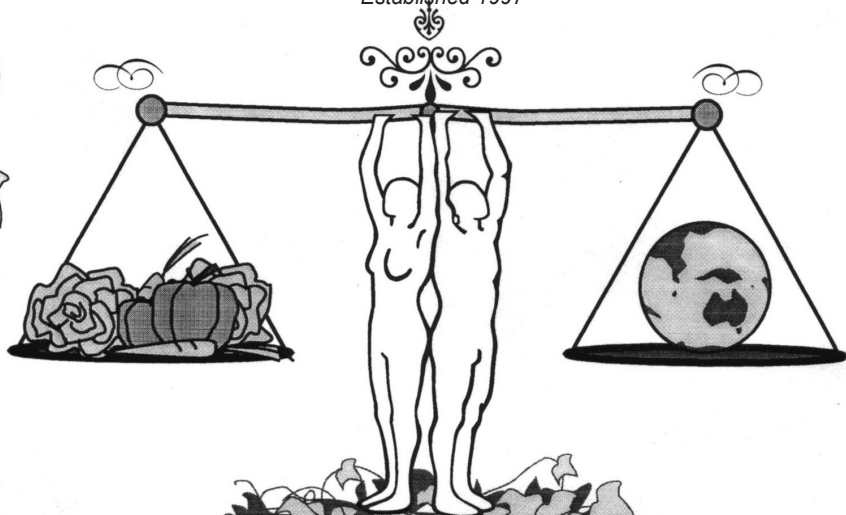


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 21 - APRIL 2017 Issue 4
GARDENING IN AUTUMN

Pg2	<i>Club Information</i>	7	<i>Let's Share our Tips of "All Things Gardening"</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	8-9	<i>Recipes</i>
4	<i>February Guest Speaker Notes</i>	9	<i>Details on a Government Funded Course</i>
5	<i>Can We Help, Offers/Wants Section</i>	10	<i>Fruit Trees</i>
6	<i>If You Do Just One Thing This Month plant some Asian Greens</i>	11	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 18th May 2017

Notice Board

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

Meetings Held:

3rd Thursday of the Month

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

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

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

(No meeting in December)

Annual Membership Fees:

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

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

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

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

Raffle Table:

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

Library:

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

Advertising: (Note 11 issues/year)

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

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

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

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

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Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly Bill Smart
Supper Co-ordinator	Heather Ryan 0409 577 499 Deb Phillips

Newsletter Contributions are welcome.

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

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 – March 2017:

Overdue: Kim Vereckei (393), Frank Rebesco (342), Celia Forrest (351), Ray & Cheryl Finlayson (397), Amy Lukens (356), John Palmer (357), Geoffrey Williams (293), Megan Keeler (358), Marion Symons (155), Karen Collins (350), Daniel Rhoades (399), Margaret Reichelt (111), Barry O'Rourke (185), Karen Hart (198), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Ken & Pat Jenyns (273), Anne-Maree Andrew (337), Shem Pireh (361), Gillian Tubbs & Dolphe Cooke (403)

March: Angela Anderson (323), Judy Reiser (338), John Clarke (345), Maggie Golightly (365), Fran Janes (366), Rachael Lebeter (367), Tricia Oh (368), Ros Griffith (378), Beverly Geraghty (404), Elizabeth Grippo (405)

April: Gai Morrow (309), Kerstein Trueman (346), Sue Beckinsale (373), Lynn Tilley (382), Nancy Hageman (388), Elizabeth Hughes (389), Justin Gage (406), Suzi Lucas (407), Deborah Phillips (408), Vickie Searle (409)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Lebeter & Angela Anderson, Lyn Mansfield.

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

Upcoming Guest Speakers

May - Members Only

Our May meeting may be your chance at 5 minutes of fame. You know how much we enjoy member presentations, and we would love to hear from YOU! If you have a topic of expertise or a garden story to share, volunteer to give a 5-10 minute presentation at our May meeting. Sign up at the April meeting, or shoot me an email!

June - Kirsty Kraynik from Gutsy Mums

Kirsty is quickly becoming a popular public speaker on the subject of gut health and fermentation. We are lucky to have snapped her up for our June meeting, where she will be joining us to speak about managing our gut health and home fermentation for better health.

Workshops

Abilities Plus – Permaculture

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

21/4/17—Hemp farm Trip at Nimbin. Meeting at 8:00 am at McDonald's Nerang

22/4/17—Earth Day at Nerang Paradise Country Parklands 11 am to 6:30 pm

24/4/17— Working Bee at the Eco Village—contact Lyn to book in—9:30am to 11:30 am

28/4/17 — Cooking with essential oils, Parkwood. 9:30 am to 11:30 am.

Bookings required.

**March 2017 Guest Speaker –
Janelle Schafer - by Diane Kelly**

Janelle Schafer works at the Permaculture College at Djanbung Gardens in Nimbin, northern NSW, having originally studied permaculture with Bill Mollison. Janelle is a teacher at the College, and a writer, and she made the following presentation to us at our March meeting.

A forest garden and a permaculture food forest was set up at Tunnel Creek some twenty-seven years ago. A forest garden is a “low-maintenance, sustainable plant-based food production system, incorporating fruit and nut trees, herbs, vines and perennial vegetables that are directly useful to humans”. Janelle explained that when you have a forest garden, you are copying natural plant and animal interaction.

One of the major designs of a forest garden is layering – where tall trees form a canopy and tower above food producing trees, which in turn shade small plants, which in turn protect flowers and fungi etc that grow close to the ground. So Janelle explain that it is very important to consider the sunshine requirements of what you are planting – some trees will fruit in the shade, and others will not. An indicator of this is whether a tree has flowers up the trunk – if they do, they will probably fruit in the shade. An example of this is the jaboticaba, or Brazilian grape tree.

Another major part of designing a forest garden is to create “guilds”. A guild is a group of trees, plants, animals and insects that work together to ensure their health and productivity.

For example, an orchard is a guild of fixed (trees, plants, soil) and mobile (birds, animals, insects) elements. Then there are also the fungi and micro-organisms – they feed the soil, and the fungi can move trace elements around in the soil. So we need to aim for a balance in a forest garden of different types of trees, animals and micro-organisms – and two ways of achieving that is by thoughtful observation, and having a knowledge of local bio-regions.

Janelle provided examples of guilds:

- A “community-function guild”, which is a group of species in the same community niche that serve a similar function. Janelle told us how persimmons grow well with peaches, hawthorns and jujubes (a shade tree that bears burgundy fruit, and is also known as the Chinese or Korean date) because they all have the same nutrient, water and fertilizer requirements.
- Under those, you can have small plants that feed the larger trees – and this is called a “resource partitioning guild”. As an example, shallow-rooted fruit trees can be fed by dandelions, comfrey, clovers etc that have deep root systems that bring up the nutrients in the soil to the shallow-rooted trees.

In these guilds, as the taller trees grow, they form a canopy to protect the smaller fruit trees – and as they grow, you can vary what is planted under them. Under the canopy, bushes like pigeon peas or cassias can be used to provide nitrogen, both in the soil and by “chop & drop”.

- There was one other type of guild that Janelle mentioned – a “mutual support guild”, which involves functional interaction. This is where you have an integrated animal system supporting the trees – for example, fruit trees can drop their fruit, and pigs or other animals can be used to clean up the area.

There were a few other points that Janelle made during her presentation:

1. Elephant Ear trees are a nitrogen-producing plant, but they do need to be chopped to free up the nitrogen. Janelle remarked that “it is much cheaper to grow nutrients than produce them artificially”.
2. Some plants, such as sedges, bring potassium out of the soil.
3. “Orchards need fungi; vegetables need more bacteria”. Fungi can move nutrients numerous meters to different sections of soil, and they also retain mois-

ture. Adding woodchip to your orchard will encourage fungi.

4. Use banana plants to chop and drop, as they provide moisture and sugar for the micro-organisms in the soil.
5. Pollination: Every system needs flowers that encourage beetles and predatory insects. We should encourage nectary plants. Pollinators include dried fruit beetle, moths, bees, birds (small birds like small flowers – e.g. grevillea).
6. Grow plants that encourage predatory insects – nasturtiums, marigolds, mus-tards, daisies, any of the mint family, dill and cosmos.
7. Another guild Janelle mentioned: A “mutually beneficial guild” is one such as having a flock of ducks – they manure and fertilize the soil, they eat bugs, and they lay eggs.

Djanbung Gardens is in Cecil Street, Nimbin and is open to the public during Tuesday to Sunday, from 10.30 am. Entry is by a gold coin donation.

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Can We Help?

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

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

Offers / Wants / Swap / Share

If You Only do One thing this Month Plant Some Asian Greens....

By Diane Kelly

After the challenges of a long, hot summer and then lots of rain, this month's article is about a group of vegetables that are easy and quick to grow, and also very healthy to eat. So we are going to have a look at growing some Asian Greens.

Firstly, let's define Asian Greens. The books differentiate between Asian Salad Greens – mibuna, misome, mizuna, mustard greens, kai tsoi, komatsuma and tatsoi – and Asian Cabbages. And seeing we are heading into winter, we'll focus at the cabbage side of the group. Asian Cabbages are a diverse group of brassicas, with some being grown primarily for their foliage, and others for their flower stems, but all plant parts are edible. They are less strongly flavoured than European broccoli, Brussels sprouts and cabbages.

The planting season for Asian Cabbages here is from March to September, when the weather tends to be cool and dry. As a general rule, headed types are less heat-tolerant than open-hearted selections. The open-hearted plants can be picked early, and in small quantities of leaves, so that their harvest duration can be a long one.

Planting: Sow the seeds directly into your garden beds, as transplanting can cause the plants to bolt. The seeds will germinate readily, and will need to be only lightly covered with sieved compost. Thin the seedlings depending how you want to use them – thinned seedlings can be used as micro-greens.

Growing: Like their European counterparts, Asian Cabbages are heavy feeders, so remember to incorporate plenty of compost or fertilizer into the soil before planting. If your soil is less fertile, apply some liquid fertilizer or compost tea to boost the plants growth.

Harvesting: Asian Cabbages can be harvested at any stage of their growth, but always cut the foliage or stems from the plants.

This avoids wrenching the roots and making the plants unstable.

Potential problems: Transplanting, extreme cold or excessive heat can cause some varieties of the cabbages to bolt. Cabbage moth and cabbage white butterflies are the main pests.

There are literally hundreds of varieties of Asian Cabbages, but very few of these are grown outside of China and Japan. So here is some information about the ones we would be familiar with:

- **Bok choy:** The crisp white stems of these vegetables are just as popular as their small rounded leaves. The plants can grow up to 50cm high, with a 25cm base, and thinning of direct-sown seed should be done to 10-15 cms between plants. If you harvest the full plants, repeat sow several weeks apart.
- **Choy sum:** These are also known as the Chinese flowering cabbage, and are served steamed or lightly boiled in stock, drained, and then served with oyster sauce. The flower stems are the most prized part of the plant, but the leaves can also be eaten. Varieties with purple-tinged stems and leaves are also available.
- **Pak Choy:** Pak choy grows similarly to bok choy, but the leaves and stems are pale green in colour, and the plants grow less vigorously.
- **Wong bok:** These plants are also called Peking cabbages; they have wide, white leaf bases topped with crinkled, pale green foliage; and they can grow to several kilograms. The wong bok's mild and sweet flavour makes it a popular salad cabbage.
- **Michihili:** Also known as celery cabbage, these have softer, greener foliage than the wong bok. The leaves are not as tightly overlapped, and in fact these may need to be tied in the latter stages

of growth in order to blanch the inner foliage.

So easy to grow; long harvest times; a green contribution to your winter meals; and comparatively pest and disease free. Why not plant some Asian Cabbages this month!



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

This month we are looking at some hints for growing a variety of vegetables:

Asparagus:

- Don't harvest shoots grown from crowns during the first two seasons, and in the third year, only take one or two spears from each plant. Then, in subsequent years, harvest only for six weeks, allowing the later shoots to grow into ferns. In this way, the bed should continue to produce for twenty years!
- If you aren't going to use the spears straightaway, stand them in iced water for a few hours, then wrap and store them in the fridge until they are needed. In this way, you can cut several spears a day, saving them until you have enough for a meal. (If you leave them in the ground, they will become too large and tough.)
- Asparagus spears can also be frozen successfully.

Eggplants:

- Eggplants usually need pre-treatment before cooking. This may involve charring the fruit to remove the skin, or slicing and sprinkling the surface with coarse salt. Salted sections should be rested for 10-15 minutes before being rinsed and carefully dried.

- Eggplants soak up the flavours of other ingredients - rich tomato sauces and spicy, pungent and acidic combinations complement the fruit.
- Harvest eggplants when the skin is bright and glossy. Avoid large and mature fruit with well-developed seeds, as these will be gritty and bitter to taste.

Jicama: (also known as yam bean and Mexican yam)

- This is an easy-to-grow, perennial legume that can be either a vigorous climbing vine or a groundcover plant. It has an attractive blue or white pea flower which develops a 10cm long flattened seedpod.
- The plant grows an edible, underground tuber that is shaped like a giant turnip with a ribbed bottom. The tubers have a thin beige skin, and crisp, white and sweet flesh.
- Harvest jicama tubers when the vine starts to die back – a tuber the size of an apple and weighing a maximum of 1.5 kg is the ideal size, and usually the sweetest.

Squash:

- Remember to pinch out the laterals of trailing varieties of squash plants – this will make them bushier, and produce more fruit.
- As with pumpkins, elevate maturing fruit on dry mulch or twigs to prevent contact with wet soil, as this can cause deterioration.

Broad beans:

- The first pods that form on a broad bean plant will be the largest. Pods harvested when they are about 10cm in length may be eaten pods and all, just like green beans, or they can be left to mature until well filled.
- When the pods are left too long on the plant, the beans will be dry and tasteless, with prominent black scars where the seeds are detached from the pod.
- After harvest, green tops and roots can be dug into the bed to enrich a successive crop.

Recipes Column

Turmeric Protein Bombs From Angela Anderson



Ingredients

- **3 1/2 tablespoons** I Quit Sugar's Gut Lovin' Gelatin (*see footnote*)
- **1 cup** almond milk. (or 50g Almonds + 250g water)
- **1 cup** cashew butter.
- **2 teaspoons** turmeric, ground.
- **1 teaspoon** cinnamon, ground.
- **1/2 teaspoon** vanilla powder.
- **1 teaspoon** maca.
- **1/4 cup** I Quit Sugar Organic rice malt syrup.
- **1 pinch** sea salt.

Method

1. Dissolve the gelatin in 1/3 cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the almond milk, cashew butter, turmeric, cinnamon, vanilla, maca, rice malt syrup and sea salt in a saucepan until almost boiling. Remove from the heat and stir in the gelatin until it has dissolved.
3. Pour into a 10x15cm glass or plastic

container. Refrigerate for 1 hour, then cut into squares.

4. Store in the fridge in an airtight container for up to a week.

NOTE: I recall the tricky part was the amount of gelatine – I haven't found "her" gelatine but I think it is gelatine powder (rather than flakes) and err on more rather than less!

Source: <https://iquitsugar.com/recipe/turmeric-protein-bombs/>

Roasted pumpkin soup recipe From Dorothy Coe

Probably one of the best pumpkin soup recipes I have found!!

Ingredients

- 1.5kg edible pumpkin
- Olive oil
- 1 teaspoon dried chilli
- 1 tablespoon coriander seeds
- 1 large onion
- 3 cloves garlic
- 1 carrot
- 1 stick of celery
- 1 litre hot vegetable stock

Method

Preheat the oven to 170°C/340°F. Half the pumpkin and remove the seeds (you can keep these for roasting), then chop into wedges. Place the pumpkin on two large baking trays and drizzle over a little olive oil. In a pestle and mortar, grind the chilli and coriander seeds with a pinch of salt until finely ground. Sprinkle the spices over the pumpkin with some black pepper. Roast the pumpkin for 1 hour, or until soft and slightly caramelised at the edges.

Meanwhile, roughly chop the onion, garlic,

carrot and celery. Heat a lug of olive oil over a medium heat in a large saucepan then add the vegetables and cook for 15 minutes, or until soft and sweet but not coloured. When the squash is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you like a thinner consistency.

Ladle into bowls and add you favourite toppings.

Thank you to those leaving their name with their Supper Table offering so we can ask you for the ingredients/recipe!

Please email your yummy recipes to Jill jillbarber611@gmail.com

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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-Annals: 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.

HERBS

MAY

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

Perennials & Bi-Annals:

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.

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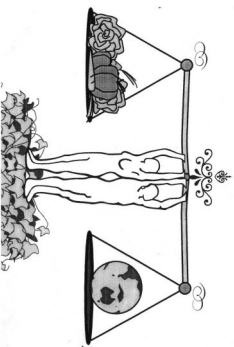
Don't miss it!"

G/C Visitors Guide 2013

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 May 2017