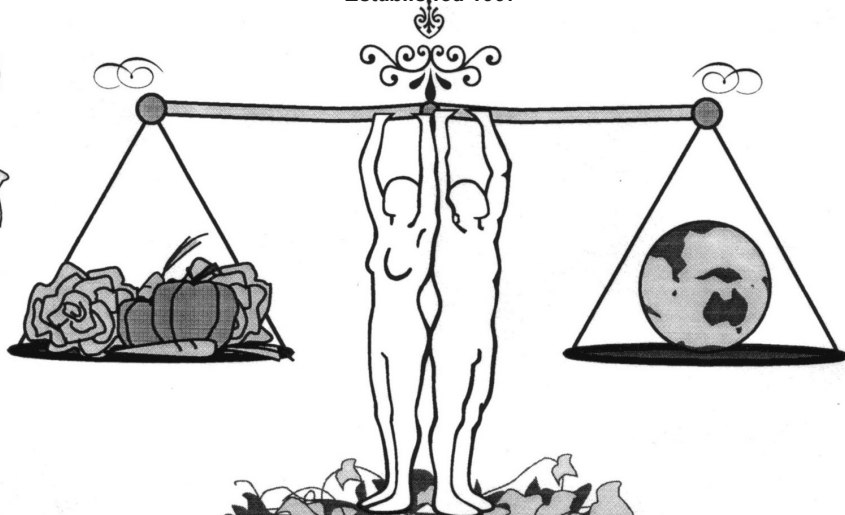


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 22 - AUGUST 2018 Issue 8  
GARDENING IN WINTER

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OUR NEXT MEETING: Thursday 20th SEPTEMBER 2018

## 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 \$2 members, \$5 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:** \$15 an issue, or \$145 per year,

**1/2 page:** \$25 an issue, or \$250 per year,

**full page:** \$40 an issue, or \$400 per year,

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

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

## 2018 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 <i>cathie.hodge@gmail.com</i>
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson
Newsletter Editor Newsletter Asst.	Jorge Cantellano <i>jcantellanoc@gmail.com</i> Diane Kelly Dorothy Coe Jill Barber (p.r. for Jorge)
Website Editor Social Media E.	Jorge Cantellano Stacey Panozzo, Dorothy Coe
Advertising	Stacey Panozzo 0406 007 583 <i>staceypanozzo1@gmail.com</i>
Guest Speaker Liaison	Leah Johnston, <i>leahbryan9@gmail.com</i> Emma Litchfield, Stacey Panozzo
Librarians	Evelyn Douglas
Seed Bank Seed Assistants	Lyn Mansfield Maggie Golightly Bill Smart
Supper Co-ordinator	Paul Roberson, Deb Phillips, Bev Geraghty
Veggie Swap Co-ordinator	Dorothy Coe

**Newsletter Contributions are welcome.** Send in a photo of what's going on in your patch. **Deadline for contributions is the one week before the meeting.** Send your content to Jorge C. at: [jcantellanoc@gmail.com](mailto:jcantellanoc@gmail.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 – August 2018 :

**Overdue:** Jan Wright (191), Karen Hart (198), Mea Lee Khoo (211), Dorothy Coe (253), Ron Campbell (255), Cathie Hodge (304), Eileen Turner (328), Shem Pireh (361), Ian & Margaret Lee (118), Justin & Jerry Rogers (275), Patricia McGrath (305), Ann Brown (329)

**August:** Gordon & Dorothy Singh (241), Peter & Leanne Dickfos (260), Jan Guest (307), Dayne Petersen (377)

**September:** Henry Blonner (108), Neil Ross (294), Beth Orme (343), Michael Cuthbertson (396), Gillian Tubbs & Dolphe Cooke (403), Gary Miller (424), Jorge Cantellano & Julia Bustamante (425)

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

### Thanks to Contributors this month:

Alan, Dorothy Coe, Diane Kelly, Leah Johnston, Gina Winter, Jorge Cantellano

## Upcoming Guest Speakers

We are currently seeking Guest Speakers for throughout 2018. If you have an idea for a potential speaker, or a topic that you think would interest our members, please contact Leah Johnston at [leahbryan9@gmail.com](mailto:leahbryan9@gmail.com)

August - Michelle Benson of Michelle's Native Plants in Tallebudgera. She has a wealth of knowledge about which native plants grow best in our area and will be teaching us about native bush tucker plants we could be growing in our gardens.

September - Phil Dudman sharing tips on maximising the production of your patch

October - members own - have a particular gardening topic you're a bit of an expert on? Share it with the club! Email Leah at [leahbryan9@gmail.com](mailto:leahbryan9@gmail.com) to get on the list.

November – tbc

## Workshops

### Abilities Plus – Permaculture

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

### Gardening Girls Lunch – (Men welcome) 17 Aug - 11 am to 1 pm

Rose Evans Garden Centre Coombabah  
We meet monthly for lunch and a chat  
Lyn Mansfield 0409 645 888

### EdibleScapes

#### Herb Spiral Gardens

**11 August - 8:30am to 10:30am**

Edible Landscape Gardens Site

74 Billabirra Cres, Nerang  
Country Paradise Parklands

Check details out on the Facebook page: Edible Landscape gardens Project .  
[contact@ediblescapes.org](mailto:contact@ediblescapes.org)

## LIKE A GARDEN THAT LOOKS AFTER ITSELF?

Drought can be a gardener's worst nightmare. In 2006 Alan Singleton, a keen organic gardener, had no way of sustaining his crops through the severe water restrictions. Alan set about refining the wick garden system he had come across.

In 2011 he went full time building what are now known as Watersaver Gardens. Besides cutting water use by 80% other advantages include significant reduction in weeding and no regular watering even in hot conditions.

The science behind the Watersaver Gardens is the wicking system - capillary action sees water drawn up through the soil by plants only as required, meaning the plant is never over-watered or not watered enough. Great for those without a green thumb. The reservoir only needs checking every four weeks - great if your going on holidays. With intermittent rain they can go six months without needing watering. All kinds of herbs and vegetables can be grown in the gardens. Not watering from the top reduces mould and rust that attacks the wet leaves.



### A TOOWOOMBA GARDENERS CLEVER CREATION SUPPORTS DROUGHT-PRONE PLOTS AND BUSY WOULD-BE GARDENERS.

#### FAST FACTS

- five sizes up to three metres
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- easily assembled flat pack
- ideal height for seniors
- suits busy people
- delivered to your door
- prices start at \$225

Like to know more?

[watersavergardens.com.au](http://watersavergardens.com.au)

Phone Alan for a chat on **0424 996 540**

Established Watersaver Gardens on display at 20 Jennings Street, South Toowoomba



## WATERSAVER GARDENS

Made in Toowoomba

## Memories are made of ....

By Diane Kelly

Most of my memories of growing up are surrounded by flowers, trees, spring blossoms and autumn leaves, vegies – and, in particular, roses.

We lived on a farm in Western Victoria, and as we only went to town once a month, mum and dad always had a large vegetable garden producing much of what we ate. Then, after we moved to Melbourne, the entire backyard was full of vegetable gardens, compost heaps .... and roses.

My dad was a fine gardener, and after he died, my mum's dream was to have a garden like his. She also wanted to keep growing the roses that dad had planted, and in particular his favourite which was called "Suttor's Gold". This had beautiful golden-pink blooms, and it was strange – dad and I could smell the perfume, but mum could not.

Mum and I would go for walks around the quiet streets where we lived and we would look at all the flowers – I learnt about grape hyacinths, heliobores, daphnes, azaleas, mag-

nolias, violets, irises, gladioli, stocks .... and roses.

I haven't been very successful with growing roses in Mudgeeraba, but instead I've carried on the family tradition of growing vegetables. I think one of the greatest gifts that both my parents gave me is a love of gardening.

..... Diane

***Well into her 80's, and mum still smiled when she saw flowers !! (Mother's Day – May 2006)***



## 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 anything that we might have spare and would like to share around.

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 for please email Diane with the details at [dianekelly@bigpond.com](mailto:dianekelly@bigpond.com)

## Offers / Wants / Swap / Share

### **WE ARE LOOKING FOR VOLUNTEERS for EdibleScapes Inc.**

#### **Gardeners Needed:**

If you want to volunteer as a gardener or know someone who may be interested, please contact as at [contact@ediblescapes.org](mailto:contact@ediblescapes.org)

We are also taking any donations of plant pots, native plants, edible trees, seedlings and cuttings.

## If You Only Do One Thing this Month – grow some Warrigal Greens!

by: Diane Kelly

There is a Chinese Proverb that says “Spring is sooner recognized by plants than by men”. So in the next few weeks our gardens will start to change, and we will be able to start adding to our vegetable patches a new season of plants. One of the plants that will welcome Spring will be Warrigal greens.

Simon Rickard (see this month’s book review) says that Warrigal greens are the only Australian native plant that could truly be considered an heirloom vegetable. Also known as New Zealand spinach, or Botany Bay spinach, Warrigal greens were identified by Captain Cook and Sir Joseph Banks in New Zealand in 1770. Journal entries record these two gentlemen enjoyed Warrigal greens with their first meal of stingray at Botany Bay! The leaves of Warrigal greens are a rich source of vitamin C, and were used to prevent scurvy on those early voyages.

Warrigal greens can be found growing naturally on coastal foreshores and sand dunes, as it can tolerate extremely dry conditions, sun, wind and salt spray. Each plant can spread over a 2m square area, and they develop short, upright stems that grow to about 30cm above ground level. The plants can also grow in semi-shade, or in pots or large hanging baskets – and they even do well on a trellis if you want to save space.



In the vegetable patch, Warrigal greens make a good alternative to the less heat-tolerant English spinach and silver beet. The vine-like stems have fleshy, triangular leaves that can be cooked and eaten like spinach when they are young and tender.

Plants can be grown from seed, cuttings or self-layered sections – although their seeds tend to have a low and erratic germination rate (pouring boiling water over the seeds and soaking them overnight can help solve that problem). The plants will prefer a soil pH of 6.5 or above, and they will demand good drainage. Warrigal greens don’t like root disturbance, so only move them if you have to – and then water the plants with liquid seaweed to help them overcome transplant shock. When growing Warrigal greens as a ground cover, space the plants at least 60cm apart. And remember, the more nutrient- and compost-enriched the soil, the more succulent and energetic the foliage will be.

When harvesting Warrigal greens, it is best to trim off 10-15cm ends of stems with the leaves attached, and then strip off the leaves from the stems. This works better than harvesting individual leaves, as the pruning encourages branching and denser growth.



Although I have read that the leaves of Warrigal greens can be eaten raw, the books warn that they contain “soluble oxalates”. This is a chemical substance that gives them a bitter flavour. To solve this problem, it is recommended that you blanch the leaves in boiling water for 3-5 minutes. Discard that

water, and put the leaves into a bowl of iced water to cool and set the green colour. Remove after one minute and drain well on a paper towel.

So why grow a plant – even one as hardy and attractive as Warrigal Greens – when it seems to be more trouble than it is worth? One of the main benefits is that the leaves are high in nutrients. The plants are easy to grow; they tend to be pest and disease free; and can be grown using hydroponic growing methods. But it seems their best use is an alternative to “normal” greens – when the weather is hot or humid, and your usual spinach or silver beet are struggling. Then you can use the greens as a substitute – in soups; purees; pies; tarts; or in quiches. Stir-frying the blanched leaves with garlic, chilli and curry spices works a treat, and I’ve even read that Kylie Kwong uses the leaves when creating dumplings!!

So .... easy to grow; an attractive ground-cover; nutritious; and if treated correctly, tasty to eat.

So ..... in September, let’s have a go at growing some Warrigal greens!



**Warrigal Greens & kangaroo kofta !!**

## Recipes

By Leah Johnston

### LEMON MYRTLE COCONUT SYRUP CAKE

This delicious cake is flavoured with the dried leaves of the native lemon myrtle (*Backhousia citriodora*). It is a prize winning recipe made by Silvana Smith of Mullumbimby, NSW for the Northern Rivers Herb Festival.

Ingredients:

- 125g unsalted butter
- 250g caster sugar
- 4 large eggs
- 185g desiccated coconut
- 125g self raising flour
- 2 tsp ground lemon myrtle

Method:

Cream butter and sugar until light and fluffy. Add eggs one at a time and beat well after adding each one. Stir in coconut, flour and ground lemon myrtle gently until combined. Put mixture into a greased, base lined 20 cm (8") round cake tin and bake at 160° Celsius for 1 hour or until cooked.

Syrup:

- 150g sugar
- ½ cup of water
- 1 tsp ground lemon myrtle
- Juice of 1 lemon

Method:

Bring all ingredients to the boil stirring until sugar is dissolved. Strain lemon myrtle from syrup and pour the syrup over cake as soon as it comes out of the oven. Leave cake to cool in tin before turning out.

## Members and Guests

### GLAD TO HAVE YOU SHARE OUR MEETINGS:

Members and guests are always very welcome at our meetings, and we trust you find them enjoyable and interesting.

### WE NEED YOUR CONTENT HERE

SEND US SOME TIPS ABOUT  
GARDENING THAT YOU HAVE  
DISCOVERED OR PERHAPS SOME INFO  
ABOUT WHAT IS HAPPENING IN YOUR  
GARDEN.

NOTE: THE NEW DEADLINE FOR  
SUBMISSIONS TO THE NEWSLETTER  
IS ONE WEEK PRIOR TO THE MEETING.

## MOVIES THAT MATTER

By Dorothy Coe

Inspiring movies and documentaries for the Gold Coast community.

"Movies That Matter"

at the Masonic, Monthly

BURLEIGH HEADS

Documentaries that help Change the way we  
EAT, DRINK & THINK

Once a month on a Saturday Evening (Check event pages for firm dates) Organic food and drinks will be available on the night.

BOOK AS SEATING IS LIMITED

<https://moviesthatmatter.com.au/>

Next movie 8th September

**LIVING THE CHANGE**

inspiring stories for a sustainable future

<https://livingthechangefilm.com/>



# MICHELLES NATIVE PLANTS

## BEAUTIFUL LOCAL SEQ SPECIES

### RAINFOREST TO DRYLAND -GRASSES TO TREES



50mm TUBESTOCK \$2.50 up to 20  
\$2.00 for 20 up



SEE ME AT BURLEIGH STOCKLANDS MARKET  
2ND SUNDAY OF THE MONTH 5.30-10AM



**PH: 0448595047**



EMAIL ME FOR A DESCRIPTIVE SPECIES LIST

[michellesnativeplants@bigpond.com](mailto:michellesnativeplants@bigpond.com)



## NOURISHING HERBAL INFUSIONS

By Gina Winter

Nourishing Herbal Infusions.....using herbs in your daily life

To those who are perhaps new to herbal medicine, one of the main concepts of the Wise Woman Tradition, that I have rediscovered, is the nourishment of my body with the nourishing herbs and nourishing herbal infusions. (NHI)

The idea of using a herb to treat only the symptoms of disease reminds me of the medical /pharmaceutical model of a drug for a disease. This is not how the Wise Woman approaches health.

In my own experience the better nourished I am on all levels, physical, emotional, and spiritual, the more I can enjoy my life. Interestingly, the NHI are one of the things that seem to nourish me on all levels, giving me a sense of stability and vigour I had forgotten I had.

Of course life being what it is there is sometimes a curve ball but in general I have found that the better my physical body is nourished the better I feel overall and the easier it is to navigate through the challenging times.

The NHI have been a godsend for me. To be reminded of this age old, yet simple practice of putting nourishing herbs in water to 'feed' my body is a really powerful way to practice self help.

My belief is that a well nourished body knows how to heal itself.

Using the nourishing herbs is an excellent way for everyone to maintain a good foundation of health

So I guess my advice is, before anything, begin to seriously start making and drinking the NHI's every day in rotation before you do anything else for your health problems.

Begin by making a true commitment to nourishing your body and after a couple of months of drinking them you might be surprised that your body has all it needs to heal itself.

[www.selfhelpretreat.com.au](http://www.selfhelpretreat.com.au)

[http://www.susunweed.com/How\\_to\\_make\\_Infusions.htm](http://www.susunweed.com/How_to_make_Infusions.htm)



## THE DIGGERS CLUB

Helping Australians grow the best heirloom vegetables, fruits and berries.

Join the club for discounts, eight magazines a year and free offers.

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Visit our website for video tutorials, fact sheets and gardening articles to help get you started.



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**DIGGERS.COM.AU**

## INTERGENERATIONAL GARDENING

by Jorge Cantellano

*'Intergenerational gardening is the act of older adults passing along plant information, gardening skills, and cultural traditions to younger generations.'*

Last Saturday 11<sup>th</sup> August a small working bee group help to establish the initial stage of an intergenerational garden at the Edible Landscapes Gardens at Nerang Parkland.



### Growing food, building community

"Not everything that grows in a garden is a plant". Gardening is just one of the many common-ground activities where intergenerational transfers can happen.

EdibleScapes envisage a safe environment for cultural and life experience sharing:

- A space for seniors to share their stories and knowledge of gardening.
- A space where children can learn as they help grandparents grow fruit and vegetables.

The garden space brings a valuable intergenerational exchange to the community.

Seniors have a means to remain physically and mentally active; their knowledge value is not lost; and they can build meaningful relationships with local families.

Grandparents can pass on cultural knowledge to younger generations, especially in families that have immigrated from their countries or communities of origin. Grandparents from a variety of cultural backgrounds can pass on knowledge about growing fruit and vegetables to their grandchildren through joint gardening activities. Grandparents can introduce children to a wide range of fruits and vegetables, reinforcing concepts through bilingual communication, which will increase interest in gardening in the younger generation. Finally, grandparents can remain physically and mentally active, whilst helping to create a vibrant, cohesive community in an environmentally friendly way.



## HERB FARM

Michael & Sandra Nanka  
491 Springbrook Rd  
MUDGEERABA. 4213

**Opening times:** Mondays, Tuesdays &  
the 3rd weekend of the month.  
9 am – 4 pm

**Phone: (07) 5530 3253**  
**[www.herbcottage.com.au](http://www.herbcottage.com.au)**

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- ◆ Vegetable and Herb Seeds
- ◆ Craft, Herb Vinegars, Jams & Preserves
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## Gold Coast Garden Festival

# Botanical Bazaar

**Sunday 16th September | 9am-4pm**

Country Paradise Parklands,  
74 Billabirra Crescent, Nerang

Adults \$15 | Kids FREE (15yrs & under)

Educational talks, workshops and  
demonstrations plus over 90 green  
inspired exhibitors!

Celebrity Gardeners | Plants | Herbal Health  
Green Homewares | Sustainable Living  
Family Activities | Food & Entertainment

[www.botanicalbazaar.com.au](http://www.botanicalbazaar.com.au)

supported by



Councillor Peter Young  
Division 5



CITY OF  
GOLD COAST



## HEIRLOOM VEGETABLES

By Diane Kelly

### A Guide To Their History & Varieties (A Book Review)

Back in 2001, Simon Rickard fell in love – with heirloom vegetables! Simon was resident head gardener at Heronswood – the Diggers' Club flagship garden in Dromana on the Mornington Peninsula – for four years, and in 2014 he wrote a book called "Heirloom Vegetables – a Guide to their History & Varieties".

One of the things that Simon wanted to do in his book was to explore the family relationships of vegetables, and so there are sections on – for example – the pea family; the gourd family; the amaranth family; and the nightshade family. And it was from this section of the book that I found out quite a bit of interesting information, so let's learn about the nightshade family!

The nightshade family, or Solanaceae, contains around 4,000 species and these are present in every continent on earth except Antarctica. Nightshades include some of the vegetables that epitomise various national cuisines – the tomatoes of Italy; the chillies of Thailand; and the potatoes of Germany, but they also include some baddies.

Probably the best known of toxic plants is "deadly nightshade", or *Atropa belladonna* – but even this has its benefits as the drug atropine is obtained from it, and it is useful in



**Black nightshade**

cardiology and ophthalmology (the care of the eyes and visual system). Then there is "black nightshade", and most of us would be familiar with this plant's white flowers with their yellow centres, and its rich, purple berries. And, to make up the trio that it is probably wise to avoid, part of the nightshade family is also tobacco.

But now let's move on to the more pleasant members of the nightshade family and learn a bit about each – and these range from petunias, through to goji berries, to tomatillos and to tamarillos, to potatoes, tomatoes and eggplants.

- **Tamarillos:** These are also known as tree tomatoes, and can have the most striking bright yellow and red skins. They can be grown in the sub-tropics, although the fruit may not be as big as further south, and they can grow well in shade. The flavour of a tamarillo has been described as a "savoury passionfruit", and its texture is a firm outer layer surrounding a seedy pulp.



### **Tamarillos**

- **Tomatillos:** They say that if you can grow a tomato, you can grow a tomatillo – but this plant is actually more closely related to the Cape gooseberry. These plants grows small yellow flowers, followed by small round fruit – these can be purple, green or yellow, and are encased in a paper calyx. Tomatillos are important to Mexican food, and they can be grown in Queensland.

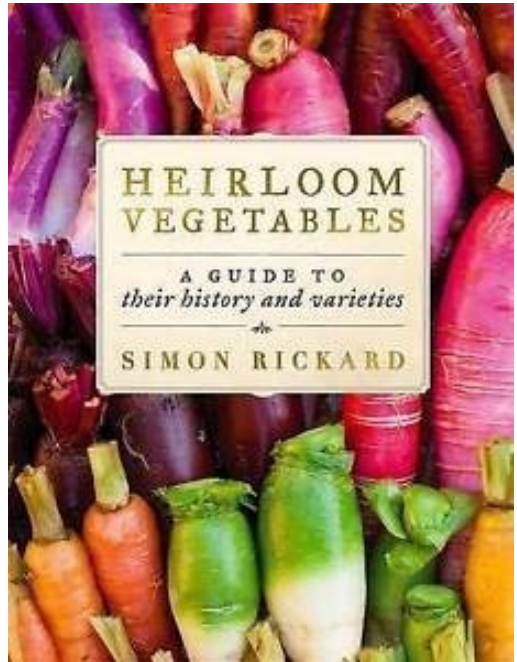


### Tomatillos

- Tomatoes: We've probably all read lots about tomatoes – but do you know why they taste so good? Firstly, they have a high sugar content. Secondly, they are rich in glutamates. And, thirdly, they are full of the “fifth taste”. We all know sweet, sour, salty and bitter, but there is another factor that gives foods a mouth-filling richness – it is called umami. (Umami is worth reading up on.)
- Potatoes: We've probably all read a lot about potatoes as well, so in this section, I'll just focus on chitting (mostly because I didn't know how it was done properly!) Seed potatoes benefit a great deal from being pre-sprouted before planting into the garden. Place your seed potatoes “rose end” (i.e. the end with the most eyes on it) in egg cartons and put on a sunny windowsill. They will go green and the eyes will swell into sturdy, purple shoots. When the shoots are a centimetre or so in length, the seed potatoes are ready to plant into the garden. (I've also read that when the shoots are long enough rub off all but the strongest two shoots on each potato and plant them into prepared ground.)
- And, for our final nightshade, capsicums and chillies. The difference between the two is said to be arbitrary, as sweet capsicums are simply chillies that have been bred to be large, fleshy and devoid of heat.

We enjoy chillies because part of the human body's response to “capsaicin” (which is the chemical that generates the heat in chillies) is to release positive endorphins in the brain. It was interesting to learn that birds are insensitive to capsaicin, so they can eat chillies and not have their eyes water!

So, I've been enjoying reading Simon Richard's book. Have a look for it in the GCCC library and learn about the other vegetable groups – I am sure that you will find them all as interesting as the “Nightshade Family”.



## FRUIT TREES

### AUGUST

**Custard Apple:** Leaf loss should occur this month. Low irrigation. Mulch trees. This month is the best time to prune custard apples. 1/3 of old wood needs to be taken off.

**Figs:** Pruning can be carried out. Be very vigorous. 1/3 can be cut off. Figs are only produced on new wood of the new season's growth. Give trees a good feed of organic fertiliser with sulphate of potash. Mulch well.

**Lychee:** Increase irrigation. Flowering should start this month. Fertilise trees with an organic fertiliser with potassium sulphate. Give mature trees 1 kg and small trees ½ kg.

**Low chill stone fruit:** Carry out final thinning. Stone hardening will occur this month. Continue with high irrigation. Prune out water shoots and dense foliage for better sized fruits. Use fruit fly control programs, for example netting or an attractant method.

**Mango:** Don't let trees dry out. Once flowering occurs spray with copper based spray or leaf microbes for anthracnose, if visible.

**Passionfruit:** Vines will start to grow this month. Apply a little organic fertiliser with sulphate of potash and mulch vines at least 2 to 3 metres out from the base. 1kg for large vines and ½ kg for smaller vines.

**Pawpaw:** Spray with wettable sulphur in the evenings for spider mite.

**Persimmon:** Flowering will start in early varieties. Mulch trees. Low irrigation.

**Strawberries:** Apply small amount of organic fertilizer with sulphate of potash. Keep up irrigation. Pick fruit when fully ripe.

**Bananas:** Don't let stools dry out. Keep fruit covered and cut off bells.

**Citrus:** Flowering will occur this month. Increase irrigation. Fertilise tree with organic fertiliser with sulphate of potash, 1kg for large trees and ½ kg for smaller trees.

### SEPTEMBER

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## VEGETABLES

### AUGUST:

Artichoke, Asian greens, Asparagus, Beans, Beetroots, Capsicum, Carrot, Celeriac, Celery, Chilli, Cucumber, Eggplant, Endive, Gourd, Kale, Leeks, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Potato, Pumpkin, Radish, Shallot, Silverbeet, Squash, Sunflower, Sweet Corn, Sweet potato, Tomato, Zucchini.

### SEPTEMBER:

Artichoke, Asian greens, Asparagus, Beans (French), Beetroots, Capsicum, Carrot, Celeriac, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Leeks, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Silverbeet, Squash, Sunflower, Sweet corn, Sweet Potato, Tomato, Zucchini.

## HERBS

### AUGUST

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

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

### SEPTEMBER

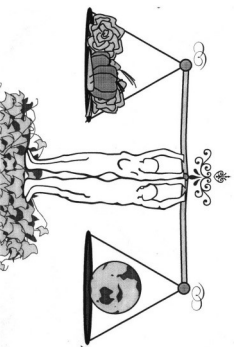
**Annual:** Basil, Borage, Calendula, Chamomile, Coriander, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

**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.

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.

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 20th Sept 2018