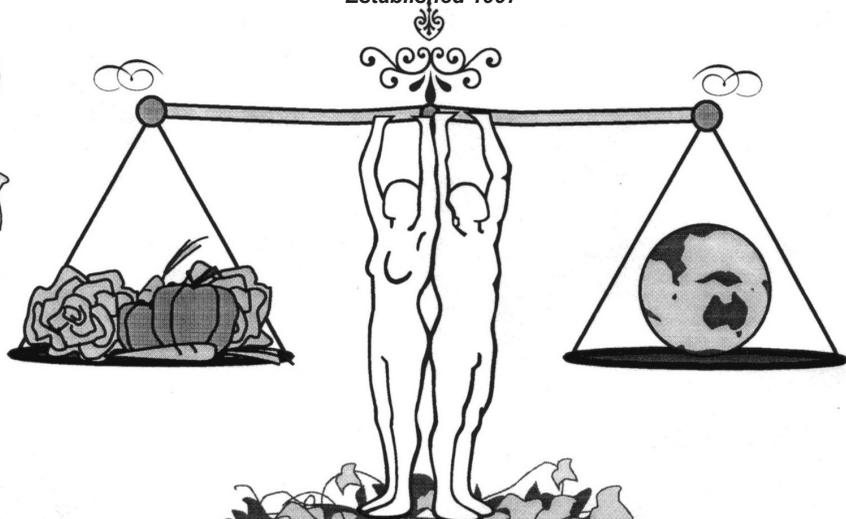


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 23 - JUNE 2019 Issue 6
GARDENING IN WINTER

Pg2	<i>Club Information</i>	10/11	<i>How Does Your Garden Grow?</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	12/13	<i>Making Your Own Bokashi Bucket</i>
4	<i>May Speaker Recap</i>	14/16	<i>A Gift to the Village</i>
5-6	<i>Group Visit to Red Soil Organics</i>	16/17	<i>Hits for "All things Gardening"</i>
7	<i>Food Forum</i>	18	<i>Fruit Trees</i>
8-9	<i>Reproduction of MM</i>	19	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 18th JULY 2019

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 –2019 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly 0403 473 892
Treasurer	Diane Kelly 0403 473 892
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 Leah Johnston
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
Librarians	Evelyn Douglas
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 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

Overdue: Bev Geraghty (404), Julie Abraham (421), Christine Yeomans (433), Emma Litchfield (434), Daniel Tucker (435), Gai Morrow (309), Kerstein Trueman (346), Sue Beckinsale (373), Elizabeth Hughes (389), Celia Forrest (431), Peter Meppem (436)

June: Barbara Talty (58), Shelley Pryor (72), Jan Wright (191), Karen Hart (198), Dorothy Coe (253), Ron Campbell (255), Shem Pireh (361), John Trama (437)

July: Justin & Jerry Rogers (275), Ann Brown (329), Liliana Morgan (438)

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

Thanks to Contributors this month:

Diane Kelly, Leah Johnston, Jorge C. Jill Barber

Upcoming Guest Speakers

July speaker Lise Racine

August speaker: Our president, Maria Roberson, will present a Seed Saving Masterclass

We are currently seeking Guest Speakers for throughout 2019. 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

View our Newsletters On-Line or Collect at our Meetings:-

www.goldcoastorganicgrowers.org.au/

Workshops

Gardening Lunch – all welcome

We meet monthly for lunch and have a chat. 11 a.m. to 2 p.m. – at a trendy café somewhere (any recommendation welcomed) If you would like to know when the next lunch is on email Lyn Mansfield Lynmansfield14@bigpond.com
Mobile – 0409 645 888

EdibleScapes

Working bee/workshop 2nd Saturday of each month - 8:30am to 10:30am
[Edible Landscape gardens Project.](http://ediblescapes.org/)
<http://ediblescapes.org/>

The Wild Wisdom of Weeds: a free guided tour

Conducted by John Palmer, OAM Honoured Gold Coast Environmentalist. As John says "A weed is a plant whose virtues we don't yet appreciate."

On Sunday June 30, 10am sharp, 49 Horse-shoe Dr, Mudgeeraba

For info contact John Palmer on 0432 507 683, or Ronald Bradley (office hours only) on 5530 2860.

May Speaker Recap - Kane Dabbouss

By Leah Johnston

Our speaker at the May meeting was Kane Dabbouss from Red Soil Organics who uses moon gardening, biodynamics and syntropic farming methods to create bioactive composts and potting mix.

Kane told us how the six phases of the moon can affect us as organic gardeners and how working with the rhythms of the moon can give us healthier plants that are resistant to pests and produce more abundantly.

You don't have to get out at night and actually do your gardening by the moon's light, you can do it in the day time following the guidelines of what to do when the moon is in each phase, but Kane does like to get out and garden at night.

Kane's most important tips for starting out with moon gardening:

The full moon is the time to avoid planting. On a full moon you want to apply liquid fertilisers. The full moon will open the channels in the plant to increase growth in the soil. You can do foliar spraying at this time.

The full moon is also a good time to get on top of weeds. Kane has a unique method of controlling weeds. He cuts the weed at soil level, leaving the roots in the ground to decompose and feed the soil. He cuts up the rest of the weed and leaves it on top of the soil, covered in mulch to retain moisture. The seeds are collected and burnt on the fire during a full moon. The ashes of the seeds are then placed in a spray bottle with water and sprayed back onto the garden beds. The opposing elements of water and fire provide the opposite effect of germination and will stop the weeds growing.

On the ascending period of the moon it drives up water forces from the ground so you want to plant seeds as there will be extra moisture in top part of the soil. This means you won't have to water your seeds so much.

On the descending moon the water in the

earth is being drawn down so you want to put your seedlings in now and their roots will grow down seeking out water.

Moon nodes are when the moon is in front of the sun. You don't want to do anything on these days.

The apogee is when the moon is the furthest from the Earth. Kane advises to plant potatoes on the apogee to grow a bigger yield, but don't plant other plants during this phase as they are likely to run to seed.

The perigee phase is when the moon is closest to the Earth. Don't plant anything then.

"My favourite time to plant is during Saturn. It's responsible for pumping the plant full of what it needs, from the soil and the atmosphere. Any seeds you put in the soil during that time will grow to reach its fullest genetic capabilities," Kane said.

Kane has followed the rhythm of the moon cycles for so long he has become in tune with them and doesn't always need to check the calendar. He can feel that the mornings are warmer when the moon is opposite Saturn.

"Whenever those days are around we inoculate the seeds with miccorhyzzal fungi and plant as much as we can. We know they will be really strong plants. A lot of the pests and disease don't come to the plant. If you can tap into these rhythms a little bit it will lighten the load for you," he said.

When gardening according to the moon cycles Kane says you can expect a really balanced eco system.

If you would like to learn more about how to apply moon gardening to your own garden, Kane recommends looking up Maria Thun, Lily Kolisko and the Brian Keates calendar. You can follow Kane's biodynamic adventures by following Red Soil Organics on Facebook, and get more information on Red Soil Organics by visiting www.redsoilorganics.com.au

My apologies for any mistakes or misquotes.

Group Visit to Red Soil Organics

by: Jill Barber

I have to admit that I was a bit sceptical about going to Kane Dabbouss's farm. Even though the bags of soil and compost that he had for sale at the last GCOG Meeting were very impressive – rich, aromatic, friable and light... made you almost feel like eating it! – I really wanted further convincing that this (very) young man could “put his money where his mouth was”: convince us that he knew what he was talking about.

Well, he *is* a good *talker*, very knowledgeable about the soil and effective growing processes...and there were the plants to demonstrate that he also knew what he was *doing*, not just talking up a storm. Seeing is believing, and there were his very informally set up beds, with lovely, healthy straight rows of vegetables at various stages of growth, with lots of different salad greens, brassicas, sunflowers, different onions, celery, tomatoes, pineapples, peas, herbs, among others. Kane employs a lot of Permaculture techniques, especially notable in his interplantings of taller vegetables, such as corn, for shading the next level down, such as brassicas, and lower to the ground, more delicate, shade loving plants or ground covering ones.



Several interesting and noteworthy aspects of his garden beds was the rather unusual exotic nature of some plants, not usually found in home gardens, at least, such as the yerba mate, pigeon pea, lucaena and moringa. The moringa bushes, interspersed with other plants along one of the beds, stood out for

me. We asked him where he got them as it's a wonder plant for healing and its leaves work well in salads, etc. He found them, he told us, “on the side of the road”! No point trying to go there and find them or buy them then, we concluded, rather silenced by that.



Another surprise was how he organised his beds, how he decided what to plant where. Was it companion planting, we asked. Oh, no, he assured us, it's just whatever he feels to do. It all looked so “right”, and everything was thriving, so I concluded that Kane is obviously theoretically knowledgeable, but he also has the knack of how to do it all, and he clearly loves what he's doing! I'm sure that it makes a big difference to how plants grow for him.

A further permaculture practice that he employs is to chop and drop plants that are finished, using his extra sharp Japanese scythes with quick, practiced strokes, to do the job so easily. We could believe him when he assured us how he could prepare each very long bed for planting in just a couple of hours, somewhat effortlessly, it seemed. What to us looked like very big days of work, we could imagine being transformed in no time by him.





Kane's attitude to weeds reminded me a little of Johnny Palmer's: don't bother them and they won't bother you. We can use them to our advantage as their roots help to keep the soil aerated and moist for the microbes. Then when mulch is needed, he just cuts them down with a couple of easy slicing movements, letting them cover the ground, thereby helping it to retain moisture, and adding to the humus in the soil as they break down.



For weeds that he wants to eradicate, his smaller scythe can slice them off just below the surface and he then flicks them over to lie upside down to dry off.

About a dozen of us from the Organic Growers went along, learning and enjoying the day, listening to Kane explaining aspects and answering questions, then finishing off with the morning tea we'd brought to share. For a while we wondered if we needed to also share with the largish group of children that were also visiting, with a few adults, till we saw that, in fact, they were happily engrossed in their own company and activities. They were a group of home-schooled, respectfully engaged children here on an excursion, buying some of the rich soil and compost Kane sells, ready for their own planting. Neither they nor the dog intruded on our experience, which we all appreciated.



Many thanks to Kane for opening his farm for our visit and education.

FOOD FORUM:
by Jorge Cantellano



COUNTRY PARADISE PARKLANDS

SATURDAY 13TH JULY, 2019
10.30AM TO 2.30PM
231 BEAUDESERT-NERANG ROAD, NERANG

**YOU ARE INVITED TO THE GOLD COAST
COMMUNITY FOOD FORUM**

Together, let's restart the conversation to address community concerns about: community food initiatives (community gardens and others); food security; the effects of changing climate; and urban agroecology.

We welcome you to join us to gain a better understanding as to how we can address the vital matters resulting from our collective concerns regarding food security and changing climate; and through consultation arrive at a local food security strategy.

We will be formulating a practical response to the City of Gold Coast's Climate Change Strategy which in 2010 identified local food security as a priority matter in dealing with the effects of climate change.

Together, through a series of workshops and interfaces, we will discuss and document both the challenges we face as a community – food, farming, local resident health – and hear the views of local residents, family groups, community groups, schools and businesses.

We believe that active involvement by various inter- groups will achieve a positive outcome in encouraging and supporting Gold Coast families in growing organic healthy food.

Further information regarding the Forum is in the attached PDF document.

[EDIBLESCAPES INC - Invitation to GC Food Forum 13th July 2019.pdf](#)



**DEADLINE FOR CONTRIBUTIONS IS
ONE WEEK BEFORE THE MEETING.**

Send your content to
Jorge C. at:
jcantellanoc@gmail.com

**IF YOU WOULD LIKE TO
ADVERTISE IN OUR
MONTHLY NEWSLETTER
PLEASE
CONTACT US**



**Enquiries directly to
staceypanozzo1@gmail.com**

**Reproduction of MM
Photo Journal**

By Jorge Cantellano

Reproduction of Mountain Microorganisms (MM) is a process of reproducing beneficial microorganisms, obtained from a natural forest, by giving them the right conditions for their growth.

EdibleScapes MM Recipe – Anaerobic Solid-State Fermentation (the fermentation process in which dry organic raw materials are decomposed by anaerobic bacteria)

- 1 part MM from local rainforest
- 1 part MM from site bamboo
- 1 part coffee ground
- Fruit macerate (softened by partially decomposing) in worms leachate (solution from leaching)
- Water without chlorine



Collect decomposing leaf litter from bamboo roots. Collected MM from bamboo-stands are full of bacteria and good for the garden soil. Bamboo roots secrete sugar and attract a lot of microbes.



Microorganisms have been collected from the Nerang forest (rainforest spot). Decomposing leaf litter was collected from under old-growth trees from around the roots. Samples of MM from under the trees are full of fungi, and good for shrubs and trees.

Other places to collect from are worm casting bins, decaying leaf litter or leaf soil from the inside of a large lantana bush.



Coffee grounds were collected and dried out in the sun, as a source of protein and carbohydrate.

Banana and fruit macerate	Fruit macerate

As a source of energy, use fruit juice (macerate 6 days in compost worm Leachate) for microorganisms to reproduce.



Water without chlorine: Allow water to sit in the sun for over 24 hours, and the chlorine dissipates into the environment.



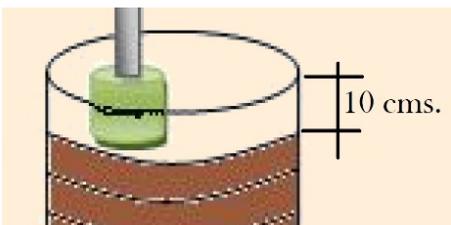
8 June EdibleScapes Working Bee - boys play with dirt.

Procedure to encourage the growth of MM:

On a clean floor, the decomposing bush leaves (microorganisms) and the coffee grounds were mixed well with the macerated fruit juice-worm leachate, still 40% moistened



The mixture should have optimal moisture. It can be tested by squeezing the mixture and having no water come out through the fingers. It should form a ball that breaks easily when pressed.



It is compacted to eliminate any possible air.



Anaerobic fermentation: The bucket was covered tightly to prevent the entry of air, and stored in a cool and dry place for a period of 30 days. Thereafter it will be ready for use.

In the anaerobic MM mixture, diverse types of beneficial microorganisms were reproduced. If correctly stored, it can last up to 2 years.

In the second week of July, EdibleScapes will active MM liquid to use at the Edible Landscapes Gardens to:

- Improves the soil health, crop productivity and quality of produce.
- Stimulates seed germination and root growth
- Protects the crops from being attacked by disease causing organisms.

As well, EdibleScapes will use MM in the preparation of Bokashi, Bio-ferments and Bio-crop repellents.

A portion of this organic fertilizer will be available to the Gold Coast Organic Growers community to be swapped for fundraising for the Edible Landscape Gardens and its composting program.

How Does Your Garden Grow?

With Penny Jameson

By Leah Johnston

Everyone who comes to GCOG will know Penny Jameson's friendly face, working at the sign in desk alongside Diane Kelly. As she's always busy on club nights helping people sign-in and managing memberships, I've never had a chance to really chat to Penny so I invited myself to visit her garden at Southport to get to know her better.

Penny and Diane joined GCOG at the same time, around 15 years ago. In that time Penny has held various committee roles including advertiser and assistant to the secretary. Penny met Diane through church and then they worked in the same office for about eight years. After leaving that job they missed each's other and started having gardening days every fortnight or so at each other houses to work, have a cup of tea and chat.

"GCOG is a wonderful club. Throughout the years I've seen a lot of people there who I know from elsewhere. Gardening really brings us together," Penny said.

When Penny and her hubby Alan moved to their home at Southport ten years ago the backyard was littered with marine ply boards and old television sets, with only one mandarin tree and no garden to speak of. Now it's a relaxing space featuring several fruit trees including mandarins, fig, ruby grapefruit, mulberry, bananas, paw-paw and a very productive lemon tree. Penny also grows zucchini, chilli, mint, chives, garlic, asparagus, kale, nasturtiums, eggplant, peas, beans, lemongrass and sorghum - which popped up from the chickens' food. When it's ready she will feed it back to them. How's that for closed loop gardening!

Walking through Penny's house and around her garden you can see her artistic touches everywhere. There's a vase collection inside; teapots turned into planters hanging on the fence; and clay sculptures and planters, which Penny made, situated throughout the garden.

Penny uses the manure from her three chickens in the garden and also moves their chicken tractor over sections of the veggie patch when crops are finished to let them work over the soil.

After learning about the importance of water insects for the garden from a speaker at GCOG she put in a few ponds around her garden, and loves to hear the frogs at night.

Some of Penny's favourite things to grow are her giant lemons as she loves to add lemon zest to dishes; and her tarragon which features in her favourite tarragon chicken recipe.

"My favourite thing to make from what I grow is my ruby grapefruit marmalade. I make it each year together with a friend from work. I also love having fresh salad greens and a variety of leaves to put in things. And I actually do love kale," she said.

Penny works from home part time as a consultant, in a home office situated in the corner of her backyard, away from the distractions of the house and overlooking her veggie patch. After many years as a teacher's aide she now works in a school library the other half of the week.

Penny's garden grows with pollination from her neighbour's European bees. In spring her neighbour will move a hive to her garden and look after it for her (win win).

While Penny's husband Alan isn't a gardener, he appreciates the delicious meals she can make with produce from the garden and is happy to dig a hole for her when needed. Just like one of her favourite gardening quotes:

"The best way to get real enjoyment out of the garden is to put on a wide straw hat, hold a little trowel in one hand and a cool drink in the other, and tell the man where to dig." – Charles Barr.

Penny grew up watching her mother and grandmother gardening.

"Back in the days before plastic pots we would grow stuff in Golden Circle tins with holes poked into the bottom. My mum and

grandmother always had a vegetable patch," she said.

Penny's best advice for fellow gardeners is: "Do a little often. Even if it's just discovering a bloom or the purple beans we found before. You don't want to miss the things that you've gone to the effort of tending to. Don't sweat on getting it perfect. It's never going to be 'done'."

Thanks for the delicious brunch of smashed peas with feta Penny, and thanks for showing me your beautiful garden.

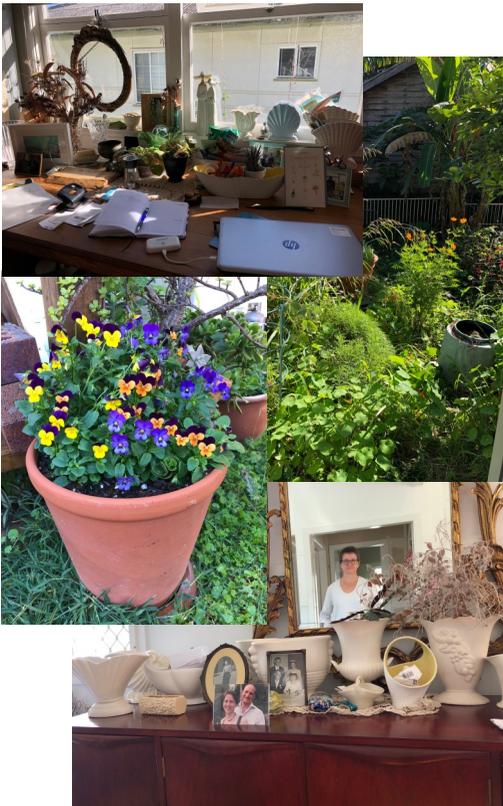
I would love to visit more of our member's gardens. If you would like to share some of your gardening tips with fellow GCOG members in a future issue please contact me at leahbryan9@gmail.com or text me on 0428 028 042.



One of the sculptures Penny made that features in her garden



Ponds in the garden create habitats for water insects



Making Your Own Bokashi Bucket

(making-your-own-bokashi-bucket.pdf Written by Nevin)

What on Earth is a Bokashi bucket?

It is a small scale food composting system that uses an air tight bucket and special micro-organisms to break down the food and it does so without the yuck factor of the disgusting smells usually associated with anaerobic decomposition. It will also handle some materials that are verboten in normal composters and/or not particularly enjoyed by worms such as onions/garlic, citrus rinds and uncooked/cooked meat. They are ideal for those living in the city and suburban environment that want to compost their waste but are put off by the associated stink and hassle. Does this interest you? If so, then read on!

Making the Bokashi Bucket

Of course it is possible to go out to Bunning's or wherever and pick up a commercial Bokashi bin, but they can cost over \$70 and if you are a bit short of cash you can make yourself one for a bit over \$10, or less if you have any 20 litre buckets already hanging around.



1. Get hold of the raw materials – 2 x recycled plastic 20 litre buckets with tightly fitting lids, a valve and hollow bolt to go through the side of

the bucket. The big hint, particularly if you are using recycled buckets, is to ensure that both buckets are the same size otherwise even a small difference in size can mean that when they are put one inside the other there will be a gap meaning they are not sealed, or they can seal so tight you can't get the buggers apart when you need to!

2. Pick the bucket that you are going to use as the inner bucket and drill some 6mm or so (it's not critical) holes in the bottom to allow excess liquids to drain off.

3. Get hold of the outer bucket and drill a hole as low down the side of the bucket as you can the same size as the hollow bolt or a bit smaller, I used a speed bit and my battery drill.

4. Insert the hollow bolt through the hole from the inside out, wrap the threads in Teflon tape (plumber-on-a-roll) and then screw the valve onto the bolt and tighten up. At this point it is best to test your seal by putting some water in the bucket and checking for leaks around where the valve goes through. If you don't do this now you may find unmentionable fluids leaking onto your floor and it will be much more difficult to fix. If you do find some water leaking out when you test it, run a bead of the appropriate silicon sealer around where the valve comes out and allow to dry.

5. The material in the bucket must be compressed to remove air spaces so you can make a tool to do this from the second lid, which will not be needed. Measure the bottom of the inner bucket and then draw a circle the same size around the lid using a pair of dividers. You can then cut out the circle using a band saw or jig saw. The plastic top is still a bit flexible to effectively compress the organic material so I grabbed a couple of pieces of recycled 70mm x 20mm DAR and cut two lengths the same diameter as the plastic disk, I then cut a jiggled edge lap joint so that the timber formed an X. I screwed the X to the back of the disc and the tool, was ready to go.

6. I grabbed some pieces of scrap timber that I had lying around and cut them to size and screwed them together so that I had a box to sit the whole assembly on to get it off the floor and give better access to the drain

valve.

7. The DIY Bokashi bucket was ready to compost (or bokash, or whatever you call it....)



Operating your Bokashi Bucket

1. When you start out, place a 3cm to 4cm layer of your finest veggie scraps etc in the bottom of the inner bucket, then add in a layer of the Bokashi material, which you will need to buy from a hardware store or other supplier (**EdibleScapes will produce coffee ground based Bokashi, demonstration workshop will be run during Botanical Bazaar in 4 August**). This is one of those rare times, like eating chocolate, where more is better so don't skimp, if in doubt add more. In any case at least a handful per layer of organic matter.

2. Take your faithful compression tool in hand and press down on the organic material to push all the air out. If you want you can leave the tool sitting inside the bucket on the surface of the organic material, I certainly do.

3. Replace the lid on the inner bucket making sure that you have a good airtight seal, because this is needed to reduce the oxygen inside the bucket to get the Bokashi doing its thing.

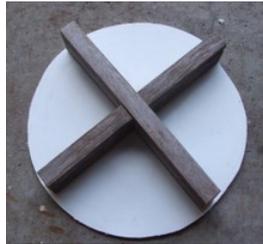
4. Just repeat steps 1 to 3 every time you get some organic material until the inner bucket is completely full, making sure you put plenty of bokashi material in the last addition before sealing.

5. During this time you should regularly open the valve on the bottom of the outer bucket to drain off any liquid, preferably into a container, the pour it onto your garden beds as a liquid fertiliser.

6. Then seal up the top and leave it for two weeks to finish "Bokashing" (which is a fermenting type process), regularly draining off any liquid as in step 5.

7. Having a second set of bokashi buckets at this point would be good, but otherwise if you don't have too much organic material accumulating you can freeze it and use it to start up the next bucket once it is empty and clean.

8. Once the bucket has finished Bokashing you can use the output for a number of things and once the bucket is empty, clean it out thoroughly and it will be ready to go again when your other bucket is full.



A Gift to the Village: by Diane Kelly

When I was drawing up my list of possible topics for a new series of interviewing Club members about their areas of expertise and I thought about "Growing Vegetables", Bill and Susan Smart came to mind. I had visited Bill and Susan at their home and garden in the Eco Village just over three years ago, and as you can see from the photo they know how to grow vegies and raise chooks, and have a native bee hive, and espalier fruit trees ... !!



So I contacted Bill and asked if he would have some time to have a chat about his vegetable garden. But rather than talking about lettuces and tomatoes, Bill wondered if I might be interested in seeing his current project.

The Eco Village in the Currumbin Valley covers an area of over 270 acres, and features a 25 acre native Hoop Pine forest which is now a mature feature. The Village was developed on land that was originally a dairy farm. In fact the current Community Centre was constructed from the old dairy building, which is very much in keeping with the Village motto of "Reduce/Reuse/Recycle". There is a separate building by that name (locally known as the RRR Centre) where residents can repair equipment or build things, and also swap books, learn to sew, or just boil the jug and sit and have a good chat.

So it is with this background that new life is being given to an old building, and a new

opportunity is opening up for the Village residents to learn more about growing vegetables, herbs, native plants and trees etc. Just inside the front entrance to the Village, and adjacent to the RRR Centre is the recycling centre. Several walls were built a number of years ago, and now the front section has been developed to include recycling bins; cardboard collection points; and places to bring plastic containers to recycle. Then there is an old timber door leading through to the back area of the building, and this is where it really becomes interesting.

Bill (an engineer in his former life) has renovated an area of around 18 square metres. Using recycled timber from an old cottage on the property, he has built two walls and inserted several large windows. The back wall has been enclosed with 2-metre high cyclone fencing and mesh, and then covered in shade cloth. Shade cloth also covers the roof now, and with tables and shelves starting to be installed, this area is turning into an area where tools can be stored; plants can be contributed; and classes can be held.



The main room for classes



Going through to the propagating area

Then, extending out from this walled room, there is an area of approximately 10 x 4 metres, and this is where plant propagation will be taught and done. Already there are metal frames for putting pots on; seed trays; pots of all sizes and colours; pot trays; and lots of those small, oblong starter pots that you grow shrub or tree seedlings in. A couple of the residents of the Village have previously owned plant nurseries, and they have contributed tools and other items to help the project get started. This area also has a 2-metre high fence around it, and screenings on the ground – but these are the only two new items that have been used. Even the Geofabric used under the screenings was collected from where it was dumped on the side of the road!



The assembled shade house

Moving out through the side gate, there is a large lawn area, and pride of place is given to a 5 x 2.5 metre shade house. This was advertised by someone who had bought a new home, but who was not a gardener – and so they just wanted to give away the shade house that was in the back yard! So Bill collected it and, with the help of friends, assembled it and put up the metal shelving that came with the frame. So once seeds and plants have been potted up, they will grow and become established in the shade house.

Other features in this area include a very novel wall-frame that has jasmine and bleeding-heart growing on it. Bill had an old mattress, so he removed all the soft material, and then attached the metal interior to a timber frame and wall. It looks great, and works well. Bill has also constructed a covered storage unit for the coffee grounds that he obtains from a

local coffee shop, along with wood shavings and fruit & vegetable pulp – it is made from an old, claw-footed bath, and has a lid to keep the rain out. If this mixture doesn't end up being used, then Bill will probably turn the



The “recycled mattress” garden!

set-up into a worm farm. Then there is the hand-basin that Bill has plumbed in (rain water is collected from the RRR Centre roof, so there will be plenty of water available as the project develops). There is a cubic metre compost bin operational, and another nearly constructed, and then there is a large concrete tank that is about a metre and a half high, and two metres in circumference. Bill is using this for making compost – he uses a nifty wire gadget which is a handle about a metre long with a spiral at the end. You twist the end down into the compost (just like a corkscrew), and then you pull up a plug of compost – this gets repeated all around the bin each week to aerate it.

The purpose of this renovation and construction of plant-orientated facilities is for “keen gardeners to develop a gardening group to propagate and give or sell plants to the residents of the Village”. Bill would also like to see native plants being grown so that various areas of the Village can be regenerated. So far twenty-four people have expressed interest in developing a gardening Club, and with more residents in the Village under forty years of age than over forty, a children's garden area is also planned. I asked Bill if there was anything our Club could do to contribute to the project. He would appreciate receiving native plant seeds

or cuttings – and probably other types as well. Have a chat to Bill at our meetings – he helps out at the Seed Table, and can explain the sort of plants that would be of use. Also if you have any good plastic pots suitable for propagating seeds or seedlings, please check with Bill if he needs more.

So I didn't end up with an article about vegetables, but I found the visit to the Eco Village and its new nursery interesting, educational and inspiring.

p.s. I did at least get the chance to ask Bill what his favourite vegetables are, and why. Answers? Asian greens. They grow quickly; they attract very few pests; and they make up some of Bill and Susan's favourite meals.

Hints for "All Things Gardening"

by Diane Kelly

This month our hints range from using eggs left-overs to collecting grevillea seeds

1. Eggs: When making a recipe that calls for egg whites only, keep the yolks to use in scrambled eggs, omelettes, custard or pancakes. They will keep in the fridge for a few days. To store for longer, break each yolk with a fork and freeze in individual ice cube containers. Leave the shells to dry, and then crumble and store to use around new seedlings as a slug and snail deterrent and to add a little calcium to the soil.



2. Here are a few work-saving hints:

- On your regular walks around the garden, pinch out the growing tips of plants in which you want to encourage a bushy growth habit.
- When cutting flowers, cut the stalks back to an outward-pointing bud so you are making a pruning cut at the same time.
- Regularly cut springs of herbs for culinary or fragrance use to keep the plants to a good bushy shape, stimulate more leafy growth, and delay their natural tendency to flower and seed.
- Use hedge shears to give many plants (especially fine-leaved ones such as diosma, tea tree and thryptomene) a haircut and produce mulch at the same time.

3. Compost spray: Use this as a general purpose fungicide for conditions such as grey mould, potato blight, clover rot, phytophthora, curly leaf and powdery mildew. Stir well-aged compost into a drum of up to nine times its volume in water. Leave to soak for at least a week. Strain before spraying. Use once a week at humid times of year and repeat after rainfall.

4. Peas and beans: These are affected by similar pests and diseases, and should not be planted in the same soil every year. They are best grown in rotation as a group, usually preceding brassicas, which will benefit from the nitrogen residues in the soil.



5. Growing herbs: Ensure that the site for

your herb garden is well drained. Avoid areas that are heavily dressed with organic matter, since rich soil is likely to promote the growth of lush foliage, which may produce less intense flavours than if plants are grown in poorer conditions.

6. Hardening off: Young plants raised from seed under cover need to be gradually acclimatized before they are permanently planted out. This is known as “hardening off”. Put the plants in a sheltered spot and gradually increase the ventilation each day until the plants are completely uncovered. Leave them for a few days close together to protect each other; this helps them to establish when finally planted out singly.

7. Storing potatoes, pumpkins and onions:



- Keep only undamaged potatoes in a double-layered paper sack in a clean, dry place. Fold the top of the sack over loosely after access to exclude light.
- Long-keeping varieties of pumpkins – such as “Golden Nugget”, “Butternut” and “Queensland Blue” store well in an airy, dry, vermin-proof shed.
- To form a rope of onions, suspend one from a string hung from a beam or the ceiling, and then either use the long necks of the onions, or a second string, to secure successive bulbs above it, working from the bottom upwards

8. What are “Coppicing” and “Pollarding”?

Coppicing is a pruning technique that cuts a tree to ground level at regular intervals. It causes new branches to grow from the stump. It is often used to encourage eucalypts, in particular, to produce sustainable firewood.

Pollarding is basically the same process, but the cuts are higher up the trunk or along the branches. Pruning cuts are made at the same level every season. The ends of the branches develop enlarged knobs, from which new shoots emerge. It is often used on crepe myrtles to keep them to a smaller size and more formal shape. The effect is often seen on street trees, which have been pruned to keep them to a less intrusive size.

9. Collecting grevillea seeds: These can be easily collected by placing a stocking over the immature fruits.

- Stretch a stocking over the flower of the bush.
- Fasten tightly with a string at the open end.
- The seed will now drop into the stocking rather than drop on the ground.
- Return after approximately six weeks
- Gently remove the stocking
- The dried seeds are now ready for planting!

FRUIT TREES

JUNE

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

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

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

Mango: Don't let the trees dry out.

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

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

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

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

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

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

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

JULY

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

Figs: Keep well mulched.

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

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

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

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

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

Persimmon: Minimal water required at this time.

Strawberries: Feed with organic fertilizer with sulphate of potash. Spray fish emulsion and kelp regularly over plants to keep in good health. This will prevent fruit rot. Pick fruit when fully ripe. Keep plants fully watered, but try not to wet the berries. This will also prevent fruit rot. Mulch plants so the berries do not lie on the soil. Pine needles are best for this.

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

Citrus: Pick mature fruit when fully ripe. Keep up irrigation.

VEGETABLES

JUNE:

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

JULY:

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

HERBS

JUNE

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

Perennials & Bi-Annuals:

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

JULY

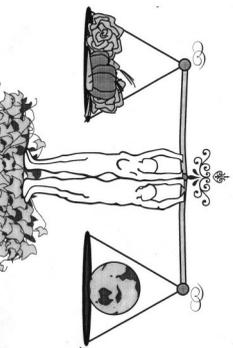
Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Giant Red Lettuce, Herb Robert, Italian parsley, Misome, Mizuna, Mustard Lettuce, Nasturtium, Rocket.

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

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 JULY 2019