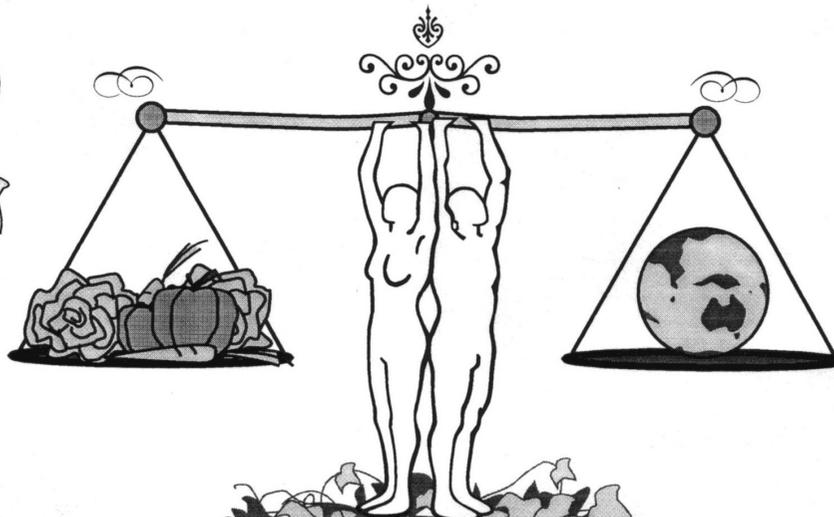


GOLD COAST ORGANIC GROWERS Inc.



NEWSLETTER

Volume 13 July 2010 Issue 7

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OUR NEXT MEETING: Thursday 19 August

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 send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

Seed Bank: \$1.50 ea.

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 - \$1ea or 3 for \$2

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

Advertising: \$10 an issue, or \$100 for 11 issues (1 year).

Newsletter: contributions welcome by post or email (preferred). Please send to Dorothy at webprint@onthenet.com.au
Please put [GCOG] in email 'subject' box.

2010 Committee

<i>President</i>	Maria Roberson (07) 5598 6609 405 Piggabeen Rd, Currumbin Q 4223
<i>Vice President</i>	Ross Davis (07) 5599 7576
<i>Treasurer</i>	Diane Kelly (07) 5522 7444
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<i>Librarian</i> <i>Library Assistant</i>	Heather Ryan (07) 55344047 Pauline Behrendorff
<i>Seed Bank</i>	Peter Seymour-Smith (07) 55965678
<i>Seed Bank Assistant</i>	Graham Boyle

Thanks to other contributors:

Roger Griffiths, Patti Barton, Rebecca Bowen, Lise Racine, Ross Davis, Diane Kelly, Steve Dalton, Elizabeth Dolan & Dorothy Coe.



Notice Board

Membership Renewals

Overdue: Inge Light, Mark Raynham, Barbara Talty, Margaret Reichelt, Kym O'Connell, Gerard McCormick, Marco & Kathleen Berton, Clive Canning, Karen Auchere, Lise Racine, Ross & Helene Kelso, Peter Seymour-Smith, Jan Wright, Elizabeth Dolan, Chris & Dorothy Winton, Debbie Jones, Ron Campbell

July: Ian & Margaret Lee, Liz Spittal, Renato Morandini, Patricia Barton, Peter & Jan Fleming

August: Shelley Pryor, Warren & Beverley Carlson, Murray Oliver, Dorryl & Rita Mahon, Gene Rosser, Tony & Jane Hall, Gordon & Dorothy Singh, Wolfgang Dempsey, Fraser & Kerstein Trueman, Peter & Leanne Dickfos, Jacqueline Zantiotis, David Novakovic, Hermann Vorster, Jill Barber, Justin & Vanessa Sharman-Selvidge, Leah Galvin, Geoffrey Williams

Welcome new member: Cathy Hodge

Guest Speakers

July: Bonni Yee on Bio-Char
Aug: Donna Fisher on Dirty Electricity
Sept: Q & A
Oct: TBA
Nov: TBA

To view and contribute content to the Gold Coast Organic Growers website please visit: www.goldcoastorganic.com

Upcoming Outings

Where: Eco Village, Currumbin

When: Sunday 25th July

Time: 10.30am - 2pm

Lunch: BYO picnic lunch

Visit 5 home gardens of GCOG members living in The Eco Village.
 Hear about the construction of their sustainable homes.

Meet at 10am at the car-park adjacent to the first roundabout in the Eco Village.

Walk to three gardens on the Creek flats, break for a picnic lunch, then walk or drive to two gardens on the Valley Terraces.

The Eco Village at Currumbin is on Currumbin Creek Road, 5.5kms inland from the Stewart Road turn-off from the M1.

Contact on the day:
 Roger Behrendorff: 0428 735 273

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Winter: Saturday 7th & Sunday 8th August

Spring: Friday 1st to Sunday 3rd October

www.tmbotanicgardens.org.au



Miami Organic Farmers Market

Where: Miami State High School
2137-2205 Gold Coast Highway, Miami
When: Every Sunday, 6am to 11am
Contact: David Whyte
Telephone: (07) 3358 6309 or 1300 668 603
Email: info@gcorganicmarket.com

**To cultivate one's garden is the
politics of the humble man.**
(Chinese Proverb)

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products or services here.**
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Tali Filip on
0402 438 563

NaturallyGC Program

Gold Coast City Council's NaturallyGC Program has some great activities running throughout the year, many of them of interest to organic gardeners.

Remember: Bookings are essential. Places are strictly limited and the program is not able to accommodate people who turn up on the day. Call (07) **5581 1521** for information and/or to book your spot.

Indigenous bush foods and medicine

Presented by Jan Sinclair, Mother Nature's Bush Tucker

Ever wondered what life was like 200 or even 200 years ago? Come and experience how the Indigenous people of the Gold Coast utilised local plants to survive. Activity suitable for ages 12 and above.

When: Saturday 31 July 2010

Where: Burleigh Heads

Time: 10am to 12pm

Edible gardening workshops

There are a series of organic edible gardening workshops across the city.

Learn the basics of setting up a vegetable or herb patch and enjoy growing without the use of chemicals, using recycled, local and organic materials. All workshops are designed for the beginner gardener and will have you on your way to growing your own edible garden in no time.

Bookings required. For bookings please email Leah on leg30@hotmail.com. To find out more call 0406 897 195.



For those of you that make Kefir yogurt, cream, butter and sour dough bread, go to www.rejoiceinlife.com



All in the Family

Petunias, *Petunia hybrida*, are members of the Solanaceae or nightshade family, which means they are closely related to potatoes, tomatoes and capsicums.

Like these vegetables, petunias come from South America. The name petunia is taken from the Brazilian word petun, the name for the tobacco plant, another close relative in the Solanaceae family.

Do not grow petunias in beds where you have grown other plants from the same family group because pests and diseases can build up.



Life Changing Documentaries, Workshops and Seminars

SCREENINGS

Nothing scheduled yet.

WORKSHOPS/SEMINARS

COMPOST, COMPOST, COMPOST

Sunday 18th July

12 Benaroon Crt, Tallebudgera
9am-12noon —\$45.00

Biodynamic Farmer, Lise Racine and Permaculturist, Chris Piper are running their fabulous Composting Workshop again!

The Workshop will include the following:

- the principles to create a good quality compost in your backyard
- different methods such as cold composting, hot composting, using plastic bins, open bins and free standing heaps.
- how to use your food scraps to create "black gold" for your garden without smell, slime or flies
- the different ingredients that can enter into compost making.

Some attendees can get involved by participating in building a compost heap and we will conclude with question time and some nibbles.

Bring a bucket of scraps, a fold-up chair, a hat, some water to drink and a pen & paper.

Lise Racine owns 2 acres in Tallebudgera, started the process of Bio-Dynamic certification for the land in 2005 and has been fully certified since 2008. She focuses on growing a variety of seasonal vegetables for her family and sells the surplus. She is also establishing medicinal herbs throughout the gardens and is currently completing a correspondence course in herbalism. Through her organic/biodynamic practices Lise has experienced different composting methods over the years.

Chris Piper has been following the development of permaculture with Bill Mollison from the beginning in the late seventies, and completed his Permaculture Design Certificate Course in January 2010 at The Channon with Geoff Lawton. Chris is interested in integrated living systems that combine shelter, food, water harvest and storage, energy collection and waste handling.

Order tickets via Eventbrite:
<http://compostcompostcompost-event.eventbrite.com>



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Jerusalem Artichokes

Confused identity: Jerusalem
artichokes are not artichokes,
and they have nothing to do
with Jerusalem. They are a species of sun-
flower, and native to tropical America. How-
ever, the flavour of the tubers does somewhat
resemble that of true artichokes. This was
first recognised in Rome, where the plant
made its European bow in 1617, and was
consequently named girasole articiocco
(sunflower artichoke), from which its present
name is thought to be derived.

Potato Patch is Poking by Roger Griffiths

Not having grown potatoes this way before it
was a thrill to at last see two green shoots
poke through the sugar cane mulch the other
day.

Over the weeks since planting I have drawn
back the mulch several times and found that
some of the Tasmanian organic seed pota-
toes had rotted. Not happy Jan!

Having tried the method as forwarded by our
membership secretary some months ago I
am being transformed into a fan of Peter
Cundle's potato growing method!

This is my potato story.

The mowed grass was sprinkled with blood
and bone, then covered with at least two
overlapping sheets of newspaper. These
were then wetted and so stuck together like a
giant sheet, and a thin layer of sugar cane
mulch was laid on the newspapers to keep
them in place. Onto this thin bed of mulch,
directly on the newspapers, the seed pota-
toes were laid in rows 30 cms apart, with
rows 60 cms apart. 21 potatoes in all!

Over the top of this I hung string lines be-
tween poles about 1 metre high at the ends
of each row. This was so I could tell where
the seed potatoes were so that I would not
step on them while adding more mulch.

Also added with the mulch coverings was
some manure and lucerne straw. After some
weeks I removed some of the mulch off the
potatoes in response to gardening club com-
ments to reduce the thickness of the mulch
until the shoots come. Then apply the mulch
around the stems. Having been taken in by
this method of growing potatoes I purchased
more from Bunnings and repeated all the
above in another area. Our potato patch is
poking!

**“Volunteers Needed”
Letter from Heather Mackay,
Nerang State School**

My name is Heather Mackay and I am the new edible garden teacher at Nerang State School. I see on your website that Leoni Hiles our co-ordinator has posted a notice of a working bee we had in June.

As from next week we will be commencing 4 garden classes per week with the 180 students in our program. To run our program (Stephanie Alexander Kitchen Garden) we require 4-5 volunteers per class.

Ideally volunteers would give us ½ to 1 day per week for one term (9-11 weeks). They would be working with children aged 8-12 to build and maintain our 800m2 edible garden.

They don't necessarily need to have all the answers... actually it's a great way to learn about gardening alongside the children.

If interested please contact me on 0411 622 448 or evenings on 07 55 333 973.

Thanks and regards
Heather Mackay
NERANG STATE SCHOOL

Seedy Stuff

By Patti Barton

Source: Megan Carter, Readers Digest

Seedy stuff

Sowing your seeds in trays or pots?

If you are planning to pot them on into larger containers after the first leaves (cotyledons) have formed then you don't need rich soil. In fact half sand half soil and compost is fine because they get most of their nutrition from the seed itself. Don't use ordinary garden soil as it will become too compacted and anerobic for little seedlings as they don't have the roots to break it up yet.

I'm too busy/lazy to pot on, I usually sow seeds into rich soil with some sand, then may be water the seedlings with weak fertilizer such as fish emulsion, compost tea or seaweed extract. Also I often use the water in a large jug I keep on my bench filled with leftover tea, coffee, milk, rinsing's of fruit and veggie containers etc.

Watering once or twice a week is usually sufficient once the seedlings have produced their second lot of leaves and more, then transplant into garden when good and strong and hardy. With bigger seeds, they get poked straight into the soil.

Although peat is wonderful for seed mixes and compost, avoid buying it as there is now deep concern about the depletion of peat bogs and the flora and fauna that habitate them.

Still more seedy

Make sure your soil mix is porous, but do tamp the soil firmly in your seed trays, pots or garden before you sow seeds. When new seedlings grow they need a firm hold without air spaces around their roots. If your soil is too loose your seedlings are liable to fall or blow over.



A Beautiful Aphid Fighter

Phacelia tanacetifolia, with its spectacular lavender-blue flowers filled with nectar is almost too pretty for its common use as a living mulch. It is a magnet for beneficial insects including native and honey bees, and predators of aphids. For this reason it is often planted around tomatoes, lettuces and roses.

My new Esther Deans' No-dig Garden

By Patti Barton

<http://pattibarton.homestead.com>

I moved to this bush acre in Elanora a year ago, to help with my grandkids. I left a lovely 7 acre hobby farm in the Tweed Valley, near Stoker's Siding. Alone, in my mid-sixties, mowing the ever-green hills was daunting on the ride-on and I couldn't always find a cow farmer with a few head to eat my grass. I miss the beautiful rolling fields and great views from my home on its high vantage point.

But here I live now beside acres of bushland a few minutes from The Pines shops. The country is steep with terraces and it's pretty infertile and hard to work. On a hill near my cottage, occupied at first by a huge brush turkey mound, I set up my 'no-dig' garden. I'd attended a lecture by Esther Deans, in her amazing backyard in St Ives, when I'd lived in Sydney in the late '70s. She and her colourful little book were an inspiration. I even use the pendulum which she taught us about that day (for her, a peg and a blade of grass). I get many garden and 'life' questions answered easily and pretty accurately with my crystal on a chain.

In late May my friend Carlos helped construct my vegie patch on its barren hill top. It's a bit shaded by huge gums but gets 5 or 6 hours of decent sunlight even in the winter. After the beds were built and pavers laid between the boards (both obtained fairly cheaply from the building demolition yard in Burleigh West) down went layers of newspaper, straw, Lucerne hay, some chook poo, and another layer of straw.

Seeds were planted straight into rows of compost (so good it's edible) which I'd been preparing for months, and seedlings (from the store in Mount Burrell) were each planted in a handful of compost, and the seed spuds from the Currumbin Produce merchant were dropped between the first two layers, just below the Lucerne.

Well, it's a few weeks later, and we're tucking into gorgeous Bok Choi, lettuce, rocket and several herbs with many other crops growing rapidly. Thanks to info at the last meeting I learned I shouldn't have watered the spud's patch until they'd surfaced, so I guessed I'd lost them. However, they soon poked through the straw and are powering away!

A problem with the straw are grains volunteering themselves, but they're a good activator weed in the compost heap. Otherwise, I'm pretty pleased with my No-dig garden for winter crops.

The kids love it too, aged 4 (Lily) and 2 (Sam). They know to ask the plants if they need food or water etc. and this morning Lily told me a large lettuce asked to be picked so it could go inside us and walk around like a person. Sam just orders them all to grow up! He runs up and down the paths yelling, "Uppie! Uppie!".

As the "talk to the plants" researcher, Cleve Baxter, proved in the '70s, all plants respond to positive attention, and I reckon they also LOVE kids.

Here's some shots from the garden today (7th July)



The Bride Garden



Bok Choi, Cabbage, Sweet Peas



Spuds through at last!



Lettuce, Rocket, Capsicum, Cabbage

My mum said to use honey for bee stings

by Roger Griffiths

I read the hint about dealing with bee stings in May's issue of the newsletter. Well here is a story and a helpful hint which I find very effective and I regularly apply it for my own bee stings.

Yes, I have 4 beehives and have kept bees since 1981. It is simple and it works for me.

It all started in the Welsh hills during World War 2. As sugar was rationed my parents had the idea to create their own sweetness by having a beehive, and the rest of their story is history.

Decades later my widowed Mum visited Australia and taught me that a bee sting should not be squeezed but scrapped off the skin, instantly with a finger nail. The reasoning behind it is that the bee sting that is attached to our skin is also attached to a miniture syringe" that keeps on pulsating and pushing more venom into you for some time after the bee has been detached from its sting!

Hence the urgent advice to remove the "syringe" immediately, by scrapping and not squeezing it out between two fingers.

It is easy to understand that the action of squeezing out the sting will only tend to drive more venom into your body.

Now here's Mum's trick! After the sting has been scrapped off then apply a dab of the bees' own honey to the sting spot and in minutes the pain is gone and the swelling is as good as zero.

It is simple and it works for me using my un-processed honey. I'm grateful to my Mum for this tip and I hope you will be too!

Winter in the garden

By Ross Davis

Well here it is just 7 weeks from spring. Not correct I hear you say. Well here on the coast Spring begins in August. That when the ground starts to warm up and all those pests start to hatch and make holes in your prize plants . So now is the time to get all the Winter seedlings growing .

All the Cabbage family, Broccoli, Cauliflower, Cabbage, Kale, Sliver Beet. In about 4 weeks start some dwarf bean seed off in a hot box when the seed shoot u can transplant them into your special warm place that will keep them growing and you will have early beans.

My Cabbage , Savoy, Sugar Loaf, and Red Express, are all growing well. The Broccoli are producing heaps of lovely crisp clean heads. The first 3 punnets of Cauliflower that I brought from Bunning's are amongst the worst I have grown. I cannot get good Cauliflowers like I used to. Out of 18 plants I will be lucky to get two Cauliflowers.

The second lot that I have planted are growing well now but do not look promising and I shall have to give them more food.

I have had Green Feast Peas producing half a bucket at a pick amongst the best crop this year. My Dutch Blue Peas are coming into flower and one plant has pods. Broad beans are flowering.

Potatoes

Most Potatoes are up in different stages. Some still under ground, but nice health shoots in the soil still. I planted 1 kilo of Sebago early to get the spud patch started. Out of the 1 kilo, 3 seed went rotting in the ground.

My Dutch Creams are all growing and only 5 went rotting in the whole block of 5 kilos. We like Pontiac potatoes they are good baked

whole in the oven and they grow quicker than most other varieties, I went to Bunnings because they were the only place I could find Pontiac seed, well at \$9 a kilo they all need to grow. There was 10 spud in the 1 kilo pack.

However I am pleased to report that they are all growing and just through the ground now, with lots of healthy roots under the one I checked. I planted Pontiac into all the spaces where the Dutch creams and Sebago went rotten. Why did they go rotten? There are always some that seem to rot and if the soil is too wet it helps to send off more than normal. So don't water too much, the ground should just be damp, check it with your finger.

After the spuds are up you can water more, but again you need to make sure that you do not get the soil too wet, it's easy in the winter to OVER WET THE GARDEN.

Carrots, Parsnips, & Beet root

You can sow beet root and carrots now; but parsnips I think may be too late as they like a long slow cold winter and need to be well established at this time of the year.

Sow carrots now—it's about as late as you can sow them and get a good crop.

Beet root like cold weather and we need to have them in this weekend otherwise is too late.

Tomatoes

I have grown the biggest and best tomatoes in June for three years running. The largest this year is a BIG BEEF; Yates seed 760 grams and now a Big Boy of 798 grams.

My daughter brought me some tomato seed , four varieties in the one packet "Taxi" and lemon yellow "Brandy" a orange yellow "Black Tulsa" a Black burgundy "Striped Zebra" a striped green tomato. I have planted

two, (outside against the fence) of each variety to test them. Plus two "Big beef" & Two "Big Boy" all outside to check the results against the Hot house tomatoes.

More on Tomatoes By Ross Davis

June/ July are the best time to grow good tomatoes here in my garden. I have two heat sinks helping me. One is the 5 acre fresh water lake jus by my garden and the other is the tidal river on the other side of my garden.

At this time of the year there are fewer pests around to eat them. So if you do not get frosts or have sheltered Micro climate in your garden Plant your tomato seedling in on the 4th March (from my diary) and you will get a winter crop of tomatoes. The photo is of BIG BOY tomatoes.

798 grams picked June 28th 2010



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Use a Balloon on a String

If you want to see where the shadow of a tree you intend to plant will fall, and do not have stick long enough to represent the tree's eventual height, use a short stick, a length of string and a helium balloon.

Measure a piece of string equal to the height of the mature tree, minus the length of the stick. Thread paper onto the string to increase visibility. Tie the balloon to one end and secure the other end to the stick, then note where the shadows of the paper fall. To prevent distorted shadows, do this on a day with no wind.

What a load of old rubbish!! by Rebecca Bowen



That's exactly what my No Dig is composed from – using any old rubbish & supplementing with additional materials as they become available.

I first checked out this alternative method of soil & plant production

following a MVA in 1994 which had me on crutches for almost a year.

Until that time I'd been a keen gardener at home and in the business with experience as a landscaping labourer, golf course maintenance, TAFE studies etc, at such places as Sanctuary Cove, establishing SeaWorld Nara grounds, Royal Pines Golf Course as well as major hotels and private homes.

No Dig is the ultimate LAZY GARDENER-very little physical exertion, minimal cost (if any), excellent recycling opportunities and such great results!

The only time you need to get down on hands and knees are to place the seedlings within the scooped out area containing the soil and lightly press down to maintain upright centered growing position.

INGREDIENTS:

- Newspapers – I check out the YELLOW Recycle Bin every two weeks & take the newspapers
- Leaves from the ground & gutters
- Grass clippings
- Any road kill
- Tree pruning's
- Pony Club 'poo
- Cat fur (x 2)

- Vacuum cleaner contents
- Worm tea from my SWAG
- Charlie Carp etc
- Weeds that have been placed in plastic bag to rot down etc – things that otherwise are dumped or can't be composted

Regular cutting back of my purple Fountain Grass provide an excellent green layer as required – seed heads are sterile so I don't have to worry about millions of plants

What doesn't get used in No Dig goes into the compost beds.

From early 2008, the entire garden (almost ¼ acre) had been under 40 bales of mulch whilst I figured out my next step.

Once a year, I buy 20 bales of sugar cane mulch, some chicken & mushroom compost, Charlie Carp well diluted to add interest to soil ecology/bacteria diversity/trace elements and minerals to my No Digs & Composting. But more often than not, my only expense is the mulch & Charlie Carp.

This year, I got Shredded horse poo with worm castings to go with my new SWAG from WORMTEC & some lovely worms from a very generous club member. They just luv living at my place!

METHOD:

- I start off with thoroughly soaking the newspaper (full up your wheelbarrow with water, diluted CC or worm tea or whatever you have available, pages fully -opened
- Overlap each successive page placement (about 10 pages thick) on the ground till the area is covered
- Lay down the next material layer, alternating each layer with 'green and brown' as available with watering in each layer (as in composting)

- Make a hole through layers till wet paper is encountered- place as much composted soil as you consider the plant requires to start growing
- Water in seedling & watch it grow!

My latest No Dig is as simple as making a hole down to soaked newspaper level, sugar cane mulch, green hedge trimmings from my Murrayas as the top layer and a scattering of mushroom compost. The veges are just jumping out of the garden and existing very happily in that mix and it took less than 20 minutes to do the entire thing. The most time was spent picking up the hedging to place as a layer. Also, not one bug in sight nor have they been watered since planting over two weeks ago!

NO DIGS CAN HAVE AS MUCH OR AS LITTLE MATERIAL AS YOU WISH TO APPLY.

I see people who spend big money on bags of 'Organic Garden Soil', Organic Compost, Blood & Bone etc, and spend hours digging over soil, leaving it to 'rest' or racing out to buy seedlings from Bunnings at exorbitant prices (usually too mature to successfully plant out). They then lose interest because 'it's too much for me -I'm past it, the plants died, or something's wrong with the soil'



DO YOURSELF A FAVOUR – DON'T YOU DIG YOUR GARDEN - GET IT TO DO THE HARD WORK FOR YOU.

Create a new growing environment from the ground up- not from ground level downwards. PLEASE..DON'T POISON OR PULL OUT THE WEEDS UNLESS THEY ARE OVERLY LARGE OR EXTREMELY ROBUST. The weeds spent a lot of time & energy utilising the soil to reproduce themselves- leave them to die and suffocate their seeds by restricting the available amount of light, moisture and pressure from the wet paper and material will do the rest. Consider all that goodness in the weeds as the first layer of your No Dig, the second is the saturated newspaper then whatever layers you have available.

Try a small area for starters on the most inhospitable ground and you'll be sold!

PAPER GROWING POTS

I have in my garden two Alex Palm beds that are unable to grow anything underneath them. What they do however, is provide me with lots of birdlife, berry & frond drop. The fronds material makes an excellent brown layer to add to my No Dig or Compost, whilst the central branch support is great for tomato, cucumber/pumpkin/watermelon/rock melon, (which I grow vertically) and pea & bean supports.

There's no soil-it's all decaying berries and bird poop. Even the weeds don't grow. BUT..because it's prime garden spot with good drainage and plenty of sun, this area has been my Herb Patch but this year it has become my most favourite patch and so productive.



(Contd.)

METHOD:

- Use three pages thick of newspaper folded over to make a cylinder with closed bottom & secure with tape
- Make as large or as small to hold a good amount of composted material and seedling
- Sit in large shallow container to soak in water with CC, worm tea or whatever fertilizer added
- Place in garden – my plants are no more than 12" apart – regardless of what they are
- Leave them to stand up by themselves in the paper containers till you have sufficient time or material to pack around for support.

I then pack around the growing pots with the Alex Palm material and one final watering they are on their own. I have one patch where I planted seedlings from the Market table 2 months ago. I made the pots using a large MILO TIN (750gm size). They are standing all by themselves without any supporting material, paper intact and seedlings well towards 12' tall. This patch used roughly ½ a barrow of quality material and that's it!

Check out the comments on the online photo gallery at (<http://picasaweb.google.com/steve.dalton/RebeccaSGarden>) to illustrate how successful and adaptable this method is. The most inhospitable patch can be turned into the most the most productive with NO COST, NO PHYSICAL EXHERTION WITH MINIMAL COMPOSTED OR QUALITY PLANTING MATERIAL.

A MAJOR BENEFIT OF THIS METHOD IS NO WEED GROWTH!

Because the only soil medium is extremely small and any water is applied by hand to the base of the plants within their paper planters, there's no room for weeds as the supporting soil in between the planters is pretty sterile.

It's surprising how long the paper stays intact without rotting away – the plants in the pictures are 2 month plus & I can still feel the paper when I scrape away the supporting material.

The combination of CC & composted material within the growing planter, has produced the most amazing change in the Alex material. Worms are active immediately in the vicinity but if I go even 6" away, there's nothing going on.



SAVE YOURSELF THE TROUBLE OF DEDICATED COMPOSTING BEDS

Don't let your garden control your life – say to it “this week I'm only spending ½ hr per day with you so get used to it”!

Forget pushing the wheelbarrow full of 'goodies', turning fork, damping down, covering up, getting sore & tired etc, it's time to get tough and say “this time you'll do as I say ands like it”!

Rather than waiting and trying to get that “ideal mix’ & wait for months before using your compost, put that layer of saturated newspaper down, layer upon layer of your material and the garden patch will produce a large area of extremely enriched soil while at the same time having the most productive garden ever by planting all through the patch in your little paper growing pots. Provided there aren't seed heads that require heating up, or too coarse material, each layer as it's applied and watered down will very quickly disintegrate and produce excellent en masse material, and be such a good weed suppressant!

Preparing for Spring
By Ross Davis

Here in the Tweed we consider August as the beginning of Spring. On the Gold Coast sea board, Spring arrives August. You need to observe how spring arrives at your home, it is different as you drive inland with the likely hood of late frosts catching you out.

Because Spring is the beginning of the BUG season you need to be one jump ahead. If you plant as soon as you can and make sure that your plants are growing fast and healthy the bugs go to the weak plants first. How can you keep your plant healthy? I hear you say. Compost, Seaweed solution, Fish emulsion all help. Try and keep the growing strength up and you can do this by making sure the moisture and food are at their best.

What to plant

You can plant all sorts of plants that grow well in the summer. It's better not to plant Peas, Garlic or Potatoes now as they like the cold weather to grow in. Peas seem to get mildew and it's hard to stop once it starts.

Zucchini

Zucchini seem to get mildew and I find if I plant as early as I dare the Mildew seems to hold off till the summer rains come and the mildew appears. This year I am going to try Milk mix as a spray to try and hold off the mildew. Tell me how you hold of the mildew in your garden.

Potatoes

Your potatoes should all be through if you live on the coastal strip. You need to keep them weed free. This can easily be done by hoeing them up regularly.

I have grown Sebago's, Dutch Creams and Pontiac. The Pontiac were expensive as I brought them through Bunning's, costing \$1 per seed it worked out at, but I hope to get over 1 kilo of potatoes from each plant, this kind of justifies the price. Next year my

contact in Tasmania will supply me with Pontiac seed potatoes as well as three other varieties. I intend to order early to give time for them to be freighted up to Qld.

Cauliflowers

Have you cut a cauliflower and noticed that the growing stem is hollow? This is a shortage of Boron and is common in my garden. I am going to get a foliage fertilizer spray to spray on and see if I can stop the problem ASAP this year.

Nutgrass problems? - Try molasses
by Lice Racine

Nutgrass (*Cyperus rotundus*) is the bane of many a gardener's life. It's one of the most difficult weeds to eradicate and even highly toxic chemical treatments aren't 100% effective. From the Dirt Doctor in the USA comes this suggestion for dealing with it organically - kill it with kindness. Drench problem spots with liquid molasses at ¼ to ½ cup per 4 litres of water. (Using warm water will make it easier to dissolve the molasses). Start by applying about 4 litres of drench per square metre. This simple technique is supposed to fire up the microbes in the soil and cause the nutgrass to fade away. It takes a while to work and requires at least 2-3 applications. As opposed to toxic chemicals, it makes the soil healthier with every application. Here's an interesting report from one gardener who tried it.

"You suggested that we use molasses to stop nutgrass. We tried it and it did not kill the nutgrass. Thought I had made a mistake until I dug it up and lo and behold - NO NUTS in the nutgrass. The molasses stopped the development of the nodes that stay in the ground when you pull up the plants. It worked! Just thought I would pass that discovery on!"



**Soap Nuts - The magic of nature
(Sapindus Mukorossi)
By Dorothy Coe**

How would you like a 100% natural cleaner that grows wild in the Himalayas and has been used for centuries in India, China and Nepal. It's even on supermarket shelves in Europe and it's cheaper than chemical alternatives.



Simply place a 3-4 of these amazing soap nuts into a small wash bag and throw them in with your washing.

They will leave your laundry clean and fresh for around 6 washes, no need for any other cleansers or fabric softeners. At around 10 cents per wash, why would you use anything else?



Soapnuts are 100%:

- Pure and natural
- Chemical free
- Economical
- Non allergenic (not a nut, really a berry)
- Antibacterial, antimicrobial, antifungal
- Biodegradable
- Wild harvested (organic)
- Beneficial to grey-water and septic systems
- Not tested on animals
- Easy to use and most importantly, effective

So, what's a Soapnut?

Soap Nuts are the seed pod of a macadamia-sized berry from the Sapindus Mukorossi or Soap Nut tree, which is cracked open and dried in the sun, producing a sticky, dark golden shell.

These shells (known as 'soapnuts') can be placed into your washing machine instead of detergent and fabric softener, and will leave your clothes clean, soft and without scent.

The pods contain a very high percentage of saponins (Mother Nature's soap), a surfactant which removes dirt and oils from clothing when contacted with water. Soap Nuts can also be boiled into a liquid concentrate and used as a general purpose cleaner, shampoo, hand soap... the list is long and growing.

What can I use them for?

Well, just about everything. As a detergent, a personal cleanser and shampoo, a general purpose cleaner, car wash, pet wash, vegetable wash, carpet and upholstery cleaner...

Soap Nuts are most commonly used as a laundry detergent. They are used instead of chemical detergents and fabric softeners. Soap Nut shells are used on their own in a cotton bag or an old sock tied at the top and

put into the machine with your clothes. They do not need to be removed during the rinse cycle as there is no harmful or irritating residue as is left over from normal detergents. The surfactants in the nuts cleans and softens your laundry in one economic and environmentally friendly swoop!

The supplier has tested extensively in a washing machine and are very satisfied with their ability to clean anything and everything, including baby clothes and nappies, delicates and silks, woollens, towels and muddy bathmats and even sweaty work clothes from gardening.

NOTE: If anyone would like to purchase some soap nuts, you can order them via the internet or you can get them from me as I've managed to find a supplier in QLD that is happy to sell them to me at wholesale prices when buying in bulk which allows me to on-sell them cheaply and without delivery costs.

Bag of Soap Nuts

- 100g - \$8.00
- 250g - \$15.00
- 500g - \$25.00
- 1Kg - \$35.00

Includes a free wash bag.

To order just see me at the club meetings or email me at: webprint@onthenet.com.au
Delivery from supplier to me is usually within 1-2 days.





Green Fingers Potting Mix

71 Lawrence Drive
NERANG
Phone: 5578 3264

COW MANURE
\$7.00 per 30 ltr bag, or
\$25 per 1/2 metre

COMPOST
\$7.00 per 30 ltr bag, or
\$28.50 per 1/2 metre

PREMIUM POTTING MIX
\$8.50 per 30 ltr bag

SEED RAISING or PROPAGATING MIX
\$11.00 per 30 ltr bag

NEW—ECO-Z PLUS POTTING MIX
\$7.50 per 30 ltr bag

**And much, much more.
Call us for a full list of products.**

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www.greenfingerspottingmix.com

Stakes & Supports



Prolong usefulness: Extend the life span of stakes by standing the ends that will be contact with the soil in a bucket of wood preservative. Make sure the preservative is non-toxic to plants. Immerse them for at least 48 hours before use. When reusing a stake, first clean the bottom end then dip it in wood preservative.

Prop appeal: If props support the heavy branches of fruit trees in your garden, plant a climbing annual that does not need to be in an especially sunny position at the foot of each prop for a striking visual effect. Climbing French beans are suitable.

Green Manure By Lise Racine

What is Green Manure

A green manure is a crop of plants that is grown to be put back into the soil at the proper time to increase its fertility.

This technique has been used for thousands of years in Asia and Western Europe.

A Few Facts

To appreciate the benefits of green manure crops let's see a few soil principles...

- In Australia, 80% of the nutrients are held in the bio-mass above the ground.
- The type of soil can be seen somewhere on a continuum as being either:
light soil – like sand where the formation of stable humus is naturally weak or
clayish soil – this soil has a stronger formation of stable humus

There are other types of soil but we'll consider only these two types for the purpose of this presentation.

Conditions for Stable Humus Formation

- A minimum of 10% of clay content
- Lignified organic matters
- Healthy aerated soil
- A slightly acidic pH

The aims of all Good Gardeners

They want...

- Good structure of the soil
- Stable humus formation
- Aeration
- Fertility
- Healthy living micro-organisms

How does Green Manure Work ?

The roots of the crop will, in their development, open up the soil structure and then re-knit it back together through the vegetable root skeleton left behind. It has been calculated that one plant of rye spread 500 km of root system which will go up to 1.5m deep, while lucerne will go up to 2.5m deep.

The humus formed through the decomposition of the organic matter will directly influence the soil structure, thus improving the general physical qualities of the soil.

The sandy soil will retain the water more easily hence bringing a better cohesion of the many particles.

The crop helps to bring into a soluble form the mineral elements deep down in the soil. This brings those mineral back on the surface where they can be used by the plants.

Each crop has the ability to bring up different elements depending on its action on the rock elements in the soil (in French it is called *Mother-Rock*, how nice...). This means, a diversity of crops will bring the greatest benefit to the soil.

Wait, There's More!

The legumes, as well as doing their work on the soil, allow an important quantities of atmospheric nitrogen to be fixed through the bacteria that associate with the nodules on the roots.

The green manure crop stimulates greatly the biological activities in the soil because of the decomposition of the root and the aerial matter incorporated in the soil. This become ideal tucker for the micro-organisms.

Some crops, once decomposed will secrete toxins which will destroy the germs of pest species or even the eggs or larvae of some pest insects. For example, a crop of mustard dug back in the soil is said to help control the population of nematodes in Australia.

In Summary, Why use Green Manures

Green manures:

- Add fertility to the soil
- Help the soil structure – break compacted or
- uncultivated soil with the growth of the roots.
- Provides organic matter once the crop is incorporated. It will decompose providing food for the micro-organisms.
- Are a great component of a rotation plan.
- Can help clean a soil of pest weeds or even parasites in some instances.
- Can be adapted in its application to a sandy or clayish soil.
- Create more aeration in the soil
- Help facilitate the drainage and/or the water retention

How to do it—Prepare your Soil

Prepare the soil up to 30cm deep with a deep ripe, a good fork workout or a hoe.

Choose a variety of grains and legumes according to the season you are working in. See the table at the end.

Depending on your type of soil, you will let the crop grow for more or less time.

For a sandy soil you will let your crop grow for 4 to 6 weeks as for a clayish soil it is preferable to let the crop grow for over 6 weeks. This later crop will take longer to decompose but will create a bulk of organic matter that will greatly improve the structure of the soil on a long term basis.

Then...you dig it in!

Before the crop goes into flower, cut, wiper snipe or slash it.

Let it rest for a few days.
Start incorporate it in the top 15 cm of the soil.

Repeat this operation two or three times.

You are ready to plant into a butter like soil!

Variation on the Theme

When starting a new patch, you can open the soil roughly, spread raw manure of some sort and then grow two crops of green manure successively.

Doing this over two different seasons allows you to vary the sorts of crops grown and bring a lot of fertility to your soil. It does demand a bit of patience but the rewards are a beautiful soil, rich, soft and crumbly.

You don't have to do your whole garden at once. You can apply this to only a small section of your garden at a time.

You can grow a green manure crop as a ground cover if you are going away for a certain length of time. You won't have to worry about the weeds when you come back.

What to Grow When, Here?

Spring / Autumn

Grains: Wheat, millet, barley, buckwheat, medic, quinoa, sunflower, turnip

Legumes: Lucerne, borlotti, broad beans, chick pea, cow pea, dun pea, mung bean, vetch

Autumn / Winter

Grains: Fenugreek, oats, mustard, red clover, rye, spelt, swede

Legumes: Lupin

Summer

Grains: Buckwheat, corn, lab lab, sorghum alpha, sorghum sugar drip

Legumes: Borlotti, red kidney beans, soy

The different seeds company offer many varieties of crop. Eden Seeds even has a mixture of seeds already made according to the season and the weather for your area.

Selecting & Planting Vegetable Seedlings in the Cool Seasons

By Diane Kelly, Source: Organic Gardener

Selecting and planting seedlings in the cooler months when days are shorter, and damp and cloudy conditions more prevalent, can present hazards. Common problems include:

- Seedlings can be “leggy” – they have long and often spindly stems.
- Seedlings are soft, and if planted out into an unusually hot or windy situation, may suffer shock leading to severe setback or death.
- A condition called “damping off” may occur – associated with certain fungi and/or bacteria – leading to ailing or dead plants.

Most of these problems can be avoided by careful selection of seedlings and by following simple guidelines during planting and establishment.

Selecting Seedlings:

Whether you grow your own or purchase them, the best seedlings are grown in well-ventilated, hygienic conditions that closely resemble the situation they will be planted into. If your seedlings have been grown inside, “harden them off” by placing them outdoors for increasing periods of time during the week before planting. Selection tips include:

- Look for seedlings that aren’t “leggy” or top heavy. Over-seeded or crowded punnets or trays should be avoided.
- Symptoms of “damping off” to look for include:
 - * Rots that may occur at soil level, often appearing as a discoloured ring around the stem.
 - * Brown or discoloured and under-developed root systems. If you can do so without damaging the plant, gently

turn the seedling from its pot and inspect the roots to check they are extensive and a clean, white colour

- Avoid seedlings with damaged or obviously diseased leaves.

Transplanting:

There is an old adage that goes something like “Better to put a \$1 plant in a \$10 hole, than a \$10 plant in a \$1 hole”. Prepare the bed thoroughly. Conditions should be well drained, friable and well supplied with nutrients. The aim is for uninterrupted plant growth.

Basic planting steps are:

1. Dig the hole deep enough so the seedling can be buried up to its first set of true leaves. This is particularly important with any unavoidably “leggy” autumn/winter seedlings – they will appreciate the support.
2. Handle the seedling as little as possible. If the seedling is grown in a pot, turn it upside down and allow the stem to pass between your second and third fingers, then tap firmly on the bottom of the pot with your free hand. Hold the seedling by the soil surrounding the roots – not the stem! If you need to touch the plant top, carry it by the leaves.
3. If the roots are in a tightly woven mess (root bound), gently separate them and spread them in all directions in the hole.
4. Back fill the hole, covering the roots with loose, friable soil, and then gently but firmly press the soil around the seedling. Water in around the roots with a soft stream, making sure you don’t erode the soil from around the plant.
5. Planting in the evening is always best. If you are planting on a warm, sunny morning, seedlings that have not been hardened may need some temporary shading.

Jobs for Winter

By Diane Kelly, Source: Organic Gardener

- Give your garden a good cleanup: collect fallen fruit, rake leaves and collect weeds for compost, and clean out old piles of wood or wire (don't forget to wear your gumboots and garden gloves). This creates future benefits by reducing over-wintering sites for pests and diseases.
- Control scale by spraying with Ampol Pest Oil or try making your own oil spray by mixing one tablespoon of dishwashing liquid detergent with one cup of cooking oil; add one to two-and-a-half teaspoons of this solution to one cup of water. Spray onto plants every 10 days.
- Deciduous fruit trees should be pruned. Remove loose bark on the tree trunks with a wire brush; this will help destroy over-wintering two-spotted mite and codling moth grubs. Check for borer damage and destroy borers with a fine wire.
- Check the lower branches of your apple trees for woolly apple aphid, destroy any colonies by painting with methylated spirits. Remove the corrugated cardboard bands that have been in place to trap codling moth caterpillars, and burn. Check ladders and fruit boxes and destroy any cocooned codling moth caterpillars.

Try to keep poultry under the trees for a few weeks to clean up the area. Check stored apples regularly.

- Spray stone fruit for peach leaf (lumpy, pinkish blisters), shot hole (gumming of fruit buds), rust, brown rot and freckle at early bud swell with lime sulphur or Bordeaux. Collect mummified fruit and destroy by burning in a wood heater or burying in a deep hole.

- Check under cabbage and broccoli leaves for the small yellow eggs of white cabbage butterfly. Rubbing the eggs off with your fingers works but is only for the Zen-minded. Spray with Dipel to protect young seedlings.
- In late winter check citrus trees for any sign of bronze orange bug, spray with potassium soap spray or Ampol Pest Oil. These bugs can squirt an extremely caustic solution so wear protective gear, especially for the eyes.
- Gall wasps attack citrus trees and cause swellings in the stems. Prune out any affected wood and, if possible, burn.
- Watch for aphids on soft shoots of citrus and roses, but check first for beneficial insects such as Hoverflies and Ladybeetle larvae. If some of the aphids look like little brown balloons, they have been parasitised by a micro-wasp. Spray a potassium soap spray as a least-toxic control in the absence of predators.
- After rose pruning, spray with lime sulphur to control two-spotted mite and powdery mildew.
- Plant a green manure specifically for soil diseases such as nematode and fungal root rot in beds that have had problems over the summer. A good choice is rape-seed (syn. canola) or Indian mustard, but any brassica will help.



Tulips in Pots

Tulips make a cheerful, spring-flowering pot plant. To avoid poor flowering, plant the bulbs deep in the pot, and keep the pot in a cool position. As the plants grow, they will require full sun.

Gene Technology Regulator

List of Intentional Release Licence Applications under Evaluation

The Office of the Gene Technology Regulator (OGTR) has received licence applications for the following projects.

The public are called to make comment on a RARMP regarding the identified risks to human health and the environment and the proposed management measures.

If you would like further information you can either visit our library or visit www.ogtr.gov.au

DIR Licence Application Number	Title of Project	Notification of receipt of application	Public calls for comment on RARMP open	Call for comment	Is application being assessed as 'limited and controlled'?
DIR 104	Limited and controlled release of canola and Indian mustard genetically modified for herbicide tolerance and/or a hybrid breeding system	Notification posted 7 May 2010		Open	Yes
DIR 103	Limited and controlled release of canola genetically modified for enhanced yield and delayed leaf senescence	Notification posted 22 February 2010	Notification posted 1 June 2010	Open	Yes
DIR 101	Limited and controlled release of cotton genetically modified for insect resistance and herbicide tolerance	Notification posted 8 February 2010	Notification posted 3 May 2010	Closed	Yes
DIR 102	Limited and controlled release of wheat and barley genetically modified for abiotic stress tolerance	Notification posted 22 January 2010	Notification posted 20 April 2010	Open	Yes

Sweet Peas



If seeds fail: Sweet pea seeds are large and can be handled easily, even by a child. They can also be sown directly in the garden bed where they are to be grown. Occasionally, however, the seeds fail to germinate. This usually occurs if there is moisture after planting. To ensure successful germination, water the soil well before sowing the seeds, then wait until the small leaves appear (around 10 days) before watering the soil again. Dark seeded varieties imbibe water less readily.

COMPANION PLANTING FOR JULY

Plant	Companions	Function	Foes
Borage	Tomatoes, squash and strawberries	Deters tomato worm, improves growth and flavour and in the strawberry patch will increase the yield.	
Brassica's (Cabbage, Cauliflower, Broccoli)	Aromatic plants, sage, dill, camomile, beets, peppermint, rosemary, Beans, Celery, Onions, Potatoes, dwarf zinnias.	Dill attracts a wasp to control cabbage moth. Zinnias attract lady bugs to protect plants.	Strawberries, Tomatoes
Broad beans	Potatoes, Peas, Beans		
Chamomile	Cabbages and onions	Deters flies and mosquitoes and gives strength to any plant growing nearby.	
Carrots	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
Celery & Celeriac	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Onion	Beets, summer savoury, tomatoes, lettuce, strawberries, camomile		
Peas	Carrots, turnips, corn, beans, radishes, cucumbers, most vegetables and herbs		Onions, garlic gladiolas, potatoes
Potato	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
Radish	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
Tomatoes	Asparagus, Parsley, Chives, Onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
Silverbeet	Beetroot, Onion		
Strawberries	Bush bean, spinach, borage, lettuce		Cabbage



VEGETABLES

JULY: Asian greens, Beetroot, Broad beans, Broccoli, Carrot, Celery, Celeriac, Cucumber, Endive, Kohlrabi, Lettuce, Marrow, Onion, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry, Tomato.

AUGUST: Amaranth, Artichoke, Asian greens, Bush beans, Ceylon spinach, Climbing beans, Capsicum, Carrot, Celeriac, Celery, Sweet corn, Cucumber, Eggplant, Gourd, Kohlrabi, Lettuce, Luffa, Marrow, Okra, Parsnip, Peanut, Potato, Pumpkin, Radish, Rhubarb, Rockmelon, Shallot, Spring onion, Silverbeet, Squash, Strawberry, Sunflower, Sweet potato, Tomato, Watermelon, Zucchini.

HERBS

JULY

Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, 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, Thyme, Upland Cress, Watercress, Winter Savoury.

AUGUST

Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, 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, Thyme, Upland Cress, Watercress, Winter Savoury.

Planting in July

Beetroot	Sow in garden.	Harvesting from August - September
Cape Gooseberry	Sow in garden.	Harvest from October
Carrot	Sow in garden.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - January
Chives	Sow in garden.	Harvesting from August - September
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - September
Dill	Sow in garden.	Harvesting from August - September
Endive	Sow in garden.	Harvest from September
Garlic	Plant cloves.	Harvesting from October - December
Kohlrabi	Sow in garden.	Harvesting from August - September
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from August - September
Mustard greens	Sow in garden.	Harvest from August
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from December - February
Parsnip	Sow in garden.	Harvesting from October - November
Peas	Sow in garden.	Harvest from September
Radish	Sow in garden.	Harvest from August
Rocket	Sow in garden.	Harvesting from July - August
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from September - October
Silverbeet	Sow in garden.	Harvesting from August - September
Snow Peas	Sow in garden.	Harvesting from September - October
Spring onions	Sow in garden.	Harvesting from August - September
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from April - July



Cauliflowers

Ross has grown 4 different varieties of cauliflowers. The variety that has produced the best cauliflowers in all soils was Phenomenal Early. A Yates product.

Preparing for August

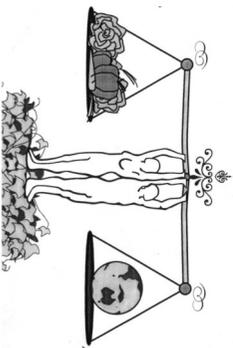
Amaranth	Sow in garden.	Harvest from August
Asparagus	Sow in garden, or plant as crowns.	Harvest from 24 months
Asparagus Pea	Sow in garden.	Harvesting from August - September
Basil	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Beetroot	Sow in garden.	Harvesting from August - September
Burdock	Sow in garden.	Harvesting from October - November
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - October
Cape Gooseberry	Sow in garden.	Harvest from October
Capsicum	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Carrot	Sow in garden.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - January
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Chilli	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Chinese cabbage	Sow direct in the garden.	Harvesting from August - September
Chives	Sow in garden.	Harvesting from August - September
Climbing beans	Sow in garden.	Harvest from September
Coriander	Sow in garden.	Harvesting from July - August
Cucumber	Sow in garden.	Harvesting from August - September
Dill	Sow in garden.	Harvesting from August - September
Dwarf beans	Sow in garden.	Harvesting from August - September
Eggplant	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Fennel	Sow in garden.	Harvest from October
Globe artichokes	Sow in garden.	Harvesting from April - August
Jerusalem Arti-chokes	Plant tubers about 5cm (1.5") deep..	Harvesting from October - November
Kohlrabi	Sow in garden.	Harvesting from August - September
Leeks	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November

Preparing for August (contd.)

Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from August - September
Marrow	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Mint	Grow in trays and plant out or start from cuttings.	Harvesting from August - September
Mustard greens	Sow in garden.	Harvest from August
Okra	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from December - February
Oregano	Sow in garden, or start in seed trays.	Harvest from August
Parsnip	Sow in garden.	Harvesting from October - November
Potato	Plant tuber.	Harvesting from October - November
Pumpkin	Sow in garden.	Harvesting from October - November
Radish	Sow in garden.	Harvest from August
Rocket	Sow in garden.	Harvesting from July - August
Rockmelon	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Sage	Sow in garden.	Harvest from 18 months
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from September - October
Silverbeet	Sow in garden.	Harvesting from August - September
Spring onions	Sow in garden.	Harvesting from August - September
Squash	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from August
Sweet corn	Sow in garden.	Harvesting from September - October
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from April - July
Tomatillo	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Tomato	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - October
Watermelon	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Zucchini	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from August - September

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 19 August 2010