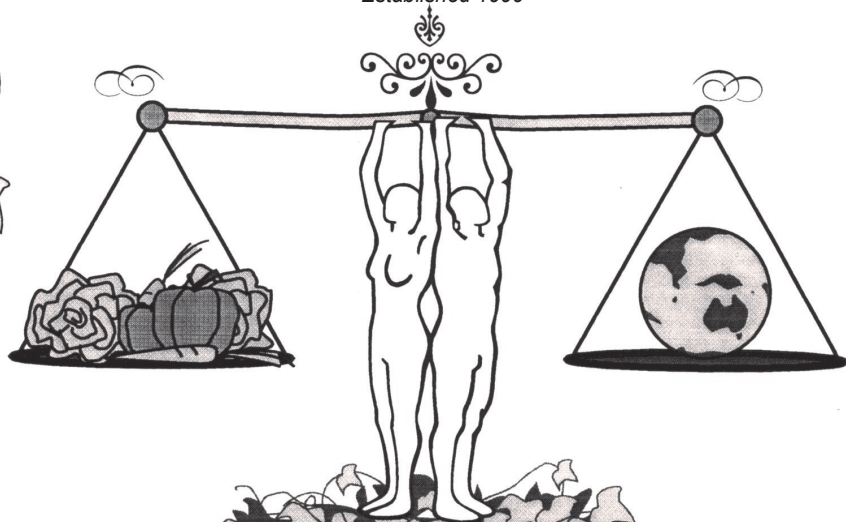


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 16 February 2013 Issue 2
GARDENING IN AUTUMN

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OUR NEXT MEETING: Thursday 21 March

The Aims of G.C.O.G. Inc.

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: \$2.00 each.

Members Market Corner:

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

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:

1/4 page: \$10 an issue, or \$100 per year (11 issues)

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

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

2012 Committee

President	Maria Roberson (07) 5598 6609
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Treasurer	Diane Kelly (07) 5522 7444
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Librarians	Cathie Hodge Judy Reiser (07) 5532 7198
Library Assistant	Greg Wiltshire (07) 5578 8755.
Seed Bank	Roger Griffiths (07) 5530 5067
Seed Assistant	Peter Seymour-Smith (07) 5596 5678
Supper	Jenny Davis
Co-ordinator	(07) 5599 7576

Newsletter:

Contributions and ideas welcome.

Email Angela at w.a.anderson@bigpond.com

Thanks to Contributors: Diane Kelly, Justin Rogers, Karen Hart, & Jill Barber

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 before your name is your membership number - you will need to quote this number in the comment field, if you pay via online banking.

Overdue: Roslyn Griffith (264), Karen Hart (198), Ross & Jenny Davis (199), David Wyatt & Helen Wainwright (284), Scott Godfredson (311), Marion Symons (155), Anissa Loades (228), Roger Griffiths (272), John & Jessica Steytler (313), Winsome Gunning (314), Julie Abraham (315), Deborah Anker (336)

February: Terri Groth (125), Barry O'Rourke (185), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Judy McCracken (274), Jerry Rogers (275), Alison & Suzanne Blatcher (276), Tali Filip (277), Marino Canala (316), Gaynor Allen (317), Yukiyo Copley (319), Anne-Maree Andrew (337)

March: Regina Lacgalvs (208), Greg Wiltshire (320), Louise Newell (321), Angela Anderson (323), Judy Reiser (338), Guy Lewington (339)

Veggie Swap on Facebook

Setup by club member Debbie, for local people to swap their excess veggies. It's quite active already so have a look ...

<https://www.facebook.com/HomeGrownSwapGoldCoast>

Gold Coast City Council Active and Healthy Program

Community Gardening Workshops Composting and Worm Farming

Come along to Council's free sustainable gardening workshops where you can learn all about composting and worm farming to recycle your waste and improve your garden. Tea and coffee are provided and all you need to bring are closed shoes.

**Time: Saturday between 10am and 12pm
March 16th - Nerang Library**

For more information or to register for a FREE workshop near you, call (07) 5581 6855.

Visit one of the Community Gardens
<http://www.gcparks.com.au/activities.aspx?page=37>

- Southern Beaches Community Garden
- Varsity Vegies Community Garden
- Peachey Community Garden - Ormeau
- Joan Park Community Garden - Southport
- Nerang
- Loders Creek - Southport.
- Labrador - Olsen Avenue, Labrador Park

GCCC's Healthy Cooking Workshops
<http://www.gcparks.com.au/events.aspx>
and choose the cooking category.

Classes are held all over the coast - Coomera, Labrador, Nerang, Currumbin, Kirra with themes such as Cooking with Herbs, 5 Great Salads, Super Smoothies, and Healthy Cooking on a Budget.

GCOG on the Web

From the Library

All library books and DVDs are listed online.
<http://www.goldcoastorganicgrowers.org.au/library-books.pdf>

Facebook

We are now on facebook:-
<http://www.facebook.com/gcorganic>

President's Message

Hello Everyone,

What a wild, windy and incredibly wet time of it we have had since our last meeting. I hope you all got through it unscathed.

I have to say though that the power outage was the most damaging for us, as three and a half days without electricity is more than any freezer can cope with. Anyway the dogs and chooks got a good feed of some pretty high class tucker; at least they were getting around with a smile on their faces and beaks. No more complaining of empty tanks and dry garden beds either, so now I have no excuses left as to why my garden looks shall we say "a bit sad".

At the January meeting I brought in some Jaboticaba and Gramichama fruit for our supper table, seems all of you tried it and liked it.

In the current issue of ABC Organic Gardener magazine there is an article on growing rare and unusual fruit which you may find interesting. Among other fruit there is a bit on Jaboticaba - a native of Brazil that grows very well in our subtropical climate. I think this is an excellent tree for not only back or front yards in suburbia but acreage as well. It is a fairly slow growing small tree which can be pruned quite easily. One of its quirks is that fruit is borne directly on the trees branches, so that they appear to be studded with black grape like fruit, rather than dangling on the tips such as a cherry. I recommend giving this tree some consideration for your plot, try **DALEYS** Nursery as they are a really good source for rare and unusual fruit trees.

March is the traditional time to plant garlic, however in the subtropics we can stretch that time frame a bit to include April and May. One year I had no choice but to plant garlic in early May and the resulting crop was my best ever, I don't know whether this was a just fluke but I will be factoring this in to future plantings.

Whether you stick to a March planting or not, you still need to do some preparation. Check mail order or online catalogues for seed garlic, (for first time growers this comes in the form of garlic cloves specially selected for planting not actual seed), so orders will arrive in time for your planting day.

Make sure your garden bed is prepared and soil pH is around 6.5, as garlic prefers a sweet soil rather than acid. Do not add a lot of manure and nitrogen rich fertilizes, stick to compost and rock minerals. Add lime only if you need to raise soil pH. At past meetings we have discussed the use of mushroom compost and its high pH levels; you may choose to apply it in this instance. Not all varieties of garlic are suited to the subtropics so you will need to do a bit of homework here, some suggestions are Glen Large and Southern Glen, however you will no doubt be able to find some more varieties, let us know what you come up with.

The next few newsletters will be dedicated to the wonderful season of Autumn, which is as you know, a fabulous growing season for this region. The weather is mild but still warm and there is so many choices of vegetables to plant it could make your head spin.

Let us know what you are doing at your place, we need all members to contribute something to the coming newsletters so we are putting you on notice to "do so or else", as to what "or else" might mean, you really don't want to know so don't ask.

Happy growing,
Maria.

UNDER THE UMBRELLA

From under my umbrella,
I survey the scene ahead;
The sky rolls out a carpet
of cloud as grey as lead.

Mist hangs a veil of moisture,
I cannot see the hills,
My feet are stuck in gumboots;
Rain dances by in rills.

The palette of the artist
paints green in tones of grey,
The trees bow sad and heavy,
It's another rainy day.

My pawpaw's leaves turn yellow,
Mildew cripples every leaf,
Green fruits drop; one by one,
Sodden soil gives roots their grief.

The fragrance of decaying mulch
is warm and ripe with rot,
My clothes are damp inside and out,
My nose runs quite a lot.

Our swales brim with water
as it flows along its course,
The rain pelts down relentlessly;
Will someone stop its source?

The creek is in a hurry,
Logs hurtle past downstream,
The torrent of this moving mass
is thunder in my dream.

With trunks submerged in water,
Casuarinas hold the bank
like soldiers standing on alert,
Earthcarers I do thank.

The kangaroos are grazing,
In rain-drenched coats they munch,
They blend with their surroundings
and nibble on till lunch.

From under my umbrella,
the sodden earth is leached,
But frogs are singing their sweet song,
as joy on earth is preached.



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SPECIAL OFFER ON FRUIT TREES FOR ALL MEMBERS

DALEYS fruit tree nursery is offering
all club members a 10% discount on
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Visit <http://www.daleysfruit.com.au/>
to check out the types of fruit trees
available.

To receive the discount enter the fol-
lowing code at the checkout :
GOLDCOAST10OFF

Karen Hart's Questions & Answers

At the GCOG Meeting on 17th January this year, the president, Maria Roberson, opened with several noteworthy items, before launching into a valuable Question & Answer time:

- Only members are able to borrow the club's **library books**, and the library cupboard has now been moved to the corner of the room. 70 library books have gone missing. Maria will be trying to repurchase the most vital 'missing' books.
- **BOGI** (Brisbane Organic Growers Inc) has produced an excellent book 'Queensland Planting Guide' which is available from us for \$6. Great information, planting guides, seed saving, fruit tree care etc. monthly planting list, nutritional value of plants etc. – excellent book, especially for this area.
- Maria mentioned how **cheap seeds** are - eg a packet of beetroot seeds equates to 19c kilo compared to \$4.99 beetroot in the supermarket. Carrots 90kgs cost 4c/kg; cucumbers 7c/kg; pumpkin 5c/kg – expensive this year: in shops \$2.50/kg; zucchini 25 seeds in a packet equates to 9c/kg.
- Neil mentioned that **sprouting seeds** also becomes very economical.
- **Seeds available** now: corn – bicour, really good ones, last month to plant; rockmelon – only 3 packets left. This month is the last opportunity to plant summer crops.

- Autumn was very dry so, with the advantage of **low humidity**, zucchinis and silverbeet survived much longer. Also, **seed saving** was much easier as they didn't go mouldy and matured.
- Maria mentioned that the **AGM** will be held next month. She welcomed offers for new committee members for fresh ideas. She did state that most of the current committee would be happy to continue.

Questions & Answers:

Q.1. Jill asked whether mushroom compost was good to use?

- Yes, BUT very high Ph – too alkaline and lots of vegies will not grow. Neutral Ph is 7; this area would be lower, more acidic, around 5.5. One needs to check soil first before adding it, and then it needs to be dug into the soil. Vegies like around 6.8
- Mudbrick Herb cottage sells it – spent mushroom compost \$5-\$6 a bag.
- Permaculture Community Garden at 270 Ferry Road, Southport, sells mushroom compost for \$15 a large bag, regular compost \$20 for big bags. It's top quality, made correctly with passion.
- With homemade compost, some books advise to add lime, which is very alkaline, but you need to test the soil before adding anything. Only add things to correct soil Ph – 6-7 is good. All composts are not the same!

- At Burleigh Markets, Leo (seedlings) sells certified compost, at \$20/15 kgs; Andrew, who sells bananas, sells 15kg bags compost for \$10.

Q.2 How about buying topsoil when putting in a new garden?

- Landscape suppliers' topsoil is manufactured from things like composted tea tree fines mixed with sand. Whatever is under your feet is better – just improve what you have!

Q.3 When should one use dolomite?

If the soil is too acid; however, dolomite contains magnesium, whereas lime is pure calcium carbonate.

Q. 4 My strawberries have lots of big, healthy leaves, but not much fruit.

- They're getting too much manure, too much nitrogen – need more phosphorous, maybe potash, as in rock minerals. Rock minerals are better, more gentle, with slow release of nutrients, enhancing the soil. Use when there are too many leaves and not enough fruit on eg. strawberries, zucchini, eggplant .

Q. 5 Gardening tips for now?

- Fruit trees should fruit well this year as they fruit when stressed, such as in a dry season.
- Turmeric is best planted in spring, but still now.
- Yakon is ready to harvest when the flower wilts, the plant dies down, like garlic – can be bandicooted! (dig some up and try it).

Q. 6 When should we plant green manure crops?

- Spring and summer, now. Chop when it's about 25cm tall, and soft and sappy, then dig in straight away. Then leave one month before planting in, once it's mostly broken down.
- Can throw all your old seeds together, eg peas – leguminous, nitrogen fixing – although traditionally for colder months. Also mustard seeds, rye, cow pea, sunflower seeds, wheat, lupin (winter crop) all good. One packet per garden bed – approx. 3m x 1m.

Q. 7 What recommendations are there for mulching?

- Do not mulch much in winter – the soil needs the warmth of more direct sun. Mulch 3 months December – March.
- Vegies require bacterial soil; fruit trees require fungal soil – mulches create fungus.
- In nature, mulch is not as deep as we put on our soils, so not too much, a thin layer of dried not fresh cuttings is enough – prunings, cuttings, etc, even leaves are good as they break down easily.

Q.8 What causes tangerines to split?

- Drought produces a large crop as it is stressed, and then a lot of rain causes splitting.

Q. 9 Roger asked when limes are ready.

When the skin smoothes out, there is less pitting, and they're slightly yellow. If you half twist, fruit should come away from the stem easily.

Karen Hart's Questions & Answers

Q. 10 When are avocados, mangoes, custard apples ready?

- Turn the fruit upside down, and bend the stem, and it should come away easily; with avos the stem changes colour, so good observation helps. Sugarbaby Watermelon is ripe when the stem turns brown – slap it, and it should sound hollow.

Q. 11 Jill had an 'onion' that she wasn't sure about.

- Maria thought it was a young garlic!

Q. 12 Someone has a passionfruit that is 12 months old and grown against a fence with a fantastic crop. They asked if it fruits twice yearly.

- With good luck and lots of watering! Purple Panama has produced huge fruit even though it's been a dry season.

Q. 13 Marie Rudd brought in a plant which was identified as a wild tobacco plant – an environmental weed, with a stinking smell, leaves can be itchy.

- Advised to dig it up and get rid of it!

Q. 14 Maria mentioned that the crows have been eating the crops – Paul has been using a sling shot, but they have learnt to stay outside range!

Ten Reasons for Growing Flowers

1. They attract predators that will help kill the pests in your garden
2. Flowers such as sweet peas can fix nitrogen and help fertilise your garden
3. They make the world more beautiful!
4. Flowers lead to seeds – to replant your garden
5. Flowers hide the shapes and scents of your vegetables, making it hard for pests to find them
6. Flowers such as chamomile, borage and fox-gloves appear to make the plants they grow with more vigorous
7. You never feel poor if you have bunches of flowers to give away, and masses through your house
8. Flowers can help weed control: marigolds repel couch grass; dahlias will stop grass intruding into your garden; a thick crop of poppies will help clear up weeds; cornflowers stop some weed seeds germination; thickly sown sunflowers will stunt weeds and choke them out
9. Anyone smiles if you give them flowers!
10. Most flowers have "cottage kitchen" uses. You can eat them, make wine with them, make calendula ointment if you cut yourself in the garden

Feeding on Flowers:

The division between flowers & vegetables is fairly arbitrary – many vegetables are beautiful, especially when they go to seed. The blooms of both flowers and vegetables can be eaten:

Prostate Awareness Twin Towns & Tweed Coast

Just a click away:

www.prostateawarenessaustralia.com

or contact Ross Davis for more info:

rossco12@bigpond.com

- Grow masses of amaranth. Eat the leaves and seed; enjoy the flowers
- Enjoy the blooms of Jerusalem artichokes, tea camellias, coffee, pomegranates, apples, cherries, pears or the bright orange winter citrus fruits
- Try stewing poppy leaves like silver beet or, for a bright and natural colour, try pounding poppy petals in your icing
- Stew rosehips with sugar to make rosehip syrup, which is nicer than most cordials
- Stuff hibiscus flowers with leftover rice and stew them in stock, or sautee them in butter
- Use violets for flavour and sweetening in a baked custard instead of sugar and vanilla (bruise the violets first)
- Chop a few nasturtium leaves into a salad, or pickle nasturtium or broom buds for use instead of capers
- Scatter primulas into your salad
- Use orange or lemon blossom instead of vanilla
- Make jam from elderberries or rosehips
- Gather poppy seed for cakes and bread
- Use dianthus (clove pinks) or carnations for flavouring instead of cloves and cinnamon

Source: The Wilderness Garden, Jackie French

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Horses + Grass = Seeds = Grass !!

We have often been told to be careful about using horse manure in our gardens or compost bins due to the fact that there may be "foreign" seeds included in manure. I came across an old bag of manure that had been hiding behind the trailer, and when I opened it up, I suddenly realized that the advice had been good.

Even the chooks couldn't believe it !!

From Diane Kelly



Missing Lib

As discussed in recent meetings a large number of library items have been found missing since semi-registered during any of the stocktakes so have been missing for at least 1 year. None of the items

Please look through the list in case anyone can throw any light on there whereabouts, and have a look

Section	Author	Title
PRINTED MISSING LONG TERM (>1year)		
Animals	MACKENZIE Tony	A small place in the country
Australiana	BEEK Marian	Wild flowers of South Australia
Companion Planting	ALLARDICE Pamela	A-Z of companion planting
Compost	ALLAN Jack	How to make compost
Compost	ALLAN Jack	Organic guide to composting
Cooking and Foods	GELB Barbara	Dictionary of food - what's in it for you
Cooking and Foods	Readers Digest	Home made, best made
Environment	COLEBY Pat	Natural farming and land care
Environment	DALE Anne	At the edge: sustainable development
Environment	GRAY Allan T	Forest friendly building timbers
Feng Shui	SATO Gunther	Feng shui for your garden
Flowers	CREASY Rosalind	The edible flower garden
Flowers	IMES Rick	Orchids
Flowers	MADDOCKS Cheryl	Creating a cottage garden
Flowers	MADDOCKS Cheryl	Creating flower beds
Flowers	MATTOCK John	Roses
Flowers	SEYMOR? Jacqueline	Wild flowers
Fruit Growing	ALEXANDER D McE	Grafting & budding fruit & nut trees
Fruit Growing	BROWNLEE Peter	The kitchen garden
Fruit Growing	KLEIN Maggie	All about citrus & subtropical fruits
Fruit Growing	RADKE Peter & Ann	Growing australian tropical plants
Fruit Growing	SEARLE Allan	Fruit-berries
Gardening	BECKETT Kenneth	Annuals & biennials
Gardening	BURKE Don	The lazy gardener
Gardening	CHEERS Gordon	500 popular vegetables herbs fruits
Gardening	COURTIER June	Indoor plants essential guide
Gardening	DEANS Ester	Ester Dean's gardening book
Gardening	STACKHOUSE	Vegetable gardening
Gardening		1000 handy gardening hints
Gardening		The complete gardening companion
Genetic Engineering	ANZFA	Genetic engineering folder
Genetic Engineering	POLLAN Michael	Playing god in the garden
Genetic Engineering	POLLAN Michael	Playing god in the garden

Library Items

Automated stocktakes using the barcode reader commenced a year ago. Most of the items have not been returned and are listed as having been borrowed and not returned.

Check through your bookshelves in case any have accidentally ended up there.

	Barcode	Format	Publisher
	G01115X	Book	William Collins
	G01220P	Book	Rigby
	G01017	Book	Angus & Robertson
	G00971	Booklet	
	G00963W	Booklet	Seeing Green
u	G01209K	Book	Cassell
	G01049	Book	Readers Digest
	G00939A	Book	Grass Roots
nt in the 21st century	G01158N	Book	UBC Press
	G01018	Book	Earth Garden Books
	G00950M	Book	Hermes House
	G01090	Book	Peripus
	G00952P	Book	Quintet Publishing
	G00945W	Book	Doubleday
	G01007	Book	Doubleday
	G0951N	Book	Quintet Publishing
	G01021	Book	Crescent
	G01053	Book	CSIRO Publishing
	G00960N	Book	Murray Publishers
	G01019	Book	Ortho Books
	G01033	Book	Frith & Frith Books
	G01194N	Book	
	G00996	Book	DoubleDay
	G01001	Book	Horwitz Grahame
& nuts	G01052	Book	Random House Australia
	G01155K	Book	Readers Digest
	G01014	Book	(photocopy of book)
	G01031	Book	Octopus Australia
	G01167N	Book	Collins Glasgow
	G01070	Book	Womens Weekly
	G00964X	Leaflets	ANZFA
	G00966A	Leaflet	New York Times
	G01039	Article	New York Times: Sunday Magazine

Continued over page...

Missing Library

Section	Author	Title
PRINTED MISSING LONG TERM (>1year)		
Health	CARTER Dr Warwick	1001 Medical questions and answers
Health	ISSACS Jennifer	Bush food
Health		Get well soon
Herbs	Aust. Gardening Guide	More gardening with herbs
Herbs	BEDOYERE Charlotte	How to grow culinary herbs and spices
Herbs	WOODWARD Penny	An Australian herbal?
Herbs	WOODWARD Penny	Asian herbs and vegetables
Insects	GOODMAN Russel	Beekeeping
Organic Gardening	BENNETT Peter	Organic gardening
Organic Gardening	LOVEJOY Anne	Organic garden design school
Permaculture	MOLLISON Bill	Introduction to permaculture
Poultry	READING Dorothy	A guide to keeping poultry in Australia
Seed Saving	FANTON Michael	The seed saver's handbook
Vegetables	CREASY Rosalind	The edible salad garden
Vegetables	DOTY Walter	All about vegetables
PRINTED MISSING SHORT TERM		
Bamboo	CUSACK Victor	Bamboo rediscovered
Environment	WEBSTER Joan	The complete bushfire safety book
Australiana	REID Alan	Banksias & bilbies
		Tropical Gardening Issue 28
DVDS MISSING LONG TERM (>1year)		
		A practical guide to worm farming –
	Mel Lynch	Understanding the principles of Soil
	Peter O'Hara	Looking after your health
	S.A.F.E.	Make your world a SAFE world today
	Knudsen & Allen	Eat your garden
	Alroc Mineral Fertilisers	Vitality for your soils
	Jane Edmanson	Jane Edmanson's guide to housepla
		Cottage Gardens
		Eat your garden – create a permacu
		The Mandala Garden
		Permaculture & Organic Gardening
	Elaine Ingham PhD	Critical Invisible Soil Fertility Solution ty Workshop (No 3)

Items (continued)

	Barcode	Format	Publisher
s	G01102N	Book	Hinkler Books
	G01098	Book	Landsdowne Publishing
	G01092	Book	
	G01074	Book	Charles Vella
es	G01023	Book	Simon & Schuster
	G00956Y	Book	Hyland House
	G01056	Book	Hyland House
	G01093	Book	Creative Solutions
	G01079	Book	New Holland Publishers
	G01112P	Book	Rodale
	G01022	Book	Tagari
a	G01042	Book	Viking Books
		Book	Seed Savers
	G01089	Book	Peripus
	G01024	Book	Ortho Books
	G01030N	Book	Earth Garden Books
	G01135A	Book	Random House
	G01110M	Book	Gould League of Victoria
	R14974M	Magazine	Subtropicalia Media Pty Ltd
part 1	G00974	DVD	Impact Worm Farm Qld
Fertility	G00975A	DVD	Wallaby Productions
	G00976	DVD	Wallaby Productions
y	G00976	DVD	Wallaby Productions
	G00978L	DVD	
	G00979M	DVD	Wallaby Productions
nts	G01062	DVD	
	G01099	DVD	
ture oasis	G01127J	DVD & Booklet	
	G01128K	DVD	
	G01218K	DVD	
is Revealed - True Ferti-	G01248N	DVD	

The Garden in March From Diane Kelly

March can often be a wonderful month in the garden.

The humid heat of late summer still exists, but the mornings are fresh and the trend is toward cooler days. Autumn flowers such as salvias, sedums, zauschnerias and penstemons join chrysanthemums, dahlias, heleniums and zinnias. There are peaches, plums, apples, hazelnuts, figs, grapes and masses of vegetables to harvest and perhaps store over the winter months, or prepare for the freezer. After the (relative!) lull in activity in the garden over summer, there suddenly seems to be a lot to get on with.

March at a Glance:

- Start clearing autumn debris to prevent pests and diseases overwintering
- Start planting new trees, shrubs, climbers, annuals and perennials
- Move evergreen shrubs
- Take hardwood cuttings from roses
- Begin dividing overgrown perennials
- Support tall late-flowering perennials
- Stop feeding trees and shrubs in containers
- Plant spring-flowering bulbs
- Sow spring-flowering biennials
- Plant up containers with spring flowers
- Sow or turf new lawns
- Scarify and aerate established lawns
- Net ponds to keep out autumn leaves

- Harvest marrows and the last zucchini, and many other vegetable crops
- Plant out spring cabbages
- Plant lettuce
- Sow onions
- Continue to harvest apples, pears and other fruit, and pick autumn-fruiting raspberries
- Reduce watering and ventilation in the greenhouse
- Clean shade house or greenhouse before winter
- Start to prune shrubs when the flowers are over
- Sow annuals to flower in winter and spring

Climbers:

Deadhead climbing roses to ensure a perfect autumn flush of flowers. Snip the stems back to a full set of leaves rather than just the spent flower head. Prune repeat-flowering climbing roses derived from modern roses in winter like other roses. However don't cut back canes of climbing sports in the first year, or they may revert to their shrub forms.

Sow climbing sweet peas now for a quick, colourful screen to hide utility areas, or as a background to the vegetable garden, or to make a wigwam cubby for the children. Run a trellis for sweet peas north to south, so that the vines receive as much sun as possible.

Gardener cooks in warm climates can grow the climbing vanilla orchid, which produces those delicious vanilla beans. The pods are harvested when yellow and unripe, the vanilla flavour only develops during the cutting process when enzyme activity turns

Neil's Mini-Talk: a Book Review By Jill Barber

Neil Ross brought along his tomes, *Farmacist Desk Reference*, *Encyclopedia of Whole Food Medicine Volume 1* and *Volume 2*, by Don Tolman, and they were very impressive.

Together, they are a reference for health, describing the spiritual nature of growing plants and the interaction of medicine and plants. They include Tolman's philosophy of whole food medicine, as well as the atomic structures, the biology of plants and how they relate to or can benefit us.

Tolman, Neil informed us, has made a number of trips over from the U.S., holding seminars to introduce his ideas and promote his work, and will be coming again in February or March of this year. Having studied ancient cultures and their survival, he doesn't believe in any pharmaceuticals, just fruit and vegetables. He spent 25 years in the U.S. promoting his approach to health, and his organisation was previously called "The Brain Garden", which some of us recognised.

Apparently there is also a third volume, about the seven body systems. Unfortunately, the books are no longer in print (they used to cost \$270), but a DVD of them is available, at \$70 for a UBD stick containing them. Or you can go online, and discover that "Don Tolman's masterpiece has been broken down into **12 exciting E-books** that can be purchased as an E-Publication or E-PDF". According to the website, the wisdom contained in these volumes "can heal your body and prevent modern escalating diseases such as Cancer, Heart Disease, High Blood Pressure, Diabetes, Osteoporosis and so much more..." The website tells us that, "the FDR no doubt will become a hand me down heirloom...", and they could well be right. They are very handsome volumes, well worth the look.

Where Truth & Health Lies with Don Tolman

Following the book review and discussion at our January club meeting, Bruce Kelly has sent in the details of when Don Tolman is doing his presentation on the Gold Coast:

Don Tolman
Raddison Resort
Palm Meadows Drive
Carrara

Date: Sunday 24th February 2013
Time: 9.00 am to 12.00 noon

To make a booking, go to www.fortuneevents.com on the internet and select "events".

If you would like to know a bit more about Don Tolman and his presentations, you are welcome to call Bruce on (07) 5534 4047.

Implementation of Fruit Fly Program By Justin Rogers

Being new to fruit farming it was with some trepidation that I decided to implement Richard Bull's MAT Fruit Fly Program.

My mother, Jerry Rogers owns a 5 hectare exotic tropical fruit orchard in the Tallebudgera Valley. She grows a wide variety of fruit trees including Jaboticabas, Black and White Sapotes, Abui, Dragonfruit, Madrunos, Brazilian Cherries, Yellow mangosteens, Grumichamas, Finger Limes, Mangoes, Macadamias, Jakfruit, Hogplums, Wax Jambu, Giant Lau Lau, Purple Star Fruit, Carambolas, Quince, Fig, Ramontchi, Pineapple Guava, Sandpaper Fig, Tamarind, Ngami Cumquat, Pomello and a various other citrus. The trees fruit at different times of the year

and many of them are fruit fly susceptible. Jerry had not had a lot of success over the years trying to control the fruit fly despite diligently employing a labour intensive process which involved replenishing and cleaning out fruit fly traps.

So it was with great interest that I attended Ricahrd Bull's talk last August at our Orgainc Growers meeting. Richard's 4 step process [1. Monitoring FF population with two or three traps; 2. Hanging amulets every 25 metres (and replacing them every 3 months); 3. Spraying tree trunks every 10 days with a protein bait spray (PBS); and 4. Picking up rotten fruit (ie practising orchard hygiene)] seemed pretty straight forward and let's face it, we had nothing to lose.

Now after just 6 months of using Richard's program we have had much better results – less fruit fly and less fruit affected by fruit fly. This is particularly so with our crop of Brazilian Cherries which used to be riddled with them but before Christmas was fruit fly free! – Just ask Roger the jam maker who harvested the crop for jam.

Whilst the 4 step process may appear a little labour intensive, it isn't really. To hang the amulets in our orchard takes about 2 hours. Then once every 10 days I stroll around the orchard around sunset with PBS spray bottle in one hand (and cocktail in the other!) and give each tree trunk 3 or so squirts. The spraying takes about 2 hours and encourages me to get up close and personal with the trees!

And there is always a little something to surprise me – the delicate white petals of saba nuts flowering, golden tear –shaped orbs of ripening yellow mangosteens; deep red waxy buds of the Giant Lau Lau, or even a stray chook egg nestled underneath the pomello. I never imagined that pest control could actually be an enjoyable experience!

Justin Rogers
17.1.2013

What to Do with Fruit Trees in March

Custard apples: Irrigate well. Get ready for harvest.

Figs: Pick fruit when mature every two days.

Lychee: Mulch trees. Peak water needs. Prune trees so 20% sunlight can be seen on ground under trees. If Erinose mite is a problem, spray with wettable sulphur every 10 to 14 days from pin head size new growth to fully open, and harden off.

Low chill stone fruit: Moderate water needed.

Mango: Prune trees after harvest. Spray with copper based spray or leaf microbes for anthracnose every fortnight.

Pawpaw: Plant out seedlings as the soil is still warm and by Autumn they will be stabilised, and then be ready to get an early start for Spring.

- Pawpaws are heavy feeders
- Plant pawpaws in threes (thin out to strongest)
- De-bud your first year trees (keep one flower to try the fruit – if you must!)
- Keep one male to eight female trees

Persimmons: Pick fruit when fully ripe

Strawberries: Prepares sites for runners to be planted out at the end of the month.

Bananas: Fertilise with organic fertiliser with sulphate of potash – 1 kg per stool. Keep up water. Bag fruit and cut off bells.

Citrus: Fruit thinning should be done this month. Leave one fruit every 150mm. Keep up the water.

*Queensland Planting Guide
- Brisbane Organic Growers*

What to do in March From Diane Kelly

What to do in March:

This is one of the months in which you make it or break for Spring. It is an important time of the gardening calendar, so plan and plant now.

No garden, no matter how large or small, should be without strawberries. Even if you don't eat them, your visitors will! Grow them in pots, tubs, baskets or beds, and this is the month to begin. They love well-rotted animal manure, compost, lime, ashes, heaps of mulch and liquid fertiliser.

Cut the runners from last year's strawberry plants and re-plant, give away, or compost. Divide old clumps, if necessary. Top-dress the bed with manure, compost, lime and mulch. Strawberries love a coat of pine needles, if available.

Vegetables:

Among the vegetables to be planted for winter and spring is the unpretentious onion. Early crop seed can be sown now, but plantings can continue through to the end of June. Onions will grow under a great variety of conditions, but particularly like our moist, warm climate.

Grow from seed in boxes or sow direct and thin later. Onions do not like root disturbance and after transplanting, thinning or weeding, give a moderate-strength feed of liquid fertilizer to compensate for the shock. Mulch between the rows, for weeding onions is not the most entertaining garden chore.

Pea planting can begin now and as most gardeners know, there are few more delicious tastes than the first fresh-picked peas. Climbing peas, dwarf peas and snow peas – all can and should be cultivated. Bear in mind that they actively dislike proximity to your onions, garlic and shallots.

Plantings include: beetroot, Brussels

sprouts, cabbage, carrots, cauliflower, leeks, onions, peas, radish, silverbeet, spinach, tomatoes and white turnip.

Flowers:

Sweet peas – lime and organic matter, raked into the top of sandy soil and dug into heavy soil, will suit these flowers. Give them a sunny, sheltered position. Climbing sweet peas need a trellis, as they reach a height of over two metres. But there are semi-dwarf and dwarf varieties which don't require support.

Plantings of calendula begin March and continue until early winter. Grow from seed or seedlings. Bedding, borders or clumps – they are hardy, easy to maintain and will self-seed. Sprinkle the petals in soup for good health, and they can also be used as an ointment or tincture to treat wounds.

Plantings include: bedding begonias, bulbs (many prefer April though), calendula, carnations, cornflower, foxglove, Iceland poppy, larkspur, Livingstone daisy, lobelia, lupin, marigold (French), pansy, poppy, primula, snapdragon, stock, sweet pea and viola.

Gardening on the Gold Coast & Thereabouts





VEGETABLES

FEBRUARY: Artichoke, Beetroot, Carrot, Celery, Cucumber, Eggplant, Endive, Lettuce (under shade cloth), Marrow, Parsnip, Potato, Pumpkin, Radish, Rhubarb, Shallots, Squash, Sunflower, Tomato, Zucchini.

MARCH: Beans, Beetroot, Broad beans, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Kale, Kohlrabi, Lettuce, Leek, Onion, Parsnip, Pea, Potato, Radish, Rhubarb, Shallots, Silverbeet, Strawberry, Tomato, Turnip.

HERBS

FEBRUARY

Annual: Amaranth, Basil, Dill, Herb Robert, Misome, Mizuna, Nasturtium, Italian parsley Rocket, Giant Red Mustard, Salad Mallow.

Perennials & Bi-Annals: 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, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

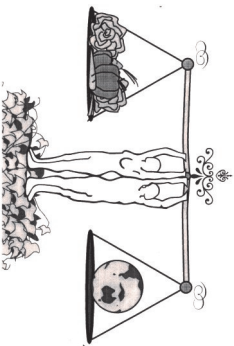
MARCH

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.

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 21 March 2013