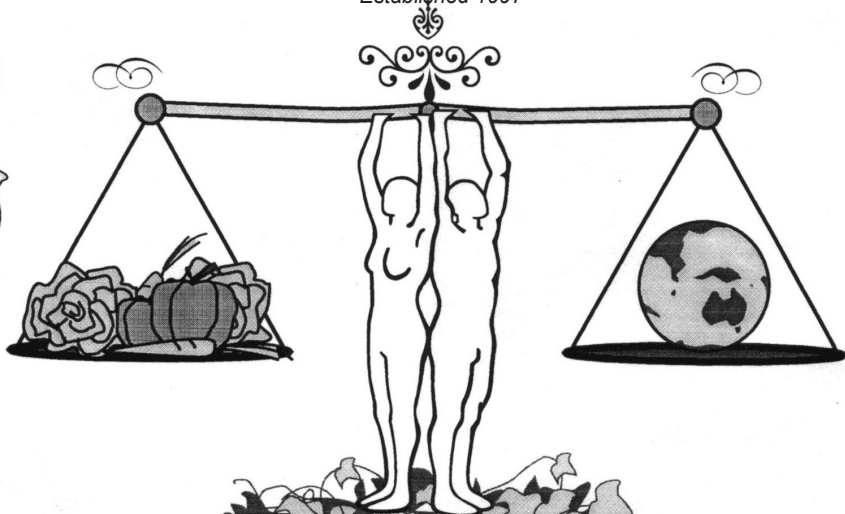


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - JULY 2016 Issue 7
GARDENING IN WINTER

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OUR NEXT MEETING: Thursday 21st July

Notice Board

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

Meetings Held:

3rd Thursday of the Month

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

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

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

(No meeting in December)

Annual Membership Fees:

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

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

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

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

Raffle Table:

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

Library:

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

Advertising: (Note 11 issues/year)

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

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

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

2016 Committee

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

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge, Rachael Lebeter, & Kerry Lason.

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

Notice Board

Membership Renewals

NEW: You can now pay your membership fee directly into the GCOG bank account.

Name: Gold Coast Organic Growers
 Bank: Suncorp
 BSB: 484-799
 Account: 0014-21651

Remember to put your Name and Membership Number in the comment field.

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

Membership renewals – July 2016

Overdue: Robert Faulkner (303), Barbara Talty (58), Shelley Pryor (72), Dorothy Coe (253), Ron Campbell (255), Peter & Jan Fleming (287), David & Lesley Freeman (352)

July: Ian & Margaret Lee (118), Ann Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347), Theunetia Scheepers (391), Judie Fourie (392)

August: Murray Olver (105), Gene Rosser (224), Gordon & Dorothy Singh (241), Wolfgang Dempsey (258), Peter & Leanne Dickfos (260), Jill Barber (290), Lyn Mansfield (306), Jan Guest (307), Dayne Petersen (377), Kim Verecke (393), Alan Ralph (394), Caroline Li (395)

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

Upcoming Guest Speakers

September

Rell Oliver-Braddock from Higgledy-Piggledy Farm.

Rell is a passionate gardener at Higgledy-Piggledy, an innovative urban farm in Brisbane. The city-farm is a paddock-to-plate venture, with all customers located in a 20km radius. It is an inspiring venture and I am excited to hear more about Rell's experiences and passion for farming.

Workshops

Gold Coast Permaculture

All these workshops are held at Gold Coast Permaculture at 2 Market Street, Carrara (Behind the Back Page Sports Bar and Woolworths)

Come and chat about a vegetable, herb or plant and learn how to cook it...

Workshop are from 10am to 12 noon

20 August	Tumeric
17 Sept	Herbs and Oils
15 Oct	Home Remedies
19 Nov	Salves
3 Dec	Christmas Party

Cost is \$5.00

BOOKINGS REQUIRED

For more information contact Lyn Mansfield at Gold Coast Permaculture

M: 0409 645 888

E: lynmansfield14@bigpond.com

Fermentation Workshops

Fermentation workshops with Elisabeth Fekonia, Award winning accredited permaculture teacher

Sunday 31st July

1. Brie and Sourdough Bread
2. Lactic Fermentation of Vegetables, Fruits and Beverages

Where: Varsity Lakes Community Centre, Jim Harris Park, Mattocks Road, Varsity Lakes

Cost: \$60 for one workshop or \$110 for 2 workshops

9.30am – 12.30

Brie and Sourdough dough making

Learn how to make your own delicious brie cheese from cow's milk as well as easy to make delicious sourdough bread. Both of these fermented foods are made on the spot with samples for taste testing for all attendees. Hands on participation from the class volunteers will show how to make brie cheese, and sourdough bread from scratch. Handouts and sourdough starter included with brie cheese and sourdough bread for morning tea.

1.30-4.30pm

Lactic fermentation of vegetables, fruits and beverages

Lactic or wild fermentation is a very natural and wild fermenting method that creates zillions of lactic bacteria that are a wonderful source of pro biotics for your inner health. Learn how make these easy ferments for yourself and see how versatile and varied these can be. Ferments such as sauerkraut, kimchi, fermented tomato sauce, fermented fruit paste, fruit chutney, cucumber pickles, fermented polenta fingers, nuca doca, as well as kombucha tea, beet kvass and ginger beer. Participants will be making these fer-

ments by demonstration and every one will take home sauerkraut made on the day. All foods and beverages will be available for taste testing with handouts including all the recipes.

If you are interested in going one or both workshops let me know.

Contact Dorothy on 07 5533 9905.

Can We Help?

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

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

Offers / Wants / Swap / Share

From Member: Anne Butler

Does anyone have some hydrangea cuttings to share, seel or swap with me? I am seeking the mop head varieties. Also some white agapanthus. I will be at the next meeting on Thurs 21st July so come and find me if you can help or you can get my contact details from Diane Kelly or Dorothy Coe.

From Member: Dorothy Coe

ROOSTER — FREE TO A GOOD HOME

Would anyone like the LAST rooster (3 have already gone to good homes).

Thanks Dorothy 0412 382 989

Where to Get....

SEEDS

GCOG

www.goldcoastorganicgrowers.org.au

Eden Seeds & Select Organic

www.edenseeds.com.au

Diggers

www.diggers.com.au

Wray Organics

www.wrayorganic.com.au

Green Harvest

www.greenharvest.com.au

Bunnings

www.bunnings.com.au

SEEDLINGS

Farmers Choice Organics

www.farmerschoiceorganics.com.au

LOHAS Precinct at the Burleigh Farmers Markets

www.facebook.com/TheLohasPrecinct

Bunnings

www.bunnings.com.au

Gold Coast Permaculture

www.facebook.com/permaculturegold

Club members Anne-Marie Andrew, Jill Barber, & Dorothy Coe also have some seedlings at the meetings on a Thurs night.

HERBS

Can be obtained from the same sources above but for the biggest range including rare and speciality herbs is the **Herb Cottage**
www.herbcottage.com.au

MUSHROOM COMPOST / SOIL

Mudgeeraba Landscape Centre

www.mudgeerabalandscape.com.au

Permaculture Gold Coast

www.facebook.com/permaculturegold or see Lyn Mansfield at the club meetings.

FREE HORSE MANURE

There is a list of horse agistments on Gum-Tree here: www.gumtree.com.au/s-gold-coast/horse+manure/k0l3006035

STRAW, HAY, LUCERNE

See the man on the corner of Tallebudgera Creek Rd & Tallebudgera Connection Road every Monday.

FRUIT TREES

Daleys Fruit Trees Nursery

www.daleysfruit.com.au

The Fruit Tree Man

www.the-fruit-tree-man.com

ROCK DUST MINERALS / PALAGANITE

Guy Lewington but contact **Jill Barber** in the club as she is our main contact for orders/deliveries.

VERMICULITE & PERLITE

David on 0428 296 646 or davesperlitevermiculite@gmail.com

BIOCHAR

Dolf Cooke www.biocharproject.org/ or see Dolf during the club meetings.

WORM JUICE

Greg at WormTech www.wormtec.com.au

Dorothy Coe at the club meetings.

If anyone knows of any other good suppliers please let me know and I can update this list.

Veggie Swap by Dorothy Coe

We have had a little break from the veggie swap the last few weeks because people were running out of excess veggies. I might do another one soon a Sunday.

I am planning a veggie / produce swap from within our club in the August meeting so if anyone is interested just email me between now and the next meeting on the 18th August and if there is enough interest I will let you know a week before the meeting so that you can start harvesting your excess veggies.

You can bring along anything for the swap such as vegetables, honey, eggs, seedlings, chutneys, jams, and other home made goods.

Feel free to **JOIN** our **facebook page** for updates, event meeting dates and chat with members. www.facebook.com/groups/veggieswapgoldcoast/

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

Q & A - From The June Meeting By Cathie Hodge

Q. Plant identification – dandelion or cats ears?

A. The plants look similar but there are clear differences – dandelion has a single stem flower & cats ears has a multi-stem flower. See Isabell Shipard's online information regarding dandelion www.herbsarespecial.com.au/cgi-bin/search.cgi?search and regarding cats ears www.herbsarespecial.com.au/cgi-bin/search.cgi?search

Q. Growing ginger – how to make it more vigorous & healthy?

A. Make your soil richer – more compost, more water.

Q. A pupa found on a citrus plant?

A. It is probably from the Orchard Swallowtail Butterfly (otherwise known as the Large Citrus Butterfly) - www.brisbaneinsects.com/brisbane_butters/Orch_butt.htm Leave the pupa there. It won't hurt the citrus tree if the tree is established.

There is an app available from Queensland Museum which is helpful for identifying local fauna - www.qm.qld.gov.au/Learning+Resources/Apps/QMN+Field+Guide+to+Queensland+Fauna+App#.V4fqILh94hc

Another handy website for identifying pests is www.pestid.com.au/. This website identifies the pests & suggests treatment options but they are often chemical solutions.

Q. Mould on mulch or compost?

A. The mould in the garden is not a problem as it is part of the decomposition process. However, it is vital when handling garden materials to avoid breathing in the moulds as these can cause health problems. When handling compost or dusty mulches or dry potting mixes, wet them down & wear a mask.

Q. Worm juice (or worm leachate) – how long does it stay vital? Is it good for plants?

A. Apparently, the real benefit of worm juice is not so much the nutrients, but the microbes it contains. Hence it is not advisable to store it long-term as the microbes will die. Some would argue that worm leachate is not really good for the garden, but that it is better to make an aerated compost tea. See these interesting articles for more details www.rootsimple.com/2014/09/worm-compost-leachate-good-or-bad/ and www.wormfarmingrevealed.com/leachate-vs-worm-tea.html

**Some of my best friends are bacteria
by Rachael Lebeter**

According to Dr. Sarah Lantz, our May speaker, we are not humans but living, breathing, walking, *talking* bacteria colonies. We have more microbes on one hand than there are people on the planet. We are not humans, we are microbes.

Sarah is the director at Buchi Kombutcha Brewery and has an impressive list of qualifications, including a PhD in toxicology. As part of her research, which Sarah shared with us, she studied the chemical exposure of newborn babies and compared these studies to those completed in the past. Children are the barometers of society, in Sarah's words, and quite literally the canaries in the coal mine, which make the results of the study all more shocking.

The babies tested were found to have up been exposed to, and/or to have absorbed, between 200 and 287 common chemicals, including: formaldehyde; hormone disrupters including plastic, dioxins, Teflon, phthalates, and BPA; heavy metals; microbe killing chemicals like triclosan, which is a common ingredient in toothpaste; flame retardants; and even industrial chemicals and pesticides (such as DDT) which were banned as long as 30 years ago but are stored in fat and passed between generations via breast milk.

All of the chemicals that the children were exposed to are found in the average home, and most adults have contact with them daily without obvious damage. However, like with heavy metals, it is the amount of exposure over time that is of concern, and if children are born with detectable levels of these chemicals in their bodies, there is huge potential for health issues, fertility issues, mental illnesses and other problems arising from long-term exposure. Additionally, the range of chemicals that the children had had contact with was significantly higher than ever before. If these chemicals have the ability to affect the "stems" or genetic material of microbes,

can you imagine the damage they could do to fragile newborns?

As a result of her study, as well as having children herself, Sarah decided to look into the opportunities available to us to reduce our exposure to toxins, finding that by far the most toxic place is our home. Cleaning products, health products, clothing, home wares, and even food choices, influence the chemicals to which we are exposed to on a daily basis. On the one hand, it makes you feel beset upon from every direction, but on the other it does offer a lot of choice with regard to what we are exposed to. And as Sarah says, it is about amounts and ongoing exposure, rather than preventing exposure entirely.

Much of the resiliency to toxins that Sarah has cultivated in her own life is based on food choices, and so Buchi Kombucha was born. Recent studies have indicated that our gut health can affect our mood as well as our physical well-being, with the gut containing as many neurons as the spine, and as many neurotransmitters as the brain. So Sarah has focused on food choices as the main way of building resiliency and reducing exposure to toxins, as well as reducing chemical exposure in the home. Merely focusing on increasing your consumption of organic fruit and vegetables, at the expense of processed foods, can have a massive impact.

As microbes are some of our best friends, one of the best things we can do is protect them. Anything highly chemical can kill beneficial microbes, including alcohol, drugs, highly processed foods, the chemicals used to treat our food and drinking water, and even stress. So the best way to increase resiliency, according to Sarah, is to create a microbe-rich environment. And a microbe rich diet, through the consumption of unpasteurized brewed and fermented foods.

For more information on Sarah's approach to building resilience and reducing exposure to toxins, you may be interested in her book: *Chemical Free Kids: Raising Healthy Children in a Toxic World*.

The Opera Of Existence

Guest Speaker Notes by Rachael Lebeter

In April, we hosted a speaker like no other. Rather than present us with practical solutions for our garden, the exceptionally talented John Palmer performed an “operation” which summed up meaning of life into a 45-minute theatre production. Given the complexity of his ideas, the fact that John got through this in so little time is a feat all in itself.

Unfortunately, I was so engrossed in John’s fast-moving and rhythmic performance that I completely failed in taking the copious notes on which I normally base my write-up. As such, this article is based purely on my impressions and thoughts on John’s presentation. Any mistakes or misunderstandings are entirely my own, and this is but a poor reflection of the truly thought-provoking Opera which we experienced on the night.

As an environmental scientist, among other things, it is no wonder that John’s Opera of Existence is based primarily on the patterns and recurrences identifiable in the environment around us. As gardeners, we all see these patterns on a daily basis: the way the seeds in a flower, the branches on a tree, the shell of a snail, all follow the same pattern, forming a similar shape. These small wonders might trigger a moment’s pause, reflection. But for John, these similarities or coincidences, are apparent on a much larger scale, a scale that connects everything, both natural and man-made, into a great pattern of life. In John’s words, “the sequence and scope [of] ecological appreciation.”

John divides the patterns of life into 9 sets through which the universe can be understood. Both our place, and the place of everything else, is defined through its relationship to the other elements of the universal patterns. John’s organisation of the universe emphasises the systems visible in nature, focusing on the way that they are applicable to all creatures and environments, and re-

minding us that we, too, are just one of many creatures, inherently no different to all the other species with which we share this planet. The systems that exist in the environment around us exist within us: Within our cells; in the construction of our bodies; in our thoughts and the way that we influence the world around us.

The first four sections of the Opera of Existence are focused on the organisation of the world. For John, the universe is one essential matrix, connecting the cosmosphere to the more tangible lithosphere and the living realms in which all creatures exist, embedded and blended into the soil. All aspects of the landscape are formed in the androgynous aspect, the essential male- and female-ness of forms and structures, manifesting as the three zones of landscape allocation – the original landscape, the utilitarian areas dedicated to un-invasive industry, and the cultivated landscape. These elements combine and continue in the four sectors, whether they be seasons, directions, plant types, experiences or materials.

The final five sections of the Opera of Existence look at the universe’s categorisation, providing a structure through which we can better understand it. We begin with the five dimensions and our five senses, through which the world is experienced. The six attributes of systems form the bonds between the different elements of the universe, while the seven simple machines are the building blocks of all natural organisms and functions, as well as the human world. The eight cellular mechanisms define how cells behave, which is also echoed by the behaviour of plants and animals. And the nine relationships in nature define the interactions of the different plants, animals and environments that make up the known world.

For me, what John truly left me with was the idea of my own insignificance. An insignificance shared by all of us, really. Not that our lives are meaningless. If anything, John presented a truly inspirational view of our mission to find our place in the world, and to make it a

better place for all living creatures. But the structure and systems of the universe, which John revealed in the Opera of Existence, are shared by all living and non-living things; we are merely one animal among many. And how do we, as one insignificant species, fit into John's grand scheme of things?

A friend of mine speaks fondly about the Oort cloud, a massive collection of space rock that hangs around just outside our tiny (in the scheme of things) solar system. The Oort cloud periodically sends comets and rocks into the solar system, and could destroy our planet at any time. We do not know if or when this will happen, which puts things into perspective in a way that I think John would appreciate. And sums up his ultimate question about the arrangement and function of the universe, and our place in it.

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GC Visitors Guide 2013

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

It's always good to learn from other gardeners, so here are some hints that I've come across this month in my reading:

1. If you've enjoyed lots of hot lemon and honey drinks so far this winter, here are some hints about your lemon trees:

- Pick your lemons when they are fully coloured, using a pair of secateurs to snip off at the branches. Be aware that some citrus trees, most notably "Meyer", bear fruit all year round. Lemons will, however, last for months on the tree and this is the best way to store them until needed.
- Winter is the ideal time to prune, after the fruit is harvested. Start by removing dead or diseased wood. The aim is to open up the canopy to facilitate airflow through the foliage. Old trees can be rejuvenated by skeletonising. (For more about skeletonising and how to prune citrus, see organicgardener.com.au/article/making-citrus-cut)
- Fertilise your tree after the fruit has been harvested with blood and bone. Apply a top-dressing of compost to about 5cm thick.
- Pests aren't much of an issue in winter, but it is a good time to check for borers in the trunk and branches. Look for sawdust "frass" and a small hole. Poke wire into any holes to kill the grub inside. Also, citrus gall wasp cause swellings to form along branches. Prune off and destroy affected branches before the adults hatch out in August, and hang traps in the tree to help control any wasps you have missed.

2. And here are a few simple ideas:

- If you are cooking a beef stir-fry and using a cheaper cut of meat, pop it in a bowl with some chopped, under-ripe paw paw. Paw paw has an enzyme that tenderises meat, so the longer you can leave it the better.
- The following flowers attract beneficial insects, so plant some in your garden!

Cosmos	Queen Anne's lace
Red clover	Carrot flowers
Dill flowers	Marigolds
Alyssum	Nasturtiums
Yarrow	Lavender

Daisies, including echinacea, feverfew, chrysanthemums, gerberas & chamomile

- Enjoy some of the young, outer leaves of womboks in salads, soup or stir-fries – plants take about three months to form a nice firm head. If your plants are still quite loose and open, try gathering and tying the leaves loosely upright to encourage head formation. Don't delay harvesting when they are ready, as they will quickly bolt to seed.
- When planting potatoes, wrap each in a comfrey leaf then plant. Comfrey is a dynamic accumulator of minerals, which will release as it breaks down.

..... And not a hint, but an interesting fact:

- About 75% of the world's pyrethrum daisies are sustainably grown in Tasmania and near Ballarat in Victoria, with more than 10,000 tonnes of flowers harvested annually!



Kerry Lason's trip to the UK

I flew out 23rd May for a tour of the UK and returned 19th June. During this time I was inspired, overawed and reminded that our planet consistently offers us so much to be treasured and revered with our plant life.

My trip commenced with two days in Singapore. Being a keen novice orchid grower, visiting the orchid gardens just 'blew me away' with the variety of species and the colours in the blooms.

The 'Bay of Gardens' was another treat in which I spent many hours exploring. The intermingling and lushness of the plants were just gorgeous, complimenting each other to the delight of the visitor. When up on the skywalk, it was a new experience for me to view palms from above, watching the beauty of the fronds swaying in the wind making interesting patterns.

With my arrival in London, the excitement was a day visit to 'The Chelsea Flower Show'. I forgot about the crowds and focussed on the displays. The pavilion held flowers in all their glory. Gorgeous big blooms of stocks, begonias, gladdies, sweet peas, peonies, daffodils, alliums roses, hollyhocks, foxgloves, irises and hyacinths just to name a few. The garden displays were clever in design and some had made the conscientious effort to incorporate bee and butterfly attracting plants.

I was not disappointed as we toured the UK in their early summer. Each city, town and village displayed hanging baskets, window boxes and gardens that were abundant with masses of colour. As our coach toured the never-ending fields of the greenest lucerne and barley and the bright yellow canola fields, I was never bored! The stonewalls and hedgerows added to the unique countryside.

I have come home totally inspired from my

trip. I am planting bee and butterfly attracting plants in the gardens I am establishing in my new home. Hopefully by Spring I will have some colourful displays.



Getting to Know ... Deborah Phillips

By Diane Kelly

For a long time as part of the “Getting to Know” series, I have wanted to do an interview with a gardener who is new to the Organic Growers Club. Having joined as a member in April this year and being willing to have a chat about her garden, Deborah Phillips is a welcome addition to those who have shared their stories with us.

And not only is Deborah a new member of our Club. She has travelled widely, both within Australia and internationally; she has had many interesting experiences – and she definitely has a green thumb!

Deborah Phillips grew up on the Gold Coast during the 1950's and 60's. Her grandmother was the gardener in the family, growing frangipani, crucifix orchids, honeysuckle, and in particular hare's foot ferns. (Hare's foot fern is a plant of which the aboriginal people have traditionally boiled the roots and stems to treat haemorrhaging – and it is also a very attractive plant in its own right. Deborah has a large hare's foot plant in a hanging basket in a sheltered spot in her garden.) I enjoyed a story that Deborah told about those early years on the Coast. The family was living in Broadbeach, and one of Deborah's hobbies at that time was horse riding. She had a horse that originally lived on land at the top of Kitchener Road in Tugun, but was then agisted in Burleigh Heads. One day the horse decided to go home – down the Gold Coast Highway, over the Tallebudgera Bridge, through Palm Beach, and then home to Tugun! It is hard to imagine that being able to happen in today's congested traffic!

It was Deborah's love of horses that gained her a job in England. She had successfully applied for a groom's job, and looked after polo horses for the summer on a property in Berkshire, which was very close to Windsor Castle. This job led to a house-sitting experience in southern France, in the wine-growing area of the region.



Having done a TAFE course to qualify as a tourist guide, Deborah travelled extensively – if she found an area that interested her, she would stay a while – otherwise she would move on. One of the wonderful experiences that combined her interest in travel and in horses was a visit to Austria, where she was able to see the Lipasana horses.

I asked Deborah about her travelling – she has visited New Zealand, England and Greece, and England and Austria as mentioned above. She also travelled to Israel, visiting Jerusalem and working in a kibbutz. Back in Australia, in more recent times, Deborah has done three major trips. Tasmania has been a favourite place to visit, and Deborah worked for some time at the Pindari Herb Farm, located a few miles outside of Launceston, and well worth Googling. At Pindari they had an orchard and grew grapes, raspberries, carrots and beetroot. It was there that Deborah learnt how to make skin creams, an interest that has continued to current time, and which has motivated Deborah to plant calendulas in her garden. Essential oils and creams are still very much an interest to Deborah, as well as seeking to live as healthily as possible.



The calendulas – waiting to become oils.



Deborah's peaceful backyard.

Eating well has been important to Deborah, and this was the motivation to start gardening. The comment she made was “food is important, so gardening is important”. While living in Tugun she grew silver beet, paw paws (which is one of her favourite foods) and herbs. An additional reason to garden was found when Deborah did house-sitting, and she realized that looking after people's gardens was interesting. Now living in Kirra, she now disciplines herself to go for a walk each morning, or a ride on her bike, before she gets lost in the magic of her garden.

Deborah lives in a relocatable home on the edge of a caravan park in Kirra, and it is a very peaceful environment. The block is comparatively narrow – just home & carport wide, but then it stretches down a long backyard,

which has plenty of room for gardens. A large mango tree has recently been cut firmly back, and this will open up areas of sunlight for Deborah to plant more vegetables. The soil is not good yet, but Deborah does indeed have green thumbs – there are vegies and herbs, fruit trees, flowers and water gardens that are all doing well. Deborah particularly enjoys growing silver beet, as she adds it to pumpkin and red lentils, and makes a tasty vegie dahl.

So back to the travelling Deborah has done three major trips around Australia. Tasmania is a definite favourite, but she has travelled in her fitted-out van (a wonderful set-up that made me feel quite envious and envisage stopping to camp in mountain and beach locations) around most areas of the continent. The first main trip was from Tassie up the centre of Australia to the Northern Territory, with a visit to Uluru and the chance to take many impressive photos. Then there was the journey through to the north of Queensland, and then another trip through the Northern Territory to Western Australia (with visits to places like Broome, 80-Mile Beach, and Margaret River), and then back across the Nullarbor. No wonder Deborah has been asked to do a presentation on the joys of travelling on one's own! The van that Deborah travelled in has its own shower, cooking facilities, hot water and a very comfy driving seat – it is compact, but appears to be very comfortable.

In 2014 Deborah did a trip that I am sure many of us would be intrigued by. Travelling via Hong Kong and Germany, she started at the Pyrenees in France to walk the Camino de Santiago, also known as the Way of St James, or the Pilgrim's Path. The walk took Deborah forty days, and averaged about 16 kms a day – the scenery was magnificent, but it was the people that Deborah met that seem to have been the highlight of the journey. The first lesson Deborah learnt – and one that is applicable in life – was “take little steps”, and the feeling at the end of the 800 kms was that she had indeed accomplished something special.

Getting to Know ... Deborah Phillips Continued...

So, back in Australia, what other interests does Deborah have? Gardening is now a major part of her life – we agreed that to be out in the garden makes one lose all sense of time. Deborah also enjoys going to garage sales, concerts and the theatre, and has been part of an acapella choir since 2005. Music has always been a part of Deborah's life, and she enjoys playing the ukulele. And I think the other thing Deborah enjoys is a sense of community – the stories of her travels, and many of her long-term friendships she has made on her trips, tell of the ability to connect with others and share the pleasures of the many interesting things that she has done through the years.



The Orange Marmalade Grevillea—and planted to bring small birds to the garden



The garden is a mixture of colour healthy looking green plants.

If You Only do One thing this Month plant some By Diane Kelly

If you Only do One thing this Month – plant some Kale

Peter Cundall regards kale as the star of his vegie patch - he eats it raw in salads, simmered to a broth, or added to omelettes, mashed potatoes, and "kaleburgers". In Italy, kale is made into a soup; in China it is served with beef dishes; in the US it is mixed with collard or turnip; and in Brazil kale is the side dish to their national stew. So how do we grow such a popular vegetable?

Kale seeds can be sown directly into prepared garden beds or established in seed trays and then planted as seedlings. Make sure the area drains well, and that the kale patch is in full sun. Prepare the plot by adding plenty of well-rotted organic matter and layers of poultry, sheep or cow manure to the topsoil, and then fork the lot in deeply – remember that like most leafy plants, kale is nitrogen-hungry. After a good soaking the ground will be ready to receive the seedlings the next day.

Like headed cabbages (kale and collards are regarded as non-headed cabbages), kale are best planted up to their necks by planting seedlings so the first set of true leaves is a ground level. This deep planting creates a more stable plant and help prevent established crops from toppling over. (In the July 2013 "Organic Gardener" magazine, there is a picture of Jerry Coleby-Williams with a "cavolo nero" kale plant that grew to 1.76m high by 1.28m wide, so deep planting sounds a good idea!) Hilling compost around the stems of established plants also provides additional nutrients, as well as helps stabilise top-heavy plants. Where plants are grown for six months or more, staking may also be required.

Plant seedlings 40cm apart, and in 1cm drills if using seeds. Kale are hungry feeders, and

a continuous harvest of leaves requires a continuous supply of nutrients, so regular applications of liquid nutrients are beneficial.

Kale seed germinating is quick (just over a week) and harvesting can start in as little as 8 weeks, and the plants can go on producing leaves for 12 months. Hand-pick or cut individual leaves as required, taking care not to wrench the plant roots as you do so. Usually the first and oldest kale leaves are too tough to eat – but poultry love them. The remaining, tender leaves are best harvested working upwards from the base of the stalks – if the young growth at the top of the plant is left untouched, it will keep growing while continually producing new leaves. When the kale finally starts to flower, pull up the plants and discard them.

Kale is subject to the same chewing pests as other brassica crops. Fortunately, if a caterpillar attacks kale plants, the affected leaves can simply be removed, so any damage is less significant than on a headed cabbage. Birds can cause considerable damage to kale plants, as well as the cabbage white moth (also known as the diamond back moth) which are active from winter to summer. White netting will keep egg-laying cabbage white moths at bay.

Kale will cross with related brassicas that are in flower at the same time. If you wish to maintain pure seed strains, isolate crops from neighbouring plants to prevent cross-pollination by insects.

And now back to eating kale: Tender kale greens can provide an intense addition to salads, particularly when combined with other such strongly flavoured ingredients as dry-roasted peanuts, soy sauce-roasted almonds, red capsicum flakes, or a sesame-based dressing. When baked or dehydrated, kale takes on a consistency similar to that of a potato chip. Curly kale varieties are usually preferred for chips, and these can be seasoned with salt or other spices.

Recipe 1: Raw kale is good as a winter salad. Chop and toss leaves in a dressing and garnish with quartered hard-boiled eggs.

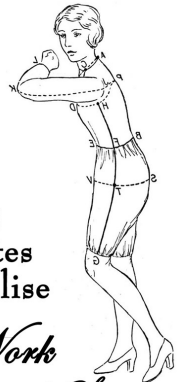
Recipe 2: Kale and Potato cakes: **1.** Blanch 250g kale in boiling salted water for 2 minutes. Drain, chop finely and stir into 500g of mashed potato. **2.** Mix in 2 eggs. Add 50g breadcrumbs gradually, stirring until the mixture is fairly stiff. Season with salt and pepper, then shape the mixture into flattened, egg-sized patties. **3.** Heat oil in a frying pan. Fry patties about 8 minutes, turning twice, until brown and crisp. Serve hot or cold.



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Recipes Column

Paleo Zucchini Noodles with Avocado Cream Sauce



Prep : 10 mins Cook : 10 mins

Servings: 4

Ingredients:

- 6 large zucchinis (about 4 pounds), peeled and ends removed
- 1/2 teaspoon sea salt (for salting zucchini)
- 1 Tbsp. lard, bacon drippings or tallow

SAUCE

- 2 large avocados (about 3/4 pound total), peeled and pit removed
- 1/4 cup packed fresh basil leaves (about 15 medium sized leaves)
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 3 cloves garlic, minced
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon fresh lemon juice

Special Equipment:

- Julienne slicer or spiral vegetable slicer

Directions:

1. Julienne or spiral slice your zucchini and place in a strainer over a larger bowl or in the sink. Sprinkle about 1/2 teaspoon of sea salt over the zucchini and toss to coat. Allow the zucchini to sit for 15-20 minutes to allow excess liquid to drain. After the zucchini has drained, wrap it in a few paper towels and squeeze gently to remove any remaining moisture. Wrap again in fresh paper towels and leave on the counter until ready to cook.
2. To make the sauce, place all of the sauce ingredients in a food processor and blend for 15 seconds or until smooth. Taste and add additional salt and pepper if desired.
Note: If serving raw, stop here and serve the sauce on top of the noodles.
3. To cook the noodles, melt the fat in a large skillet over medium-high heat. Add the zucchini and cook for 2 minutes. Add the sauce and toss with the noodles to coat. Cook for another 2-3 minutes or until heated through, then serve.

NOTE: I added the following vegetables when I made this to make it more exciting. They can just be pan fried prior to adding to your dish.

Onion, Garlic, Mushrooms, Capsicum, Snow-Peas and Olives.

From: Dorothy Coe

Source: *Paleo Cupboard*
www.paleocupboard.com/zucchini-noodles-with-avocado-cream-sauce.html

Spicy Vegan Lentil Burgers



- Serve burgers with salad of choice on your favourite burger bun.

Note: to make one flax egg combine 1 tablespoon of ground flax seed with 3 tablespoons of water and allow to rest of 10-15 minutes.

Source: Flannerys Recipes

<http://flannerys.com.au/featured-recipes/>

Ingredients (Patties)

- 1 onion, diced
- 2 cloves of garlic, crushed
- 2 cups cooked lentils
- 1/2 cup Flannerys Own Walnut Halves
- 2 flax eggs (see note below)
- 1/2 cup gluten free bread crumbs
- 1/2 cup fresh coriander
- 1 tsp of chilli powder, smoked paprika & ground cumin
- Salt & pepper to season
- Coconut oil to fry
- Burger buns of choice
- Salads of choice

Method

- To make the lentil patties add all ingredients to a food processor and pulse until the mixture starts to come together but is still chunky. Divide the mixture into equal sized patties.
- In a large fry pan over medium heat add a small amount of coconut oil and once heated fry the patties. Cook until the patties are crispy and holding together. Gently flip the and cook for a further 2-4 minutes.

Simple houmous

- 1 x 400 g tin of chickpeas
- 1 small clove of garlic
- 1 tablespoon tahini
- 1 lemon
- extra virgin olive oil

Method

- Drain and tip the chickpeas into a food processor.
- Peel and add the garlic, then add the tahini, a good squeeze of lemon juice and 1 tablespoon of oil.
- Season with a pinch of sea salt, then pop the lid on and blitz.
- Use a spatula to scrape the houmous down the sides of the bowl, then blitz again until smooth.
- Have a taste and add more lemon juice or a splash of water to loosen, if needed, then transfer to a serving bowl.
- Serve with sliced crunchy veg, such as carrots, cucumbers, radishes or peppers, and some warm flatbreads.

Source: <http://www.jamieoliver.com>

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

FRUIT TREES

JULY

Custard apple: Harvest every 3 or 4 days as fruit matures. Don't let trees dry out. Apply garden lime to soil – 20 grams per sq m to drip line – for example, a mature tree, 1kg.

Figs: Keep well mulched.

Lychee: Do not let trees dry out. Minimal watering is needed. Check emerging flowers for flower caterpillars. If more than ½ are infested, spray with pyrethrum or garlic spray.

Low chill stone fruit: Peak water needs. Water trees 2 weeks before flowering and 3 weeks later. In late July start blossom thinning. Winter prune late varieties. 50g of organic fertilizer with sulphate of potash added per sq m to drip line of trees. Mature trees – 1 kg.

Mango: Don't let trees dry out. Continue with copper based spray or leaf microbes for anthracnose if visible.

Passion-fruit: Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertilizer with sulphate of potash can be applied for vines. Large vines – 1 kg; small vines – ½ kg.

Pawpaw: Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Use copper based sprays or leaf microbes if black spot is about. Pick fruit at mature stage with ½ colour to have full flavour.

Persimmon: Minimal water required at this time.

Strawberries: Feed with organic fertilizer with sulphate of potash. Spray fish emulsion and kelp regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered, but try not to wet the berries. This will also pre-

vent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needles are best for this.

Bananas: Don't let the stools dry out. Keep fruit covered and cut off bells.

Citrus: Pick mature fruit when fully ripe. Keep up irrigation.

AUGUST

Custard Apple: Leaf loss should occur this month. Low irrigation. Mulch trees. This month is the best time to prune custard apples. 1/3 of old wood needs to be taken off.

Figs: Pruning can be carried out. Be very vigorous. 1/3 can be cut off. Figs are only produced on new wood of the new season's growth. Give trees a good feed of organic fertiliser with sulphate of potash. Mulch well.

Lychee: Increase irrigation. Flowering should start this month. Fertilise trees with an organic fertiliser with potassium sulphate. Give mature trees 1 kg and small trees ½ kg.

Low chill stone fruit: Carry out final thinning. Stone hardening will occur this month. Continue with high irrigation. Prune out water shoots and dense foliage for better sized fruits. Use fruit fly control programs, for example netting or an attractant method.

Mango: Don't let trees dry out. Once flowering occurs spray with copper based spray or leaf microbes for anthracnose, if visible.

Passionfruit: Vines will start to grow this month. Apply a little organic fertiliser with sulphate of potash and mulch vines at least 2 to 3 metres out from the base. 1kg for large vines and ½ kg for smaller vines.

Pawpaw: Spray with wettable sulphur in the evenings for spider mite.

Persimmon: Flowering will start in early varieties. Mulch trees. Low irrigation.

Strawberries: Apply small amount of organic fertilizer with sulphate of potash. Keep up irrigation. Pick fruit when fully ripe.

Bananas: Don't let stools dry out. Keep fruit covered and cut off bells.

Citrus: Flowering will occur this month. Increase irrigation. Fertilise tree with organic fertiliser with sulphate of potash, 1kg for large trees and ½ kg for smaller trees.

Brisbane Organic Growers Handbook

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, Hysop, 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.

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VEGETABLES

JULY:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Tomatoes.

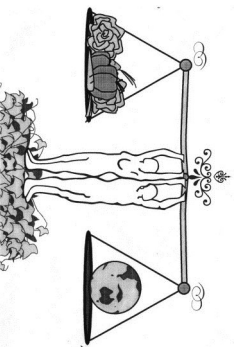
AUGUST:

Artichoke, Asian greens, Asparagus, Beans, Beetroots, Capsicum, Carrot, Celeriac, Celery, Chilli, Cucumber, Eggplant, Endive, Gourd, Kale, Leeks, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Potato, Pumpkin, Radish, Shallot, Silverbeet, Squash, Sunflower, Sweet Corn, Sweet potato, Tomato, Zucchini.

Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

If not claimed in 14 days, please return to:
GCOG, PO Box 210, Mudgeeraba Q 4213

*GOLD COAST ORGANIC
GROWERS Inc.*



NEWSLETTER

Meetings held:
3rd Thursday of the Month

Meeting place:
Cnr Guineas Creek Road
& Coolgardie Street
Elanora, Gold Coast

Next meeting:
Thursday 18th August 2016