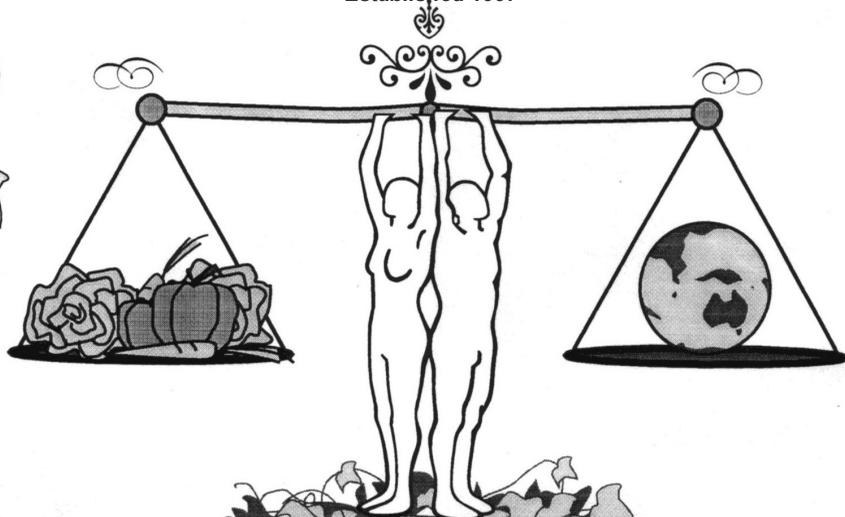


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 22 - OCTOBER 2018 Issue 10
GARDENING IN SPRING

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OUR NEXT MEETING: Thursday 15th NOVEMBER 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

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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
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 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 – October 2018

Overdue: Mea Lee Khoo (211), Eileen Turner (328), Justin Rogers (275), Pat McGrath (305), Ann Brown (329), Peter & Leanne Dickfos (260), Henry Blonner (108), Michael Cuthbertson (396), Dolphe Cooke & Gillian Tubbs (403), Gary Miller (424), Jorge Cantellano & Julia Bustamante (425)

October: Glenn & Joan Jones (266), John Palmer (357), Evelyn Douglas (383), Colleen Rohan (415)

November: Paul & Maria Roberson (4), Rodney & Cathy Boscoe (347), Megan Keeler (358), Leah Johnston (416)

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

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

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Phil Dudman, Jorge Cantellano.



ESTABLISH YOUR HERBAL GARDEN

LEARN HOW TO ESTABLISH YOUR HERBAL GARDEN AND ENJOY FRESHLY PICKED HERBS FROM YOUR BACKYARD.

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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)

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

EdibleScapes

working bee/workshop

2nd Saturday of each month - 8:30am

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

LIKE A GARDEN THAT LOOKS AFTER ITSELF?

Drought can be a gardener's worst nightmare. In 2006 Alan Singleton, a keen organic gardener, had no way of sustaining his crops through the severe water restrictions. Alan set about refining the wick garden system he had come across.

In 2011 he went full time building what are now known as Watersaver Gardens. Besides cutting water use by 80% other advantages include significant reduction in weeding and no regular watering even in hot conditions.

The science behind the Watersaver Gardens is the wicking system - capillary action sees water drawn up through the soil by plants only as required, meaning the plant is never over-watered or not watered enough. Great for those without a green thumb. The reservoir only needs checking every four weeks - great if you're going on holidays. With intermittent rain they can go six months without needing watering. All kinds of herbs and vegetables can be grown in the gardens. Not watering from the top reduces mould and rust that attacks the wet leaves.



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Phone Alan for a chat on **0424 996 540**

Established Watersaver Gardens on display at 20 Jennings Street, South Toowoomba



WATERSAVER GARDENS

Made in Toowoomba

If You Only Do One Thing this Month – Grow some Egyptian Spinach:

by: Diane Kelly

About a year ago, I read a piece in a gardening book that said:

“Egyptian spinach is an ancient traditional food plant of Egypt and Sudan, and is the primary ingredient in Egyptian green soup”

Looking at my list of things that we can plant in our backyards at this time of year, I've noticed that Egyptian spinach is something we can be growing from now right through to February. And I've also read that, in addition to soup, Egyptian spinach can be added to omelettes, curries, green smoothies and salads – or turned into a tea; noodles; pickles – and even jute bags for storage (perfect for keeping potatoes!) I came across a soup recipe that included the spinach and basmati rice, and is topped with a dash of yoghurt and some mint leaves. Yum!



I imagined that Egyptian spinach would be a small, soft-leaved plant – somewhere between English and Ceylon spinach. But the plant is actually a shrub, and it can grow to over a metre high and half a metre wide. It is a fast-growing annual or a short-lived perennial (depending on the climate in which it is grown), and it thrives in hot, dry or humid weather. Egyptian spinach is very easy to grow, and adapts to a wide range of soil types and pH – although plants that receive adequate water and nutrition will give you plenty of tender leaves to enjoy.



Egyptian spinach can be grown from seed or cuttings. When sown in compost or germination mix, the seeds will germinate in 3-5 days under warm conditions. Soaking the seeds in hot water and leaving overnight before sowing will hasten germination. If you are

using cuttings for propagation, take them from established plants and avoid using soft tip growth – take cuttings from the semi-ripe wood located further down the stem. An alternative method of propagation is to self-layer low branches by pegging them to the soil.

When your plants are ready, space them 40-50 cm apart in your garden.

If you are planning to use the foliage primarily as an addition to salads, water the plants regularly and protect them from the very hot afternoon sun. Remember to treat the plants with liquid seaweed, worm juice, or fish fertilizer to achieve rapid, luxuriant growth. The plants can be harvested as entire plants just a few weeks after sowing, or left to mature until they become small bushes. The plants produce pretty yellow flowers (add them as a garnish to your salads) and seed capsules – removing both of these will encourage the plant to continue growing, and extend its harvest time.



Because Egyptian spinach produces prolific seeds, germinates easily, and is tolerant of adverse growing conditions, it means that it has the potential to become a weed. Generally the plants are resistant to diseases (as long as they don't have wet feet!), but grasshoppers and caterpillars tend to enjoy the soft foliage for a snack as much as we might in our salads!

If you don't plan to grow Egyptian spinach year round, you can pick the fresh foliage and wash, blanch and drain it prior to popping it in the freezer. It can then be used in cooked dishes during the months you are focusing on other plants in your garden.

Seed saving for Egyptian spinach is very easy. Wait until the seed capsules become hard and turn pale green, and then clip them from the plant and put them in a paper bag. When the capsules are fully dry, they will split and shed their seed contents. Provided you are able to keep the seeds dry, they will have good viability over several years. (The seeds grow to 60 mm in length, and split longitudinally to provide hundreds of hard, rounded black seeds.)

So – Egyptian spinach. Very easy to grow; tolerant of our climate; and having so many uses. There are so many tasty-looking recipes around – “Egyptian spinach pie with hazelnut dukkah” looks good (the dukkah is made from hazelnuts and coriander, cumin and sesame seeds), and I think the “Egyptian spinach and chickpea stew” sounds easy and nutritious. (I haven't made it yet, but if anyone has a go at it, let us know what you think!)



Egyptian Spinach and Chickpea Stew

Total Time: 15 minutes Yield: About 2 servings

Ingredients

- 1 medium onion, chopped
- 1 tomato, chopped
- 2 tsp. coriander
- 2 cloves garlic, chopped
- 1 box or bag frozen spinach, defrosted if possible
- About 1/2 cup water or broth
- 1 cup cooked chickpeas (garbanzos)
- juice of 1/2 lemon, optional

Instructions

1. Heat a saucepan over medium high heat. Add just enough oil to coat the pan, then add onions and sauté until golden, about 5 minutes.
2. Add the garlic and let cook briefly, then add tomato and coriander. Sauté until tomato is well softened.
3. Add spinach and broth. When heated through, season with salt, then taste and adjust seasoning.
4. Add chickpeas and let simmer 5 minutes. Just before serving add lemon juice.

Notes: A “peasant” dish, this is immensely satisfying – but remember only to use fresh lemon juice. Canned or fresh tomatoes both work well.

p.s. FYI - You can buy organic Egyptian spinach at the Murwillumbah Farmers' market.

Edible for Shade

By our September speaker Phil Dudman

Edibles for shade (3 hrs sun)

- Lettuce
- Bok choy
- Silverbeet
- Rocket
- Mizuna
- Beetroot
- Cabbage
- Broccoli
- Kale
- Celery
- Carrots
- English spinach
- Green onions
- Leeks
- Radish
- Potatoes
- Coriander
- Parsley
- Dill
- Basil
- Chives
- Mint
- Banana
- Mulberry
- Pawpaw
- Avocado

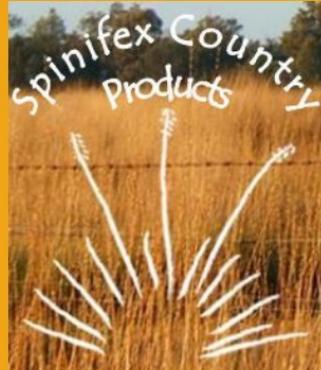
Here is the slide showing edibles I have had success with growing in a minimum of three hours sun a day... I guess you would call those areas semi shade. All the best! Phil



Thanks to Phil Dudman (Gardening) for the informative talk on 'No Dig' gardening at our last meeting. Who has already implemented this technique since hearing from Phil?

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Useful gardening tips

By anonymous

Blueberries have very specific soil needs, including lots of decomposed organic matter and an acidic pH of 4.5 to 5.2. They grow where azaleas and rhododendrons naturally thrive, but you can also alter your soil with acidifying peat moss and sulfur to accommodate their needs. It takes at least 6 months to a year or more for amendments to significantly lower soil pH, so plan ahead, and test the soil before planting.



All blueberries have shallow roots and need moist, well-drained soil. Mix 1/2 cubic foot of peat moss per plant into the soil at planting time. Cover the soil around the shrubs with organic mulch to maintain the soil moisture and control weeds. Keep the soil moist throughout the growing season. Avoid deep cultivation, which can damage the shrubs' roots.

To keep tomato plants vigorous, remove extra side branches. When these suckers are 3 to 4 inches long, remove them by pinching them out or by cutting them back to the main stem with scissors.

Prepare the soil for beans: Work a 2- to 3-inch layer of composted manure worked into the soil before planting. For poor soils with low fertility, add an organic fertilizer high in phosphorous and potassium, such as 5-5-5.

Peas and beans like moderately moist soil that isn't heavily amended with fertilizer.

Recipes

SUPER FUDGE

Dry

- 1 cup of almonds
- 1 cup of macadamias
- ½ cup of shredded coconut
- ½ cup of hemp seeds
- ¼ cup of chia seeds
- 3 heaped teaspoons of raw cacao powder
- 1 teaspoon of maca powder

Wet

- 3 table spoons of coconut oil
- 3 table spoons of pomegranate molasses
- 3 table spoons of 100% Maple syrup
- ¼ cup of dark chocolate chips
- 1 table spoon of black tahini
- 10 medjool dates chopped

Chevy Pop of Flavour

- ½ a cup of dried chopped strawberries
- 4 dried peaches diced

Toppings

- ½ cup of dark choc chips melted
- ¼ cup freeze dried raspberry powder / powdered pistachios
- cacao nibs

METHOD

Wizz all dry ingredients in a food processor. Gently warm all wet ingredients in a saucepan until chocolate chips and coconut oil have melted, then pour mixture into the food processor with the dry ingredients and mix on high. Empty mixture into a mixing bowl and stir chewy ingredients through mixture.

Grease a slice tray with coconut oil. With wet hands press the mixture into the slice tray. Spread the mixture evenly with a knife and then place in the fridge for at least 30 mins. After fudge has set use a piping bag to drizzle melted dark chocolate over the fudge and dust with freeze dried raspberries. Place in the fridge for at least 30 minutes and then cut into squares. Keep fudge in the freezer and take out as needed.

Submitted by an anonymous
Please email your yummy recipes to Jill
jillbarber611@gmail.com
Thank you to those leaving their recipe /
name at the Supper Table.

Hints for “All Things Gardening” by Diane Kelly

1. **A quick guide to leaf mould:** (Think in terms of what is under the leaves on the forest floor, or under places such as a park bench where leaves accumulate.)
 - Leaf mould is a soft and rich earthy material with a very high water-holding capacity.
 - It has a dark, powdery appearance – in contrast to regular compost which tends to be a crumbly, soil-like product.
 - Leaf mould is useful in ferneries where water retention is important, and also as a mulch used to retain moisture over small seeds such as carrots or parsley.
 - You can use any leaves, but deciduous leaves (ones that trees drop annually) are best for a traditional leaf mould. For the best product use less than 25% eucalyptus leaves.
 - Build the heap in a sheltered position, such as under a deciduous tree.
 - Start with wet soil under the heap.
 - You can speed up the process by:
 - Shredding the leaves
 - Adding limited amounts of nitrogen
 - Keeping the pile moist
 - Turning the pile occasionally.
 - Leaf mould makes an ideal mulch cover for germinating seeds. Use it around ferns, in potting soil, and where rapid increase in organic matter and water retention are required.
2. **Cleaning chook eggs:** To clean your eggs, firstly wipe them with a dry cloth. If there is more attached dirt, scrub the shell with a coarse paper towel or steel wool. Wherever possible, avoid washing eggshells with water. Eggshells have a water-soluble coating that keeps bacteria from entering the egg. If this coating is washed away, the protection disappears and bacteria can run rampant.
3. **Celtuce** – is also known as “stem lettuce”. Unlike other types of lettuce that are harvested for their leaves, celtuce is primarily harvested for its edible stem.

Celtuce – also called “asparagus lettuce”



4. **Using lemon balm:** You can use the leaves as a tea. Rub chicken with bruised leaves for grilling, or use the finely chopped leaves in salad dressings, or as a stuffing for whole fish. Substitute finely chopped leaves for grated lemon peel in sweets, cakes, sauces, mayonnaise and fruit salad.
5. **Attracting birds to your garden:** Provide clean, fresh water (out of the reach of cats!), lots of thick bushes and high perches for safe nesting, and masses of blossom year-round. Grevilleas and pineapple and other sages are especially good – they will feed the nectar eaters and attract insects for the insect eaters!



A male scarlet honey-eater & a grevillea

There's Light at the End of the Tunnel: by Diane Kelly

One of the good things about belonging to the Gold Coast Organic Growers Club – apart from all the helpful information we learn at our meetings; the friendly folk; and the yummy suppers – is the concern that our members show when things go wrong.

Last month I wrote an article called “How are your potatoes growing?” Despite the title, it was actually the story about the brush turkey that decimated my potato patch. So, with that in mind, when I was asked at last month’s meeting “how is your garden growing”, I replied that “I don’t have a garden - I have a brush turkey!”

The suggestion was then made that I try what someone who lives out in the Tallebudgera Valley has done with their raised garden beds – put 8 mm reinforcing mesh over the top of them. The mesh is in 20 cm squares, which means the turkey can’t get in and scratch out either the soil or the mulch, and yet the plants can grow up between the wire.

So on the Saturday after our last Club meeting I busied myself with hay and horse manure, and seedlings – lettuce, sweet corn, shallots, coriander, silver beet (hoping to catch the last of the season) and a marigold plant and a couple of petunias thrown in for good measure. Meanwhile my husband bought the mesh, along with some steel pegs that clip over the side of the raised beds to hold the mesh secure.

For two weeks now I have enjoyed watching the brush turkey walk up and down the backyard, and not once has he damaged my garden! The seedlings are growing; the marigold and the petunias are flowering; and there is indeed “light at the end of the gardening tunnel”.

A couple of things of interest out of this exercise:

1. I've realized that I needed to have the actual garden bed a bit higher, probably

almost to the level of the wire, so that the plants can grow fully above it. At the moment I'm having to guide a few of the leaves so they aren't blocked by the mesh.

2. I have learnt that brush turkeys can lay up to 24 eggs per season – this is not good news 😞
3. The garden is planted out on a “no-dig” basis, and as I didn't have a lot of soil on hand to make small pockets within the top layer of lucerne hay to plant the seedlings into, I used rotted down wood-chips. This was something Phil Dudman mentioned during his presentation at our last meeting, and so I dug down and got the really fine crumbly wood chips/cum soil to plant out in. Those rows of seedlings are doing really well, and in fact better than the others.

Here's the garden just planted out, and then two weeks later – I think we'll be having home-grown lettuce for our salads by next weekend!

So, the advice about the mesh was good, and the concern was even better. Thanks, GCOG!



Seedlings planted 22.9.18



The garden – 6.10.18

The Herb Spiral

by Jorge Cantellan

The principle of a herb spiral is simple, but functional. A herb spiral is basically a small herb garden. It is three-dimensional and has beds in a confined, spiral shaped space, which can be used to grow various herbs.

The herb spiral, an invention of Bill Mollison's, dubbed the "co-founder of Permaculture", creates micro-climates that provide for a multitude of medicinal and culinary herbs.

Thinking in patterns, inspired by the image of a sea shell shape, Bill Mollison made a ziggurat garden that goes up in the air and down in the ground, freeing the gardener from flat patterned gardens.

"With the spiral shape he designed a variety of micro-climates, shaded and semi shaded niches here and there, and bright, hot sunny places to the west and east. It is superbly adapted for culinary herbs. You have different drainages from group to group, different heats and shade. It is possible also to grow out the sides of it, as well as on the flat. ... It condensed space, it reduced intercrop, cut down plant competition. Every plant has plenty of root space and plenty of climbing space."

(Designing for Permaculture, By Bill Mollison, Pamphlet VIII, 1981)

Here's how it works, according to Toby Hemenway:

"The herb spiral has slopes that face in all the directions of the compass. The North-facing side, which gets morning sun, will dry out earlier in the day than the west one. The soil at the bottom will stay wetter than that at the top. We've created an herb garden with different microclimates. So we plant accordingly, locating each herb in suitable environment. Varieties that thrive, and hot, dry climates, such as oregano, rosemary, and thyme, go on the sunny north side near the top. Parsley and chives, which prefer cooler, moister climes, find a home on the south

side. Coriander, which seems to bolt in too much hot sun, can be stationed on the east side, protected from afternoon scorching."

(adapted to our location -Nerang)

(‘GAIA’S Garden: A Guide to Home-Scales Permaculture, Toby Hemenway)

EdibleScapes Herb Spiral

The two spiral gardens at the Edible Landscape project are about 8 linear meter coils of pathside plants formed into a roundish pattern about 1.5 meters across and mounding up about 80 cm in height, which means we can reach the central herbs without bending over very far.

The Jeans pots were filled up with coarse composted mulch, which regulates solar heat and passes it at night back to the plant. We ensure the foot of the herb spirals are facing south to reduce evaporation and retain the moisture in the lower area, where we can grow plants that love saturated soil. The base of the spiral garden has two water micro-harvest pits, filled up with composted mulch, before the jeans are set up. This guarantees a wet reservoir that the jeans fabric will move up to provide moisture for the plants' roots.

The Jeans as pots look very attractive and right for spiral herb gardens. We took care to fill the space between the jeans, because it is very important not to leave any cavity where snakes can hide.

EdibleScapes made four zones with different soil characteristics according to exposure to the sun and drainage capacity. This provides a range of different microclimates and the perfect growing spaces for a wide variety of medicinal and culinary herbs.

This project is thanks to the generosity of Botanical Bazaar, who sponsor the presentation of the herb spiral garden at the 16th September Gold Coast Gardening Expo, before transplanting to its permanent home at the Mandala Sun Garden of the Edible Land-

scape Gardens site. The first 100 herbs were supplied by Mudbrick Cottage Herb farm with special discount for the spiral garden project.

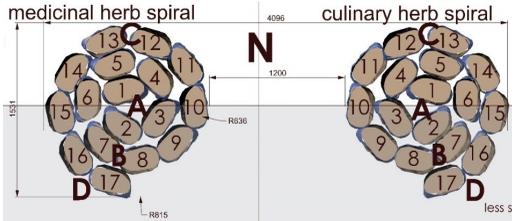


thanks to the generosity of Botanical Bazaar



The Medicinal Herb Spiral Garden

EdibleScapes Spiral gardens



volunteer (Sunday 23rd September)

Medicinal herbs		Culinary herbs	
A	On top of the spiral – Sunny side – loamy soil with a little sand	A	On top of the spiral – Sunny side – loamy soil with a little sand
1	Ashitaba	1	Pineapple Sage
2	Speedwell	2	Okinawa Spinach
3	Forskoll	3	Perennial Coriander
4	Goji Berry	4	Mexica Tarragon
5	St Johns Wort	5	Pink Savoury
6	Avens	6	Brazilian Spinach
B	2 nd turn shady side – soil with lots of compost and some clay	B	2 nd turn shady side – soil with lots of compost and some clay
7	Plantain Red	7	Lemon Balm
8	Black Horehound	8	Purple Mukuna Wenna
9	Evening Primrose	9	Sorrel – Red Sorrel
10	Valerian	10	Sambung
C	Lowest curve sunny side– potting soil with aged manure	C	Lowest curve sunny side – potting soil with aged manure
11	Self Heal	11	Rock Samphire
12	Yarrow	12	Golden Oregano
13	Sheep Sorrel	13	Society Garlic
14	Red Clover	14	Jekkas Thyme
D	Bottom – shady side – wet, nutrient-rich soil	D	Bottom – shady side – wet, nutrient-rich soil
15	Greater Celadine	15	Eau De Cologne Mint
16	Herb Robert	16	Mushroom Plant
17	Meadowsweet	17	Old Fashioned Mint

FRUIT TREES

OCTOBER

Custard Apple: Increase irrigation. Mulch trees. Apply 2g boron/sqm.

Figs: Pruning should be done. Figs only produce on new wood or new season's growth. Mulch well.

Lychee: Peak water needs. Mulch. Apply gypsum 20gms/sqm.

Low chill stone fruit: Spring prune new growth. Continue with high irrigation. Prune out water shoots and dense foliage for better size fruit. Use fruit fly control programs, for example netting or an attractant method.

Mango: Peak water needs. Apply organic fertiliser with sulphate of potash, 1kg for larger trees and 1/2kg for smaller trees. Spray with copper based spray or leaf microbes for anthracnose per fortnight.

Passion-fruit: Plant out new vines. Pruning carried out this month. All dead parts to go. Keep up the water.

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

Strawberries: Apply small amount of organic fertiliser with sulphate of potash, about 10g / plant. Keep up with fish emulsion or kelp spray weekly.

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

Citrus: Keep up the water. Add lime or gypsum. Mature trees 1/2kg, 1/4kg for small trees.

Brisbane Organic Growers Handbook

NOVEMBER

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

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

Lychee: Peak water needs.

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

Mango: Peak water needs.

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

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

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

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

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

Brisbane Organic Growers Handbook

VEGETABLES

OCTOBER:

Artichoke, Asian Greens, Asparagus, Beans (French), Beetroot, Capsicum, Carrot, Celeriac, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

NOVEMBER:

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

HERBS

OCTOBER

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

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

NOVEMBER:

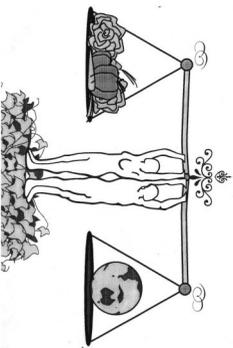
Annual: Amaranth, Basil, Borage, Calendula, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Nasturtium, Rocket, Salad Mallow.

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

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 15th Nov 2018