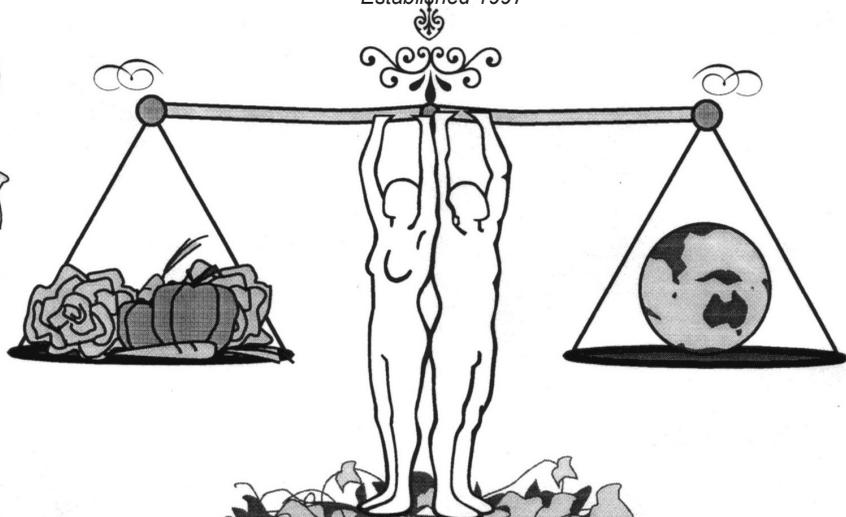


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - AUGUST 2016 Issue 8
GARDENING IN WINTER

Pg2	<i>Club Information</i>	12-13	<i>Jill Barber's Garden Update, Veggie Swap Update</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	14	<i>Let's Share our Tips of "All Things Gardening"</i>
4-5	<i>Workshops Continued, Events</i>	15	<i>If You Do Just One Thing This Month</i>
6-7	<i>Notes from July Guest Speaker, Can We Help, Offers/Wants</i>	16-17	<i>Recipes</i>
8-9	<i>Q & A from July meeting</i>	18	<i>Fruit Trees</i>
10-11	<i>The Last Working Bee, Lucky Lemon Tree Winner</i>	19	<i>Vegetables and Herbs</i>

OUR NEXT MEETING: Thursday 15th Sept

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 \$1 members, \$3 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: \$10 an issue, or \$100 per year

1/2 page: \$20 an issue or \$200 per year

full page: \$30 an issue or \$300 per year

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

2016 Committee

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Vice President	Diane Kelly (07) 5522 7444
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Librarians	Ann Brown 0403 936 360 Pat McGrath Megan Keeler
Seed Bank	Lyn Mansfield 0409 645 888
Seed Assistants	Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

Newsletter Contributions are welcome.

Send in a photo of what's going on in your patch. Deadline for contributions is the **second Monday** of the month. Send your content to Dorothy Coe at: dorothy@dorothycoe.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 – August 2016

Overdue: Robert Faulkner (303), Shelley Pryor (72), Ron Campbell (255), Peter & Jan Fleming (287), David & Lesley Freeman (352), Ian & Margaret Lee (118), Ann Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347)

August: Murray Olver (105), Gene Rosser (224), Gordon & Dorothy Singh (241), Wolfgang Dempsey (258), Peter & Leanne Dickfos (260), Jill Barber (290), Lyn Mansfield (306), Jan Guest (307), Dayne Petersen (377), Kim Verecke (393), Alan Ralph (394), Caroline Li (395)

September: Neil Ross (294), Frank Rebesco (342), Beth Orme (343), Celia Forrest (351), Grant Fastier (379), Michael Cuthbertson (396), Ray & Cheryl Finlayson (397), Anne Butler (398)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Cathie Hodge, Rachael Lebeter, Lyn Mansfield, Jill Barber, Nicci Schumacher & Eileen Turner.

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

Upcoming Guest Speakers

September

Rell Oliver-Braddock from Higgledy-Piggledy Farm.

Rell runs Higgledy-Piggledy Urban Farm in Brisbane. She is a passionate gardener and will be sharing her love of urban farming with us. I'm looking forward to hearing about Higgledy-Piggledy's projects, and about the contributions WWOOFers make to the farm.

Workshops

Abilities Plus – Permaculture

All these workshops are held at 2 Market Street, Carrara (Behind the Back Page Sports Bar and Woolworths)

Come and chat about a vegetable, herb or plant and learn how to cook it....

Workshop are from 10am to 12 noon

20 August	Turmeric (full details page 4)
17 Sept	Herbs and Oils
15 Oct	Salads and Stir Fries picked from the Garden
19 Nov	Ointments and Salves
3 Dec	Christmas Party

Cost is \$5.00
 BOOKINGS REQUIRED

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

Fermentation Workshops

After popular demand of the last 2 workshops on 31 July, which were fully booked out, we had to create a waiting list and hence running this additional workshop in Sept for those that missed out.

I did both workshops in July along with some of our club members and thoroughly enjoyed them and can recommend both workshops. After the workshop I setup a support page on Facebook so that the attendees could continue to work together online, share knowledge and support each other as we go. Anyone attending the additional workshops can also join the facebook pages for extra support.

Dorothy Coe

Fermentation workshops with Elisabeth Fekonia, Award winning accredited permaculture teacher

Saturday 10th Sept

1. Brie and Sourdough Bread
2. Lactic Fermentation of Vegetables, Fruits and Beverages

Where: "Tennis on 11th" Hall which is on the corner of Tenth Ave and Cypress Terrace, Palm Beach (right next to tennis courts)

Cost: \$60 for one workshop or \$110 for 2 workshops

9.30am – 12.30

Brie and Sourdough dough making

Learn how to make your own delicious brie cheese from cow's milk as well as easy to make delicious sourdough bread. Both of these fermented foods are made on the spot with samples for taste testing for all attendees. Hands on participation from the class volunteers will show how to make brie cheese, and sourdough bread from scratch.

Handouts and sourdough starter included with brie cheese and sourdough bread for morning tea.

1.30-4.30pm

Lactic fermentation of vegetables, fruits and beverages

Lactic or wild fermentation is a very natural and wild fermenting method that creates zillions of lactic bacteria that are a wonderful source of pro biotics for your inner health. Learn how make these easy ferments for yourself and see how versatile and varied these can be. Ferments such as sauerkraut, kimchi, fermented tomato sauce, fermented fruit paste, fruit chutney, cucumber pickles, fermented polenta fingers, nuca doca, as well as kombucha tea, beet kvass and ginger beer. Participants will be making these ferments by demonstration and every one will take home sauerkraut made on the day. All foods and beverages will be available for taste testing with handouts including all the recipes.

If you are interested in going one or both Contact Elisabeth on 0432 180 523.

Brisbane Organic Growers Annual Fair

**Sunday 28th August
9am—3pm**

**102 McDonald Road, Windsor
(Near Albion Railway Station)**

**Free gardening advice and talks,
Free animal nursery,
Herbs, Books, Jams, Tools,
Chooks, Seedlings, Fruit Trees,
Foods & Drinks**

**Contact: 0435 916 577
E: bogifair@bogi.org.au
W: bogi.org.au**

Workshop on Turmeric

Saturday - 20th August
10 a.m. to 12 noon

2 Market Street, Carrara (Behind the Back Page Sports Bar and Grill and Woolworths (Gold Coast Permaculture site)

Cost: \$5.00
Bookings Required

Turmeric is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native to southern Asia, requiring temperatures between 20 and 30 °C and a considerable amount of annual rainfall to thrive. Plants are gathered annually for their rhizomes and propagated from some of those rhizomes.

Turmeric (*Curcuma longa*), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, ...

Bernie is going to teach us all about Turmeric and this talk will cover

- health benefits of turmeric
- how to identify different types of turmeric
- how you can easily grow turmeric at home
- the best ways to use turmeric in your everyday life

Bernie will bring lots of turmeric for you to try.

For **BOOKINGS** and queries please contact Lyn Mansfield 0409 645 888 or email lynmansfield14@bigpond.com

Check out our new website <http://abilitiespluspermaculture.com/>

Gold Coast Amateur Beekeepers Society Inc. OPEN DAY

GCABS Open Day

Open to all interested in Bee Keeping, from beginners pondering starting out and wondering how to get started, gardeners and growers interested in pollination, new owners of "Flow Hives" to experienced bee keepers wanting to network with others and update on apriary innovation and bio security regulations.



- Local Honey
- Beekeeping Supplies
- Beekeeping Demonstration for Beginners
- Cooking Contests
- Beeswax Cosmetics Worksho
- Trade displays and information.
- Guest speakers and industry experts
- General Public Welcome

When: 25th September 25 (ALL DAY)

Where: Mudgeeraba Showgrounds, 115 Mudgeeraba Road, Mudgeeraba

Cost: \$2 entry

Contact: secretary@gcabs.net.au

More info: www.gcabs.net.au

Last Month's Guest Speaker Marty's Micro-Garden - by Rachael Lebeter

Microgreens are one of the most nutrient dense, space-saving and labour-reducing crops that we can grow on a home scale. They can be produced in as little as 10-20cm² and are ready to harvest in 5-10 days depending on the seed chosen and the microclimate created. Shoots and sprouts can be up to 60% more nutrient dense than fully grown plants. With such an easy harvest, it is a wonder we do not grow these little gems, so popular with restaurants, more often.



Marty Ware, our July speaker, started small space gardening on a Gold Coast balcony 7 years ago. He moved from apartment gardening to other small-space systems, and today he is a microgreens farmer who supplies restaurants in the Byron Bay area. Marty's work isn't all commercial, however; he is also leading a social-justice project to bring microgreen production to a range of disadvantaged people around the world. His goal is to develop systems of small-scale food production to grow fast, cheap and nutritious food, and he is well on the way to getting his project off the ground, with production beginning in Uganda and South East Asia this year.

Unlike sprouts, which are merely seeds which have been germinated in a moist environment, microgreens are grown in a tray of soil-less media and harvested when they have up to 3 sets of true leaves. Brassicas such as kale and the quick-sprouting radish,

flavourful herbs like basil and coriander, peas, sunflowers, and even the reputedly "sweet" pop-corn, are popular microgreen options, and any seed suitable for sprouting (that is any untreated, organic seed) can be used. Seed mixes are also an option, but are most successful when the plants have similar germination times. Germination temperatures should be taken into account when choosing seeds.

Sprouts can be grown purely from the nutrients contained within the endosperm of the plant seed, stored to ensure that the seed has everything it needs to grow large enough to photosynthesise. Because microgreens are larger than sprouts, and have several sets of true leaves, they require some sunlight to photosynthesise and some additional nutrient, to grow well. To provide this nutrient, soil can be used to grow the seeds. Another option is to use a liquid fertiliser with a more sterile soil-less media. In Marty's case, he provides for microgreens additional nutrient requirements with a liquid fertiliser added to irrigation water once or twice per week. Marty uses a liquid solution of worm castings or juice, but a seaweed-based fertiliser could also be used.

At our July meeting, Marty shared a wealth of tips and tricks for growing microgreens successfully, allowing us to learn from his years of experimentation. According to Marty, the trick with microgreens is keeping them very moist while ensuring good aeration. Because the tiny seedlings are grown so densely, humidity can cause serious problems including mildews and moulds. Marty grows his microgreens in perforated nursery trays which are placed into shallow bases and watered from below, as overhead watering will cause delicate seedlings to come into contact with soil, therefore requiring additional washing, as well as increasing the risk of disease and mould. Marty's microgreens are grown in home-made compost. They are harvested with scissors, although if you allow microgreens such as rocket, peas, sunflowers, basil and coriander to get slightly bigger, they will re-shoot for several harvests. The compost used for the plants is enriched through the addition of compost worms, and is made from green-waste, largely from past microgreen crops, rather than food scraps.



Marty levels the compost in the trays but does not press it in, as compaction will decrease air-flow around the plants. Seeds are then sprinkled thickly over the top of the tray, with roughly 3 handfuls of radish seed, for example, used in a standard propagation tray (30x40x5cm). Marty recommends planting seeds more thinly when just beginning and increasing density after any problems with aeration and microclimate are addressed. When seeds are first planted, they are watered heavily from a height, mimicking the natural action of rain in orienting the seeds to sprout in the correct direction. After 3 passes with water, Marty adds a layer of vermiculite, and then waters three more times, leaving the seeds in a dark, moist place until they sprout. Marty provides seeds with up to 5 hours of sunlight after they sprout, and monitors moisture carefully. The watering tray does not need to be full, as it is not good for seedlings to sit in constant damp, but if the tray of seedlings feels light, it is dry and needs water.

Sunflower sprouts are one of Marty's specialties, and he recommends them because they are particularly large and robust. They can be planted up to 3 seeds deep and grow easily. Sunflowers can be sprouted without sunlight, as using a cover will ensure a more even distribution of moisture. Remove the cover after

seeds sprout. For the best results, use lots of water but only 2-3 hours of sunlight for a lankier seed with better flavour.

Marty generously shares his garden nous through his YouTube channel, Marty's Garden, and through Happy House and Garden on Facebook. A wealth more information is available about permaculture, small-space gardening and the best-practice for raising microgreens on these websites. As Marty's informative and interesting presentation revealed, microgreens are certainly worth the small amount of effort required and are a highly productive addition to all of our home gardens.

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 any bits and pieces that we might have spare and would like to share.

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 about, please email Dorothy with the details at dorothy@dorothycoe.com

Offers / Wants / Swap / Share

From Member: Maggie Golightly

Does anyone have the NZ Kumera cuttings or an actual spouting Kumera for planting - if so contact Maggie in the club or you can call her on 0413 633 055 or email her at mgolightly@gmail.com

Q & A - From The July Meeting
By Cathie Hodge

Q. White cloudy look on greens?

A. It could be either downy mildew or powdery mildew. These are fungal conditions. Pick off the affected leaves & give to the chooks. Don't put the leaves into your compost. Improve your soil to prevent. Can use a solution of 1 part full cream milk: 10 parts water to kill the fungi. See links below for more information & solutions.

Downy mildew - www.sgaonline.org.au/downy-mildew/

Powdery mildew - www.sgaonline.org.au/powdery-mildew/

Q. How to get rid of aphids?

A. If early signs – spray them off using a garden hose. If advanced – use neem spray or a soap spray. For more information & solutions, see www.sgaonline.org.au/aphids/

Q. A passionfruit vine that has red flowers but doesn't bear any fruit? Why not?

A. It's an ornamental passionfruit, probably *Passiflora coccinea*. For more information see www.gardensonline.com.au/GardenShed/PlantFinder/Show_1842.aspx

Q. A pumpkin vine with lots of flowers but without fruit?

A. The vine came out of a compost heap, so maybe it is a hybrid version. When a pumpkin vine grows to 1 metre, pinch off the ends to produce more pumpkins.

Q. A watermelon without seeds. Is it GM?

A. No, but probably a hybrid version.

Q. When are sweet potatoes ready to harvest?

A. Usually not until the plants start flowering. (It's the same with potatoes). Sweet potato plants need to be moved each year to prevent the sweet potato bug infesting the plants. To plant sweet potato, it is best to take a runner from a healthy plant. See the following fact sheet by Jerry Coleby-Williams for more details on planting & care of sweet potatoes www.abc.net.au/gardening/stories/s1664919.htm

Danny mentioned that in Asia, the leaves of sweet potato plants are commonly eaten. They are both nutritious & tasty.

Choko vine tips are also edible – they are lovely in salads or stir-fry. Maria mentioned that chokos are best eaten when they are tiny & when you can still push a thumbnail into the choko, rather than when they are large & hard.

Q. Cape Gooseberry – how to get rid of the grub?

A. Try chopping the plant back & let it sprout again. This may starve out the grub. For more information on this plant (the fruits are also known as Inca berries) – see <http://gardendrum.com/2014/05/29/cape-gooseberry-physalis/>

Q. What to do with excess cumquats?

A. Suggestions included

- Marmalade jam (using round cumquats)
- Eating (using oval-shaped cumquats)
- Brandied cumquat
- Cumquat spiced cake – Google to find lots of recipes

- Recipe from Danny, commonly used in Asia – fill a jar with cumquats & lots of salt. The cumquats will turn black but be preserved for years. The preserved cumquats are very helpful for relieving sore throats.

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WORKING BEE - What a Difference Six People can Make !! by Diane Kelly

Among the challenges of gardening are keeping up with the weeding, and pruning trees that need some TLC. So, on Saturday morning the 13th of August, a group of us met at Grant Fastier's place to give him a hand with his backyard.

Grant lives in Nerang in a high-set home (see the view from photo 3) – and has a wonderfully large and productive backyard that just needed a tidy-up. There is a mixture of mature and growing trees (mostly fruit-bearing) and a very large vegie patch that was full of herbs, kale, a few carrots, and LOTS of sweet potato plants. So that was our first challenge.

Throughout the morning we dug, weeded and pruned, and then we all sat down for morning tea and a chat, and the chance to get to know each other better. The photos and the comments our group made about working bees tell the story of our morning.

Deborah said that she “enjoys working bees because she can share time with like-minded people”. She also said that she was amazed at how much a group of people can achieve in a garden.

Cathie commented that “an energy comes from working with other people” This photo was taken part way through clearing the sweet potato plants – I wish I had taken a “before” photo!.



This was just some of the pruning the fellows did – but it was a mature paw-paw tree that needed to come out that was the greatest challenge!



When **Grant** was asked why he thought working bees were good, he said “I love to see other peoples’ gardens.” I think we all agreed, and Grant’s was of particular interest because of the effort he has put in to improving the soil.

This is the (after) view from the upper storey of Grant’s house. The backyard is now tidier, and Grant can start adding compost to the large vegie garden and start planting out vegies again. (The blue tarps cover compost heaps that are maturing ready to use around the gardens.)



Danny commented that working bees “broaden your horizons, and they give you the chance to inter-act with each other”. It was good to chat with Danny, and to hear about

the Multi-Cultural Community Garden that he is involved with in Mermaid Waters – hopefully it will be the topic for a newsletter interview very soon!

And, finally, morning tea – and the chance to chat. **Dayne** told us about how it is discouraging to go to his sister's place and see her successful garden, but the conclusion was that his vegie patch doesn't get enough sunshine. Another problem shared and discussed!



So we had a successful and enjoyable morning. Grant now has a backyard ready to plant out, and we've met a new group of friends.

So if you would like to have a working bee at your place, please let Diane know we would enjoy giving you a hand.

Group Photo and the Lucky Lemon Tree Winner



Lucky Winner of the Lemon Tree

The Tara Valley Nursery has been very generous over the last couple of months and have been donating a special prize for our raffle table each month. Pic below of our lucky winner from the July meeting who got to take home a Lemon Tree.



This month Tara Valley Nursery is giving away a couple of passionfruit plants....so don't forget to buy your raffle tickets at the entrance. Tickets - \$1 each or 3 for \$2. "Got to be in it to win it!"



If you would like to learn more about the Tara Valley Nursery you can visit them online at www.taravallynursery.com or if you don't mind a drive they are physically located just past Loganholme at 348 California Creek Road, Cornubia, QLD

E: marketing@taravalley.com
Tel: (07) 3287 6139

Garden Update by Jill Barber

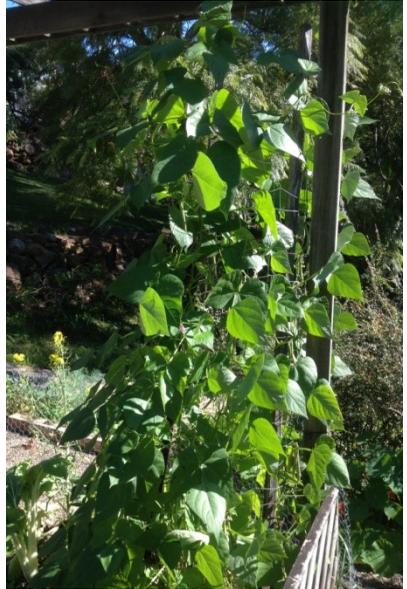
Best Time of Year!



I have to agree with Maria: winter is the best time of year for growing veggies on the Gold Coast! For some time we've been eating our carrots and sweet potatoes, salad greens and silverbeet, and at last we've been eating our own homegrown broccoli (and now the secondary pickings) and purple cauliflower



(see pic)! I've just picked our first crop of climbing beans (see pic), and the cabbages are gradually heading. At last we are being rewarded for all the hard work.



I don't know about other people's gardens, but I have to admit that it's taken years to build our soil to the point of producing healthy, tasty, disease and pest resistant vegetables that I'm thrilled to be able not only to bring to our table but be able to share with others. Dorothy's idea of swapping at our next meeting is a great idea. I'll be bringing lots of lemons and some grapefruit for a start.

For a bit of background on the preparation of the soil, the main must-do, I've found, is to constantly add heaps of good compost. It's imperative that the soil contains lots of humus for aeration and feeding the microorganisms. My compost also has as much horse/cow or chicken manure as I can lay my hands on layered into the prunings from the rest of our garden. This helps to break it down very quickly and make it rich and light. Also a must-add, I feel, is palagonite, to add the minerals that our depleted soil needs to grow sufficiently nutritious vegies. Biochar is the final addition that I think it's very smart to bless my garden with: it's such a great holder of nutrient and moisture for the microorganisms, and stays in the soil to its increasing benefit.

Growing green manure crops at the end of the vegie growing season is a somewhat new venture for me. I've been putting them in at the peak of summer, when it's too hot for the vegies and me, around Christmas, then cutting them in as it begins to cool off a little (or get up early before the heat knocks me out). This way the beds are ready for planting in autumn, and I'm harvesting in winter. An added venture for me is applying Biodynamic 500, with the help of our Certified Biodynamic Gardener, Lise Racine....but that is another story.

Veggie Swap by Dorothy Coe

We had a lovely afternoon on Sunday 14th August at the Southern Beaches Community Gardens swapping vegies and other produce.

We had approx 15 people throughout the afternoon and soooo much produce to swap including; jam, sauerkraut, eggs, spinach, eggplants, lemons, limes, passionfruit, kombucha, sourdough bread, regular bread bread rolls, mandarins, cherry tomatoes, rocket, pac choy, bok choy, and some other Asian greens, silverbeet, lettuces, parsley, coriander, lemongrass, onions, seedlings and more.



Feel free to **JOIN** our **facebook page** for updates, event meeting dates and chat with members. www.facebook.com/groups/veggieswapgoldcoast/

Any questions just let me know — 0412 382 989 or dorothy@dorothycoe.com

Let's Share our Tips of "All Things Gardening" by Diane Kelly

Beetroot:

If you are cooking beetroots, don't peel them. Instead, leave the stringy root and 3-4 cm of leaf stalks intact. This helps to prevent the colour and flavour leaching out into the cooking water. Boil the beets until tender; this can take an hour or more depending on their size. Then put them in a bowl of cold water and rub the skin off with your thumbs – it will come away easily!

Herbs:

In general, herbs should be harvested before noon on a dry, sunny day. They must be dry, chopped into short lengths, and dried slowly in the dark. This preserves most of their essential oils and their colour. The chopping into short lengths prevents them running to seed, for the best time for harvesting is just as they are coming into bloom.

Borage:

Borage is a good companion plant as the flower is very attractive to bees, helping with pollination, especially of runner beans and strawberries. Also, borage attracts black fly to itself, so that it leaves other plants alone. Equally, if planted near tomatoes, it can control tomato worm.

Myrtle:

Myrtle leaves can be added to pork for the final 10 minutes of roasting, or to lamb when barbecuing. They have a spicy flavour.

Horseradish:

Grow near potatoes to improve their disease resistance, but be careful it does not take over.

Lemon Balm:

This is a most useful plant to keep bees happy, so plant lemon balm around beehives or orchards to attract pollinating bees.

Ginger:

Propagate ginger by cutting fresh roots into pieces. Any rhizome showing signs of green growth (rather like the "eyes" of potatoes)

will shoot after about ten days, and mature in nine to ten months. Plant roots about 7.5 centimetres deep and 60 centimetres apart. Erect stems develop leaf stalks and lance-shaped leaves in autumn, followed by flower stalks. Side dress plants with a mulch of fresh soil or compost when new shoots appear. Feed occasionally with liquid.

Pruning:

If in doubt as to how a plant will respond to pruning, it is generally quite safe to remove up to one-third of the grow at any one time.

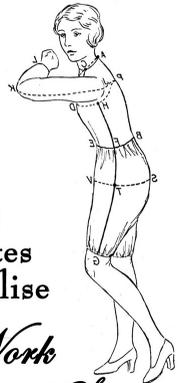
Planting "No-Dig" gardens:

In a new "no-dig" garden, the best plants to start with are potatoes, lettuce, silver beet, brassicas, tomatoes, melons & pumpkins. Root crops are best left until the garden has broken down into good compost, possibly up to a year.

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**If You Only do One thing this
Month grow some Watermelons!**
By Diane Kelly

One of the best fruits to enjoy in summer are sweet, juicy watermelons – so why not get ready to plant some in September. Nothing is better than a bowl of diced watermelon and cantaloupe topped by a scoop of ice-cream and a dash of cream!

First of all, two facts about watermelons:

- (a) Watermelons are part of the *Cucurbitaceae* – or cucumber – family, and
- (b) Their roasted and seasoned seeds make a snack food rich in iron and protein.

Watermelons need the sunniest position possible in your garden, and they will appreciate good air circulation. The soil needs to be compost-enriched and well-drained, with a pH range possible down to 5.5. Traditionally in warmer climates, 3-4 seeds are sown in raised beds, hilled-up soils, or even mounds of compost. Each group of plants will require at least a square metre of growing space – and you can expect three or four fruit per plant.

Watermelon fruit can range in weight from 4-15 kg, and in colour from yellow (the drought-resistant “Desert King”) through to rich red. “Kleckley’s Sweet” is an heirloom variety that is renowned for its sweet, deep red flesh and large fruit – this slow-maturing variety is well suited to warmer climates.

As your watermelon seedlings start to grow, remember to thin the group out to the two strongest seedlings. Sow running varieties 1.5 to 1.8 m apart, and bush varieties 1.2 m apart. On windy sites, peg the growing runners of young vines to prevent them from being blown around and damaged. To encourage lateral growth, pinch out the growing tips when the main runners reach 1.5 m in length. Laterals can also be pinched out after the first flowers have formed.

As with pumpkins and cucumbers, watermelons are dioecious. The female flowers can be distinguished from the males by the immature ovary that forms at the base of the bloom

– this will form the fruit following pollination. The first female flowers tend to set readily. If attempting hand-pollination, use the pollen from several male flowers for each female flower.

The books warn: “Don’t be tempted to harvest watermelon fruit prematurely, as the taste will be poor and the flesh colour insipid.” Some indicators that a melon is ready to eat include: the part in contact with the ground turns white or yellowish, and the vine tendrils near the fruit turn brown. Plus, if you knock the side of the fruit with your knuckles, a ripe melon will make a dull, hollow noise. And two final hints:

Protect the developing fruit from fruit-rotting fungal disease by propping them up on a bed of straw, and

Draw some of the straw over the fruit to provide shade and protect them from sunburn in the excessively hot weather.

Enjoy !!



Recipes Column

Cinnamon Spice Kumquat Nut Bread



Ingredients

- 2/3 cup 1 % or skim milk
- 2 eggs
- 2 tbsp extra virgin olive oil
- 1 teaspoon pure vanilla extract
- 1 cup flour
- 3/4 cup whole wheat flour
- 1/4 cup flaxmeal
- 1-1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon EACH: ground cloves, ground cardamom, and nutmeg
- 1/2 cup sugar
- 1/4 cup brown sugar
- 3/4 cup pureed kumquats
- 1/2 cup chopped walnuts and/or pecans, toasted
- About 1 Tablespoon raw sugar for the top

Instructions

1. Preheat the oven to 350 F.
2. In a mixing bowl, combine milk, eggs, oil, and vanilla.
3. Add the dry ingredients and stir until well mixed.
4. Fold in the pureed kumquats and toasted nuts.
5. Pour the batter into a greased 8 x 5 x 2-inch loaf pan and sprinkle the top with raw sugar.
6. Bake in a 350 degree oven for 1 hour or 1 hour 15 minutes or until a knife or toothpick inserted comes out clean.
7. Cool and remove from pan.

From: Nicci Schumacher

Source: *blog called sumptuous spoonfuls*
www.sumptuouspoonfuls.com/

Lemon slice recipe

INGREDIENTS

- 1 CUP (220G) CASTER SUGAR
- 1 CUP (80G) DESICCATED COCONUT
- 2 CUPS (300G) PLAIN FLOUR
- 200G UNSALTED BUTTER, MELTED ICING SUGAR, FOR DUSTING

LEMON FILLING

- 4 EGGS
- 2 EGG YOLKS, EXTRA

- 2 CUPS (440G) CASTER SUGAR
- CUP (50G) PLAIN FLOUR, SIFTED
- 1 TABLESPOON FINELY GRATED LEMON RIND
- 1 CUP (250ML) LEMON JUICE (SEE TIP)

METHOD

Preheat oven to 180°C (350°F). Place the sugar, coconut, flour and butter in a bowl and stir until combined and mixture resembles coarse breadcrumbs. Using the back of a spoon, press the mixture into the base of a lightly greased 20 x 30cm slice tin lined with non-stick baking paper. It's important to press the base right into the edges and corners of the tin so the lemon filling can't escape down any gaps. Bake for 20 minutes or until golden. Set aside to cool completely. Reduce the oven temperature to 160°C (325°F).

To make the lemon filling, place the eggs and extra egg yolks in a bowl and whisk to combine. Add the sugar, flour, lemon rind and lemon juice and whisk until smooth. Carefully pour the filling over the cooked base and bake for 30 minutes or until just set.

Refrigerate for 2 hours or until firm. Dust with icing sugar and slice to serve. Serves 8–10. tip: You'll need about 3 medium lemons to get the amount of juice required for the lemon filling

From: Eileen Turner

Source: Donna Hay
www.donnahay.com.au/

Lemon Coconut Cake

INGREDIENTS

- 150G BUTTER
- 1 CUP (220G) CASTER SUGAR
- 1 TABLESPOON FINELY GRATED LEM-

ON RIND

- 3 EGGS
- 1½ CUPS (120G) DESSICATED COCONUT
- 1½ CUPS (225G) SELF-RAISING FLOUR
- ¾ CUP (185ML) MILK LEMON SYRUP
- 1 CUP (220G) CASTER SUGAR
- ¾ CUP (185ML) WATER
- 2 TABLESPOONS LEMON JUICE

METHOD

Preheat oven to 180°C (355°F). Beat the butter, sugar and lemon rind in an electric mixer until light and creamy. Add the eggs and beat well. Mix through the coconut, flour and milk with a wooden spoon until smooth. Pour into a 20cm-square cake tin lined with non-stick baking paper and bake for 40 minutes or until cooked when tested with a skewer.

Cool cake in tin. To make the lemon syrup, combine the sugar, water and lemon juice in a saucepan over medium heat and stir until dissolved. Simmer for 5 minutes or until thickened slightly. Pour over warm or cool cake. Serves 8–10.

From: Eileen Turner

Source: Donna Hay
<https://www.donnahay.com.au/>

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

FRUIT TREES

AUGUST

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

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

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

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

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

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

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

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

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

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

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

SEPTEMBER

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

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VEGETABLES

AUGUST:

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

SEPTEMBER:

Artichoke, Asian greens, Asparagus, Beans (French), Beetroots, Capsicum, Carrot, Celeriac, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Leeks, Lettuce, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rosella, Shallots, Silverbeet, Squash, Sunflower, Sweet corn, Sweet Potato, Tomato, 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

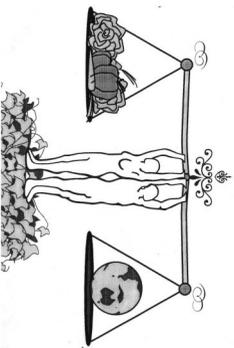
Annual: Basil, Borage, Calendula, Chamomile, Coriander, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Mustard Lettuce, Nasturtium, Rocket.

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 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 September 2016