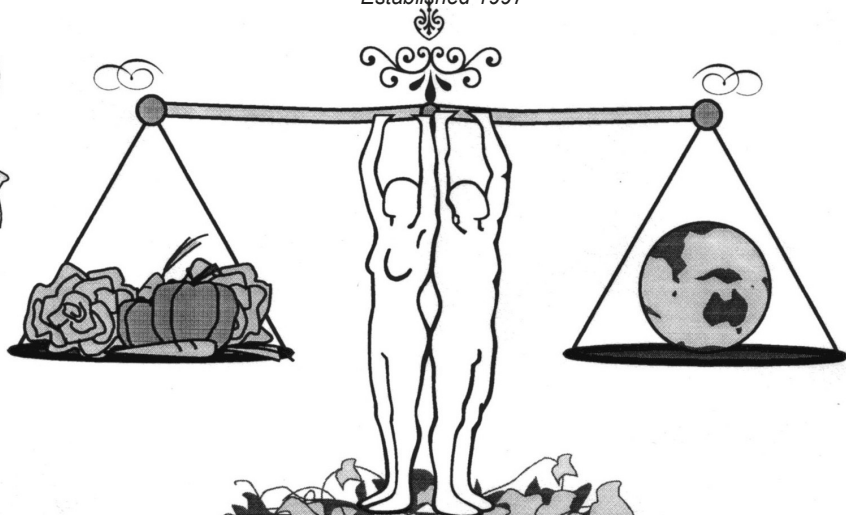


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 21 - JUNE 2017 Issue 6  
GARDENING IN WINTER

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OUR NEXT MEETING: Thursday 20th July 2017

## Notice Board

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

### Meetings Held:

#### 3rd Thursday of the Month

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

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

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

*(No meeting in December)*

### Annual Membership Fees:

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

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

**Name: Gold Coast Organic Growers**

**Bank: Suncorp**

**BSB: 484-799**

**Account: 0014-21651**

### Seed Bank:

Packets are \$2.00 each.

### Members' Market Corner:

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

### Raffle Table:

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

### Library:

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

**Advertising:** (Note 11 issues/year)

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

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

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

**W: [www.goldcoastorganicgrowers.org](http://www.goldcoastorganicgrowers.org)**

**Facebook: [www.facebook.com/gcorganic](http://www.facebook.com/gcorganic)**

## 2017 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
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Librarians	Ann Brown 0403 936 360 Dayne Petersen
Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly Bill Smart
Supper Co-ordinator	Heather Ryan 0409 577 499 Deb Phillips

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

## Notice Board

### Membership Renewals

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

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

### Remember to put your Name and Member- 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 – June 2017:

**Overdue:** Marion Symons (155), Karen Collins (350), Daniel Rhoades (399), Margaret Reichelt (111), Roger & Pauline Behrendorff (232), Barbara Morgan (246), Ken & Pat Jenyns (273), Anne-Maree Andrew (337), Gillian Tubbs & Dolphe Cooke (403), Angela Anderson (323), Judy Reiser (338), John Clarke (345), Fran Janes (366), Ros Griffith (378), Kerstein Trueman (346), Sue Beckinsale (373), Lynn Tilley (382), Elizabeth Hughes (389), Justin Gage (406), Suzi Lucas (407), Vickie Searle (409), Karen Auchere (147), Bruce Kelly & Heather Ryan (234), Denise Goodwin (335), Kym O'Connell (411)

**June:** Barbara Talty (58), Shelley Pryor (72), Jan Wright (191), Mea Lee Khoo (211), Dorothy Coe (253), Ron Campbell (255), Peter & Jan Fleming (287), Cathie Hodge (304), Darrell & Marion Williams (310), Eileen Turner (328), Debbie Chesterfield (410)

**July:** Ian & Margaret Lee (118), Justin & Jerry Rogers (275), Patricia McGrath (305), Ann Brown (329), Scott McCormack (334), Theunetia Scheepers (391), Judy Fourie (392)

### Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Leberer.

Latest newsletter can be downloaded from the site at [goldcoastorganicgrowers.org](http://goldcoastorganicgrowers.org)

## Upcoming Guest Speakers

### July – Peter McKelvey from Aussie Chook Poo

Peter is known to many of you as the Aussie Chook Poo man. He was at our meeting last November selling fertiliser, and will be back with us in July to tell us about his products and give us a crash course in soil health.

### August – Sarah Jantos from Greenheroes

In August, we will be joined by Sarah, one of the founders of Greenheroes. This local organization is dedicated to getting children involved with nature and connecting them to our food sources. Learn how to get the young people in your life into the garden!

## Workshops

### Abilities Plus – Permaculture

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

**19 June** - 9:30am to 11:30am - Gardening Class - GC Botanical Garden, Rosser Park, Ashmore Road, Benowa  
Meet at Friends Information Centre

**23 June** - 9:30am to 11:30am - First Aid with Essential Oils - Lyn's Place  
45 Desert Falls Crescent, Parkwood

**1 July** - 1.30am to 12 noon - Health Talk - Jema Lee, "7 systems of the body"

**10 July** - 9.30am to 11.30am - Tumeric Farm Tour at Bernies - 39 Gwongorella Parade, Springbrook

### Edible Forest Landscape Project

For more information and bookings contact Jorge Cantellano - E: [ediblescape.nerang@gmail.com](mailto:ediblescape.nerang@gmail.com)  
F: <https://www.facebook.com/n.ediblescapes/>  
Workshops TBC

## Veggie / Produce Swap At The Ediblescapes Project, Nerang

As some of you may already know, one of our members Jorge Cantellano is in the process of setting up Edible Forest Landscape Project called the Nerang Ediblescapes (NESS) - which is to be located at the Nerang Country Paradise Parklands.

He is just getting underway with this project and each month Jorge will hold workshops and events that may interest the organic growing community. He has already held two events. In May he held the hot composting workshop and in June we just had a veggie swap held there.

Both events were a success and brought likeminded community together for a common cause.

I didn't do a head count but we had at least 20 people turn up for the veggie swap and it was a great morning of sharing food and stories.

Future events and workshops will be held on **a Saturday morning - next one will be on the 8th July** (details to come by email closer to the time) and we will keep you posted in the newsletter but to keep up to date you can check out the Facebook page at <https://www.facebook.com/n.ediblescapes/>

If anyone would like to be involved as supporter or even an active member of the Nerang Ediblescapes project please contact Jorge by email or come along to the meetings on the **4th Tuesday of the month** starting on the **27th June at 6pm** at the Nerang Country Paradise Parkland's Riverkeepers Shed.

### Itinerary for the first meeting:-

- Eat Pizza
- Project update
- Events co-ordination
- Watch informative video
- Group conversation on relevant project topics
- Eat Pizza

For more information about this project you can email Jorge at: [ediblescape.nerang@gmail.com](mailto:ediblescape.nerang@gmail.com) or call Dorothy on 0412 382 989

*Pics from the veggie swap last Saturday.*



## 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](mailto:dorothy@dorothycoe.com)

## Offers / Wants / Swap / Share

### EDIBLE PLANTS, TREES, CUTTINGS DONATIONS OR SWAP REQUIRED

To support the start up of Ediblescapes (Edible Forest Landscape Project) at Nerang they are looking for donations of Edible Plants, Fruit Trees, Seedlings & Cuttings AND/OR Jorge can organise a swap deal whereby he will swap bags of compost for edible trees.

This will help them get the community edible landscape established.

If you can help now or in the future please contact Jorge at:  
[ediblescape.nerang@gmail.com](mailto:ediblescape.nerang@gmail.com)

### PLANT POTS, NATIVE PLANTS, EDIBLE TREES, SEEDLINGS, CUTTINGS REQUIRED

If anyone has any spare unwanted plant pots or any types of plants, trees, or cuttings (edible or non edible) please contact Cathy Beard as she is collecting them for an ongoing project down in Murwillumbah to help the people that had their gardens and homes flooded during the last storm.

This will be an ongoing project until further notice so if you don't have anything right now but might have something in the future please keep her in mind.

Also if anyone wants to be more actively involved helping Cathy with potting and planting or even offering storage over the coming months please let her know. Cathy can be reached on 0428 816 173

Follow us

**Botanical Bazaar**

supported by **Tropical Fruit World.**

SUNDAY GOLD COAST GARDENING EXPO

**03** COUNTRY PARADISE | **9 AM-5 PM**  
SEPT PARKLANDS, NERANG | ENTRY \$5-\$15

CELEBRITY GARDENERS | PLANT SALES |  
ORGANIC GARDENING | KIDS HUB |  
BACKYARD CRITTERS | WORKSHOPS |  
COMMUNITY GARDENS | SUSTAINABLE  
LIVING | FOOD & ENTERTAINMENT + MORE

[www.botanicalbazaar.com.au](http://www.botanicalbazaar.com.au)

### About pineapples:

Christopher Columbus is credited with bringing the pineapple to the West. The common name is said to have resulted from the comparison between the form of the fruit and a pinecone.

### Members Only Presentations – May Meeting by Rachael Lebeter

I always get excited about the amazing wealth of information that our guest speakers so generously share with us. But meetings like May, when our members give short presentations on topics of interest and expertise, are even better. It is like going from a single course menu to a smorgasboard, from a cos salad to a mix of foraged wild greens. May was no different, ranging from hot compost to aquaponics, from Hawaii to Sicily, we again showcased the wide-ranging interests and knowledge of our club members.

### Hot Composting – Courtesy of Jorge Cantellano from Edibleescape Nerang

Hot composting is the only way to compost – it kills weed seeds and pathogens, and creates true compost in the least amount of time. With this aerobic decomposition, which can be achieved in (really big) compost tumblers as well as through the method shown in Jorge's video, your compost pile stays roughly the same volume, whereas with anaerobic composting, like in a bin, you lose volume and fail to kill weed seeds!

Layer a mix of green and brown materials at a ratio of 1:2. Green materials are high nitrogen, such as manures, scraps and fresh plant waste. Brown materials have high carbon, such as leaves, hay and wood chips. You can also add an activator, such as comfrey, nettles, yarrow, urine or old compost, to get the pile started.

Build your pile with layers of green and brown. Wet down the layers as you go, or soak the pile all the way to the bottom afterwards. Your compost pile should be about 1.5 meters high to start, and a similar width and length. Part of a metal IBC frame makes a perfect guide for the pile, as we saw on the video.

Turn your compost regularly – you want to move the outside of the pile to the inside, to better distribute heat. Otherwise, the outside of your pile will break down much more slowly than the inside. And you won't kill the

weeds! If you turn your hot compost often, you can have a finished product in 18 days! Your pile should be about 55-65 ° C. If it goes above 65 °, you may find white ashing (different from white mould, which is ok both in the compost and in the garden) and your beneficial microbes will die. If you see ash, turn the pile!

Ediblescapes at Nerang may have another hot composting workshop soon, so keep an eye out. Also, vegie swaps and plant swaps to support the Food Forest project are taking place regularly. Contact Jorge.

NB. When dealing with any dusty material, and particularly things where there might be mould spores, like straw, chicken pen sweepings, compost teas or composts, wear a mask! Wet materials are fine, but with dry ones either water as you go, or wear a mask to protect your lungs.

### Botanical Bazaar – Stacey Panozzo

It seems like everything is happening at Country Paradise, Nerang. In addition to the Edible Forest Project, Country Paradise will this year host the Botanical Bazaar on September 3<sup>rd</sup>.

A Gold Coast Gardening Expo, the Botanical Bazaar, will have over 70 exhibitors, including botanical home wares and arts, garden supplies, green tools, hydroponic and aquaponic equipment, and a range of plants, from orchids and frangipanis, to trees, succulents, air plants and bromeliads. And, of course, food and drinks.

The Bazaar will also host a number of educational talks and workshops from speakers including Costa, Claire Bickle, Phil Dudman, Stuart Anderson of the FlowHive and botanical artist Julia Rose.

Early Bird tickets are available online until June 18<sup>th</sup> through the website.

### Hawaiian Organic Noni Farm – Brucy Kelly

Visiting farms and gardens when travelling is half the fun. So this month, Bruce took us on a visit to tropical Kauai, sharing his visit to a

Noni plantation. Sunrise Organic Farm boasts 20 years of organic certification (although this does not mean much in legislative terms - in the US, organic farmers are only banned from using 5 chemicals of the 300+ commonly employed in agriculture!!). It is located on rich, volcanic soil, 200 m from the ocean. The orchards of noni trees fruit progressively, providing a continual harvest. Trees are fed with a wheelbarrow of compost twice a year, and a liquid mist of aerated worm castings is applied under the tree canopy.

So what is noni? Noni is a tropical fruit related to coffee and native to Australasia and Polynesia. It is renowned for its medicinal qualities and health benefits. Its bitter taste makes it unpalatable fresh and it ferments within 4-6 hours of harvest. On the farm, they ferment the noni fruit to make lotions, or dry the ferment into fruit leathers. Both of these products are claimed to help with a range of skin complaints and other health issues.

You can learn more about noni online. And if you have a tropical microclimate in your garden, Daley's nursery has noni plants in production.

### **Lessons from the Sicilian Landscape**

After our trip to Hawaii with Bruce, I also spoke about my own travels in Sicily. I recently spent 3 months in a mountain-top village, learning about Sicilian food and agriculture. In the program, which was called Cook the Farm, we spent a week on each of the agricultural products of Sicily, literally going from farm to kitchen to table with almonds, olives, citrus, grapes, ancient wheat varieties and more.

One of the ideas that most struck me during the course of my studies was the lesson of the Sicilian landscape. Giuseppe Barbera, one of our lecturers, spoke about landscape as a map reflecting the intersection of culture, history and identity. In Sicily – an island that passed from the Greeks, to Romans, to Arabs, and was eventually traded between the Spanish, French and Italians – this concept is visible everywhere. The landscape is defined by the grapes,

wheat and olives of the Greeks and Romans, intermingled with the citrus and palms, aqueducts and architecture of the Arabs. The prickly pear cactus, out of place among the olives, is an import from the Americas that came with the Spanish, and the kitchen garden of broad beans, tomatoes, eggplants and artichokes is nothing if not Italian.

The Sicilian landscape reveals its history of conquest and the Mediterranean culture of its people. It reflects what they eat in what they grow, and how it is grown. And there is a portion of this that is determined, too, by the country. In the tiny, twisted olives that grow on the Aeolian Islands, and the comparative giants on the mainland. In the pistachios, the only worthwhile crop that will grow in the lava fields of Etna, and the prickly pears and gum trees that have made the land their own. Beyond a cultural openness and desperate need for firewood, only the land itself can explain the ubiquitous gum trees!

But what struck me most about the Sicilian landscape is what a different picture it paints when compared to what we have here. In a country equally as harsh as Sicily, instead of embracing our natural history, or opening our arms to imports that work, we vacillate between interposing a British landscape and harking back to an idea of natural that new research would suggest is a myth.

Our British version of the Australian landscape reflects our cultural identity, and our history. We grow what we (culturally European, still) eat, and everything from food crops and agricultural methods, to ornamentals and shade trees, just don't quite work with our subtropical climate and ancient soils. Hence the "gardening is a battlefield" mentality (to misquote Pat Benatar) that defines a common experience.

Yet in harking back to the "natural" landscape, which was more heavily shaped by the hand of man than our history classes would have us believe, we are closed to the imports. And particularly those culturally unfamiliar imports, like the prickly pear or the first lemon that Arabs brought to Sicily, imports that might just work.

### Contd.....Members Only Presentations

I'm not advocating for more cane toads or bitou bush. Nor do I think we need to entirely change our still-British-ish diet. But the lessons of the Sicilian landscape do leave us with a lot to ponder about imposing European ideals on an alien landscape. And on the intersection of culture, history, identity and country in the light of an Australian sun.

On another note, I also learned about pruning on my travels, grapes specifically, but the insights were definitely more widely applicable. As a basic approach to pruning, focus on maintaining the sap flow. Any scarring caused by pruning will affect the sap flow and can significantly decrease the productive life of the plant, in grape vines at least. It's funny, because many traditional forms, like cordons, espaliers and goblets, naturally have this approach. In a goblet, for example, sap flow is preserved on the outside of the tree, while pruning is largely done on the inside. But being consciously aware of the reason behind this has made a huge difference to how I, at least, approach pruning!

### Introduction to aquaponics – Neil Ross

Yet another GCOG member from the flourishing Nerang Country Paradise Parklands, Neil Ross shared his love of aquaponics, and the recent developments at the Nerang Aquaponics Study Centre.

The benefits of aquaponics lie in the way that it mimics nature, creating a nitrogen cycle where living creatures and bacteria feed plants. In an aquaponics system, the living creatures are fish, so a little fish food is all it really takes to get the cycle started. A porous media like scoria is used to provide a nursery for the bacteria which convert the fish waste from ammonia to nitrites and nitrates, plants are added to filter the latter out of the water, and away you go. All you need is a couple plastic tubs, a \$5 pump and a battery!

There are a range of aquaponic systems, including media beds, which most closely

mirror the natural environment, NFT and deep-water designs. Aquaponic systems are an extremely versatile method of gardening, perfect for urban areas or poor growing conditions. They are transportable and sustainable, with little water lost and any excess being perfect for use as a liquid fertilizer on an in-ground garden, or in a wicking bed.

The Nerang Aquaponics Research Centre boasts a range of working units. They meet Wednesdays and Saturdays from 9-12, and provide help and advice to members and guests. It is definitely worth going along to check out the systems if you have an interest in aquaponics or are considering starting a unit. Volunteers and members are also being sought for an exciting new opportunity in urban sustainability education being run through the EKKA. Contact Neil or visit the Research Centre for more information.

### Do you have something to share?

We all love living vicariously and learning about the passions and skills of our multi-talented members. If you would like to present at one of our Members Only Meetings, please get in touch!

**WE NEED YOUR  
CONTENT HERE**

**SEND US SOME TIPS ABOUT  
GARDENING THAT YOU HAVE  
DISCOVERED OR PERHAPS  
SOME INFO ABOUT WHAT IS  
HAPPENING IN YOUR GARDEN.**



### Q & A – from the May meeting

**Q: What are the beautiful fuchsia orchids that Ian and Margaret grow?**

**A:** Ibbie Urmisons x venora (spelling?)

**Q: What is this unidentified weed?**

**A:** It looks like some type of mustard.

**Q: What is the mildew-looking white stuff on the bark of a grapefruit?**

**A:** It could be a scale or a mildew. You could try some EcoOil or White Oil on it. Apply in the afternoon when it is cool, to allow the oil to dissipate before the sun comes out (or the oil will burn the plant). Oils work as a contact spray that smothers the unwanted pest/disease, so you must completely cover (top & bottom of leaves etc).

**Q: What is causing red and brown staining on beans?**

**A:** Some type of rust. The beans are still edible. A solution would be to pick them younger. Treatment is probably not necessary, but don't compost the plant.

**Q: What is causing yellowing and spots on pawpaw leaves?**

**A:** It is the cold weather. Red papaya is particularly susceptible. The plants will recover when warm weather returns. In the meantime, give them lots of water and a bit of fertilizer (a handful every 6 weeks or so), silica, rock minerals, and mulch well. Pawpaw is one fruiting plant that needs a lot of nitrogen.

NB. In these wet winters, fertilizer and minerals are washed out really quickly. Protect the soils with lots of humus and mulch. Fertilize a little about 4 times per year, rather than in a big dose once a year, or all of the nutrients will just be washed out with the next big rain.

**Q: Is anyone growing potatoes? And where can you get seed potatoes?**

**A:** Growing store potatoes can potentially contaminate your soil with soil-borne diseases (potatoes are fairly disease-prone). It is better to put these in a pot and not to compost the plants/potting mix.

Seed potatoes are preferable, the benefit being that they are certified as disease free. Seed potatoes are available by mail from:

- \* The Diggers Club (Available online, slow to ship.)
- Goodman Seeds (Available online, large selection.)
- \* Jones from Warragul in Victoria (A member recommended as good quality and affordable. I could find their potatoes online, but not seed potatoes.)
- \* Green Harvest (Not available until July.)

**Q: What kind of fertilizer should you use for root vegetables (as opposed to leafy vegies which need a lot of nitrogen)?**

**A:** A nitrogen fertilizer is fine, but only use a little bit. Or use a mixed organic fertilizer for fruiting plants. For example: Organic Life (?) fertilizer, available in Murwillumbah (ask Maria) or from Currumbin Landscape Supplies (off Stewart Rd)

**Q: Chicken problems. A bird has a funny wheeze and a jerking head movement.**

**A:** Maybe ask Claire Bickle on Facebook? Bev had something similar and the chicken had a (fatal) growth in its crop. It could also be gapeworm.

**Q: Bananas on the tree have stopped growing/ripening.**

**A:** They will start again when the weather warms up. Tomatoes will as well.

**Q: Should capsicums and eggplants be taken out now?**

**A:** You can take them out. If you have space available, and your area isn't too cold (no frost!), they will overwinter. Chilies overwinter well – cut them back and they will go again when it warms up.

**Q: Capsicum plants don't seem to want to grow.**

**A:** Could it be a soil problem?

**Q: How do you know when horseradish is ready to harvest?**

**A:** You could bandicoot to see what the roots are like, or google it! These plants are hard to kill and make a great sacrificial plant in the garden (a pest magnet).

**If You Only do One thing this Month .... Grow some Spinach**

**By Diane Kelly**

Now is the time for planting spinach – a plant that is moderately easy to grow; has very high nutritional value; can be cooked or added to salads; can be used as a pesto variation; or can be made into spinach pie. So if you only do one thing out in your veggie patch this month, grow some spinach!

There are two distinct types of spinach. Firstly, the European strain, which has large, round succulent leaves with entire margins (this means that the “boundary” area of the leaves extend right out to the edge, and there are no serrations or “teeth”). The other type is the oriental strain, which has more upright growth, and smaller leaf with deeply lobed margins (think Ceylon or Chinese spinach).

Spinach is one of those vegies that need to be grown quickly – in this way it remains tender and subtle-tasting. So we need to ensure that the garden bed has been enriched with compost. The soil also needs to be well-drained. Aim for a pH of 6-7. Temperatures of 10-16 deg C will provide good germination, so avoid direct seeding when it is still warm – you can sow seeds right through winter, as germination will still occur even with temperatures as low 5 deg C. Soaking seeds in water speeds up germination, and it is possible to sow seeds into punnets. Each seed gives rise to 2-3 individual plants, and should be planted in clumps.

Plant or thin seedlings to 30cm apart, but remember to take care when you do so because they do get set back by excessive root disturbance. For a successive harvest, make 2-3 sowings of about six plants at 4-6 week intervals. (This should be enough to feed the average family.)

As the spinach plants grow, mulch around them both to maintain adequate moisture, and to reduce the need to cultivate the soil close to the plants (this may damage their surface root system). Add some liquid fertiliz-

er to boost growth, especially if the soil is only moderately fertile. You can grow spinach in pots, but the containers must be large enough that the plant roots keep cool.

When it is time to harvest – and this should start at around six weeks – pick the outside leaves of the plants. Take just a few leaves each time so that the plants aren’t defoliated, and remember to cut the leaves rather than pulling at them, as that can disturb the root system.

In addition to the uses for spinach mentioned in the first paragraph, you can also steam or stir-fry the leaves. Or you can add them to soups, quiches, omelettes and savoury pastries. Or you can try something exotic and make some *Kang Kung Belacan*, or “Spicy Spinach” – this is a recipe that Megan provided about three years ago, and it sounds tasty enough to repeat.

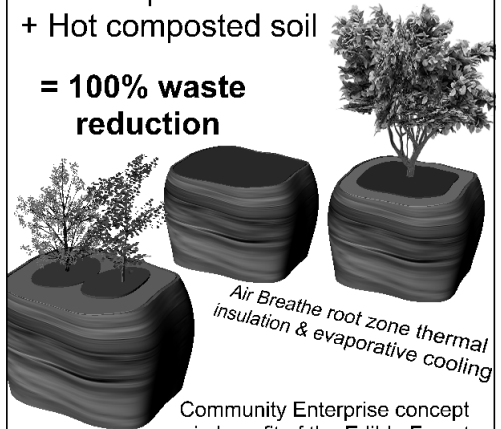
**See Megan’s Spicy Spinach recipe on pg 11.**

**Upcycling used Jean creative reuse into garden pots**

**Biodegradable Jean Pots**

- + thermophilic mulch border
- + Hot composted soil

**= 100% waste reduction**



*Air Breathe root zone thermal insulation & evaporative cooling*

Community Enterprise concept in benefit of the Edible Forest Landscape Project.

contact Nerang Ediblescapes

E: ediblescape.nerang@gmail.com

## Recipes

### Megan's Kang Kung Belacan, or Spicy Spinach Recipe

(Note: Megan's measuring is approximate .... to quote "that's how I cook" – which makes it easier for us all!!)

#### One bunch of spinach:

- English, Ceylon, Kang Kung (or "Water Spinach"). Rinse, chop (very coarsely) – retain large piece

#### Spice paste:

- 1/2 bulb garlic, peeled
- 1 red onion, or French shallots (1/2 cup)
- Generous pinch of salt
- Grind in processor or mortar & pestle
- Coconut (palm sugar) 1 tspn
- Chillies – 4-8 chopped, mild to hot
- Toasted shrimp paste – 1-2 tspns crumbled into foil, enveloped & then heated in toaster
- Plus/or minus if you prefer – 3 tblspns of dried small shrimp, soaked in a little hot water
- Add leaves, toss and stir to wilt
- Add final flavours to taste to balance:
  - Sweet soy – a few tablespoons
  - Shredded kaffir lime leaf
  - Asian fried shallots
  - Lemon basil



**Yum with rice!!**

In next months recipe section Dorothy will have a recipe on how to make pickled Jalapenos.

### Recipes and Supper Table

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

**Please email your yummy recipes to Jill [jillbarber611@gmail.com](mailto:jillbarber611@gmail.com)**

#### About spinach:

Egyptian spinach is an ancient traditional food plant of Egypt and Sudan, and is the primary ingredient in Egyptian green soup, not only a favourite comfort food but also the national dish of Egypt.



## HERB FARM

Michael & Sandra Nanka  
491 Springbrook Rd  
MUDGEERABA. 4213

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

**Phone: (07) 5530 3253**  
**[www.herbcottage.com.au](http://www.herbcottage.com.au)**

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

This month's section on gardening ideas should actually be called "Hints for All Things **Vegetable**", because making the best of our vegie harvests is what we are focusing on.

***First in harvesting sequence:***

**Using Immature Vegetables:**

- Try very young cucumbers. Pick them when they're no longer than your little finger or even smaller. Slice them thinly so they are almost transparent and quickly stir-fry them.
- Immature corn cobs can be kept on the stalk by bending it over them, to shelter them from frost and rain so they won't rot before they mature. They will continue to mature slowly this way until the stalks are almost brittle. Young corn, Chinese style, is delicious. Whenever you pull out a corn stalk, run your fingers down the leaves to make sure an immature cob isn't forming. If it is, pluck, stir-fry and enjoy!
- Pumpkins can be eaten as soon as they form behind the flower – just like small squash, which is, in fact, what they are. They won't taste as sweet as mature pumpkins. They are more mellow and nutty, like zucchini.
- Try pickling small watermelons before they turn pink inside. Use a sweet, well-spiced marinade. Not that the melon will taste of much – all you will taste will be the pickling solution – but the texture will be excellent.
- Carrots, beetroot, parsnips, turnips and the like can be picked and eaten as soon as you can be bothered. The smaller the sweeter. But all should continue to mature through winter as long as the ground doesn't freeze – especially under a thick bed of mulch.
- Cook lettuce that hasn't hearted, in stock, to eat by itself and for lettuce soup, or wrap it round rice for stuffed "cabbage".

- Pickle green tomatoes, or make green-tomato chutney or jam.

***Then, try using the bits we normally discard:***

**Using Waste Bits:**

Parts of vegetables can be harvested even if they aren't really mature. Try parsnips tops. Use them like celery in stews and soup, or finely grated in salads. Beetroot tops can substitute for silver beet, as can turnip tops. If these are young and tender they are also excellent raw. Try young turnip tops grated up in mashed potato. Try eating garlic tops instead of the bulbs – again, raw or cooked – and try the leafy tips of broad beans, broccoli or Brussels sprout leaves, young sweet corn teased out from next to the stalk, or zucchini or pumpkin flowers.

The latter are wonderful. Stuff them with left-over fried rice and stew them in stock, or dip them stuffed or empty in egg, then bread-crumbs, and deep-fry them. Serve with lemon juice or hollandaise sauce.

***And then, to make our crops last longer:***

**Making annual vegetables perennial:**

- Pick silver beet leaves as soon as they reach a usable size and pick out the seed head stalks as soon as they appear: they'll be tall and thick. The plant will keep branching with smaller and more numerous leaves.
- Plant in spring, then pick cos or freckles or other "rabbit-eared" lettuce leaf by leaf over the next 11 months. The leaves will get smaller and, unless you feed it often as you pick it, the leaves will gradually get bitter.
- Pick new broccoli shoots regularly, and feed the plant. Don't let it flower.
- Don't pull up all your potatoes. Burrow underneath and just take what you need. The other potatoes will regrow. You can do the same with sweet potato or arrow-root.
- Don't pull up garlic, but eat the tops instead.

- When you pick a cauliflower, don't pull out the stalk. It will produce more small heads. Pick these whilst they are firm, or they get tough, especially in hot weather.
- Keep snipping off parsley flowers and leaves, and more leaves will grow.
- Don't pull out the whole spring onion plant, only what you need. This can be repeated for many years – just eat the tops, and they keep multiplying.



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GC Visitors Guide 2013



# GROUND

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### **About Arrowroot:**

Many gardeners grow arrowroot as a source of green foliage for mulching and composting, or as a green feed for chickens, ducks and grazing animals.

### **About worms:**

In 1881, Charles Darwin wrote, "Of all animals, few have contributed so much to the development of the world, as we know it, as earthworms."

### **About cauliflowers & other Brassicas:**

Dedicated seed savers are desperately needed to save cauliflower varieties, because many have already been lost to cultivation through cross-pollination with other brassicas. Flowering annuals, including stocks, wallflowers and alyssum, belong to the Brassica family.

## 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.

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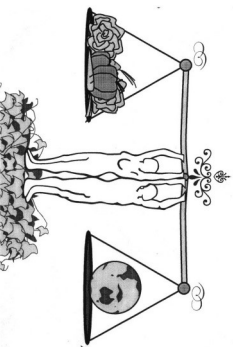


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GROWERS Inc.*



**NEWSLETTER**

**Meetings held:**  
3rd Thursday of the Month

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

**Next meeting:**  
Thursday 20th July 2017