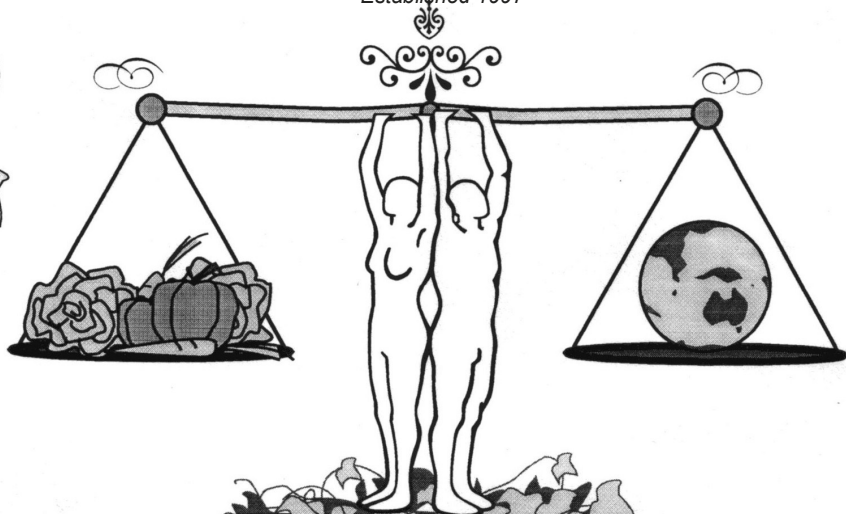


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 19 JUNE 2015 Issue 6
GARDENING IN WINTER

Pg2	<i>Club Information</i>	9	<i>Jicama Yams</i>
3	<i>Notice Board, Whar's On, Guest Speakers</i>	10-11	<i>Recipes Column</i>
4	<i>President's Message</i>	12	<i>If You Just Do One Thing This Month - Learn about Dipel</i>
5	<i>Freemans Farm</i>	13	<i>Some jobs to do this Winter</i>
6-7	<i>Miracle Tree (Moringa)</i>	14-15	<i>Fruit Trees, Vegetables, and Herbs</i>
8	<i>Q&A for April and May</i>		

OUR NEXT MEETING: Thursday 16 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

2015 Committee

President	Maria Roberson (07) 5598 6609
Vice President	David Freeman 07 5533 0119
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Karen Hart (07) 5551 1297 Penny Jameson
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
Newsletter Editor Newsletter Asst.	Dorothy Coe webprint@onthenet.com.au Diane Kelly
Website Editor	Dorothy Coe webprint@onthenet.com.au
Advertising	Dorothy Coe webprint@onthenet.com.au
Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellebeter@gmail.com
Librarians	Ann Brown 0403 936 360 Pat McGrath
Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 John Clarke Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Judy Reiser

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 Member-ship Number in the comment field.

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

Membership renewals

Overdue: Peter & Jan Fleming (287), Shelley Pryor (72), Geoffrey Williams (293), Ashleigh Hart (355), Karen Hart (198), Celia Forrest (351), Marion Symons (155), Peter & Patricia Edwards (163), Danielle Bohata (359), Barbara Morgan (246), Ken & Pat Jenyns (273), Judy McCracken (274), Jerry & Justin Rogers (275), Suzanne Blatcher (276), Tali Filip (277), Anne-Maree Andrew (337), Regina Lacgalvs (208), Angela Anderson (323), Judy Reiser (338), Alex Dimos (364), Maggie Golightly (365), Jude Lai (220), Kerstein Trueman (346), Rodney & Cathy Boscoe (347), Chris Larkin (141), Karen Auchere (147), Robert Faulkner (303), Virginia Jacobson (325)

June: Barbara Talty (58), Lise Racine (151), Jan Wright (191), Dorothy Coe (253), Ron Campbell (255), Cathie Hodge (304), Eileen Turner (328), Val Sier (349), David & Lesley Freeman (352), Joshua Walker & Chris Viehbock (371), Sue Beckinsale (373)

July: Ian & Margaret Lee (118), Patricia McGrath (305), Ann Brown (329), Roger Peterson (330), Scott McCormack (334)

Upcoming Guest Speakers

TBA in July 2015

Workshops

- | | |
|------------------|--|
| 20 June | Compost and Soil Mixes
10am to 2pm (morning tea included. Cost \$20/\$10 concession). |
| 18 July | Seed raising, propagation of herbs, and cooking with herbs |
| 22 August | Small space gardening—balcony boxes |

For more information contact Lyn Mansfield at Gold Coast Permaculture
 M: 0409 645 888
 E: lynmansfield14@bigpond.com

Newsletter:

Contributions and ideas welcome. Send in a photo of what's going on in your patch.
 Email Dorothy - webprint@onthenet.com.au

Thanks to Contributors:

Diane Kelly, Jill Barber, Maria Roberson, Rachael Leberer, Keith Gascoine, Penny Jameson & Dorothy Coe

Past newsletters can be downloaded from the site at
www.goldcoastorganicgrowers.org.au

President's Message

Hello Everyone,

Thanks to some rather chilly weather over the last few weeks, a lot of the insect pests we've been battling have been stopped in their tracks. It should be much easier to grow your vegetables, especially the Brassica family, in relative peace, with just the occasional outbreak to deal with. Don't worry if you are running behind with your planting schedule; it's still a really good time to plant up your garden. All of the autumn and winter vegetables will thrive and provide heaps of produce for you and your family. If you have empty garden beds that are not in use, why not plant a green manure crop and reap the benefits in spring. We have the winter green manure seeds for sale on the seed table for just \$2. Planting a green manure crop is one of the cheapest and most effective ways of improving your garden soil and something organic gardeners should practise regularly.

While I am on the subject of vegetable growing, I picked up a tip from a fellow Club member a couple of years ago, and I think it's worth sharing with you. When harvesting shallots, I used to pull the whole plant, roots and all, from the ground, wash the plant off and go about using them in the kitchen. Shelley suggested that I cut the plant just above soil level instead, leaving the roots to grow on. Well it works a treat; I have had the same row of shallots growing for 2 years now by just following the "cut and come again" rule. Now the only trick is that we Queenslanders call the green leafy, non bulbing type of alliums "shallots" and southerners call a different plant the same name. Get this bit right and you, like me, will be one very happy gardener.

Don't forget the upcoming visit to FREE-MANS FAMILY FARM on SUNDAY 21st JUNE AT 2pm. The farm tour will be for an hour or so, and then, if you wish, we can have a coffee and a chat at the new coffee

stand on site. This will give all those who missed out last year the opportunity to visit a working farm and learn some tried and true growing techniques. The address is 618 Tomewin Mountain Road, off Currumbin Creek Road, Currumbin Valley.

Members please check if your membership fees are due; membership renewals are posted in the newsletter on page 3. If you let your membership slip you will miss out on your monthly newsletter, as well as many other benefits, including being eligible to borrow from the club library.

I hope some of you will be entering your fabulous, home-grown or homemade goodies in this year's Mudgeeraba Show on the 26th, 27th and 28th of June. For information on what to enter and how to present it, just visit their web site. This is one of the only country style shows in our region where adults and kids alike get to see a more rural side of the Gold Coast. It's hard to believe, but some people don't even know that there is "green behind the gold", and I think that they are missing out on the best bit.

Happy Growing, Maria

OFFER: I have a large **organic garden bed** that I would like to **offer** to someone interested in growing their own vegetables.

There is plenty of compost, horse manure, tank water and very easy access. I live about 5 minutes from Burleigh Heads at the start of Tallebudgera valley.

The garden is organic and has been active for about 15 years. The garden has just been green mulched and ready to go.

There is no contract or cost – this would be in exchange for us sharing some of the veggies. If interested call 0419226546

About the Farm & Tourist Drive

Arthur Freeman Lookout

Freeman's Farm Fruit & Vegetables

Always Farm Fresh

Gold Coast Scenic Drive

From the Gold Coast Highway or Pacific Motorway, follow the signs to Currumbin Creek Road and enjoy a scenic drive through the Valley until you come to the Tomewin Mountain Road turn-off on the left (sign-posted 'Murwillumbah').

Freeman's Farm is on the right near the top of the range, where you'll see the bright yellow fruit and vegetable truck.

Continue on past Arthur Freeman Lookout and into Murwillumbah to visit the Tweed River Art Gallery and other local attractions, returning along beautiful Tomewin Mountain Road to view the Cougal Cascades in the Mount Cougal section of Springbrook National Park.

What We Sell

A beautiful drive through Currumbin Valley Abrings you to Kianga Plantation, the Freeman's fresh fruit and vegetable farm. Look for the yellow farm truck. There is a range of seasonal fruit and vegetables fresh from the farm.

Fruit and vegetables include:

Bananas (New Guinea Cavendish and Lady Fingers all year), Custard Apples, Avocados (all year) Tomatoes, Various Root Vegetables, Cabbage, Pineapple, Mandarins and other seasonal fruits and vegetables.



Where to find us
618 Tomewin Mtn Road
Currumbin Valley, Qld
Phone: 07 5533 0119
Mob: 0438 777 763
E: davidgowerfreeman@bigpond.com

Looking for something to do on Sunday 21st June ?

Music in the Park – Gold Coast Regional Botanic Gardens - 12pm to 4pm

This event is also one the major fundraiser activities for Friends this year. Friends will have stalls with plants, craft and merchandise, and floral arrangements for sale, as well as a sausage sizzle and cold drinks.

More info <http://www.goldcoast.qld.gov.au/community/music-in-the-park-19763.html>

Miracle Tree (Moringa)

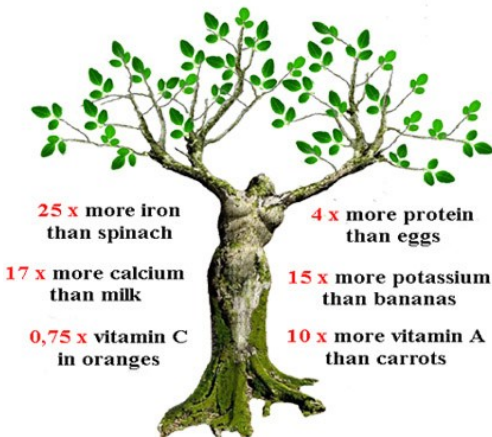
By Dorothy Coe

Moringa - plant with multiple medicinal uses and benefits

I first heard about the Moringa Tree and it's health benefits last year while reading an article in the Diiggers magazine.

It's also known by the name "Miracle Tree" for it's amazing health & healing qualities. The added bonus is that every part of this tree is edible!

In the Summer I planted about 5 of these trees into pots which should have been moved to the ground by now but I have been a bit slow because I cannot make up my mind where to plant them.



Here is more information about the tree ...

Moringa oleifera has an impressive range of medicinal uses with high nutritional value and medicinal benefits. Different parts of Moringa contain a profile of important minerals and are a good source of protein, vitamins, beta-carotene, amino acids and various phenolics. Moringa provides a rich and rare combination of zeatin, quercetin, beta-sitosterol, caffeoylquinic acid and kaempferol.

Medicinal Uses and Benefits

Moringa Leaves

- Leaves rubbed against the temple can relieve headaches.
- To stop bleeding from a shallow cut, apply a poultice of fresh leaves.
- There is an anti-bacterial and anti-inflammatory effect when applied to wounds or insect bites.
- Extracts can be used against bacterial or fungal skin complaints.
- Leaf tea treats gastric ulcers and diarrhoea.
- Eating Moringa food products is good for those suffering from malnutrition due to the high protein and fibre content.
- Leaves treat fevers, bronchitis, eye and ear infections, inflammation of the mucus membrane
- The iron content of the leaves is high, and they are reportedly prescribed for anemia in the Philippines.
- Dried Moringa leaves treat diarrhoea in Malawi, Africa.
- The powder ground from the seeds is also used in the treatment of scurvy skin diseases (common bacterial infections of the skin).

Moringa Flowers

- Flower juice improves the quality and flow of mothers' milk when breast feeding.
- Flower juice is useful for urinary problems as it encourages urination.

- In Haiti, villagers boil Moringa flowers in water and drink the tea as a powerful cold remedy.

Moringa Pods

- If eaten raw, pods act as a de-wormer and treat liver and spleen problems and pains of the joints.
- Due to high protein and fibre content they can play a useful part in treating malnutrition and diarrhoea.

Moringa Seeds

- Used for their antibiotic and anti-inflammatory properties to treat arthritis, rheumatism, gout, cramp, sexually transmitted diseases and boils. The seeds are roasted, pounded, mixed with coconut oil and applied to the problem area. Seed oil can be used for the same ailments.
- Roasted seeds and oil can encourage urination.
- They can also be used as a relaxant for epilepsy.
- Moringa seeds are effective against skin-infecting bacteria *Staphylococcus aureus* and *Pseudomonas aeruginosa*. They contain the potent antibiotic and fungicide terygosperrin.

Moringa Roots, Bark and Gum

- The roots and the bark have all of the properties described above but are more concentrated. Therefore much more care should be taken if using them as medicines.
- The roots and bark are used for cardiac and circulatory problems, as a tonic and for inflammation. The bark is an appetizer and digestive.

- In Senegal and India, roots are pounded and mixed with salt to make a poultice for treating rheumatism and articular pains. In Senegal, this poultice is also used to relieve lower back or kidney pain

- Fodder-branches
- The alkaloid spirachin (a nerve paraly-sant) has been found in the roots.
- The gum is diuretic, astringent and aborti-facient and is used against asthma.

Source: Photos and health benefits content from: <http://miracletrees.org>

Dave's Perlite and Vermiculite Free delivery (Gold Coast area)

Products and Prices

Vermiculite 30 ltrs - \$15

Vermiculite 100 ltrs - \$35


Perlite 30 ltrs - \$15

Perlite 100 ltrs - \$35


Peat Moss 220 ltrs

(Compressed to a 4 cubic feet bale) - \$75



 Mobile: 0428 296 646

 davesperlitevermiculite@gmail.com

 www.facebook.com/davesperlitevermiculite

Q & A - April 2015**By Penny Jameson**

- Q - What is opening my pumpkin seed flower and eating the stamen?
 A – Grubs or grasshoppers. Suggest you only grow one variety of pumpkin per year as they will cross pollinate. If the fruit are hybrid, then seeds collected from the fruit are not reliable – can throwback to either variety.
- Q – What causes tomatoes to have blossom end rot?
 A – Calcium deficiency.
 Tomatillo tomato (a strain of gooseberry) Suggest spraying with Dipel – soil born bacteria (mixed with a little neem oil to make it stick).
 Need 2 – 3 days for effect. The solution will wash off so avoid getting leaves wet while watering.
- Q. – How do I treat black spots on strawberry leaves?
 A – Probably a fungus. Throw spotty leaves in the bin. Try for more airflow, or a milk spray. Strawberries are related to roses, and are also prone to grasshopper infestation. Kill large grasshoppers.
- Q - What is the little black bug on basil?
 A – flea beetle.
- Q - Lots of caterpillars on confetti bush, and concerned about killing them all in case they are butterflies.
 A – Kill half of them J
- Q – Does asparagus need digging up/transplanting?
 A - You can, but it doesn't need it. If moving it, do so before August and know that you may lose half of your crop. Tumeric doesn't need transplanting either.

Q - How do I save okra seed?

A – Leave okra on the plant until dry. When the pod is the colour of parchment, put it in a paper bag prior to the pod splitting.

Q – When is the best time to harvest ginger?

A – When the leaves begin to yellows off.

Reminder: always wear a mask when handling and working with compost.

Greg Plevy is happy to test soil samples or do home visits. Ph: 0413 807 176

Q & A - May 2015**By Penny Jameson**

Q – Potatoes....to tip prune or not to tip?

A – Don't nip the tops. When you see tubers close to the surface, mulch or cover with soil. N.B. Potatoes do not like lime.

Q – How do I treat spider mites?

A – Possibly treat with sulphur. If $\frac{3}{4}$ of the tree looks good, just prune off the dead bits and let it settle. Don't over fertilise.

Q – Paw Paws are taking a long time to ripen

A - It is too cold now – make paw paw salad.
 J They will look sad throughout winter with spotty, yellowing leaves. They like plenty of manure or seaweed water and will ripen in summer. You may have some luck if they are near a warm brick wall.

Q – How to raise carrots from seed?

A – Put a plank, fence paling or hessian over the planted seed to keep moist. Check, and be sure to remove same once seedlings are sighted. Always grow root crops from seeds rather than seedlings.

Hint: soak beetroot and silverbeet seedlings

overnight prior to planting. Plant leeks as demonstrated on Gardening Australia show – swish seedlings in water to loosen, then lay with adequate space in a shallow trench before back filling. When sown close together, the leek will be thinner.

- Q – Nut grass around rose garden....what should I do? Audience response – MOVE!!
- A – Other possible solution – keep pulling it out. Treat 3 times with molasses solution. Another suggestion was to buy Weed gunnel from Yandina. \$1.49 per metre. Nut grass doesn't like to compete.
- Q – How do I stop my broad beans from blowing over?
- A – support with a stake to protect vine from strong wind.

Jicama Yams By Jill Barber

The pods are all turning brown, so it's time to dig up some **jicama yams**. I've been looking forward to this all summer: I love their crunchy texture – great for salads & stir fries! Best to go in gingerly with a fork, trying to get under them; otherwise, they get chopped up. Uh, oh, not there. Try again: uh. Oh, not there either! Three tries I had, going wider, as they all seemed to be clumped together and hard to uproot. Finally, as one came, they all came – voila! See below – a beauty, 4-in-one!



I can hardly believe it: last week, with Lise Racine's invaluable guidance and assistance, I applied my first **Biodynamic 500 Preparation!** I am so excited to have finally broken through a bit of a mental barrier, after several years, and taken the necessary steps building up to it.

There was obtaining the 500, ensuring that the soil was damp and raked free of mulch, that the weather was still and not too cold yet, the rain water was warmed, then stirring the preparation...for an hour, in the correct manner. Finally, there was spraying it all on, in widely scattered, small drops. I am looking forward to those magical microbes coming to life with this life energy, aerating the soil and changing the structure of it to allow the deeper penetration of roots, and hence their accessing of more nutrients. The outcome I hope for is healthier, pest resistant vegies in general, strong, upstanding, more nutritious and tasty.

The Diggers Club

Australia's largest garden club is helping gardeners grow healthier vegetables, tastier fruit and the most beautiful flowers.

- Heirloom vegetable & flower seeds, herbs, plants
- Gardening advice, free seeds and discounts for members



- We deliver direct to your door in QLD
- 03 5984 7900**

DIGGERS.COM.AU

Recipes Column

Apple Chutney

Adapted from “Organic Life”, Issue 1, Autumn 2015

I’ve been looking for a chutney that’s not too sweet, and not being able to find one, I finally decided that I just needed to dive in and make my own. And how simple it is to make chutney, I discovered! Mangoes not being in season, though, I couldn’t really use the Mango Chutney recipe from last months’ GCOG newsletter, so I was delighted to find this apple chutney recipe as apples are perfectly in season now.

I’ve adapted some quantities – cutback the 2 cups of sugar to 1 (though next time I might try a more healthy molasses), and only 1 cup of vinegar instead of the original 2 cups, as that’s all I had, but fortuitously it’s the right amount of tartness for me now – perfect!

Ingredients

- 6 Granny Smith apples – peeled, cored & diced
- 4 lge brown onions – peeled & chopped
- 1 c organic apple cider vinegar
- 2 c dark brown sugar (try some molasses??)
- 1 c sultanas
- 1 c currants
- 1 tsp cinnamon
- 1 tsp nutmeg (or mace)
- 1 tsp Chinese 5-spice pdr (star anise, clove, cinnamon, fennel & ginger - optional)

Method

- Put all ingredients into a large pot, bring to a slow boil & simmer gently for a few

hours. Add a little water if a bit dry (I didn’t).

- Turn off & let sit overnight, cooking again next day briefly if desired, being careful not to let it stick on the bottom.
- Bottle while warm into sterilised jars.
- “Best left for a month before using, to allow the flavours to mature” – in your dreams!

From Jill Barber

=====

Keith’s Amazeballs



This was a delicious plate on the supper table last month. Thank you, Keith – we loved them!

Ingredients

- 2 cups mixed walnuts, almonds, pecans
- 1 cup sunflower seeds
- 1 cup shredded coconut
- 2/3 cup cocoa powder
- 8 medjool dates
- pinch of salt
- 3 tablespoons water

Process

- Combine nuts, seeds, dates and coconut in food processor
- Pulse to grind
- Add cocoa, salt and water and process till it forms a paste
- Roll into balls and put on a tray lined with baking paper
- Chill for at least 30 minutes before serving
- Keep refrigerated

Comments

- Important to use medjool dates as these have sufficient moisture
- Might need to use more or less water depending on consistency

From Keith Gascoine

=====

Mango Chutney

Ingredients

- 7 - 8 green, or semi ripe mangoes, peeled, seeded, cut into chunks (keep all the juice and small bits in the bowl too). Put the best 1/3 chunks in a separate bowl.
- Juice of 1-2 lemons
- 8 figs
- 12 dates
- 3 cm piece fresh ginger, peeled, grated
- 1 teaspoon cumin
- 1 teaspoon cardamom

- 1 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 2 whole cloves
- 1 teaspoon oil
- 1 heaped desert spoon of dried cane juice

Put the oil and spices in the pot and gently sauté.

Add the other ingredients, except the 1/3 mango.

Stir and let it thicken and cook down – 20 mins.

Add 1/3 mango and cook for another 5 mins.

Put in jars.

Other possible ingredients: onions, garlic, sultanas, other fruit in season ...

From Jill Barber

=====

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

Recipe submission deadline is the second Monday of each month.

**If You Just Do One
Thing This Month ...
Learn about Dipel
By Diane Kelly**

Every now and then at our Club meetings, we hear a reference to Dipel. So I decided that it was time for me to learn what it is and how it might be used as an effective “biological control by bacteria”. My usual reference books didn’t have much about the product, so I decided to look at Peter Bennett’s book “Organic Gardening” – that’s the one about which Maria has said that if she was stuck on a desert island with just one book, that would be it!

Dipel is used as a spray that contains *Bacillus thuringiensis* which is a bacterium that is completely harmless to all other forms of animal life, but which is highly effective against most species of leaf eating caterpillars. These include cabbage moths, cabbage white butterfly, lawn grubs and loopers.

The product is mixed with water, and applied to both sides of plant foliage. The larva ingest the bacteria, which then multiply rapidly and kill the grub or caterpillar. A liquid exudes from the resultant mass, and this is loaded with millions of bacterial spores. These in turn infect other larvae on the plant, thus limiting damage to crops. *Bacillus thuringiensis* is broken down by sunlight within a few days, so repeated applications may be necessary.

Dipel is particularly effective against the cabbage white butterfly because the parasitic wasps that normally deal with them are usually effective *after* the larva becomes fully grown – by which time their damage will have well and truly been done.

However ... although Dipel apparently does not cause problems for bees, birds or other wildlife, and there appears to be little risk to humans (the usual skin impact & inhalation advice apply), use of the product does come with a warning. Cultures marketed as Dipel should only be

used when caterpillars reach plague proportions. It is not wise to apply it as a control or prophylactic (i.e. preventative) measure when only small populations of caterpillars are present because any parasitic wasp larvae that are on the way to helping control the target pests will certainly die along with their hosts.

So careful observation is always warranted. As Peter Bennett writes, “this particular strain of bacterium is a desirable form of biological control in *some* situations.” Watch your garden to see the actual volume of pests, and try to remove them manually first. Plus we would do well to remember the theory of “The balance of Nature”, which proposes that ecological systems are usually in a stable equilibrium. So let’s help nature as much as we can by encouraging good visitors to our gardens, so that they can take care of the bad ones in the most effective way.



HERB FARM

Michael & Sandra Nanka
491 Springbrook Rd
MUDGEERABA. 4213

Opening times: Mondays, Tuesdays and
the 3rd weekend of the month.
9 am – 4 pm

Phone: (07) 5530 3253
www.herbcottage.com.au

- ◆ Culinary, Fragrant and Medicinal Herbs
- ◆ Vegetable and Herb Seeds
- ◆ Craft, Herb Vinegars, Jams & Preserves
- ◆ Essential & Fragrant Oils, & lots more

Some Jobs for Winter

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.

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 rapeseed (syn. canola) or Indian mustard, but any brassica will help.

Source: *Organic Gardener*

Three Figs Café & Greenbird Gallery

- Locally made delicious food
- Big range of coffees and teas
- Old farmhouse setting
- Shady gardens and landscaping
- Handmade gifts & homewares

Open Wed-Fri 8am-2pm, Sat-Sun 8am-4pm
The Ecovillage, 639 Currumbin Creek Rd
Currumbin Valley

For bookings phone Mirella 0419 170 654

*"An enjoyable experience on so many levels
– lovely ambience, yummy food and coffee,
interesting things to see and buy.*

Don't miss it!"

GC Visitors Guide 2013

FRUIT TREES

JUNE

Custard apples: Harvest every 3 to 4 days as fruit matures. Don't let trees dry out.

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

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.

Mango: Don't let the trees dry out.

Passion-fruit: Don't let the vines dry out. Keep up the fish emulsion or kelp sprays every month. Small amount of organic fertiliser with added sulphate of potash can be applied to vines, 20 gms per sq m – for example, large vines = 100 gms; small vines = 50 gms.

Pawpaw: Spray with wettable sulphur if powdery mildew is a problem. Minimal water. Pick fruit at mature stage with ½ colour to have full flavour.

Persimmon: Dormant period. Minimal water required at this time.

Strawberries: Feed with organic fertiliser with added sulphate of potash. Also use fish emulsion and kelp spray regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered – try not to wet the berries. This will prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needs are good.

Bananas: Keep up the water and bag fruit. When fruit are formed, bag fruit with banana bag, tie bag to top of stem and drape down to bell. Leave open at bottom for air. Cut off bell to get larger fruit.

Citrus: Harvesting should be well under way. Keep up watering.

Avocado: Early flowers should appear this month. Keep up water needs. If you have not applied garden lime and gypsum, apply now as per June instructions.

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 prevent 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.

VEGETABLES

JUNE

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

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.

HERBS

JUNE

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

Perennials & Bi-Annuals:

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

JULY

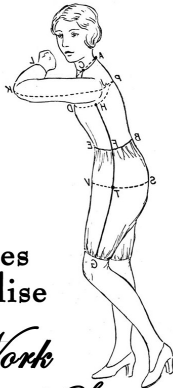
Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Giant Red Lettuce, Herb Robert, Italian parsley, Misome, Mizuna, Mustard Lettuce, Nasturtium, Rocket.

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.

Clothing Alterations & Mending

Clothes altered to fit you!

Repairs
Alterations
Hems - zippers
Soft furnishings
Textile recycling
Extended mending
Copy your favourites
Remodel - Revitalise



*Quality Work
Good Old-fashioned Service*

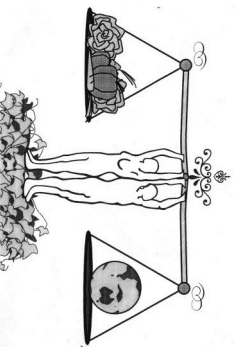
Maggie Golightly 0413633055
golightly@iprimus.com.au

Veggie Swap by Dorothy Coe

If there are any members interested in doing some "veggie swapping", let me know during the meeting or email me at webprint@onthenet.com.au so that I can add you to the current list that we are putting together.

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 16 July 2015