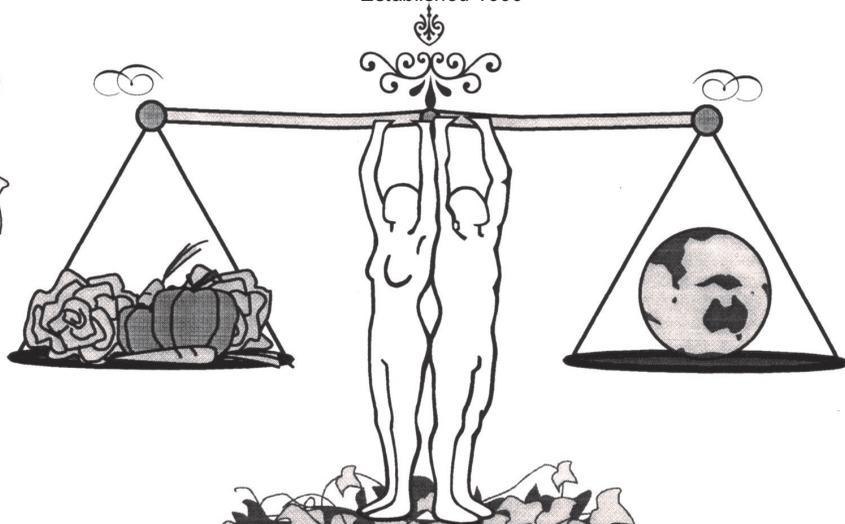


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 18 March 2015 Issue 3
GARDENING IN AUTUMN

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OUR NEXT MEETING: Thursday 16 April

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

2015 Committee

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Supper Co-ordinator	Paul Roberson (07) 5598 6609 Judy Reiser

Newsletter:

Unfortunately we don't currently have a newsletter editor. Please contact Angie (07 5533 0169 or w.a.anderson@bigpond.com) any-time if you would like to know more about what's involved.

Thanks to Contributors: Jill Barber, Rachael Lebeter, Karen Hart

The newsletters of the past few years are available from our website.

www.goldcoastorganicgrowers.org.au/

Notice Board

Membership Renewels

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.

Guest Speakers

April - Greg Plevy - WormTec

Greg Plevy from WormTec will give us more information about soil biology and the ways we can make our worm farms work for us. He will also have his great range of products to demonstrate for us.

May - Geoff Wilson - Aquaponics

Neil Ross has organized for Geoff Wilson, the Director of Aquaponics Network Australia, to speak to us about urban aquaponics and the future of food production. Hopefully he will also have some practical advice about how we can utilise aquaponics on a backyard scale.



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Greg James
Farmer's Choice Organic Nursery
 By Rachael Lebeter

Greg and Vanessa James of Farmer's Choice Organic Nursery in Murwillumbah come with an impressive resume: they are activists in their local community; they run Australia's first certified organic nursery; they chair a not-for-profit organization providing food-based education to schools; and they are credited with having rescued the rare, heirloom "Frilly Pink" lettuce from extinction after seed suppliers stopped stocking the variety.

Greg and Vanessa joined us as our February guests, and Greg's speech focused on the importance of the intention that underwrites our actions. In his own words, "love should be our biggest motivator."

In moving from corporate jobs and commercial nurseries, Greg and Vanessa were driven by the idea of making clean, organic food available to everyone. They were concerned by the mechanization and industrialization of our farming system, with the number of farmers in Australia having fallen from 400,000 post-WW2 to only 40,000 today.

Greg spoke to us of his Greek heritage, where families operated as food co-ops prior to the destructive arrival of supermarkets in 1965. With increased demand, we reengineered food to meet our desires and today plants are being produced under conditions of stress: Out of season; On heat mats; Under grow lights; and with growth forced by chemical fertilisers.

Greg's advice is to go back to nature: the best plants, and nutrition, will come from recreating nature as closely as possible for our seeds and seedlings. He doesn't even have to worry about hardening off, as his seedlings are generally sown outdoors to begin with.

Greg also blends his own potting and seed-raising mixes in order to provide his plants with ideal conditions that mimic nature. Rather than the traditional mixes of vermicu-

lite, compost and sand, Greg recommends a blend of vermiculite and coconut fibre, enriched with biochar, rock dust and preparation 500 (a biodynamic addition which, coincidentally, vibrates at the frequency of love).

Greg shared his knowledge that seeds do not actually need nitrogen for early stages of growth, but that providing carbon through biochar and trace minerals through rock dust, is very important for healthy growth. Greg recommended palagonite as a rock dust option, and is currently phasing out his use of coconut fibre, which is imported, in favour of locally-produced aged woodchip (12-18 months old). He does not use worm castings due to issues of supply but recognizes their value when mixed with coarse river sand to improve aeration and drainage.

Greg and Vanessa believe that the most important aspect of their nursery is the love with which they tend their plants, which they see as the opposite of the impersonal, industrialised system. Farmer's Choice Organic Nursery is completely off-the-grid and up to 15,000 seedlings at a time are hand-seeded into Greg's potting mixes. Seedlings are also wand watered, which Greg believes allows him to truly see his plants and to understand how they are going and what they need to thrive (this method also saves about ¾ of the water used by the previous nursery owners on the site). Greg calls the loving hand-rearing that the plants receive the "science" behind the nursery's success.

Greg and Vanessa's concern about our food future has also led them to become involved in community projects, the most exciting of which is the creation of a community hub at their Murwillumbah nursery. Greg also mentioned a "backyard table" project that he implements at local markets, such as the one in Uki. This table is a place for backyard growers to sell any excess produce, be it 20 pumpkins or just three lettuce, without having to invest in having a market stall. It is much like our Market Corner, but I would very much like to see it implemented at more local events. I am sure we all appreciated Greg sharing his

knowledge about our food systems and how we, as gardeners, can make a difference. He had a wealth of ideas about small business and we also picked up some great tips for growing seedlings.

You can visit Greg and Vanessa at:
Farmer's Choice Organic Seedlings
32 Wollumbin Street
Murwillumbah, NSW
Open: 9-5 Mon-Fri, 9-1 Sat

FRUIT TREES

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

Figs: Close to end of season.

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

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

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

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

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

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

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

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

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

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

Queensland Planting Guide, BOGI

HERBS

MARCH

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

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

APRIL

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

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

Continued on pg 11

Jill's Garden Update

By Jill Barber

I know you're all out there, garden lovers, so please can some other people write about their successes and failures, too, so that we can share and learn from each other's experiences?

Quite frankly, it's been too hot up until the last day or so to do much work in the garden during most of the day, so I've been getting up at "the crack of dawn" over the last month or two to prepare my garden beds for their autumn planting soon. (It's the only time I can do it...or much later in the day). My six or seven garden beds are about two square metres each, and I've just finished chopping up and forking in the **green manure** to the fifth one (the other two aren't grown enough yet). Sometimes I thought that there wasn't enough green leafy stuff, so I added some from elsewhere, such as big comfrey leaves and winter tarragon that needed cutting back. Having made sure that all the green was pretty well buried (to ensure that the nitrogen created all goes back into the soil, not up into the atmosphere), I covered the beds lightly with organic sugar cane mulch and watered it all in. Once I have vegies in, I'll treat them to some lucerne mulch, the best, but most expensive.

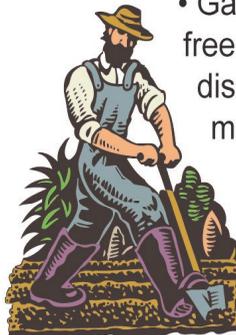
Saturday and today have been exciting days now because the first bed I prepared is actually ready for planting – a bit sooner than expected because of all those hot and humid days, I guess. At the time I did the green manure previously, I didn't have enough **palagonite** (rock minerals) and I had omitted to add the **biochar**, so I've just figured out the quantities and how to apply them, and in they've gone, just in time for my planting. Saturday a row of bush beans and a circle of climbing beans went in, and I'm watching every day for my next favourite thing – seeing them pop their little heads up out of the ground. (I can trust beans to do that, unlike some other harder-to-germinate vegetable seeds...which shall remain nameless!).

Finally, I awoke in the night last night, sleepless for a while, till I realised what was bothering me: I'd forgotten to set up some biochar in inoculant, for 12-24 hours, ready for planting my row of carrots today! So, rather than miss the good planting day (according to my biodynamic calendar), I got up at 2:30am, went down to the garage, measured out the biochar and the Aussie chook poo I'm using for the inoculant, added the water and mixed up the gooey mess, then went back to bed. I hope my carrots-to-be appreciate this immense sacrifice of my sleep for their health and well being. I'll end this day tired but happy, once those little seeds are in the ground later today.

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Common Herbs & Their Benefits

Part 2

By Jill Barber

Gotu cola – Used for arthritis healing, fertility and wound healing

Lemon Balm - Helps you relax and *soothes* the nerves, so busy blood type As should appreciate it.

- use the tea for depression, anxiety and insomnia
- Containing Vitamins A, B and C, it can be made into a tea, and creates a strong anti-depressant. It is also an antibacterial, anti-convulsant and fungicide.

• use in cooking in place of lemons.

• It attracts bees to the garden.

Lemon Grass – anti-bacterial, anti-microbial, antioxidant and antifungal properties

• has a positive effective on the body's ability to use Vitamin A.

• A hangover cure, with hibiscus flowers Magnesium - *Muscle* relaxant;

• Used for treating and managing asthma, diabetes, fibromyalgia, high blood pressure, migraines, osteoporosis, premenstrual tension and restless leg syndrome.

• an *essential mineral required by every organ in the body* for a range of activities including bone, protein and fatty acid formation.

• essential in activating vitamins B and D, relaxing muscles, regulating calcium levels and helping blood to clot, and is required for the secretion of insulin.

• Adults require about 300 to 400 milligrams a day.

• found in *nuts*, wholegrains, *dark green vegetables*, *fish* and meat. Rich sources include pumpkin and sunflower seeds, bran, tofu, potatoes, spinach and baked beans.

Marshmallow - Lots of vitamins, high in vitamin A especially, acts as an antioxidant and aids in tissue repair.

Nasturtium leaves – Antibiotic: a natural antibiotic and antibacterial agent, good for *lung* infections, cancer, *candida* and aiding *digestion*.

• All of the plant can be used – its leaves, flowers and even seed pods – and they go

well in a sandwich, salads or smoothies.

• High in vitamin C, iron, sulphur, potassium, *calcium* and *magnesium*

• When prepared in the blender, aloe vera & lemon make a healthy & pleasant addition.

Olive leaf extract - up to 40 times more *antioxidants* than the best Extra Virgin Olive Oils; 400% more antioxidant power than the equivalent amount of Vitamin C

• support cardiovascular function.

• used to enhance functioning of the *immune* system and aid the management of viral infections, especially when fever is present.

Oregano - Potent antioxidant and antibacterial properties.

• used to treat *respiratory* tract disorders, *gastrointestinal* (GI) disorders, menstrual cramps, and *urinary* tract disorders.

• applied topically to help treat a number of skin conditions, such as acne and dandruff.

• contains fiber, iron, manganese, vitamin E, iron, calcium, omega fatty acids, manganese, and typtophan.

• rich source of: Vitamin K, which promotes bone growth, the maintenance of bone density, and the production of blood clotting proteins.

Parsley - High in A, B and C; good for the kidneys, being a diuretic.

• a storehouse of nutrients

• a biennial plant that will return to the garden year after year once it is established.

• volatile oils qualifies it as a "chemoprotective" food - can help neutralize particular types of carcinogens

• has antioxidants that help prevent oxygen-based damage to cells

• a powerful anti-inflammatory agent

• for the healthy function of the immune system

Peppermint - Stimulate digestion

Rocket, Coriander & Dandelion - Take mercury out of our body; great for the gut and liver

Rocket - rich in vitamin C and potassium

• reputation as a sexual stimulant, it was "prudently mixed with lettuce, which was the opposite" (i.e., calming or even soporific)

Rosemary, sage, thyme and marjoram -

High in antioxidants and chlorophyll

Sesame seeds/tahini - rich in minerals such as phosphorus, lecithin, magnesium, potassium and iron.

- a good source of Methionine, which aids in *liver detoxification*.
- one of the best sources of *calcium*.
- high in vitamin E and vitamins B1, B2, B3, B5 and B15.

Slippery elm - Gently coats the lining of the intestinal system - easy on the digestive system.

- good for both *diarrhea & constipation*, as it softens & adds smooth bulk to the stool.
- frequently used by patients with inflammatory bowel disease (IBD)

Sorrel - Give a pleasant *lemon* flavor to many dishes. The sourness is due to *oxalic acid*, which can be toxic in large quantities, so the plant should be consumed in moderation.

Spirulina - providing most of the *protein* you need to live - 65-71% complete protein VS beef 22%, and lentils 26%: only 2T as a protein substitute for a meal.

- an excellent source of vital *amino acids*, *vitamins* and *minerals* easily assimilated by your body.
- help prevent the annoying sniffing and sneezing of *allergies*,
- reinforce your immune system,
- help you control *high blood pressure* and *cholesterol*, and
- help protect you from *cancer*.
- encourage and support the growth of healthy *bacterial flora* in your gut, which can help keep *candida* overgrowth under control.
- help inactivate the human immunodeficiency virus associated with *HIV and AIDS*
- a potent *detoxifier*, so it is best to start with a small dose and work your way up

Stevia – Used in place of sugar in cooking, being 300 times sweeter

- used to cure diabetes: unlike sugar, stevia does not raise blood-sugar levels because it is not a carbohydrate.
- can help alleviate high blood pressure

St. John's Wort - Treat *depression*

Tea tree oil - antibacterial qualities

Turmeric - Many benefits and may help ward off *dementia* and reduce risk of *cancer*.

- A natural *anti-inflammatory*
- inhibits the growth of new blood vessels in *tumours*
- a powerful *antioxidant*.
- may help lower *cholesterol* and prevent the build-up of LDL
- may help reduce the severity of bacterial and viral *infections*.
- stimulates the *gallbladder* and produces bile. Because bile helps digest fat, experts believe this improves *digestion*
- treats indigestion, reducing symptoms of *bloating* and *gas*.
- may improve *glucose* control or *insulin* activity; in animal research it was shown to cause blood sugar levels to drop.

Valerian - Sleeping disorders - used for insomnia, tension, restlessness and anxiety

Wheat Grass juice - Nature's finest medicine - a powerful concentrated liquid nutrient - when it is fresh, wheatgrass juice is the king of living juices

- 2 ozs of wheatgrass juice = nutritional equivalent of 5lbs best raw organic vegetables.
- twice the amount of Vitamin A as carrots and is higher in Vitamin C than oranges!
- contains full spectrum of B vitamins, as well as calcium, phosphorus, magnesium, sodium and potassium in a balanced ratio.
- a *complete source of protein*, supplying all of the essential amino acids, and more.
- flooding the body with therapeutic dosages of vitamins, minerals, antioxidants, enzymes, and phytonutrients,
- a powerful *detoxifier*, especially of the liver and blood - contains beneficial enzymes that help protect us from carcinogens, & lessens the effects of radiation.
- cleanses the body from head to toe of *heavy metals* stored in body's tissues and organs.
- drink 2 ozs of juice 2/day - must be consumed fresh, within 15 minutes, undiluted, on an empty stomach so nutrients can be

absorbed more efficiently.

- is a living food and has bio-electricity = life force within the living juice - can prevent DNA destruction, and help protect us from the ongoing effects of pre-mature aging and cellular breakdown - can restore the electrical charge between the capillaries and the cell walls which boosts the immune system.
- particularly high in *chlorophyll* - carries high levels of oxygen, cleanses and builds the *blood*, & contains more healing properties than any other element.

Yarrow - Vitamins A, B, 1, 2, 3...magnesium and more! The leaves can be used in a salad

- as medicine - as a healing agent: 2 tsp chopped leaves to make a cup of tea - used to lower temperature if there is a fever, or as a tonic if it is rundown
- to help stop bleeding,
- as a blood cleanser if the body is toxic,
- as an antiseptic to wash cuts.
- helps compost breakdown (as does comfrey).

Zinc - in numerous aspects of cellular metabolism.

- It is required for the catalytic activity of approximately 100 enzymes;
- plays a role in *immune* function, protein synthesis, wound healing, DNA synthesis and cell division
- is required for proper sense of taste and smell
- A daily intake of zinc is required to maintain a steady state because the body has no specialized zinc storage system.
- Animal foods are better sources than plant foods, eg, seafood, beef & lamb, wheat germ, spinach, pumpkin & squash seeds, nuts (cashews), cocoa & chocolate, pork & chicken, beans, mushrooms

Q & A - February By Karen Hart

Q. Why do my **mangoes** have black patches on the skin?

A. It is anthracnose. They are still edible. Just peel the skin off.

Q. Jill brought in a deformed **carrot** – any ideas what's caused it?

A. It is thought to be nematode damage – root eel worm. Remedies include applying neem oil to the soil or plant marigolds or mustard and dig in.

Q. What about maggots found in **sweet potatoes**?

A. This usually occurs because plants have been grown in the same area for 3 or 4 years. It was suggested that the plants are pulled out and new ones planted in a different area of the garden.

Q. Jill brought in a bag of very light **white powder** which had solidified, for identification.

A. It is most likely diatomaceous earth.

Q. How do I prevent **maggots in a compost heap**?

A. They are sawfly larvae, which indicates that the compost is usually too wet. Add more dry materials – eg shredded newspaper. Aerate it or add agriculture lime.

Q. Tiny **grubs** were found in a pot plant. Why do they come to the surface when watered?

A. Nobody could identify the problem.

Q. **A weed** was brought in for identification.

A. It is 'billy goat weed' or ageratum. Pull it up before it flowers, and mulch the area. Every year a particular weed becomes invasive. This year 'fleabane' is a particular problem.

VEGETABLES**JANUARY:**

Asian Greens, Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Shallots, Snake Beans, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

FEBRUARY:

Asian Greens, Beans (French, Snake), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Chilli, Choko, Kale, Leeks, Lettuce, Marrow, Mustard Greens, Onions, Parsnip, Pumpkin, Radish, Rhubarb, Shallots, Silverbeet, Sunflower, Sweet Potato, Tomato.

MARCH:

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

APRIL:

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

MAY:

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

JUNE:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Cel-

VEGETABLES

ery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Tomatoes, Turnips.

JULY:

Asian Greens, Asparagus Crowns, Beans (French), Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Peas, Potato, Radish, Shallots, Silverbeet, Snow Peas, Tomatoes.

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.

OCTOBER:

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

NOVEMBER:

Artichoke, Asian Greens, Beans (French & Snake), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Kale, Lettuce, Luffa, Marrows, Melons, Mustard Greens, Okra, Peanut,

VEGETABLES

Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet corn, Sweet potato, Tomato, Zucchini.

DECEMBER:

Asian Greens, Beans (French), Capsicum, Chilli, Choko, Cucumber, Eggplant, Gourd, Lettuces, Luffa, Marrow, Melons, Mustard Greens, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rosella, Shallots, Squash, Sunflower, Sweet Corn, Sweet Potato, Tomato, Zucchini.

Continued from pg 4 ... HERBS

MAY

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.

JUNE

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

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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.

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.

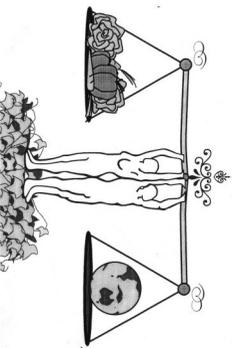
Perennials & Bi-Annuals: Catnip, Ceylon Spinach, Chicory, Chilli, Chives, Comfrey, Perennial Coriander, Echinacea, Fennel, Hyssop, Lavender, Lemon Balm, Licorice, Lovage, Marjoram, Mint, Mushroom Plant, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Stevia, French Tarragon, Thyme, Upland Cress, Watercress,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

OCTOBER

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

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 16 April 2015