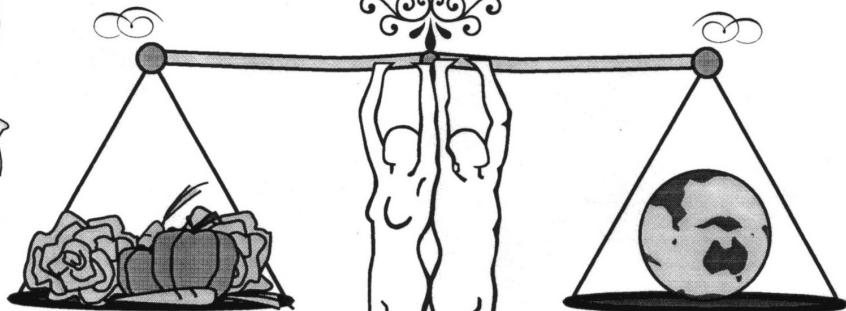


# *GOLD COAST ORGANIC GROWERS Inc.*

*Established 1997*



## **NEWSLETTER**

**Volume 20 - SEPTEMBER 2016 Issue 10  
GARDENING IN SPRING**

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**OUR NEXT MEETING: Thursday 17th Nov**

## Notice Board

- 1. To promote organic sustainable food raising for home gardens and farms.**
- 2. To foster research into improved methods of organic farming and gardening.**
- 3. To provide information and support to all those interested in the various aspects of organic growing.**

**Meetings Held:**3rd Thursday of the Month

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

Doors open: 7:00 pm. **Begin at 7:30 pm**

Entry is \$1 members, \$3 visitors.

(No meeting in December)

**Annual Membership Fees:**

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

To renew or start memberships please transfer funds directly into our bank account, send cheques (payable to GCOG) to Diane Kelly, or just pay at the door.

**Name: Gold Coast Organic Growers**

**Bank: Suncorp**

**BSB: 484-799**

**Account: 0014-21651**

**Seed Bank:**

Packets are \$2.00 each.

**Members' Market Corner:**

Please bring plants, books and produce you wish to sell or trade.

**Raffle Table:**

This relies on the kind generosity of members to donate items on the night. Tickets - \$1 each or 3 for \$2.

**Library:**

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

**Advertising:** (Note 11 issues/year)

**1/4 page:** \$10 an issue, or \$100 per year

**1/2 page:** \$20 an issue or \$200 per year

**full page:** \$30 an issue or \$300 per year

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

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

## 2016 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Cathie Hodge 0406 575 233 <a href="mailto:cathie.hodge@gmail.com">cathie.hodge@gmail.com</a>
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
Newsletter Editor Newsletter Asst.	Dorothy Coe <a href="mailto:dorothy@dorothycoe.com">dorothy@dorothycoe.com</a> Diane Kelly
Website Editor	Dorothy Coe <a href="mailto:dorothy@dorothycoe.com">dorothy@dorothycoe.com</a>
Advertising	Dorothy Coe <a href="mailto:dorothy@dorothycoe.com">dorothy@dorothycoe.com</a>
Guest Speaker Liaison	Rachel Lebeter 0407 906 955 <a href="mailto:rachaellebeter@gmail.com">rachaellebeter@gmail.com</a>
Librarians	Ann Brown 0403 936 360 Pat McGrath Megan Keeler
Seed Bank	Lyn Mansfield 0409 645 888
Seed Assistants	Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

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

## Notice Board

### Membership Renewals

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

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

### Remember to put your Name and Membership Number in the comment field.

Note the number in brackets after your name is your membership number - you will need to quote this number in the comment field, if you pay via online banking.

### Membership Renewals – October 2016

**Overdue:** Shelley Pryor (72), Ron Campbell (255), David & Lesley Freeman (352), Ann Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347), Gene Rosser (224), Jill Barber (290), Dayne Petersen (377), Kim Verecke (393), Neil Ross (294), Frank Rebesco (342), Beth Orme (343), Celia Forrest (351), Michael Cuthbertson (396), Ray & Cheryl Finlayson (397)

**October:** Amy Lukens (356), John Palmer (357), Geoffrey Williams (293)

**November:** Megan Keeler (358), Paul & Maria Roberson (4)

### Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Beth Orme, Cathie Hodge, Lyn Mansfield, & Kerry Lason.

Latest newsletter can be downloaded from the site at [goldcoastorganicgrowers.org](http://goldcoastorganicgrowers.org)

## Upcoming Guest Speakers

### Nov onwards

Details coming soon

## Workshops

### Abilities Plus – Permaculture

All these workshops are held at 2 Market Street, Carrara (Behind the Back Page Sports Bar and Woolworths)

Come and chat about a vegetable, herb or plant and learn how to cook it....

**Workshop are from 10am to 12 noon**

**19 Nov** Ointments and Salves  
**3 Dec** Christmas Party

**Cost is \$5.00**

**BOOKINGS REQUIRED**

For more information contact Lyn Mansfield  
M: 0409 645 888  
E: [lynmansfield14@bigpond.com](mailto:lynmansfield14@bigpond.com)  
W: <http://abilitiespluspermaculture.com/>

## Fermentation Workshops

If you haven't already — this is your last chance to book in for the fermenting workshops for 2016.

### Saturday 22nd October

#### **9.30am-12.30pm Tempeh, Miso and Soy Sauce Workshop**

Making your own miso and tempeh from organic soy beans is very satisfying and easy to do. It is also much cheaper to make your own and you will have a truly living food that will add friendly microbes to your inner health. Making soy sauce is also put together and sampled on the day. You will do well to eat only fermented soy as the modern day soy products will inhibit your mineral uptake as the enzyme inhibitors found in soy are very hard to neutralize. Unless the soy is fermented in the traditional ways it is best to not eat soy at all.

Everyone takes home some miso with morning tea included

### Saturday 22nd October

#### **1.30pm-4.30pm Feta Cheese and Fermented Dairy (incl. cultured butter, ghee, yogurt kefir, quark and sour cream)**

In this three hour workshop you will see how easy it is to make Feta cheese and put the life back into pasteurised milk and cream to make healthy life giving dairy products. Demonstration by participation is encouraged and tasting of topics covered on the day will be available.

**WHERE:** Palm Beach

**COST:** \$70 each or \$120 for both

If you have interest please contact Elisabeth on 0432 180523 or email her at: [info@permacultureproduce.com.au](mailto:info@permacultureproduce.com.au)

**BOOKINGS ESSENTIAL**

## Free Eco Festival

### **Brand new ECO MARKETS launching on the Gold Coast!**

Eco. sustainable. natural. organic. plant based. earthy. green.

When: 19th November

Time: 8am to 3pm

Where: Broadwater Parklands, Marine Parade,

Market stalls will include food trucks, food produce, clothing, kids corner, crafts, jewellery, wooden handcrafted pieces, bamboo products, gifts, music, workshops, yoga, handmade, beauty, holistic tent, entertainment, speakers, charity organisations. And so much more!

If you would like a stall please email [ourecomarkets@gmail.com](mailto:ourecomarkets@gmail.com)

## Can We Help?

In the section BELOW our members can ask about cuttings, seeds or plants that they would like to obtain, or where we could let others know about any bits and pieces that we might have spare and would like to share.

So if you would like to let the Club members know about any particular plant you are looking for, or if you can help out and provide a plant that someone has asked about. please email Dorothy with the details at [dorothy@dorothycoe.com](mailto:dorothy@dorothycoe.com)

## Offers / Wants / Swap / Share

Does anyone have any of the dark orange turmeric (NOT the yellow one commonly sold in the shops)

Thanks Dorothy Coe - 07 5533 9905

**Seeds Available  
from the GCOG Seedbank**

**The following seeds are available for purchase from our seed bank for just \$2 per packet.**

If you have any questions about our seeds just chat to Lyn Mansfield at the next meeting and she will be happy to help you.

**SEED LIST - SEPTEMBER/OCTOBER 2016**

Alyssum	Lettuce Paris Island Cos
basil Sweet Genovese	Lettuce Red Salad Bowl
Beetroot Bulls Blood	Lettuce Summer Harvest
Bush Bean Redland Pioneer	Madagascar Bean
Bush Bean Royal Burgundy	Mesclum Mild
Bush Bean Royal Burgundy	Nasturtium
Carrot Nantes	Orange Marigold
Climbing Bean Blue Lake	Osaka Purple Mustard Greens
Clucker Tucker	Pea Sugar Snap Bush
Corriander	Rocket
Cucumber Muncher Leg Style	Rosella
Dill	Salad Mix
Eggplant Little Finger	Shallots
Green Manure Winter	Shanghai Pak Tsoi
Hong Kong Broccoli	Silverbeet Fordhook Giant
Italian Parsley	Small Cherry Tomato
Kale Colour Mix	Sunflower Sunbird
Kale Nero di Toscana	Sweet Corn
Kale Red Russian	Tatsoi
Lettuce Buttercrunch	Tomato Big Cherry
Lettuce Cos Verdi	Tomato Tropic

## Backyard Gardener Outwitting Stinkbugs on Citrus by Beth Orme

I've headed my post 'Backyard Gardener' as this method is not suitable for large plantings.

For years I've fed, nurtured, talked to, and in desperation threatened my lemon tree with extinction because it was not producing.,.

This year I had an abundance.

And the same with tangerine, mandarin and limes.

I have a pretty good idea why. Lack of the destroying effects of stinkbug plagues.

Now its not easy to visibly spot stinkbugs. The littlies come in various colours from green to pink, and hide under leaves and crawl up the storks.- and now is the season they are becoming a big pest

The mature stinkbugs are around 1 -1.1/2 inches usually brown looking like a fat tortoise and moving as slowly until they decide to fly off.-

They are all incredibly difficult to detect without scrupulously examining every branch and leaf....But

I have discovered a way to know if my citrus trees are infested with them, narrow down where they hide and eliminate...but this method has to be a regular ritual, for more will appear.....you can be sure.

The first thing is to quickly hose the tree all over with reasonable pressure with half fan, making sure you penetrate into inner branches.

If an aroma starts to wharf into your nostrils as you're hosing and you're not sure what it is..it's likely to be a STINKBUG, giving off its personal perfume as its combative activity.

Hose over tree again and try and detect

which part of the tree emanates this aroma. There's bound to be more lurking there that haven't squirted their stuff with the first hose blast and possibly helps eliminates the possibility to squirt when collecting them. I have never been personally squirted!!

You will find the smell is mainly evident on the sunny side of tree.

### **First detection method done. !**

Now here comes a little more complicated instruction.

Put on your reading glasses, move in close to the tree and inspect the branches and leaves mainly on the outer side of tree (the inner can wait) where you mainly detected the smell.

(I have found that the best place to start looking is where the sun hits the tree as they seem to like the warmth.) and as mentioned - its important you are able to identify what part of the tree gives off the most pungent aroma whilst you are hosing it down.

Have handy, a small sturdy plastic jar with wide lid.

### **Pour in half inch deep **methylated spirits** .**

When you see a bug, carefully scoop it up and into the meth's.

Use plastic gloves as you might have to grab one.



They're very slow moving, and don't fly off if

you're gentle in your movements to capture, so they're pretty easy to trap this way and wont squirt nasties.

Of course all this has to be regularly repeated....but its worth it if you want your precious fruit bearing, to deliver the goods and of course don't give up all your other protective measures needed for other stuff that fights our bug and fungus wars!! Happy hunting!

### Buy & Sell Local Produce by Dorothy Coe

There's a new website called:  
**Food Forage**. It's a bit like Gumtree but for food!

It free to use and is all about connecting quality local suppliers to people in the area that are looking for a the kind of quality/freshness/taste you can't get from a supermarket.

The site is new so there's not a lot of local listings yet but lets help get this great concept under way and start buying and listing your produce for sale locally.

To create an account and start listing which is FREE go to  
[www.foodforage.com.au](http://www.foodforage.com.au)

### Did you know ?

Avocado trees contain enzymes that prevent the fruit from ripening on the branch, allowing farmers to use the trees as storage devices for up to seven months after the fruit reaches full maturity.

### Veggie Swap by Dorothy Coe

As many of you know, we are now having our regular veggie / produce swaps during the club meetings on the third Thursday of each month.

The last two swaps have been a great success so we will continue with this every month - so bring along your excess veggies, jams, plants, eggs etc.

The swap will commence as soon as the doors open at 7pm until the official meeting starts at 7.30pm and then we will commence again after the main meeting during supper.



In addition to swapping produce, if you have enough excess of anything you can also sell your items on the sale tables.

Feel free to **JOIN** our **facebook** page for updates on swaps done outside the club.  
[www.facebook.com/groups/veggieswapgoldcoast/](https://www.facebook.com/groups/veggieswapgoldcoast/)

## Q & A - From The Sept Meeting By Cathie Hodge

### **Q. Tips for growing stevia from seeds?**

**A.** It is generally difficult to grow stevia from seeds. It has a lengthy gestation period. It is easier to grow from cuttings. The plant appears to die in winter, but it is only dormant. For more information - <https://www.greenharvest.com.au/Plants/Information/Stevia.html> (Australian website) or <http://www.stevia.net/growingstevia.htm> (Canadian website)

### **Q. Why are my celery stems so thin?**

**A.** Celery originates from England & grows in a bog, according to Maria. You need to imitate this to get thick stems. However, Chinese celery is thinner – it looks like flat parsley & is very tasty. Great in soups, stews & stir fry. Stems can be dehydrated then ground in a Thermomix. The result can be used in stews or tossed in flour. For more information, see [http://recipes.wikia.com/wiki/Chinese\\_celery](http://recipes.wikia.com/wiki/Chinese_celery)

### **Q. Why are my pea plants looking dodgy?**

**A.** This is mould on the plants. There has been too much rain lately.

### **Q. What's the solution for aphids?**

**A.** If there aren't very many aphids, wash them off with water using a garden hose. If the problem is more severe, you can use neem oil or white oil or a soapy solution to spray the plants. For more detailed information see - <http://www.naturallivingideas.com/12-organic-ways-get-rid-aphids/>

### **Q. Storing seeds?**

**A.** Maria advocates storing seeds by planting them in the ground, then sharing the seeds that are harvested with as many people as possible! This will ensure the diversity of seeds in our community.  
For further information - <http://www.backdoorsurvival.com/8-tips-for-storing-seeds-for-the-long-term/> or <http://howtosaveseeds.com/store.php>

[www.backdoorsurvival.com/8-tips-for-storing-seeds-for-the-long-term/](http://www.backdoorsurvival.com/8-tips-for-storing-seeds-for-the-long-term/) or <http://howtosaveseeds.com/store.php>

### **Q. Is the fruit from the curry leaf plant (*Murraya koenigii*) edible?**

**A.** Apparently people eat them as they are spicy but yummy. However, please see this warning note from Daley's Nursery - <http://www.daleysfruit.com.au/forum/curry-leaf-tree/>. Also note this warning regarding the plant's potential as an environmental weed. (There are already too many garden-escapees in our bushland!) Birds like the curry tree fruit too & consequently spread the seeds - <http://www.abc.net.au/gardening/stories/s2816576.htm>

### **Q. Grafting mulberries?**

**A.** Maria recommends grafting mulberry trees when the rootstock is just becoming active & hence when the graft is also likely to be active. However, Ian is not keen on grafting mulberry trees. He recommends planting 2 separate cuttings in a hole in the ground. One plant will eventually dominate, so look after that one & discard the other.  
See this short video clip from Daley's Nursery re side veneer grafting of fruit trees - <https://www.youtube.com/watch?v=xB14qdWt-U>

### **Q. Buying heritage & other breed chooks?**

**A.** Local businesses selling chooks include:

Bonogin Valley Hatchery – phone 0418 728 890. (Justin at Burleigh Pet & Stockfeed Supplies in Kortum Drive – ph 5520 6662 – takes orders for a monthly delivery from Bonogin Valley Hatchery)

City Chicks – based at Anstead but also servicing the Gold Coast - <http://citychicks.com.au/>

Hobby breeders in Mudgeeraba – see Gumtree ad - <http://www.gumtree.com.au/s-qld/chickens+sale/k0l3008841>

Kym from Tallebudgera Valley 0404 028 272

The "Backyard Poultry" website is worth looking at for information & links to poultry breeders - <http://www.backyardpoultry.com/>

#### Q. Harvesting asparagus?

A. See <http://www.asparagus-lover.com/> website for plenty of information regarding how, when & how much to harvest asparagus - <http://www.asparagus-lover.com/harvesting-asparagus.html>

#### Q. Rainbank pump?

A. See information from Davey, manufacturers of RainBank pumps - <http://www.davey.com.au/at-home/rainwater-use.html>

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## Let's Share our Tips of "All Things Gardening" by Diane Kelly

1. Here are some rules for potting up bromeliads:
  - (a) Don't pot too deeply, planting just to the base of the leaves
  - (b) Don't use a pot that's too large – the danger of overwatering will be increased. (Usually a 15cm pot will be big enough for a full-grown plant of most varieties.)
  - (c) Don't allow the plant to wiggle around in the pot, as this will cause damage to new, developing roots. If necessary, stabilise the plant, using a light bamboo stake, until the roots have developed.
  - (d) Make sure the potting mix is well drained. That means that water must quickly run straight through the mix.
  - (e) Always use a pot that has drainage holes in the bottom or sides.
2. The thinnings of most vegetables, except root vegetables such as carrots, beetroot and turnips can be transplanted. The advantage of this is that these thinnings, having been disturbed, will mature that little bit later than the seedlings left in the row, therefore extending the succession of cropping.
3. Thyme can be propagated by layering, in a similar method to that used for strawberries.
4. As with newly picked-out seedlings, plant cuttings need to be shaded from strong sunlight too. Until new roots develop, the cuttings are continually losing water from their leaves, but in the meantime have no roots to replace the water lost.
5. If you're growing tomatoes from seed: Tomato seedlings should be transplanted when you can see the first true leaves beginning to emerge from between the two first, or seed, leaves (the cotyledons). Watering the seedlings an hour or two beforehand makes it easier to ease them out of the tray or pot.
6. Vigorous climbers such as bougainvillea,

roses and vines need their shoots tied in at regular intervals, otherwise they may smother other plants growing nearby. Fixing some wide-mesh wire netting to walls and fences is the easiest way to provide support for vigorous climbers.

7. If you keep fish, feed them regularly as the weather warms and they become more active. Give them just enough food to be eaten in a short time otherwise the leftovers rot in the water, encouraging algae to grow.
8. Blanching of celery for white stems is done about a month before harvesting. Wrap plants individually with thick or waxed paper; hold in place top and bottom with string or rubber bands.
9. Slugs and snails don't like to crawl over rough surfaces. Spread wood ashes, broken eggshells, diatomaceous earth or sawdust around plants. Lizards, frogs and various birds all prey on slugs and snails, so encouraging them into your garden is a way of keeping the slimies under control.



## If You Only do One thing this Month .... Grow some Rockmelons

By Diane Kelly

Referred to as “the taste of summer” and also known as “netted melons” (because of the raised net pattern on their skin), rockmelons are one of the most delightful summer fruits. They are classed as “moderately” easy to grow – although I have found that if you plant them in some good soil, and keep them watered and weeded, then they do tend to take care of themselves. The one thing I found was wise to do as the fruit mature was to raise them on a bed of straw or an upside pot so that they don’t rot or attract mould due to being in contact with damp soil.

Melons in general need a sunny and open position, and they enjoy a well-drained soil. It is recommended that the soil be neutral to very slightly acidic, and that a moderate amount of compost and a little bonemeal be dug in before planting takes place. In our region, Annette McFarlane says that planting can take place all year around, with the advantage of winter planting being that the vines are less subject to fungal diseases and insect attack during that time. Rockmelons need temperatures of 18 degrees to germinate, and 21 degrees to grow well.

Rockmelon seedlings should be planted into mounds, and because the plant’s root system is shallow and spreading, avoid cultivating around them. Space the mounds about a metre apart, and plant two or three seeds in each hill (about 2cm deep). Fruiting of rockmelons takes place on the side-shoots of the plant, so pinch out each plant’s growing tips two or three times during the season to encourage the maximum number of side-shoots and therefore fruit. Don’t forget to water the plants regularly, especially in the early stages of growth and fruit formation. A foliar spray with diluted seaweed or fish emulsion keeps vines healthy – apply these twice during the growing season. A hint about protecting the fruit from sunburn, fruit fly and other potential pests: wrap the fruit in newspaper while they are still attached to the vine.

It is possible to grow vertically-trained vines, but they will need support for the fruit. Make recycled onion bags or cloth materials into slings to support the weight of the fruit.

The first flowers on a plant will be male, and these will abort. If female flowers abort, this is an indication that temperatures may be too low for the plant, or there is an absence of pollinating bees. It is the first female flowers formed that are the most likely to set fruit.

**Harvesting:** For maximum sweetness, allow the fruit to ripen fully, and harvest only when they come away freely from the vine. Before eating the fruit, allow it to stand for a further day in cool conditions.

There are a few things we can do to ensure healthy rockmelon crops:

- Choose disease-resistant varieties where mildew diseases are likely to be a problem
- Water around the root zone to avoid wetting the foliage
- Ensure that plants receive balanced amounts of nitrogen and potassium
- To avoid cross-pollination, grow one just one variety at a time – or plant fast-maturing, early-season crops that will flower before late-season varieties.
- When saving seeds, scoop seeds from the mature fruit, and then wash thoroughly before drying for long-term storage

And if you want to do one other thing this month, find out what the difference is between a cantaloupe and a rockmelon. (One of my reference books says that cantaloupes have a hard rind that is never netted .... and other sources say the two are interchangeable.) Have fun!



## 101 Things to Compost

**Our lives are sustained, enhanced and surrounded by a long list of consumables. Foods, health products, laundry products, and even those things for the cat or dog - and 99.9% of the time there's a waste element. Every day we're confronted with decisions on how to best dispose of this waste.**

***Here's a list of 101 items you can compost!***

### **FROM THE KITCHEN**

- Fruit and vegetable scraps
- Egg shells (crushed)
- Coffee grounds
- Coffee filters
- Loose leaf tea and tea bags (Make sure they are made of natural materials like hemp or cotton, and not rayon or other synthetics. If in doubt, just open it and compost the tea leaves alone.)
- Spoiled soy/rice/almond/coconut milk
- Used paper napkins and paper towels
- Unwaxed cardboard pizza boxes (ripped or cut into small pieces)
- Paper bags (shredded)
- The crumbs you sweep off of the counters and floors
- Cooked pasta
- Cooked rice
- Stale bread, pitas, or tortillas
- Stale tortilla chips or potato chips
- Spoiled pasta sauce or tomato paste
- Paper towel rolls (shredded)
- Stale crackers

- Stale cereal
- Cardboard boxes from cereal, pasta, etc. (Remove any plastic windows and shred)
- Used paper plates
- Nut shells (except for walnut shells, which are toxic to plants)
- Tofu and tempeh
- Seaweed, kelp or nori
- Unpopped, burnt popcorn kernels
- Old herbs and spices
- Stale biscuits
- Stale lollies (crushed or chopped)
- Stale protein or "energy" bars
- Pizza crusts
- Old oatmeal
- Peanut shells
- Cardboard egg cartons (cut them up)
- Stale pumpkin, sunflower or sesame seeds
- Avocado pits
- Wine corks
- Moldy cheese (in moderation)
- Melted ice cream (in moderation)
- Old jelly, jam, or preserves
- Stale beer and wine
- Toothpicks (wooden or bamboo)
- Bamboo skewers
- Paper cupcake or muffin cups

### **PET RELATED**

- Fur from the dog or cat brush
- Droppings and bedding from your rabbit, guinea pig, hamster, etc.
- Newspaper/droppings from the bottom of the bird or snake cage
- Feathers

- Horse, cow, chicken or goat manure,
- Alfalfa hay or pellets (usually fed to rabbits, guinea pigs, etc.)
- Dry dog or cat food, fish pellets

### **AROUND THE HOUSE**

- Dead insects (cockroaches, etc)
- Contents of your vacuum cleaner bag or canister (pick out any inorganic stuff)
- Contents of your dustpan (pick out any inorganic stuff)
- Newspapers (shredded or torn into smaller pieces)
- Junk mail (paper only)
- Subscription cards from magazines
- Hessian bags (cut into small pieces)
- Old rope and twine (chopped, natural, unwaxed only)
- Leaves trimmed from houseplants
- Dead houseplants and their soil
- Flowers from floral arrangements
- Natural potpourri
- Used matches
- Ashes from the fireplace, barbecue grill, or outdoor fire pits (in moderation)
- Grass clippings
- Dead autumn leaves
- Sawdust (from plain wood that has NOT been pressure-treated, stained or painted)
- Wrapping paper rolls (cut into pieces)
- Paper table cloths (shredded or torn into smaller pieces)
- Crepe paper streamers (shredded)
- Paper lanterns (smashed)
- Hay bales (broken apart)

### **FROM THE BATHROOM**

- Used facial tissues
- Hair from your hairbrush
- Trimmings from an electric razor
- Toilet paper rolls (shredded)
- Old loofahs (cut up, natural only)
- Nail clippings
- Latex condoms
- 100% cotton, cotton balls
- Cotton swabs made from 100% cotton and cardboard (not plastic) sticks
- 100% cotton tampons and sanitary pads (including used)
- Cardboard tampon applicators
- Menstrual blood
- Urine

### **FROM THE LAUNDRY**

- Dryer lint (from natural fabrics only!)
- Old/stained cotton clothing and jeans (ripped or cut into small pieces)
- Cotton fabric scraps (shredded)
- Old wool clothing (cut into pieces)
- Very old cotton towels and sheets (shredded)

### **FROM THE OFFICE**

- Bills and other plain paper documents (shredded)
- Envelopes (shredded, minus the plastic window)
- Pencil shavings
- Sticky notes (shredded)
- Old business cards (shredded, as long as they're not glossy or laminated)

## Toowoomba Carnival of Flowers

### By Kerry Lason

I decided I would go up to Toowoomba to experience the TCOF now that I am living in SE Queensland. I was very lucky to find accommodation on 'gumtree' as everything seemed to be booked out. On the Friday (16th September) I went to Queens Park where to gain entry, I paid \$33 for a full day and night of events. I was thrilled when I found Charlie Ablone was doing a presentation on the Chelsea Flower Show. He won a 'silver gilt' for his exhibit. Using his laptop and a screen he showed us the progress from the beginning to the finish. The hardships he and his team endured with rain, equipment, costs and sourcing of plants furthered the listeners respect for this highly talented designer. He was extremely proud when on 'Royals Day', Kate and William spent longer than usual admiring his garden. Whilst at the Chelsea Flower Show, I had looked for Charlie's exhibit but somehow missed it, so what a bonus to experience this.

Another delight at the Queens Park event was the celebrity chef, Miguel....my first experience of this charismatic, hilarious Spaniard. I learnt many tips and ideas from the three presentations I attended. Both Charlie and Miguel were there last year and loved presenting at this Toowoomba event and....the joy of participating in the street parade.

I did think there could have been more gardening stalls and presentations to entertain the crowd. There were lots of food and wine stalls! Outside this venue was a section of Queens Park that was full of gorgeous garden beds with every colour and flower. When you climbed the viewing deck, the vista was enhanced showing how much thought and work had gone into these displays. I returned to the Queens Park ticket only venue to listen to popular bands but the cold got the better of me (even though I was rugged up!)

Saturday was a glorious sunny day. I spent the morning driving from one exquisite garden to the next. The owners of these gardens

had worked hard to create gardens that were admired and envied by the numerous busloads of people and independent visitors. Many bulbs, annuals, azaleas, wisterias and just beautiful foliage of shrubs and trees had been cleverly maintained and displayed. At 3pm the Grand Central Floral Parade began in perfect conditions. The CBD streets were lined with tourists and locals alike. What a feast to the eyes as floats and groups wound their way down the streets! There was Charlie Ablone and Miguel (both in separate vintage cars) lapping up the spirit of the parade. Both live in Sydney so they relish in visiting this big country town. Two Toowoomba Olympians whom had recently participated in Rio, wore their uniforms proudly waving from their vintage car.

The skies opened up on Sunday so a steady day of rain followed. I took in the displays (under an umbrella) at Laural Bank Park where the tulips were magnificent. Again a viewing deck allowed visitors to enjoy the garden beds from up high. Some garden beds spelt out the words 'MUSIC IN THE PARK' and a picture of piano keys....so clever! I visited the Geranium Society, meeting friendly and knowledgeable members who told me interesting facts about geraniums and pelargoniums. My next visit was St Lukes Anglican Church with its magnificent floral arrangements. I was fortunate to meet the woman who coordinated these displays.

I spent the rest of the day at the Cobb and Co Museum. Such a treat and a wonderful way to conclude my visit to Toowoomba. As I drove back to the Gold Coast, I reflected on the fun and experiences I had enjoyed.





## Recipes Column

Please keep your recipes coming in - they are much appreciated by other members! It's also great to include your name (+ recipe, if you like) with your yummy supertime contribution, so others can ask you about it. Many thanks! You can send your recipe to me any time: [jillbarber611@gmail.com](mailto:jillbarber611@gmail.com)



### Beetroot, fennel and lentil salad

Cooking time: 1 hour

Serves: 6

#### INGREDIENTS

- 3 medium beetroot, trimmed
- 1 tablespoon olive oil
- 1 medium (300g) fennel
- 400g can brown lentils, rinsed, drained
- 100g wild rocket leaves
- 200g fetta cheese, sliced thinly

#### Dressing

- $\frac{1}{2}$  cup (125ml) olive oil
- 2 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon sugar
- 2 teaspoons finely chopped fresh fennel tops or dill
- salt and freshly ground black pepper

**NOTE:** Beetroot and dressing can be prepared a day ahead.

#### METHOD

Preheat the oven to moderate (180°C/160°C fan-forced).



Contd over page.....

Place beetroot in a small baking dish with oil. Bake in moderate oven about 1 hour, until tender. When cool, peel and chop. Slice fennel thinly.

For the dressing, combine all ingredients in screw-top jar; shake well.

Combine fennel, lentils and rocket in a large serving bowl. Add half the Dressing; toss well. Add beetroot and toss gently. Top with fetta, drizzle with remaining Dressing.

Not suitable to freeze. Not suitable to microwave.



#### **Source:**

<http://kitchen.nine.com.au/2016/05/17/18/43/beetroot-fennel-and-lentil-salad>

**Photography by Brett Stevens**

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### **Roasted pear with walnut & ginger filling**

#### **Ingredients**

- 5 comice pears
- 1 1/2 teaspoon ground cinnamon
- 1 teaspoon caraway seeds
- 70 g walnut halves
- 20 g pine nuts
- 20 g stem ginger , optional

#### **Method**

Preheat the oven to 180°C/gas 4. Halve and core the pears (you'll be using 1 for decoration), and place them all cut-side up in an ovenproof dish.

Sprinkle over ½ a teaspoon of cinnamon and the caraway seeds and pop in the oven for 20 to 25 minutes, until they're just browning at the edges and the flesh is soft. Allow to cool.

Place the walnuts and pine nuts on a baking tray and toast in the oven for 4 to 5 minutes – the pine nuts won't take long to turn golden, so keep an eye on them. Set aside a few toasted pine nuts for serving.

Once the pears have cooled, scoop most of the flesh out of 4 of the halves, leaving just enough so the sides don't collapse.

Chop up 4 other roasted pear halves and pop in a food processor with the scooped-out pear flesh and toasted nuts. Add the stem ginger and the rest of the cinnamon and blitz. You want a paste that's quite textured, not totally smooth.

Divide the pear mixture between the scooped-out pear skins. Peel and core the reserved pear, slice it thinly lengthways and arrange a couple of slivers on top of each stuffed pear.

Decorate with a few chopped toasted pine nuts and serve, warmed through or cold. It's great with a little peppery salad, like rocket leaves, on the side.

**Please email your yummy recipes to Jill [jillbarber611@gmail.com](mailto:jillbarber611@gmail.com)**

## The Tale of Brownie by Diane Kelly

We live on an acreage block in the hills behind Mudgeeraba, and one advantage of having a bit of extra land is that we can keep chooks, and allow them to free-range. We've had various "girls" for about the past twenty years, but one stands out as noteworthy – Brownie.

In early 2004, our neighbours built a chook pen, and purchased six chooks for their children to enjoy. Eventually, the question we were asked was "Would you like some more chooks", so we added half a dozen hens in a variety of colours to our existing flock. Brownie was one of these, and so that makes her current age over twelve and half years.

Now the reason that this is of interest (to me, at least!) is that yesterday morning I heard this loud cackling – and these days that tends to mean "danger .... come and rescue us chooks!". But no – instead, in the dust, twigs and stones in the shelter tucked away in the back of the chook pen (not in the nice, soft, clean nesting box) was a perfect, warm, brown egg. And one very proud Brownie.

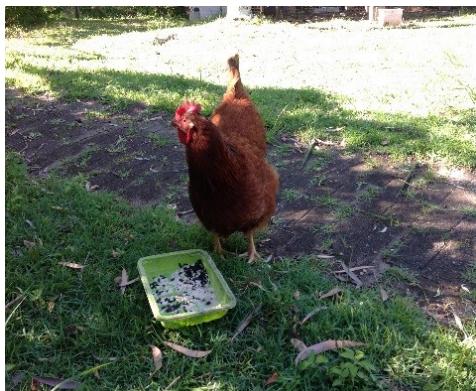
So to find out whether this was as impressive as Brownie made out, I did what one always does in such a situation – I Googled ..... and found out that hens can continue to lay eggs (at an ever-decreasing rate) for up to five, seven, nine or even more years. And I read about one "ancient buff Orpington cross who still lays an egg occasionally at 17 years old". But I do think our girl at twelve and a half is doing well – she is healthy and alert, still able to scratch in the dirt strongly, and is always very vocal if we are at all late letting her out of the hen-house in the mornings. So .... long may she live!



**Brownie as a chick**



**Brownie & her sisters in 2011**



**Brownie today**

## FRUIT TREES

### OCTOBER

**Custard Apple:** Increase irrigation. Mulch trees. Apply 2g boron/sqm.

**Figs:** Pruning should be done. Figs only produce on new wood or new season's growth. Mulch well.

**Lychee:** Peak water needs. Mulch. Apply gypsum 20gms/sqm.

**Low chill stone fruit:** Spring prune new growth. Continue with high irrigation. Prune out water shoots and dense foliage for better size fruit. Use fruit fly control programs, for example netting or an attractant method.

**Mango:** Peak water needs. Apply organic fertiliser with sulphate of potash, 1kg for larger trees and 1/2kg for smaller trees. Spray with copper based spray or leaf microbes for anthracnose per fortnight.

**Passion-fruit:** Plant out new vines. Pruning carried out this month. All dead parts to go. Keep up the water.

**Paw-paw:** Increase irrigation. Apply 20 gms per sq m of organic fertiliser.

**Strawberries:** Apply small amount of organic fertiliser with sulphate of potash, about 10g / plant. Keep up with fish emulsion or kelp spray weekly.

**Bananas:** Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well.

**Citrus:** Keep up the water. Add lime or gypsum. Mature trees 1/2kg, 1/4kg for small trees.

### NOVEMBER

**Custard Apple:** Increase irrigation. Mulch trees. Apply fertiliser with Sulphate of Potash - 1kg-mature trees, 1/2kg-small trees.

**Figs:** Pruning should be done. Figs only produce on new wood or new season's growth. Keep well mulched and watered.

**Lychee:** Peak water needs.

**Low chill stone fruit:** Use fruit fly control programs. When fruiting is finished and harvested, prune trees.

**Mango:** Peak water needs.

**Passion-fruit:** Prune. All dead parts to go. Keep up the water.

**Paw-paw:** Increase irrigation. Apply 20 gms per sq m of organic fertiliser.

**Strawberries:** Keep well watered to encourage runners for next year.

**Bananas:** Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well. Apply fertiliser, 1kg/stool.

**Citrus:** Keep up the water. Spray with pest oil for leaf miner. Paint trunks with a white waterbased paint.

***Brisbane Organic Growers Handbook***

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

## VEGETABLES

### OCTOBER:

Artichoke, Asian Greens, Asparagus, Beans (French), Beetroot, Capsicum, Carrot, Celery, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

### NOVEMBER:

Artichoke, Asian Greens, Beans (French & Snake), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrows, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet corn, Sweet potato, Tomato, Zucchini.

## HERBS

### OCTOBER

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

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

### NOVEMBER:

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

**Perennials & Bi-Annuals:** Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey,

Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury, Winter Tarragon.

## NOVEMBER & DECEMBER

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

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

## Clothing Alterations & Mending

*Clothes altered to fit you!*

Repairs

Alterations

Hems - zippers

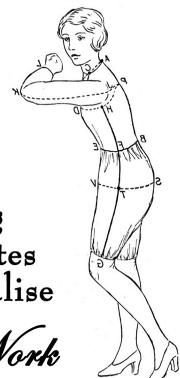
Soft furnishings

Textile recycling

Extended mending

Copy your favourites

Remodel - Revitalise

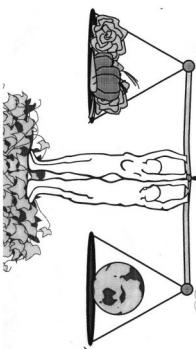


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Maggie Golightly 0413633055

Email: mgolightly@gmail.com

If not claimed in 14 days, please return to:  
**GCOG, PO Box 210, Mudgeeraba Q 4213**



**GOLD COAST ORGANIC  
GROWERS Inc.**

**Meetings held:**  
3rd Thursday of the Month

**Meeting place:**  
Cnr Guineas Creek Road  
& Coolgardie Street  
Elanora, Gold Coast

**Next meeting:**  
Thursday 17th November 2016

**NEWSLETTER**