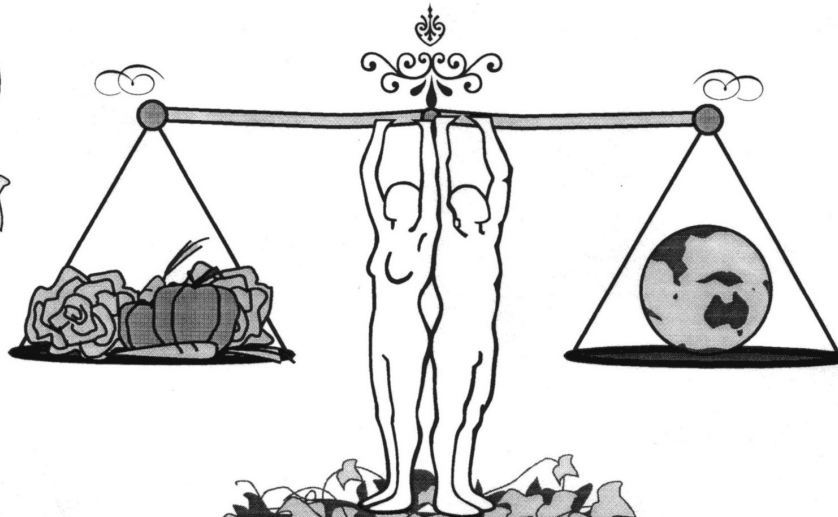


GOLD COAST ORGANIC GROWERS Inc.



NEWSLETTER

Volume 13 September 2010 Issue 9

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OUR NEXT MEETING: Thursday 21 October

THE AIMS OF G.C.O.G. Inc.

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

Meetings Held: 3rd Thursday of the Month

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

Doors open 7.00 pm; Begin at **7.30 pm** Entry is \$1 members, \$3 visitors.

(No meeting in December)

Annual Membership Fees:

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

To renew or start memberships please send cheques (payable to GCOG) to Diane Kelly - or just pay at the door.

Seed Bank: \$1.50 ea.

Members Market Corner: Please bring plants, books and produce you wish to sell.

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

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

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

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

2010 Committee

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

Thanks to other contributors:

Pauline Maxwell, Neil Ross, Diane Kelly & Dorothy Coe.



Notice Board

Membership Renewals

Overdue: Debbie Jones, Lise Racine, Dorryl & Rita Mahon, Gene Rosser, Tony & Jane Hall, Gordon & Dorothy Singh, Wolfgang Dempsey, Fraser & Kerstein Trueman, Jacqueline Zantiotis, David Novakovic, Hermann Vorster, Jill Barber, Justin & Vanessa Sharman-Selvidge, Leah Galvin, Geoffrey Williams

September: Mel Kidd, Henry Blonner, Neil Ross

October: Greg & Val Sbeghen, Roslyn Griffith, Peter Aubort, Glenn & Joan Jones

Welcome to our new member:
Jan Guest and Lyn Mansfield

Guest Speakers

Sept: Questions & Answers

Oct: Indigenous Bush Foods & Medicines with Jan Sinclair

Nov: Christmas party

You can now also read and contribute content to the Gold Coast Organic Growers website — please visit:
www.goldcoastorganic.com



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SEASONS ON THE MOUNTAIN

Tamborine Mountain Open Gardens

Introducing: New Format—Three seasons

Autumn: Saturday 8th & Sunday 9th May

Winter: Saturday 7th & Sunday 8th August

Spring: Friday 1st to Sunday 3rd October

www.tmbotanicgardens.org.au



Miami Organic Farmers Market

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

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

Workshops at the Gold Coast Botanical Gardens

Workshops: Organic vegetable gardening
and home orchards by Gavin Bullock

The Organic Orchard

When: Saturday 18 September

Where: Botanical Gardens

Cost: \$35

Bookings are essential. Please contact the
Friends on 0449 561 674.

Sustainable Gardening Workshops

Come along to Council's free sustainable
gardening workshops where you can learn all
about composting and worm farming to recy-
cle your waste and improve your garden.

A series of workshops will be held at the fol-
lowing locations from 10am to 12noon. To
register for a workshop near you, call (07)
3488 9660.

Composting and Worm farming Workshops

- Saturday 18th Sept - Nerang Library
- Saturday 23rd October - Robina Library
- Saturday 13th Nov - Burleigh Waters
Community Centre
- Saturday 11th Dec 2010 - Joan Park
Community Centre, Southport



Life Changing Documentaries, Workshops and Seminars

FILM SCREENING

Understanding Cancer and it's Natural Treatment

Saturday, October 9th

Broadbeach Senior Citizens

1.00pm - 4.00pm — \$15

WORKSHOPS/SEMINARS

COMPOST, COMPOST, COMPOST

Saturday 16 October

12 Benaroon Crt, Tallebudgera

9am - 12noon — \$45.00

More info and bookings at
www.lifechangingdocos.com or call
(07) 5576 3590.

Tropical Vegetable Workshop

Date: Saturday 23rd October
Time: 9.30am — 3.30pm
Where: BAVIA House, Broadbeach Hall

A one day workshop that explores how to grow and cook water-wise tropical vegetables in a Permaculture Food Forest garden.

This workshop is about growing and cooking with tropical vegetables in our sub-tropical climate. Tropical vegetables featured will be yam, cassava, green pawpaw, Madagascar beans, yakon, taro and more.

We are very fortunate to be living in a sub-tropical climate as we can grow vegetables all year round. Summer however is a time of the year when a lot of people give up on their garden due to the hot weather, but this is the time to grow and eat your tropical vegetables!

The workshop starts with identifying and how to grow tropical vegetables and then all the participants have a simple recipe to cook up for a very unusual but delicious lunch. Morning tea and a manual are included in the cost.

Planting material will be available
 Recipes for the day include:

- Sweet potato and peanut patties
- Sweet little cassava balls
- Green paw paw salad
- Plus more

Come and discover and taste a whole new range of easy to grow water-wise vegetables that are grown in a food forest garden.

Cost: \$75

**book in via website the
www.permacultureproduce.com.au
 or call 0432 180523**

**Presented by Elisabeth Fekonia accredited
 Permaculture Teacher**

Book Review

CSIRO PUBLISHING has just released a new book entitled **Green Harvest: A History of Organic Farming and Gardening in Australia**

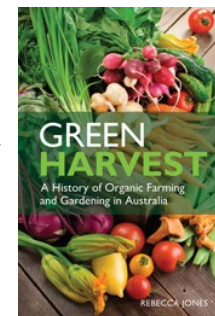
Green Harvest explores the ideas and practices that have shaped organic farming and gardening in Australia from the interwar years to the present day. It reveals that Australian organic farming and gardening societies were amongst the first in the world, being active as early as the 1940s.

In what way does human health depend upon the natural environment? *Green Harvest* traces this idea through four themes of Australian organic farming and gardening – soil, chemical free, ecological well-being and back to the land – each illustrated with a case study profiling an Australian organic farmer or gardener.

Personalities in Australian organic gardening, such as Jackie French and Peter Bennett, talk about organic growing. The book also features extracts from early organic magazines and interviews with current organic growers, including banana and macadamia farmers, managers of outback sheep stations, dairy farmers and self-sufficiency gardeners. All of these tell the story of Australian organic farming and gardening: past, present and future.

More info at (<http://www.publish.csiro.au/pid/6416.htm>).

*Maria will be doing a
 book review in the near
 future!*





Getting to Know Ian & Margaret Lee

Interview by Diane Kelly

In 1981, Ian and Margaret Lee bought twenty acres of land in the foot-hills of Mudgeeraba.

The steep block was covered in scrub, had no established road, there was no town water supply, and there was no house – but Ian knew the soil was red and brown volcanic.

Today their property has a home that takes advantage of cooling breezes and the views to the north-east, and has a colour-filled garden of flowering bushes, fruit trees, exotic plants and vegetables.

Ian is a horticulturalist and apiarist, and Margaret is a highly-qualified florist and Ikebana artist. So the garden has been planned. As we walked around, Ian explained how he follows permaculture principles when managing the rainfall they receive. With only tank water to use, when a shrub or tree is planted, the plot is dug, water crystals added, and several litres of water used to give the plant a start. If rainfall is low at the time, watering continues for a short while, but then the plants learn to survive. Ian believes “the most valuable water is that in the soil”.

So the garden has long paths that are bordered with logs or stones – logs to direct any rainfall specifically to where plants require it, and then stones to allow the flow to disperse to the plants below. The natural mulch of falling leaves seems to provide enough cover for the soil to remain damp – and there were some of the biggest worms I’ve seen living in the topsoil, so the system seems to be working!

Margaret’s planning has extended to creating a separate low-PH garden with colour groupings – white blooms melding into yellows, into pinks and apricots, and then into vibrant reds. Many of the plants have variegated leaves to add interest.



Further down the slope are the mauve and grey areas – the lavenders, the purple edged daisies, the rosemaries, dragon fruit plants, and the euphorbia and aloe collection. On the other side of the drive-way are wat-



ties, nastursiums, gum trees, leptospermums (manukas) and Ian’s bee-hives. Many of us have enjoyed the honey that Ian brings to our Club meetings, and I was interested to see the hives, and the mechanism that Ian has developed to counter-act the honey-beetles that have invaded Australian bee-hives over recent years.



(Later we came across a tree with a hive of native bees - Ian promised they wouldn't sting, as I cautiously tried to take a close-up photo of them!)

We walked around the upper area of the block, where ginger plants, crotons, native hoyas, vireyas, ferns (epiphytic and terrestrial) and the most beautiful orchids are growing among the gums trees - Ian showed me an orchid that does not have leaves, and does not require chlorophyll to grow, but rather lives on the enzymes of fungi.

I learnt about an orchid that is native to Western Australia that actually grows fully under-ground based on the same principle.



Other orchids are growing on tree stumps - Ian explained that orchid seeds (of which there can be several million in each seed pod) become wind-borne, and they need to land where specific fungi exist so that there are sufficient sugars provided for the germination of new plants.

Ian has been growing orchids for over forty years and, along with magnolias, michellias and vireyas, these are his specialities.

Walking down to the house, there is a "cottage" feel to the garden - freesias, violets, snap-dragons and lavender are mixed with daisies, allysum, fox-gloves, herbs, blueberry, tamarillo, pomegranates, a bay tree (yes, I did get a sample of leaves to use in my cooking!) and vegetables - lettuce (including the tree variety), silver beet,

sweet potato, artichokes, asparagus and tomatoes.

As we had a cup of tea at the end of the afternoon, I learned a few more things - that when propagating cuttings, you should retain a node at the bottom of the cutting, because where the removed leaves extend from the stem is where the most growth hormones are in a plant. I also learnt that many plants, such as magnolias and azaleas, may "sulk" for a few years before really getting established. Plants and trees are not at their best all year, so rather than get rid of a "non-performer", simply observe it over the four seasons. Then you will know when to prune it - after rather than before blooming!

When I asked Ian and Margaret what are their favourite plants, Margaret chose Cecile Brunner roses and camellias - and Ian decided he has about 300 favourites! He believes that "all plants are a chance to learn, and a chance to enjoy" and "everything in the garden is something special that nature provides for us." Ian also said that their block is "a work in progress" and "everything takes time" - a good lesson for us more impatient gardeners!

And what in particular did I learn from my visit to this colourful garden? I saw the value of planning (Ian has designed the next project - the area designated for fruit trees, and has already started developing swales for controlling water run-off), I saw the economy of growing plants from seeds, layers or cuttings (very few plants in this well-established garden have had to be bought) - and I saw the value of reading and studying. All these things can result in a garden that will be successful, and very enjoyable along the way.



BIG THANKS to Diane Kelly who did the above interview with Ian & Margaret Lee.

In next month's issue Diane will be interviewing Graham Boyle and Khoo Mea Lee.



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rossco12@bigpond.com

Harvesting & Storing

From Diane Kelly

Some vegetables are best eaten as soon as possible after harvesting. Peas and sweet corn, for example, start to convert their sugars to starch the moment they're picked, so from that point on the clock is ticking on how long they will stay super-sweet. Lettuces, Oriental salad leaves and spinach quickly wilt, too. They are best picked in the early morning or evening, not in the heat of the day. However, many other vegetables will keep for a long time if stored carefully.

Storing vegetables: Onions, shallots, garlic, pumpkins, winter squash, potatoes and other root vegetables should last into winter if stored. Eat or discard damaged produce, as it won't store. Store dry potatoes in paper sacks or bags – not plastic, which will make them sweat. Hang onions, shallots and garlic somewhere cool, dry and well-ventilated. Root vegetables such as carrots and parsnips will hold in the garden through winter if the soil is well-drained and rainfall is not excessive.

Freezing: French beans, runner beans, broad beans, peas, corn, cauliflower, broccoli and Brussels sprouts are all suitable for freezing. Wash, trim and blanch them in boiling water for a few minutes, then bag them up and freeze them straight away. Tomatoes can be frozen, but they may go mushy when defrosted.

Pickling and preserving: Oils and vinegars can be flavoured with garlic, chillies and herbs. And vegetable chutneys and pickles – which combine vinegar, sugar and salt as preservatives – traditionally contain onions, tomatoes, peppers, carrots, beans, cauliflower or eggplants.

Source: "Grow Vegetables" # 1
– Alan Buckingham

STRAWBERRY

By Pauline Maxwell

I search the straw under three-leafed stems
and between fragile flowers with delicate
white petals.

Pale green noses

poke out on long stalks.

Bunches of ripening produce blush shyly in
the warm winter sun,
tanning to rich shades of sunburn.

On closer inspection,
a slimy black slug, head buried in its feast,
gorges on.

Damaged fruit and the violator
are squabbled over by beady-eyed hens.

I find perfection.

Plump scarlet-ripe heart,
studded with yellow seeds,
crowned with fluted fan of calyx leaf.
Picked early morning when frosted dew be-
gins to melt.

Strawberry fragrance
lingers on fingers holding the green stalk,
as tongue savours
sweet organic ripeness.

DELICIOUS.

**Celeriac**

Celeriac (*Apium graveolens*
var *rapaceum*) is actually a
form of celery that develops a
swollen rootstock. The leaves
are much shorter than traditional celery, al-
though they're still edible, and the root is
swollen to about the same size as a turnip.

Like celery, celeriac prefers cool tempera-
tures, tending to bolt to seed if the weather
warms. It doesn't like to have its roots dis-
turbed, so weed the area carefully before
planting and, as the plants develop, hand-
weed judiciously.

Sow seeds early in autumn to give your plants
the maximum period of cool weather in which
to form the swollen root.

Once you've harvested celeriac, treat them
like potatoes and boil them for soups and sal-
ads.

You can also eat them grated and raw for a
crunchy texture in salads; however, because
the flesh discolours very quickly on exposure
to air, plunge them into water with a squeeze
of lemon juice to help them maintain their col-
our.

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About Prairieland Community Supported Agriculture

From Neil Ross

Since 1994, Prairieland Community Supported Agriculture has provided a link between consumers in Champaign and Urbana, Illinois who are interested in buying locally produced pesticide-free food and supporting the farmers who grow it.

As one of the oldest community supported agriculture projects online, PCSA also founded CSA-L. CSA-L is a list-serve that allows CSA farmers across the U.S. and globally to exchange information, as well as foster those hoping to begin CSAs. CSA-L is hosted by Local Harvest.

Community Supported Agriculture is a system in which consumers receive food directly from the farmers who produce it. But unlike a farmers' market system, supporters of community agriculture actually share in part of the farmers' risk. That is, they pay in advance for a portion of the farmer's total crop. Crops that do well will be abundant in the share, crops that do less well will be less abundant. For their part, the farmers have a stable income that doesn't depend on sunny weather on farmer's market days.

Why would anyone support CSA farmers when they could just as easily go to the supermarket or pick what they wanted from a farmers market stand?

CSA members receive their produce at prices that are slightly cheaper than the farmers market.

CSA member's food is typically produced via sustainable methods. Unlike typical monocrop production systems, CSA member's fruits and vegetables are produced as part of a large cropping system which relies on crop rotations and other natural methods to break weed and pest cycles.

While CSA members might like mizuna lettuce in their shares each week, they accept that a variety of greens and crops are necessary to help their farmer maintain a cropping system that does not rely on pesticides and synthetic fertilizers. They know that the maintenance of this system is essential to their having favorites like mizuna lettuce for years to come.

These types of systems help protect our water supplies from pesticides and silt, and don't contribute to pollution resulting from transporting food cross-country.

CSA supporters have a say in not only in how their food is produced with regard to the environment, but with regard to society. They can mandate that farmworkers earn fair wages and have good working conditions. Too much organic produce in our country is produced by farmworkers who earn substandard wages. Paying nonliving wages to workers ultimately hurts the surrounding community. For example, workers who cannot afford preventative health care often are treated in emergency rooms which cannot turn patients away for inability to pay. This results in higher health care costs for everyone.

Because their food is produced nearby, CSA members' food also may be more nutritious as it does not have to be picked "green" for long-distance shipping.

Finally, producing food locally results in a greater percentage of dollars remaining in the local economy. What's more buying food directly from the farmers who produce it ultimately reduces the need for federal farm subsidy programs which have encouraged resource exploitation and concentrated land ownership.

Source: www.prairielandcsa.org

**For full information visit:
www.prairielandcsa.org**

Organic Farm Share

Organic Farm Share is a community-owned farm project and is the first of its kind. A purposeful undertaking that aims to develop food security for the surrounding community, to regenerate the land, and to provide positive financial returns to our members (owners).

Organic Farm Share is based on the premise that owning the business which owns the land where one's food comes from directly connects us to our food supply and thus eliminates many of the barriers that currently exist for a transition to a local food system.

Anyone who is interested in becoming a member (owner) can purchase a share in Organic Farm Share. By owning shares in Organic Farm Share you help in the development of food security for our community, the regeneration of land, as well as sharing in the prospect of positive financial returns to you as a shareholder.

As membership (ownership) is limited to a 200km radius from the farm operations, Organic Farm Share is truly a local enterprise.

A presentation & an informal discussion will highlight how people in our local region can be at the forefront of this exciting venture & what it means to be involved. A great opportunity to have your questions answered.

Please book for all venues at hello@organicfarmshare.com with your name/s, contact no. and event date.

Bookings essential for all venues. Please arrive 10 minutes before the scheduled start time. *ADDRESS & DETAILS SUPPLIED WITH RSVP.* If you have a group—we are happy to come to you!

Where and When

- Isle of Capri
Tue Sep 14 — 7pm to 8:30pm
- Palm Beach
Wed Sep 15 — 11am to 12:30pm
- Mermaid Beach
Wed Sep 15 — 7pm to 8:30pm
- Currumbin Beach
Fri Sep 17 — 7pm to 8:30pm
- Labrador
Mon Sep 20 — 7pm to 8:30pm
- Mermaid Beach
Tue Sep 21 — 7pm to 8:30pm
- Nerang
Thu Sep 23 — 6:30pm to 8pm
- Burleigh Heads
Wed Sep 29 — 7pm to 8:30pm

www.organicfarmshare.com



One of the members has written in and asked “does anyone have a recipe for Jacoticaba wine”.

If anyone does have such a recipe, can you email

Diane Kelly and she will pass the information on. You can email Diane at dianekelly@bigpond.com

Did You Know?

Fresh custard apples should be eaten with a spoon, as the large black seeds in the flesh are toxic, and should not be ingested.



COMPANION PLANTING FOR SEPTEMBER

Plant	Companions	Function	Foes
Asparagus	Tomatoes, Parsley, Basil		
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
Beetroot	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
Basil	Tomatoes	helps repel flies and mosquitoes	Rue
Brassica	Aromatic plants, sage, dill, camomile, beets, peppermint, rosemary, Beans, Celery, Onions, Potatoes, dwarf zinnias.	Dill attracts a wasp to control cabbage moth. Zinnias attract lady bugs to protect plants.	strawberries, Tomatoes
Carrots	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
Celery & Celeriac	Chives, Leeks, Tomatoes, Dwarf Beans		
Chives	Carrots	grown beneath apple trees will help to prevent apple scab; beneath roses will keep away aphids and black-spot. Deters aphids on lettuce and peas. Spray will deter downy and powdery mildew on gooseberries and cucumbers.	Peas, beans
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Dill	Brassica's	Dill attracts predator wasp for cabbage moth.	
Fennel		(not F. vulgare or F.officinale) repels flies, fleas and ants	Most plants dislike it
Leek	Onion, celery, carrot		
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Melon	Radish		
Parsley	Tomato, asparagus, roses	Deters rose beetle, improves tomato and asparagus.	
Potato	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
Pumpkin	Corn		Potato
Sweet Corn	Potatoes, Peas, Beans, cucumbers, pumpkin, squash	Corn acts as a trellis for beans and beans attract predators of corn pests.	
Turnip	Peas, nasturtium, lettuce, cucumbers		



VEGETABLES

SEPT: Amaranth, Artichoke, Asian greens, Bush beans, Ceylon spinach, Climbing beans, Capsicum, Carrot, Choko, Sweet corn, Cucumber, Eggplant, Gourd, Lettuce, Luffa, Marrow, New Zealand spinach, Okra, Peanut, Potato, Pumpkin, Radish, Rhubarb, Rockmelon, Rosella, Spring onion, Silverbeet, Squash, Sunflower, Sweet Potato, Tomato, Watermelon, Zucchini.

OCT: Amaranth, Artichoke, Bush beans, Ceylon spinach, Climbing beans, Snake bean, Sweet corn, Capsicum, Carrot, Choko, Cucumber, Eggplant, Gourd, Lettuce, Luffa, Marrow, New Zealand spinach, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rockmelon, Rosella, Spring onion, Silverbeet, Squash, Sunflower, Sweet Potato, Tomato, Watermelon, Zucchini.

HERBS

SEPTEMBER

Annual: Basil, Borage, Calendula, Chamomile, Coriander, Dill, Herb Rob-

ert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

Perennials & Bi-Annuals: 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.

OCTOBER

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

Perennials & Bi-Annuals: 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.

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

Planting in September

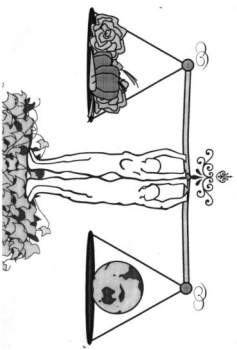
Amaranth	Plant in garden.	Harvest from December
Asparagus	Plant in garden.	Harvest from 24 months
Artichokes	Plant in garden.	Jerusalem = Harvest from Feb Globe = Harvest from August
Beetroot	Plant in garden.	Harvest from December
Borage	Plant in garden.	Harvest from December
Cabbage	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from December
Capsicum	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from December
Carrot	Plant in garden.	Harvest from January
Celery	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from February
Chilli	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from December
Chinese cabbage	Plant in garden.	Harvest from December
Climbing beans	Plant in garden.	Harvest from December
Cucumber	Plant in garden.	Harvest from December
Dwarf beans	Plant in garden.	Harvest from December
Eggplant	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from January
Fennel	Plant in garden.	Harvest from January
Leeks	Plant out (transplant) seedlings.	Harvest from January
Lettuce	Plant in garden.	Harvest from December
Melons	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from December
Mustard greens	Plant in garden.	Harvest from November
Okra	Start undercover in seed trays and plant out in 4-6 wks.	Harvest from January
Parsnip	Plant in garden.	Harvest from February
Potato	Plant in garden.	Harvest from February
Pumpkin	Plant in garden.	Harvest from January
Radish	Plant in garden.	Harvest from November
Rhubarb	Plant in garden.	Harvest from 12 months
Rocket	Plant in garden.	Harvest from November
Shallots	Plant in garden.	Harvest from January
Silverbeet	Plant in garden.	Harvest from December
Spring onions	Plant in garden.	Harvest from December
Sweet Potato	Plant in garden.	Harvest from January
Sweetcorn	Plant in garden.	Harvest from January
Turnip	Plant in garden.	Harvest from November
Yam/Oka	Plant in garden.	Harvest from January

Preparing for October

Amaranth	Plant in garden.	Harvest from December
Asparagus	Plant in garden.	Harvest from 24 months
Beetroot	Plant in garden.	Harvest from December
Borage	Plant in garden.	Harvest from December
Cabbage	Plant out (transplant) seedlings.	Harvest from December
Capsicum	Plant out (transplant) seedlings.	Harvest from December
Carrot	Plant in garden.	Harvest from January
Celery	Plant out (transplant) seedlings.	Harvest from February
Chilli	Plant out (transplant) seedlings.	Harvest from December
Choko	Plant in garden.	Harvest from April
Climbing beans	Plant in garden.	Harvest from December
Cucumber	Plant in garden.	Harvest from December
Dwarf beans	Plant in garden.	Harvest from December
Eggplant	Plant out (transplant) seedlings.	Harvest from January
Globe artichokes	Plant in garden.	Harvest from August
Horseradish	Plant in garden.	Harvest from February
Jerusalem Artichokes	Plant in garden.	Harvest from February
Lettuce	Plant in garden.	Harvest from December
Marrow	Plant out (transplant) seedlings.	Harvest from January
Mustard greens	Plant in garden.	Harvest from November
Okra	Plant out (transplant) seedlings.	Harvest from January
Potato	Plant in garden.	Harvest from February
Pumpkin	Plant in garden.	Harvest from January
Radish	Plant in garden.	Harvest from November
Rocket	Plant in garden.	Harvest from November
Rockmelon	Plant out (transplant) seedlings.	Harvest from December
Silverbeet	Plant in garden.	Harvest from December
Squash	Plant out (transplant) seedlings.	Harvest from December
Sweet corn	Plant in garden.	Harvest from January
Sweet Potato/Kumara	Plant in garden.	Harvest from January
Taro	Plant in garden.	Harvest from May
Tomatillo	Plant out (transplant) seedlings.	Harvest from December
Tomato	Plant out (transplant) seedlings.	Harvest from December
Turnip	Plant in garden.	Harvest from November
Watermelon	Plant out (transplant) seedlings.	Harvest from December
Yam/Oka	Plant in garden.	Harvest from January
Zucchini	Plant out (transplant) seedlings.	Harvest from November

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 21 October 2010