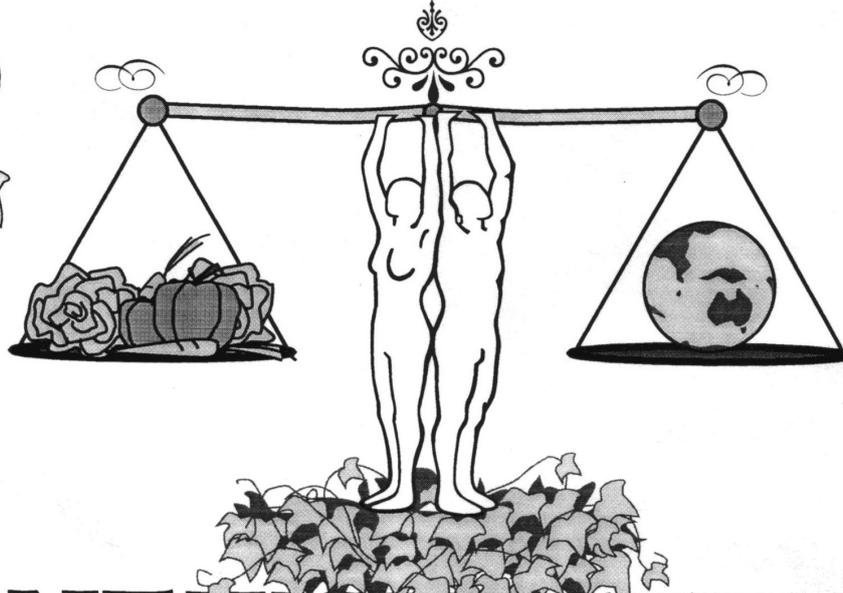


# GOLD COAST ORGANIC GROWERS Inc.

Established 1999



## NEWSLETTER

Volume 14    MARCH 2011    Issue 3

Pg2	<i>Club Information</i>	12	<i>Japanese Garden - article correction, Layering</i>
3	<i>Notice Board</i>		
4-5	<i>Events, Workshops</i>	13	<i>Kyogle - Gateway to the Rainforests</i>
6	<i>Making Thermal Compost</i>	14-15	<i>Recipes</i>
7	<i>March in your Patch</i>	16	<i>Companion Planting for March</i>
8-9	<i>Meaningful Mulching</i>	17-18	<i>What to Plant in March</i>
10-11	<i>Interview by Diane - Getting to know Elizabeth Dolan</i>	19	<i>Preparing for April</i>

**OUR NEXT MEETING: Thursday 21 April**

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

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

**2011 Committee**

<i>President</i>	Maria Roberson (07) 5598 6609
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<i>Trip Co-ordinator</i>	Justin Sharman-Selvidge (07) 5539 3 973
<i>Librarian</i> <i>Library Assistants</i>	Heather Ryan (07) 5534 4047 Pauline Behrendorff & Greg Ryan
<i>Seed Bank</i> <i>Seed Assistant</i>	Peter Seymour-Smith (07) 55965678 Scott Godfredson
<i>Supper</i> <i>Co-ordinator</i>	Jenny Davis (07) 5599 7576

**Thanks to other contributors:**  
**Ross Davis, Diane Kelly, Elizabeth Dolan,  
Lise Racine & Dorothy Coe.**



## Notice Board

### Membership Renewals

**Overdue:** Marion Symons, Rodney Boscoe, Barry O'Rourke, Roger & Pauline Behrendorff, Barbara Morgan, Ken & Pat Jenyns, Judy McCracken, Jerry Rogers, Tali Filip, Sylvia Rolih

**March:** Jannette Janssen, Allan & Penny Jameson, Leone Freney

**April:** Barbara Talty, Margaret Reichelt, Jude Lai, Adam Boyes, Helen Wainwright, David Wyatt, Steve Dalton, David Tangye

**Welcome to our new members:**  
Gaynor Allen, Marino Canala, Yukiyo Copley and Daniela Guitart

### Guest Speakers

**March:** Greg Plevy from Wormtec  
**April:** Leah Gavin talks about her experience with Permacult on the coast and permaculture projects overseas in South East Asia  
**May:** TBC  
**Oct:** Bonni Yee on micro-organisms

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

### We 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)



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## Sustainable Gardening Workshops

### Composting and Worm Farming

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

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

**16th April** - Robina Library  
Robina Town Centre Dr, Robina

**21st May** - Joan Park Community Garden,  
Joan St, Southport

**18th June** - Currumbin EcoVillage  
639 Currumbin Creek Rd, Currumbin

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855.

Tea and coffee are provided and all you need to bring are closed shoes.

### Community Gardens

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

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

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



## Life Changing Documentaries, Workshops and Seminars

### FILM SCREENING

#### Queensland Premiere of Force of Nature

**When:** Monday 21st March

**Time:** 6.30pm

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

**Cost:** \$20 (less 20% for our club members)

Join us for the Queensland Premiere of the award winning documentary FORCE OF NATURE. David Suzuki, iconic Canadian scientist, educator, broadcaster and activist delivers a 'last lecture' — what he describes as "a distillation of my life and thoughts, my legacy, what I want to say before I die".

Also special guest is: **Costa**, from SBS's "**Costa's Garden Odyssey**".

Fabulous Organic Food and Wine will be available from 5.45pm.

After the 6.30pm screening our panel of experts will discuss the issues raised by the film, and field questions from the audience.

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) or call  
(07) 5576 3590.



**WORKSHOP  
HERBAL TINCTURE  
MAKING**

**“Herbs The First Medicine”**

Harvest and gather fresh herb to tincture, capture the herb while it is at its best and preserve it for later use. Learn how to make both fresh and dried herb tinctures with the correct alcohol percentage giving a potent long lasting remedy. This class goes through the process step by step each person having the opportunity to make a tincture for themselves to take home.

**When**

Friday 25th March OR Saturday 26th March

The class runs for 4 hours from 9.30am to 1.30pm, with morning tea at 11-11.30am. Try to arrive 10minutes prior to have a cuppa and settle in.

**Cost**

\$65 this includes a booklet on how to make herbal tinctures from fresh and dry herbs, outlines the calculations and percentages needed for a long list of herbs, as well as morning tea of herbal delights. You also get to take home the tincture you made on the day.

**What to bring**

a hat and closed in shoes as we will be spending some time in the garden. A calculator (if you have one).

**Where**

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

Book online at [www.herbcottage.com.au](http://www.herbcottage.com.au) or call 07 5530 3253

**Other workshops coming soon...**

Growing and Propagating Herbs  
Friday 8th April or Saturday 9th April

Cooks Tour of the Herb Garden Friday 13th May or Saturday 14th May



**HERB FARM**

Michael & Sandra Nanka  
491 Springbrook Rd  
MUDGEERABA. 4213

**Opening times**

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

**Phone: (07) 5530 3253**

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**Gold Coast  
Sustainable Living Market  
Coming May 2011**

**Expressions of interest....**

Calling all green/sustainable/organic/  
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For further details contact  
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### Revive & Replenish Health Store & Cafe

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### 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

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

### Making Thermal Compost An invitation to attend:

There are many ways of making compost.  
The best method that the soil food web peo-  
ple and many others use to produce a  
compost full of bacteria and minerals is ther-  
mal method.

#### How do we make thermal compost?

You need carbon, (*the name politicians  
banding about everywhere*) that can be a  
bale of straw, lucerne, sugar cane, all of the  
old weed from the garden, seeds and all.  
Lawn clipping but limited amounts.

I am having one compost make lesson  
month in **April**. The cost will be **\$10 per  
person**.

I will have a Dial compost thermometer with  
stainless steel body and 19" probe, scaled  
from 0 to 220 °F. Available for \$40.00



#### Why do you need a thermometer?

The compost will heat up and controlling the  
compost is critical in making good compost  
or bad compost. TOO hot and it spoils.

Learn more at the lesson on the **9<sup>th</sup> of April  
at 11am**, my Garden on the Tweed.

Morning tea will be provided bring a cup & a  
chair. It should be a good social meeting as  
well.

Hope to see you there - Ross Davis  
Call for my address information  
ph. 07 5599 7576

### March In Your Patch

March, the month named after Mars, the Roman God of War, is an excellent month to wage war on your patch. Be it ripping out the weeds, mulching up a storm, or popping in a plethora of plants, March is the ultimate time to launch a full scale (but well planned) attack on you patch! So, all you weekend warriors... March into action!

- Okay, it's still pretty warm out there, but you could certainly consider popping in the following incredible edibles, especially towards the tail end of the month. Consider cabbage, Asian greens, rocket, silverbeet, cauliflower, peas, spring onions, zucchini, pumpkin, sweet corn, cucumber, capsicum eggplant and watermelon.
- Whack some lettuce in but consider popping them under a shade cloth tent if the days are still quite warm.
- Hop into the herb patch with coriander (try a slow bolting variety if it's still very warm), sweet basil, lemon grass and oregano.
- Feeling fruity? Go Carmen Miranda with some strawberries, watermelon, citrus, rockmelon, pineapple and passionfruit!
- Plants feel the need for a feed at this time of year. A seaweed tea, or any low environmental impact liquid fertiliser, is perfect for giving them a kick start as they establish. Apply to the soil early in the morning and in the concentrations mentioned on the packet.
- 'Ave a go with an avocado!
- Begin to prepare your potato beds now....you'll be glad you did come April! Pretty up the patch with these flowering fancies- marigolds, sunflowers and pansies, cornflowers, violas, snapdragons,

stock, verbena and lavender (non-invasive varieties of course!). Popping these in around your vegies will give some colour and interest to the patch, and act as beneficial insect attractors!

- Consider a green manure crop to add some life and love to an overworked patch. At this time of year, try millet, oats, lupins or field peas. This will improve your soil incredibly, and, as a bit of forward planning, you'll find it well worth the effort!
- Water smarter at this time of year. Water first thing in the morning, and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial!
- Top up mulch on your vegie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. A hot tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems....especially young seedlings. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.
- Weeding is an awesome job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. It may sound tedious, but it's incredibly rewarding!

**Source:** *Sustainable Gardening Australia*,  
[www.sgaonline.org.au](http://www.sgaonline.org.au)

#### Herb or Spice?

Have you ever wondered what the difference is between a herb and a spice? Herbs are the leaves of plants, while spices are produced from the other parts, such as flowers, seeds and roots.

*Source: The Garden Book, March 2011*

## Meaningful Mulching

Mulching performs a variety of functions in the garden:

- Reduces moisture loss from the soil surface, thus aiding plant growth, and reducing the need to water. It also lessens the chance of the soil surface drying out and cracking.
- Suppresses weed growth, which reduces competition for water and nutrients, and decreases the amount of 'weeding time' the gardener has to put into maintenance.
- Many types of mulch add nutrients to the soil when broken down, and improve soil structure.

Mulching also reduces run-off and soil movement from garden beds.

### Mulch types

As organic mulches breakdown they help improve the soil structure and add nutrients to the soil. Inorganic mulches such as pebbles, have no soil improving qualities and may have a negative effect on soil health.

Plants with low nutrient requirements, such as many native plants, often benefit from inorganic mulches. Thick woody mulches without leaves are also perfect for these types of plants as they last longer before breaking down and they release very little nutrients.

Very fine mulches are to be avoided as they can compact and not allow water to penetrate to the soil beneath. Their fineness also means they are capable of holding a lot of water, once again preventing it from infiltrating the soil beneath.

A good organic mulch is one that is a mix of fine and coarse particles.

Pea straw is an excellent mulch because it is high in nitrogen, but it can also be too expensive to use as a general mulch. This is best used on areas where the high nutrient content

can be utilised best, like the vegetable garden.

SGA also recommends avoiding mulches that have been harvested from old growth forests. Please ask your supplier for mulch that is only from plantation grown timber.



### How to Mulch

Take these few steps before laying your mulch down to ensure success.

1. Remove weeds
2. Moisten the soil thoroughly. Ensure that the water you apply is penetrating .
3. If the water is running off the surface, fork through some compost to aid with the water retention.
4. If you are planting into the soil, add some water saving crystals into the planting hole.
5. If you are using bark-based mulches, you might consider sprinkling some blood and bone over the soil. This extra nitrogen will compensate for any nitrogen being taken up by the gradual decomposition of the mulch.
6. Lay your mulch thickly (7-8cm deep), keeping the area directly around plants free of mulch.
7. Lastly sprinkle soil wetting agents over the surface. This will ensure that any watering doesn't run off the surface of the mulch.

Following these steps will mean you have mulched well.

#### How often?

Over time organic mulches break down, contributing beneficially to soil structure. Fine mulches will break down quicker than more coarse materials and so will need topping up more often. A yearly top up is usually enough.

The length of time that it takes for a mulch to break down determines how rapidly the plants will be able to access the nutrients in the mulch. Some mulches as they break down may actually take nutrients away from the soil, this effect is only short-term but in these instances it may be necessary to add manure or blood and bone prior to mulching.

**Source:** Sustainable Gardening Australia  
[www.sgaonline.org.au](http://www.sgaonline.org.au)



#### Nature in Balance

Nature hates any imbalance in the environment, so destroying all insects could leave your plants vulnerable to other problems. A better way is to encourage balance:

- Attract beneficial insects by dotting parsley, dill and Queen Anne's lace about, and by planting perfumed shrubs.
- Birds eat lots of grubs, but will only venture into your garden if there is fresh water to drink and some low-growing bushes for them to perch on in safety. Growing some plants that produce seed and nectar will also encourage birds to stay. And plant some herbs that attract birds – borage, dill, German chamomile, nasturtium, pineapple sage and elder.

**Source:** "Herb & Vegetable Gardening" -  
Murdoch Books



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### Getting to Know .... *Elizabeth Dolan*

*Interview by Diane Kelly*

Back in 1869 – some ten years after Queensland became a separate colony, and when Cobb & Co were extending their “coach and six” mail run from Brisbane to Tweed Heads – an Irishman called William Dolan was the first applicant for land in the Tallebudgera Valley. His young cousin, James Dolan, soon followed, and he established his property, “Belmont”, in Tallebudgera in 1870.

Elizabeth Dolan is the great-granddaughter of James Dolan, and she grew up in the Currumbin Valley at “Canberra”, the family property established by her grand-father, Edward Dolan, in 1914. Until the era of refrigeration and bulk raw milk, the farm’s dairy herd of Jersey cattle provided cream for the local butter factory, and pigs were raised on the whey. Bananas were also a thriving industry. Elizabeth’s childhood memories include visits to collect fruit from the orchard of mature pear, persimmon, peach, loquat and citrus trees near the Currumbin Creek, and summer time family meals where the meat and salad vegetables were all home-grown by her father, who maintained a large vegetable garden.

After studying economics and Japanese at university, Elizabeth moved to Japan, where she taught English in Hamamatsu city, which is on the southern coast of Japan and is famous for growing mandarins and tea. Elizabeth returned to Australia, lived and worked in Canberra and Sydney, and then moved with her family to the Gold Coast in 2003. Now she lives in the EcoVillage in the Currumbin Valley, and this is where I went to have a chat with her, and to see her garden.

Elizabeth, her husband John and their son moved into their home just over a year ago, but already the garden has an established feel about it. The block is sloping, faces northeast, and has clay-based soil, to which gypsum, cow manure and mulch has been applied.

Dry-creek beds have been built to handle the rainfall, and to direct it away from the house and the garden areas, and then down to the pond at the edge of the property.



Dry-rock wall to avoid erosion under the walk-way

Many of the plants and grasses that are gradually filling the garden areas are natives, and well suited to the area. Bush care and bush regeneration are important to Elizabeth and John, and they are involved in a number of community groups restoring rural and beach areas.



Native grasses and gingers line the drive-way

Bird watching is also one of their hobbies, and they have hosted days of watching and recording the birds of the area – at this stage, the EcoVillage has had 144 different birds sighted on the estate.

Back to my favourite area .... and I was impressed with the variety of vegetables and herbs that Elizabeth has growing.



Over-looking the herb patch, and the drainage system that guides run-off down to the pond

Doing well are eggplants, okra, strawberries, tree lettuce (nearly as tall as me – which is not hard!), beans, peas, lemon grass, basil, chia, watermelons, mint, asparagus, shallots, dill, Queensland blue pumpkin – and the Ceylon spinach was spreading out of the garden and under the stair-wells and tank stands. Also growing are paw paw trees, midgenberries, a fig tree, avocado and ly-chee trees, a guamachama tree, blue-berries and rhubarb. One of Elizabeth's goals is to add custard apple and a persimmon tree to this collection.

The garden is not fenced, but netting is needed to cover the green vegetables, as protection against hares. Eastern Grey kangaroos also move freely about the estate, but have not been a problem in the vegetable garden so far, as there is plenty of grass available for them in the park areas.

Elizabeth likes flowers that are purpose-based – for example, the garden has many blue-flowing plants, as they attract bees. She is also very aware that care must be taken so that plants in the garden do not multiply enough to become weeds in the wild.

The goals that Elizabeth has for her property include increasing the food garden, and maintaining the flowering areas against weeds, which tend to grow well in this high-rainfall area. She also wants to encourage more birds to come to the garden.

When I asked Elizabeth what her advice would be for a new gardener, she had two answers. One was to join a gardening club – she views the camaraderie and the sharing to be the benefits of doing so. The other suggestion is to “consider the sunshine” – photosynthesis is the mechanism by which plants grow, and unless sunshine is accessible, this cannot occur. So gardens need to be positioned to take full advantage of the sunlight hours.

So what did I learn from my visit to Elizabeth's garden in the Currumbin Valley? I realized that indigenous plants and trees can look very beautiful in an area because they are suited to it – growing plants that have been introduced to a region will always have its limitations.

So reclaiming the bushland, enjoying picking fruit from the old orchards and bush tucker plants that are growing in the area, planting native grasses and shrubs, and encouraging the native birds and insects are all part of a peaceful and sustainable life-style.



### Striking Herb Cuttings

1. Prepare a small pot with a mix of two-thirds coarse sand and one-third peat moss, and remove the lower leaves from each cutting. If you wish, dip the base of each cutting in hormone rooting powder or liquid or honey.
2. Make a hole in the mix with your finger or a pencil, insert each cutting to about one-third of its length, and firm the mix around it. Set the cuttings about 2.5-3 cm (1 in) apart.
3. Water well, and then cover the pot with a plastic bag to create a mini-greenhouse effect. Don't place the pot in direct sun.
4. Keep the mix damp, but not wet. Once roots have formed, plant the herbs out.

**Source:** “Herb & Vegetable Gardening” - Murdoch Books

## One of Australia's largest private Japanese gardens on our doorstep

### ARTICLE CORRECTION

You may recall in last month's edition of the newsletter, there was an article about Tani Tei En (Valley Garden) - the spectacular property features a 2,000 square metre Japanese Garden, with a Tea House cantilevered over a lake and waterfall, making for a haven of serenity.



In the article it said that the gardens were open to visitors every weekend but was an error. The gardens are only open a couple of times per year as part of the "Australia's Open Garden Scheme".

The dates for the next public opening are: 8th & 9th October and I will publish a reminder in the August & Sept newsletters.



**Did you know that 50% of the contents of your waste bin is able to be composted !**

#### Composting & worm farming

- Break food into small pieces – it will be easier for your worms to eat.
- Moisture drained from the worm farm is a good liquid fertilizer when diluted.
- Add egg shells regularly to reduce acidity and keep your worms healthy.
- Prevent insects, fruit flies, or mould – cover fresh food with hessian, cardboard or old carpet.

Visit [www.goldcoastcity.com.au/greengc](http://www.goldcoastcity.com.au/greengc) to learn more about our community recycling programs.

## Layering By Diane Kelly

Many trailing or running plants layer themselves, which means they form roots where their runners touch the ground. These rooted sections can be severed from the parent, dug up and then replanted.

Most shrubs with branches that can be bent low enough to touch the ground can also be layered – bend a suitable branch down, make a nick by cutting into but not through the lowest point, bury it, and when it has made roots in a few weeks or months, detach the new plant and transplant it.

**Air Layering:** If you can't bend a branch down to the ground you can take the soil to the plant, in what is called *air laying* or *marcottage*. Select the point where you want the roots to grow, make a nick in the stem there and pack some moist sphagnum moss or peatmoss around it, tying it in place with a piece of clear plastic.

When you see roots through the plastic, cut the branch off and plant it (taking the plastic away, of course). Air layering can be done with almost any shrub that will strike roots from a layering or a cutting. The only thing to watch is that the moss doesn't dry out, but if you seal it well inside clear plastic, it won't.

#### Suitable plants for layering:

**Simple layering:** Abelia, azalea, barberry, birch, bittersweet, butterfly bush, clematis, cotoneaster, deutzia, euonymus, forsythia, holly, honeysuckle, juniper, lilac, magnolia, privet, pyracantha, rose, viburnum, weigela, wisteria.

**Air layering:** Apple trees, azalea, camellia, citrus trees, dieffenbachia, holly, magnolia, rhododendron & rubber plant.

**Source:** *The Garden Book*

## Kyogle – Gateway to the Rainforests By Diane Kelly

Recently I went to Kyogle to meet with one of my book-keeping clients, and (I must admit) spend some time buying some fruit trees.

Kyogle is a large town about an hour's drive from Murwillumbah; it has a population of approximately 3,000 people, and it is situated on the Border Ranges. Kyogle is known as "The Gateway to the Rainforests", and if you would like to see some beautiful mountain scenery and some colourful gardens, then Kyogle is the place to visit.

In the main street of Kyogle, the parking signs are surrounded by rose bushes, marigolds, daisies and other flowering plants. The local library has shady trees around it, and the Council Chambers have an impressive rose garden along the front of the building. Around the back streets (yes, I did get lost), there are many gardens to admire, with vege patches and lots of colourful flowers on display.



(Half of the Council Chambers rose garden)



(In the main street of Kyogle)

After lunch, I drove to the outskirts of town to Daley's Fruit Tree Nursery, and then had fun choosing some fruit trees - tropical apples (Granny Smiths & Pink Lady), a red Shahtoot mulberry, a Piconi fig, a plum and a lemon-scented myrtle (plus I was given an Acai palm as a bonus - these palms have edible fruit, which apparently have the highest concentration of anti-oxidants of any fruit in the world.)

So if you would like to take a drive one Sunday, consider going to Kyogle. The views across the paddocks and valleys to Mount Warning and beyond are magnificent; when you arrive in town the atmosphere is very "country", peaceful and relaxing; and I am sure you too will find gardens to enjoy and admire.



### Hints for Cutting Roses

1. Avoid picking flowers in the first year of growth
2. When pruning, never take more than one-third of the flower stem; this helps to keep the rose bush productive and in shape
3. Use a sharp blade and always cut to an out-facing bud
4. Cut roses early in the morning when the plant's moisture and sugar levels are at their highest
5. Remove thorns and leaves that will be below water-level in the vase
6. After cutting, immerse the stems in warm water and cut them once more, this time under water. Add a floral preservative to help prolong the life of the blooms.

**Source:** *The Garden Book - Murdoch Books*

## RECIPES

### Raw Mushroom & Broccoli Curry with Parsnip Rice, Spiced Mango Chutney & Cucumber Mint Raita

Serves 2–4

- 3 portabello mushrooms, cubed
- 2 cups broccoli, cut from the stem into small florets (*once these are marinated they are very soft*)
- 1 cup baby tomatoes, diced
- 1 tablespoon lemon juice
- 2 tablespoons tamari (*soy sauce is similar*)
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 teaspoon salt

In a bowl massage the broccoli, tamari, salt and olive oil.

Add in the remaining ingredients and combine by hand. Allow to marinate and soften for 30 minutes to one hour before serving.

#### For the curry sauce

- 1 cup cashews
- 1 red pepper
- 1 clove garlic
- 1 teaspoon lemon juice
- 1 tablespoon tamarind paste\*
- 1cm cube of fresh ginger, peeled
- 1/2 cup fresh coriander
- 2 teaspoons curry powder
- 1/4 cup water

\*Tamarind paste can be made by soaking tamarind in water until it goes soft (the seedless type you can buy is a packet in fine for this) and straining through a sieve.

Blend all ingredients in a high power blender until smooth and creamy. Mix the softened vegetables with the sauce, season to taste and serve with rice, chutney and raita.

#### For the parsnip rice

- 3 to 4 medium (3cups/454g/1lb) peeled fresh parsnips (*I remove the centre core of the parsnips because they can be too woody - I recommend this*)
- 3 tablespoons macadamia nuts
- 3 tablespoons pine nuts (*I didn't have these so left out*)
- 1 tablespoon olive oil
- 2 teaspoons agave nectar (*you could use maple syrup or similar*)
- 1 teaspoon lemon juice
- 2 pinches salt
- 1 tablespoon white miso (*I left out*)

Pulse in the food processor until rice-like. Set aside.

#### For the spiced mango chutney

- 2 medium mangoes
- 2 pinches salt
- 2 teaspoons lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon minced ginger
- 1/2 teaspoon cumin
- Pinch cayenne pepper

Finely dice one mango and set aside.

Blend all remaining ingredients in a high-power blender.

Add diced mango to the blender and blend on the slowest setting for a few seconds until the diced mango is broken down slightly.

#### For the cucumber mint raita

- 1/4 cup cashew nuts
- 1 cup cucumber
- 2 teaspoons agave nectar (*you could use maple syrup*)
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon salt

- 1/4 cup mint
- 1/2 clove garlic
- 1/2 teaspoon cumin
- 1 teaspoon lime juice
- Pinch cayenne pepper

Blend all ingredients in a high-power blender.



**NOTES:** To make it look pretty like the one in the pic you will need a piece of plastic pipe or something similar that you can pour the food into and layer it. You can do it manually by hand but may not look as cool.

You do need a little time and patience to make this but well worth it.

From Dorothy Coe

**Source:** *The Raw Chef, Russell James*

### **Did You Know?**

#### **Nettles Mean Fertile Soil**

Stinging nettles are a sign of fertile soil. For an organic liquid fertilizer, fill a bucket with water and add a bunch of nettles.

Allow the nettles to rot down for 2-3 weeks. Use the resulting liquid as a nutrient-rich foliar spray, which is also useful against aphids, blackfly and mildew.

**Source:** *The Garden Book - Murdoch Books*

### **Home Made Green Curry Paste**

#### Ingredients:

- Few cloves of peeled garlic
- 1 tbsp grated ginger
- The root of lemon grass
- Some chilli as per your taste
- 2 kaffir lime leaves
- Coriander – leaves, roots, stem
- Thai basil
- Ground cumin
- Salt
- Olive oil

Blend it all with maybe a bit of coconut milk or water.

You can add that blend to one recipe of curry.

From Lise Racine

**Source:** *Sheiley Pior*



### **Ground-cover Herbs and Climbers**

Dwarf comfrey, prostrate junipers, creeping thymes, pinks, creeping St John's wort and prostrate rosemary are all good carpeters in dry, sunny spots.

For damp conditions, try Corsican mint, pennyroyal, peppermint, ajuga and periwinkle.

Add another dimension to your herb garden by providing vertical supports for climbing herbs, such as hops, honeysuckle, climbing roses and jasmine.

**Source:** *"Herb & Vegetable Gardening" - Murdoch Books*

<b>COMPANION PLANTING FOR MARCH</b>
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Plant	Companions	Function	Foes
<b>Beans</b>	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
<b>Beetroot</b>	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
<b>Brassica's (Cabbage, Cauliflower, Broccoli)</b>	Aromatic plants, sage, dill, chamomile, 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
<b>Broad beans</b>	Potatoes, Peas, Beans		
<b>Carrots</b>	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
<b>Cauliflower</b>	Celery		
<b>Celery &amp; Celeriac</b>	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
<b>Chives</b>	Carrots	grown beneath apple trees will help to prevent apple scab; beneath roses will keep away aphids and black-spot. 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>Fennel.</b>		(not F. vulgare or F. officinale) repels flies, fleas and ants	Most plants dislike it
<b>Leek</b>	Onion, celery, carrot		
<b>Lettuce</b>	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
<b>Parsley</b>	Tomato, asparagus, roses	Deters rose beetle, improves tomato and asparagus.	
<b>Peas</b>	Carrots, turnips, corn, beans, radishes, cucumbers, most vegetables and herbs		Onions, garlic gladiolas, potatoes
<b>Radish</b>	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
<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		
<b>Wormwood (Artemesia, not Ambrosia)</b>		although it can inhibit the growth of plants near it, wormwood does repel moths, flies and fleas and keeps animals off the garden.	
<b>Yarrow</b>	Near aromatic herbs and vegetables	Plant along borders and paths. Enhances essential oil production and flavour	



### VEGETABLES

**MARCH:** Beans, Beetroot, Broad beans, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Kale, Kohlrabi, Lettuce, Leek, Onion, Parsnip, Pea, Potato, Radish, Rhubarb, Shallots, Silverbeet, Strawberry, Tomato, Turnip.

**APRIL:** Asian greens, Asparagus, Beans, Beetroot, Broad beans, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Kale, Kohlrabi, Lettuce, Leek, Onion, Parsnip, Pea, Potato, Radish, Rhubarb, Shallots, Silverbeet, Spinach, Squash, Strawberry, Tomato, Turnip, Zucchini.

### HERBS

#### MARCH

**Annual:** Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Italian parsley, Misome, Mizuna, Nasturtium, Rocket.

**Perennials & Bi-Annuals:** Catnip, Chives, Perennial Coriander, Fennel,

Hyssop, Lavender, Lemon Balm, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Winter Tarragon, Thyme, Upland Cress, Winter Savoury.

#### APRIL

**Annual:** Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Italian parsley, Misome, Mizuna, Nasturtium, Rocket.

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

#### Did you Know

##### **Saffron:**

In many cultures a symbol of affluence, saffron is the world's most valuable spice as so little is gathered from each plant – up to 100,000 flowers are needed to produce just 500 grams.

**Source:** *The Constant Gardener* - Holly Kerr Forsyth - a botanical bible

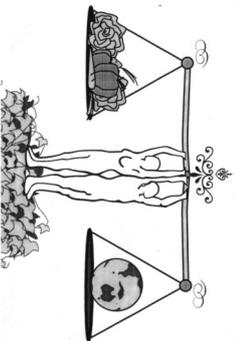
Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and the Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

Planting in March		
Amaranth ( <i>also Love-lies-bleeding</i> )	Plant in garden.	Harvest from June
Asparagus Pea (+ <i>Winged &amp; Goa bean</i> )	Plant in garden.	Harvest from June
Beetroot	Plant in garden.	Harvest from June
Broad beans ( <i>also Fava bean</i> )	Plant in garden.	Harvest from July
Burdock (+ <i>Gobo (Japanese Burdock)</i> )	Plant in garden.	Harvest from August
Cabbage	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Cape Gooseberry ( <i>also Golden Berry, Chinese Lanterns</i> )	Plant in garden.	Harvest from July
Carrot	Plant in garden.	Harvest from July
Cauliflower	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from August
Celeriac	Same as above	Harvest from July
Celery	Same as above	Harvest from August
Chilli ( <i>also Hot peppers</i> )	Plant in garden.	Harvest from June
Chives	Plant in garden.	Harvest from June
Climbing beans (+ <i>Pole, Runner, &amp; Scarlet Runners</i> )	Plant in garden.	Harvest from June
Collards ( <i>also Collard greens, Borekale</i> )	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Cucumber	Plant in garden.	Harvest from June
Dill	Plant in garden.	Harvest from June
Dwarf beans (+ <i>French beans, Bush beans</i> )	Plant in garden.	Harvest from June
Endive	Plant in garden.	Harvest from June
Florence Fennel ( <i>also Finocchio</i> )	Plant in garden.	Harvest from July
Kale ( <i>also Borecole</i> )	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Kohlrabi	Plant in garden.	Harvest from June
Leeks	Plant out (transplant) seedlings.	Harvest from July
Lettuce	Plant in garden.	Harvest from June
Mustard greens ( <i>also gai choy</i> )	Plant in garden.	Harvest from May
Oregano ( <i>also Pot Marjoram</i> )	Plant in garden.	Harvest from May
Pak Choy	Plant in garden.	Harvest from May
Parsley (+ <i>curly leaf parsley or flat leaf parsley</i> )	Plant in garden.	Harvest from June
Radish	Plant in garden.	Harvest from May
Rocket ( <i>also Arugula/Rucola</i> )	Plant in garden.	Harvest from May
Rosella ( <i>also Queensland Jam Plant, Roselle</i> )	Plant in garden.	Harvest from Sept
Salsify ( <i>also Vegetable oyster</i> )	Plant in garden.	Harvest from July
Shallots ( <i>also Eschalots</i> )	Plant in garden.	Harvest from July
Silverbeet ( <i>also Swiss Chard or Mangold</i> )	Plant in garden.	Harvest from June
Sunflower	Plant in garden.	Harvest from June
Swedes ( <i>also Rutabagas</i> )	Plant in garden.	Harvest from June
Sweet corn ( <i>also maize</i> )	Plant in garden.	Harvest from July
Turnip	Plant in garden.	Harvest from May

<b>Preparing for April</b>		
Amaranth ( <i>also Love-lies-bleeding</i> )	Plant in garden.	Harvest from June
Beetroot	Plant in garden.	Harvest from June
Broad beans ( <i>also Fava bean</i> )	Plant in garden.	Harvest from July
Broccoli	Plant out (transplant) seedlings.	Harvest from June
Burdock ( <i>also Gobo (Japanese Burdock)</i> )	Plant in garden.	Harvest from August
Cabbage	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Carrot	Plant in garden.	Harvest from July
Cauliflower	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from August
Celeriac	As above	Harvest from July
Celery	As above	Harvest from August
Chicory ( <i>also Witloof, Belgian endive</i> )	Plant in garden.	Harvest from August
Chives	Plant in garden.	Harvest from June
Climbing beans ( <i>+Pole, Runner, &amp; Scarlet Runners</i> )	Plant in garden.	Harvest from June
Collards ( <i>also Collard greens, Borekale</i> )	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Coriander ( <i>also Cilantro</i> )	Plant in garden.	Harvest from May
Daikon ( <i>also Japanese radish, Lo Bok</i> )	Plant in garden.	Harvest from June
Dill	Plant in garden.	Harvest from June
Dwarf beans ( <i>also French beans, Bush beans</i> )	Plant in garden.	Harvest from June
Endive	Plant in garden.	Harvest from June
Florence Fennel ( <i>also Finocchio</i> )	Plant in garden.	Harvest from July
Horseradish	Plant in garden.	Harvest from August
Kale ( <i>also Borecole</i> )	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from June
Kohlrabi	Plant in garden.	Harvest from June
Leeks	Plant out (transplant) seedlings.	Harvest from July
Lettuce	Plant in garden.	Harvest from June
Mizuna ( <i>also Japanese Greens, Mitzuna, Mibuna</i> )	Plant in garden.	Harvest from May
Mustard greens ( <i>also gai choy</i> )	Plant in garden.	Harvest from May
Onion	Plant out (transplant) seedlings.	Harvest from October
Oregano ( <i>+ Pot Marjoram</i> )	Plant in garden.	Harvest from May
Pak Choy	Plant in garden.	Harvest from May
Parsley ( <i>also curly leaf parsley or flat leaf parsley</i> )	Plant in garden.	Harvest from June
Peas	Plant in garden.	Harvest from June
Radish	Plant in garden.	Harvest from May
Rocket ( <i>also Arugula/Rucola</i> )	Plant in garden.	Harvest from May
Shallots ( <i>also Eschalots</i> )	Plant in garden.	Harvest from July
Silverbeet ( <i>also Swiss Chard or Mangold</i> )	Plant in garden.	Harvest from June
Snow Peas ( <i>also Sugar Peas</i> )	Plant in garden.	Harvest from July
Sunflower	Plant in garden.	Harvest from June
Swedes ( <i>also Rutabagas</i> )	Plant in garden.	Harvest from June
Turnip	Plant in garden.	Harvest from May

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 21 April 2011