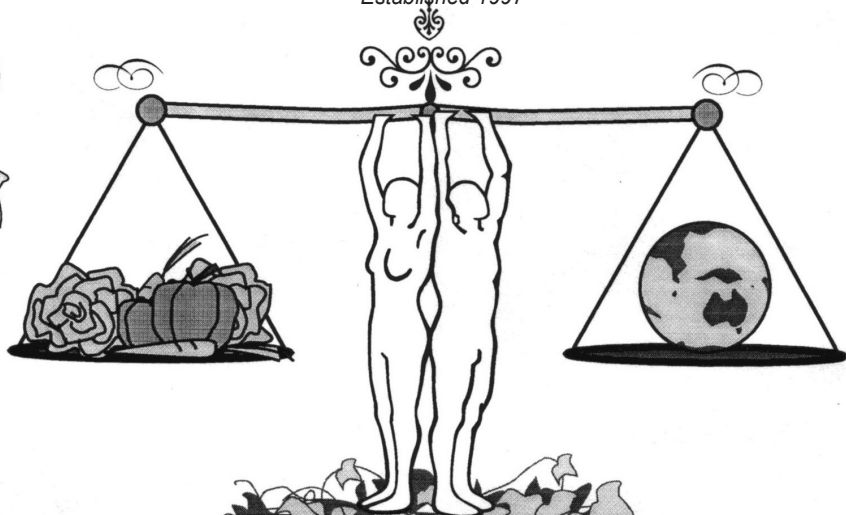


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - APRIL 2016 Issue 4
GARDENING IN AUTUMN

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OUR NEXT MEETING: Thursday 19th May

Notice Board

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

Meetings Held:

3rd Thursday of the Month

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

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

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

(No meeting in December)

Annual Membership Fees:

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

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

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

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

Raffle Table:

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

Library:

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

Advertising: (Note 11 issues/year)

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

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

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

2016 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
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Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

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

Overdue: Warren & Bev Carlson (87), Jasen Pankhurst (376), Denise Goodwin (335), Virginia Brown (381), Marion Symons (155), Danielle Bohata (359), Doris James (360), Julie Townsend (385), Barry O'Rourke (185), Shem Pireh (361), Keith Rowell (362), Daniel Raper (387), Judy Reiser (338), John Clarke (345), Alex Dimos (364), Maggie Golightly (365), Fran Janes (366), Rachael Lebeter (367)

April: Jude Lai (220), Julie Abraham (315), Kerstein Trueman (346), Nancy Hageman (388), Elizabeth Hughes (389), Alison Chandle-Bird (390)

May: Karen Auchere (147), Mary Frawley (150), Bruce Kelly & Heather Ryan (234), Brian & Lyn Dick (298), Robert Faulkner (303), Keith Gascoine (369)

Upcoming Guest Speakers

May onwards

TBC next month

Workshops

Gold Coast Permaculture

23rd April Herbs - cleaning products, soap making, soils & herbs — with Haley

28th June Composting — with Dan

25th July Wonderful world of worms — with Greg

For more information contact Lyn Mansfield at Gold Coast Permaculture

M: 0409 645 888

E: lynmansfield14@bigpond.com

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge, Maria Roberson.

Last newsletter can be downloaded from the site at goldcoastorganicgrowers.org

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

President's Message

Hello Everyone,

Autumn has finally arrived, and what a relief it is. I love this time of year as I find it quite energising after a very hot and humid summer. I also look forward to all the different vegies, fruit and herbs that thrive in this golden season.

Some things to enjoy in the coming months are: juicy citrus, colourful crispy salads and pungent soft herbs such as coriander and basil.

Now is the perfect time to plant snow peas and sugar snap peas. They can be enjoyed either hot or cold, and are versatile vegetables that are very easy to grow.

This is also true for Asian greens, a term that covers a large array of delicious, mostly brassica-like green vegetables, that can be transformed into many a tasty dish. Asian greens are fast and easy to grow, not to mention how nutritious they are when grown in the organic home garden and freshly harvested just prior to using.

Even though the weather is cooling down, and salads may not be on your daily menu, you can't go past growing some lettuce. Lettuces thrive in autumn, and because the sun is milder, coloured lettuce are brighter and darker than their summer grown buddies. Salads become masterpieces in a bowl when studded with vibrant edible flowers and strewn with sprigs of herbs the shade of brilliant green glass. Make a zingy dressing of honey - yours or one of our club members' - and lemons fresh from the tree, and I reckon that's the only flu shot you are going to need this year.

As I mentioned before, the nutritional value of your own organic home grown produce cannot be taken for granted, and in my opinion it is priceless. As one of our guest speakers said a long time ago, "Eat 'em live", and I

don't think he could have said it better. Autumn is a fantastic growing season, and I hope that you will learn to love it as much as I do. Now, go forth and plant.

Happy growing,
Maria.

Newsletter Editor's Message

This issue is a bit thin compared the last couple of months. It seems that some of our regular contributors including myself have been very busy this month and we ran out of time. There is still some great content within, so enjoy!

Feel free to send your gardening articles, tips, recipes and anything else you think appropriate for next months issue. Also if anyone would like to advertise a business or any products in our newsletter just let me know.

Dorothy — 0412 382 989

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– lovely ambience, yummy food and coffee,
interesting things to see and buy.*

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GC Visitors Guide 2013

Q & A - From The March Meeting By Cathie Hodge

Q. A previously prolific bearing eggplant was pruned back, but isn't doing so well now?

A. Generally eggplants are annuals. Planted in spring, they fruit in summer & autumn & often die in winter. It is important to look out for the flea beetle in eggplants (evidenced by what look like shotgun holes). Here is some advice regarding control of flea beetle <http://www.planetnatural.com/pest-problem-solver/garden-pests/flea-beetle-control/>

Q. Plants that are flowering but not fruiting?

A. It could be that the plant has been over-fertilised. If so, reduce the fertiliser.

Q. Eggplant growing in a pot. Does it need watering?

A. It depends. If you can push your finger into the soil, the soil is too dry. However, don't cause pot plants to become waterlogged by over-watering. Don't water them every day.

Q. Kumera/sweet potato – more leaves than crop? Lots of holes in the leaves with a black creature about 1cm long?

A. Maria suggested that a sample of the bug be brought to the next meeting. There are 2 common pests for sweet potato – grasshoppers & sweet potato weevil. It is important to plant sweet potatoes in a different spot each year to avoid pests. See the following fact sheet by Jerry Coleby-Williams <http://www.abc.net.au/gardening/stories/s1664919.htm>

Q. Is it okay to paint the outside of a food planting box?

A. This is not advised as the chemicals could leech into the soil & plants inside the planting box.

Q. When should potatoes be planted?

A. April. See BOGI Planting Guide - <http://bogi.org.au/planting-guide>

Q. Garlic – where to buy?

A. It is best to buy from either an organic grower at a farmers' market or from the following:

- Green Harvest - <https://www.greenharvest.com.au/>
- Eden Seeds - <https://www.edenseeds.com.au/>
- Greenpatch Organic Seeds & Plants - <https://www.greenpatchseeds.com/>
- Farmers Choice Organics in Murwillumbah - www.farmerschoiceorganics.com.au/

Q. Silver beet getting black spots?

A. Hot humid conditions cause this. Plant silver beet now (autumn) for better results. English spinach doesn't do well in the subtropics either – too hot. Megan has had success growing silver beet in polystyrene boxes (a la Roman Spur method) – she's had 3 years of production from them. David Freeman suggested the following substitutes for spinach in the subtropics – perpetual spinach/ Ceylon spinach/warrigal greens.

Q. Ginger – can all types of ginger, including ornamentals, be eaten?

A. The description "ginger" is used fairly loosely. Edible ginger (*zingiber officinali*) is different to ornamental or tropical gingers (*heliconias*). It is best to eat the edible ginger. Galangal (*alpinia galanga*) is similar to ginger & can be eaten. See Green Harvest re growing ginger & galangal - <https://www.greenharvest.com.au/Plants/Information/Ginger.html> & <https://www.greenharvest.com.au/Plants/Information/Galangal.html>. Australian native ginger (*alpinia caerulea*), a local rainforest plant, is also edible – see Gardening Australia fact sheet - <http://www.abc.net.au/gardening/stories/s3238626.htm>. The attractive blue fruit of native ginger are also edible <http://www.daleysfruit.com.au/buy/alpinia-caerulea-native-ginger-tree.htm>

Q. Fruit fly protection for fruit?

A. Evelyn has found a low-cost solution – using paint strainer bags from Bunnings

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

In our March newsletter, I suggested that we could help each other by sending in gardening hints. Since then I've come across the following useful ideas in various magazines – and a few additions from our own experience:

1. **Find the Pumpkin Stalk:** "I always put a long, thin stick in the ground where I plant pumpkin seed or other trailing vines. When they go madly sprawling all over the place, I know where to water them."
2. **Water for everyone:** "If you are providing water for your cows (or other animals) in a trough or old bathtub, place them where they can be easily seen so you can always check the water level at a glance. Near a driveway would be good, so that you can check from the car every time you pass. Water for animals is SO important."

"Birds love to drink too! So place something near the edge of the bath so birds can drink without falling in." (For bee-keepers – when we got our bee hive, it was suggested that we have a "bee bath" next to the hive, and that we put a rock in it so that the bees can land on it, and be able to drink easily. Since then, we have been amazed at how quickly the water in the bee bath evaporates, so always make sure it is topped up.)

3. Advice from Jill Redwood (Earth Garden) – **Carrying Chooks:** "Never carry or move chooks about by holding their wings together behind their backs. This is stretching their muscles and tendons in an unnatural way and then hanging their bodies' weight from their wings as well. Instead, tuck them under your arm to keep their wings down and support them under their belly."

Our favourite "girl" Whitey is now about twelve and a half years old, and although she can move around very happily on the ground, she struggles to get down from the perch in mornings. She can jump up OK – always taking "THE MOST IMPORTANT SPOT !!" in the hen house, but in the mornings she seems to be concerned about jumping down from the perch to go out and get her morning feed. So, if you are as sentimental as we are, you may consider just checking that your older chooks are mobile in the morning. Actually, it is not all emotion – chooks do run out of calcium as they age (thanks to all those yummy eggs they give us), so it makes sense that their bones become depleted, and jumping from heights becomes a painful problem.

4. Hints from Jackie French:

- Grow climbing beans up string or lattice in front of any "too hot" windows. You get shade, beans, and gloriously green and leafy shadows inside.
- Watch out for suckers or water shoots on trees and roses. Pull them off – if you snip them neatly, they'll regrow.
- Freeze rose petals, thinly sliced limes, or mint leaves in iceblocks to add zest to drinks or cold soups.
- If you want genuinely recyclable plates (and no washing up) for entertaining, go for:
 - Banana leaves trimmed to plate size. Use pinking shears if you want to impress!!
 - Baskets lined with grape, nasturtium, lime or lemon leaves
 - Grape, lavender, rosemary, lemon, lime and orange prunings make great skewers for kebabs – but don't try other woods in case they are poisonous.

So, lots of interesting hints and if you have discovered some from your gardening experience, or if there are hints you have come

across when reading about “all things gardening”, please let us know – it will make our gardening lives just that much easier.



So if you have a hint passed down through your family, or something you have come across by chance like I did with the avocados, please jot them down and send them into Dorothy for inclusion in our newsletter – dorothy@dorothycoe.com



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Veggie Swap by Dorothy Coe

On Friday 8th April we held our Veggie Swap meeting at the YOLO event which is part of National Youth Week.

The regulars came and swapped some their produce and many new people were very interested and excited to hear about what we were doing. It was also great to hear so many stories from people getting their home veggie gardens started. I did a bit of promo for our club too and told people to come and join us to learn more about growing veggies.



We are now holding the veggie swap **FORTNIGHTLY** on Thursdays between 4-5pm at the Southern Beaches Community Gardens at Tugun which is in Tugun Street, just behind the [Behind Tugun Community Center], 414 Coolangatta Rd ,Tugun.

In the near future I will be organising some weekend swaps too. Dates and times can change so its's a good idea to keep upto date by joining the Facebook page.

Feel free to check out and LIKE the facebook page I created www.facebook.com/veggieswapgoldcoast. I have also created a **GROUP** page whereby if you click on the **JOIN** button I can send you a weekly reminders about the meetings and you will also be able to chat with other members and organise some swaps directly with others. The **GROUP** page link is at www.facebook.com/groups/veggieswapgoldcoast/

Any questions just let me know — 0412 382 989 or dorothy@dorothycoe.com



**Seeds Available
from the GCOG Seedbank**

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

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

Alyssum	Kohlrabi - Purple Vienna
Basil	Lettuce - Little Gem
Beetroot - Bulls Blood	Lettuce Cos - Paris Island
Broccoli - Green Sprouting Calabrese	Lettuce Red - Salad Bowl
Broccoli - Hong Kong	Madagascar Bean
Bush Bean - Jade	Mesclun Milk
Bush Peas - Sugar Snap	Nasturtiums
Cabbage - Sugar Loaf	Parsley Italian
Cabbage - Wong Bok	Pigeon Pea
Carrot - Nantes	Radish Champion
Cauliflower - Snowball	Rocket
Ceylon Spinach	Salad Mix
Climbing Bean - Blue Lake	Shallots
Coriander	Silverbeet - Fordhook Giant
Dill	Snowpea - Melting Mammoth
Green Manure	Tatsoi
Kale - Black Toscana	Tomato - Small Cherry
Kale - Colour Mix	Tomato Big Cherry
Kale - Red Russian	Tomato Tropic

WORK SHOP

Natural Moisturising Creams - Saturday 30th April 2016 with Lise Racine 'The Herbal Gardener'

Learn how to make fresh, chemical free, nature rich, natural, handmade moisturising creams. Lise will share with you her knowledge from practical cream making applied for over 8 years.

She will demonstrate step by step how to make a simple recipe that works every time. You will get the tools allowing you to modify the recipe to create your own alchemy in cream making. This will allow you to customise your moisturising cream creations according to your needs and the ones of your nearest and dearest. Notes of every steps are provided. You will go home with two 25 g jars of fresh moisturising cream made on the day.

About Lise

Lise's business The Herbal Gardener is a small family owned farm established by Lise Racine over 10 years ago. In 2008, full certification under the Australian Demeter Bio-Dynamic Agricultural Method was achieved. This enables The Herbal Gardener to use the prestigious Demeter mark of quality on all their products.

As Lise's four young daughters grew older, she developed an interest in providing them with high quality, natural skin care products. While her small organic farm continued to grow, Lise began to explore her interest in herbal remedies by developing natural skin care solutions using Organic Calendula Oil. In 2013, Lise completed a traditional herbalist course to add to her earlier nursing qualifications.

She is now pursuing studies in botany to further advance her herbal studies program. Lise has been making a range of skin care for a number of years now and has been selling them at local markets and outlets. She only uses the best quality ingredients to create a product that you can trust to put on your skin.

When

Saturday 30th April 2016. The class runs for 4 hours from 9.30am to 1.30pm, with morning tea at 11-11.30am. Try to arrive 10minutes prior to have a cuppa and settle in.

Cost

\$145 this includes notes on making creams, and samples of moisturising cream to take home, as well as morning tea of herbal delights.

What to bring

closed in shoes

Where

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba. If travelling southbound on the M1 take exit 79 If travelling northbound on the M1 take exit 80 Follow the signs to Springbrook, we are 5 km from Mudgeeraba on the left hand side of the road.

If you only do one thing this month Plant some Cabbages
By Diane Kelly

Cabbages are one of the main-stays of our autumn and winter meals. We may not have liked eating them when we were children, but cabbages are hardy, easy to grow, and if different varieties are planted, then they will provide you with a succession of crops throughout the year.

The traditional European cabbage is a biennial plant, the leaves of which overlap to form a dense, central head. There are many varieties of cabbage, from the deeply wrinkled Savoy Drumhead, to the pointed Sugarloaf – and there are the heat-tolerant “Golden Acres” through to the red cabbage varieties, which are a little slower-maturing.

According to Annette McFarlane’s planting guide, cabbages can be planted in subtropical areas from April to July, so now is the time to start preparing your garden beds, and planting out your cabbages. This is the advice that Annette gives:

“Seed can be sown direct into well-prepared beds or established in seed trays before being transplanted into gardens. Although seedlings are hardy and losses following transplanting are rare, take care to ensure that the taproot is established in a deep, straight planting hole, and not bent as a result of shallow planting. Space plants at 35 cm intervals for small-headed cabbages and at 60cm or more for large-headed varieties.

Cabbages are very heavy feeders, requiring nutrients and trace elements. A soil pH of 6.5 to 7.5 is required. Beds should have a good depth of soil, and ample soil moisture is a pre-requisite for good cabbage production. Do not grow cabbages in beds that have grown other brassicas over the past three years, nor directly after potatoes. Ideally, they should follow a legume or green manure crop. Part way through the season, it is beneficial to add

a side dressing of rich compost. Mix the compost with the existing soil, then hill up around the stems to provide support and prevent plants from toppling over.

When growing cabbages, you will get a better and more even germination rate by raising seedlings and transplanting them. In small gardens, this is a space saver. Like most members of the brassicas family, cabbages take up space in the garden for a number of months.”

Extra care: Cabbages are prone to damage from nematodes, which cause the condition known as “club root”. Many gardeners plant French marigolds in alternative rows between alternate rows between cabbage seedlings – this is a proven nematode deterrent. Or you can grow a crop of marigolds on the site and then chop them into the ground before planting out the seedlings.

Harvesting: Cut cabbages deep within the plant to encourage development of secondary heads – if that is not a priority, remove the entire plant from the soil before trimming it for use.

Storage: Freshly cut cabbage heads store well in the fridge.

Seed saving: As biennial plants, cabbages usually grow in the first year and flower in the second. In mild climates, it is possible to complete the life cycle in one year. Cabbages will cross-pollinate with broccoli, Brussels sprouts, kale, cauliflower and kohlrabi, but not with Chinese cabbages. Save six or more cabbages for collecting seed, allowing them to flower but isolating them from members of the cabbage family flowering at the same time. Cabbages are pollinated by insects.

Recipes Column

Garden Diet Recipes

All recipes are for 1 serving only

It is better to soak any nuts used in the recipes from 4 – 24 hours

Tabouli

- 1/4 bunch cilantro (coriander)
- 1/4 bunch parsley
- 1/4 bunch green onions
- 1/2 tomato
- 1/2 avocado
- 1/4 cup of hemp seeds
- juice of 1/2 a lemon
- 1/2 tablespoon olive oil
- 1/4 teaspoon salt

Chop up cilantro, parsley, green onions, tomatoes and avocados and place in a bowl.

Add hemp seeds, lemon juice, olive oil, and salt.

Toss and serve

Gazpacho - Fibre and Fun

- 2 tomatoes
- 1 red bell pepper
- 1/2 cucumber, chopped
- 1 clove garlic, with the core removed
- 1/4 cup water
- 1 avocado, diced
- dash cayenne pepper
- tsp fresh tarragon, chopped

Blend together tomato, cucumber, bell pepper, garlic, and water until smooth

Stir in avocado and cayenne

Top with tarragon

Carob Silk - recipe by Storm Talifero

- 1/2 cup raw macadamia nuts
- water of one young coconut
- 1/2 cup water
- 1/2 super ripe banana
- 1 date
- 1 tsp. honey
- 1 tsp. raw carob powder
- dash of olive oil
- pinch of salt

Blend up the macadamia nuts to a fine powder.

Add all the rest of the ingredients and blend until thoroughly liquefied.

Enjoy with ice and a straw!

Nut Sushi

This recipe is oily and salty. It provides enough protein for two adults for a day. It's very rich and filling.

- 1/2 cup of almonds, ground
- 1/4 of the meat of 1 young coconut
- 4 sheets of Raw Nori Seaweed (You can also substitute with lettuce leaves, nasturtium leaves, or kale leaves instead of Nori)
- 1/4 cup coriander
- 1 Avocado
- 1 Tomato
- 2 cloves Garlic, chopped finely

Grind almonds in food processor until fine flour

Mix ground almonds and young coconut meat together in food processor

Wrap ground nuts mixture, avocado, coriander, tomato, and garlic in Raw Nori sheets which have been torn from the large sheets into 1/8ths.

Super Mineralizing Salad

Nourishing your joints and tissues to get you ready for our workouts!

- 1/2 to 1 bag of mixed lettuce greens (as

much as you can eat!)

- 1 avocado, diced
- 1 tomato, chopped
- 1 carrot, grated
- 1/2 beet, grated
- any other fresh, delicious vegetable on hand

Dressing

- Juice of 1/2 a lemon
- 1 teaspoon olive oil
- 1 tablespoon fresh dill, finely chopped (and/or other fresh herbs: marjoram, chives, rosemary, thyme, savory)
- 1/8 cup of water

Stir Dressing ingredients in a cup.

Pour dressing over salad and toss.

Apple Pie

- 1/2 cup almonds
- 4 dates (I use figs)
- pinch salt
- dash olive oil
- 2 apples, not peeled, but cored and chopped in quarters

Crust:

- soak 1/2 cup of almonds for 4-24 hours
- blend almonds in blender for one minute
- blend in 2 dates, pitted
- blend in a pinch of Celtic Sea Salt and dash of olive oil

Filling:

- Blend 2 apples not peeled but cored, 2 dates, dash olive oil, and dash salt

Kale Subs

A healthy, fast and easy raw food meal. When the lemon juice, creamy avocado, and tomato juice start to drip all over it's just like a big sloppy burger! Yum! Filling, mineralizing, energizing, and delicious!

- 1/2 avocado
- 1/2 tomato
- handful of coriander
- 1/2 lemon, juiced

- pinch of salt
- 1/4 teaspoon Italian Seasonings
- 2 leaves kale

Chop up avocado, tomato & coriander

Add lemon juice

Combine above in a bowl and add a pinch of unrefined sea salt and Italian Seasonings

Serve with 2 big kale leaves

Add mixture to centre of a kale leaf and eat like a sub!

Zucchinigetti

Eating - and feeling - like a kid again!

- 1 zucchini
- 2 tomatoes
- 1/2 lemon, juiced
- 2 dates, pitted
- tablespoon finely chopped fresh oregano,

Grate up one zucchini to be like the pasta

Sauce – blend up 2 tomatoes and 2 pitted dates with the juice of half a lemon.

Stir sauce and zucchini together and top with finely chopped fresh oregano

Wonderful Slaw

Simple Food and Flavourful!

- 1/4 cabbage
- 1/4 pineapple
- 1 carrot

Grate up all of the above
It makes its own dressing!

Please email your yummy recipes to Jill for inclusion soon: jillbarber611@gmail.com

Recipe submission deadline is the second Monday of each month.

FRUIT TREES

APRIL

Custard Apples: Peak harvest period. Harvest every 3 to 7 days. Watering can be tapered off. If you have not done your spraying for mealy bug, do it now. Spray individual fruit with pest oil or wipe on metho and water (30% metho & 70% water).

Figs: Taper off the water.

Lychee: Don't let trees dry out. Check for Erinose mite. Spray with wettable sulphur.

Low Chill Stone Fruit: Fertilise trees with a high organic potassium fertilizer, 50 gms per sq meter to the drip line of trees. Prune trees now – 1/3 to 1/4 of the tips can be taken off. Any inward or downward wood can be pruned.

Mango: Apply gypsum if soil pH is 6 or more. If below 6 pH, apply lime. 50 gms per sq meter of either. Continue with copper based spray for anthracnose or with 25 mls leaf microbes and 5 gms wettable sulphur per 1 litre of water.

Passion-fruit: Water can be tapered off. Harvest fallen fruit every 3-4 days.

Pawpaw: If you have not applied boron, apply now. 1 teaspoon per mature tree. 40% of annual fertiliser can be applied now to mature trees (20 grams per sq meter of a high organic potassium fertiliser).

Persimmon: Main harvest time. Declining water needs. Apply a little super-fine lime and gypsum, 20 gm of each per sq m.

Strawberries: Plants should be coming away well. A little organic potassium fertiliser can be applied now. Use fish emulsion or kelp spray regularly over plants to keep in good health. Add 20 mls molasses per litre of water + 10 mls leaf microbes.

Bananas: De-sucker plants, cutting at ground level. Cut out centre with a sharp downward motion around the circumference to the centre, forming a well. If they do not die, use 20mls of kero to the bottom of this well.

Citrus: If any scale and fungal problems still exist a further spray with pest oil and leaf microbes will be needed. Add the pest oil + 15 ml per litre of the leaf microbes. Early varieties can be picked this month.

MAY

Custard Apples: Peak harvest period, harvest every 3-7 days. Don't let trees dry out.

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

Lychee: Don't let trees dry out. Fertilise trees this month. Mature trees (5 years and older) 1.5 kg organic fertiliser with sulphate of potash added per sq m to the drip line of trees. (For trees under 5 years, use only 50 grams.)

Low Chill Stone Fruit: Fertilise trees with 50 gms of organic fertiliser with sulphate of potash added per sq m to the drip line of trees. Prune off 2/3 of new growth.

Mango: Apply gypsum if soil pH is 6 or more. If below 6 pH, apply lime, 50 gms per sq m of either. Mature trees (5 years and older) 1.5 kg organic fertiliser with sulphate of potash added per sq m to the drip line of trees; water in well.

Passion-fruit: The water can be tapered off. Harvest fruit every 3-4 days under vines.

Pawpaw: If you have not applied boron, apply now. 1 teaspoon per tree. 40% of annual organic fertiliser can be applied e.g. 20 gms per sq m.

Persimmon: Decline water needs. Apply a little garden lime and gypsum, 20 gms per sq m.

Strawberries: Plants should be coming away well. A little organic fertiliser with sulphate of potash can be applied now. Use fish emulsion or kelp spray regularly over plants to keep in good health.

Bananas: Keep up the water. 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: Harvest should start this month, and continue until August. Keep up watering.

Avocado: Add garden lime, 20 grams per sq m to drip line and gypsum 20 grams per sq m again to drip line. Early varieties can be picked. Don't let trees dry out.

Brisbane Organic Growers Handbook

VEGETABLES

APRIL:

Asian Greens, Beans (French), Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Garlic, Kale, Kohlrabi, Leek, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Sweet Potato, Tomato, Turnip.

MAY:

Asian Greens, Beans (French), Beetroot, Broad beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Garlic, Kale, Kohlrabi, Leek, Lettuce, Mustard Greens, Onion, Parsnip, Pea, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Tomato, Turnip.

HERBS

APRIL

Annual: Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Italian parsley, Misome, Mizuna, Nasturtium, Rocket.

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

MAY

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

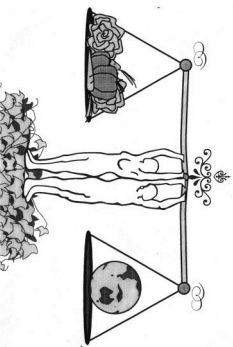
Perennials & Bi-Annuals:

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

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 May 2016