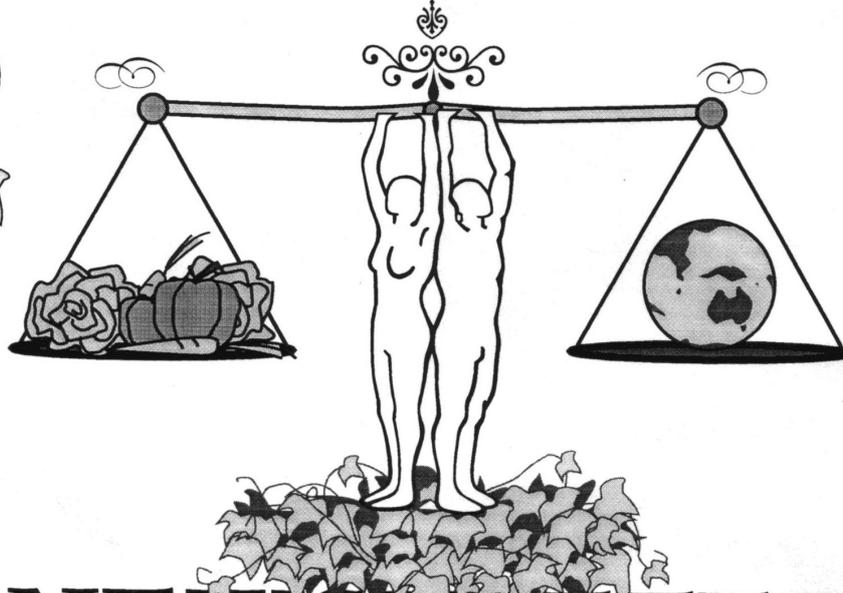


# GOLD COAST ORGANIC GROWERS Inc.

Established 1999



## NEWSLETTER

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**OUR NEXT MEETING: Thursday 21 July**

**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: 3<sup>rd</sup> 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
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<p>Thanks to other contributors: Diane Kelly, Ross Davis, Lise Racine, Margaret Reichelt &amp; Dorothy Coe.</p>
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## Notice Board

### Membership Renewals

**Overdue:** Leone Freney, Bronwyn Morrison, Barbara Talty, Adam Boyes, Helen Wainwright, David Wyatt, Chris Larkin, Karen Auchere, Bruce Kelly, Heather Ryan, Leanne Cane, Robert Turner, Brian McRae, Robert Faulkner

**June:** Linda Thompson, Lise Racine, Ross & Helena Kelso, Peter Seymour-Smith, Jan Wright, Elizabeth Dolan, Graham Boyle, Khoo Mea Lee, Chris & Dorothy Winton, Ron Campbell, Cathy Hodge

**July:** Ian & Margaret Lee, Liz Spittal, Renato Morandini, Patricia Barton, Peter & Jan Fleming, Patricia McGrath

### Guest Speakers

**July:** Scott Godfredson, Permaculture Design

**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.

### We are online at....

**Website:** [www.goldcoastorganicgrowers.org.au](http://www.goldcoastorganicgrowers.org.au)

**Facebook:** [www.facebook.com/gcorganic](http://www.facebook.com/gcorganic)



## HERB FARM

Michael & Sandra Nanka  
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MUDGEERABA. 4213

### Opening times

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

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### **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:

**18th June** - Currumbin EcoVillage  
639 Currumbin Creek Rd, Currumbin

**16th July** - Mermaid Beach Community Centre, 2439 Gold Coast Highway, Mermaid Beach

**13th August** - Elanora Library, Guineas Creek Road, Elanora

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 Whyte  
Telephone: (07) 3358 6309 or 1300 668 603  
Email: [info@gcorganicmarket.com](mailto:info@gcorganicmarket.com)

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

#### **Prostate Awareness Twin Towns & Tweed Coast**

Just a click away:  
[www.prostateawarenessaustralia.com](http://www.prostateawarenessaustralia.com) or  
contact Ross Davis for more info:  
[rossco12@bigpond.com](mailto:rossco12@bigpond.com)



### **Life Changing Documentaries, Workshops and Seminars**

#### **FILM SCREENINGS**

##### **FOOD FIGHT**

**When:** Monday 4th of July

**Time:** 6.30pm

**Where:** Paradise Room - rear of the Gold Coast Arts Centre (facing the Lake + Canals)

**Cost:** \$15 (less 20% for our club members)

When we walk into a supermarket, we assume that we have the widest possible choice of healthy foods. But in fact, over the course of the 20th century, our food system was co-opted by corporate forces whose interests do not lie in providing the public with fresh, healthy, sustainably-produced food.

##### **THE POWER OF COMMUNITY**

**When:** Friday 8th July

**Time:** 6.30pm

**Where:** The Cerum Theatre, Bond Uni, University Drive off Cottesloe  
Robina Qld  
University, Robina

**Cost:** \$15 (less 20% for our club members)

A fascinating and empowering film that shows how communities pulled together, created solutions, and ultimately thrived in spite of their decreased dependence on imported energy. After the screening our panel of experts will discuss the issues raised by the film, and field questions from the audience.

Fabulous Organic Food and Wine will be available from 5.45pm.

After the 6.30pm screening our panel of experts will discuss the issues raised by the film, and field questions from the audience.

Life Changing Docos are offering our **club members 20% off the ticket price** - simply order your tickets online at their website and type in the customer code: "VIP"

More info and bookings at [www.lifechangingdocos.com](http://www.lifechangingdocos.com) or call (07) 5576 3590.

### **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



## **WORKSHOP**

### **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](http://www.herbcottage.com.au) or call 07 5530 3253

### 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](mailto:communitygardens@goldcoast.qld.gov.au)



The annual Queensland **Garden Expo** runs three days, from Friday July 8 to Sunday July 10, 2011 at the Nambour Showgrounds, Nambour.

Some of Australia's leading experts will be joining the Expo for three days of lectures, demonstrations and workshops. All day every day they will talk the talk and walk the walk!

Colin Campbell, Annette McFarlane, Ross McKinnon, and Phil Dudman (to name but a few) will be on site each and every day to offer the best advice around. Join them and discover why gardening is the number one pastime in Australia.

More info at: <http://qldgardenexpo.com.au>  
List of speakers and topics at:  
<http://qldgardenexpo.com.au/speaker-info/home>

#### WHERE:

Nambour Showgrounds, Coronation Avenue, Nambour situated on Queensland's Sunshine Coast.

#### WHEN:

Friday 8th, Saturday 9th & Sunday 10 July

#### OPENING TIMES:

Gates Open - 8:00am Daily  
Gates Close - 5:00pm Friday and Saturday  
Gates Close - 4:00pm Sunday

### 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.

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.



#### Let There be Light!

Some herb seeds need light to germinate. Basil, savory and sorrel are among the herbs that need to be sown on the soil or potting mix surface so that light can reach them. Before sowing, water the potting mix or soil, then sow seeds onto the surface. Cover with a light sprinkling of vermiculite, and if the seeds are in pots or trays, place in a sunny position. They will germinate much more quickly this way.

### June In Your Patch

Ok, it's official, winter is upon us. And while it may seem easier to curl up on the couch with a cup of tea and a good book, it is the perfect time to get amongst it in the patch! Whatever your State of Origin, there is loads to do in your patch this month. Rug up and get digging!

Frost free or occasional light frosts (North from about Coffs Harbour and all the way across to the west to Geraldton)

- Time to whack in some winter wonders – think about some leeks, rocket, beet-root, celery, lettuce (oak leaf), broccoli, cabbage, carrots, cauliflower, onions, kale, kohlrabi, spinach and silverbeet.
- Pop in some coriander and chamomile... perfect for warming winter curries and cups of tea!
- Stick in some spuds... home grown is easy, and incredibly rewarding. The potato page is here! Don't forget about sweet potatoes, they are great fun to grow as well!
- There are a load of fruity favourites ready to go in, including kiwifruits and figs! Remember that kiwi fruits need to cross pollinate, so ensure you grab a boy and a girl to ensure a bounty of beautiful fruit!
- Go nuts this month, and whack in a pistachio or pecan. Beautiful trees in their own right, these nuts are number one in the garden!
- Plants feel the need for a feed at this time of year. A seaweed tea, or any low environmental impact liquid fertiliser, is perfect for giving them a kick start as they establish. Apply to the soil early in the morning and in the concentrations mentioned on the packet. Don't forget to give the fruit trees a bit of a feed as well (particularly paw paw).
- Pretty up the patch with these flowering fancies- marigolds, lupins, pansies, violas, phlox, verbena and lavender (non-invasive varieties of course!). Popping these in around your vegies will give some colour and interest to the patch, and act as beneficial insect attractors!
- Consider a green manure crop to add some life and love to an overworked patch. At this time of year, try millet, oats, lupins or field peas. This will improve your soil incredibly, and, as a bit of forward planning, you'll find it well worth the effort!
- Water smarter at this time of year. Water first thing in the morning, and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering at this time of year....don't waste your precious drinking water if Mother Nature has already done all the hard work for you!
- Top up mulch on your vegie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. A hot tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems... especially young seedlings. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.
- Weeding is an awesome job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. It may sound tedious, but it's incredibly rewarding!

**Source:** *Sustainable Gardening Australia*,  
[www.sgaonline.org.au](http://www.sgaonline.org.au)



## Getting to Know .... *Marie Rudd*

*Interview by Diane Kelly*

It has been said that beginnings are the hardest part of a story to write – but for this “Getting to Know” article, I was given a time and a place, and an introduction to a fascinating family.

In 1946, Keith Dudman moved from Charters Towers in the north of Queensland to the Gold Coast. He was accompanied by his wife and six children (four more children were born on the Gold Coast), and he bought an area of land that was bordered by Miami to the north, Burleigh Heads to the south, and Lavers Road (now Robina) to the west. (If you look at a map of Miami, you will see streets named after Christine, Anthony, Yvonne, and Marie’s other siblings.)

The area was swamp-land, but Keith developed a banana plantation on the hill at the end of Mountain View Parade, and this was where Marie Rudd, Keith’s third oldest child, grew up.

In those days, the Gold Coast Highway was a dirt track, and Marie and one of her brothers would eat wild raspberries that were growing among the sand-dunes, while waiting for the bus that took them to school in Coolangatta. Keith grew vegetables and fruit for the family (banana custard with coconut was Marie’s favourite dessert, and her mother’s speciality) and this is where Marie believes her interest in gardening and in healthy living commenced.

As family holidays on the beach began to play an increasing part in Gold Coast life, Marie’s father built an open-air skating rink on the southern end of Burleigh Heads beach. But in 1954 – during what has been described as “the worst storm in living memory”, and where a cyclone actually crossed the coast at Coolangatta and dumped 900 mm of rain in 24 hours – the rink was destroyed. But it was re-built on the family’s land in Christine Avenue, and it was here that Marie continued her interest in skating, competing in roller-hockey

games, and coming fifth in the world speed-skating competition. This achievement is not singular – during her life, Marie learnt to fly light planes and gliders; she also became an accomplished artist; a primary school teacher (at Mudgeeraba State when it was a two-teacher school); a laboratory assistant at Griffith University, and a successful business-woman.

So now to the present. Marie returned from owning several country hotels to the family home in Miami – a comfortable house with plenty of large windows, situated on quarter of an acre of land. On the northern boundary there are three pine trees that soar above the house, planted over forty years ago by Marie’s father.

The block is full of avocado, paw-paw, banana, liquid amber, palm, mulberry, macadamia and Australian native trees – Marie loves trees, and feel they create an atmosphere of peace. There are also passionfruit vines, an air potato vine (this will be an interesting one to read up about), bromeliads, bamboo, a grape vine, stag horns, and a magnificent traveller’s palm. These make the block cool and shady in summer, and Marie over-comes the problem of excess shade by growing plants in pots – she moves them to catch the sun, and to re-use the grey water from the laundry.



Air potato vine



Traveller's Palm



Staghorn

Marie has done a lot of work to change the soil of the block from its sandy structure to a good depth of top soil. The soil was very acidic, and so she has applied lots of mulch and minerals. She has also built up garden beds, as a means of counter-acting the level land that has the tendency to flood.

It was the floods of June 2005 that gave Marie her "worst gardening moment". Three or four feet of water came through the property, and totally saturated the lower story of the house, the soil, all the garden, and Marie's pot-plants with contaminated fluids from the local drainage system. Marie estimates it took about a year to restore the property to its original condition. But, in contrast, Marie has had plenty of "best gardening moments" and she sums them up as being "those times when you

come across something unexpected in your garden – a new bunch of bananas; the first blossom on an azalea bush; an unknown plant breaking through the soil – all unexpected gifts from nature."

I asked Marie what would be her advice to new gardeners, and her reply was "If you don't know, ask – never be afraid to request help". We then discussed how it is easy to read something about a plant in a book, but you don't really comprehend how it grows and how it needs to be looked after unless you see it growing, and someone helps you with some practical advice about its care.

Another question I had for Marie (a bit more about her contribution to the GCOG in a moment) was to ask her what events in the Club's history stand out in her mind – "visits to Barbara Talty's place (because her property is an all-encompassing gardening experience) – and the evening that Mark Tully brought his chooks along to the meeting as part of his presentation on heritage poultry."

Some thirteen years ago, Marie (who works at SAFE in Burleigh Heads) had a phone call responding to an ad in "Warm Earth" magazine, and asking did she know of any organic gardening clubs on the Gold Coast. As the answer was no, Marie suggested that the caller start one – and so Maria Roberson did! Marie was the first guest speaker at our club, and over the years has spoken to over 30 garden club meetings, covering an area from Noosa down to Lismore in northern NSW. She has also given lectures about organic gardening at a local school, introducing the children to growing plants, and the importance of healthy soil.

When I do an interview with any of our club members, I always finish by asking myself what I learnt from the experience. On this occasion, I did learn things – an interesting family history; the importance of eating healthful food; and even the meaning of "fitch", which we came across on a bread packet (it is the old word for "spelt", the early version of wheat!)

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Postal: 12 Benaroon Crt,  
Tallebudgera, Qld, 4228



### The Strawberry Queen of the Garden

You can plant your strawberries any time between mid-autumn and late winter, but remember that the earlier you plant, the sooner your strawberries will start cropping.

- Package strawberry crowns are available in winter, while the young potted plants are available from nurseries during the warmer months. Alpine-type strawberries can be grown from seeds grown in spring or autumn. New plants can also be produced from the stolons, or runners, from the parent plants. These can be replanted from your strawberry patch from mid-to-late summer.
- Always plant strawberries that are certified virus-free and never replant your strawberries in the same patch each year. Rotating your crops will help prevent the spread of any soil-borne diseases that may be in your patch.

### Gardening with Ross

#### The challenge is on! WHO CAN GROW THE BEST LEEKS?

OK the challenge is on; now here is how I grow them, let's see just who can produce the best leeks. We will have to get an impartial judge, unbribable that is.

Leek come in many named varieties but I think there is not much difference between the varieties at the end of the day.

The variety I have chosen "Leeks Welsh Wonder"; A Yates seed product:

Sown as seed on the 24<sup>th</sup> of Feb. 2011. You can get good plants from the local plant store near you.

I have found that you need to get a nice long white stem, looks the best and also the best cooking.

Every picture tells a story.



Transplanted 4 June 2011

Make a hole as shown. About 4 inches deep. Pick up the plant by the leaves, put it in the hole and put in very carefully half a cup of water. Do not fill the hole with soil it will fill by it self.

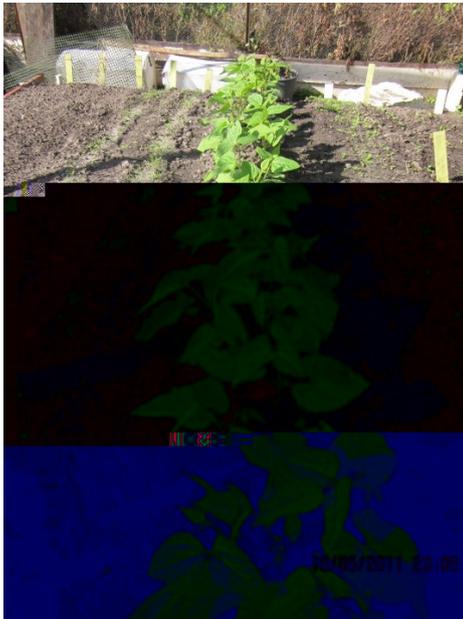


The result should be something like this.

**23 Apr. 11: Sown bush beans  
"Redland Pioneer" one row of \$1.50  
packet of seed x GCOG Inc.**

This crop is being photo'd every month to keep a visual track of what's happening.

15 May 2011 4 June 2011



Now flowering



Now flowering 42 day later



### Gardening with Ross The Autumn Garden

In this part of the world we get two springs. In fact this is the best time of the year for the Vegetable garden. There are fewer pests around and with the cooler days and cold nights we can grow almost anything.

Beans In some locations beans will grow very successfully.

Potatoes for instance will grow now and produce a great crop. June is the time in my location to plant as I get the maximum amount of cold weather on the crop.

Tomatoes are the same, except the flowers will NOT SET if the temperature drops below 10 degrees. So for Tomatoes you need to make a judgment that the below 10 degree nights are finished in your location.

Carrots Now is the only time to sow carrots, any later and the hot weather reduces the crop and the quality diminishes the sweetness of the carrots seem to be affected.

Sweet Potatoes Now is also a good time to plant a row of Sweet Potatoes, they grow so easy here and they will produce all through the summer no matter how wet the season becomes. See picture of new plants.

Broad Beans A good crop to grow in our climate. Best grown now, so as to catch the cold weather. It's still not too late to plant them now.

Brassica's "All the cabbage family" I have found a cauliflower that seems to grow well in my location "Phenomenal Early" It's a nice big cauliflower, White as, but like all brassica's they all need TONNES OF FOOD, Good compost, Blood and Bone, Rock dust. Good mulch. Chook Manure. Sheep manure, Cow manure. Yes that's what all Brassica's need just tonnes of food. It can be nitrogen rich as well.



You should set aside a plot just for Brassica's, each season. This plot will be next year's plot for carrots and all root crops, including Potatoes.

If you have any spare ground that is not going to be planted you should get a green cover crop in, winter oats is a good one. Dig it in in the spring.

### What is a Heirloom Variety? From Diane Kelly

It is difficult to define an heirloom accurately, but set out below are three primary guidelines about the characteristics of heirlooms:

Heirlooms must be open pollinated. Seed saved from one year will produce plants that are largely like their parents, or "true to type". The edible parts of the plant will taste basically their parents. There is room for biodiversity in open-pollinated varieties; this is not the case in F1 hybrids, where almost all individuals are identical. Asexually propagated plants are exempt from this guideline.

Heirlooms must have withstood the test of time. The amount of time required is rather arbitrary, but some standard expectations have developed. Plants started from seed are generally considered heirlooms if they have been cultivated for more than fifty years. Bushes and perennials require fifty to

seventy-five years, and trees are considered heirloom varieties if they are still valuable after seventy to one hundred years.

The variety should have a history. This may include its association with a particular ethnic group and its cuisine. The variety may be an important crop for a society or a treasured fruit or vegetable passed down through one family. Many varieties have been grown for a long time but their histories have been lost. Nevertheless, they are still considered to be heirlooms.

**Source:** "Organic Gardening", by John Fedor



### Testing Seed Viability

Most seeds remain viable for a long time, but others, like carrots and parsnips, germinate well only in the following spring. Test the germination rate of your seeds first before relying on them for your spring planting. To do this, plant ten seeds indoors in a flat dish and see how many germinate. Another method is to put the seeds on a wet paper towel inside a plastic bag and leave them in a warm spot. If you have less than 50 per cent germination, discard the seeds or grow a crop just for the purpose of producing fresh seeds.

**Source:** "Organic Gardening", by John Fedor

### The Spinach Method

This is another form of old-fashioned companion planting. Instead of planting rows of associated vegetables, sow 50 cm wide rows of spinach, and leave rows between them for other vegetables. The spinach seedlings act as a nurse crop, shading and protecting the inter-planted seedlings. The spinach can be harvested to eat or hoed off and left on the soil surface to provide a mulch and, if hoed into the soil, it is a perfect green manure.

### Controlling Snails and Slugs

From Diane Kelly

1. Use copper strips (mild electric shock), thistles and wormwood (unpalatable) as barriers around seedlings or cover them with the bottom half of clear plastic drink bottles.
2. Provide habitats that protect natural predators like blue tongue lizards (rocks, mulch), kookaburras, owls (trees, water), frogs (pond, dense plantings, mulch, rocks) centipedes and ground beetles (aerated soil rich in organic matter, diverse plants).
3. Attract and drown them by placing stale beer, dissolved vegemite or soapy water in a small sheltered container in the ground.
4. Know their habits and collect them regularly:
  - they eat new young growth and decaying matter they are most active in damp spring and autumn weather
  - during the day they hide in dark, damp places
  - they wander around the garden at night or when it is raining
  - they go to easy-to-monitor traps e.g. upturned pots
5. Once collected, crush them, then add to compost.

Or save them live for zoo animals – give them to a member of your local "Friends of the Zoo".

**Source:** "From Lawns to Lunches", Jill Finnane



### Chilli tea

For a spicy insecticide or as a deterrent to rabbits and other animals, use a food blender to puree 20 or so chillies to form a paste. Mix the paste with water, then leave it to stand so the pulp can settle. Use the strained "tea" as a spray on a still day so that it won't blow into your eyes.

**Logan Community Garden Visit  
28th May 2011  
By Diane Kelly**

Imagine living in a country that has been torn apart by civil war for more than twenty years, resulting in over one million people dying.

Imagine living in a refugee camp for five, or even ten, years – and then finally being given the opportunity to come to a new life in Australia.

Imagine being allocated a plot of land 2 x 10 square meters, and in complete freedom, being allowed to grow food which is familiar, and which you know how to cook, and how to use it to feed your family.

Last Saturday, we had the chance to travel to Griffith University in Logan, to see a community garden that is being farmed by a number of refugee families. There are several ethnic groups, (including people from Sudan and the Congo which have been torn apart by civil wars for many years), a number of different languages (and generally English is not one of them), and a variety of food preferences, but the goal is obviously the same – to use the land to grow food like maize plants, rosella bushes, pigeon peas trees, egg plants and cassava so that their diets are familiar, health-providing, and within their budgets.

Cassava is a perennial plant that is similar to taro or yams, and its starchy roots produce more food energy per unit of land than any other staple crop. It thrives in poor soil, and is drought-resistant. For people living in refugee camps, without access to good cooking facilities, or meat in their diets, cassava is a protein source that means survival. that means survival.

There were other plants that were interesting. The pods from the pigeon pea trees can be used for making dahl, but can also be eaten fresh – and they provide 3 or 4 times as much Vitamin C as “normal” peas. And as we know, pigeon pea plants are beneficial for fixing nitrogen deficiencies in soil. We also saw

Egyptian spinach, sugar cane and oca – and we saw “Blue Billy Goat” plants, which we would view as weeds, but are eaten by some of farmers for their nutritional value.



Margaret & Ian sampling some cassava

One plant in particular had an intriguing benefit – deadly nightshade apparently attracts the 28-spot lady bird (someone you don't want in your garden) and can be used as a decoy. When the insects settle on the leaves, the stems are broken off and dropped in water, and so a pest is killed that would otherwise be damaging beneficial crops.

So that was our visit to the community garden. We did see a number of plants that were familiar – cabbages, potatoes (grown in re-cycled grain bags, and doing quite well), bok choy, gingers, cassias, strawberries and some flowers, including a rather unusual apricot rose which caught my attention. But there were two special things about the day.

One was the awareness of how wonderful it must be for these people to have freedom, land and familiar foods – because they come from countries where good things are scarce, where children don't know about “regular” meal times – because they can only get one meal a day. The other thing, which now makes a lot more sense, to see how effective it can be to grow sub-tropical plants in a sub-tropical region.

Then you can have pest-resistant crops that are nourishing, economical and prolific – and surely that is what organic gardening is all about.



Potatoes growing in re-cycled bags



Maize – and Ian is 6 foot tall!



A typical garden bed & the potting shed



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## **WANTED**

### **Cabin, Granny Flat, Bungalow or similar wanted**

To rent on acreage property with Eco friendly people nearby. I am new member of the organic growers club into Permaculture and Organic gardening.

I would need electricity and a phone line . Phone 02 80909310 or email me [neilsilverhair@ymail.com](mailto:neilsilverhair@ymail.com)

<b>COMPANION PLANTING FOR JUNE</b>
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<b>Plant</b>	<b>Companions</b>	<b>Function</b>	<b>Foes</b>
<b>Asian Greens</b>	Beans, beetroot, cabbage, carrots, cucumber, marjoram, peas and strawberries.		Parsley
<b>Asparagus</b>	Tomatoes, Parsley, Basil		
<b>Beetroot</b>	Onions, Lettuce, Cabbage, Silver beet, Kohlrabi		
<b>Brassica's (Cabbage, Cauliflower, Broccoli)</b>	Aromatic plants, sage, dill, camomile, beets, peppermint, rosemary, Beans, Celery, Onions, Potatoes, dwarf zinnias.	Dill attracts a wasp to control cabbage moth. Zinnias attract lady bugs to protect plants.	Strawberries, Tomatoes
<b>Broad beans</b>	Potatoes, Peas, Beans		
<b>Carrots</b>	Lettuce, Peas, Leeks, Chives, Onions, Cucumbers, Beans, tomatoes, wormwood, sage, rosemary		Dill in flower and being stored with apples
<b>Cauliflower</b>	Celery		
<b>Celery &amp; Celeriac</b>	Chives, Leeks, Tomatoes, Dwarf Beans, Brassica's		
<b>Cucumbers</b>	Beans, corn, peas, radish, sunflowers		Potatoes, aromatic herbs
<b>Kale</b>	Beet, celery, cucumber, lettuce, onion, potato.		
<b>Lettuce</b>	tall flowers, carrots, radish, onion family	Flowers offer light shade for lettuce	
<b>Onion</b>	Beets, summer savoury, tomatoes, lettuce, strawberries, camomile		
<b>Peas</b>	Carrots, turnips, corn, beans, radishes, cucumbers, most vegetables and herbs		Onions, garlic gladiolas, potatoes
<b>Potato</b>	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
<b>Tomatoes</b>	Asparagus, Parsley, Chives, Onion, Broccoli, Sweet Basil, marigold, carrots, parsley.		Kohlrabi, potato, fennel, cabbage
<b>Silverbeet</b>	Beetroot, Onion		
<b>Strawberries</b>	Bush bean, spinach, borage, lettuce		Cabbage



## VEGETABLES

**JUNE:** Asian greens, Asparagus crowns, Broad beans, Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Celeriac, Endive, Kale, Kohlrabi, Lettuce, Onion, Parsnip, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry.

**JULY:** Asian greens, Beetroot, Broad beans, Broccoli, Carrot, Celery, Celeriac, Cucumber, Endive, Kohlrabi, Lettuce, Marrow, Onion, Pea, Potato, Radish, Shallots, Silverbeet, Snow pea, Strawberry, Tomato.

## HERBS

### JUNE

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

**Perennials & Bi-Annuals:** Catnip, Chicory, Chives, Perennial Coriander, Fennel, Hyssop, Lavender, Lemon Balm, Lovage,

Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

### JULY

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

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

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

<b>Planting in June</b>
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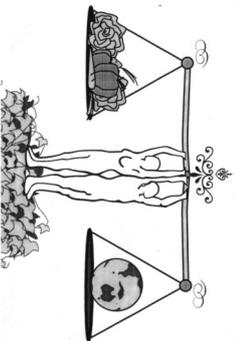
Beetroot	Sow in garden.	Harvesting from July - August
Broad beans	Sow in garden.	Harvesting from August - November
Cabbage	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - September
Carrot	Sow in garden.	Harvesting from August - October
Cauliflower	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - November
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - December
Celery	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - October
Chicory	Sow in garden.	Harvesting from September - November
Chives	Sow in garden.	Harvesting from July - August
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Endive	Sow in garden.	Harvest from August
Garlic	Plant cloves.	Harvesting from September - November
Kale	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Kohlrabi	Sow in garden.	Harvesting from July - August
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from July - August
Mustard greens	Sow in garden.	Harvest from July
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - January
Parsnip	Sow in garden.	Harvesting from September - October
Peas	Sow in garden.	Harvest from August
Radish	Sow in garden.	Harvest from July
Rocket	Sow in garden.	Harvesting from June - July
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from August - September
Silverbeet	Sow in garden.	Harvesting from July - August
Snow Peas	Sow in garden.	Harvesting from August - September
Beetroot	Sow in garden.	Harvesting from July - August

<b>Preparing for July</b>
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Cape Gooseberry	Sow in garden.	Harvest from September
Carrot	Sow in garden.	Harvesting from August - October
Celeriac	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from September - December
Chives	Sow in garden.	Harvesting from July - August
Collards	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from July - August
Dill	Sow in garden.	Harvesting from July - August
Endive	Sow in garden.	Harvest from August
Garlic	Plant cloves.	Harvesting from September - November
Kohlrabi	Sow in garden.	Harvesting from July - August
Lettuce	Sow in garden, or start in seed trays and plant out in 4-6 weeks..	Harvesting from July - August
Mustard greens	Sow in garden.	Harvest from July
Onion	Grow in seed trays, and plant out in 4-6 weeks.	Harvesting from November - January
Parsnip	Sow in garden.	Harvesting from September - October
Peas	Sow in garden.	Harvest from August
Radish	Sow in garden.	Harvest from July
Rocket	Sow in garden.	Harvesting from June - July
Shallots	Plant small bulblets, with stem just showing above ground.	Harvesting from August - September
Silverbeet	Sow in garden.	Harvesting from July - August
Snow Peas	Sow in garden.	Harvesting from August - September
Spring onions	Sow in garden.	Harvesting from July - August
Thyme	Grow in seed trays and plant out 6-8 weeks.	Harvesting from March - June

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 21 July 2011