Fees:
Single: $20. Family: $30.
To renew or start memberships please send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

Seed Bank: $1.50 ea.

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

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

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

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

Newsletter: contributions welcome by post or email (preferred).

Please send to: webprint@onthenet.com.au
Please put [GCOG] in email 'subject' box.

2010 Committee

President	**Maria Roberson** **(07) 5598 6609** **405 Piggabeen Rd,** **Currumbin Q 4223**
Vice President	**Ross Davis** **(07) 599 7576**
Treasurer	**Diane Kelly** **(07) 5522 7444**
Secretary	**Karen Hart** **(07) 55277484**
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Publicity & Website *C-ordinator*	**Steve Dalton** **0414 464 564**
Advertising	**Tali Filip** **0402 438 563**
Guest Speaker	**Lise Racine**
Trip Co-ordinator	**Maria Roberson** **0402 438 563**
Librarian *Library Assistant*	**Heather Ryan** **(07) 55344047** **Pauline Behrendorff**
Seed Bank *Seed Bank Assistant*	**Peter Seymour-Smith** **(07) 55965678** **Graham Boyle**

Thanks to other contributors:

Ross Davis, Margaret Reichelt, Diane Kelly, Chris Winton & Dorothy Coe.

Notice Board

Membership Renewals

Overdue: Julie Baythorpe, Mark Raynham, Deborah Jones, Jannette Janssen, Inge Light, Leone Freney, Barbara Talty, Margaret Reichelt, Kym O'Connell, Gerard McCormick, Marco & Kathleen Berton, David Wyatt, Helen Wainwright, Stephen Dalton, Chris Larkin, Clive Canning, Karen Auchere, Leanne Cane

June: Linda Thompson, Lise Racine, Ross & Helena Kelso, Peter Seymour-Smith, Jan Wright, Elizabeth Dolan, Graham Boyle, Khoo Mea Lee, Chris & Dorothy Winton, Debbie Jones, Ron Campbell

July: Ian & Margaret Lee, Liz Spittall, Renato Morandini, Patricia Barton, Peter & Jan Fleming

Guest Speakers

June: Green manure presentation by Lise Racine - this will be done on a power point program. My 9 years old will teach me how to do it (!)
July: Bonni Yee on Bio-Char
Aug: Donna Fisher on Dirty Electricity
Sept: Q & A
Oct: Free for now
Nov: Free for now

Requests:

I would like to buy some lemon grass stock to transplant into my home garden please. About enough stalks to totally cover a 2' x 2'area.

Ta. Rebecca - Email me at: mangoesbowen@optusnet.com.au

Website: www.goldcoastorganic.com

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.

Wildcare on the Gold Coast
When: Saturday 26 June
Where: Advancetown
Time: 9.30am to 12.30pm

Sustainable Gardening Workshops

By Gold Coast City Council

- Reduce household waste by composting and worm farming,
- Save water with techniques such as mulching and plant grouping,
- Create the conditions your plants need to thrive.

When: Saturday 26 June
Where: Runaway Bay Library, Lae Drive
Time: 10am to 12pm

Don't forget to enter the Winter Vegetable Competition

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

Miami Organic Farmers Market

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

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

Queensland Home Garden EXPO

The annual Qld Home Garden Expo runs for three days, Friday July 9 to Sunday July 11 at the Nambour Showgrounds, Nambour.

The expo features tantalizing offerings from more than 360 exhibitors – the latest in garden tools, pots, books, accessories, garden art and more.

Six live stages hosting lectures, demos and workshops will offer free expert advice and information all day every day, whilst plant exhibitors will have nearly 40,000 plants for sale daily.

Special exhibits include the Giant Kitchen Garden featuring permaculture and organic gardening, landscape display gardens, major Floral Art competitions, a special kids' at play area and large displays from Queensland's Garden Clubs and Flora Societies.

The Giant Kitchen Garden

This feature continues to grow in popularity each year and is a real source of inspiration and information for gardeners who are interested in growing organic herbs and vegetables and learning more about permaculture gardening.

WHERE: Nambour Showgrounds, Coronation Avenue, Sunshine Coast.

WHEN:
Friday 9 July, 2010
Saturday 10 July, 2010
Sunday 11 July, 2010

OPENING TIMES:
Gates Open - 8:00am Daily
Gates Close - 5:00pm Friday and Saturday
Gates Close - 4:00pm Sunday

For more information visit:
www.homegardenexpo.com.au

lifechangingdocos

Life Changing Documentaries, Workshops and Seminars

SCREENINGS

Simply Raw:
Reversing Diabetes in 30 Days
Wednesday 14th July
The Basement, Gold Coast Arts Centre
4pm—$9 OR 6pm—$12

Reversing Diabetes in 30 Days follows six participant's remarkable journey and captures the medical, physical, and emotional transformations brought on by this diet and lifestyle change. We witness moments of struggle, support, and hope as what is revealed, with startling clarity, is that diet can reverse diabetes and change lives.

Fabulous Organic food will be available on the night between 6 - 6.30pm. The doors open for the 4pm session at 3.30 and at 6pm for the 6.30 session. After the late session our panel of experts will discuss the issues raised by the film, and field questions from the audience.

The information in this film could reverse most 21st century diseases such as Heart Disease, Cancer, Diabetes, Depession and alike.

Order tickets via Eventbrite:
http://reversingdiabetes-efbevent.eventbrite.com/

WORKSHOPS/SEMINARS

COMPOST, COMPOST, COMPOST
Saturday 19 June
12 Benaroon Crt, Tallebudgera
9am-12noon —$45.00

Biodynamic Farmer, Lise Racine and Permaculturist, Chris Piperare running their fabulous Composting Workshop again!

The Workshop will include the following:

- the principles to create a good quality compost in your backyard
- different methods such as cold composting, hot composting, using plastic bins, open bins and free standing heaps.
- how to use your food scraps to create "black gold" for your garden without smell, slime or flies
- the different ingredients that can enter into compost making.

Some attendees can get involved by participating in building a compost heap and we will conclude with question time and some nibblies.

Bring a bucket of scraps, a fold-up chair, a hat, some water to drink and a pen & paper.

Lise Racine owns 2 acres in Tallebudgera, started the process of Bio-Dynamic certification for the land in 2005 and has been fully certified since 2008. She focuses on growing a variety of seasonnal vegetables for her family and sells the surplus. She is also establishing medicinal herbs throughout the gardens and is currently completing a correspondence course in herbalism. Through her organic/biodynamic practices Lise has experienced different composting methods over the years.

Chris Piper has been following the development of permaculture with Bill Mollison from the beginning in the late seventies, and completed his Permaculture Design Certificate Course in January 2010 at The Channon with Geoff Lawton. Chris is interested in intergrated living systems that combine shelter, food, water harvest and storage, energy collection and waste handling.

Order tickets via Eventbrite:
http://compostcompostcompost-efbevent.eventbrite.com

Revive & Replenish Health Café & Store

The organic shop at West Burleigh is now under **NEW Management**

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 speacials
- Organic coffee
- Freshly squeezed juices
- Smoothies

Pre order weekly fruit & veggies for pickup and home delivery.
Internet ordering available soon.

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

Cats Detestable Deterrents

Cats hate wet soil, so water your flowerbeds last thing at night. They also dislike the smell of citrus peel, camphor and eucalyptus, so sprinkle some orange or lemon rinds or a few moth-balls, or even some old tea bags sprinkled with eucalyptus oil, around the garden.

Pumpkins

Ground support: The fruits of ground-hugging varieties of pumpkins should be protected from damp soil which can cause them to rot.

Upend four flowerpots, lay a board or tile on them, and place the pumpkin on this. Do it while the fruit is small. Moving a large, heavy pumpkin may cause the stem to snap.

Potash and your Crop
by Ross Davis

In my hot-house I have used Potash on one side twice as much as the other side. Potash was used when transplanted. Both sides had potash at about 5 weeks. At 8 weeks one side had more potash, the other none, but Blood and Bone. At 8 weeks Blood & bone was used on all sides. This was wrong as the tomatoes flowers stopped setting tomatoes and put on just green growth.

Proving, that to get a good crop of fruit you need Potash at transplanting along with a little Blood and bone. At 5 weeks u need to side dress Potash. At 8 weeks u need Potash , at 10 weeks u need potash. I used this formula about 3 years ago and had kilos and kilos of tomatoes.

It quite easy to tell what happening to your Tomatoes the trusses should be 8 inches apart when the fruit sets , any more than this is usually because the plant is getting too much Nitrogen.

The problem is it too late by then.

See the pictures….

Three trusses— No fruit.

With plenty of Potash—you should expect to get a crop like this all the time.

Happy gardening.

Ross.

Parsley
Submitted by Chris Winton

Parsley (*Petroselinum crispum*), the world's most popular culinary herb is also known as "rock celery" and belongs to the *Umbelliferae* family of plants. Parsley is one of the world's seven most potent disease-fighting spices which also include Ginger, Oregano, Cinnamon, Turmeric, Sage, and Red chili peppers. Parsley grows in most climates and is readily available throughout the year. It is a biennial plant which means that it produces seeds during its second year of production and will reseed itself if you let it.

While parsley is a wonderfully nutritious and healing food, it is often under-appreciated. Most people do not realize that this vegetable has more uses than just being a decorative garnish that accompanies restaurant meals.

Parsley is native to the Mediterranean region of Southern Europe and has been cultivated for more than 2,000 years. It was originally used as a medicinal plant (see below) prior to being consumed as a food. Ancient Greeks held parsley to be sacred, using it to not only adorn victors of athletic contests, but also for decorating the tombs of the deceased. While it is uncertain when and where parsley began to be consumed as a seasoning, historians think it may be sometime during the Middle Ages in Europe. Some historians credit Charlemagne with its popularization as he had it grown on his estates.

Parsley's Many Therapeutic Health Benefits Include Its Use For:

- **Anemia**: Builds up the blood because it is high in iron. The high vitamin C content assists the absorption of iron.
- **Antioxidant**: Increases the anti-oxidant capacity of the blood.
- **Bactericidal** (kills bacteria)
- **Bad breath**
- **Baldness**: Believe it or not, men even scrubbed parsley onto their scalps to cure baldness—which doesn't work.
- **Blood purifier**
- **Blood vessel rejuvenation**: Maintains elasticity of blood vessels, and helps to repair bruises.
- **Diarrhea** is greatly helped by drinking parsley tea.
- **Digestion**: Parsley is an excellent digestion restorative remedy. It improves the digestion of proteins and fats therefore promoting intestinal absorption, liver assimilation and storage. Because of its high enzyme content, parsley benefits digestive activity and elimination.
- **Dissolves cholesterol within the veins**
- **Diuretic**
- **Ear health**: Treats deafness and ear infections.
- **Edema:** Acts as a diuretic and blood vessel strengthener.
- **Fatigue:** Parsley is high in iron so helps repair and provides components for better blood cells.
- **Gallstones:** Helps dissolve them.
- **Glandular support** of the liver, spleen, kidneys and adrenal glands.
- **Gout**
- **Hormonal support**: In women, parsley improves estrogen and nourishes and restores the blood of the uterus. Conditions like delayed menstruation, PMS, and the menopause (dry skin, irritability, depression and hair loss) can often improve.
- **Hormone balancing** is achieved through the volatile fatty acids contained in parsley.
- **Immune booster**: The high vitamin C, beta carotene, B12, chlorophyll and es sential fatty acid content render parsley an extraordinary immunity enhancing food.
- Parsley is an immune-enhancing multivitamin and mineral complex in green plant form and one of the most important herbs for providing vitamins to the body.

- **Inhibits tumor formation**, particularly in the lungs.
- **Insect bites**: Rub on to relieve the swelling and itch.
- **Jaundice**
- **Kidneys:** Parsley is effective for nearly all kidney and urinary complaints except severe kidney inflammation. It improves kidney activity and can help eliminate wastes from the blood and tissues of the kidneys. It prevents salt from being re-absorbed into the body tissues; thus parsley literally forces debris out of the kidneys, liver and bladder. It helps improve edema and general water retention, fatigue and scanty or painful urination.
- **Liver congestion:** It enriches the liver and nourishes the blood. Parsley helps reduce liver congestion, clearing toxins and aiding rejuvenation.
- **Menstrual irregularity**: Parsley helps to make the cycles regular by the presence of apiol which is a constituent of the female sex hormone estrogen.
- **Night blindness**: Bad eyesight is a sign of Vitamin A deficiency.
- **Rheumatism**
- **Spleen strengthening**: The parsley root in particular strengthens the spleen, and can, therefore, treat malabsorption.
- **Stamina loss and low resistance** to infection, point to a sluggish liver. This can manifest itself in blood deficiencies, fatigue, a pale complexion and poor nails, dizzy spells, anemia and mineral depletion.
- **Strengthens loose teeth**: In the Middle Ages parsley was used for many conditions including 'fastening teeth' (Scurvy, which is caused by a Vitamin C deficiency, makes the gums spongy and the teeth loose.)
- **Uterine tonic**
- **Weight loss benefits** from being a diuretic

Nutritional Benefits of Parsley:

Parsley is a nutrient powerhouse containing high levels of beta carotene, vitamin B12, folate, chlorophyll, calcium, more vitamin C than citrus fruits, and just about all other known nutrients. Parsley is a moistening, nourishing, restoring, ‘warming’ food, pungent with a slightly bitter, salty flavor. It enhances and stimulates the energy of organs, improving their ability to assimilate and utilize nutrients.

Beta carotene is used for protein assimilation. This nutrient benefits the liver and protects the lungs and colon. Beta-carotene is converted by the body to vitamin A, a nutrient so important to a strong immune system that its nickname is the "anti-infective vitamin."

Chlorophyll Parsley is abundant in chlorophyll, thus purifying and inhibiting the spread of bacteria, fungi and other organisms. Chlorophyll from parsley is slightly anti-bacterial and anti-fungal which acts to enhance immune response and to relieve mucus congestion, sinusitis and other ‘damp’ conditions. Chlorophyll, high in oxygen, also suppresses viruses and helps the lungs to discharge residues from environmental pollution.

Essential Fatty Acids Parsley is a source of alpha-linolenic acid, an important essential fatty acid that is too frequently deficient in today’s diets.

Fluorine is an important nutritional component abundantly found in parsley. Fluorine has an entirely different molecular structure from chemically-produced fluoride. Tooth decay results from a shortage of fluorine, not fluoride. It is the combination of calcium and fluorine which creates a very hard protective surface on teeth and bones. Fluorine also protects the body from infectious invasion, germs and viruses.

Parsley (Contd.)

Folic Acid, one of the most important B vitamins, but one of its most critical roles in relation to cardiovascular health is to convert *homocysteine* into benign molecules. Homocysteine is a potentially dangerous molecule that, at high levels, can directly damage blood vessels and increase the risk of heart attacks and stroke in people with atherosclerosis or diabetic heart disease. Folic acid is also a critical nutrient for proper cell division and is therefore vitally important for cancer-prevention in two areas of the body that contain rapidly dividing cells--the colon, and in women, the cervix.

Iron: The iron content of parsley is exceptional with 5.5mg per100g (4oz). A half-cup of fresh parsley or one tablespoon dried has about 10 percent of your **iron** daily requirements. Plus, parsley has the vitamin C your body needs to absorb that iron.

Protein: Parsley is made up of 20% protein. (About the same as mushrooms.)

Vitamin B12 Parsley contains traces of B12 producing compounds. Such compounds are needed for the formation of red blood cells and normal cell growth, important for fertility, pregnancy, immunity and the prevention of degenerative illness. The action of vitamin B12, however, is inhibited by birth control pills, antibiotics, intoxicants, stress, sluggish liver, and excess bacteria or parasites in the colon or digestive tracts. Parsley helps to counteract these inhibitors.

Vitamin K: Getting at least 100 micrograms of Vitamin K a day can drastically cut your risk of hip fracture. Vitamin K is necessary for bones to get the minerals they need to form properly. Parsley is loaded with vitamin K (180 mcg per 1/2 cup). Cooking parsley nearly doubles its Vitamin K.

Vitamin C: Parsley contains more vitamin C than any other standard culinary vegetable, with 166mg per 100g (4oz). This is three times as much as oranges. Flavonoids, which make up the Vitamin C molecule, maintain blood cell membranes, and act as an antioxidant helper.

Volatile oil components - including *myristicin*, *limonene*, *eugenol*, and *alpha-thujene*. Parsley's volatile oils, particularly myristicin, have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. It acts as an antioxidant that can help neutralize particular types of carcinogens (like the *benzopyrenes* that are part of cigarette smoke, charcoal grill smoke, and the smoke produced by trash incinerators).

Parsley also contains calcium (245mg per 100g), **phosphorus, potassium** (1000mg per 4 oz), **manganese** (2.7mg per 100g), **inositol, and sulphur**.
Many of my client's test they would benefit greatly from eating parsley for all kinds of health problems.

How to Use Parsley:

Top off your sandwiches with it, include it in your salad greens, put it in Tabbouli or better yet, toss it into simmering soups, stews and sauces. We eat it raw in salads and those days when I can't eat it raw, I often add a couple of parsley capsules to my nutritional supplements.

Parsley juice, as an herbal drink, is quite powerful and is usually taken in quantities of about 2 fl oz (50ml) three times a day and is best mixed with other juices. I noticed that it's most effective to juice parsley in between other vegetables as the juice is heavy and thick and doesn't move through some juicers very readily.

Types of Parsley:

The two most popular types of parsley are **curly parsley** and **Italian flat leaf** parsley. They are both related to celery. The Italian variety has a more fragrant and less bitter taste than the curly variety. There is also

another type of parsley known as turnip-rooted (or **Hamburg**) that is cultivated for its roots, which resemble salsify and burdock.

Chinese parsley, is actually **cilantro.**

How to Pick and Care for Parsley:
Whenever possible, choose fresh, dark green, organically grown parsley that looks fresh and crisp over the dried form of the herb since it is superior in flavor. Avoid bunches that have wilted or yellowed leaves indicating over-mature or damaged produce.

Parsley can be stored loosely wrapped in a damp cloth or plastic bag and refrigerated for up to a week. Wash just before using. If the parsley wilts, either sprinkle it lightly with some water or wash it without completely drying it before putting it back in the refrigerator.

The best way to clean it is just like you would spinach. Place it in a bowl of cold water and plunge it up and down like you would a toilet plunger. This will allow any sand or dirt to dislodge. Remove the leaves from the water, empty the bowl, refill it with clean water and repeat this process until no dirt remains in the water.

If you have excess flat-leaved parsley, you can easily dry it by laying it out in a single layer on a clean kitchen cloth. I pre-chop mine (both varieties) and place it on a cookie sheet on top of the refrigerator where it is warm. Stir it occasionally to allow consistent drying. Once dried, it should be kept in a tightly sealed container in a cool, dark and dry place.

Some feel the curly leaved variety is best preserved by freezing, as opposed to drying. Although it will retain most of its flavor, it has a tendency to lose its crispness, so it is best used in recipes without first thawing.

Source: Unknown

Know your beans

There are four basic types of bean, all with their own special features and cultural requirements. Heaviest fields result from picking beans regularly once they have attained their maximum length, but before the seeds begin to bulge within the pods.

1. **Runner beans:** The easiest beans to grow well under cool conditions, runner beans are vigorous climbers with red or white flowers. Plant them in full sun.
2. **Broad beans:** Broad beans are touch, hardy and very easy to grow in any good garden soil in a sunny place. Most broad beans grow to about 1m tall and may need support, although a few varieties are much shorter.
3. **Dwarf/bush French beans:** Grown on a bush with a neat habit of growth, the beans produced by dwarf French beans are generally stringless and have a fine flavour. They thrive in rich soil and full sun. Pick them small. Top and tail, then steam the beans for just a few minutes.
4. **Climbing French beans:** The flowers are self-pollinating and therefore more reliable than runner beans. Their flavour is often stronger than that of dwarf French beans and they crop for longer.

1. 

2. 

3. 

4. 

Why Choose Non-Hybrid, Non-GMO seedlings which are Chemical Free?

Studies have shown that the plants produced:

- Will grow true to type
- Are easier to grow
- Are hardier
- Have significantly higher nutritional value
- Are more resistant to disease & pests
- Produce over a much longer season

All of our seedlings are:

Non-Hybrid
Hybrid seeds are the result of cross-pollinating two or more different types of a variety to produce another. If seed are saved & planted from this hybrid plant, either (1) the seed will not germinate or (2) the germinated seed will not grow true-to-type. We have chosen to AVOID hybrid varieties.

Open-Pollinated
All of our seedlings come from open-pollinated varieties. This means that they will remain true-to-type, producing the same type of plant year after year, provided cross pollination does not occur. If you wish to save your own seed, be sure to follow seed saving guidelines, ensuring correct distancing requirements etc.

Non-GMO
We do not buy, sell, grow or support the growth of GMO seedlings.

Chemical Free
We choose seeds which have not been coated with artificial chemicals, choosing rather to present it to you in its most natural form possible. Also, where possible, we choose seeds which are organic or organically grown. Including rare & heritage varieties.

With commercialisation & mass production of vegetables, we have seen a great reduction in the variety of vegetables available. In addition, major seed Companies are gradually phasing out non-hybrid seed in preference for hybrid varieties.

Our aim is to bring back to consumers (& gardening) what has been lost - by restoring the heritage varieties.
What is a “heritage” variety?
A variety of seed is termed “heritage” or “heirloom’ when it has been passed down from family to family, from generation to generation. These varieties have been tried, tested & proven, & are often more than 100 years old.

Many commercially reared seedlings on the market are typically grown in controlled conditions, in a sterilised medium, sprayed with fungicides & other chemicals & fed with artificial fertilizers under artificial lighting & heating. We take a more natural approach, raising seedlings which are in accordance with organic methods.

Grown in naturally decomposed compost without added urea (our compost mix is certified organic)

Watered using rainwater or ground water (non chlorinated / fluoridated)

No artificial heating or lighting
We grow varieties which are in season & suited to the surrounding climate. When they are transplanted into your garden, they don't suffer the same amount of shock as those coming from an artificial environment.

We use certified organic & 100% natural fertilisers,100% natural sprays. As our seedlings are grown naturally, they are healthier, stronger & more resistant to disease which means we rarely need to worry about fungal & insect problems. In the rare instance that we have a problem, our seedlings are sprayed with natural, homemade sprays.

We use jiffy pots and pellets for our seedlings. With over 55 years of development,

jiffy pots are 100% compostable and approved for organic production. Made of raw materials, sphagnum peat, wood fibre and lime to adjust ph. Advantages are - no transplantation shock, quicker, less messy planting, no plastic pot to recycle, air pruning stimulated root development.

Source: Pandora Downs Heirloom Organic Vegetable Seedlings

Pandora Downs Heirloom Organic Vegetable Seedlings

783 Tallebudgera Creek Road
Tallebudgera Valley QLD 4228

Ph: 07 5533 8894
www. Heirloomorganicseedlings.com
Hours: 10am to 5 pm
Closed Wednesdays

10 Reasons to Have Your Own Vegetable Garden

Thinking about starting your own garden, but not sure if it'll be worth it? Here are our top 10 reasons why everyone should have their own garden.

1. KNOW EXACTLY WHERE YOUR FOOD COMES FROM - See your plants grow right before your eyes.

2. HAVE FRESH PRODUCE AT YOUR FINGERTIPS DURING THE GROWING SEASON - Add in some freshly picked veggies to your salads and meals

3. MAKE MEALS MORE INTERESTING AND FLAVOURFUL- Freshly picked produce tastes better and fresh herbs add a burst of flavour

4. VITAMIN/NUTRIENT RICH, VINE RIPENED PRODUCE- Vine-ripened produce is shown to have higher vitamin and antioxidant contents

5. EDUCATIONAL-Learn and tech your children where fresh food comes from -it's not the grocery store! We offer a specialized children's range.

6. RELIEVE STRESS AND GET THERAPEUTIC BENEFITS-Working in your garden or even watching things grow over time can have a stress relieving effect

7. SHARE THE BOUNTY-Share extra produce with your friends and family

8. AVOID HARMFUL CHEMICALS, PESTICIDES, AND FERTILIZERS- Know that no industrial chemicals or fertilizers have been sprayed on your food.

Sadly major diseases are no longer a rarity, most of us have lost someone close well before their time. There are no miracle cures, but you can limit your risks. You will be eating fresher vegetables, which means higher nutrient content. By choosing heirloom plants which are non-genetically modified you know you are eating vegetables with the flavours and nutrient nature intended.

9. LIVE A GREEN AND ECO-FRIENDLY LIFESTYLE- Reduce your carbon footprint and become less dependent on food grown hundreds of kilometers away

10. SAVE MONEY- Having a garden can supplement your daily diet and save money you would normally spend on produce. As much as we'd all love to buy it, organic produce is expensive .

You don't need to start big, we can provide you with potted herbs and vegetables to give you a start. If you don't have a veggie patch we can make one for you although there is no longer a need to hide vegetable gardens around the back, the worldwide trend is to make them a show case implementing edible garden designs.

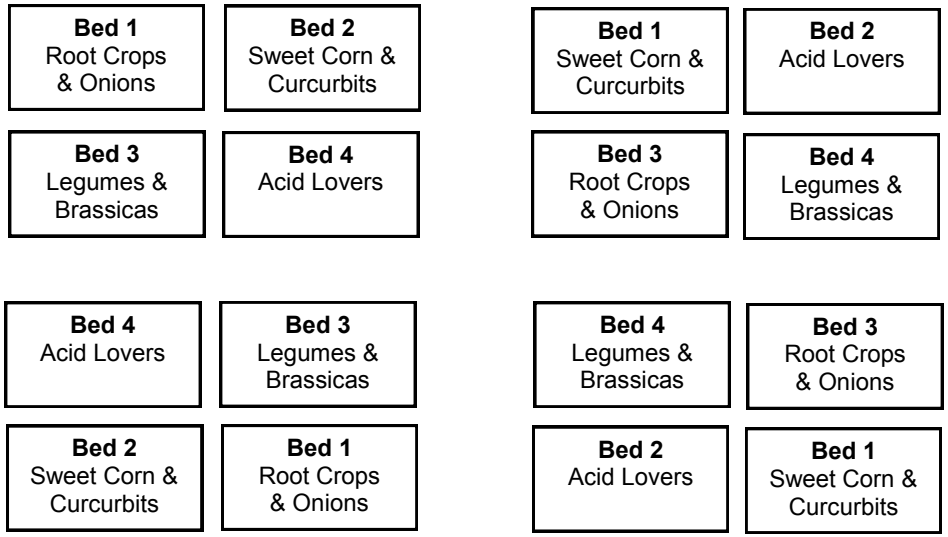
Source: Pandora Downs Heirloom Organic Vegetable Seedlings

Crop rotation: breaking the cycle of disease and pests organically in your vegetable garden — Submitted by Dorothy Coe

Looking for a safe organic way to keep pests and disease under control in your vegetable patch? One of the simplest ways is planting your vegetables based around crop rotation. Crop rotation is all about planting groups of similar vegetables together in a different part of the garden each year. It's important to do this because different crops like different soil conditions. Sweet corn and pumpkin love a rich organical soil, but the same soil conditions would fork carrots and other root crops. Pests and diseases tend to effect vegetable groups and will often remain in the soil for years. But by following a rotation system these pests and diseases can't build up in the soil.

The length of a rotation system can vary from 3 to 8 years. The longer the better. But this can be difficult with the size restrictions of the average backyard. So using a number of resources I've collated a few options for you using a 4, 5 or 6 year rotation system.

Demonstration of a 4 bed crop rotation system



4 year rotation

Crop rotation is all about moving vegetable groups from one bed to another each year. Our backyard vegetable patch uses this 4 year rotation system.

The first bed starts off with a mixture of roots crops (carrots, parsnips and beetroot) and vegetables belonging to the allium family (onions, garlic and leeks). The second bed begins with sweet corn and curcurbits (pumpkins, squash, cucumber, zucchini and maybe even some watermelons). By autumn the crops in this bed have usually been harvested so you can grow a quick cover of green manure before the next growing season. The third bed in spring starts with the vegetables that prefer a slightly lower pH (also known as acid lovers) such as tomatoes, capsicums (bell peppers), chillies and eggplants. And the fourth bed can be used to grow legumes (peas and beans) and brassicas (cabbages, broccoli, cauliflower and pak choy).

By spring the following year the sweet corn and curcurbits replace the root crops and onions. The tomatoes, bell peppers and eggplants replace the sweet corn and curcurbits (after the green manure has been dug into the bed). The legumes and brassicas replace the tomatoes and their friends. And of course next, the root crops and onions replace the legumes and brassicas. This system continues so that no vegetable group is ever planted in the same place twice over the four year period. Regardless of whether you're using a 4, 5 or 6 year rotation system you can plant leafy salad vegetables like lettuce anytime and anywhere there's a bit of space.

The timing for when you rotate each bed varies depending on the bed and your local conditions. In cool and temperate climates tomatoes and other crops are usually killed off by frosts. But here in subtropical Queensland we rarely ever get frosts (except in the Downs and some parts of western Brisbane out Ipswich way) so we can have a longer growing season. But you'll generally find that all of the beds are usually rotated around autumn in one form or another.

5 year rotation

By now I hope you have a better understanding about how crop rotation works. So I'm not repeating myself I'll simplify the whole 5 year rotation system:

Bed 1	Onions, garlic and leeks followed by...
Bed 2	Legumes and brassicas followed by...
Bed 3	Root crops followed by...
Bed 4	Curcurbits and sweet corn followed by...
Bed 5	Tomato, capsicums and eggplants....

and then back to the onions.

Over time the soil in your beds will gradually become more acidic which suits the way each vegetable group is rotated. By the time you rotate the tomatoes, eggplants and capsicums into the bed in their fifth year the soil will ideally suit their acidic nature. That doesn't mean you'll have to wait 5 years to get your crops. It just means the soil will suit them even better as the years go by. A few weeks before you get to the end of the season in autumn sprinkle a good handful or two of lime or dolomite into each square metre of your tomato bed. This will sweeten the soil preparing the bed for the lime loving onions, garlic and leeks. The other vegetable families are then rotated behind the onions. The whole process benefits all vegetable types and your soil.

6 year rotation

The 6 year rotation cycle splits the legumes from the brassicas so you plant:

Bed 1	Onions, garlic and leeks followed by...
Bed 2	Legumes followed by...
Bed 3	Brassicas followed by...
Bed 4	Root crops followed by...
Bed 5	Curcurbits and sweet corn followed by...
Bed 6	Tomato, capsicums and eggplants....

and then back to the onions.

The same principles for the 5 year rotation system apply to the 6 year rotation system. As with the 4 and 5 year systems you can plant lettuce, parsley, spinach and silverbeet wherever you have a little bit of spare space after harvesting.

When you're making your beds you can apply a heavy organic mixture of homemade and mushroom compost, old manure, blood and bone and dolomite to beds 2, 3, 5 and 6. Bed 1 should only get dolomite and compost. This way your root crops won't fork from heavily manured soil and your bulbs (like garlic, onions and leeks) won't go mouldy or form poorly.

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But what about potatoes?

OK, crop rotation sounds like a good idea, but what about if I want to plant potatoes? This is where you need to start really planning things.

I love potatoes. They're technically from the same family as tomatoes. But I would never have enough room in my tomato bed to fit potatoes in there too. There are only two ways I've found you can get around this (OK three, but the third one is exxeptionally tricky).

1. Make more space. I physically find somewhere else in the garden to grow my potatoes. But don't forget, the same rules apply. You can't plant potatoes (or tomatoes) there for at least four years, unless you want to risk getting disease in your soil.

2. Grow up! Well, make your potatoes grow up. Try planting them in old car tyres like I did back at Norman Park once. Just make sure you don't make the same mistake I made: poor drainage. Drill some holes into the tyre walls to let the water escape, otherwise the soil in the tyres will go sour and you'll get a bad crop. Some gardeners believe the materials in rubber tyres can leach out into the soil (and the potatoes). If you've got any health concerns about this issue, you should avoid doing it. If you've seen any research into this issue please let us know, as we'd also like to find out more.

3. Bring the two together. I've never done this, but I've heard of some over enthusiastic gardeners who graft tomato plants onto the base of a potato plant. Result: potatoes under the ground with tomatoes growing on the same plant above ground. I don't know if this is just an urban myth. But from recent emails from visitors to this site and this link (scroll to the last post on the page), the grafted potato and tomato theory sounds like a dud - but if you've had success let us know.

Whatever rotation system you use it'll be a lot better for your soil and vegies than not rotating at all. If you don't rotate your crops particular nutrients required by individual groups will become exhausted. Rotation helps your soil rest and organically breaks the breeding and growing cycles of pests and diseases. It's the natural method of pest control and soil management.

Source: www.thevegetablepatch.com

The industrious bee

A queen bee can lay up to 2,000 eggs a day. She can live for up to five years and will mate only once, storing the sperm internally to use when needed. Mating takes place in midair with male bees known as drones; afterwards they are prevented from entering the safety of the hive and die.

Royal jelly is produced from the salivary glands of worker bees and fed to the larvae. It is rich in protein, and the larvae that are fed on royal jelly throughout their development will turn into queens.

Gene Technology Regulator

List of Intentional Release Licence Applications under Evaluation

The Office of the Gene Technology Regulator (OGTR) has received licence applications for the following projects.

The public are called to make comment on a RARMP regarding the identified risks to human health and the environment and the proposed management measures.

If you would like further information you can either visit our library or visit www.ogtr.gov.au

DIR Licence Application Number	Title of Project	Notification of receipt of application	Public calls for comment on RARMP open	Call for comment	Is application being assessed as 'limited and controlled'?
DIR 104	Limited and controlled release of canola and Indian mustard genetically modified for herbicide tolerance and/or a hybrid breeding system	Notification posted 7 May 2010		Open	Yes
DIR 103	Limited and controlled release of canola genetically modified for enhanced yield and delayed leaf senescence	Notification posted 22 February 2010	Notification posted 1 June 2010	Open	Yes
DIR 101	Limited and controlled release of cotton genetically modified for insect resistance and herbicide tolerance	Notification posted 8 February 2010	Notification posted 3 May 2010	Open	Yes
DIR 102	Limited and controlled release of wheat and barley genetically modified for abiotic stress tolerance	Notification posted 22 January 2010	Notification posted 20 April 2010	Open	Yes
DIR 100	Limited and controlled release of wheat genetically modified for enhanced carbon assimilation in drought and heat prone environments	Notification posted 8 January 2010	Notification posted 9 April 2010	Closed	Yes

Sowing seeds of the marrow family

The seeds of cucumbers, marrows, melons, pumpkins, squashes and zucchini should be sown either on their edge or with the pointed end upwards in the potting mix or soil. This minimises the risk of the seeds rotting before they germinate.

Winter Garden Action Plan
Submitted by Diane Kelly

Jerry Coleby-Williams lists the most urgent jobs to keep your garden healthy this winter.

1. After the midwinter solstice, the days begin to lengthen, but the coldest weather is still to come. Wherever tender plants are damaged by frost, wait until after the last frosts are over before pruning off affected parts. Until that time, even ugly, frost-damaged foliage provides some protection to undamaged parts.
2. Hard frosts can crack solid ponds and aquatic plant containers. Floating a tennis ball in them absorbs the pressure created as ice forms.
3. Protect winter crops and magnolia buds from possum and bird damage. Unlike the common 1cm-square netting, using 4cm-square mesh excludes pests without trapping or injuring birds.
4. Keep cyclamen and cymbidium orchids away from room heaters and frosty window-sills. Give them cool, frost-free conditions and allow them to go just dry between waterings. Do not feed until late spring.
5. Raise the height of the cut on mowers. This reduces lawn wear and tear and by keeping swards thick, you reduce the risk of weeds such as wintergrass and moss from spreading.
6. Apply one handful of dolomite per square metre to control moss in lawns that are still actively growing. This provides magnesium, keeping lawns health and green whilst neutralising soil acidity that encourages moss growth. Aerating all lawns now also reduces moss and makes best use of rain.
7. When buying pre-packaged bulbs, perennials or roses, first check that they aren't shrivelled or mouldy. It's an economical way to buy stock but they only store well for a limited period.
8. Prune off the fiercely-spined dead fronds from all types of date (*Phoenix)* palms during early winter. Dead fronds are shed, often during gales. Spine tips break off easily in wounds and you should assume that they are contaminated with animal droppings. Promptly seek medical attention if wounds become sore - blood poisoning is a risk.
9. Unharvested fallen leaves significantly add to nutrient pollution of urban waterways. Fallen leaves also smother turf and garden plants if left for too long. Rake them up and convert a problem into useful compost, or mulch them directly onto borders.
10. Repair and service irrigation systems, checking, cleaning or replacing any broken dripper and sprinkler heads and filters. As the dry season strengthens, check that outdoor container plants and moisture-loving plants don't dehydrate, especially when windy weather intensifies. If pots stand in saucers, drain them after watering so roots don't sit - and rot - in water.
11. Prune hibiscus during mid-to-late August. This encourages early growth before Erinose mites emerge in spring. Early pruning means soft new shoots, vulnerable to attack, can harden before these pests recommence feeing and breeding. Remove by hand over-wintering hibiscus beetle which often gather in clusters.

Source: Organic Gardener

Planting in June

Beetroot	Sow in garden.	Harvesting from July - August
Broad beans	Sow in garden.	Harvesting from August - November
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - September
Carrot	Sow in garden.	Harvesting from August - October
Cauliflower	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - December
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Chicory	Sow in garden.	Harvesting from September - November
Chives	Sow in garden.	Harvesting from July - August
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Endive	Sow in garden.	Harvest from August
Garlic	Plant cloves.	Harvesting from September - November
Kale	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Kohlrabi	Sow in garden.	Harvesting from July - August
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from July - August
Mustard greens	Sow in garden.	Harvest from July
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - January
Parsnip	Sow in garden.	Harvesting from September - October
Peas	Sow in garden.	Harvest from August
Radish	Sow in garden.	Harvest from July
Rocket	Sow in garden.	Harvesting from June - July
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from August - September
Silverbeet	Sow in garden.	Harvesting from July - August
Snow Peas	Sow in garden.	Harvesting from August - September
Beetroot	Sow in garden.	Harvesting from July - August

Preparing for July

Cape Gooseberry	Sow in garden.	Harvest from September
Carrot	Sow in garden.	Harvesting from August - October
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - December
Chives	Sow in garden.	Harvesting from July - August
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Dill	Sow in garden.	Harvesting from July - August
Endive	Sow in garden.	Harvest from August
Garlic	Plant cloves.	Harvesting from September - November
Kohlrabi	Sow in garden.	Harvesting from July - August
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from July - August
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Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from August - September
Silverbeet	Sow in garden.	Harvesting from July - August
Snow Peas	Sow in garden.	Harvesting from August - September
Spring onions	Sow in garden.	Harvesting from July - August
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from March - June

Speed up decomposition

Spread layers of sawdust and chicken manure alternatively in a compost heap, where the acidity of the sawdust will compensate for the alkalinity of the manure. The result will be a soil improver which combines the high nutrient content of chicken manure with the organic bulk of the sawdust. Do not use it until the sawdust has de-composed and the mixture looks like rich, dark peat.

VEGETABLES

JUNE: Asian greens, Asparagus crowns, Broad beans, Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Endive, Kale, Kohlrabi, Lettuce, Onion, Parsnip, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry.

JULY: Asian greens, Beetroot, Broad beans, Broccoli, Carrot, Celery, Celeriac, Cucumber, Endive, Kohlrabi, Lettuce, Marrow, Onion, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry, Tomato.

HERBS

JUNE
Annual: Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Giant Red Lettuce, Herb Robert, Italian parsley, Misome, Mizuna, Mustard Lettuce, Nasturtium, Rocket

Perennials & Bi-Annuals: Catnip, Chicory, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

JULY
Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Giant Red Lettuce, Herb Robert, Italian parsley, Misome, Mizuna, Mustard Lettuce, Nasturtium, Rocket.

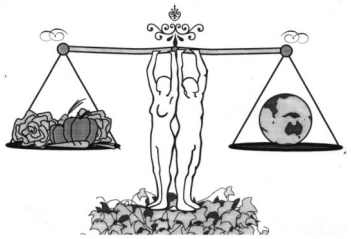
Perennials & Bi-Annuals: Catnip, Chicory, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Thyme, Upland Cress, Watercress, Winter Savoury.

COMPANION PLANTING FOR JUNE

Plant	Companions	Function	Foes
Asian Greens	Beans, beetroot, cabbage, carrots, cucumber, marjoram, peas and strawberries.		Parsley
Asparagus	Tomatoes, Parsley, Basil		
Beetroot	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
Brassica's (Cabbage, Cauliflower, Broccoli	Aromatic plants, sage, dill, camomile, beets, peppermint, rosemary, Beans, Celery, Onions, Potatoes, dwarf zinnias.	Dill attracts a wasp to control cabbage moth. Zinnias attract lady bugs to protect plants.	Strawberries, Tomatoes
Broad beans	Potatoes, Peas, Beans		
Carrots	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
Cauliflower	Celery		
Celery & Celeriac	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Kale	Beet, celery, cucumber, lettuce, onion, potato.		
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Onion	Beets, summer savoury, tomatoes, lettuce, strawberries, camomile		
Peas	Carrots, turnips, corn, beans, radishes, cucumbers, most vegetables and herbs		Onions, garlic gladiolas, potatoes
Potato	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
Tomatoes	Asparagus, Parsley, Chives, Onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
Silverbeet	Beetroot, Onion		
Strawberries	Bush bean, spinach, borage, lettuce		Cabbage

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 July 2010