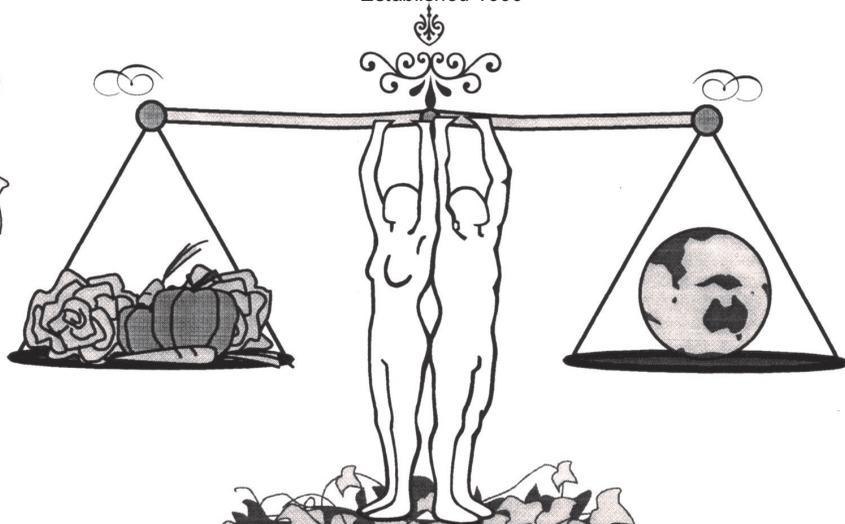


GOLD COAST ORGANIC GROWERS Inc.

Established 1999



NEWSLETTER

Volume 15

OCTOBER 2012

Issue 10

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OUR NEXT MEETING: Thursday 15 November

The Aims of G.C.O.G. Inc.

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

Meetings Held:

3rd Thursday of the Month

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

Doors open: 7:00 pm. **Begin at 7:30 pm**

Entry is \$1 members, \$3 visitors.

(No meeting in December)

Annual Membership Fees:

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

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

Seed Bank: \$2.00 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 per year (11 issues)

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

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

Newsletter:

Contributions and ideas welcome.

Email Angela at w.a.anderson@bigpond.com

2012 Committee

President	Maria Roberson (07) 5598 6609
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Seed Assistant	Peter Seymour-Smith (07) 5596 5678
Supper Co-ordinator	Jenny Davis (07) 5599 7576

Newsletter Theme

Gardening in Spring

Thanks to Contributors: Diane Kelly, Jill Barber, Maria Roberson,



Notice Board

Membership Renewels

Overdue: David Tangye, Stephen Dalton, Allan & Penny Jameson, Kay Schiefelbein, Robert Faulkner, Lise Racine, Ross & Helena Kelso, Gary & Jenny Spence, Liz Spittall, Kathy Steenbeek, Justin Robinson, Jase Hillyer, Wolfgang Dempsey, Peter & Leanne Dickfos, Leah Galvin, Geoffrey Williams, Denise Goodwin

October: Greg & Val Sbeghen, Robert & Donna Boston, Roslyn Griffith, Glenn & Joan Jones

November: Paul & Maria Roberson, Marie Rudd, Karen Hart, Ross & Jenny Davis, David Wyatt & Helen Wainwright, Scott Godfredson

Guest Speakers

Oct - Gina Winter on Using Herbs as Food and as Medicine

GCOG on the Web

From the Library

We now have a list of books and DVDs online.

The list can be viewed from:-

<http://www.goldcoastorganicgrowers.org.au/library-books.pdf>

Newsletters

To look up past newsletters from 2010:-

<http://www.goldcoastorganicgrowers.org.au/newsletters.html>

Facebook

We are now on facebook:-

<http://www.facebook.com/gcorganic>

Give Away

Giving away seven healthy and well fed organic chooks just about past laying. Please contact Peter or Patricia on 5525 1688.

Life Changing Events

Once a month we screen a new documentary film focused on health, food, social responsibility and our environmental impact on our planet.

After each film we are joined by an expert panel of speakers who are hand picked for their contribution to our community and field of knowledge ensuring that our movie guests go home with solutions that will change our world forever.

Check out the website for more details on the films showing on the following Monday nights @ The Arts Centre Gold Coast @ 6.30pm (Doors open 5:45pm):

- Nov 12th - Connected
- Dec 3rd - I am

www.lifechangingevents.net.au



HERB FARM

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MUDGEERABA. 4213

Opening times

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

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President's Message

Hello Everyone,

We had a fantastic meeting last month with lots of questions and gardening chat flying around the room. Our guest speaker for the night, Rod Bruin from Summit Organics, was a real boost to the spirits with his good news farming story. All too often we hear only the down side of farming, no such thing at the Bruins farm though. Rod says he is just as excited (if not more so) than when he and wife Tania started growing market vegetables 14 years ago. I found his enthusiasm positively infectious and was ready to come home and start ploughing the fields immediately; I didn't though because it was 10.30 pm. However the very next day we were in the patch chucking compost from pillar to post.

This month sees the GOLD COAST ORGANIC GROWERS INC turn fifteen years old. I look back to the beginning when it all started with just a handful of interested people at the first meeting, to the present day of a growing membership of over 145 keen gardeners. All lot has changed since those early days; a lot more people have become much savvier when it comes to what they want to feed themselves and their families. Armed with information we decided we wanted more assurance as to how our food was grown and naturally the best way to achieve this was to grow fruits and vegetables ourselves. Fifteen years doesn't seem like a long time ago but the changes regarding organically produced food are light years away now when compared to then. When I used to speak to people about organic growing and gardening the overwhelming question was "Why would you do that?" now they ask "How do you do that?" Answering that question is what I am really passionate about and there are so many reasons why we should grow food and just as many ways to grow our food. I truly believe that GCOG has been a vital and consistent source for information and has been instrumental in helping us achieve our organic gardening dreams and aspirations.

You may have noticed (if you haven't I'm a bit concerned for your eyesight), that the "spring flowering" fruit trees are absolutely laden with blossom. This usually happens when we have a prolonged dry spell after a couple of good seasons with plenty of rain. Trees become stressed when soils dry out and as a result set large quantities of fruit in an attempt to keep the species going. Lots of fruit means a better chance of some of the seeds within germinating and growing into the next generation of tree. Trees will shed some of this excess fruit along the way however, we can probably look forward to a bumper crop come harvest time.

NOVEMBER IS THE LAST MEETING IN 2012 as we do not hold meetings in December. The November meeting has traditionally been our CHRISTMAS meeting and why mess with tradition I say. We ask everyone to bring a small plate of Christmas food to share on the night. Perhaps you could bring a plant, some garden produce or homemade goodie to make the raffle table extra special on the night.

Please return all Library books and resources at the November meeting. There are still some 60 books or DVD's missing or outstanding and I'm sure you are as keen as I am to see them back on the Library shelves. It would pay to have a second look around at home for any missed articles as the committee is considering imposing fines on overdue books and such.

Happy growing,
Maria.

SPECIAL OFFER ON FRUIT TREES FOR ALL MEMBERS

DALEYS fruit tree nursery is offering all club members a 10% discount on fruit trees when you order online.

Visit www.daleysfruit.com.au/ to check out the types of fruit trees available.

To receive the discount enter the following code at the checkout :
GOLDCOAST10OFF

Gold Coast City Council Active and Healthy Program

Community 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. Tea and coffee are provided and all you need to bring are closed shoes.

Time: Saturday between 10am and 12pm
Oct 20th - Joan Park Community Centre
Nov 17th - Banksia Park Community Centre
Dec 8th - Robina Library

To find out more information or to register for a FREE workshop near you, call (07) 5581 6855.

Visit one of the Community Gardens Southern Beaches Community Garden

off Tugun Street on the vacant land behind the Tugun Community Hall.

Varsity Vegies Community Garden

Jim Harris Park, Mattocks Road, Varsity Lakes

Peachey Community Garden

Cnr Mcreadie and Tillyroen Rds, Ormeau

Joan Park Community Garden

Joan Street, Southport

Loders Creek

Owen Park - Ewan Street or south of Beale Street, Southport.

Labrador

Olsen Avenue, Labrador Park

Check out Council's Website Community Gardens

<http://www.gcparks.com.au/activities.aspx?page=37>

Healthy Cooking Workshops

<http://www.gcparks.com.au/activities.aspx?page=266>

Ladybirds Which Ones Are The Villains?

The common spotted ladybird is a voracious predator of aphids, scale insects and mites. Adults will consume 2,500 aphids during their life.

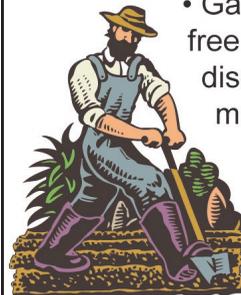
The villain is the 28 spotted ladybird. Adults are up to 1cm long, a light orange colour and they have 28 spots. Both adults and larvae feed on a range of plants - **cabbage**, **potato** and **bean** family are preferred foods. The larvae are easy to recognise because they are yellowish creamy colour, with a frizzy outline and they feed on the undersides of the leaves.

The best way to control these ladybirds is to handpick them from plants. For larger outbreaks spray plants with one part fresh milk to five parts water and repeat this weekly. The benefit of using milk and water is that it will control fungus without harming any of the useful ladybirds. Also, control a weed called **blackberry nightshade**. It's a favourite food plant and quite often infestations start on the weed before they move into the garden.

The Diggers Club

Australia's largest garden club is helping gardeners grow healthier vegetables, tastier fruit and the most beautiful flowers.

- Heirloom vegetable & flower seeds, herbs, plants
- Gardening advice, free seeds and discounts for members



- We deliver direct to your door in QLD
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DIGGERS.COM.AU

**Getting to Know
Henry Blonner
Interview by Diane Kelly**

In a book I was reading recently, I came across a sentence that fitted in very well with this month's interview – "When you are a gardener, you never stop learning, even when you've been at it for fifty years".

Henry Blonner decided in January 1954 to change his approach to the food he ate – he had come to see that a healthy body comes from healthy food, which in turn comes from healthy soil. Since that time, Henry has gardened organically, and he now has an orchard and a vegetable garden that are heading toward self-sufficiency. Henry, who turns 80 next birthday, maintains a thirty-three acre property in the hills of Tomewin and the hours I spent with him and his wife Alexis were most inspirational.

Henry grew up in Bad Aibling, a resort town with a population of 25,000 people, and a history dating back over 1,200 years. Bad Aibling is located in Bavaria about 30 kilometres from the German/Austrian border, and the Alps provide a magnificent backdrop across the Mangfall River and the countryside. As you can imagine, skiing was a part of Henry's youth, as was trout fishing – and weeding, watering and "de-stoning" the family garden.

Henry's mother always had a vegetable garden – water was pumped by hand into a trough, and then applied by watering can. The soil was stony, with river pebbles that continually came to the surface of the soil, and had to be removed. Gooseberries and black and red currants grew well in the garden, along with flowers and ornamental herbs. In the town centre, there was a large pear tree from which anyone was welcome to pick the fruit, and there were areas near the railway station where townspeople who did not own land could make a garden. Henry also remembers the white swans and cygnets that lived on a small island in the river just across from his home; the water that was diverted from the river for hydro-electricity to run the

town's grain and timber mills; and the mineral-rich peat that was cut into bricks for use in home fires.



The view to the ocean in the east; a beautiful garden; and "The Lawn-mower".

In the fields that surrounded Bad Aibling there were herds of milking cattle, and in winter these were brought into barns to avoid the freezing weather. The resultant straw and manure clearings were delivered by oxen and cart, and Henry's mother would spread them on the garden before the snows came. As this material froze, it also matured, and therefore did not burn the plants. The soil was good.

In 1959, Henry realized his dream of living in a warmer climate – he was given an assisted passage to Australia. Henry lived in Melbourne for several weeks, and then moved to Sydney. Living in Five Dock and starting his own vegetable garden, Henry grew "the best cucumbers, tomatoes and cabbages", and began to see that you don't need a lot of space to grow healthy and adequate amounts of food. With his brother, who had also moved to Australia, Henry established a sharpening and repair shop for hairdressing scissors and fine instruments that were used in medical practices.

After some adventures (which included a trip to Nicaragua, and an eventful journey on a banana boat to England), Henry travelled up to the Gold Coast for a holiday in 1969. Noticing on his map that there was an alternate

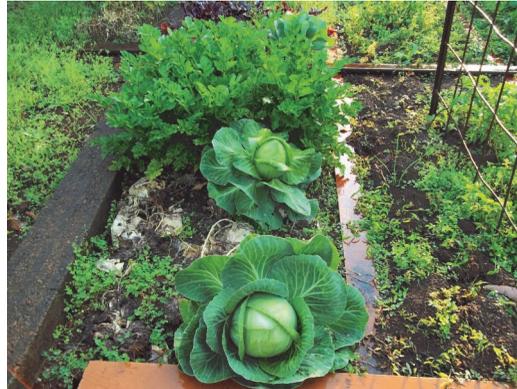
route from there to Murwillumbah, he decided to drive south along Mount Tomewin Road. A chance comment by a farm worker led to Henry purchasing the property where he now lives, and which has views of the ocean to the east; Mount Tallebudgera to the north; and a waterfall surrounded by twelve acres of untouched rainforest to the south. The setting is quite dramatic.

Originally part of a banana plantation, by the time Henry and Alexis moved to the property it was covered in lantana and sally wattle. The soil here is red, and there is virtually unlimited water. Rainfall coming down the Tomewin Range to the waterfall at the top of Henry's property fills a large dam, and there is another dam in the area below the house which is fed from a natural spring. The water from this second dam is used in the orchard and vegetable garden areas – it has a submersible pump that can supply water at the rate of 40 litres a minute. A bore has been sunk (they hit water at 90 feet), and the tested water quality is excellent – nil toxicity and high level of minerals makes the water suitable for household use.

It is just as well that such amounts of water are available, because Henry's orchard now has over 100 well-established trees. There are olive trees, macadamias, Tommy Atkins and Bowen mangoes, pink grapefruit, lychees, custard apples, guavas, chocolate pudding trees, oranges, limes, lemons, peachcots, avocados, Herbert River nut trees, pecans, tamarillos and a number of others. Henry's current project is to successfully grow drumstick trees. The leaves, roots, flower and pods of these trees can be eaten, supplying complete protein, and amino acids equal to meat. We wandered through the orchard area (after walking down to the dam and then back up the very steep hill again – I can't imagine how a bulldozer got down there safely to build the dam!) and picked mulberries, nectarines and grumichamas to snack on.

Then we walked up to the vegetable garden. Henry has developed an area of about 12 square metres, which he has bordered with

concrete-filled besser blocks. He has laid timber planks at intervals across the area to allow easy planting and weeding access, and also to delineate the various sections of vegetables. Again, the list of what Henry is growing is impressive – carrots, tomatoes, French sorrel, cabbages, cucumbers, lettuces, beetroot, dill, comfrey, snow peas, beans, chives, strawberries, kohlrabi, peppermint, basil and rocket. Also in this area are growing passionfruit vines, banana trees, grape vines, paw paw trees and raspberry vines.



The vegie patch – and some fine looking cabbages!

It was nearly time to leave Henry and Alexis's home and garden. We had gone for a walk along the track Henry has cleared through the bush; we had seen some beautiful orchids in bloom attached to trees stumps in the house garden; we had seen Henry's new work-shed; and we had fed some hay to "The Lawn-mower" – a 16-hand, ex-racehorse who keeps the grass under control in the orchard area and around the swimming pool. (He does have a formal name, but I forgot to write it down!)

I asked Henry what his main interests were in the garden, and he replied that there was no one thing, but whatever is natural and beautiful. I also asked if he and Alexis had a plan in mind when they developed the garden and the rest of the property. Again, there was nothing that they specifically set out to achieve, but they have developed what they wanted in their environment – harmony.

**An Evening with Rod Bruin on “Improving Soil Quality for Healthy Vegies”
By Jill Barber**

Rod came up to the meeting of our club from Tyalgum to talk to us about the amazing work he has done on his six-acre, intensive market-garden, Summit Organics, along with his wife, Tania, and we were, indeed, inspired. His passion was catching, and I know at least a couple of people at the end were saying, “We could share a load!” meaning the compost Rod spoke of getting from the Lismore City Council. If he can do it, we were thinking, we must surely be able to do it as well, meaning grow marvellously strong, green, healthy organic vegetables, leafy greens and culinary herbs. The lettuce he showed us, after hours of being picked, with no refrigeration or water, looked so crisp and nutritious!

How does he do it? Well, he has always been into farming, and enjoys seeing how nature plays out, the weather conditions, etc. He has worked for the past 38 years on the family farm, certified organic for the past 20 years, and during this time he has learned a lot about greater sustainability and increasing production. Not only do we have to “get into the mind of the plant”, to use a phrase Maria used earlier, in determining the right time to plant in your area, where exactly will suit each plant, and what conditions of light and moisture each one requires, depending on where it came from originally, but we have to be prepared to be selective and to try new things. What we do depends on careful observation of results and therefore the needs of each plant, and we can then focus our energy on things that work in our gardens.

Rod is passionate about organic agriculture, and that passion came through loud and clear for us that night as he talked about his “new toy”, the yeoman’s plough, a New Age tyned ripper. Excitedly, he told us how this goes deep into the soil, lifting but not turning it, just loosening it so that it lets in oxygen, warmth and moisture. The improvement to production is visible, giving a 20 to 30 percent better result! This is not surprising in light of the fact that the PSI (Pounds per Square Inch, and is

the common unit of measurement for pressure) changes with its use from 300 to 200! Since they plant out three to four thousand seedlings per week, and the ones in this “new” soil are *visibly* better, this equates to great success.

Interestingly, Rod said that they have actually *shrunk* the size of the farm, since production per square metre has increased, and less area is needed to grow the same amount of food: they can now grow as much on three and a half acres as they used to on six! Sometimes more is not better, he told us. And the prime ingredient has been **compost**. This is what they put on about four inches thick for every crop, which equates to one hundred cubic metres per acre per annum, a huge amount! This is what has primarily resulted in exceptional soil fertility on the Summit Organics farm. Doubters of them putting on so much compost began to question the validity of it, wondering if the seemingly excessive use was, indeed, harmful, so Rod finally succumbed and had the soil tested. The results astonished the testers, who called it “super soil”. This super soil grows healthy, strong plants, which then helps to create healthy people. It just stands to reason.

In fact, after the gruelling weather conditions a few years back, of first drought and the driest year in hundreds of years, then floods and the wettest two years on record, they managed to survive the devastation of their crops by planting again without adding anything for eighteen months. Yet they still grew healthy, saleable vegetables, so improved had the soil become. As he pointed out, with commercial, purely chemical soil additives having been used before, the soil would have been useless without continued application of them during this lean period.

Their wonderful produce is available to us on the Gold Coast at reasonable prices at both the Miami High School Organic Market on Sundays, and at the newly opened LOHAS (Lifestyle of Health and Sustainability) market at the Burleigh School on Saturdays.

Many thanks to Rod for his time in coming to talk with us (and stay chatting to interested members till closing time afterwards) and share his passion.

www.summitorganics.com

Q & A

Q. A large tangle of tubers and roots was presented for identification by any and all.

The owner thought it was ginger when he planted the tuber cutting. However during a mass inspection and ill advised taste test, it was proclaimed more than likely to be from the ornamental ginger family and not edible. The lesson here is to be wary of plant material that is not specifically named or guaranteed to be something you can eat, no matter how exotically enticing it appears at first glance. Something in that for all of us don't you think?

Q. One small mankie looking paw paw did the rounds for diagnosis, with all agreeing to blame the cold weather. Paw paw trees don't do well in winter, they drop their leaves and can look pretty sick with the fruit not fairing any better. This particular specimen had a lot of beige and dark brown discoloration with raised and uneven skin that was almost blistered. Trees are cold and stressed so not at their best. Things should improve as the weather heats up, feed with plenty of manure, blood and bone and use a sea weed spray. Paw paw trees like a bit of water so supplement in dry times.

Passion fruit vines seem to be a constant source of concern for quite a few members; all I can say is stop worrying. Like Paw paws, they are a tropical plant and hate cold winters, they will improve as summer moves closer. Do not over prune, tip prune to keep under control if you have to. Water well now and remember they have wide ranging shallow roots. A light mulch to stop soil moisture from evaporating will be a benefit, fertilize with blood and bone and rock dust minerals. Vines only live for a few years and it may be worthwhile to think about planting another vine every two years or so for a continuous supply of passionfruit.

Q. A discussion on identifying a plants needs by understanding where they originated from followed. Getting a plant to thrive was easier to do if you recognised the origin of said plant; an example is olive which comes from the Mediterranean. One needs to think about soil pH and structure as well as weather conditions. Which season has the most rainfall in the plants' country of origin? The Gold Coast has a sub-tropical climate; however we choose to grow a vast number of plants from different regions from all over the globe, some of which grow more successfully than others. To maximise your chances of success "get inside the plants head" as Rod Bruin put it, study the conditions that each individual plant has evolved with. In a mixed home orchard it may be necessary to treat each plant differently when it comes to water and fertilizer regimes. Some plants will require a heat retaining wall behind them in winter just to keep them alive, others a "cold sink" where the cool air pools aiding in a better fruit set. You may need to raise or even lower soil pH. Some will need winter rainfall and dry summers; this is the reverse in our region. Plants are reasonably tolerant and some very forgiving but why not put in the extra thought so that they will positively thrive and be full of health and vigour.

Seed Saving - BOGI

You can save seeds from the vegetables you grow each year. By doing this, you ensure the vegetables you grow will be suited to your local environment.

Only save seeds from open pollinated varieties as their seeds will give you "true to type" plants next season. Seeds saved from hybrid varieties will not be "true to type" plants from their seeds.

Plants which are self-pollinating such as tomatoes, capsicum, lettuce, beans and peas are the easiest from which to save seed. Some plants only produce seeds after two growing seasons. These include most root crops such as carrots, beetroot, radishes, and the cabbage family.

Continued pg10

FRUIT TREES

Custard Apple: Increase irrigation. Mulch trees. Commence hand pollination of Pink Mammoth and Hillary White. Apply organic fertiliser with sulphate of potash – 1 kg for mature trees and ½ kg for small trees.

Figs: Keep well mulched and watered.

Low chill stone fruit: Use fruit fly control programs, for example netting or an attractant method. When fruiting is finished and harvested, prune trees.

Mango: Peak water needs:

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

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

Persimmon: Peak irrigation needs.

Strawberries: Most plants are finished by now. Keep well watered to encourage new runners for next year.

Bananas: De-suckering should have been carried out by now. If not, do it now. Apply organic fertiliser with sulphate of potash – 1 kg per stool.

Citrus: Keep up the water. Spray with pest oil for leaf miner. Paint trunks with a white water-based paint. This will control ants and scale.

Bananas: The Musaceae Family of plants originated in China and include, among others, the “Cavendish” banana (illegal to grow in the home garden in Queensland). If you want to grow bananas, you must contact the Department of Primary Industries, who will give you the name of the supplier from whom you must purchase your bananas.

It has been repeatedly shown the best soil is one which has a high nutrient and water-holding capacity. Soil should have a medium to high clay content, but fairly well drained with good depth (0.75m) for good root devel-

opment. Dig in 250gms of dolomite and compost one month before planting.

The best planting time is October to February. De-sucker in March. Leave one sucker per plant each year and remove all others as more suckers will cut down the size of the fruit. New plants are propagated using suckers. They should be .5 to .75m high, and thick at ground level tapering to the top. Discard all with thin stems. Remove suckers with a sharp shovel and with roots as well. Plant 15cm below the soil.

To check for Banana Weevil Borers: Cut up pieces of old trunk and lay split pieces on surface of soil close to the trunk of a parent. Leave 2-3 weeks and then check to see if borer is present. If it is, simply pick up the pieces and destroy. Remember to keep plants clear of compost and left-over parts of plants.

Brisbane Organic Growers Handbook

- Olives and Avocados: Spring is the best time to plant evergreen fruit trees, such as avocados and olives. Choose a position in full sun with well-drained soil. Avocado trees need a wind shelter and cover for frost protection when young. They also need frequent watering in dry weather. Avocado fruit mature in summer when stalks turn slightly yellow, and they soften after picking. Olives turn black when fully ripe in late autumn.

*Source: Ian Spence
Gardening Through the Year in Australia*

Continued ... Seed Saving - BOGI

Allow produce to be kept for seed to mature on the plant and, in the case of seed pods, allow them to dry on the plant.

Before storing seed, ensure the seeds are dry. Place individual varieties in separate paper packets, label with the name, variety, and the date you collected them.

Store in a sealed, airtight container in a dark, cool place. The bottom of the fridge is ideal!. Add a small bag of silica to help absorb moisture.

It's Time To Get Growing



VEGETABLES

OCTOBER:

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

NOVEMBER:

Artichoke, Capsicum, Carrot, Choko, Sweet corn, Cucumber, Eggplant, Gourd, Lettuce, Luffa, Marrow, Okra, Peanut, Pumpkin, Radish, Rhubarb, Rockmelon, Rosella, Spring onion, Silverbeet, Squash, Sunflower, Sweet potato, Tomato, Watermelon, Zucchini.

Prostate Awareness Twin Towns & Tweed Coast

Just a click away:

www.prostateawarenessaustralia.com
or contact Ross Davis for more info:
rossco12@bigpond.com

HERBS

OCTOBER:

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

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

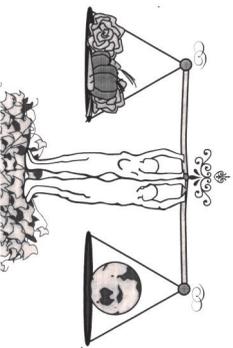
NOVEMBER:

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

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

If not claimed in 14 days, please return to:
GCOG, PO Box 210, Mudgeeraba Q 4213

*GOLD COAST ORGANIC
GROWERS Inc.*



NEWSLETTER

Meetings held:
3rd Thursday of the Month

Meeting place:
Cnr Guineas Creek Road
& Coolgardie Street
Elanora, Gold Coast

Next meeting:
Thursday 15 November 2012