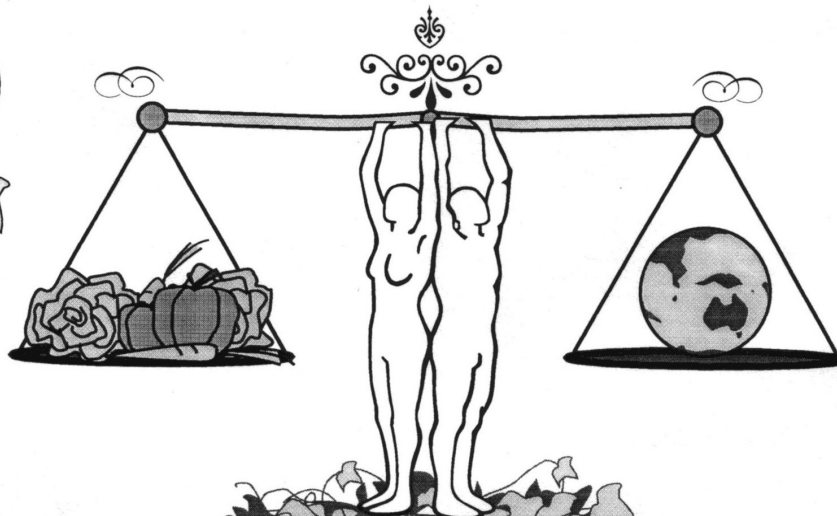


GOLD COAST ORGANIC GROWERS Inc.



NEWSLETTER

Volume 13 May 2010 Issue 5

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OUR NEXT MEETING: Thursday 17 June

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

<i>President</i>	Maria Roberson (07) 5598 6609 405 Piggabeen Rd, Currumbin Q 4223
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<i>Treasurer</i>	Diane Kelly (07) 5522 7444
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<i>Seed Bank</i>	Peter Seymour-Smith (07) 55965678
<i>Seed Bank Assistant</i>	Graham Boyle

Thanks to other contributors:

Talitha Filip, Elizabeth Dolan, Liz Spittall, Ross Davis, Roger Griffiths, Margaret Rechelt, Lise Racine, Gordon Singh, Diane Kelly, & Dorothy Coe.



Notice Board

Membership Renewals

Overdue: Julie Baythorpe, Mark Raynham, Judy McCracken, Jerry Rogers, Deborah Jones, Janette Janssen, Regina Lacgalvs, Inge Light, Leone Freney, Barbara Talty, Margaret Reichelt, Jude Lai, Kym O'Connell, Gerard McCormick, Kathleen & Marco Berton, Helen Wainwright, David Wyatt, Steve Dalton

May: Chris Larkin, Clive Canning, Karen Auchere, Mary Frawley, Bruce Kelly, Heather Ryan, Leanne Cane

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

Upcoming Outings

A trip to Jude Lay's was suggested for either May 2nd or 16th – Date TBC

Guest Speakers

May: Q & A

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

Membership Requests: Are there any members who can supply 2 tamarillo trees for planting ? If so, please contact Rebecca Bowen on 5531 4297

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.

Reptile Awareness

When: Saturday 29 May

Where: Carrara

Time: 10am to 12pm

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 22 May

Where: Nerang - Nerang Bicentennial Community Centre, Southport-Nerang Road

Time: 10am to 12pm

AND

When: Saturday 26 June

Where: Runaway Bay Library, Lae Drive

Time: 10am to 12pm

No Dig Gardening: Setting up your Vegetable Patch

Urban Eden Garden, Mermaid Beach

When: Saturday 29 May

Time: 2pm



SEASONS ON THE MOUNTAIN
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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 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)

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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' 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.

Incorporating a totally organic food court along with a fully planted sustainable garden constructed on site.

Jerry Coleby-Williams will open the program of lectures and demonstrations on Friday morning and will be followed by a non-stop program over the three days. There is a host of permaculture and organic gardening experts on hand to answer all your questions.

More details coming soon.

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



Life Changing Documentaries, Workshops and Seminars

This month we are proud to be launching Life Changing Events. Some of the workshops and seminars held are a Composting Workshop, Nourishing Organic Food Classes, Kids Nutrition Shows and a Women's Health Seminar.

SCREENINGS

One Man, One Cow, One Planet Wednesday 9th June

The Basement, Gold Coast Arts Centre
4pm—\$9 OR 6pm—\$12

One man, One cow, One planet exposes globalization and the mantra of infinite growth in a finite world for what it really is: an environmental and human disaster. But across India marginal farmers are fighting back. By reviving biodynamics an arcane form of agriculture, they are saving their poisoned lands and exposing the bio-colonialism of multinational corporations. One man, One cow, One planet tells their story through the teachings of an elderly New Zealander many are calling the new Gandhi. More info at:
www.lifechangingdocos.com/current

WORKSHOPS/SEMINARS

The Amazing Army™ Kids Nutrition Show (Ages 4-7) Saturday 22 May

The Eco Village, 639 Currumbin Creek Rd
9am—\$12

A vibrant and fun health play shop for young children, guaranteeing the kids will want to eat healthier and reject junk food! Through song, dress-up and an engaging story about their immune system, kids will soon be teaching adults what to eat!

Children dress up as the characters, sing their anthems, and feast on fruit & veggies! Importantly, they take home a 5-Day Goal Chart to form healthy eating habits! Once the Goal Chart is completed, children receive an Amazing Army Award!

Presenter: Louise Elliott BSc(HMS) Master Trainer is the author of 'The Superfruit Juice Book' and a professional writer for health magazines. Louise is a dedicated mother, passionate about the health of Australian families! More info at:
www.amazingarmy.eventbrite.com

Look Younger, Live Longer - Women's Health Seminar Saturday 29 May

The Eco Village, 639 Currumbin Creek Rd
1-4pm—\$25

Join the Gold Coast's favourite doctor, Karen Coates, Xtra Health's head Naturopath, Deirdre Parkinson, and creator of the world's first certified organic skin care range, Narelle Chenery, for this afternoon of information and entertainment.

There are so many marketing campaigns out there telling us how to achieve that ever illusive youthfulness, campaigns mostly run by big companies who benefit from our purchases and have a vested interest in making "studies" say whatever they want them to.

Learn the secrets to keep you looking younger, longer - naturally and feel great at the same time! This is a story told by three local Gold Coast Women you can trust, women who have learned the hard way the truth about how to feel younger and live longer. You'll have opportunities to ask your burning questions and learn how to avoid 21st century lifestyle diseases like Osteoporosis, Breast Cancer and Hormonal Imbalances. More info at: www.lookyounger.eventbrite.com

Package Deals and Group Discounts available: call us at the office on (07) 5576 3590.



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Chervil Seeds By Liz Spittal

CHERVIL seeds was one of the items found in Tutankhamun's tomb. The herb is traditionally used as a 'spring tonic' in central Europe. Chervil is aromatic and is used extensively in cooking. Chervil is cultivated throughout the world. The herb is gathered when in flower in summer and the aerial parts are used.

Chervil is a good remedy for settling the digestion. It is also used to purify the blood and to help lower blood pressure, as well as being a diuretic. Juice from the fresh plant is applied to various skin conditions including wounds, eczema and abscesses.

Source: *Encyclopedia of Medicinal Plants* By
Andrew Chevallier



Taking the Pain out of a Sting

To ease the pain of a bee sting, there are many folk remedies – among them, rubbing the area with a slice of onion or with the leaves of a leek, or with the soothing gel from a broken leaf of *Aloe ferox*. While these remedies can be very helpful, they are not as effective as a paste made from sodium bicarbonate and water. Applied early enough, it neutralises acid from the sting and prevents the affected part from swelling.



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Soaking the Seed

Beetroot seeds contain a chemical that inhibits germination until there has been heavy or prolonged rain. To outwit nature and speed up the germination process, soak the seeds for 24 hours in tepid water. Sow the seeds while they are still wet, and the first seedlings should begin to appear 10-14 days later.

Brazilian Spinach (South American Crinkle Salad, Sissoo Spinach or Poor Man's Spinach) By Roger Griffiths

I'm impressed so far with the small pot of Brazilian Spinach that I purchased at the March club night when Elisabeth Fekonia gave a presentation on tropical plants.

Even though we are going into the cooler part of the year, my small Brazilian Spinach has grown and I even had some in a salad today. What's more I now have several cuttings starting their week in water to develop roots and wow, soon I'll be selling them at the club nights for a couple of dollars to finance my gardening hobby. (Step up to place your order.)

Some follow up information supplied from Elisabeth tells me that it is a prostrate ground cover, producing lush foliage through the summer months. It is reported to be a useful roadside cover that never seems to fade away in the dry, although it can be destroyed by shade. Brazilian ground cover spinach grows prostrate on the ground but grows from a main stem that throws many branches onto the ground and it will cover an area up to about a metre wide. Planted fairly close together they will form a solid border along the edge of the garden where they are easy to reach for daily picking.

In the wet season they form many rootlets and these can be transplanted elsewhere in the garden with the minimum of fuss. At the end of the growing season tiny white flowers can be seen on the plants and at this stage the succulent leaves will turn a bit papery and are only suitable for cooking.

I'm looking forward to next summer to see what happens to my small Brazilian Spinach and in the meantime I may flog one or two to you!

Source: Information supplied from Elisabeth Fekonia www.permacultureproduce.com.au



Ross' Patch

Growing Leeks The Old Fashion Way by Ross Davis

Growing leeks has a few tricks to get those long white stems. Leeks will keep in the ground well into summer.

Select a good variety, Welsh Pride is a good one. You need to have them sown by now. It is better to sow the seed in Feb. Do not transplant till the leek is well grown. Some people chose to buy seedlings.

The soil must be rich and able to hold moisture; lots of homemade compost will achieve that. Mulch the ground with dried lawn clippings, but remember to use Blood n Bone on the ground before you put the mulch down.

Now that the soil is ready, shift the mulch back where the row is to be established. Using a string to get your row nice and straight, now slide the mulch off the area.

Select an old shovel handle. Using the handle make a hole in the ground about 4inches deep quite big at the top. In the bottom of the hole put in 3 of 4 pellets of Organic mix, then a very small amount of soil so the hole is still about 4 inch deep. Pick up the leek seedling and put it in the hole. With cup/ tin pour in a little water. Do not fill in the hole around the leek plant. This will happen as you weed and water as the leek grows.

You will finish up with at least 4inches of white on the leek, maybe more if u hoe them up. Leeks take about 4 months to mature.

Seedling need to be as big as the largest ones seen here. If they are too small they are inclined to get buried in the hole.



Building a Hot House by Ross Davis

My hot house is working very well and I have had a number of people ask how to build one.

Materials Needed

Star pickets

6 good quality star pickets.

Star picket come in lots of qualities.

The one I recommend is the hot dipped galvanized ones. Remember this will go up and last for 20 years if good materials are used.

Star pickets also come in different grades.

That is the length of the fins on some are short, and the thickness of the fins is lighter.

Generally the Hot dipped galvanized ones are Top quality; about \$9-60 each at J.H. Williams.

Poly Pipe

You will need about 25 meters X 50 millimetre, the one with a heavy wall. (See pic 3).

Remember it does not want to be super heavy because, you have to bend it into a hoop. There is a new blue label grade, this MAY be too heavy in the wall, because u have to bend it. (See picture 3) The best way to bend it is to start the building on a day when the sun is fully out. Lay the black poly pipe on the ground to get it as hot as you can, while it is hot it will bend to the shape you require.

Framing

I used 1 inch hard plastic tube, I am not sure if 50mm x 50mm treated pine may be best because when you tie the twine to it and then tie to your tomatoes or cucumber this loads the framing up quite a bit, and my plastic tube bends. (See pic 4)

You will need three tubes running from one end to the other. One at waist height. One about 600 mm above that and two at the highest point in the hoop (roof). The two in the roof want to be about 600m apart. The frame needs to be completed before you put the covering on.

Covering

Plastic can be brought new from a company at Yatala. Just be the "Yatala pies"

Assembly

Get your poly tube on the ground and bend it into shape before you try to slide the tube down the star picket. (This makes life a lot easier). Mark out where your Hot House is going to be constructed.

With a star picket driver, drive a 6 foot (1800) picket into the ground 2 feet (600). Now slide the poly pipe down the star picket as far as it will go. Generally about $\frac{3}{4}$ of the way down. It is not easy to get the poly down to be all the same height in one go. You will have to persevere until the result is achieved.

Now put the top two frames in making sure that all the hoops are upright. Check to see if it needs bracing. You can now cover the frame. Use the Poly pipe pieces that u see in the pictures to clamp (fix) the plastic to the poly pipe frame. (See pic 1) Clamp made from poly pipe, with self tapping screws into the poly pipe.

Self tapping screws and roof self tapping hex drive screws all screw into poly pipe well. You need a battery Drill and the equipment to fix screws & hex heads self tappers. Hex head self tappers have been used to fix the framing in picture 4 Pre drill a pilot hole then screw and fix. You are welcome to come and check my hot house.

1.



2.



3.



4.



Shangri Lai Indeed

By Diane Kelly

From Ginko to Chinese Peanuts; from Malabar Chestnuts to Pomellos; from Bitter Melons to Red Dragon Fruit; from Organic Gardeners to Carpet Pythons this afternoon had it all.

Set in the hills of Gilston, and bordering onto the banks of the Nerang River, "Shangri Lai" is the "paradise" of Jude Lai. Five acres of land are filled with numerous fruit trees, herbs, citrus trees, vegetables and bamboo clumps, and today we had the opportunity to tour the block; learn about organically growing some very different plants, and then share in an afternoon snack of Red Dragon Fruit, Taro, Sugar Bananas and other exotic fruit.

We commenced the tour with an introduction to Ginko (a plant used by the Chinese for assisting the memory, and also used in wedding celebrations), and then on to Chinese Peanuts, which bear shiny black seeds set in flame red/orange pods. Then the Malabar Chestnuts ... either the 15 foot high trees, or the plants that Jude has trained into Bonsai specimens – apparently both fruit, and neither are bothered by bugs or other predators. These trees are very fast growing, and the fruit are very tasty – somewhat like a Water Chestnut to eat.

Jude chose the block because of its access to water, and in each section of the property, he is able to water freely – including a computerized system that turns on the watering if he and his family are away from the property.

Bamboo features in the property (the clumping variety only, as the running variety is illegal), as well as the "Shangri Lai" tree, which Jude transplanted with ease, as the "bottle" retains adequate fluids to help the tree cope with being moved.

We saw Pomello trees, which bear fruit that look like grapefruit, and which taste like the fruit of Lemonade Tree, and then we went down to the Nerang River, which is the habitat for mullet, bass and eels.

Returning up the hill, we learned about garlic, giant cucumbers (the best tasting of all), white sweet potatoes (of which you eat the leaves, rather than the tubers), and bitter melon (the fruit of which Jude wraps in newspaper to protect from fruit fly.) Of course, then we met "The Snake" – curled up sleepily in a small fruit tree, waiting for a bird lunch! Needless to say, that was not my favourite part of the garden....

Then we saw how Jude had transformed a swimming pool into a useful, food-producing area, with water-lillies flowering prettily, and edible plants growing. Not being a swimmer, that's an idea I would like to try at our place.

And then back to afternoon tea, a cup of coffee, and then the reality of returning to civilization, indeed leaving "Shangri Lai" ...

Our thanks to Jude and his family for an enjoyable and educational day, and the chance to plant some cuttings that will help us remember a day in his paradise.



Group Photo



Jude & The Shangri-Lai Tree



The Giant Cucumber



The Garlic Patch



Jude & Chinese Peanut



Afternoon Tea—Red Dragon Fruit, Jack Fruit, Seeds, & Chinese peanuts

We Want Hens! By Talitha Filip

Oh! How I love roosters!!! They are so magnificent, regal and....I could go on and on about the beauty and wonder of the rooster - however we all know that when we set a clutch of eggs under our favourite broody hen - we want hens!

I frequently, if not permanently have a hen desperate to be a mum (yet again). After my latest episode where a "Miss Broody" returned from the forest with a trail of 11 chicks (being swooped by kookaburras on the way), all so sweet and lovable of course, but as time will tell and it did tell me; that 6 of them were roosters - not that there's anything wrong with that!

OK! call me sexist if you must, but I will admit to wanting hens, and after reading an article about sexing hens by egg shape, I thought I'd give it a go...

The article suggested that setting round eggs as opposed to pointy eggs would give you hens! Simple! I like that! Being somewhat sceptical however I choose to set just 3 round eggs...

Three weeks later I was gifted with two chicks and a rotten, unfertilized egg. Watching...waiting...until finally I could confidently say YESSSSSSSSSSSSSS!!!! hens!! It worked!!!

This time....beginners luck? Who knows... Good Luck to you.



My Produce & Pie Melon By Gordon Singh

Here are some pics of our recent produce. We have included a snap to show how our pie melon finished up. We would recommend anyone revive the recipe for melon and lemon jam because we haven't seen this jam on the supermarket shelves for ages. We did keep some seeds.



Removing Pollen Stains

Never dampen pollen when trying to remove it from clothing. Moisture spreads the stain into the fibres, making it quite impossible to improve. Shake the garment to get rid of loose pollen, then pull the rest off with sticky tape.

Upsidedown Cactus Plant By Gordon Singh

Look closely at the cactus plant (we've forgotten the name) obtained at a meeting last year.

We kept the pieces for some time before planting them and got one of them up-sidedown. Not a very good picture but we realised it was sprouting roots in the air confirmed by no sign of any growth at the end that was in the ground. And we call ourselves gardeners. Needless to say, it has been rectified.



Urban Harvest: Karen Sutherland By Lise Racine

Here is a great web site with an interesting aspect being looked at: Urban Harvest. It talks about Karen Sutherland, landscape designer who after 20 odd years of running her business decided a few years ago to design the "edible" garden.

She is very busy and has been invited to talk on to "The Bush Telegraph" and even on 60 minutes. It is a small revolution happening and as members of the Gold Coast Organic Growers we are part of it. Have a look and let's keep at it.

The site is <http://permaculture.org.au/2009/08/30/in-the-transition-to-self-sufficiency-suburban-food-gardens-have-a-role-to-play/#more-1755>

Or just Google "Karen Sutherland" for Australia and she'll come up. Very interesting.

Karen's site is "Edible Eden Design"
www.edibleedendesign.com

Ten Terrible Invasive Plants of South East Queensland By Elizabeth Dolan

These plants are all garden escapees, now invading our bushland and damaging diverse native plant communities. If still in your garden, please consider replacing them with native plant alternatives. The invasive plants/seeds need to be placed in a plastic bag in the garbage bin.

1. **Singapore Daisy** - pervasive near our waterways: may be replaced with Everlasting Daisy or Yellow Buttons.
2. **Broad leaved Pepper Tree** - replace with fine leaved Tuckeroo or small leaf myrtle.
3. **Cocos Palm** – replace with Balgalow Palm or Cabbage Tree Palm
4. **Umbrella Tree** – native of North Queensland – replace with long leaf Tuckeroo
5. **Mother in Laws Tongue** – replace with *Crinum pedunculatum* – Swamp Lily
6. **Ground asparagus** - replace with native Rasp or Sickle Ferns
7. **Mother of Millions** - replace with Lomandra grasses
8. **Japanese Honeysuckle** – replace with Pandorea, native Bower vine
9. **Duranta Sky Flower / Geisha Girl etc** - replace with Midgenberry bush tucker plant
10. **Murraya Paniculata** – replace with Smooth Scrub Turpentine or Breynia

Source: *technigro brochure*

Dig It - The Lowdown on the Built Up Vegie Patch

Daily, my inbox is full of requests for information on no-dig gardens – what are they, how do they work, why are they so good, and, most importantly, how to construct them. And, just like that dreaded eighties fashion, no-dig gardens have come back into vogue; but, despite what many people may think, they are not a new concept. No-dig gardens have in fact been documented since the 1800's, but the 'pioneer' of the no-dig gardening concept is Masanobu Fukuoka of Japan, through his excellent 1953 book entitled *The One-Straw Revolution*. Mr Fukuoka, we salute you!



What is No-Dig Gardening?

As the name suggests, no-dig gardening is all about going up, rather than down, essentially a patch 'above ground'. Although it can be known by a number of different names, no-dig gardens are definitely NOT no-work gardens! Yes, there may be less work in setting up a no-dig patch (as opposed to the traditional 'dig down' style of garden) but it's important to remember that all gardens, particularly edible ones, require on-going maintenance, monitoring and work. Think above-ground pool vs. in-ground pool... they all need work to keep them looking good, but it is somewhat easier to install an above ground pool.

Why we love No Dig Gardens

There are so many things to love about no-dig vegetable gardens, so let's start from the ground up! No-dig vegie gardens are fantastic in Australia, as a great deal of our soil is nutrient deficient, hard to work and somewhat inhospitable to our favourite herbs and vegetables. As these raised beds do not require the soil beneath them to be dug over before installation, the risk of damage to the structure of the soil is minimised (especially important on clay soils). Construction of these types of gardens has the two-fold advantage of both protecting and improving the existing soil. You see, as the organic matter we use to fill our no dig beds (more on this later) breaks down over time, the health of the soil beneath improves, as does the structure, nutrient content, microbial and worm activity (all excellent things if you are soil!).

Why else do we love them? For those of us who are somewhat less mobile (years of nursery work and landscaping do wreak havoc on your back), no-dig gardens are an excellent way of bringing the garden up to you, rather than you going to the garden! For anyone with a 'diggy, dirt-loving dog', no-dig means you can raise the height of the bed sufficiently to prevent your pooch getting silly in the soil. The same principle applies to those rascally rabbits, and many other ground dwelling, garden-squashing backyard beasties (that includes soccer balls and wayward children!).

No-dig vegetable patches can also be a bit of a movable feast, which is perfect for renters, or those of us who move house a lot! Instead of leaving your patch behind, many no-dig systems can simply be moved with you. But the reason I love no-dig patches so much is that their size and shape is limited only by your imagination!

How to build a no-dig garden on an existing lawn or onto soil

1. Choose a nice, sunny spot for your vegie bed. The less wind the better, as most of our

incredible edibles are not big fans of 'blowin' incredible edibles are not big fans of 'blowin' in the wind' (although they do like a bit of Bob Dylan).

2. Mark out and form walls of no-dig garden. The walls should be at least 30cm high, but may be a lot higher. You can use anything including old rocks or sleepers or bricks, blocks, pavers etc. The hot tip here is to make sure your edging is sustainable – check out our **'Hot Tips'** section overleaf.

3. Line the base with at least 6mm thickness of newspaper or cardboard (not waxed) to suppress weeds; and wet thoroughly. Make sure this overlaps, otherwise those wily weeds will work their way upward! If the soil below is heavy clay, dust the surface with gypsum prior to laying the newspaper. This will help improve the drainage of the in-situ soil by improving the structure.



4. The idea is to then stack alternating layers of fine and coarse compostable materials. Start with a 6cm layer of organic compost, then a 6cm layer of pea straw, then a layer of aged cow manure, and then another 6cm of pea straw. Repeat the layers finishing with a thick compost layer.

5. Planting can be done into the top compost layer. Dig a wee hole to fit the seedlings in and plant, watering in well. Yup, they will look a bit sad and sooky initially, but your little babies will establish really well into this strong, nutrient-packed base!

6. Mulch well around your seedlings with pea straw (remembering to keep the mulch away from the stem of the plants) to a depth of about 6cm.

7. Due to the high level of compostable, organic material, you will notice that the level of the growing media in your no-dig bed will drop considerably over time. The tip here is to top this up with fresh stuff as you change your plants over each season, keeping in mind the 'lasagna layering' outlined in point 4.

You can also build a no-dig garden in a large container, simply do the same as above, but omit step 2.

If you want to whack a No-Dig Garden on a sealed surface...

1. Mark out the size of the beds and construct the sides. If using bricks, sleepers or other rectangular shaped materials, make sure you leave some gaps for drainage. The walls should be at least 50cm high.

2. Place a 7 – 10cm layer of coarse screenings or scoria at the base for drainage.

3. Layer the materials as listed above.

4. Plant the bed.

5. Top up layers as they rot down.



Hot Tips For Your No-Dig (Continued from over-page)

When choosing sleepers, choose the most sustainable timber available. This will significantly increase the long term viability and sustainability of your Yummy Yard.

- Avoid rainforest timber (there is always a sustainable replacement) and instead use plantation grown timber.
- Choose radially sawn timber, as this technique produces more timber per log.
- If an option, consider recycled products. There are loads of places now selling recycled and reclaimed timber.
- Local products require less transport, and therefore they have less impact on greenhouse gas emissions and other negative environmental impacts.
- Please be aware that CCA (copper chrome arsenate) Treated timber (often marketed as Perma-Pine) is NOT recommended for garden bed construction, due to the arsenic content of the wood and possibility of copper and arsenic leaching into soil.
- CCA Treated timber has been shown, in a number of Australian and international studies, to present a risk to consumers through the leaching of heavy metal compounds through contact with water and humic acid (found in healthy soil).
- Since March 2006, CCA Treated timber is not permitted to be used in the construction of new garden furniture, picnic tables, exterior seating, children's play equipment, patios, domestic decking and handrails. Although the construction of garden beds is not mentioned, SGA would recommend selecting an alternative product.

A whole heap of SGA Certified Garden Centres sell some fantastic No-Dig Garden solutions, as part of the SGA Yummy Yards program.

Source: *Sustainable Gardening Australia*

Jenny's GIANT Prize Winning Sponge Cake

After popular demand, here's Jenny's GIANT PRIZE-WINNING SPONGE CAKE



Ingredients:

- 1-cup sugar
- 2 tablespoons water
- 4 eggs, separates,
- 1 ½ cups cornflour
- 1-teaspoon baking powder
- ½-teaspoon salt
- Cream, berries to serve
- Icing sugar to dust the top with

Method:

- Preheat oven to 180c.
- Sray two shallow 21cm sponge tins and line bases with baking paper.
- Place sugar and water in small pot and bring to the boil, or microwave.
- Beat egg whites with elect beater until stiff.
- With the mixer running, slowly dribble in the hot sugar and water mix. Beat really hard.

- Add the egg yolks and vanilla then carefully fold in the sifted dry ingredients. Be very gentle with the folding process.
- Carefully pour into the prepared tins and bake 18-20 mins.
- As soon as you remove the sponges from the oven, drop the tins from knee height square on the floor - no kidding! This is an odd but tried and true sponge making trick that somehow 'shocks' the cake and stops it deflating.
- Take out of tin immediately and cool on a wire rack.
- When cool, sandwich the two sponges together with cream and fresh or preserved fruit.
- Dust the top with icing sugar.
- Cut with a serrated knife.



The Incredible Earthworm

Invaluable to the gardener, earthworms are also the mainstay of numerous other creatures including beetles, birds, centipedes and slugs.

- Up to eight million earthworms may live in a hectare of grassland, even more in deciduous woodland.
- Worms can live for up to 10 years.
- There are over 2,000 species of earthworm known, the most successful being *Lumbricus terrestris*, which now inhabits all the temperate regions of the world. It can measure between 9 and 23 cm in length.
- Worms are sensitive to vibration. Drumming on the soil will bring them to the surface in search of moisture.
- Charles Darwin estimated that worms in half a hectare will, between them, shift 8-18 tonnes of soil a year.
- The greatest known density of worms

was recorded in a New Zealand pasture, at 3.2 tonnes of worms per hectare.

- *Microchoetus microchoetus*, the world's largest species of earthworms, is found in South Africa. It can grow to 2.7 m long.
- The giant Gippsland worm, from Victoria, grows up to 2 m long and 3 cm in diameter.

Mr. McGoo By Gordon Singh

Our little 9 cm high kitchen ornament Mr. McGoo, is with one of our carrot growing efforts. We picked up on the amusing features of the little carrot as (my) Dorothy was giving HIM a haircut. We enclose both front and rear views of the pair.



Front View



Rear View



VEGETABLES

MAY: Asian greens, Asparagus crowns, Beans, Beetroot, Broad beans, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Endive, Kale, Kohlrabi, Lettuce, Leek, Onion, Parsnip, Pea, Potato, Radish, Rhubarb, Shallots, Silverbeet, Spinach, Strawberry, Tomato, Turnip.

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.

HERBS

MAY
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. **Can still plant, but it is getting towards the end of the season as they like warm weather** – Basil, Ceylon Spinach.

JUNE

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

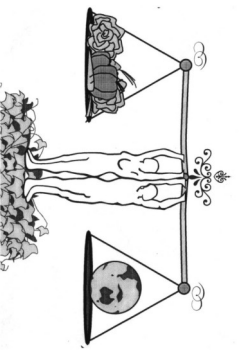
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COMPANION PLANTING FOR MAY

Plant	Companions	Function	Foes
Asian Greens	Beans, beetroot, cabbage, carrots, cucumber, marjoram, peas and strawberries.		Parsley
Asparagus	Tomatoes, Parsley, Basil		
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
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		
Leek	Onion, celery, carrot		
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Onion and garlic	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) egg-plant, 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 17 June 2010