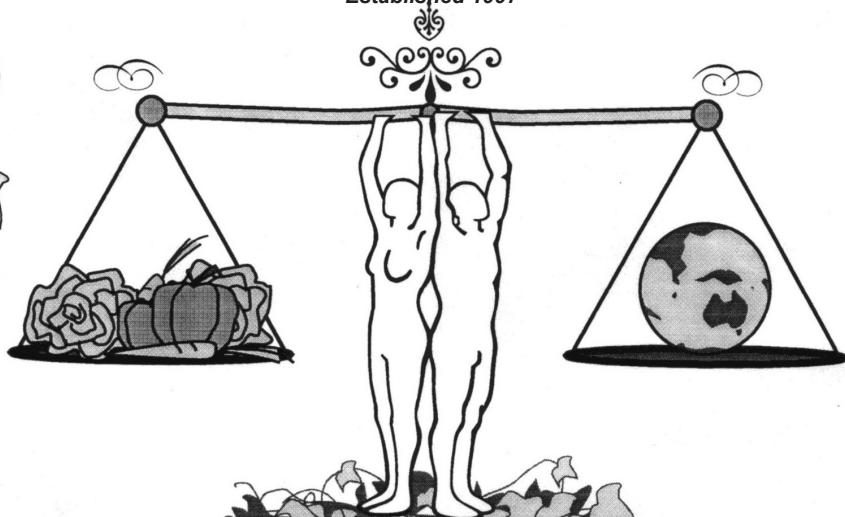


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 22 - SEPTEMBER 2018 Issue 9  
GARDENING IN SPRING

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OUR NEXT MEETING: Thursday 18th OCTOBER 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>
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Website Editor Social Media E.	Jorge Cantellano Stacey Panozzo, Dorothy Coe
Advertising	Stacey Panozzo 0406 007 583 <i>staceypanozo1@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 – September 2018

**Overdue:** Mea Lee Khoo (211), Ron Campbell (255), Eileen Turner (328), Shem Pireh (361), Justin & Jerry Rogers (275), Pat McGrath (305), Ann Brown (329), Peter and Leanne Dickfos (260), Jan Guest (307), Dayne Petersen (377)

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

**October:** Glen & Joan Jones (266), Amy Lukens (356), John Palmer (357), Evelyn Douglas (383), Winny Hu Shouhe (414), Colleen Rohan (415)

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

### Thanks to Contributors this month:

Diane Kelly, Leah Johnston, Phil Dudman, Jill Barber.

## 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)

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)

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

### EdibleScapes

#### working bee/workshop

**2nd Saturday of each month - 8:30am**

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 you're 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 GARDENER'S CLEVER CREATION SUPPORTS DROUGHT-PRONE PLOTS AND BUSY WOULD-BE GARDENERS.

#### FAST FACTS

- five sizes up to three metres
- all colorbond colours
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- 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

## Congratulations, Maria!

By Diane Kelly

Gecko (the Gold Coast and Hinterland Environment Council Association) was founded in 1989, and their mission statement is:

*“To actively promote, conserve and restore the natural environment and improve the sustainability of the built environment of the Gold Coast region in partnership with our member groups and the wider community.”*

On Saturday 1st September, Gecko held their 22nd Annual Environmental Awards evening, and Gold Coast Organic Growers' club president Maria Roberson was presented with one of the “Golden-Tailed Gecko” awards. The citation for Maria's award reads:

**“For her outstanding efforts and tireless leadership for over two decades in founding and running the Gold Coast Organic Growers and her lifetime contribution to environmentally sustainable gardening.”**



Maria receiving her Gecko award



Club “thank you” for 20 years – Nov 2017

## 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)

## 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.**

## If You Only Do One Thing this Month – Grow some Lavender!

by: Diane Kelly

Recently one of our Club members gave me a bunch of lavender (thanks, Margaret!) and it reminded me again of what a beautiful perfume these plants have. So I decided to learn a bit more about them – and now I have also “done one thing this month” – I’ve planted some lavender!

Although lavender was used by the Greeks and the Romans in ancient times to perfume their baths, and during the Middle Ages as a stewing herb, there still seems to be some debate as to whether lavender is a herb or a flowering shrub. One author wrote that “botanically speaking lavender is a flowering shrub (because of its woody stems), and a herb when used in cooking or potpourri etc.” Another quote is “Lavender is considered a sub-shrub and not a herbaceous perennial”. But for this article, I think we’ll go with the information from the Encyclopaedia Britannica – lavender is part of the Lamiaceae mint family of flowering plants, and its relatives are sage, rosemary, thyme, lemon balm and mint.



Anyway, let’s get on to how to grow lavender! Lavenders are drought-tolerant plants and therefore, once established in the garden, they only need a little regular moisture. Lavender in pots need careful watering all through the summer. In the winter they need minimal watering. Over watering is the most common mistake - leading to root rot and the plant’s demise.



Lavender is easy to cultivate, grows best in full sun, and is moderately wind hardy. They can grow on poorer, thinner soils, but do need good drainage. If your soil is acidic (the plants will enjoy a pH range of 6.3 to 7.8) add several handfuls of dolomite lime to the soil before planting. Lavender can be grown from seed, but generally isn’t. The seed needs to be put in the fridge for several weeks, and then barely covered with soil in a warm, moist place to germinate – this takes 10-21 days. Easier is propagating by cuttings. Take cuttings from non-flowering, semi-ripe stems from mid-summer to early autumn. Take off the lower leaves and insert the stem in gritty, free-draining compost to root.

The rooted lavender cuttings can be planted out at intervals of 30-50 cms apart for a hedge. Avoid mulching around the plants, because this can maintain high moisture levels and lower branches – I imagine this would have the same result as over-watering! Sprinkling the soil with a small handful of dolomite lime every six weeks will keep the plants in good health. Prune annually, and replace the plants after 4-5 years as they can become woody and straggly.



**NOTE:** French and Italian lavenders are the preferred varieties for warm, humid regions.

**Some good plants to grow with lavender which share similar needs are:**

- Echinacea.
- Aster.
- Sedum.
- Wild indigo.
- Baby's breath.
- Drought tolerant roses.

So, once we've grown our beautiful, bee-attracting, aromatic plants ... what do we do with them?

1. Eat the leaves and flowers. Add a few leaves to any dishes where sage, rosemary and thyme are used. Lavender goes well with fennel in a sauce for fish or can be used in stuffing, and the flowers make an edible garnish. Lavender can be used in jams, and steeped in vinegar to form a salad dressing. Lavender goes well with: strawberries, blueberries, pears, lemon, orange, honey, sage, rosemary, oregano, thyme, black pepper and chocolate!
2. Make lavender oil or lavender water, or make a tea from the leaves or flowers. Lavender also has a large range of medicinal uses, including being soothing to insect bites.
3. Grow the plants as a low, fragrant hedge – I'm sure you've read about lavender being used in sensory gardens. (There is a sensory garden area at the Gold Coast Botanical Gardens, and there is sure to be patches of purple lavender there!)



4. Make potpourri, or use lavender around the house. Include it in household polishes and cleaners, or put it in muslin bags to repel moths and insects from clothes or linen. And, also, it can be used to repel fleas!

So, even if it is a month or two early yet for propagating some lavender, leave a space in your garden for a few bushes – lavender is easy to grow, smells wonderful, can be used as a food or a medicine – and the bees love it!



## THE DIGGERS CLUB

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## Make a Frame for Growing Melons

By our September speaker Phil Dudman



Melons need a fair bit of space for their vines to ramble, space that I no longer have in my average-sized suburban backyard. I used to plant melons and pumpkins in beds of developing trees and shrubs where they could explore the sunny spaces between them, but now they are established, with broad shady canopies, it's no longer possible.

These days, I grow melons in my regular vegie beds, which are 1.5m wide x 3m long. To keep the vines contained, I train them up off the ground over a frame. There are lots of ways to make a suitable frame for the job. I construct a simple 'A' frame over the bed using two equal sized galvanized fence panels. I tie them together at the top and secure them to the ground using tent pegs. I plant two seedlings at each end and train them over the mesh as they grow.

How to I support the heavy fruit? With smaller melons, I just grab some remnant fabric and tie it to the frame either side of the fruit to create a hammock. With larger watermelons, I run lengths of bamboo through the frame to create a shelf for the weighty fruit to sit on.

The space beneath the frame is not wasted. I make use of the dappled light to grow crops that appreciate a little shade over the summer. I have had success with lettuce, rocket, beetroot, bok choy, parsley and even coriander.

If you're short on space, and love growing melons, give it a try. Early spring is the time to plant, so that you can be harvesting your

crop before the heavy summer rains which cause a lot of fungal problems.





## Recipes

### Sweet Potato Breakfast Muffins

#### Why They're Good:

- They're not only yummy, they're gluten-free – no flour.
- Sweet potatoes are rich in essential vitamins and minerals, and are very versatile.
- They're loaded with antioxidants such as carotenoids, which are precursors to vitamin A in your body. Vitamin A is essential for healthy eyes, boosted immunity and protects you against the effects of aging.

#### Ingredients

- 2 eggs
- 2 tsp grated ginger
- 1/2 tsp chili powder
- Salt and pepper
- 1/2 cup coconut cream
- 1 large sweet potato, chopped and boiled
- 1/2 cup almond meal
- 1/2 cup of organic grated cheese (optional)

#### Method

1. Preheat oven to 350°F (170°C).
2. Mash the boiled sweet potato.
3. In a large bowl, lightly beat 2 eggs, adding in grated ginger, chili, salt, and pepper as you continue to whisk.
4. Stir through coconut cream, then fold through the mashed sweet potato and almond meal until well combined.
5. You can also add organic grated cheese.
6. Divide mixture evenly into greased/lined muffin trays and bake in the oven for 30 minutes or until nice and brown and cooked through.
7. Serve topped with fresh leafy greens, avocado and a drizzle of natural yogurt.
8. Top with a poached egg if you want to take to the next level.

Submitted by Jill. Thank you to Rachel Morrow, FMTV.

## Botanical Bazaar highlights

By Leah Johnston



**GCOG members Emma Litchfield, Stacey Panozzo (and her daughter Pippa), Leah Johnston and Emma Strong**



**Dorothy Coe working at Botanical Bazaar**

**Jill Barber enjoying some of the delicious food on offer**

## Hints for “All Things Gardening” by Diane Kelly

1. Have you ever wondered how to prune plants successfully? Here are some hints:

- **The art of good pruning is knowing when to stop!**
- **Once you have cut it off, you can't put it back.** Some plants resent heavy pruning, especially fast-growing, native plants because they do not have the stored food reserves to enable them to produce a sustained flush of new growth. Similarly, drought-stressed plants should not be pruned – when water is again available, allow the plant to build up food reserves before cutting it back.
- **Good pruning encourages a growth response in plants.** Plan when you are going to prune your plants to ensure optimum growth and flowering.
- **A plant will always try to revert to its natural form.** Plan “what plant you want where”. Don't try and prune a plant into a shape that isn't natural for its type – otherwise you are fighting nature.
- **Some plants flower on new wood.** Many warm-region plants flourish throughout the year, and produce flowers on new growth. Many species flower a set number of weeks after they are pruned, regardless of when it is done.



- **Some plants flower on mature wood.** Some plants only produce flowers on wood that was produced during the previous growing season, and so they are pruned in spring (after flowering) and summer.
- Major pruning should always be undertaken during a period of relative dormancy.

Exceptions to this rule are wattles and eucalyptus species, as they can refuse to regrow after winter cutting. In these instances, delay cutting until the new growth indicates the start of renewed sap flow.

- **If in doubt, prune after flowering** – the plants will then put their energy into new growth.
  - **Be guided by the one-third rule.** If in doubt about a plant, it is generally quite safe to remove up to one-third of the growth at any one time.
2. Like all brassica blooms, rocket flowers are very attractive to native bees, parasitic wasps and other beneficial insects. Rocket seeds are used in the production of oil.
  3. It's time to start planning rockmelons – and these can be grown vertically. But they do need support. Make recycled onion bags or cloth material into slings to support the weight of the fruit.



4. And it's also time to start planning sweet corn – yay! And when they are grown and producing cobs, remember to twist them downwards from the plant to avoid tearing the stem.



**“How are your potatoes growing?”  
by Diane Kelly**

Back in June, the Club ordered some 30 kilos of organic Dutch Cream seed potatoes and then shared them out among those members who wanted to buy them.

It had been a couple of years since I had grown potatoes, so I bought a few kilos – picturing fluffy mashed potatoes, or crispy roast ones to go with a leg of lamb and some mint sauce.

And then recently I started to wonder how everyone else’s potatoes were growing, and I was actually planning to ask that question at our September meeting. Until this morning ...

I had planted my potatoes in a metre square timber frame using Peter Cundall’s method of “no-dirt” growing. This meant the seed potatoes were placed on the ground – no need to weed or smother the grass – and then covered them with quite thick layers of hay and fertilizer. I had tried this method before, and the production was good, and I enjoyed bandicooting out lovely, clean potatoes!

Then this morning I went out into the back-yard, and this is what I saw – and this is who I saw!



**Hay, fertilizer & seed potatoes – all gone!**

A brush turkey had been visiting our back-yard for a week or so, but I thought very little of it because all he did was chase any other birds away.



***The culprit (in front of the palm tree)!***

Then we noticed him scratching in an area that backs on to the bushland – and again we thought very little of it. He had soon re-located vast amounts of leaves, grass, palm fronds, a piece of metal and plastic piping (!) all into a mound. No problem – live and let live, and all that – anyway, he was well away from the house. But then yesterday, or maybe very early this morning, he discovered the potato patch. He must have scratched all the hay up over the edge of the timber garden frame and then across the back yard for some 50-60 yards to the mound – and there were seed potatoes dotted all along the trail!

All I can do is take comfort from the fact that a female brush turkey came to inspect the mound, and obviously wasn’t impressed, as we haven’t seen her since. So it’s back to the drawing-board for him!

Maybe there is some justice in gardening after all.



***“The Palace”***

## Gardening advice from the Botanical Bazaar

by Leah Johnston

There was plenty of helpful gardening advice being shared by the speakers at the Botanical Bazaar this year. Here are some of my favourite pieces of advice for those who missed it, or who went but didn't take notes:

**Phil Dudman** spoke about the importance of maintaining the soil structure by not digging into it or turning it over.

No dig gardening gives you healthier soil; preserves soil life; healthier plants; less fertilizing; less watering; less time and effort; fewer weeds; bigger harvests.

"No dig gardening is mimicking nature, when you're following nature you're doing something right."



**Jerry Coleby-Williams** shared the gardening wisdom he learnt when he was a child from his mother and nan. When he wanted to pull all the flowers out of his mother's garden to grow more food to eat she explained to him the importance of having flowers in your garden whenever you can. This keeps the bees in your garden so that they will find your crop's flowers as soon as they are there to pollinate them. If you don't have flowers in your garden to keep the bees in your garden then it can take them three or four days to find your crop's flowers and you could be missing a pollination opportunity.

Jerry uses biological control instead of poisons or sprays to keep on top of pests. "If you

have enough food the pests move in; if you have enough pests the parasites move in; if you have enough parasites the parasites of the parasites move in; then you have a garden ecology."

He still gardens following his nan's advice "Never be scared to experiment, observe what happens and keep a record."



**Claire Bickle** spoke about how growing heirloom varieties of fruits and vegetables can give us the greatest tasting produce. The tomatoes which are readily available today aren't grown because they are the best tasting, but for their ability to travel well, not split and last on the supermarket shelf.

We think of orange carrots as being 'normal' but originally carrots were actually purple. Orange carrots weren't bred until the 17th century. Now the purple carrots are in the shops like a new trendy food but it's actually an heirloom variety.

By growing the heirloom varieties and saving the seeds we are ensuring that we don't lose these varieties.



*\*Please excuse any mistakes or misquotes as I typed this with my thumbs into my phone.*

**Botanical Bazaar highlights**  
by Diane Kelly



*Mudbrick Cottage Herb Farm – herb wall*



*Kids enjoying kids!*



*A mass of colour –part of the display of orchids.*



*Recycling with style!*



*Welcome to the Botanical Bazaar!*



*A Nerang Community Garden showpiece.*

## FRUIT TREES

### SEPTEMBER

**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.

### 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.

## VEGETABLES

### 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.

### OCTOBER:

Artichoke, Asian Greens, Asparagus, Beans (French), Beetroot, Capsicum, Carrot, Celeriac, 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.

## HERBS

### 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.

### OCTOBER

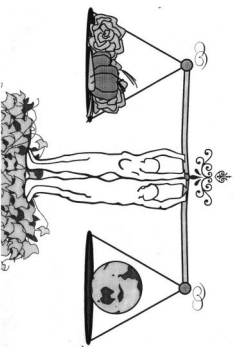
**Annual:** Basil, Borage, Calendula, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

**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.

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 18th Oct 2018