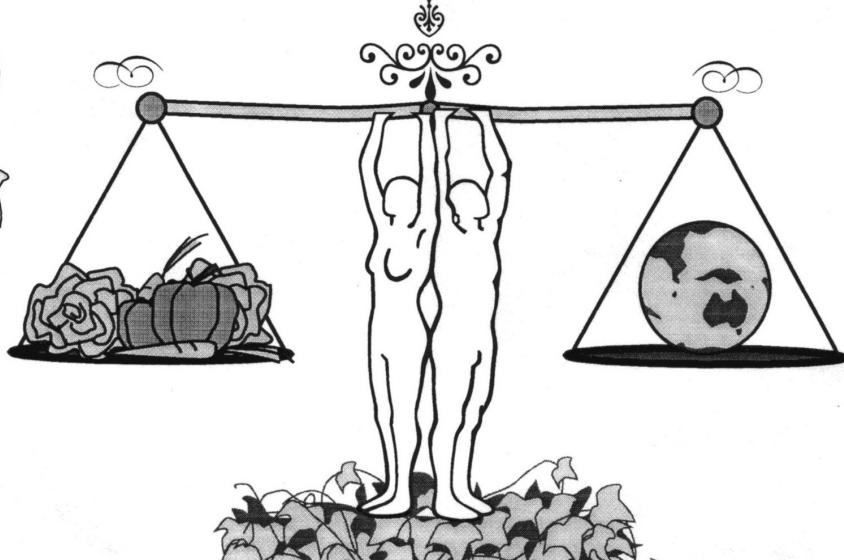


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

**Volume 22 - March 2018 Issue 3
GARDENING IN AUTUMN**

Pg2	Club Information	8	I'd love to talk about my veggie patch...., Purslane & Kunzea
3	Notice Board, Guest Speakers, Workshops	9	Hints for "All Things Gardening"
4/5	Gardening during April on the Gold Coast	10/11	A Communal Gardening Gathering
5	Members and Guests, Can We Help? Offers/Wants,	12	Recipes
6/7	If You Only Do One Thing this Month	13	Some Advice about bird-netting
		14/15	Fruit Trees
		15	Vegetables and Herbs

OUR NEXT MEETING: Thursday 19th April 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

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Cathie Hodge 0406 575 233 cathie.hodge@gmail.com
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec	Diane Kelly
Membership Asst	Penny Jameson
Newsletter Editor	Jorge Cantellano jcantellanoc@gmail.com
Newsletter Asst.	Diane Kelly Dorothy Coe Jill Barber (p.r. for Jorge)
Website Editor	Jorge Cantellano
Social Media E.	Stacey Panozzo, Dorothy Coe
Advertising	Stacey Panozzo 0406 007 583 staceypanozo1@gmail.com
Guest Speaker	Leah Johnston leahbryan9@gmail.com
Liaison	Emma Litchfield, Stacey Panozzo
Librarians	Evelyn Douglas
Seed Bank	Lyn Mansfield
Seed Assistants	Maggie Golightly Bill Smart
Supper	Paul Roberson,
Co-ordinator	Deb Phillips, Bev Geraghty
Veggie Swap	Dorothy Coe
Co-ordinator	

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 – March 2018:

Overdue: Marion Symons (155), William & Tracey Chen (400), Micheline Lazaroo (401), Ira Appel (417), John Drakes (418), Barry O'Rourke (185), Roger & Pauline Behrendorff (232), Andrew & Helen Blum (344), Danny Li (384), Bill & Susan Smart (386), Alan Ralph (394), Katrina Julianne & Finn Eber (419), Terry Lewins (427), Jun Yoneda (428), Emma Strong (429), Sally Machray (430)

March: Angela Anderson (323), Lana Beloff (363), Maggie Golightly (365), Fran Janes (366), Rachael Lebeter (367), Tricia Oh (368), Beverley Geraghty (404), Elizabeth Grippo (405), Julie Abraham (421), Rebecca Bowen (422), Lorraine McArthur (423)

April: Gai Morrow (309), Kerstein Trueman (346), Sue Beckinsale (373), Nancy Hageman (388), Elizabeth Hughes (389), Deborah Phillips (408)

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

Thanks to Contributors this month:
 Diane Kelly, Jill Barber, Jorge Cantellano, Cathie Hodge, Gai Morrow, Leah Bryan, Gordon and Dorothy Singh.

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

Workshops

Abilities Plus – Permaculture

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

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

16th March	Brisbane Garden & Plant Expo http://www.plantexpo.com.au/
21st March	Melbourne International Flower & Garden Show http://melbflowershow.com.au/
7th April	April Free Health Talk – 9 Factors to Balance Weight (Jema Lee) https://www.wellsome.com/product/april-free-health-talk/
15th April	Logan Food Gardeners Garden Tours www.loganfoodgardeners.org/

Ediblescapes

2nd Saturday of the Month at Country Paradise Parkland – Nerang.

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

Email: Contact@ediblescapes.org
www.facebook.com/n.ediblescapes/
<http://ediblescapes.org/>



Gardening during April on the Gold Coast:

By Diane Kelly

Well, I thought my backyard qualified – after all, the hills at the back of Mudgeeraba could be considered the “Thereabouts”!! So for some time my gardening “bible” was this little book. Over time I graduated on to more advanced information – Annette McFarlane, Esther Dean, Jackie French and Tim Marshall became my authors of choice, and they certainly broadened my gardening horizons.

But over the past six months or so, due to a lack of time and some rather poor gardening conditions – hot weather; nil rain – my enthusiasm for my vegie patch waned. So I have now decided to go back to the basics, and so out of my book-case has come my booklet “Gardening on the Gold Coast and Thereabouts”.

The first part of the booklet starts with “gardening at a glance” and refers to (in March) “sweet peas, unpretentious onions, curative calendula and the colourful past of manure”. April brings us “the pleasures of peas and burying bulbs”. (Note: I remember planting sweet peas on St Patrick’s Day, although they can be planted up until the end of April in our region. The varied colours of the sweet pea flowers are well worth the space on your trellis.)



The introduction to the booklet advises us to “learn the requirements of your plants and study the climate. The right planting in the right place at the right time reduces most

variables. Understand and nurture the soil”. And how often have we heard Maria remind us that one of the most important principles of gardening in our region is to plant “the right things at the right time”!

After this section of “Gardening at a Glance” – similar to our newsletter’s back page, it gives an overview of what to plant when – the booklet goes into a month-by-month description of what to do in our gardens.

So, seeing March will nearly be over by the time our meeting is held on the 15th here are some tips for April:

April is a month in which you can make or break your Spring garden. The earth remains warm enough to germinate seed and for seedlings to establish a healthy root system. But if you don’t intend using a garden bed until Spring, do it a favour by applying an overcoat of mulch.

It will restrict the weeds, encourage earth-worms and condition the soil. And remember – weeds will be seeding as well, so keep an eye on them.

Something fun to plant if you have a high fence are “telephone pole peas”. These are



later maturing, climbing peas that can reach a height of 2 metres – and they carry a huge crop of large pods noted for their very sweet flavour. These plants, like other pea varieties, prefer a fertile, but not over-rich soil.

A hint for growing dwarf peas – put a row of wire netting between rows to reduce wind and rain damage.

In our climate, some gardeners hardly bother with a Summer garden, preferring to concentrate on the more manageable colder months. Potatoes are the best example of this, and our best times for planting are considered to be April, May and June. Add good compost and you will be enjoying the wonderful taste

of a freshly-dug spud in the early Spring. Keep hilled and mulched.

Flowers: Bulbs are extremely adaptable, quite hardy and beautiful in wide or narrow beds, pots, under bushes and around the base of trees. Generally bulbs like a well-drained, not-too-rich soil. Add some well-rotted organic matter, and if the soil is particularly heavy, dig in coarse sand. In early Spring when the flower buds appear, give bulbs a moderate feed of liquid fertilizer and again when flowering is finished.

Plantings of calendula can begin in March and continue until early winter. Grow from seed or seedlings, and arrange in borders or clumps – they are hardy, easy to maintain and will self-seed.



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.



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

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

Cathy Beard's Murwillumbah project update. Due to stolen, destroyed pot plants and garden I have lost all my plants to donate to Murwillumbah so I have decided to collect seeds and collate a little hub for them to donate to new gardeners and encourage growth in their backyards.

I have also started the GROW FREE on the Gold Coast. The facebook page was formed last week so please join in this new movement. [GROW FREE!! Gold Coast](#)

WE ARE LOOKING FOR VOLUNTEER COMMUNICATIONS COORDINATOR for EdibleScapes Inc.

At EdibleScapes Inc. we are seeking long term volunteer interested in social ecological and environmental sustainable development.

If you want to join a team of like-minded in urban agroecology, we want you on-board.

Connect with us at:
contact@ediblescapes.org

If You Only Do One Thing this Month – Grow Strawberries!!

by: Dianne Kelly

This section of the newsletter normally suggests that if you are going to do just one thing in your garden in the next month, that you grow a vegetable – after all, we all enjoy home-grown carrots, potatoes, peas and sweet corn!

But for March/April, I am going to suggest that you focus on something different – that you grow some of the yummiest fruit there is – fresh strawberries. And to them you can add cream or ice cream; you can turn them into strawberry tarts; add them to parfaits (“parfait” being a French word meaning “perfect”!); and you can make mousses, ice cream (I love strawberry ice-cream!!) compotes and jams.

Jackie French tells us the good news about strawberries – they “bear fruit in the first year”. So if you plant out in autumn, you can expect to be picking fruit in the spring the same year.



YUM !!

To start the strawberry process, prepare the garden bed with compost and decomposed animal manure – this is important because crops can remain in the same patch of ground for up to three years. Choose a sunny position and add to your soil so that it is rich and well-drained – it is almost impossible to provide strawberries with too rich a soil – a bucketful of well-rotted manure or compost can be dug into a square metre of soil. (Make sure you don't leave excess organic material on the surface of the bed, because that will encourage slugs and snails.) Casuarina mulch is a recommendation for strawberries, and it will help prevent leaf spot.

Location is of relevance – if you grow your strawberries under trees where they get each year's leaf litter, you may not need to feed

them at all. Otherwise, give them a scatter of blood and bone or old hen manure in winter.

How many do I grow? A 3.5m x 1.5m plot will support about 25 plants, yielding about 12 kg of fruit or more annually.

What sort do I grow? Red Gauntlet is a recommended variety for warm-climate areas – they are productive, with large and flavourful berries.



Picture: Red Gauntlet strawberries

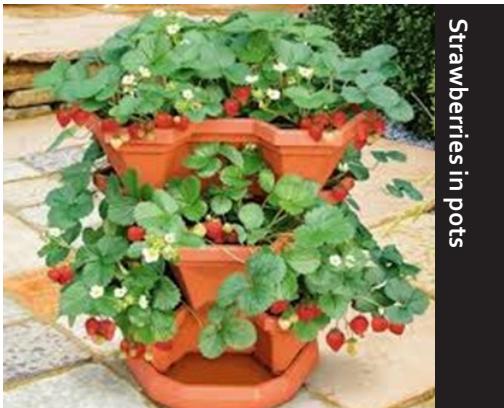
How do I actually grow strawberries? After your soil is prepared, choose your strawberry plant runners. Buying certified disease-free runners or potted plants are a safe option – aphids tend to spread viruses in strawberry plants. If you are choosing your own runners (from your own garden) try to take the first runner on a plant, and one that hasn't flowered yet. Remember that parent plants should be removed and replaced with new runners at least every three years – productivity decreases by then. And if we have particularly wet years, we may need to replace the plants every year to avoid “death by crown rot”.

Take the runners – whether purchased or home-grown – and plant them 45cms apart in the prepared patch. For a bare-rooted plant, dig a hole about 5cm deeper than the root system. Then make a mound within that hole, and spread the roots over it so that the base of the plant is level with the garden bed. Water plants in – and keep watering if the weather is dry.

As the berries develop, watch out for slugs. Tuck straw under each plant to keep the berries off the ground – and you may need to cover the plants with netting to protect them from birds or possums. Feed the plants fortnightly with a seaweed foliar fertiliser – adding well-rotted compost or manure as a side-dressing at the end of winter. Slugs and snails are the major danger to strawberries, along with grey mould, powdery mildew and leaf spot. Keep the plants well-watered, but don't wet the foliage when doing so.

Some fun ideas for strawberries:

- Make a strawberry barrel. Fill a barrel with soil. Cut holes in the barrel and plant the strawberries.
- Strawberry terraces: Make terraces from old railway sleepers or rocks, and let the berries cascade downwards.
- Strawberry wall: Build a retainer wall of stone, wood or brick, leaving lots of gaps. Stuff with soil and berry plants.
- Berries in a can: Take a large can (such as a kerosene tin). Slice holes in it, turn down the edges so they aren't sharp, fill with soil and plant the berries in the holes.
- Make a strawberry garden in a hanging pot.
- Plant carpets of strawberries under your fruit trees, and under your pergola.
- And if you are short of space, plant strawberries down the centre of your drive – a few may squash, but it's better than none at all !!



THE DIGGERS CLUB

Helping Australians grow the best heirloom vegetables, fruits and berries.

Join the club for discounts, eight magazines a year and free offers.

Shop online for delivery around Australia.

Visit our website for video tutorials, fact sheets and gardening articles to help get you started.



TEL 03 5984 7900
DIGGERS.COM.AU

I'd love to talk about my veggie patch...

By Cathie Hodge

However, it is looking rather bedraggled at the moment – partly through neglect, & partly as a result of the current challenging, hot & dry weather conditions.

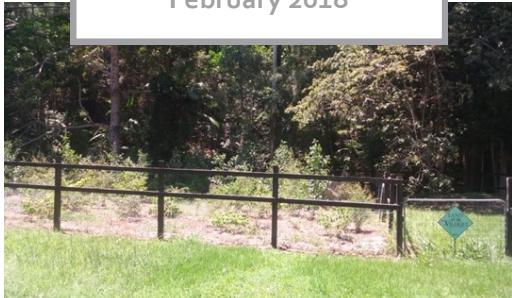
So, I'd rather talk about restoring a tiny piece of what was probably part of the Lowland Rainforests of Subtropical Australia, prior to logging & farming in Tallebudgera Valley.

To quote from a brochure by SEQ Catchments, "Once one of Australia's most extensive rainforests, much of lowland subtropical rainforest has been cleared or degraded. Now only fragmented patches remain, commonly alongside creeks." They are nationally endangered.

And what is so important about rainforests?? Among other things, they have been described as "air-conditioners of the world" in "*Rainforest: the secret of life*" a film by David Warth <https://www.youtube.com/watch?v=HBwl27mOjE8>. The destruction of rainforests around the world affects our climate & potentially threatens our very survival.

Thanks to funding through the GC City Council's Nature Conservation Assistance Program (NCAP), as well as funding from Healthy Land & Water <http://hlw.org.au/>, an exciting project is well underway. At the front of my property & on either side of a little creek that flows into Tallebudgera Creek, paddocks have been planted with pioneer native tubestock.

February 2018



Here are a couple of photos showing a tiny snapshot of the progress:

These pioneer native plants form a foundation for restoring "vine forest on alluvium", an endangered pre-clearing vegetation type that is characterised by rainforest species found along creeks & rivers. I'm excited!

Cathie Hodge

Purslane & Kunzea

Gai Morrow has asked me to pass on to everyone this information she heard on Radio National (RN 90.1):

Purslane:

- This is a super food, one of the highest in Omega 3.
- It would be worth Googling it on its possible anti-cancer properties, and how to use it.
- It's related to the portulaca plant, being a succulent and often regarded as a "weed"

Tick repellent - Kunzea Ambigua:

- Discourages ticks from the garden
- Australian native, like fine little tea tree
- eg. Nursery at Burringba; need to order by phone



May 2017



Jill Barber

Hints for “All Things Gardening”

By Diane Kelly

When thinking about this article, I googled “advice about gardening”, because I thought I might get some helpful tips that I could share with you during March.

Firstly, I came across the positives:

- “Nothing is better than gardening”
- “Research shows that gardening just 30 minutes a day “helps increase flexibility; strengthens joints; decreases blood pressure and slows osteoporosis”
- “Gardening rates up there with other moderate to strenuous forms of exercise, like walking and bicycling.”

But then I read something that caught my attention:

***If you are tired of gardening,
you are doing it wrong!***

So how are some of the ways in which we could be “gardening wrong”?

1. Failing to plan. How many of us start a back yard, a garden, or a season without planning? Instead, it is wise to take the time to sketch out the garden we want to achieve, think about what we want to plant, and work out “what we want where”. Read up on what plants thrive well together and need similar maintenance. This will save you a lot of time when it comes to watering, feeding and caring for your garden. Work out which plants like to be in full sun, and which ones thrive in the shade – and position them accordingly. The maintenance chores like watering and dead-heading will then be grouped together to make our lives easier.

2. Failing to plan. Apart from planning our gardens, we should also **plan what equipment we need**. Blunt garden clippers, hard-to-start lawn-mowers, and clumsy wheelbarrows all make our gardening lives harder. So put aside some time – and probably a few dollars – and get those secateurs sharpened; the lawn-mower serviced, and the wheelbarrow tyre pumped up – it will take the frustration out of your gardening life.

3. Failing to plan for the soil. Once we have planned our garden beds, we then need to **“feed the soil”**. Firstly, check the pH levels of the soil, and then add the correct minerals and nutrients. After that, add regular amounts of compost. Needless to say, if your soil is good, you don’t need to keep adding fertilizers.

4. Failing to plan for efficiencies. But if your soil does need that extra boost, go for the easy option of **“time release fertilizers”** – then you can spread it and leave it!

5. Failing to make gardening physically easier. Part of the problem with unruly gardens is that they have no defined borders – hence plants will spread over the seasons, and things tend to get out of control. By raising your garden beds up 6-12 inches, you add an element of control to your garden – and you will find the work considerably easier on your back!

6. Failing to mulch. Adding mulch helps your soil retain moisture, and keeps plant roots cool – which stops them dying! A part day of mulching saves money on fertilizers, and saves many days of weeding. (Blocking off the sunlight to weeds helps to control them.)

7. Failing to plant perennials. Such plants can live up to three or more years – so that cuts down the gardening we need to do each year! There are various fruit trees and herbs that are considered perennials, but we can also plant day lilies, black-eyed Susan, hibiscus, lavender and dahlias and save ourselves some work each year.

8. Failing to use the “no-dig” method of gardening. This is a topic that is special to me because I like the idea of preparing a garden area, making it enriched, and then not disturbing it apart from putting in vegie seedlings (or whatever). Mulch – compost – fertilizers – are added to the top of the soil and allowed to soak in. But the soil doesn’t get turned, and so nature has the chance to run its natural cycle.

So we probably **aren’t** doing anything major wrong, and we probably **aren’t** actually tired of gardening. But if by chance we do get tired **FROM** gardening, then some of the hints above might help.



Edible Landscape Gardens A Communal Gardening Gathering

By Jorge Cantellano

In the context of increased city population, the expanding urban foot print, has the consequence of decreasing agriculturally productive land. "The Gold Coast is one of the fastest growing cities in Australia: with a population of around 576,900 people in 2016, it is projected to exceed 928,000 by 2041 (*Shaping SEQ*, August 2017)." Australia is a highly urbanised country, with 83% of its population living in its eight capital cities in 2016 (ABS, 2016). Today's challenge is to find ways of urban food production, ideally urban agroecology solutions. "To feed another two billion people in 2050, food production will need to increase by 50 percent globally."



EdibleScapes, as a community urban food grown initiative, is seeking a strategy that is not limited by the number of garden beds, and its social impact can benefit the whole city. The Gold Coast has 10 community gardens, with an overall garden-bed/member of 400 memberships maximum and with a potential social impact on 5,600 persons annually. It would impact only 1% of its population. In response, EdibleScapes proposes "Public Edible Landscape Gardens in an open space", produced and maintained by community communal work. Our first proposal has been for Nerang's Country Paradise Parkland. In the same time that the Parkland administration has 'approved in principal' since early 2017, the project has been encountering a long silence, waiting for a response from the Gold Coast City Council.



Perhaps the inaction of the City Council has to do with the fact that they have discontinued supporting community gardens, despite their policies that helped to setup the 10 community gardens 5 to 10 years ago. We believe that the Council was in the right direction when the "Gold Coast City Council and its Climate Change Strategy 2010, identified local food security as a priority matter in dealing with climate change."

Potential urban agriculture

In 2013, P. Burton estimated that, despite its fast pace of growth, the Gold Coast "still has just under half of its footprint (63,678 hectares) covered in native vegetation and the built environment occupies less than 50% of the city. The Gold Coast also experiences a subtropical climate, with relatively mild winters and humid summers and, although rainfall is more prevalent during the hotter months, the city enjoys precipitation all year round. These climatic qualities coupled with the opportunities offered by large areas of open spaces make the Gold Coast one of Australia's potential hot spots for urban agriculture to flourish and become a significant part of the urban fabric."

The Gold Coast has over 2314 parks, of which only 10 have community gardens, which represents less than 0.004% of city open space in use today for community food grown initiatives. EdibleScapes claims there is an imperative need to allocate common land for communal food security initiatives. It needs to be not limited by the number of garden beds, and it can have a social impact on the whole city.



Nonetheless, this kind of initiative will only be possible if the task is associated with diverse community segments, and just as importantly, it finds ways to involve groups from the environmental conservation and Landcare sector. There is need for a community strategy that co-builds a productive edible buffer between the built up city area and the open space, green vegetation, a buffer that helps to safeguard the remaining ecosystem which is in danger.



The EdibleScapes commitment and intention is along the lines of The South East Queensland (SEQ) Regional Plan (2009-2031), which recognises the importance of urban agriculture, and has provisions that support 'initiatives that increase access to fresh food in urban environments, including provision of space for fresh food markets and community gardens.' Brisbane's Vision 2031 emphasises access to healthy and safe food choices, as well as activities around production and consumption of food to support community connections and promote learning. The Queensland Conservation Council (QCC) seeks to create a framework which facilitates the region to grow and consume fresh, local and ecologically grown food.



Globally, there is the realisation that the city can no longer solely depend on imports for their food; it must develop methods of urban agroecology to enable food security for their population. There is a recent call from global leaders in international institutions, such as: the "New Urban Agenda", when United Nations members met in Ecuador in the 2016 Habitat III; "SDG2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture" in the "Sustainable Development Goals: 17 Goals to transform our world, 2015"; the Milan Urban Food Policy Pact acknowledged that "urban and peri-urban agriculture offers opportunities to protect and integrate biodiversity into city region landscapes and food systems, thereby

contributing to synergies across food and nutrition security, ecosystem services and human well-being", bringing together the mayors of 163 cities to sign it.

The city of Melbourne was the first to sign the Milan Urban Food Policy Pact, which is adapted in the urban food system through its "Food City" plan. "Darebin Council is another one that has committed to developing an Urban Food Production Strategy and has outlined council commitment to work with communities on local food initiatives which enhance health, wellbeing and community connectedness, improve the environment and regenerate natural resources."

EdibleScapes' gardening gathering program is a tactic in the direction of building community relationship including the environmental movement. The programs, are designing a welcoming space to involve diverse members of the community to participate in communal gardening edible landscapes.



HERB FARM

Michael & Sandra Nanka

491 Springbrook Rd

MUDGEERABA. 4213

Opening times: Mondays, Tuesdays & the 3rd weekend of the month.

9 am – 4 pm

Phone: (07) 5530 3253

www.herbcottagel.com.au

- ◆ Culinary, Fragrant and Medicinal Herbs
- ◆ Vegetable and Herb Seeds
- ◆ Craft, Herb Vinegars, Jams & Preserves
- ◆ Essential & Fragrant Oils, & lots more

Recipes

LEAH BRYAN'S SWEET POTATO BROWNIES

Ingredients:

- 3 cups grated sweet potato (any colour you have)
- 1/3 cup maple syrup (or honey)
- 1/3 cup coconut oil (I use 'refined coconut oil' so there isn't a strong coconut taste)
- 1 tsp vanilla extract
- 2 eggs
- 1/4 cup chunky ground almonds (or almond meal)
- 1/2 cup cacao powder (or cocoa powder)
- 1 heaped tsp baking powder
- 100g dark chocolate (I like Cadbury's dark cooking chocolate)



Method:

- Preheat oven to 175C.
- Grease and line the bottom of a square cake or slice tin.
- Mix the maple syrup, coconut oil (make sure it's melted), vanilla and eggs, then add the ground almonds, baking powder and cacao powder.
- Lastly, stir in the grated sweet potatoes. (It's easier to grate the sweet potatoes in a Thermomix or food processor).

- Put into the tin and bake for around 50 mins/until cooked.

When cooled you can melt the chocolate and spread it over the top then place in the fridge to set.

It also freezes well (if you don't eat it all...)

(Adapted from JBT Sweet Potato Brownie recipe at <https://www.recipecommunity.com.au/baking-sweet-recipes/jbt-sweet-potato-brownie/3wptkcl7-06c13-341907-cfcfcd2-rdbp0dre>)

Apology: in the February newsletter, "Pineapple Butter Cake" was wrongly attributed to Jill. The correct submitted name was Kirsten.

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

Please email your yummy recipes to Jill
jillbarber611@gmail.com



Go to Ground on Saturdays
7am to 1pm

Local seasonal organic produce, cold-pressed juices, Burleigh Baker sour-doughs

Primary supplier Food Connect Co-op

Join the Ground Co-op for wholesale prices

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

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

Some Advice about bird-netting:

Gordon and Dorothy Singh have sent in an item about their experiences when trying to protect their garden crops:

"We wish to make members aware of a very disappointing turn for the worse in the quality of bird netting. Due to certain legislative changes from black to white netting, even with a downsizing to 5 mm, while being more visible to bird life and everybody else, the fabric standard has been sacrificed. After 10 years, we still have black 25 mm in use, but after a 2 year installation of the white as seen in our photographs there is very obvious evidence of rotting deterioration. Very disappointing considering the effort we went to in the changeover."



Gordon displaying the failed material



Example 2 of where the material has torn

And on a different topic: Gordon and Dorothy's car loaded up with items to help Cathy Beard supply plants to flood-damaged Murwillumbah last year. Well done !!



**WE NEED YOUR
CONTENT HERE**

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

**NOTE: THE NEW DEADLINE FOR
SUBMISSIONS TO THE NEWSLETTER
IS ONE WEEK PRIOR TO THE
MEETING.**



FRUIT TREES

MARCH

Custard Apples: Fertilize trees – 20 gms of organic fertiliser per sq m to drip line. Harvest every 3 to 7 days. If mealy bug is a problem spray individual fruit with pest oil or wipe on metho and water (30% metho + 70% water).

Figs: Close to end of season.

Lychee: Less watering is required, but don't let the trees dry out. If Erinose mite appears, spray every 10 to 14 days with wettable sulphur from pinhead size new growth to fully open and hardened off.

Low Chill Stone Fruit: Water needs to taper off now as trees begin to defoliate.

Mango: If any anthracnose fungus is visible, spray with a copper based spray every 2 weeks, or with 25 mls leaf microbes and 5 grams wettable sulphur per 1 litre of water.

Passionfruit: The water can be tapered off. Harvest fallen fruit under vines every 3-4 days.

Pawpaw: Plant out new trees. Apply boron now. 1 teaspoon per mature tree. Spray leaf microbes (25 ml leaf microbes per 1 litre of water) if black spot is seen.

Persimmon: Main harvest time. Decline water needs. Apply a little super fine lime and gypsum – 50 gms per sq metre of each.

Strawberries: Plant out new runners. If you want to leave last year's plants, prune only.

Bananas: Give stools a high organic potassium fertilizer – 200 grams per stool (any organic fertiliser that has added sulphate of potash).

Citrus: If any fungal problems arise, spray with pest oil and leaf microbes. Add the pest oil + 15 ml per litre of the leaf microbes. This will also control the citrus leaf miner scale.

Pruning Citrus: Citrus trees need little pruning. If over-crowded, thin out after fruiting. Don't thin oranges or grapefruit severely but mandarins can be shortened back to the second or third shoot down the branch. Lemon trees are taller and less compact so keep them to a size easier to handle. Old trees can be cut severely but will take a year or two to recover and bear.

Queensland Planting Guide, BOGI

APRIL

Custard Apples: Peak harvest period. Harvest every 3 to 7 days. Watering can be tapered off. If you have not done your spraying for mealy bug, do it now. Spray individual fruit with pest oil or wipe on metho and water (30% metho & 70% water).

Figs: Taper off the water.

Lychee: Don't let trees dry out. Check for Erinose mite. Spray with wettable sulphur.

Low Chill Stone Fruit: Fertilise trees with a high organic potassium fertilizer, 50 gms per sq meter to the drip line of trees. Prune trees now – 1/3 to 1/4 of the tips can be taken off. Any inward or downward wood can be pruned.

Mango: Apply gypsum if soil pH is 6 or more. If below 6 pH, apply lime. 50 gms per sq meter of either. Continue with copper based spray for anthracnose or with 25 mls leaf microbes and 5 gms wettable sulphur per 1 litre of water.

Passion-fruit: Water can be tapered off. Harvest fallen fruit every 3-4 days.

Pawpaw: If you have not applied boron, apply now. 1 teaspoon per mature tree. 40% of annual fertiliser can be applied now to mature trees (20 grams per sq meter of a high organic potassium fertiliser).

Persimmon: Main harvest time. Declining water needs. Apply a little super-fine lime and gypsum, 20 gm of each per sq m.

Strawberries: Plants should be coming away well. A little organic potassium fertiliser can be applied now. Use fish emulsion or kelp spray regularly over plants to keep in good health. Add 20 mls molasses per litre of water + 10 mls leaf microbes.

Bananas: De-sucker plants, cutting at ground level. Cut out centre with a sharp downward motion around the circumference to the centre, forming a well. If they do not die, use 20mls of kero to the bottom of this well.

VEGETABLES

MARCH:

Asian Greens, Beans (French), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Chilli, Endive, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onions, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Sweet Potato, Tomato.

APRIL:

Asian Greens, Beans (French), Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Garlic, Kale, Kohlrabi, Leek, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Sweet Potato, Tomato, Turnip.

Citrus: If any scale and fungal problems still exist a further spray with pest oil and leaf microbes will be needed. Add the pest oil + 15 ml per litre of the leaf microbes. Early varieties can be picked this month.

Brisbane Organic Growers Handbook

HERBS

MARCH

Annual: Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Italian parsley, Misome, Mizuna, Nasturtium, Rocket.

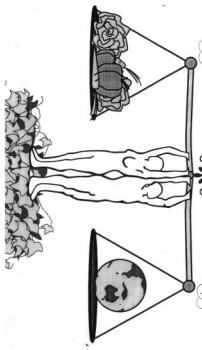
Perennials & Bi-Annuals: Catnip, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Winter Tarragon, Thyme, Up-land Cress, Winter Savoury.

APRIL

Annual: Borage, Calendula, Chamomile, Chervil, Coriander, Dill, Garlic, Italian parsley, Misome, Mizuna, Nasturtium, Rocket.

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

If not claimed in 14 days, please return to:
GCOG, PO Box 210, Mudgeeraba Q 4213



**GOLD COAST ORGANIC
GROWERS Inc.**

Meetings held:
3rd Thursday of the Month

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

Next meeting:
Thursday 19th April 2018

NEWSLETTER