

GOLD COAST ORGANIC GROWERS Inc.

Established 1997

Celebrating
20
YEARS

NEWSLETTER

Volume 21 - NOVEMBER 2017 Issue 11
GARDENING IN SPRING

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OUR NEXT MEETING: Thursday 18th Jan 2018

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

Facebook: www.facebook.com/gcorganic

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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 one week before the meeting.** Send your content to Dorothy Coe at: 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 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 – November 2017:

Overdue: Barbara Talty (58), Peter & Jan Fleming (287), Debbie Chesterfield (410), Scott McCormack (334), Warren & Bev Carlson (87), Geraldine McDonald (354), Dayne Petersen (377), Caroline Li (395), Lieu Searston (412), Henry Blonner (108), Michael Cuthbertson (396), Anne Butler (398), Barbara Westmore (413), Evelyn Douglas (383), Winny Hu Shouhe (414), Colleen Rohan (415)

November: Rodney & Cathy Boscoe (347), Megan Keeler (358)

January 2018: Marion Symons (155), William & Tracey Chen (400), Micheline Lazaroo (401), Ira Appel (417), John Drakes (418)

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

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Lebeter, Jill Barber, Pauline Behrendorff. Evelyn Douglas, & Jorge Cantellano.

Upcoming Guest Speakers

We are currently seeking Guest Speakers for throughout 2018. If you have an idea for a potential speaker, or a topic that you think would interest our members, please contact Rachael at rachaellebeter@gmail.com

Workshops

Abilities Plus – Permaculture

For more information and bookings contact Lyn Mansfield M: 0409 645 888

E: lynmansfield14@bigpond.com
 W: <http://abilitiespluspermaculture.com/>

Ediblescapes Workshops

Contact us for details on our upcoming workshops and events or to get actively involved in the Ediblescapes project.

Email: Contact@ediblescapes.org

And see our facebook's Edible Forest Landscape Project page at www.facebook.com/n.ediblescapes/



I'm going to a party

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 anything that we might have spare and would like to share around.

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 for please email Dorothy with the details at 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

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

Our 20th Year Celebration

Sunday the **19th of November**, we are planning a Club outing to the Nerang Community Gardens, which are set among the peaceful Country Paradise Parklands and located just out of Nerang at 231 Beaudesert-Nerang Road. head out a few kilometres from Nerang towards the Canungra turnoff, and turn right into the Country Paradise Parklands (not far past Billabirra Crescent, also on the right). The Parklands are well-signed.

Remember to bring your own lunch, as we'll find a shady spot to get together after we've had a look at the gardens – deck-chairs and rugs might be a good idea to bring as well.

As you can see from the attached photo, the Community Gardens make a wonderful display – and it's all organic!

A party and a get-together at a Community Garden – what better ways to celebrate leaving our teens!



We would like to thank the following businesses for their support of our bumper November Raffle in celebration of our 20th Anniversary meeting:

Crystal Castle

Open 7 days (excluding some holidays),
10 am – 5 pm
81 Monet Dr, Mullumbimby
<https://www.crystalcastle.com.au>

Daleys Fruit Tree Nursery

36 Daleys Ln, Geneva via Kyogle
A wide range of trees in store, plus an extensive mail order service
<https://www.daleysfruit.com.au>

Mudbrick Cottage Herb Farm

Open Monday, Tuesday and the 3rd weekend of the month
491 Springbrook Rd, Mudgeeraba
www.herbcottage.com.au

Ground Grocer

Local organic produce, juices and sourdough
Open Saturdays at The EcoVillage
639 Currumbin Creek Road

Wormtec

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www.wormtec.com.au

Wellsome

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www.wellsome.com

Gina and Bernie Winter

From Selfhelp Retreat at Springbrook
Follow them on Facebook for wonderful pictures of their gardens and inspiration using herbs - <https://selfhelpretreat.com.au>

Eco-organic Garden

The organic experts for gardening products and advice - www.ecoorganicgarden.com.au

Organic Gardener Magazine

From Next Media Group
<https://www.organicgardener.com.au>

Islands in the Stream

Worm-castings and vermiculture - Up-cycling through Nature
<http://islandsinthestream.com.au>

Poem: ODE TO NASTURTIUMS
By Pauline Maxwell

When the computer keeps me busy,
And my life is not my own,
My garden suffers badly
And no vegies can be grown.

I look out of my window
At the many tasks that wait
And type another email -
I've too much on my plate.

We took a break in Melbourne
To play with children dear.
I thought about my garden
And the weeds which would appear.

When two weeks later we returned -
I couldn't believe my eyes,
An extravaganza of the flowers
What a beautiful surprise.

Showing every shade of yellow,
Full range of orange too,
And scarlet, cream and chocolate -
With variations of every hue.

The garden was a-humming
As the bees collected pollen,
Butterflies kissed tiny buds
As gentle rain was fallin'.

Our "grands" enjoyed the harvest,
The secrets they won't tell.
Flowers and spicy leaves for salads
And jars of joy as well.

The more that they were taken,
The more nasturtiums grew.
They spread across the footpaths,
Up shrubs, and fences too.

But the wonder I appreciated
Was, in all their splendid glory,
They shaded out the weedy patches -
My delight to end this story.

©Pauline Maxwell 230817

Aloe Vera From Dorothy Coe

I have been growing Aloe Vera in my garden and have some great specimens but I have been wondering what to do with it other than put it on sun burn and occasionally add the fleshy part to my smoothies and then this article caught my eye.

It actually has a lot more health benefits that I first realised so I will be using it more on my skin and orally to get the amazing benefits.

What Aloe Vera Does In Your Body: Why Egyptians Called It The Plant Of Immortality



Known to the Egyptians as *the plant of immortality* and to Native Americans as the *wand of heaven*, aloe vera comes with a wide array of amazing healing properties — some of which you may already know about. You might even have your own aloe vera plant in your home for those small emergencies like scrapes, cuts, and burns, but did you know that [aloe vera](#) is not only limited to topical use and is actually even more beneficial to your body when taken internally?

[Aloe vera](#) contains over 200 biologically active, naturally occurring constituents which include polysaccharides, vitamins, enzymes, amino acids, and minerals.

According to the *Journal of Environmental*

Science and Health, aloe vera also possesses anti-bacterial, anti-viral, and anti-fungal properties that assist the immune system in cleansing the body of toxins and invading pathogens. But that isn't all [aloe vera juice/gel](#) has to offer.

Minerals

Aloe vera has loads of minerals including calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper, and manganese. These minerals work together to boost metabolic pathways.

Enzymes

Aloe vera contains important enzymes like amylase and lipase which can aid in digestion by breaking down fat and sugar molecules. One molecule in particular, *Bradykinase*, helps to reduce inflammation.

Vitamins

One [study](#) showed that aloe vera actually contains [vitamin B12](#), which is required for the production of red blood cells. That would be great news for vegetarians and vegans in particular, who often do not get adequate amounts of B12 through their regular diet.

Other [studies](#) have shown that taking aloe can make vitamin B12 more bioavailable, meaning the body can more easily absorb and utilize it, thereby helping to prevent deficiency. [Aloe vera](#) is also a source of vitamins A, C, E, folic acid, choline, B1, B2, B3 (niacin), and B6. While it remains unclear whether we can rely solely on aloe as a source of B12, it can be used in conjunction with a supplement to help increase uptake.

Amino Acids

Aloe vera contains 20 of the 22 essential amino acids required by the human body. It also contains salicylic acid, which fights inflammation and bacteria.

Other Uses for Aloe

Aside from being an excellent body cleanser, removing toxic matter from the stomach, kidneys, spleen, bladder, liver, and colon, aloe can also offer effective relief from more immediate ailments, such as indigestion, upset stomach, ulcers, and gut inflammation. It also strengthens the digestive tract and alleviates joint inflammation, making it a great option for arthritis sufferers.

One study found that aloe vera juice, when taken the same way as a mouthwash, was just as effective at removing plaque as the common mouthwash and its active ingredient, chlorhexidine. This is a much better alternative because it is all-natural, unlike the typically chemical-laden options found in stores.

Aloe vera gel has also been found to effectively heal mouth ulcers, more commonly known as canker sores.

How to Take Aloe?

Aloe can be consumed straight from the plant, but the easiest and most palatable option is probably aloe juice, which you can find in most health food stores. You can also buy the leaves from many common grocery stores, or harvest your own and juice them yourself.

You can buy the juice and mix it into your juices and smoothies or just drink it straight up. Make sure you are buying pure aloe juice/gel, which is made from either the whole leaf or just the inner fillet. It does have a somewhat bitter taste though, so you may want to include other things. On the bottle you can find specific dosing instructions, but it would be wise to talk to a natural health expert or do some research to find instructions on specific dosing.

Source: [ALANNA KETLER](http://www.collective-evolution.com) 9/3/16
<http://www.collective-evolution.com>

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"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

**Ron McMahon aka The Fruit Tree Man -
October Guest Speaker
by Rachael Lebeter**

At our October Meeting, we were lucky enough to secure the extremely knowledgeable Ron McMahon as our guest speaker. With over 40 years experience in food and agricultural science, Ron certainly had a lot to share.

Ron grew up on a 3 generation apple farm in Stanthorpe. While his family has gone on to grow a large proportion of the organic fruit and vegies available in Australian supermarkets, surviving the fall from 18 000 to just 9 producers in the past 50 years, Ron worked in factory design and plant breeding, travelling the world and assisting in the development of such staples as soy milk and the murcott mandarin (which grows 90% true from seed FYI).

Since "retiring" 12 years ago, Ron and his wife have been running The Fruit Tree Man Nursery at Crystal Creek (outside of Murwillumbah), and I feel I learned more about growing fruit in Ron's talk than I have in the last 5 years on my own. In addition to an excellent handout on all things fruit-tree (see me for a copy), Ron's general tips included:

- Trees crop when they are BIG enough, not old enough. So to get a crop earlier, the trick is to get the trees UP quickly (read: fertilizer, water and a nice big hole).
- Don't strip fruit from new trees because they are "too young." Let a few stay so the tree "knows" to be a producer and not vegetative.
- When pruning, keep all stems at the same height to prevent any becoming more dominant.
- For a natural fruit fly control, combine 1 cup of boiling water with 1 teaspoon of honey, 1 teaspoon of vegemite, 3 teaspoons of apply cider vinegar and a squirt of dish detergent. $\frac{3}{4}$ fill empty plastic bottles with $\frac{1}{4}$ inch holes about 1 cm above the water line (to keep bees from getting in). Hang one bottle in eve-

ry tree and replace every 6 weeks or so.

- Soil testing costs about \$380. While this is too much for most backyard growers, you can get an idea what is lacking by looking for symptoms of deficiency in plants and asking your neighbors.
- Most plants need 16 main nutrients yet most fertilisers only contain 8. The nursery makes a 16 nutrient fertilizer for fruit trees.
- Manure is a great fertilizer, but if the soil where the animals graze is deficient in a key nutrient and the animals do not receive a supplement, then the manure will also lack the nutrient, meaning so will your plants.

We also learned about specific fruit trees and varieties:

Stone fruit

Grow the tropical peach and nectarine varieties from the University of Florida. Don't bother with tropical apricots or with almonds. Tropical plums do well here – the best are the Greengage (sugarplum) and Mariposa (which needs a greengage for pollination). Ian also suggested Satsuma and Gulf Gold.

Grumichamas and jaboticabas

These rainforest fruits are slow growing but are great croppers with few problems. They are yummier than previously popular "tropical cherries" like acerolas. Grumichamas span about a month between flowering and fruit.

Apples

To grow apples here they must be on tropical rootstock, NOT on granny smith stock. Most are self-pollinating.

Pears

There are two tropical varieties that will grow well: Asian and Tropical. They are generally self-pollinating but can be difficult to grow. The green varieties are for cooking and will not "ripen" well.

Figs

The best yields come from White 88 and Brown Turkey, which can crop for a 7-month season. Pruning should take place just before

shooting, and only after plants are about 5 ft tall. Remove less than a 3rd of growth, keeping the trees at about human-height for easy harvesting and control. Plastic strips can deter fig birds and a chilli spray may work against the monolypta beetle (we couldn't confirm whether this is the same as the fig beetle many members have spoken of).

Citrus

Usually grafted (except for Seville oranges which are 60-80% true from seed). Fully dwarf varieties (often on a flying dragon rootstock) reach about 5 ft and are recommended for pots and small yards. Semi-dwarf varieties may be suitable for orchards, reaching about 8 ft, and tend to use trifoliolate rootstock. Citrus shouldn't be pruned absolutely necessary for airflow etc.

Pomelo

The jumbo pomelo was originally the property of the Thai royal family and gave them "the best complexion." The melon-sized fruit is tastes like a cross between an orange and a grapefruit.

Finger limes

A very local rainforest plant – a weak root system except for in Northern Rivers soils. The 6-million year separation from Asian citrus (all common varieties) make it very difficult to graft.

Pawpaws

If you are having trouble with pawpaws, at least you know it isn't your fault, it is a recently introduced disease. There is no "cure" but red papaya is slightly less susceptible.

Strawberries

Plant out in March. Yield decreases 40 % per year.

Mulberries

The dwarf black variety is difficult to grow but will crop all summer, unlike the more traditional varieties that have one big crop.

Raspberries

Get the right variety and it will crop every day for 10 months, even without a good frost.

Blueberries

Grow well here but tend to die in the rain (poor drainage?) so are best planted on a hill in marginal soil (?).

Grapes

The best tropical varieties include Pink Iona and Black Isabella. They should be pruned to 2 buds each year and have 2 arms, 2 m long.

Kiwis

A male and female plant is required. There is about a 5-day pollination window and obviously ideal conditions are needed for both plants to flower in this time. With our variable weather and lack of cold, Ron reckons they aren't worth it. But my 2 y.o. kiwis have fruited for the first time this year!

Sour sop

This relative of the custard apple is renowned for cancer-fighting properties. It can grow to 6 metres tall and the fruit will be bigger when set on the bark as opposed to the canopy.

Jack fruit

Ron reckons the only "edible" variety is the "to kill for" Singaporean one from Tropical Fruit World. These fruits have a 4-day window between ripe and rotten.

Guava

The new, bright red variety developed by the University of Hawaii has more fruit and less issues with fruit fly. It far outperforms the older Indian variety in taste and production. Dwarf cherry guavas and pine guavas are great for hedges.

Persimmon

These do really well here, in practically any soil. There are two varieties – astringent, which is more traditional and eaten when very ripe (mushy) and the newer, non-astringent varieties which can be eaten when firm in salads etc.

Macadamias

The Australian variety, identifiable by the rough leaf, grows more slowly and has harder nuts to crack, but does not suffer from fruit spotting, unlike the hybrid varieties which must be sprayed.

**Ron McMahon aka The Fruit Tree Man -
October Guest Speaker (Contd.)
by Rachael Lebeter**

Pecans

Western pecans are self-pollinating. These trees do well here but can get to up to 7 m and cannot really be pruned.

Other fruits that can be grown here include key limes, tropical pomegranates, black sapote (FYI grows from seed), tamarillos (short lived, 3-4 y) and feijoa (don't prune).

Additionally, Ron grows garlic and is having a garlic-growers field day at the end of November (call 0447487808 to register). His white-rot resistant variety is available soon. Every part of this plant is edible, and if you had a chance to try the garlic scapes that Ron brought to the meeting, you will know how gorgeously tasty it is. Plant on April Fools Day.

The Fruit Tree Man Nursery is open 7 days from 10-5. Call Ron to confirm or visit the website: www.the-fruit-tree-man.com. Mention the club on your visit for a discount!

Any errors here are entirely my own.

**If you Only do One Thing this Month –
Grow some Amaranth Spinach:**

By Diane Kelly

Having a look at my trusty planting guide in preparation for writing this article, I noticed that a vegetable that can be grown all year round in sub-tropical areas is amaranth spinach. This was of interest to me because, just outside our dining room window, we have a garden area that had just been cleared – and after the recent rains, what should pop up among the salvias, lilies (and Singapore daisies ☺) but an amaranth plant.



Amaranth is very easy to grow (and in fact can come up all over your garden – but you just remove the flower and seed heads before they cause a problem), and can be used as steamed or boiled vegies; added to salads; or added to soups and stir-frys. (Amaranth is apparently delicious when stir-fried with generous amounts of garlic, garlic shallots or garlic chives.) Depending on the variety, entire young seedlings, leaves and young stems, mature leaves and stems (peeled) and seeds are eaten.



Celebrating
20
YEARS

Amaranth spinach is very easily grown from seed. The large, soft leaves are attractively patterned, and the burgundy flowers are quite stunning in their rich colour. The tiny black seeds of the plant can be sown into containers and then transplanted, or sown directly into garden beds. Rake the seeds into the soil, or cover them very lightly with soil or compost – they will germinate easily, and within a few days. For a quick harvest, plant seedlings 10cm apart, but for a repeat harvest, space them 30cm apart. The leaf harvest can continue for several months.

Any well-drained soil can be home to amaranth plants, but they do enjoy rapid growth and the greatest palatability with the addition of good levels of organic material and at least moderate levels of nitrogen. Applications of liquid fertilizer and seaweed will assist growth (as with all leafy greens), and remember to keep irrigation regular if it hasn't been raining.

Harvesting (especially of the red-leaved types) can take place as soon as 3 weeks after sowing – the plants can have grown 10-15cm in height by then. Other varieties (especially the green forms) should be tip-pruned to encourage branching, and then be allowed to grow on for about three months – by that time they will be about half a metre high. Leaves and stems can be regularly harvested throughout that growing time.

Sometimes a grasshopper or two will enjoy a meal from your amaranth plants, but generally they are free of pests and diseases. To save the seeds of an amaranth plant, leave one plant that shows good growth to flower and set seed. Cover the developing seed head with a paper bag to collect the seeds. And if some seeds to escape and become self-sown, either pull them out or transplant them.

To store amaranth, wrap the entire plants (with their young white roots still attached – they will continue to help feed the plant and keep it fresh) in plastic or damp paper towel and refrigerate. The plants should stay in good condition for up to five days – all you do then is cut off the roots before use.

So – very easy to grow, very versatile to eat, and a quite beautiful addition to the colours of your garden. If you only do one thing this month – in between all those Christmas activities and holidays – grow some amaranth spinach.

p.s. Use fresh amaranth leaves in clear soups – toss in the leaves just before serving.



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Hints for “All Things Gardening” from Diane Kelly

Hints for All Things Gardening:

This month our “Hints for All Things Gardening” looks at a couple of every-day vegetables.

Firstly, **tomatoes** – I’ve come across a few interesting bits ‘n’ pieces about one of our favourite vegetables:



- In cooler climates, it is recommended that side-branches be removed when they reach 3-5 cms long (this allows maximum exposure of the fruit to light and air). But in climates like ours, it is wise to retain at least some of these side branches to protect the fruit from sun scald.
- Smokers should wash their hands thoroughly before handling tomato plants, because **mosaic virus** can be carried from tobacco to tomato leaves.
- And if your soil is like concrete, or you are concerned about soil-borne diseases, try growing a tomato crop in bales of straw. (Cheap, spoiled hay is fine.) Soak the bales well daily for a few days, and then position the bales in your garden on a polythene sheet. Water each bale thoroughly with diluted seaweed fertiliser. The bales will begin to turn to compost, and reach quite a high temperature – wait until they have cooled down before planting. Create two holes in each bale and fill with rich compost. Plant a well-grown seedling in each hole, burying it up to

the first true leaves. Insert a stake next to the plant. Water well & regularly. The bale will eventually sink, but the tomatoes will thrive in the rich, moist, well-aerated conditions!

- Large-fruited varieties of tomatoes are prone to **blossom-end rot** from interrupted calcium supply, usually as a result of fluctuations in soil moisture.
- Basil is a good companion plant for tomatoes, as it deters aphids and tomato hookworm. Some other useful companion plants include borage, chives and nasturtium.

And, **secondly**, potatoes:



- Potatoes are best grown in an open position. If grown in shade, the haulm (or green top) becomes lank and spindly as it reaches up to the light.
- Potatoes can also be grown using bales of hay. You can create a square “pot” with hay bales, adding another level of bales when plants reach the top. Potatoes will form all the way up the stems. It is easy to move the bales temporarily to sample some baby potatoes before the final harvest.
- Main-crop potatoes take at least 20 weeks to come to full maturity – that is, ready for storing. Some may be dug a few weeks earlier but must be used immediately as the skins will have not set yet. Before lifting the entire crop, test one or two potatoes by rubbing the skin with your thumb. If it does not rub off, the crop is ready. Store potatoes in a dry, cool place in light-proof but ventilated boxes or hessian sacks, or piled on a dry floor and covered with straw.

Jill's Garden Update By Jill Barber

October's:

Well, no lovely pics to accompany this article this month: who wants pictures of devastation to adorn our lovely newsletter!? We still have carrots, shallots, parsley, mustard greens, beets, mukunu wenna, a few beans, some basil, a bit of remaining kale and silverbeet, and some Surinam spinach starting up again, but the glitches are fairly rapidly taking over already!

Firstly, due to the extended dry, I've been told, aphids took up residence and pretty well wiped out a lot of the other things; the little fish in our pond love them shaken into the water..., but the plants cease to grow once we've uprooted them to be able to do this! Then, of course, there's been the rapid onset of the heat, which has sent not only the coriander bolting, but also the rocket, tatsoi, lettuces, mustard ruby streaks and mizuna. Not a great deal left for my precious salads, I have to say. Oh, well, off with the old and on with the new...

How can I complain when the rest of the garden has all this lovely rain! Also, I've finally been able to put together the recipe for bug spray my friend gave me recently, so aphids, etc, watch out! I share it with you here:

Merryn's Bug Spray

- 6 cloves minced garlic
- 3 large hot chillies chopped
- 2 tsp dishwashing liquid
- 1 litre water

Mix and shake.

Leave to brew for a couple of days.

Strain and use in spray bottle, diluted 1 part mixture to 4 parts water.

November's:

New story: the rain sure brings changes! I planted out some more salad greens, and by now...Hey, presto: new salad greens ready

to eat! That's one thing about summer (and, I have to add, shade cloth, to soften the full-on effects of Summer's rapid onset) – greens grow rapidly...before bolting. So, I'm planting more at intervals; see how that works out. I hope it's called, Beat the Bolting Greens.



Ediblescapes Update By Jorge Cantellano

Ediblescapes Veggies Swap, Nov,'17

The last Ediblescapes veggies swap had fewer participants because of the wet weather last Saturday, 11th November. Nevertheless, it was a great time of sharing stories, enriched particularly by Merryl Wentworth who brings a special donation to the Ediblescapes project. She donates seedlings of Rangpur Lime, a kind of lemon/mandarin cross hybrid (citrus + limonia 'osbeck') which is well known as Lemandarin. Its origin can be traced back to the 1800's in the Himalayan Valley.

This plant is very special for our project because it is an example of a tree with history. This is because Merryl's lemandarin was first planted at Gilston, "Mt Nathan", 60 years ago by her father on the site that is now underwater in the Hinze Dam. At Ediblescapes we wish to map the older edible trees on the Gold Coast.



The end of the first year of Ediblescapes

One year incubating the idea of a public food forest garden has now passed. The concept of an aesthetically pleasing edible landscape was first presented to Riverkeepers Land-Care group on October 2016, in the form of a "Living Art Food Forest". In November 2016, at the request of NCPA members, a drawing was produced that visualised a foot print of the proposed food forest site interacting with a foot print of a possible future community building in the Billabirra Crescent side of Country Paradise Parkland.

In December 2016, after approved from a NCPA member, a couple of keylines (surface ground harvest water system) were superficially dug along the hill contours, and a set of pickets inserted on the ground outlining a circular shape. This was a simple way to represent the garden proposal on site. The purpose was to test the public opinion of Nerang's Parkland users and stakeholders about our proposal.

A first draft of a design proposal document was produced in January 2017, and passed to RiverKeepers to engage the NCPA committee. On 27 February 2017, a presentation to the Parkland's Managing Committee and Parkland's Tenants occurred. The concept was well received, and encouraging feedback was voiced by the tenants. Later, the NCPA notified their 'approval in principal' to the concept. Since then, we have only had a verbal notification that the NCPA passed the Food Forest Landscape project to the City Council for verification of compliance. We have not yet received a written respond from the NCPA about our offer to build an edibles forest landscape garden for the Parkland community users.

Since then, in the waiting period, the Ediblescapes group was born, driven by a small acting managerial committee, which supports the coordinator and volunteers' monthly activities. During 2017, Ediblescapes presented the concept of the Edible Food Forest Landscapes gardens project to the public at numerous garden and social events which occurred at Nerang Parkland and to the Gold

Coast Organic Growers community. From this activity, a list of about two hundred supporters and potential members have been collected.

Over the monthly activities, eighty three people have engaged as participants and volunteers. With them, Ediblescape has learned to make soil in eighteen days, through the hot composting system. It collected organic waste to produce composting soil. Jeans were recycled to make biodegradable 'Jeans pots'. Trees and perennial plants donated by participants at veggies swaps are growing in these Jeans Pots.

A creative application of land arts, inspired by the antique practice of 'Geoglyph art', was used to mock-up the landscape garden design. The Geoglyph artwork, produced with mulch and Jeans Pots, was presented to the audience of the Botanical Bazaar Garden Expo in September, and since then it has been entertaining tens of hundreds of Parkland visitors.

Recently, a photographic print of the Geoglyph artwork was presented on canvas at an art exhibition at the Gold Coast Local Study Library at Southport. It was also presented to the public at the 'Eat Your Backyard Community Day' at Mermaid Waters Multicultural Garden, a gardening event supported by Gecko/Environment Council. Thanks to the Geoglyph artwork on the ground of Country Paradise Parkland, Ediblescapes have received an invitation to participate in future programs with different communities on the Gold Coast and in Brisbane.

All this achievement was only possible due to the persistent hard work of the small acting committee, especially Dorothy Coe, acting secretary, Cathy Beard, acting President and Julie Merryl, acting treasurer. Also, thanks to Lyn Mansfield for her advice and not forgetting Scott Quilliam for his excellent video camera document and commentator services.

The acting committed has set up Ediblescapes with appropriate insurance cover for volunteers and participants of activities. Also, it means that our organisation has been approved to have job seekers who are

undertaking voluntary work as an approved activity by the Department of Human Services.

At the moment, the acting committee's task is to polish the mission statement, the vision or purpose, principles and strategic goals, to outline the future role of Ediblescapes. It also needs to prepare the association's constitution, ready for approval in the first general annual meeting, to be held in the 4th week of January, 2018.

In Ediblescapes' general meeting in January, the acting committee will fulfil its mission by passing the governance services to the first elected managing committee. In this first general meeting, members need to pass a motion to incorporate by resolution the new not-for-profit association. Further, it will confirm the name, adopt the proposed operating rules, and elect the committee members. This elected managing committee will lodge the application for incorporation soon after the meeting.

The Ediblescapes managing committee will have the responsibility of overseeing the operational work of the coordinator(s) and working group(s), which will drive the Ediblescapes 2018/19 programs and activities. Ediblescapes now issues an open invitation for membership and volunteers to be part of the next development phase of this endeavour, which aims to produce and promote as well as educate the public in the edible ecology of the city common space.

For more information email Jorge
Contact@ediblescapes.org

And see our Facebook's Edible Forest Landscape Project page at www.facebook.com/n.ediblescapes/

Recipes

Lime & Date Balls

From Jill Barber

- ½ cup almonds – process finely
- 1 cup medjool dates
- 2 limes – finely grate zest + juice
- 6 Tbs shredded coconut
- 1 tsp maca powder (optional)
- Mix everything together. Make into balls and coat in
- 2 Tbs linseed ground

Source: "Flourish" magazine, 2017

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Christmas Pudding Ice Cream

Wow your friends and family with this decadent Christmas Pudding Ice Cream for this years silly season! This is one unforgettable dessert!

Servings: 6 people

Ingredients

For the Ice Cream:

- 1/4 cup sultanas
- 1/4 cup dates chopped
- 1/4 cup prunes chopped
- 1 tsp lemon rind
- 1 tsp orange rind
- 1/2 tsp fresh ginger grated
- 1/2 cup shredded coconut
- 1/2 tsp cinnamon
- 1/2 tsp vanilla paste or vanilla extract
- 2 buds of star anise
- 2 Tbsp Grand Marnier alcohol or Cointreau
- 1/4 cup rice malt syrup
- 1/4 cup toasted slivered almonds



- 1 litre vegan vanilla ice cream
- For the Chocolate Sauce:
- 1/2 cup vegan choc chips or vegan dark chocolate (chopped)
- 1/2 Tbsp coconut oil
- A few drops of vanilla extract

Instructions

For the Ice Cream:

Add all the ingredients except for the toasted slivered almonds and vegan vanilla ice cream and mix well in a bowl. Put in the refrigerator overnight or leave for a few days for the flavours to infuse.

Line a 700ml pudding tin or ceramic bowl with baking paper.

Take out the vegan vanilla ice cream and let soften for about 5 to 10 minutes. Put into a large bowl and add the fruit mixture (remove the star anise buds first!) and the toasted slivered almonds to it and mix through well.

Pour into the prepared container and put it in the freezer to set overnight.

For the Chocolate Sauce:

Add all the ingredients to a double boiler or a heatproof bowl over a saucepan of boiling water. Whisk until melted and smooth.

To Assemble:

Take the ice cream out of the freezer and invert it onto a plate. Then drizzle the chocolate sauce on top. Serve immediately.

Source: <http://delightfulvegans.com/recipe/christmas-pudding-ice-cream/>

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)



GROUND

— GRO CER —

Go to Ground on Saturdays

**Local seasonal organic produce,
cold-pressed juices, Burleigh Baker
sourdoughs**

7am to 1pm

Primary supplier Food Connect Co-op

Join the Ground Co-op for wholesale prices

Please contact us with your excess produce,
we pay market prices for commercial
quantities and accept smaller amounts on
consignment.

@ The EcoVillage, 639 Currumbin Creek Rd,
Currumbin Valley
paul@groundcurrumbin.com.au

**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.**

**NOTE: THE NEW DEADLINE FOR
SUBMISSIONS TO THE NEWSLET-
TER IS ONE WEEK PRIOR TO THE
MEETING.**

Gardening Hints & Tips from Evelyn Douglas

WEED KILLERS

Mix 1 gallon white vinegar, 1 cup table salt, and 1 tablespoon dishwashing liquid together and spray on weeds. To do so, remove approximately 2 cups of vinegar from the jug, pour in the salt and dishwashing liquid, then return the 2 cups of vinegar to the jug. Close the lid and shake to mix. Transfer to a spray bottle (after shaking to mix the ingredients) as needed. It works as well, if not better, than Chemicals, but is much cheaper. Be careful, it will kill whatever you spray it on!

If you go purchase vinegar, 10% acidity, 20% acid would be better, and spray it on the weeds in the heat of the full sun, you will have an effective weed killer.

ANT CONTROL SUGGESTIONS

Using Borax in the following ways will help you with your ant problems:-

- 1.. Mix Borax with Honey, A Water/Sugar Solution or with dry Sugar, place into lids off of jars and put around the nests build dirt up around the lid so the ants can get in and place bits of sticks from the edge into the mix so they can get back out. They will take the mixture to the nest where it will kill the queen and the young.
- 2.. Mix Borax with water and pour into the nest.
- 3.. Or set a hose up to drip into the nest at a good solid drip rate, in three days the ants will move, hopefully to someone else's yard.

FRUIT TREES

NOVEMBER

Custard Apple: Increase irrigation. Mulch trees. Apply fertiliser with Sulphate of Potash - 1kg-mature trees, 1/2kg-small trees.

Figs: Pruning should be done. Figs only produce on new wood or new season's growth. Keep well mulched and watered.

Lychee: Peak water needs.

Low chill stone fruit: Use fruit fly control programs. When fruiting is finished and harvested, prune trees.

Mango: Peak water needs.

Passion-fruit: Prune. All dead parts to go. Keep up the water.

Paw-paw: Increase irrigation. Apply 20 gms per sq m of organic fertiliser.

Strawberries: Keep well watered to encourage runners for next year.

Bananas: Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well. Apply fertiliser, 1kg/stool.

Citrus: Keep up the water. Spray with pest oil for leaf miner. Paint trunks with a white waterbased paint.

DECEMBER/JANUARY

Custard apples: Hand-pollination of Pink Mammoth and Hillary White.

Figs: Keep water up and mulch well.

Low chill stone fruit: Prune trees. Apply organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees.

Lychee: Peak water needs. Cover trees with net for protection from fruit piercing moth, birds and bats. Fertilise with an organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees. Harvest only when fruit on the pendant stalk are sweet and full colour.

Mango: Net trees or bag fruit to protect from birds and beasts.

Passion-fruit: Apply 1 kg organic fertiliser with sulphate of potash. Keep up the water.

Paw-paw: Apply organic fertiliser with sulphate of potash – 1 kg for mature trees and ½ kg for young trees. Apply a copper based spray or leaf microbes for black spot control.

Persimmon: Apply organic fertiliser with sulphate of potash – 1 ½ kg for mature trees.

Strawberries: Keep well watered to form new runners for next year. December is the time to mark old strawberry plants. Watch for their new runners to develop. This makes it easier to define plants when you are ready for new planting.

Bananas: Keep them well watered.

Citrus: Water tree well. Keep up pest oil spray for citrus leaf miner.

Brisbane Organic Growers Handbook

VEGETABLES

NOVEMBER:

Artichoke, Asian Greens, Beans (French & Snake), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrows, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet corn, Sweet potato, Tomato, Zucchini.

DECEMBER:

Asian Greens, Beans (French), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

JANUARY:

Asian Greens, Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Shallots, Snake Beans, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

HERBS

NOVEMBER & DECEMBER

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

Perennials & Bi-Annals: Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury, Winter Tarragon.

JANUARY

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

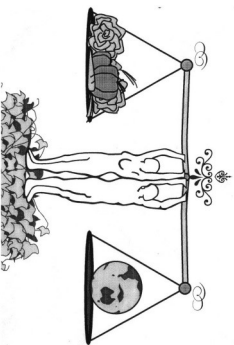
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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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 Jan 2018