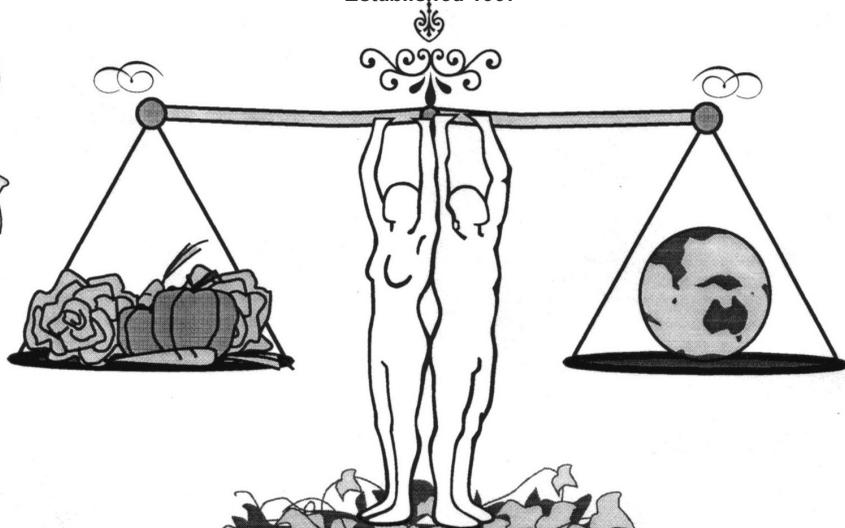


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 22 - JULY 2018 Issue 7
GARDENING IN WINTER

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OUR NEXT MEETING: Thursday 16th AUGUST 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 \$2 members, \$5 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: \$15 an issue, or \$145 per year,

1/2 page: \$25 an issue, or \$250 per year,

full page: \$40 an issue, or \$400 per year,

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

2018 Committee

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Vice President	Diane Kelly (07) 5522 7444
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Secretary	Cathie Hodge 0406 575 233 <i>cathie.hodge@gmail.com</i>
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson
Newsletter Editor Newsletter Asst.	Jorge Cantellano <i>jcantellanoc@gmail.com</i> Diane Kelly Dorothy Coe Jill Barber (p.r. for Jorge)
Website Editor Social Media E.	Jorge Cantellano Stacey Panozzo, Dorothy Coe
Advertising	Stacey Panozzo 0406 007 583 <i>staceypanozzo1@gmail.com</i>
Guest Speaker Liaison	Leah Johnston, <i>leahbryan9@gmail.com</i> Emma Litchfield, Stacey Panozzo
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Seed Bank Seed Assistants	Lyn Mansfield Maggie Golightly Bill Smart
Supper Co-ordinator	Paul Roberson, Deb Phillips, Bev Geraghty
Veggie Swap Co-ordinator	Dorothy Coe

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 Jorge C. at: jcantellanoc@gmail.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 – July 2018:

Overdue: Angela Anderson (323), Fran Janes (366), Lorraine McArthur (423), Sue Beckinsale (373), Carmen Martin (432), Shelley Pryor (72), Jan Wright (191), Karen Hart (198), Mea Lee Khoo (211), Dorothy Coe (253), Ron Campbell (255), Cathie Hodge (304), Eileen Turner (328), Shem Pireh (361)

July: Ian and Margaret Lee (118), Justin & Jerry Rogers (275), Patricia McGrath (305), Ann Brown (329)

August: Murray & Judith Olver (105), Gordon & Dorothy Singh (241), Peter and Leanne Dickfos (260), Jill Barber (290), Lyn Mansfield (306), Jan Guest (307), Dayne Petersen (377)

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

Thanks to Contributors this month:

Diane Kelly, Jill Barber, Jorge Cantellano, and Dorothy Coe, and Terry Lewins.

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 Leah Johnston at leahbryan9@gmail.com

July - Gina Winter talking about using herbs in your daily life

August - tbc

September - Phil Dudman sharing tips on maximising the production of your patch

October - members own - have a particular gardening topic you're a bit of an expert on? Share it with the club! Email Leah at leahbryan9@gmail.com to get on the list.

November – tbc

Workshops

Abilities Plus – Permaculture

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

Gardening Girls Lunch – (Men welcome) 20 July - 11 am to 1 pm

Rose Evans Garden Centre Coombabah
We meet monthly for lunch and a chat
Lyn Mansfield 0409 645 888

EdibleScapes

Multicultural Intergenerational Gardening 11 August - 8:30am to 10:30am at the "Bird Garden"

Edible Landscape Gardens Site

74 Billabirra Cres, Nerang
Country Paradise Parklands

Check details out on the Facebook page: Edible Landscape gardens Project .
contact@ediblescapes.org

Simple Inter-Cropping

By Hogan Gleeson
Organic Gardener Spring 2004

In nature, some plants occur in their own communities, while others comfortably share space with different species. The sharing kind, such as squat, shade-loving plants, can grow quite well beneath tall, sun-seeking species.

Observant gardeners over the centuries have developed a practice called inter-cropping (or inter-planting) that combines different species in order to increase variety and total field from a given area. The Aztecs, for example, grew corn, beans and squash together. These days, permaculture-designed gardens attempt to emulate this aspect of nature in the perennial garden.

The main principles that gardeners apply when choosing an inter-crop are:

- Layering sun-loving and shade-tolerant species
- Considering root architecture – placing deep-rooted and shallow-rooted species appropriately
- Using fast-maturing and slow-maturing species to fill niches in time
- Combining plants with complementary forms, such as spreading and narrow shapes.

LAYERING PLANTS:

Availability of sunlight is often not the limiting factor for plant growth. Some vegetables commonly grown in full sun, when located in shady areas, may compensate by growing bigger leaves. This can make plant layering unexpectedly successful at times.

Layering shade-tolerant and sun-loving plants is probably one of the most common forms of inter-cropping in Australian gardens. Sheltering lettuces or cucumbers from the fierce summer heat by planting them between corn rows is an example. Naturally, there will be

some reduction in yield, but in most cases the total yield per area of garden space is increased. In the home garden, inter-cropping is particularly suitable because variety, rather than maximising the yield of any one crop, is what's important.

Shade-tolerant plants to try: beetroot, leaf lettuce, endive, cucumber, radish

Sun-lovers: tomatoes, amaranth, corn, egg-plant, capsicum, and other tall, fruiting plants.

ROOT ARCHITECTURE:

Some taller plants, such as tomatoes, have big fibrous root systems and only mine the surface, while other small plants, such as beetroot, may send roots down or out for many meters looking for food. By combining deep-rooted vegetables with shallow-rooted types, we are inter-planting below ground.

Some deep-rooted plants that delve down for more than two meters include beetroot, carrot, silverbeet and potato, while some shallow-rooted plants that draw nutrients from less than a meter include watermelon, leeks, peas, onion, basil and garlic.

COMBINING FAST & SLOW-MATURING VARIETIES:

An old market gardener mate mixes fast-growers, like pak choi and lettuce seed, in with the seed of his main onion crop. The onions germinate well in the shady, damp beneath the young lettuce, and take off nicely when he cuts the greens. Lettuce, endive and herbs, such as coriander and rocket, can be planted in the temporary space available between slower maturing Brassicas, such as cabbage or cauliflower. The faster growers are harvested, leaving the slower Brassicas to grow into the gap, filling the niche in time.

Fast-growers include lettuce, pak choi, bok choy and other Asian greens, along with beetroot, spinach and radish.

Slow growers are most European Brassicas, such as cabbage and cauliflower, plus onions, potatoes and celery.

PLANTS WITH COMPLEMENTARY FORMS:

Wherever there is a gap in nature, something will fill it. Climbing plants will wind their way up into the narrowest thread of sunlight. Beans, peas and pumpkins will grow up a trellis, while beetroot and lettuce planted directly below share the vertical space above and below ground.

Shorter plants can do quite nicely placed on the north side of taller varieties. Try planting tall, thin bunches of shallots, spinach or amaranth in the gaps created between rows of lettuce where the rounded, spreading foliage doesn't meet.

The trick to successful inter-planting is experimentation. Make lists of plants like the examples given above. Take a look at where the opportunities are in your garden, choose plants that you think will combine well, and give them a go.

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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 Diane with the details at dianekelly@bigpond.com

Offers / Wants / Swap / Share

WE ARE LOOKING FOR VOLUNTEERS for EdibleScapes Inc.

Gardeners Needed:

As we are yet to commence planting our Edible Landscape Gardens, we are looking for gardeners.

We are looking for passionate and experienced gardeners who can help us get started, as well as share their knowledge with other keen volunteers and visitors through demonstration workshops at our monthly working bee gatherings.

If you want to volunteer as a gardener or know someone who may be interested, please contact as at contact@ediblescapes.org

We are also taking any donations of plant pots, native plants, edible trees, seedlings and cuttings.

If You Only Do One Thing this Month – Plant some Carrots!

by: Dianne Kelly

It surprised me recently to realize that I've not done an "If you only do one thing this month" article about carrots!

After all, carrots are one of the most basic addition to our salads, and to our winter cooked vegetables – and soups, coleslaws, sandwiches, stews, roast vegies – and undoubtedly much more! So how do we go about growing them?

Annette McFarlane, in her book – well worth a read! – "Organic Vegetable Gardening" says that carrots can be grown all year round in subtropical area except in the "wettest and hottest months". So in her planting guide, she suggests we plant out carrot seeds during March to September each year. It was interesting to note Annette's comment that "carrots resent transplanting, so always choose seeds over seedlings".



Annette says to prepare the soil in your vegie patch finely (i.e. in a well prepared "tilth" - soil ready for planting out) and in an open and sunny position - and then sow the seeds thinly in rows 30cm apart (carrot seeds on a paper tape are a viable option). Carrot seeds should be planted in beds that have been prepared with well-decomposed manure – or in a bed following a well-manured, greedy leaf crops such as lettuce, cabbage or broccoli. Remember to not plant the seeds too deeply, as they need light to germinate.

When the seeds have "taken", thin them out so that the carrot plants have a 2.5 to 5 cm space in which to develop. Also remember to water the growing plants regularly – that is critical to ensure a sweet, juicy crop.

After ten weeks, baby carrots should be ready to harvest – that will leave space for the other carrots you have planted to mature to our usual end product.



So – in addition to the practical advice about growing carrots – what else can we learn about them?

Recently I went to the Elanora GCC Library, and came across a book called "Heirloom Vegetables – a Guide to their Histories and Varieties". The book is written by Simon Rickard, and in his foreword he mentioned that he "fell in love with heirloom vegetables when he took up a gardening position at the Diggers Club garden "Heronswood" in 2001". In pages 7-9 Simon talks about the renaissance of heirloom vegetables that has happened since the 1980's - although loosely speaking, heirloom vegetables are those varieties which predate World War II. At those times people fled their native lands, and took their garden seeds with them. To them, vegetable seeds meant security and family – and they represented making a new start in their adopted country.

After World War II, the face of agriculture changed – farming was done on a larger scale; crops became specialized; and the Green Revolution began. High-yielding crops

and intensive farming improved production many times over. Agribusiness had arrived!

But Simon Rickard argues that when this position occurred, heirloom vegetables – including carrots – were more important than ever. Heirloom vegetables are, by definition, categorized as “Open Pollinated” (OP) – in other words, nature takes care of pollinating their flowers (via bees, wind – and sometimes humans). OP vegetables tend to have a variety of characteristics – bigger or smaller fruit; taller or shorter plants; different cropping times. Therefore growers who are seed-saving tend to select the most stable physical characteristics, along with the plants that have adapted the best to local conditions. And so heirloom vegetables tend to have the best flavours and textures, and they tend to grow well in the local conditions.

Carrots in particular:

The carrot family – or Apiaceae - contains over 3,500 species, and the word “Apiaceae” comes from “apium”, which is the Latin name for celery. The link between this and carrots is that the family name relates to a vegetable of a single stem which shoots up to a certain point, and then explodes into a starburst of smaller branches – which in turn divide into a shower of tiny flowers.

Wild carrots (a woody, medicinal plant) grew in Europe and Western Asia in early times, and ancient Greeks grew carrots for medicinal purposes. By the tenth century yellow and purple carrots were cultivated in Afghanistan, but history indicates that orange carrots were not introduced until the seventeenth century – in all places, the Netherlands! They soon became a popular vegetable because of their sweet flavour.

Carrots tend to fall into several categories according to their cropping habits. Amsterdam and Nantes types crop early and are tender, sweet and crisp – really good for eating raw! Chantenay types are robust and crop best over summer, and Autumn King types are good for late sowings to hold in the ground over winter. In the 1830’s, Henry Vilmorin developed a white carrot from the wild vegetable he found growing in Belgium. How-

ever it is generally regarded as having an insipid flavour, plus – and I thought this was interesting – “like all carrots of primitive bloodlines it is prone to bolting in its first year”.

There are also purple carrots – “Dragon” variety – which have a pale orange flesh and a yellow core. These have a slightly spicy flavour, and is a good carrot for cooking. Then there are “kintoki” carrots – these are a Japanese heirloom carrot with very large, bright red roots. And there are also the French heirloom carrots called “Parisian Market” – these are the size and shape of squash balls, and their advantage is when you have heavy or stony soil, and nowhere deep for the plant to grow a deep root. These are suitable for pots and are delicious raw – and their only drawback is that they tend to split with age. Nantes – introduced by the French seed company Vilmorin in around the 1850’s – continue to be sweet, coreless, tender – and perfect for eating raw.

There are other varieties of course, including an Aussie one – “Western Red”. A hybrid introduced in the 1980’s, it is very orange, very “carrotty”, high yielding – and disease resistant.

So carrots. The carrot family goes on to include parsnips, fennel and celeriac. But let’s start off this month by growing some carrots – after all, there are plenty of types to choose from!



**Jill's Garden Update
June, '18**

It was a sad, sad day for me! After *finally* getting my green manure forked under and well rotted in, with heaps of time in autumn this year, for the first time ever, and *finally* getting some healthy cauliflowers growing up strongly early this winter



(I'll *finally* beat those little brassica-destroying caterpillars that overrun us in spring, thinks I), I go out one morning to be greeted by this sorry sight!



Some sneaky little animal has had his fill, not

just of one, but ALL of the cauliflower hearts! If it wasn't for these absolutely thriving salad greens,



I'd probably throw in the towel at this point, but it really is lovely having our own organic greens, so, guess I'm carrying on.



There's always another challenge with gardening: now it's how to enclose these vegies to keep out that little rat.



PROPAGATION TUNNEL FOR COMMUNITY GARDEN

By Terry Lewins

The Southern Beaches Community Garden at Tugun, has completed their propagation tunnel. The tunnel was officially opened at the *Creative Life Event* (30 June). Funding for the tunnel was provided by the Bendigo Bank in Tugun.

The garden was established about seven years ago and has about seventy members. Most members have garden beds but there are also members waiting for beds and others who are involved in other ways. There is a tool shed and also a large shed with desk, storage/work space and meeting area.

The propagation tunnel is about 4 x 6 meter and is inside a large fenced lock-up-able area. It's good having the security because we will be using solar panels and pumps (and maybe one day an aquaponics setup, a pool table, cinema, bar and music). Inside this enclosure there is also a shaded area and an area that receives full sun. Each section has benches and racks for seedling trays.

The tunnel has cost about four grand (so far) and was supplied by Ferland on the Sunshine Coast. The design for the tunnel was based on a propagation tunnel at a native plant nursery at Mudgerraba called Regen. We saved ourselves a few grand by erecting it ourselves. (There were a few work bees that actually raised money, because we had a 'swear jar').

The long term goal is to propagate our own plants for use in the garden and provide seedlings for the local community. For the last few years a garden member has travelled to Brisbane regularly and collected trays of seedlings from a nursery. These are excess stock and given away free, to various non-profit groups. Until our propagation tunnel is in full swing we will continue making trips to Brisbane.

The main ingredients for a seed raising medium are peat, coco coir, vermiculite, perlite,

compost, vermicast, blood and bone and even rock dust and dolomite. At this stage we are still trying to find the combination that works best and for what plant species. The tunnel is warm and acts like a greenhouse which I'm sure plants like (I know I do, and so do the worm farms). Eventually there will be overhead misting system, to maintain a high humidity.

Anyone is welcome to call in to the garden at Tugun and participate in the propagation tunnel. In fact we are looking for people with skills in this area. We are starting from scratch and there are a lot of experiments being conducted so far.



Tunnel structure



Propagation Tunnel

NATIVE BUSHFOOD AT THE EDIBLE LANDSCAPE GARDENS

by Jorge Cantellano

Ediblescapes finally has commenced planting the Edible Landscape Gardens. Last Saturday 14 July an enthusiastic group planted the first trees at the Moon Garden with Bush Tucker local native trees, including Macadamia Nut, Native Tamarind, Midgen Berry, Black Plum, Native Elderberry, Davidson’s Plum. The trees were supplied by the GC Botanical Gardens Nursery.



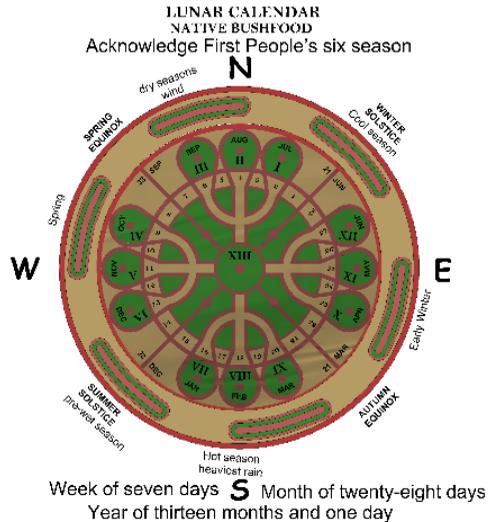
Planting the first trees

This is a meaningful project celebrating our local edible trees and plants, whilst focussing on our history and diversity, which will eventually build a vibrant, cohesive, community hub.

In recognition of the Kombumerri people, the traditional custodians of this land that we call the Gold Coast, Ediblescapes have added a layer to the Moon Garden mandala design that represents the six seasons of the First People’s annual calendar.



These six seasonal sections will not be planted yet. We are marking it with mulch on the ground, so we can initiate a consultation process with the Elders and the First People’s representative community groups. Hopefully this consultation process will result in a public space of knowledge exchange that facilitates the passing of knowledge to future generations.



By weather pattern observation, we can agree that the years have two colder months on the Gold Coast, which start at the Winter Solstice. They are followed by a short dry season in September, which is a kind of pre-spring. In October and November there is Spring. In December, the summer solstice marks a pre-wet and warm season. February is the hottest summer month, with the heaviest rain. In conclusion, the most comfortable months are April and May, in which it is difficult to find Autumn patterns.

However, thoughtful ecological observation is needed to connect with the six seasons environmental patterns to know what and how to facilitate the growing of edible fruits that contribute to the life of humans and animals in this region.

The First People observed ecological happenings in these six seasons, and that influenced their traditional, social customs. Sadly,

in a very short time, their way of life was disturbed by the European colonial industry.

Hopefully, not all ancestral knowledge has been lost, and the Edible Landscape gardens project can be instrumental in recovering knowledge from diverse communities to pass to futures-generations.



Mum passing knowledge to new generation



Organic growers new seeds



A young men gardener

Recipes By Jill

Greek Egg and Lemon Soup with Chicken July,'18

You know, this Recipe Column began because of the yummy things that people brought in for the Supper Table at the meetings each month, to share with others. This month, there being no recipes forwarded to me, unfortunately, I almost just put the note, "Regretfully, there have been no recipes submitted this month...". However, I reconsidered, thinking that it's SOUP TIME, and surely lots of people have favourite soup recipes... Well, I certainly have, and here is an ultra simple, deliciously different favourite of mine. Please email yours to me for the next newsletter (jillbarber611@gmail.com) - Jill

1-1.5 l. chicken stock
2 T long grain rice
Juice 1 lemon
3 eggs, beaten
1 c cooked shredded chicken
Salt and freshly ground black pepper
2 T finely chopped fresh parsley or coriander

- Simmer 15-20 mins.
 - Beat juice and eggs together
 - Whisk 1 c hot stock into eggs, a little at a time
 - Remove saucepan from heat and slowly whisk in the egg mixture.
 - Stir in the chicken, add salt and pepper
 - Ladle into bowls and garnish with parsley or coriander
- From *Soup BIBLE*



**Back to Basics
by Diane Kelly**

One simple thing anyone can do to reduce their waste is going back to basics.

If you enjoy drinking tea or coffee, going back to basics means brewing a cuppa with loose not over packaged ingredients. Instead of tea bags which can contain plastic go back to the old fashioned way of using loose leaf tea.



As a reward you will get a much better tasting cuppa and you can use the tea leaves in your garden afterwards.

If you are a coffee lover buy freshly ground coffee beans to use in a plunger. Again the ground coffee can then be used in the garden.



A lot of tea bags contain polypropylene which cannot decompose, but loose leaf tea and ground coffee beans can be used as garden fertiliser and they improve the soil too.

They can even deter some garden pests and insects and you could use loose leaf tea and ground coffee beans as garden mulch.

This is just one simple thing we can do to help reduce household garbage.



Members and Guests

**GLAD TO HAVE YOU SHARE
OUR MEETINGS:**

Members and guests are always very welcome at our meetings, and we trust you find them enjoyable and interesting.

To cover the various costs of hall hire, insurance etc, it was decided at our February (AGM) meeting to make the member entry fee \$2.00 – and for visitors, the cost will be \$5.00. We've not increased our prices since our Club started 20 years ago, so we hope you will understand the need to make this change.

**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 SUB-
MISSIONS TO THE NEWSLETTER IS ONE
WEEK PRIOR TO THE MEETING.**

Gold Coast Garden Festival

Botanical Bazaar

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Hints for “All Things Gardening” Bits and Pieces

By Diane Kelly

Spring Check-list for Chooks:

1. Clean out the chook shed and renew litter
2. Replace wooden perches to reduce pests
3. Add extra water containers for any suddenly warm days
4. Collect fresh weeds from the garden to add extra greens to your chooks' diet
5. Laying will increase with the return of spring, so collect eggs daily
6. Watch out for broody chooks and remove them from laying boxes

Organic Gardener

Nematode Alert:

Beetroot can suffer from nematode attacks in frost-free climates. Crop rotation and bio-fumigation using dug-in cover crops of mustard or tagasaste is an important preventative method.

Organic Gardener

Trivia for our Bee-keepers:



According to the April 2013 edition of Country Life, there is a 7th century Irish law text on bee-keeping called the *Bechbretha*. One of its rulings is that a bee taking nectar from a neighbour's flowers is guilty of grazing trespass. After three years, the neighbour had to be given a swarm as payment, thus ensuring that bees became a common asset.

The law also declares: “If a man follows a swarm which is not his and finds the place where they settle: a third [goes] to the hold-

ing where they settle, a third to the man who tracks them, a third to [the owner of] the hive from which they escape and which is their original home.”

p.s. One of the reasons why bees were so important is that bees-wax (for making candles) was a highly-prized commodity.

Where do Bugs go in Winter?

Insects don't just “disappear” and magically reappear in spring. Each species has developed a way of dealing with cold weather. Some insects migrate to warmer climes when winter approaches – others stay where they are and hibernate as adults.

Honey bees remain in their hives, where they have stored food, and cluster tightly together to stay warm. Many insects successfully pass the winter as immature larvae, protected by heavy covers of leaf litter. Some overwinter in the pupal stage and then emerge as adults in spring.



Lesser numbers of insects lay eggs which survive the winter. A few enterprising insects manufacture their own antifreeze. Glycerol in their body fluids prevents them being torn apart internally by ice crystals when temperatures all below zero.

Warm Earth

Excerpts from “The Thrifty Gardener” – Millie Ross

Spring to Early Summer – Time for Soft Wood Cuttings:



At this time of year you get fast results, but there is also risk. The soft tips are full of sap and ready to grow but, although they are quick to form roots, the lack of woody growth means they are susceptible to dehydration and collapse. Reduce the amount of leaf on the cutting to minimise water loss and cover them with a plastic bag or soft-drink bottle cloche to keep moist. Plants like nasturtiums and mint will even form roots sitting in a jar of water.

Try geraniums, rosemary, lavender, correas, sage, thyme, wormwood, rue pepino, fuchsias, salvias, *Plectranthus* and *Crysocephalum* sp. In a warm spot they should form roots within about four to six weeks, ready to plant out into individual pots or straight into the garden.

Seed-Saving hint:

Most seed needs to be dry to store well, so hang seed heads under cover for four to six weeks. Some seed, such as citrus, should not dry out, but keeps in the fridge for up to twelve months.



Did You Know? Pruned berry canes should never be put in the compost. They are very resistant to decomposition and often regrow, even in a darkened compost bin or large compost heap. When they do break down, the thorns remain to inflict injury when you spread the compost onto the garden. Use bailing twine to wrap them in bundles, then leave them to dry out completely before consigning them to the garbage or green waste collection.

Did You Know? If an established mandarin suddenly begins to produce bitter, unpalatable fruit, a deficiency of trace elements or extreme pH is often the culprit. But it is also worth double-checking that the limb producing the bitter fruit is not emerging from below the graft union. The trifoliate leaves of Troyer citrange root-stock are distinctive and easy to spot, where the foliage of the “Cleopatra” mandarin root-stock is almost impossible to distinguish from the cultivar that has been grafted onto it. Always remove all growth below the graft union.



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BIG PURPLE CAULIFLOWER

by Dorothy Coe

As some of you know, whilst I have 2 acres of land in Tallebudgera I have found it more challenging growing there over the last couple of years due to the gum tree roots leaching the moisture from the soil and the big trees providing too much shade so for the last 2 yrs I have been planting mostly down at the Southern Beaches Community garden in Tugun, where I successfully grow a lot more veggies. My bed there is in full sun all day and the soil is quite sandy but I top it up once a year with horse poo and just have Lucerne or straw on the top to keep the moisture in.

Last winter I grew some big brassicas ie. cauliflowers, broccoli and cabbages and I was so happy because I was never able to grow them at all back home. This year I was a bit later with planting and I didn't have as much horse poo as the previous year but to my surprise the brassicas are doing well again. The photo here is of a large purple cauliflower and the head is pretty big. I plan on making soup with half of it and will use the rest for roasting and sharing around.



Upcoming workshops and events with The Herbal Gardener

Introduction to Herbalism Course - Care with Herbs and Natural Remedies

Series of 6 workshops in a bundle deal

Saturday 9:00 am to 11:30 am

July 21st, 28th, August 4th, 11th, 18th, September 1st.

.....or.....

Wednesday 5:00 pm to 7:30 pm

July 25th, August 1st, 8th, 15th, 22nd, 29th.

Gain knowledge and autonomy for your health. Prevent and care for your health with medicinal herbs to enjoy vitality and optimal immunity. Learn how to care common day to day issues. Take handout notes home. They run for two and a half hours each with a prepared lunch and tea served.

Session 1: Introduction to medicinal herb, how they present themselves, their parts, the quality, fresh versus dry, dose, demonstration of infusion, decoction. Presentation of four herbs – nettle, red clover, yarrow, catnip.

Session 2: Digestive system, the microbiome, how to protect it, how to nurture it. Making a digestive extract. Presentation of four herbs – dandelion, St Mary's thistle, mint, slippery elm.

Session 3: Nervous system and hormone balance through life, caring for these systems day to day and when extra care is needed. Presentation of four plants – oates, lemon balm, camomile, St John's wort. Tincture making.

Session 4: Immune system, how to support it and the related respiratory system. Herbal syrup making. Presentation of four plants: Echinacea, garlic, yarrow, thym.

Session 5: Healthy skin, looking after the integrity of the skin. content. Presentation of four herbs: calendula, comfrey, chickweed, burdock. Ointment making.

Session 6: Bones, muscles, ligament. Poultice making. Natural remedy cabinet. Question time.

BOOKINGS

<https://theherbalgardener.com.au/collections/workshops/products/natural-care>

BUSH FOODS AND THE GOLD COAST

By Pip Andreas

Blank Gold Coast 08/07/2014

Indigenous Queenslanders and Northern New South Welshmen have traditionally used native plants in our glorious subtropical and tropical environment to heal themselves, as well as for food.

Here are five healing and nourishing plants native to the Gold Coast, with some of their traditional uses, old and new.

1. *Goat's foot plant*. This grows along coastal dunes all along tropical and sub tropical areas. The leaves, which look like goat hooves, can be crushed and applied externally to treat rheumatism, jellyfish stings, and boils.
2. *Tea tree*. The oil is taken from the leaves of the Melaleuca tree which is native to South East Queensland and Northern New South Wales. Tea tree oil's antiseptic properties were discovered in 1923. Unfortunately, when antibiotics became readily available and cheap, tea tree oil went out of fashion. Now with the advent of antibiotic resistant superbugs, the world has become interested in this excellent native remedy again. The crushed leaves and oil can be diluted to treat cuts and wounds, or can be inhaled to help congestion and respiratory tract infections.
3. *Macadamia nuts*. Native to South East Queensland, macadamia nuts are Australia's only native, edible commercial crop. I may be a bit biased here but these are the yummiest of all nuts. Macadamia nuts are full of monounsaturated fats which can reduce cholesterol and triglyceride levels in the blood. They are also loaded with lots of vitamins, minerals and antioxidants. This is THE perfect food.
4. *Lemon scented myrtle*. Native to coastal Queensland. The leaves can be made into a tea that is said to have a relaxing effect. You have to eat lemon myrtle, macadamia and white choc cookies with the tea of course.
5. *Lilly Pilly*. These trees grow from NSW to Cairns in Queensland. Crushed berries

were used to treat sore ears. Very messy and very pink!

Lilly Pilly berries can be made into the most gorgeous pink-coloured cordial, absolutely perfect for little girl's parties. No need for ADHD inducing red food colouring here, so this cordial will also make you very popular amongst the mothers of the other six year olds at your little girl's school.

Here's a recipe:

LILLY PILLY CORDIAL

Ingredients

2 cups lilly pilly berries
4 cups water
1 teaspoon tartaric acid
2 cups sugar
Juice of 2 lemons

Method

Put the lilly pillies, water, tartaric acid, sugar and lemon juice into a stainless steel saucepan. (Tip: pick the lilly pillies when they've just changed colour. If left to ripen for too long they will become bitter.) Boil for about 5 minutes, or until the lilly pillies are just starting to soften. Mash the fruit, then tip the mixture into a strainer and strain out the lumps. Pour the liquid into sterilised bottles. Use like ordinary cordial – put a splash in a glass and add water to taste.

Note: The cordial should keep for at least two weeks, and possibly longer. Remember it doesn't contain preservatives, so it won't last as long as shop bought cordial. Best to keep it in the fridge. If it starts to bubble, turn cloudy, or looks or smells in any way odd or different from yesterday, throw it out. If possible, use several small bottles rather than one or two large bottles, as the fewer times your cordial is opened, the longer it may keep. If you want to make a really big batch, it's best to freeze it until needed.

FRUIT TREES

JULY

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

Figs: Keep well mulched.

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

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

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

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

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

Persimmon: Minimal water required at this time.

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

AUGUST

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

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

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

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

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

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

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

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

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

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

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

VEGETABLES

JULY:

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

AUGUST:

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



HERBS

JULY

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

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

AUGUST

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

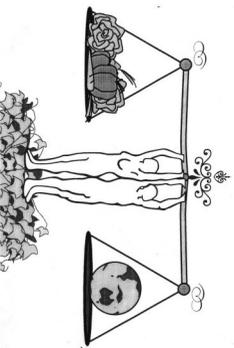
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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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 16th August 2018