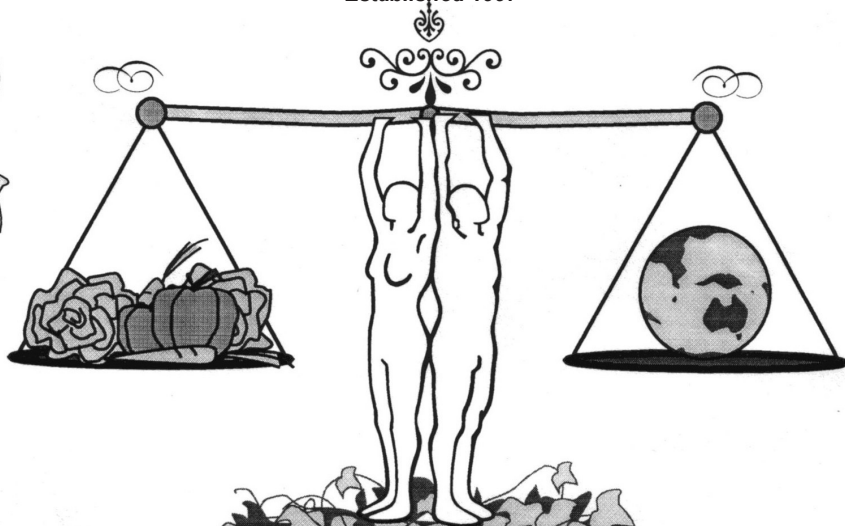


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 22 - JUNE 2018 Issue 6  
GARDENING IN WINTER

Pg2	<i>Club Information</i>	10	<i>Jill's Garden Update</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	11	<i>Hints for "All Things Gardening"</i>
4/5	<i>Garden Angels to the Rescue, Can We Help? Offers/Wants</i>	12	<i>Growing African Violets</i>
6/7	<i>If You Only Do One Thing this Month</i>	13/14	<i>Gold Coast Green Living Inc., Botanical Bazar Event</i>
7/8	<i>Recipes</i>	14/15	<i>Water Harvesting: Micro-Catchments System</i>
8	<i>Seville Orange Tree for the Heritage Orchard Garden, Worongary Seedling Program</i>	16	<i>WEEDS poem</i>
9	<i>Members and Guests</i>	17	<i>Introduction To Herbalism Course</i>
		18	<i>Fruit Trees</i>
		19	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 19th July 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 – June 2018:

**Overdue:** William & Tracey Chen (400), John Drakes (418), Andrew & Helen Blum (344), Alan Ralph (394), Jun Yoneda (428), Emma Strong (429), Sally Machray (430), Angela Anderson (323), Fran Janes (366), Lorraine McArthur (423), Sue Beckinsale (373), Carmen Martin (432).

**June:** Shelley Pryor (72), 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)

**July:** Ian & Margaret Lee (118), Justin & Jerry Rogers (275)

## 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)

### Thanks to Contributors this month:

Diane Kelly, Jill Barber, Jorge Cantellano, and Dorothy Coe, Pauline Maxwell, Stacey Panozzo.

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

## 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) 20 July - 11 am to 1 pm

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

### Edible Landscape Project

### Native Bushfood Garden

14 July - 8:30am to 10:30am  
at the "Moon Mandala Garden"  
Edible Landscape Gardens Site  
74 Billabirra Cres, Nerang  
Country Paradise Parklands

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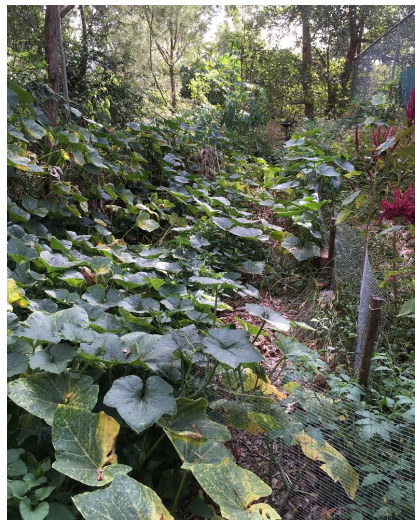
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**Garden Angels to the Rescue**  
By Dorothy Coe

ent path as I got busy with various community and volunteer projects, including working at the local community gardens, setting up a small community garden in Tallebudgera, as well as helping a friend with her garden, etc so my own garden got neglected. I also lost motivation due to the big gum trees on my property taking all the nutrients and moisture and when I was watering daily and watching my plants die I realised I was fighting a losing battle so I gave up and started planting at the Southern Beaches Community Garden instead where I have had more success with growing there in the last year than I have had in 4 years on my 2 acres in Tallebudgera.

As you can see from the photos my garden was very overgrown but is now looking amazing again so I can start a fresh.



On Monday 28<sup>th</sup> May 2018, I had a team of Garden Angels arrive at my property in Tallebudgera to blitz my garden. After a year of neglect, 3 hrs later they had my garden looking amazing again. Since selling my business 3 yrs ago I thought I would have more time to spend in my garden – but things took a differ-

The biggest issue I have on my property at the moment is the gumtree roots stealing the water from my veggie beds so my future plan is to either put a membrane down (root barrier) or build some wicking beds. Undecided yet which way I will go.

My garden does still need work and its going to take a bit of time to get it back to it's full glory so I am thinking of having another garden blitz soon if anyone is interested in joining me in the next month let me now and I'll organise another working bee. As before I can provide lunch and all you need to do is turn up with some tools, enthusiasm and smiles.

We had a great day in the garden and while it was hard work, it was fun and social and apparently everyone loved the food.

#### **Thanks Garden Angels:**

Jorge Cantellano, Anne-Maree Andrew, Deb Phillips, David Tangye, Nicole Kimj, Paul Whelligan and Burce Kelly & Heather Ryan (The Bushrangers).



### **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 VOLUNTEER for EdibleScapes Inc.**

#### **Gardeners Needed:**

As we are yet to commence planting our Edible Landscape Gardens, we are looking for gardeners.

We are looking for passionate and experienced gardeners who can help us get started, as well as share their knowledge with other keen volunteers and visitors through demonstration workshops at our monthly working bee gatherings.

If you want to volunteer as a gardener or know someone who may be interested, please contact us 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 Leeks!

by: Dianne Kelly

Apart from the fact that leeks are considered an easy vegetable to grow and that they are largely free of pest problems, one very good reason to grow them is so you can make a “Chicken and Leek Pie”. Chicken pieces, leeks, celery stalks, parsley, cream, milk and an egg combine easily under a covering of puff pastry, and so after preparing the mixture and baking the pie for 20-25 minutes until the pastry is golden you will be able to enjoy a really tasty meal – and **MAYBE** some leftovers the next day!



In our area, it is recommended that we plant leeks during autumn and winter to achieve the best production. As with most vegies, they will thrive in any well-drained soil – provided that the soil is moderately fertile. They enjoy a pH of 6.5-7.5, and are one of the few vegetables that will tolerate shaded conditions.



Germinating of leeks requires temperatures above 7deg C, and the seeds must be pressed into close contact with the soil.

Seeds can either be sown direct, or in seed-beds or punnets for transplanting. A 3m row of leeks will yield around 5kgs of yummy plants, so two rows should be plenty for most families. After about 8 weeks it will be time to plant out or thin the seedlings – they should be pencil thick by this stage. Trim the tops and tails of seedlings prior to planting, as this helps reduce water loss. Using a dibber, make wide holes about 15cm deep and spaced 20cm apart. Drop the seedlings gently into the hole, and water them into position rather than back-filling the space – this stops the soil getting in among the leaves.

Leek stems are similar to celery plants in that they are blanched to enhance their tenderness and flavour. As the plants mature, progressively fill the holes to facilitate blanching. Alternatively you can plant the leek seeds or seedlings into a trench 20cm deep, which you can fill with soil as the plants grow – hilling the soil up continues the blanching process. You can place milk carton sleeves or short sections of plastic downpipe around the plants to stop the soil from collecting within the leaf folds.

Commercially, leeks are harvested when they have a blanched section 10-15 cm in length, and at least 2.5 cm in diameter – but gardeners can harvest them at any stage! The plants can be left in the ground for 12 months or more without deterioration in all but tropical climates. The base of the plants may well end up a considerable depth below the soil surface, so gently use a garden fork to unearth the harvest – otherwise the plants might break.

As I mentioned, leeks are generally pest free – you might have a few snails or slugs nest in the blanched stems. Also thrips may attack the foliage, but the damage done is largely cosmetic and seasonal. And that’s it! Leeks take up to two seasons to produce flowers and set seed. Insects will cross-pollinate different varieties of leeks, but leeks will not cross with onions. Globular flower

heads form on impressive stems that can grow more than a meter tall, and you can grow multiplier types that produce suckers – these can be separated and replanted. The other “disadvantage” with leeks is that they need to be thoroughly cleaned, as soil does tend to accumulate at the base of the leaves. Splitting the stem and rinsing it under running water is the easiest way to dislodge debris.

Leeks add a subtle flavour to many traditional soups, stews and casseroles, but they can also be enjoyed as a side vegetable – boiled, steamed, braised or fried! They can be cooked whole, and then served hot, lukewarm or cold as an appetiser – and young leeks, when finely chopped – are good in a salad. Leeks can be stuffed with Blue Cheese, raisins and almonds; they can be teamed up with braised pork belly and ginger; you can cook a pumpkin and leek ravioli; or you can settle for a traditional leek and potato soup during the cold nights ahead. But however you cook them, be sure to “Plant some Leeks this Month”.

p.s. Don't forget to regularly weed around the leek plants, and make sure they are well-watered.



*Spinach and leek cob dip – yum !!*

## Recipes Jill's Best Salmon Pie

This is a recipe that my departed stepmum, Val, gave me, as I loved hers so much. A year since she passed on, and I finally tried it. It's so simple to make, and so delicious. I hope that you enjoy yours as much as we just have with this one. It actually gave the two of us 4 meals!

### Ingredients:

1 ½ c plain spelt flour  
 ½ tsp paprika  
 1 c grated cheese  
 125 gm butter  
 415 gm can salmon, drained & flaked  
 1 large onion finely chopped  
 3 eggs beaten  
 1 carton sour cream  
 ½ c grated cheese  
 2 drops tabasco sauce or cayenne, salt & pepper

### Method:

- Mix flour, paprika, cheese; rub in butter.
- Spread ¾ of mix in 24 cm pie plate – press evenly.
- Spread on top
- Mix onion, eggs, sour cream, cheese, seasoning
- Pour over salmon
- Sprinkle remaining crumbed mixture on top
- Bake 40 to 50 mins 180deg.



Recipes contd overleaf...

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

## Recipes

### Dorothy's Winter Warming Porridge

Serves 1

You can also add anything else to this mix and remove anything you may not like.

You can also vary the quantities of ingredients to suit. You can substitute the seeds for your favourite seeds, and substitute milk for your fav milk and also the fruit can be varied. I also like to add PawPaw, Apple or Pear sometimes.

#### Method and Ingredients

Soak a combination of **Porridge Oats, Chai Seeds & Quinoa Flakes** in a saucepan of filtered water for 10 mins.

Then, put it on a medium heat and slowly add the following, stirring as you go. I add these in the following order but you can vary it but definitely add berries last as they are delicate.

- Almond milk or your favourite milk
- Small amount of chopped ginger
- Small amount of chopped turmeric (or you can use powder version)
- 1 tsp of flaxseed meal
- 1/2 tsp cinnamon powder
- 1 tsp macca powder
- 1 tbsp of chopped avocado
- 1 tsp pumpkin kernals
- 1 tsp sunflower kernals
- 1 tsp buckwheat seeds
- 1 tbsp protein powder (I use Hemp)
- 1 banana (can be frozen as will defrost quick)
- 1 date chopped
- 1 tsp coconut oil
- 1-2 pinches of salt & pepper
- Small handful of berries

*(I also add some medicinal mushroom powders, herbs & spices)*



### Wednesdays from 9.30am Worongary State School

Our "**Seedlings Morning Sesh**" are the opportunity for all of us to learn something new, connect and discover new ways. They are focused on sustainability, nature, nutrition, parenting, health as a whole and of course gardening.

Every Wednesday we will meet at **Worongary State Hall** before heading down to the Seedlings garden together. Bring your own gardening gloves as we only have a few on hands.

Come and take part in those free or low-cost community sessions where different speakers will share their knowledge on a specific topic every week.'

These sessions are there to learn, discover, share and create this healthy community around the Seedlings Program.

It aims at educating children and their parents/family by creating a healthy environment. This encaptures the school community garden, the edible school project, the soft plastic program, and the community sessions.

A French-inspired childminding/class is available from [French At Kindergarten](#) whilst you are learning something new. Now you children can do too. From 3 years old (extra cost)

Facebook <https://www.facebook.com/events/181619315985221/>

Audrey Mates-Bills,  
Seedling program Founder  
0416085762  
[seedlingsworongary@gmail.com](mailto:seedlingsworongary@gmail.com)



## Seville Orange Tree for the Heritage Orchard Garden at EdibleScapes By Jorge Cantellano

The Seville orange tree was donated by Margaret Lee to the Edible Landscape Gardens. This tree will set in the collection to be planted in the heritage orchard garden of the project site.

Margaret explains, "The Shailer family grew huge numbers of fruit trees on their land, now "Shailer Park" suburb south of Brisbane." A friend of Margaret, Lynette Shailer gave her the fruit & she has grown some plants. "For history, they go back to 1920 there." "Seville city in Spain features the trees on footpaths & in many gardens. Now is the tourist season & the blossom & scent is wonderful.

Grafting does NOT work for these & NOT compatible with rootstocks. You may later try 'marcott' or aerial layer. It is rough skinned, no fruit-fly problem, but not good for fruit bowl/eating. The marmalade is scarce & gets a good price.

Lynnes father was an Alderman (now Councillor) on the Albert Shire, now combined with Gold Coast. He died recently aged in his late 90's. Friend of John Franklin, our friend in Mudgeeraba, ex Councillor."

Margaret continued... "The Shailer fruit was supplied to the IXL jam factory in Brisbane, tinned marmalade etc. (melon & lemon jam too)"

Margaret offer generosity to 'grow it on' in a larger size for Ediblescapes.

Margaret was gardening from the age of 2 in the 40's in her small hometown, Surfers' Paradise. "Remember all the neighbours gardens & what grew around town, including a very large Flindersia tree ! where Chevron Renaissance is now."

Margaret & Ian have 10 acres volcanic soil in Mudgeeraba with different sections for their

plant collections, & native & honey bees. Keeps them busy.

Margaret's father's parents families go back in Brisbane to 1830's & 1860's. Farriers & farmers.

EdibleScapes thanks Margaret for her generosity and willing to share her local knowledge and fruit trees connection to families' stories. This is a second fruit tree donated to the project, which envision to plant a selection of donated orchard trees that have local story connection to earlier settlement of the region. Also, EdibleScapes planning to be mapping fruit trees on the city, especially that have been with families for various generations.



## 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.

To cover the various costs of hall hire, insurance etc, it was decided at our February (AGM) meeting to make the member entry fee \$2.00 – and for visitors, the cost will be \$5.00. We've not increased our prices since our Club started 20 years ago, so we hope you will understand the need to make this change.

### Jill's Garden Update June, '18

Well, I wonder who followed my suggestion last newsletter for a short article on: "Things I've Learned About or From Gardening"....

This article is not that. Since my last article in April, those lettuce seedlings I was putting in grew brilliantly, provided lots of salads, then eventually bolted, and have since been composted. In their place are lots of silverbeet, mizunas, tatsois, rocket, frilly pink lettuces and mustard ruby streaks. Some kale is coming on as well, as are some carrots, beetroot and garlic.

I'm really happy with the brassicas this year: finally, my timing has been right on. A lovely crop of cauliflower is thriving, some red and sugarloaf cabbages are coming on, and, best of all, I've just picked our first broccoli of the season!



Surunam spinach continues forever, and some parsley from early in the summer is still going, though all the rest went to seed! I just love the mustard ruby streaks: they, too, continue on endlessly, self-seeding so that as some give up the ghost, others shoot up, and it's so tasty and pretty in a salad, being all lacey.

After the prolific lemon grass all went rusty, as usual, at the end of summer, and I chopped it all off and composted it, it is now all shooting afresh. The ginger and turmeric

is doing its usual die off, as is the jicama yam, and already I'm digging some of these tubers up as we need them.



I'm sure that you'd all agree with me: isn't it absolutely marvellous eating from our own garden! Especially organic vegies! Another idea for a short article in the next newsletter, dear other members, could be: "What I love about my garden".



## HERB FARM

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## Hints for “All Things Gardening”

By Diane Kelly

1. How good is the manure you use in your garden? Here are a few facts:
  - Sheep or goat manure is high in potassium and phosphorus and relatively low in nitrogen, and therefore can be applied directly without burning plant roots. Plus it is virtually odourless!
  - Cattle manure with straw from the yards is wetter and lower in nutrients than horse manure, but it decomposes slowly and is ideal for sandy soils.
  - Pig manure is best composted with straw, and left for at least three months before use.
  - It might be difficult to get “zoo poo” on the Gold Coast, but apparently you can get specialized manures such as elephant or peacock. But what I thought was intriguing – tiger manure repels rabbits!
  - A reminder: don’t use fresh manure (less than 60 days old) in the garden.
  
2. I have always been curious as to what a “mangel wurzel” is, so this month I read up about them. Also known as “mangold” or “beets”, mangel wurzels will grow when and where beetroot and silver beet are successful. Back in the 1800’s, these vegetables were primarily used for cattle feed – some of the roots can weigh up to 50kg, and have some of the highest sugar content of any vegetable. Mangel wurzels can be either white, yellow or red – and if you “mix and match” with spuds you can create pink mashed potatoes! But sliced or diced, they are delicious served with butter and freshly cracked pepper, or with a little olive oil, garlic and a squeeze of fresh lemon. The roots can also be roasted or pickled, and the leaves can added to salads.
  
3. Did you know that the crushed seeds of the moringa tree contain a flocculating agent? In other words, when placed in muddy water, they create conditions that allow the dirt to settle to the bottom.
 

Seeds also have antibacterial properties and are traditionally used to treat skin diseases.
  
4. Slow-germinating seeds such as parsnips and carrots are easily lost or forgotten. So why not use fast-growing “marker” plants (such as radishes or lettuces) to remind you (a) where the root plants are growing, and (b) to water them. Plus having other plants mixing in with the slow growers helps the seeds be spread more effectively, thus avoiding over-crowding.
  
5. Speaking of parsnips, remember that they don’t transplant well, so you won’t be able to buy them as seedlings. Instead soak the seeds overnight in warm water, and then sow them direct. Remember to firm the seeds well, as they require good soil contact, and keep them moist at all times. Covering the soil surface with damp hessian can ensure this happens.
  
6. If you are growing plants in soil-less composts and the material dries out, submerge the pot in water until the air bubbles stop rising. Give seedlings in a dried-out tray repeated light waterings from a fine rose, rather than flooding them with a sudden heavy watering.
  
7. You won’t find the seeds of choko plants in a catalogue – a choko seed is really the entire fruit. The fruit cannot be dried, but must be planted soon after harvest. Plant the whole fruit by partially burying it at a 45 deg angle, with the growing shoot facing downwards and the stem end slightly above ground level. They’ll germinate before your eyes!

## Growing African Violets by Diane Kelly



Many years ago my mother was given an African violet – it had pure white double-blooms, and the leaves were smooth edged. (There are at least ten different shapes of African violet leaves, ranging from plain to serrated through to having a heavily rippled leaf.)

The plant was placed on a small table near a glass door, and received plenty of light but no direct sunshine. The doorway was also protected from drafts, and the plant thrived. It was watered from underneath twice a week, and feed every fortnight – and it bloomed constantly.

Then my mother decided to grow another plant in case anything went wrong with the first one. I don't remember what actually happened to the "mother" plant, but I do know that I was given the "daughter" plant, and it has also flowered consistently – often with many blooms – for the past three years. It sits on a small table near a window, and receives plenty of light, but again no direct sunshine.

Recently I also started to think about growing some more plants – not just in case the first one died, but I could picture a row of them all in full bloom.

In my bookcase I have a book called "How to Grow African Violets". It cost all of \$1.95, and was first printed in 1971. But I figured the principles would still be the same, so I selected it out, and here are a few things that I have enjoyed learning.

1. African violets are quite easy to propagate:

- You can separate out one of the crowns that a mature plant grows and plant it.

- You can remove suckers that may form on the main trunk and plant them
- You can grow plants from leaves. Select medium sized leaves, mature but not old. Keep a 2cm stem, or "petiole" as they are known. The leaves can then be placed in a glass of water; in a half-half mixture of sand and vermiculite; in a mixture of sand and perlite – or in ordinary gravel!
- You can grow African violets from seed. The simplest seed starting medium is vermiculite alone. But you can use one part milled sphagnum moss and two parts each of perlite and vermiculite. Whatever start medium you use, make sure it has a good water-holding capacity, and yet is light and drains well.

2. African violets include a trailing species, and their stems can reach lengths of a metre.
3. The colours of African violet blooms can range from white to light blue, and from purple to red. Blooms can be bicoloured or multi-coloured, and plants can be miniatures or semi-miniatures.
4. When you select a plant from a florist or a nursery, remember to study it carefully first. Look for plants that have fresh, perky leaves and have a symmetrical arrangement if it is a single crowned plant. Avoid plants that have spotted, stained or otherwise discoloured leaves – these may indicate pests at work, but will definitely mean that your plant will be less than beautiful until new leaves grow and mature.
5. African violets have lots of cousins, and their family name is *Gesneriaceae*!! The more commonly known ones are gloxinias, episcia and achimenes.

So have a think about growing some African violets. Good care will keep your plants disease and pest free, and they are quite easy to display on a coffee table; in hanging gardens; glass bowls – and in the case of miniatures, in a tea cup!



**Gold Coast Green Living Inc  
By Stacey Panozzo**

Gold Coast Green Living Inc, is a not for profit small group of volunteers who aim to inspire and educate locals about living a greener and more sustainable lifestyle.

The group helps local small green businesses grow their business through events, workshops and promotions and aims to create events and projects which are inclusive of all abilities and ages.

Until recent, the main activity for the group has been Botanical Bazaar Garden Festival. We are excited to announce we have received confirmation of funding to build stage one of Sensory Gardens at Country Paradise Parklands in Nerang. These community gardens will be defined by all five senses and open free of charge to all ages and abilities.

We are currently working through lease agreements with Country Paradise Parklands but hope to have the project started and finished in October 2018.

If you have any questions about the Sensory Gardens project or Botanical Bazaar or have an interest to volunteer, please contact Stacey Panozzo on 0406 007 583 or [goldcoastgreenlivinginc@gmail.com](mailto:goldcoastgreenlivinginc@gmail.com)

**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 SUB-  
MISSIONS TO THE NEWSLETTER IS ONE  
WEEK PRIOR TO THE MEETING.**



**Botanical Bazaar Garden Festival  
Sunday 16 Sept - 9am—4pm**

Country Paradise Parklands  
231 Beaudesert-Nerang Road, Nerang

Run by not-for-profit Gold Coast Green Living inc, this year's festival is proudly supported by Councillor Peter Young, Division 5 - City of Gold Coast.

From novice to avid gardeners, the festival will educate and inspire all nature enthusiasts. Showcasing urban and organic gardening, botanical art and sustainable living concepts all in one huge day.

Explore over 90 green inspired exhibitors from specialist plant nurseries and gardening tools to botanical homewares and backyard critters.

Learn how to grow organic fruit and veggies, fall in love with garden art, find out how to attract butterflies and birds to your backyard or how to make your own herbal medicine.

**Educational Talks & Workshops >**

Get inspired at one of the many educational talks at the Main Stage or workshops scattered throughout the ground. Hear from experienced gardeners, qualified horticulturalists and sustainability experts.

There will be a great range of delicious food and drink vendors on the day. Variety of food includes organic, vegetarian, vegan, gluten free and meat delicacies. Enjoy a feast on the grassy grounds, under the large shaded trees, accompanied by relaxing live and local music.

Adults - \$15 | Kids 15yrs & under Free!  
Parking in the venue \$5 per car  
[www.botanicalbazaar.com.au](http://www.botanicalbazaar.com.au)

## WATER HARVESTING MICRO-CATCHMENTS SYSTEM

by Jorge Cantellano

Our challenge is to harvest rainfall to condition the soil so that plants can grow without depending on pumps, taps or drip water. The proposal in this landscape gardens project is to grow only with harvested rainwater.

### Water Harvesting

Water harvesting is the collection of runoff for productive purposes. Water harvesting is a directly-productive form of soil and water conservation. If the available rain can be concentrated on a smaller area, reasonable yields will be received, plant growth will be improved, and there will be softly seasonal rainfall fluctuation.

### Micro-Catchments

Micro-catchments for rainwater harvesting to grow-fruits is a runoff harvested system from ground surfaces, which is sometimes referred to as a "Within-Field Catchment System". Runoff stored in the soil profile increases soil fertility and water holding capacity, which prolongs soil moisture. This is possible because we will add a considerable amount of organic matter: composted soils and composted mulch in ongoing seasonal periods. The best way to hold water on your site is through developing the conditions to hold water in the soil.

In our Landscape Gardens Project, we are exploring the adaptation of contour bands and contour Keyline (Yeomans system) in combination with semi-circular bands of a Micro-catchment system.



Edible Landscapes Garden Project specifics:  
Slope: special consideration is needed as the landscape slope is greater than 10°  
January to March: there is a mean rainfall of 540mm in 33 days during the period.  
July to September: there is a 138mm mean rainfall in only 14 days during the period.  
Nerang annual rainfall is **1370mm**.

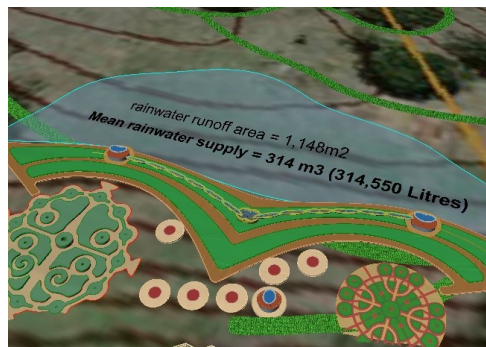
### Edible Landscape Sites

Mean annual rainfall = 1370 mm/year (1.37m)

Surface area of catchment = 1148 m<sup>2</sup>

Run-off coefficient = 0.2 (ground catchment - soil on slopes less than 10° = 0.0-0.3)

Mean rainwater supply = 314 m<sup>3</sup> (**314,550 Litres**)



### Cultivated Area

The soil in the cultivated area should be a deep, fertile loam. Loam is a medium textured soil, which is best suited for plant growth in terms of nutrient supply, biological activity and nutrient and water holding capacities. A good soil structure is associated with loamy soil and a relatively high content of organic matter. The application of organic material, such as composted soil and mulch, is helpful in improving the structure.

### Depth

The depth of soil is particularly important. Deep soils have the capacity to store the harvested runoff as well as providing a greater amount of total nutrients for plant growth. Soils of less than one metre deep are poorly suited. The landscape gardens site on average has less than 0.5 of a metre-deep soil. Therefore, the project needs to add soil. We

are planning to top-up the garden area with 30cm-thick composted soil in the beginning, and add in every growing season another 10 to 15cm of compost, conditioned soil to maintain fertility levels.

### **Infiltration Rate**

The infiltration rate of loamy soil typically is 12.5 mm/hour. The soils of the cultivated area should be sufficiently permeable to allow adequate moisture to the plants root zone without causing waterlogging problems. A very low infiltration rate can be detrimental because of the possibility of waterlogging. The threshold rainfall can exceed 12mm in soils with a high infiltration capacity. In this case, rainfall of less than 12mm/hour will not produce runoff.

### **Available Water Capacity**

The capacity of soils to hold, and to release adequate levels of moisture to plants is vital. It is the depth of water readily available to plants after a soil has been thoroughly wetted to "field capacity". The available water capacity for loamy soil varies from 100-200 mm/metre.

In soils with a high available water capacity (200 mm/metre), there is no need for infiltration pits to depths greater than 40 cm.

### **Design Model for Catchment: Cultivated Area Ration**

Each Water Harvest system consists of a catchment (collection) and a cultivated (concentration) area. Trees are almost exclusively grown in micro-catchment systems where it is difficult to determine which proportion of the total area is exploited by the root zone, bearing in mind the different stages of root development over the years before a seedling has grown into a mature tree. As a rule of thumb, it can be assumed that the area to be exploited by the root system is equal to the area of the canopy of the tree. In view of the above, it is therefore considered sufficient to estimate only the total size of the micro-catchment, that is the cultivated area and the infiltration pit together.

**It is a formula to design micro-catchment for fruit tree, which we have simplify in the form of a recipe.**

### Ingredients:

- Canopy area (= root system area)
- Tree annual water requirement
- Estimated annual lower percentage (%) of the annual rainfall potential (more or less 70 % of annual rainfall -this is known as **design rainfall**, --planning for dry years)
- Soil annual runoff coefficient (the % rainfall not infiltrate in the soil)
- 0.5 efficiency factor (merged for error)

### **recipe to estimate the micro-catchment size for a Loquat tree in Nerang.**

#### Method:

1. tree's canopy area (7m<sup>2</sup>) **multiply** x  
The result of:
2. Tree annual water requirement, minus (-) design rainfall  
(1000 - 959 = 41)
3. **Divide** by the resulted of:  
Design rainfall, by (x) the annual runoff coefficient, by (x) efficiency factor  
(959 x 0.15 x 0.5)= **72**  
⇒ 41/72=0.57  
⇒ MC = 7x 0.57  
Total Micro-Catchment size = **4m<sup>2</sup>**  
**(2.25m diameter)**

We are learning here, we are testing theory. We are prepared for trial and error, the experience will teach us how it works. However, we are open to hear from experienced growers. Any advice is welcome!



Activity participants 9 June 2018

## WEEDS

by Pauline Maxwell

'Get them out before they seed.'  
That's the rule for handling weeds.  
The welcome rain has raised a crop,  
I only want their spread to stop.

This sprawling chick weed's everywhere,  
The way it grows is so unfair.  
That nasty thistle full of thorns  
now lies beheaded. Weeds be warned!

Oh, no. Can I believe my eyes?  
Giant Devil's Fig - (what a prize),  
sprouted with four small leaves.  
This one, I will remove with ease.

Thickhead weed's a useful herb.  
A metre tall - its growth I'll curb.  
No resistance - pulls out easily.  
Chooks fight for this weed so greedily.  
Mullumbimby couch - a weed to dread,  
Runners are bagged to stop its spread.  
Kikuyu mulch is great when dried,  
but in the soil, long tendrils hide.

In England Ageratina grows as flowers,  
but here is considered invasive bowers.  
Singapore's yellow Daisy on display,  
is viewed out here with great dismay.

Oxalis lurks like four-leafed clover,  
hiding in violets, a perfect cover.  
Handle this one with great care.  
It grows again if the bulb stays there.

Nut grass sprouts thin shiny leaves,  
an underground network of nuts increase.  
Poison brushed on to centre point  
kills the nuts at every joint.

Fireweed sprouts, dainty and fine,  
a sweet yellow daisy is in its design.  
Pull this out - no second chance.  
It spreads like fire, your grass to enhance.

Long rooted Cydra is hard to pull.  
Dock weeds disperse when heads are full.  
Cobblers Pegs stick on clothes and socks.  
These in my garden, I'm in for a shock.

Some say the weeds have great potential  
as fertiliser brews they are essential.  
And medicinal healing can be claimed,  
but in my garden, they are tamed.

©Pauline Maxwell 31052017



### Upcoming workshops and events with The Herbal Gardener

#### GARDEN OPEN DAY

Open Garden and Celebration of 10 years of  
certification Demeter Biodynamic

Date: July 7th Time: 10am - 2pm

Come and join in a day of open garden while  
celebrating 10 years of organic certification  
with Australian Demeter Bio-dynamic

- Learn about: biodynamic practices
- Enjoy a herbal tea
- Walk around the gardens
- Do a water colour painting of a flower with the guidance of an artist
- Skincare products of The Herbal Gardener will be available for purchased on the day
- Chat with other herbal, natural skincare, garden lovers.



## Introduction to Herbalism Course - Care with Herbs and Natural Remedies

Series of 6 workshops in a bundle deal - Saturday morning or Wednesday evening sessions available - each session is 2.5 hrs.

Saturday 9:00 am to 11:30 am

July 21st, 28th, August 4th, 11th, 18th, September 1st.

.....Or.....

Wednesday 5:00 pm to 7:30 pm

July 25th, August 1st, 8th, 15th, 22nd, 29th.

Gain knowledge and autonomy for your health. Prevent and care for your health with medicinal herbs to enjoy vitality and optimal immunity. Learn how to care common day to day issues. Take handout notes home. They run for two and a half hours each with a prepared lunch and tea served.

**Session 1:** Introduction to medicinal herb, how they present themselves, their parts, the quality, fresh versus dry, dose, demonstration of infusion, decoction. Presentation of four herbs – nettle, red clover, yarrow, catnip.

**Session 2:** Digestive system, the microbiome, how to protect it, how to nurture it. Making a digestive extract. Presentation of four herbs – dandelion, St Mary's thistle, mint, slippery elm.

**Session 3:** Nervous system and hormone balance through life, caring for these systems day to day and when extra care is needed. Presentation of four plants – oates, lemon balm, camomile, St John's wort. Tincture making.

**Session 4:** Immune system, how to support it and the related respiratory system. Herbal syrup making. Presentation of four plants: Echinacea , garlic, yarrow, thym,.

**Session 5:** Healthy skin, looking after the integrity of the skin. content. Presentation of four herbs: calendula, comfrey, chickweed, burdock. Ointment making.

**Session 6:** Bones, muscles, ligament. Poul-tice making. Natural remedy cabinet. Question time.

### BOOKINGS

Cost: \$295 (includes lunch & tea)

Bookings: Book early to avoid disappointment - limited numbers

<https://theherbalgardener.com.au/collections/workshops/products/natural-care>

### PAYMENT

Can be by direct bank deposit, credit card or paypal.

Book for 3 or more of my workshops or bring a friend and get 20% disunt.

### OTHER WORKSHOPS

<https://theherbalgardener.com.au/collections/workshops>

## FRUIT TREES

### JUNE

**Custard apples:** Harvest every 3 to 4 days as fruit matures. Don't let trees dry out.

**Figs:** Dormant period. Don't let trees dry out.

**Lychee:** Do not let trees dry out. Minimal watering is needed. Check emerging flowers for flower caterpillars. If more than ½ are infested, spray with pyrethrum or garlic spray.

**Mango:** Don't let the trees dry out.

**Passion-fruit:** Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertiliser with added sulphate of potash can be applied to vines, 20 gms per sq m – for example, large vines = 100 gms; small vines = 50 gms.

**Pawpaw:** Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Pick fruit at mature stage with ½ colour to have full flavour.

**Persimmon:** Dormant period. Minimal water required at this time.

**Strawberries:** Feed with organic fertiliser with added sulphate of potash. Also use fish emulsion and kelp spray regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered – try not to wet the berries. This will prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needs are good.

**Bananas:** Keep up the water and bag fruit. When fruit are formed, bag fruit with banana bag, tie bag to top of stem and drape down to bell. Leave open at bottom for air. Cut off bell to get larger fruit.

**Citrus:** Harvesting should be well under way. Keep up watering.

**Avocado:** Early flowers should appear this month. Keep up water needs. If you have not applied garden lime and gypsum, apply now as per June instructions.

### JULY

**Custard apple:** Harvest every 3 or 4 days as fruit matures. Don't let trees dry out. Apply garden lime to soil – 20 grams per sq m to drip line – for example, a mature tree, 1kg.

**Figs:** Keep well mulched.

**Lychee:** Do not let trees dry out. Minimal watering is needed. Check emerging flowers for flower caterpillars. If more than ½ are infested, spray with pyrethrum or garlic spray.

**Low chill stone fruit:** Peak water needs. Water trees 2 weeks before flowering and 3 weeks later. In late July start blossom thinning. Winter prune late varieties. 50g of organic fertilizer with sulphate of potash added per sq m to drip line of trees. Mature trees – 1 kg.

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

**Passion-fruit:** Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertilizer with sulphate of potash can be applied for vines. Large vines – 1 kg; small vines – ½ kg.

**Pawpaw:** Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Use copper based sprays or leaf microbes if black spot is about. Pick fruit at mature stage with ½ colour to have full flavour.

**Persimmon:** Minimal water required at this time.

**Strawberries:** Feed with organic fertilizer with sulphate of potash. Spray fish emulsion

and help regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered, but try not to wet the berries. This will also prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needles are best for this.

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

**Citrus:** Pick mature fruit when fully ripe. Keep up irrigation.

## HERBS

### JUNE

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

#### **Perennials & Bi-Annuals:**

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

### JULY

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

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## VEGETABLES

### JUNE:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Tomatoes, Turnips.

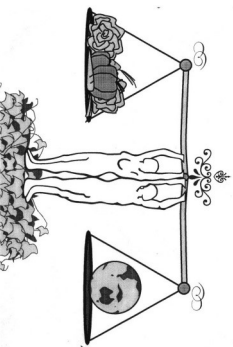
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Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Tomatoes.

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 19th July 2018