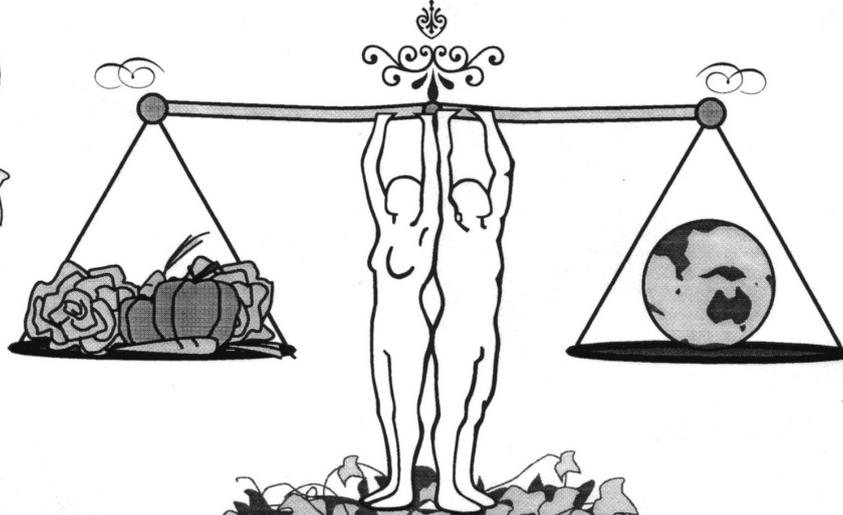


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 14 AUGUST 2011 Issue 8

- | | | | |
|-------|---|-------|---|
| Pg2 | <i>Club Information</i> | 14-15 | <i>Gardening with Ross, Tani Tei En Japanese garden</i> |
| 3 | <i>Notice Board</i> | 16-17 | <i>How to Regrow Celery, Caring for Aloes</i> |
| 4-7 | <i>Events, Workshops, August in your Patch</i> | 18 | <i>Various Online Articles and Videos</i> |
| 8 | <i>Brisbane Organic Growers' Fair</i> | 19 | <i>Companion Planting for August</i> |
| 9 | <i>Tricks of the Trade, How to Skeletonise a Citrus</i> | 20-21 | <i>What to Plant in August</i> |
| 10-12 | <i>Interview - Getting to Know Roger Griffiths</i> | 22-24 | <i>Preparing for September</i> |
| 12-13 | <i>Gold Coast Permaculture</i> | | |

OUR NEXT MEETING: Thursday 15 September

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

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

Meetings Held: 3rd Thursday of the Month

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

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

(No meeting in December)

Annual Membership Fees:

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

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

Seed Bank: \$1.50 ea.

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

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

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

Advertising: **1/4 page:** \$10 an issue, or \$100 for 11 issues (1 year), **1/2 page:** \$20 an issue or \$200 per year, **full page:** \$30 an issue or \$300 per year.

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

2011 Committee

<i>President</i>	Maria Roberson (07) 5598 6609
<i>Vice President</i>	Lise Racine (07) 5533 9505
<i>Treasurer</i>	Diane Kelly (07) 5522 7444
<i>Secretary</i>	Karen Hart (07) 55277484
<i>Membership Membership Asst</i>	Diane Kelly Jill Barber
<i>Newsletter Editor Newsletter Assistants</i>	Dorothy Coe webprint@onthenet.com.au Diane Kelly & Julie Abraham
<i>Website Editor Website Assistant</i>	Dorothy Coe 5533 9905 Anissa Loades
<i>Advertising</i>	Ross Davis (07) 5599 7576 Dorothy Coe webprint@onthenet.com.au
<i>Guest Speaker</i>	Jill Barber (07) 5534 4753
<i>Trip Co-ordinator</i>	Justin Sharman-Selvidge (07) 5539 3973
<i>Librarian Library Assistants</i>	Heather Ryan (07) 5534 4047 Pauline Behrendorff & Greg Wiltshire
<i>Seed Bank Seed Assistant</i>	Peter Seymour-Smith (07) 55965678 Scott Godfredson
<i>Supper Co-ordinator</i>	Jenny Davis (07) 5599 7576

Thanks to other contributors:
Diane Kelly, Patti Barton, Ross Davis, &
Dorothy Coe.



Notice Board

Membership Renewals

Overdue: Adam Boyes, Helen Wainwright, David Wyatt, Heather Ryan, Bruce Kelly, Brian McRae, Lise Racine, Jan Wright, Elizabeth Dolan, Ron Campbell, Renato Morandini, Patricia Barton, Peter & Jan Fleming

August: Shelley Pryor, Warren & Beverly Carlson, Murray Oliver, Gene Rosser, Gordon & Dorothy Singh, Wolfgang Dempsey, Peter & Leanne Dickfos, Jacqueline Zantiotis, David Novakovic, Hermann Voster, Jill Barber, Justin & Vanessa Sharman-Selvidge, Geoffrey Williams, Lyn Mansfield, Jan Guest

September: Mel Kidd, Henry Blonner, Neil Ross, Owen Brown

Welcome to our new Club members: Ann Brown, Roger Peterson, Kathy Steenbeek, Justin Robinson, Jase Hilyer and Scott McCormack

Guest Speakers

Aug: Q&A / TBC
Sept: Gina Winter, Medicinal Herbs
Oct: Bonni Yee on micro-organisms
Nov: TBC

NOTE: If any members within the club would like to share something that would be of benefit to our members please contact Jill Barber to discuss.

Website:

www.goldcoastorganicgrowers.org.au

Facebook: www.facebook.com/gcorganic



HERB FARM

Michael & Sandra Nanka
 491 Springbrook Rd
 MUDGEERABA. 4213

Opening times

Friday, Saturday, Sunday & Monday
 9 am – 4 pm

Phone: (07) 5530 3253
www.herbcottage.com.au

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

HINTERLAND CHOICE MEATS

QUALITY MEAT SPECIALISTS

Wholesale & Retail

We Sell Certified
 GRASS FED BEEF
 HGP FREE &
 NO PRESERVATIVES

Also available now:
 Free-range chickens & eggs

Earle Plaza, Price Street, Nerang 4211
Ph/Fax: (07) 5578 2322

Community Gardens

Want to be part of a community gardening project? Community gardens are a great way for residents without their own garden, or those who want to be part of a community gardening project to get out and use their green thumb.

If you would like to grow your own vegetables, fruits, herbs or flowers, and want to get outdoors and interact with like minded green thumbs, the community gardens may be for you.

To find out where your nearest community garden is established simply email: communitygardens@goldcoast.qld.gov.au

NaturallyGC Program

Gold Coast City Council's NaturallyGC Program has some great activities running throughout the year, many of them of interest to organic gardeners.

Indigenous bush foods and medicine

When: Saturday 10 September 2011

Where: Carrara

Time: 10am to 12pm

Presented by: Jan Sinclair,
Mother Nature's Bush Tucker

Ever wondered what life was like 200 or even 2000 years ago? Come and experience how the Indigenous people of the Gold Coast utilised local plants to survive.

Activity suitable for ages 12 and above.

Remember: Bookings are essential. Places are strictly limited and the program is not able to accommodate people who turn up on the day.

Call (07) **5581 1521** for information and/or to book your spot.

Gold Coast Permaculture Workshops

Introduction to Organic Gardening

AUGUST

Date: 20th August

Time: 10am-11am

What's On: Introduction to herbs and medicinal plants

Time: 11am-12noon

What's On: No-dig gardening

Date: 27th August

Time: 10am-11am

What's On: Subtropical gardening

SEPTEMBER

Date: 3rd September

Time: 10am-11am

What's On: Small-space gardening & balcony boxes

Time: 11am-12noon

What's On: Dairy-making workshop

Date: 10th September

Time: 10am-11am

What's On: Intro to pest + disease control using organic methods

Time: 11am-12noon

What's On: Sprouting and living foods (raw)

Time: 10am-11am

What's On: Fruit-tree care

Date: 17th September

Time: 11am-12noon

What's On: Fermenting Food for beginners

Date: 24th September

Time: 10am-11am

What's On: Making you own fertilizer and soil foods

Time: 11am-12noon

What's On: Cooking Sub-tropical vegetables

Gold Coast Permaculture Workshops

August and September workshops

Cost: \$10 per workshop
Where: 270 Ferry Rd Southport
 Bookings required
 Call: 5539 3973 or Email:
 permaculturegc@gmail.com

Sustainable Gardening Workshops Composting and Worm Farming

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

The workshops are held on a Saturday between 10am and 12pm at the following locations:

10th September - Nerang Library, Corner White and Price Streets, Nerang

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855. Tea and coffee are provided and all you need to bring are closed shoes.

Miami Organic Farmers Market

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

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

Biodynamic Introductory Field Day

Date: 27th of August 2011
Time: 9am — 4pm
Where: 12 Benaroon Crt, Tallebudgera

In this workshop you will be introduced to:

- biodynamic principles
- how to correctly store and use biodynamic preparations
- how to properly stir the preparations
- how to build a biodynamic compost heap

Afterwards if you wish, you can join the Biodynamic Gardeners Association which gives you access to the biodynamic preparations.

Cost :
 \$60 single
 \$100 couple
 \$50 /90 concession for Health card holders.

For further enquiries and to register, contact Lise Racine. Ph: 07 55339505

Herbal Skin Care *Ecologically sound, hand-made on the farm*

The herbal ingredients are grown with Demeter certification and transformed using traditional herbalist techniques. No synthetic preservative or petroleum ingredients are used.

The Herbal Gardener
*Herbal products artisan created
 with finesse and passion.*
www.theherbalgardener.com.au

Ph: 07 55339505
 Email: lise@theherbalgardener.com.au
 Postal: 12 Benaroon Crt,
 Tallebudgera



WORKSHOPS

GROWING AND PROPAGATING HERBS

“Herbs are easy to grow”

Most herbs are hardy and will grow well throughout the garden, or in pots. Grow herbs amongst your vegetables, they make great companions, they can improve growth and flavour of vegetables and help repel pests. Learn how to grow herbs in the garden and in pots, different propagation techniques, how much sun, water and what type of soil herbs like, there are also hints on repelling insects and some simple recipes for sprays. This is a hands on class with plenty of opportunities to ask questions.

When

Saturday 27th August 2011

The class runs for 4 hours from 9.30am to 1.30pm, with morning tea at 11-11.30am. Try to arrive 10minutes prior to have a cuppa and settle in.

Cost

\$45 this includes a booklet of information on growing and propagating herbs, growing herbs in pots and in the garden and some recipes for herbal sprays, as well as a herby morning tea. You also get to take home the cuttings and seed trays that you do on the day.

What to bring

A hat and closed in shoes as we will be spending some time in the garden. Secateurs or scissors for cuttings (if you have them).

Where

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

Book online at www.herbcottage.com.au or call 07 5530 3253



WORKSHOPS

HERBS FOR COMMON AILMENTS

“Herbs; Natures Medicine”

Wander around the herb garden identifying and discussing some useful herbs and weeds. Helpful handy hints on natural healing solutions for sniffles, colds, sore throats, scrapes, cuts, bruises, bites, stings, itching, sunburn, conjunctivitis, ear aches, chicken pox, scarring, digestion, diarrhoea, arthritis, memory, stress and more. This class shows you how easy it is to use herbs simply to relieve a range of complaints.

When

Saturday 10th September 2011

The class runs for 4 hours from 9.30am to 1.30pm, with Morning Tea at 11 - 11.30am. Try to arrive 10minutes prior to have a cuppa and settle in.

Cost

\$45 this includes a booklet of information on herbal remedies for everyday ailments, herbal weeds, and easy to grow herbs that offer a multitude of uses and some simple recipes, as well as morning tea of herbal delights.

What to bring

A hat as we will be spending some time in the garden.

Where

Mudbrick Cottage Herb Farm 491 Gold Coast Springbrook Road Mudgeeraba.

Book online at www.herbcottage.com.au or call 07 5530 3253

Ross' Garden Open Day

I will be having an Open day at my garden.

Through the year I get many people asking "Are you going to have an open garden again?" So to keep face and help people with questions they want answered I shall attempt to show them the answers (maybe).

I will be asking for people to register so I have an idea how many may be coming.

When: 10th of Sept 2011

Time: 10 am till 12 noon

Contact Ross for the address and to register.
Tel: (07) 5599 7576
Email: rossco12@bigpond.com

August In Your Patch

- Whack these into your vegie patch: rocket, silverbeet, spring onions, Chinese cabbage, mizuna, lettuce, parsley, zucchini, pumpkin, leeks and parsnip.
- Why not try some lovely flowering stuff in your patch as well, like: nasturtium, petunias, marigolds (French) and celosia. These guys are great at attracting pollinators and beneficial insects to your patch, and I reckon they look tops as well.
- If planning on putting in some tomatoes next month, prepare a bed now (your toms will thank you for it). Do this by popping in some top notch compost, pelletised chook poo, a wee bit of water, and applying a straw mulch. This bed will be awesome come September and you will have the greatest tomatoes in the street!
- Consider a green manure crop to add some life and love to an overworked patch. At this time of year, try wheat, lablab or chickpea. Just like the tomato bed above, this will improve your soil incredibly, and, for a bit of forward planning, you'll find it well worth the effort!
- Pruning and weeding is a top job to do at this time of year.
- Top up mulch on your vegie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Ipswich Home Gardener's Expo 2011

When: Saturday 27 August 2011

Time: 8:30am to 3:00pm

Location: Glebe Road & Green Street, Booval

Cost: \$3.00 per person

Children Under 12 Years Free

Presented by: Glebe Garden Club Ipswich

Special Guest Speakers include Paul Plant and Noel Burdette.

Huge Variety of Exhibitors e.g. Plant Stalls, Garden Ornaments, Native Bees, Garden Products, Garden Pots and Hangers, Craft.

Entertainment all day.

Food and refreshments available

More Information: (07) 32810665 or (07) 32888467

Source: Sustainable Gardening Australia, www.sgaonline.org.au

COMING SOON

Brisbane Organic Growers' Fair

If you've ever wondered how to garden organically or if you're just curious about the real benefits of eating organically, the 26th annual Brisbane Organic Growers Fair in Windsor, Brisbane is where you should head.

When: Sunday 2 October 2011

Time: 9am to 3pm

Where: The Peace Hall, 102 McDonald Road, Windsor (under the Albion overpass near the Albion train station)

Parking: Limited parking is available on site, but ample parking can be found in surrounding streets.

The fair spreads from the Albion Peace Hall, 102 McDonald Road Windsor, under the Albion overpass and into the neighbouring park, with produce stalls, demonstrations, information and BOGI members to access for all your organic queries. There will also be a BOGI café serving freshly cooked organic sausages, cakes, quiches, salads, tea and coffee.

Organic growing also means using environmentally sustainable practices without artificial fertilisers or chemical pest control. Come along and find out about worm farms, chook tractors, no-dig-gardens, making compost and growing your own vegetables.

Seasoned organic growers will be on hand to welcome inquiries on how you can start your own organic patch (you don't need an area any bigger than a patio pot). BOGI members relish showing their practices to the public and say there is no question too silly to ask - and their expertise in keeping gardens healthy during drought and water shortages will be particularly valuable.

Train travelers to the fair will find it on the western side of the Albion Railway station.

Stall Holders

The 2011 fair will, as always, be a great chance to spread the word about the benefits of Organic Growing and Organic Living to the wider community. Stall holders participation in the Fair play an important part in making this Annual event a success.

We welcome your application to have a Stall at our Fair.

- The cost of a stall is \$25.00 for Members or \$30.00 for Non-Members.
- Stall Sites will be approximately 2.5 metres.
- Tables will be available for hire for \$15.00 each.
- Stallholders must be set up by 8.00am and all vehicles to be removed from the area by then.
- Each stallholder must complete a Stallholder Application Form and return with Stall Fee by Friday 9 September to the 102 McDonald Road, Windsor, Brisbane.
- Brisbane Organic Growers Inc reserves the right of refusal.

Please do not hesitate to contact the fair convenor with any queries.

For more information on the fair and on organic growing in general, contact:

Organiser: Graeme Crombie
Phone: (07) 3298 6137 or Email:
bogifair@bogi.org.au

Did you know?

A medium lemon has 18 calories, no fat or cholesterol and contains 35 per cent of the daily recommendation of Vitamin C.

Tricks of the Trade

Have you ever wondered how professional gardeners are able to get their plants growing well? It is all about the tricks & short cuts they have discovered from years of experience.

Get your citrus off to a good start:

1. In the first year, prune back all shoots by a third.
2. For the first 2 years, remove all flower buds. This directs the plant's energy into forming a strong tree, rather than flowers and fruit.
3. Every spring and autumn, spread a 2 cm layer of pelletised chook manure around the base of the tree.

Water-wise planting:

1. Before planting, immerse the potted plant in a bucket of water for 10-20 minutes, or until bubbles stop rising.
2. Fill the planting hole with water and wait for it to drain away. This ensures the soil is completely moist.
3. Plant, then form a ridge around the plant as wide as the root ball, to channel water to where it's needed.

How to buy top-quality plants:

1. Reject a weedy pot – it is a sign of neglect.
2. Look under the pot. If the roots are just starting to grow through the draining holes it shows they are filling the pot but it's not root-bound.
3. Gently knock off the pot. Check the roots are plump, growing down rather than spiralling and not root-bound.

Make a plant diary:

1. When you buy a plant, keep the label for later reference.
2. Slip the label into a pocket of a photo album that has space to write next to each entry.
3. Write notes about each plant that will help you in the future. Include where and when it was planted, when it flowered, and any pests and diseases it has suffered from.

Source: *Tricks of the Trade Gardening Australia*

How to skeletonise a citrus

Old, congested trees are breeding grounds for pests and diseases. Vigorous varieties such as Lisbon and Eureka respond wonderfully to brutal pruning, while Meyer lemons can also be pruned, but not as drastically.

- Skeletonising is a type of pruning that only needs to be carried out every decade or even less frequently. In warm, frost-free districts it can be carried out any time of the year, but it's best done when the main fruit production is declining. In cooler areas the best time is mid-spring and early summer, after the last frosts.
- Cut off the yellow fruit. If stored indoors it will become juicy and provide up to two or more months of lemons. Cut off and discard the small, dark green fruit.
- Use a pruning saw to cut off all thin, low branches flush with the trunk.
- Using branch cutters or a pair of secateurs, cut away all of the small branches as well as the tips of all of the larger limbs.
- Finish off by snipping away every remaining twig from every branch.
- The tree will now appear totally shorn, with hardly a leaf left. Rake up all the debris (which is infested with pests and diseases) and cart away or destroy.
- Now water the tree heavily to thoroughly soak the root system. Scatter a dressing of pelletised poultry manure over the roots at the rate of a double handful to each square meter and water in.
- Within a few weeks the bare branches will erupt with new shoots. In three months – with regular watering – a new canopy will have formed. By the following year the tree will be carrying magnificent crops of healthy fruit. In other words, it pays to be cruel to be kind to old, forgotten lemon trees.

Source: *Peter Cundall, Gardening Australia*



Getting to Know Roger Griffiths

Interview by Diane Kelly

For this newsletter's "Getting to Know" interview, I decided to draw a time line:

- 1945 – second world war ended
- 1947 – Roger Griffiths born in Herefordshire, England, not far from the border with Wales (both his parents were Welsh).
- 1953 – rationing of sugar ended in the United Kingdom
- 1966 – Roger emigrated to Australia
- 1978 - Roger moved to Mudgeeraba
- 2011 – Interview with GCOG newsletter

The reason I mention the rationing of sugar in Britain is that Roger's parents thought that if sugar was not available, an alternative source of sweetening for food was honey – and thus a background was set for Roger's interest in keeping bee hives. Also both Roger's parents were gardeners and lived on farms (Herefordshire being renown for apples, cider and Hereford cattle), and some of Roger's earliest memories are of crocuses, daffodils and dahlias, and of planting swedes, turnips and potatoes (dig a trench; put in cow manure; add soil; plant potatoes; and cover with more soil – and enjoy!)

Roger came to Australia in 1966, and lived in Melbourne until moving to the Gold Coast in 1975, and then to an acreage property in Mudgeeraba three years later, when there was no M1, no Robina Town Centre, and (for us Mudgeeraba old-timers), Skeeter still ran the general store. Roger and his wife Diane's goal at that time was to provide a lifestyle of space, gardening and pets for their three children (who now have successful careers as a graphic artist studying at Bond University, an IT specialist, and a chef in a top Melbourne restaurant.)

The one-acre block that Roger moved to gently slopes down from the road to a creek,

and has soil that is predominately clay-based. The property is divided into several general areas – the house; the tree, shrub and flower area; the vegie gardens; and the area where there are fruiting trees, and where the sheep grazes. The flowers reminded me of living in Melbourne – especially the beautiful magnolias in full bloom, as well as snow-drops, daisies, primulas and roses.



Magnolia tree, with views across to the bee hives & vegie gardens

One of the questions I asked Roger was about his "worst gardening moment", and as we walked around the block, we talked about the trees that had been planted during the past thirty years. It was evident that those that had been planted on the northern side of the block created large shaded areas – which in turn limited the areas available for growing vegetables and other plants that appreciate access to full sun.

However, the variety of trees that had been planted were impressive – they ranged from a Davidson Plum, a Jaboticaba tree (whose blossoms the bees love, and are noteworthy in that the fruit grow directly along a branch, rather than in a cluster), an African Tulip, a Crepe Myrtle, a Peanut Tree (which has a pink/purple flower), a Parrot Tree (a pioneer tree) and an Brazilian Cherry tree (with fruit that change from yellow to red, and although a trifle tart, are very tasty - they sometimes flower and crop twice a year). Scattered

among the trees are orchids, ginger plants, clivias, and balsams.

Moving from the shaded area of the block, we came to the 'industry area' - the sheep, the bees and the vegetables. There is only one sheep left now, but over the years the wool from the sheep (both white & brown) has been used for spinning, and Roger now uses the wool for newly planted pots - he adds an amount to base of pots to facilitate drainage, prior to adding soil and plants. The sheep keeps the back area of the property mown, as well as "pruning" the mulberry tree - it was interesting to see the grasses that he did or did not choose to eat! (The sheep is a Wiltshire, a breed which is apparently "self-shearing" - I remember seeing some of these on a property out at Gilston, looking very patchy as their wool separated from the animal.) The back area also houses a Black Sapote tree (a type of Persimmon, which can be made into yummy muffins!) and a Japanese maple (another tree the bees really enjoy).



The sheep - who is named "Sheep"

As mentioned earlier, Roger explained that his interest in bee-keeping came from his parents. He has a number of hives (and is known to some as "The Honey Man", because of his gifts of jars of honey), and showed me the hive where a swarm had recently been "caught" and re-settled. It was interesting to see the interior of the hive, which included a mesh area which precluded

the Queen bee from moving into the upper honey boxes - Roger moved the trays around very competently, but I must admit to moving back a step or two! However I learnt that you can tell by the tone of the bee's "buzzing" whether it is agitated. At this point we had a good discussion about bees being attracted to the colours blue or purple - Roger thought that bees are colour-blind, and so we concluded that certain plants produce aromas that particularly attract bees. (I've since read that bees only see four colours, one of which is ultra-violet, which is not visible to the human eye - a subject of interest to investigate.)



Roger inspecting the bee hives

Roger has four separate vegetable garden areas - three well established areas, and one new area which has been cleared of elderberry shrubs, and is now growing a variety of vegies including silver beet, lettuce, broccoli, and a Meyer lemon tree. The other gardens plots have a very wide range of vegetables - leeks, garlic, sugar snap and snow peas, celery, carrots, shallots, red, white & brown onions, kale, tomatoes, cabbages, horse-radish, tomatoes, potatoes, silver-beet, spinach and capsicums. And that doesn't include the lemon grass, mushroom plant, cardamon (part of the ginger family), passionfruit, Brazilian spinach, ginger, bay leaf, strawberries and perpetual coriander that were also growing! A new addition to the gardens are calendula plants (included to add colour).

Continued Over.....

Around the back of the block, there are more fruit trees – lychee, custard apple, White Sapote, Chinese Raisin, Lemonade tree, and a lime. There are also herbs – curry plants, rosemary (one of Roger’s favourite plants, along with leeks), wormwood and lavender – and a pineapple plant and a choko vine.

As the interview drew to a close, I asked Roger several questions:

- What has been your best gardening moment? An optimistic “I am still waiting for it!”
- What has been your worst gardening moment? Gradually realizing the mistake of planting small trees on the northern boundary of the block that eventually became very tall trees!
- What advice would you give a new gardener? Have a master plan – work out what you like to achieve, otherwise your successes will be haphazard.
- What is your goal for your gardening future? To understand the soil, as it is the basis to successful gardening.
- What do you enjoy most about your garden? Picking a fresh salad for lunch each day.
- What is your dream for your garden? To grow more fruit & vegetables to be able to share with others.

Did You Know?

The walking stick cabbage (*Brassica oleracea longata*) may not be the tastiest cabbage variety available, but it is certainly the tallest. The stems, which grow up to 2m tall, can be dried and used as walking sticks.

The outer green leaves of cabbage are the most nutritious, but the naturally blanched white leaves in the centre of the head are the most tender.

Source: “Organic Vegetable Gardening”

Gold Coast Permaculture 270 Ferry Road, Southport

By Diane Kelly

I must admit my motivation for going to the Ashmore Community Garden’s fundraiser on Saturday 30th July was for the “plants, vegetables, baked goods and home-made preserves and sauces” that the advertisement said I could buy.

However, I didn’t realize at the time that the event was being held at 270 Ferry Road, Bundall, which is the new home to the Gold Coast Permaculture group, and a very inspiring place indeed.



The block is a large one, with a number of well-established trees. At the front, there are large piles of soil and mulch – the soil has been contributed to the centre, and care is taken that all “foreign matter” is removed before use on the garden beds. A large sieve (probably a meter square) was in evidence.

To the left of the block is an area set aside for the chooks - rows of various grasses have been planted to enable the wire “tractors” in which the hens live to be moved along, the greens eaten, dug up, and then manured. The hens lay their eggs in recycled mower catchers, which provide darkness and privacy.

To the back of the block is a fenced-off area that is designed like a circular potager's garden and this appears to be where young seedlings are grown. A propagation area and the shredding machine are housed to the right hand side, next to a large, spreading tree – which was where mixed greens salad, potato salad and sausage sizzles could be purchased for lunch. (They now come highly recommended!)

Other items to note around the property are the worm farm and the bee hive.

Then, to the right-hand side of the block, is the vegetable garden. The beds are mounded up, they are about a metre wide for easy weeding access, and they are designed in a semi-circle. Apparently this is to make full use of the sunshine as the day progresses – plants aren't limited by shadow as can happen with east/west planting. The paths between the beds are covered with wood-chips, and the beds consist of soil, mushroom compost, horse manure and sugar cane and other mulches.

It is hard to give an adequate impression of the garden, so I will just do a list of all the vegetables that were in it. (Most of the rows are labelled, which was a help.)

Bok Choi, Daikon, Rocket, Mustard, Red Russian Kale, Rainbow Chard, Scottish Kale, Ceylon Spinach, Calvo Nero, Cos Lettuce, Mizuna, Little Gem Lettuce, Salad Bowl Lettuce, Endive, Fennel, Coriander, Lemon Grass, Sunflowers, Marshmallows, Carrots, Tomatoes



There were also peas just starting flower nestled among the other plants – probably Sugar Snaps. The vegetables are planted very close together, but are not spindly through lack of sunshine, and various types are mixed in. The Ceylon Spinach is planted at the end of one of the garden rows, where an archway is waiting for it to spread. The plants are all healthy looking, large, and with no evidence of bugs or disease.

So if you are interested in learning how to grow any of the vegetables and herbs listed above, or if you want to know more about "chook tractors", or creating good soil, or if you have questions about permaculture in general, 270 Ferry Road is a good place to go.

The centre is open any day except Wednesday and Sunday, but please ring Leah on 0416 897 195 because visits are by appointment only.



What can you Grow in a Box?

The large, extra-sturdy boxes used to package televisions and other appliances can do a short tour of duty as enclosures for compost, or you can use them to grow potatoes and other garden crops. Simply place the box where you want to smother weeds or improve the soil, fold in the top flaps and fold out the flaps on the box's bottom, and then fill it with mixed or layered compostable materials. As you fill it, you can tuck in seed potatoes or container-grown plants that need protection from cold weather. If you like, it is easy to improve the appearance of the box by covering it with a piece of hessian or other cloth. When the box softens and begins to collapse, tear it up and add the pieces to any working compost heap.

Source: *The Complete Compost Gardening Guide*

Gardening with Ross

Potatoes 2011

It's a good start for the Potato at Tweed Heads. The soil was nice and moist after the pumpkins had been harvested.

The whole area was fertilized with Brunnings; Blood & Bone is a high quality, natural organic fertiliser that is ideal for all types of roses.

It has been specifically formulated to ensure that it meets all the criteria for a GENUINE blood and bone fertiliser and not just a blood and bone "based" fertiliser.

I have found this to be one of the best products in the market, a bit on the expensive side, BUT it works every time.

If you can make enough compost to do the garden that's fine, but in the meantime this works well.

My Potatoes were planted on the 17th of May 2011 (the same day as last year it turned out).

Today the 31 July there is the first flower out and it's on the Nicola, which surprised me, I would have thought the Sebago would be first to flower and produce potatoes.



This year I have grown Dutch Cream, Nicola: Sebago & Pontiac.

I am lucky here because I have two heat sinks to keep the frosts off my garden. One is the 5 acres of fresh water lake & on the other side I have the salt water inlet tidal river. Between these two it helps keep the frosts at bay and to date we have not had a frost settle yet.



Broad Beans

It's almost too late to plant broad beans but if sown this week you will be successful.



After the plants get to about 300 mm (1 foot) High, its best to stake them, and keep tying them up as they will grow to 3 feet high.

Theses beans are ready when the others in the garden are not. This is due to the cold weather/ground which will not let the standard bean germinate.

They need good rich soil and an even amount of watering. Make sure they are weed free and hoe the soil up (about 2 inches) around the young plants as they come out of the ground.

Happy Gardening - Ross



Why No Lime?

When you make compost from very acidic materials, for example pine needles or sawdust, it seems logical to add a little lime to the mix to help nudge the pH into the neutral range.

Not so fast!

Especially in the early stages of decomposition, these and many other materials release a flush of organic acids – their way of inviting micro-organisms that work best in acidic environments to the feast. Mixing in lime would sabotage this process and increase the amount of nitrogen lost as ammonia gas.

Besides, soil pH is determined much more by the mineral particles in soil than by its organic matter sources, so liming up a compost pile is putting your lime in the wrong place. When using lime to raise the pH of acidic soil, or sulphur to lower the pH of alkaline soil, it's best to work the minerals directly into the soil. Wait at least a month before using a simple pH test kit to evaluate the results of your efforts.

Source: *The Complete Compost Gardening Guide*

One of Australia's largest private Japanese gardens on our doorstep

Tani Tei En (Valley Garden) is the grand passion of its owners Bob and Evelyn Marshall. The spectacular property features a 2,000 square metre Japanese Garden, with a Tea House cantilevered over a lake and waterfall, making for a haven of serenity. The Japanese garden was completed in 2006, and its construction took more than five years. The 11-acre Tani Tei En site is part of a



subdivided dairy farm in the beautiful Currumbin Valley and the original milking shed is still on the property.

A Fringe Tree *Chionanthus Retusus* is sure to be looking its best at the Open Garden weekend, along with many different coloured Louisiana irises both in the dam near the house and the Japanese Garden.

Tani Tei En incorporates many different garden styles - formal, rainforest, cottage and of course the stunning Japanese Garden. A circular sandstone garden and interesting metal sculptures add to its many pleasures.

Thousands of rainforest trees (many native to the region) have been planted around the garden, and provide a wonderful backdrop to the manicured lawns.

Garden address: TANI TEI EN, 519 Currumbin Creek Road, Currumbin Valley

**Open Sat 8th and Sun 9th October
10am to 4.30pm
Admission \$6 (free under 18)**

How to regrow celery From Dorothy Coe

You should start off with a bunch of organic celery.



Cut the bottom piece off of the celery. I cut it at about an inch and a half.



Place the bottom piece into a shallow bowl with warm water. I started my first one in a sunny window but now that it is warmer I am doing this outdoors.



In a couple days later you will see a root or two coming out of the bottom of the celery and new leaves growing from the top. At this point you can plant it. I plant the whole bottom with the leaves just peaking out. I also added an organic fertilizer to the hole and worked it into the soil before adding the celery plant.



A week later the celery should look like this.



Two weeks later it is growing like a weed. :)



Once it regrows you can cut the stalks off on an as needed basis. It will continue to regrow.

I plan on transferring mine to pots this winter and trying to grow them inside in a sun room.

Further instructions:

Apply a thick layer of mulch around the celery plants. (I still need to do this step) Celery requires moist soil. So it must be watered often during the growing season. It also requires a high level of nutrients. So fertilizing the plants with a nutrient-rich compost several times during the growing season is a must.

Weeds can rob the celery plants of their much needed nutrients so be sure the keep the area around your celery plants weed free.

This is the final step in growing the celery. It's been growing for three weeks now and is tall enough to add the soda bottle or a half gallon milk carton can be used as well. I am going to try it both ways to see which way works best. The reason for this step is because the celery will grow out like petals on a flower. It takes up a ton of room in your garden if you do not secure in some way.



Source: Raw Food Rehab
<http://rawfoodrehab.ning.com>

Caring for Aloes
From Diane Kelly

Aloes are generally easy to grow, but follow these tips and they will really thrive:

Watering: Most aloes die from over-watering. Indoors or out, they only need occasional watering, perhaps once a month during dry winters and spring. When they are really, really dry the leaves of some species turn pretty shades of orange or red. Others curl their leaves into attractive, tight little balls.

Feeding: Aloes slowly but visibly respond to feeding. When planting, work a handful of blood and bone into the soil. In winter and spring give them a monthly dose of seaweed tonic. In spring sprinkle pelletised chicken manure around their base and work it into the soil.

Diseases: Armillaria and other rootrots are the greatest threats to aloes. Prevention is best so provide good drainage by using pots or raised beds. Condition clay soil and avoid over-watering.

Pests: Mealy bug and scale are the worst pests to affect aloes, making them look untidy, especially during the warmer seasons. They rarely cause significant damage. Control by dabbing horticultural oil or a 50:50 mix of methylated spirits and water onto infestations.

Source: *The Complete Compost Gardening Guide*

Quote from Esther Deans:

*Grow herbs in your garden,
because a garden without
fragrance is a garden
without soul.*

Various Online Articles and Videos By Patti Barton

Using Nature's Genius in Architecture

At TEDSalon in London, Michael Pawlyn describes three habits of nature that could transform architecture and society: radical resource efficiency, closed loops, and drawing energy from the sun. Video at:
www.youtube.com/watch?v=3QZp6smeSQA

Stimulating Soil and Air

A marvellous journey into understanding the role of biodynamics while in the pursuit of quality food and ultimately the use of atmospheric broadcasters to induce patterns into the soil and air. A must read for anyone interested in non-chemical agriculture - the easy way! It also includes the construction plans for building your own atmospheric broadcaster.

Full details at:
www.acresusa.com/toolbox/reprints/stimulatingsoilair0802.pdf

Greener Pastures

A growing number of soil and agricultural scientists are discussing a low-tech, counterintuitive approach to the problem of getting carbon out of the air and back into the soil that depends on a group of unlikely heroes: cows. The catalyst for reducing CO₂ and restoring soil function and fertility, they say, is bringing back the roving, grazing animals who used to wander the world's grasslands. The natural processes that take place in the digestive system and under the hooves of ruminants might be the key to turning deserts back into grasslands and reversing climate change.

Full details at:
www.conservationmagazine.org/2011/06/greener-pastures/

From The Soil

Michael Pollan is the author of *In Defense of Food*, *Food Rules*, *The Omnivore's Dilemma*, and other best-selling books. Here he speaks about the soil, and how it cannot yield healthy food if it is not healthy itself.

"To be conscious of the soil is a very foreign idea to most of us but it's the basis for this engagement with nature that is eating." he says. Indeed, it is the component of the system that everything ultimately centers around.

www.nextworldtv.com/videos/food-choices/michael-pollan-from-the-soil.html

Then check out this video library on food - fantastic! They all appear to be short 1-2 minute runs.

Full details at: www.nourishlife.org/videos-all

Powerhouse of the Soil

The soil foodweb of microflora and microfauna constitutes an underground engine of fundamental significance to plant productivity. Mycorrhizal fungi play a key role in the functioning of this foodweb, drawing down atmospheric CO₂ as dissolved organic carbon (DOC) and providing much needed energy for the soil ecosystem. Mycorrhizae (and the glomalin they produce) are the primary soil carbon stabilisation mechanisms in sandy soils. What is less well known is that in seasonally dry, variable, or unpredictable environments (ie most of Australia), mycorrhizal fungi play an extremely important role in plant-water dynamics.

Full details at:
www.amazingcarbon.com/PDF/JONES-MycorrhizalFungiEVERGREEN%28Sept09%29.pdf

Prostate Awareness Twin Towns & Tweed Coast

Just a click away:
www.prostateawarenessaustralia.com or
contact Ross Davis for more info:
rossco12@bigpond.com

COMPANION PLANTING FOR AUGUST

Plant	Companions	Function	Foes
Asparagus	Tomatoes, Parsley, Basil		
Beans	Potatoes Carrots, Cucumber, cauliflower, summer savoury, most other vegetables and herbs.		Onions Garlic Gladiolus
Beetroot	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
Borage	Tomatoes, squash and strawberries	Deters tomato worm, improves growth and flavour and in the strawberry patch will increase the yield.	
Carrots	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
Celery & Celeriac	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
Cucumbers	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
Fennel		(not <i>F. vulgare</i> or <i>F. officinale</i>) repels flies, fleas and ants	Most plants dislike it
Leek	Onion, celery, carrot		
Lettuce	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
Melon	Radish		
Onion	Beets, summer savoury, tomatoes, lettuce, strawberries, camomile		
Potato	Beans, cabbage, marigold, horseradish (plant at corners of patch) eggplant, sweet alyssum.	Alyssum attracts beneficial wasps and acts as a living ground cover	Pumpkin, squash, cucumber, sunflower, tomato, raspberry
Pumpkin	Corn		Potato
Radish	Peas, nasturtium, lettuce, cucumbers, spinach	Radish attracts leaf minor away from spinach	
Tomatoes	Asparagus, Parsley, Chives, Onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
Silverbeet	Beetroot, Onion		
Strawberries	Bush bean, spinach, borage, lettuce		Cabbage



VEGETABLES

AUGUST: Amaranth, Artichoke, Asian greens, Bush beans, Ceylon spinach, Climbing beans, Capsicum, Carrot, Celeriac, Celery, Sweet corn, Cucumber, Eggplant, Gourd, Kohlrabi, Lettuce, Luffa, Marrow, Okra, Parsnip, Peanut, Potato, Pumpkin, Radish, Rhubarb, Rockmelon, Shallot, Spring onion, Silverbeet, Squash, Strawberry, Sunflower, Sweet potato, Tomato, Watermelon, Zucchini.

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

HERBS

AUGUST

Annual: Borage, Calendula, Chervil, Chamomile, Coriander, Dill, Herb Robert,

Italian parsley, Misome, Mizuna, Giant Red Mustard, 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.

SEPTEMBER

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

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

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

Planting in August

Amaranth	Sow in garden.	Harvest from September
Artichokes	Sow in garden.	Harvesting from May - September
Asparagus	Sow in garden, or plant as crowns.	Harvest from 24 months
Beetroot	Sow in garden.	Harvesting from September - October
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November
Capsicum	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from October
Carrot	Sow in garden.	Harvesting from October - December
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - December
Chilli	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from October
Chinese cabbage	Sow direct in the garden.	Harvesting from September - October
Chives	Sow in garden.	Harvesting from September - October
Climbing beans	Sow in garden.	Harvest from October
Cucumber	Sow in garden.	Harvesting from September - October
Dwarf beans	Sow in garden.	Harvesting from September - October
Eggplant	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Fennel	Sow in garden.	Harvest from November
Leeks	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - December
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from September - October
Marrow	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Melons	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Mustard greens	Sow in garden.	Harvest from September
Okra	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from January - March
Parsnip	Sow in garden.	Harvesting from November - December
Potato	Plant tuber.	Harvesting from November - December
Pumpkin	Sow in garden.	Harvesting from November - December
Radish	Sow in garden.	Harvest from September
Rocket	Sow in garden.	Harvesting from August - September
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from October - November
Silverbeet	Sow in garden.	Harvesting from September - October
Spring onions	Sow in garden.	Harvesting from September - October
Squash / Zucchini	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Sweetcorn	Sow in garden.	Harvesting from October - November
Tomato	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November

Preparing for Sept

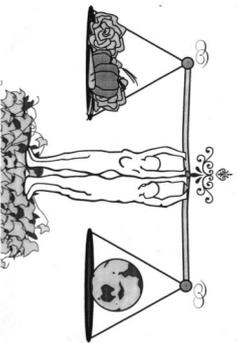
Amaranth	Sow in garden.	Harvest from September
Angelica	Sow in garden.	Harvest from 18 months
Artichokes	Sow in garden.	Harvesting from May - September
Asparagus	Sow in garden, or plant as crowns.	Harvest from 24 months
Beetroot	Sow in garden.	Harvesting from September - October
Borage	Sow in garden.	Harvesting from September - October
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November
Capsicum	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from October
Carrot	Sow in garden.	Harvesting from October - December
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - December
Chilli	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from October
Chinese cabbage	Sow direct in the garden.	Harvesting from September - October
Chives	Sow in garden.	Harvesting from September - October
Climbing beans	Sow in garden.	Harvest from October
Cucumber	Sow in garden.	Harvesting from September - October
Dwarf beans	Sow in garden.	Harvesting from September - October
Eggplant	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Fennel	Sow in garden.	Harvest from November
Horseradish	Plant root pieces.	Harvesting from November - January
Leeks	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - December
Lemon Balm	Sow in garden.	Harvesting from September - October
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from September - October

Preparing for Sept (contd.)

Marrow	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Melon	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Mustard greens	Sow in garden.	Harvest from September
Okra	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from October - November
Parsnip	Sow in garden.	Harvesting from November - December
Potato	Plant tuber.	Harvesting from November - December
Pumpkin	Sow in garden.	Harvesting from November - December
Radish	Sow in garden.	Harvest from September
Rhubarb	Plant pieces of rhizome or roots 8 - 10 cm (3 - 4 in.) deep.	Harvest from 12 months
Rocket	Sow in garden.	Harvesting from August - September
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from October - November
Silverbeet	Sow in garden.	Harvesting from September - October
Spring onions	Sow in garden.	Harvesting from September - October
Squash / Zucchini	Grow in seed trays, and plant out in 4-6 weeks.	Harvest from September
Sweet corn	Sow in garden.	Harvesting from October - November
Sweet Potato/Kumara	Plant shoots or cuttings (Slips).	Harvest from November
Tomato	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November
Turnip	Sow in garden.	Harvesting from September - October
Yam/Oka	Plant tubers about 5cm (1.5") deep covered with soil.	Harvesting from November - December

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 15 September 2011