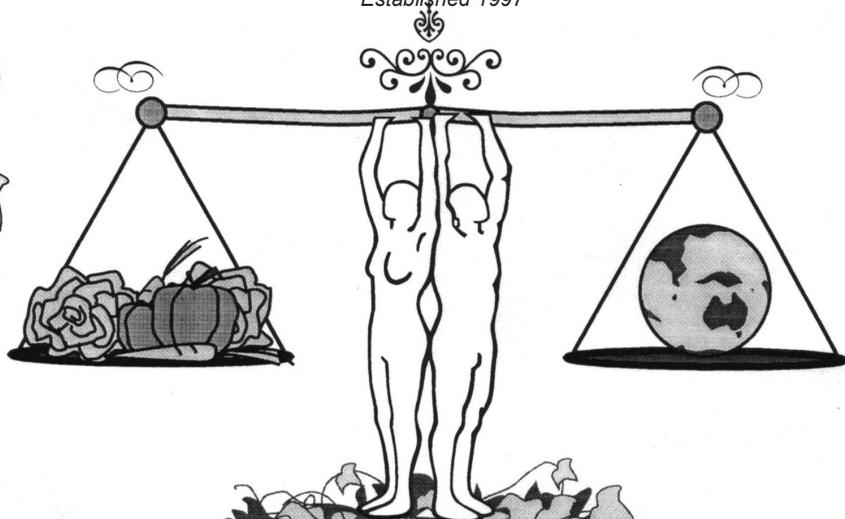


# GOLD COAST ORGANIC GROWERS Inc.

Established 1997



## NEWSLETTER

Volume 21 - OCTOBER 2017 Issue 10  
GARDENING IN SPRING

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OUR NEXT MEETING: Thursday 16th Nov 2017

## Notice Board

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

### Meetings Held:

#### 3rd Thursday of the Month

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

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

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

*(No meeting in December)*

### Annual Membership Fees:

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

To renew or start memberships please transfer funds directly into our bank account, send cheques (payable to GCOG) to Diane Kelly, or just pay at the door.

**Name: Gold Coast Organic Growers**

**Bank: Suncorp**

**BSB: 484-799**

**Account: 0014-21651**

### Seed Bank:

Packets are \$2.00 each.

### Members' Market Corner:

Please bring plants, books and produce you wish to sell or trade.

### Raffle Table:

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

### Library:

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

**Advertising:** (Note 11 issues/year)

**1/4 page:** \$10 an issue, or \$100 per year

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

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

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

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

## 2017 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly (07) 5522 7444
Treasurer	Diane Kelly (07) 5522 7444
Secretary	Cathie Hodge 0406 575 233 cathie.hodge@gmail.com
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson 0411 639 558
Newsletter Editor Newsletter Asst.	Dorothy Coe dorothy@dorothycoe.com Diane Kelly Ian Plumbley
Website Editor	Dorothy Coe dorothy@dorothycoe.com
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Guest Speaker Liaison	Rachel Lebeter 0407 906 955 rachaellbeter@gmail.com
Librarians	Ann Brown 0403 936 360 Dayne Petersen
Seed Bank Seed Assistants	Lyn Mansfield 0409 645 888 Maggie Golightly Bill Smart
Supper Co-ordinator	Heather Ryan 0409 577 499 Deb Phillips

**Newsletter Contributions are welcome.** Send in a photo of what's going on in your patch. **Deadline for contributions is the one week before the meeting.** Send your content to Dorothy Coe at: [dorothy@dorothycoe.com](mailto:dorothy@dorothycoe.com)

## Notice Board

### Membership Renewals

**NEW:** You can now pay your membership fee directly into the GCOG bank account.

Name: Gold Coast Organic Growers  
Bank: Suncorp  
BSB: 484-799  
Account: 0014-21651

### Remember to put your Name and Member- ship Number in the comment field.

Note the number in brackets after your name is your membership number - you will need to quote this number in the comment field, if you pay via online banking.

### Membership Renewals – October 2017:

**Overdue:** Barbara Talty (58), Peter & Jan Fleming (287), Debbie Chesterfield (410), Scott McCormack (334), Warren & Bev Carlson (87), Wolfgang Dempsey (258), Jan Guest (307), Geraldine McDonald (354), Dayne Petersen (377), Caroline Li (395), Lieu Searston (412), Henry Blonner (108), Beth Orme (343), Michael Cuthbertson (396), Anne Butler (398), Barbara Westmore (413)

**October:** Glenn & Barbara Jones (266), John Palmer & Amy Lukens (356), Evelyn Douglas (383), Winny Hu Shouhe (414), Colleen Rohan (415)

**November:** Paul & Maria Roberson (4), Rodney & Cathy Boscoe (347), Megan Keeler (358), Leah Johnston (416)

Latest newsletter can be downloaded from the site at [goldcoastorganicgrowers.org](http://goldcoastorganicgrowers.org)

### Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Rachael Lebeter, Jill Barber, Lyn Mansfield, Justy Rogers, Eileen Turner & Evelyn Douglas.

## Upcoming Guest Speakers

**November** – It's our birthday!! And our Christmas party! Event details TBA.

No **December** meeting – Merry Christmas!

## Workshops

### Abilities Plus – Permaculture

For more information and bookings contact  
Lyn Mansfield M: 0409 645 888  
E: [lynmansfield14@bigpond.com](mailto:lynmansfield14@bigpond.com)  
W: <http://abilitiespluspermaculture.com/>

21 Oct	8 to 2pm	<b>The Healthy Living Collection -5<sup>th</sup> Birthday</b> – Burleigh School Community Hall, Burleigh – (Kym O'Connell)
23 Oct	9.30 to 11.30am	<b>Gardening Class</b> Joan Park Community Garden, Joan Street, Southport
12 Nov	9am to 11am	<b>Logan Garden Tour</b> – Working Bee and Education - 5 Mango Place, Victoria Point
24 Nov	10am-12.30	<b>Edible Flowers Garden Party &amp; Organic Garden Tour</b> (Ecobotanica) - Capalaba just off Lyndon Road – 10 to 12:30 p.m. \$75.00

### Ediblescapes Workshops

#### Seed saving and veggie swap

**Saturday 11 Nov - 8:30 am to 10:30 am**

This will be held at the Nerang Country Parklands 8.30am - 10.30am. Bring along your excess produce to swap or take for a donation to the ediblescapes project.

For more information email to

[Contact@ediblescapes.org](mailto:Contact@ediblescapes.org)

And see our facebook's Edible Forest Landscape Project page at [www.facebook.com/n.ediblescapes/](http://www.facebook.com/n.ediblescapes/)

## Can We Help?

In the section BELOW our members can ask about cuttings, seeds or plants that they would like to obtain, or where we could let others know about anything that we might have spare and would like to share around.

So if you would like to let the Club members know about any particular plant you are looking for, or if you can help out and provide a plant that someone has asked for please email Dorothy with the details at [dorothy@dorothycoe.com](mailto:dorothy@dorothycoe.com)

## Offers / Wants / Swap / Share

### EDIBLE PLANTS, TREES, CUTTINGS DONATIONS OR SWAP REQUIRED

To support the start up of Ediblescapes (Edible Forest Landscape Project) at Nerang they are looking for donations of Edible Plants, Fruit Trees, Seedlings & Cuttings AND/OR Jorge can organise a swap deal whereby he will swap bags of compost for edible trees.

This will help them get the community edible landscape established.

If you can help now or in the future please contact Jorge at:  
[ediblescape.nerang@gmail.com](mailto:ediblescape.nerang@gmail.com)

### PLANT POTS, NATIVE PLANTS, EDIBLE TREES, SEEDLINGS, CUTTINGS REQUIRED

If anyone has any spare unwanted plant pots or **any** types of plants, trees, or cuttings (edible or non edible) please contact Cathy Beard as she is collecting them for an ongoing project down in Murwillumbah to help the people that had their gardens and homes flooded during the last storm.

This will be an ongoing project until further notice so if you don't have anything right now but might have something in the future please keep her in mind.

Also if anyone wants to be more actively involved helping Cathy with potting and planting or even offering storage over the coming months please let her know. Cathy can be reached on 0428 816 173



### Free gardening event for the whole family

**Saturday 4th November 2017**

**10:30am – 3:00pm  
Crocker Park, 92 Markeri Street,  
Mermaid Waters**

**What to expect:** Stallholders, speakers, kids activities, prizes

Gardening gurus Roman Spur, Spurtopia and Kate Heffernan, Regional Botanic Garden

Eat your Backyard Community Day will provide a central hub to share ideas on how to utilise your backyard or small space to become more sustainable and self-sufficient.

Learn about growing native plants, veggies, worm farms, compost, bee keeping and more.

## Hints for “All Things Gardening” from Diane Kelly

### Hints for All Things Gardening:

To start off our hints for October, I thought you might enjoy “**Rules for a Healthy Veggie Garden**”, which I found practical in Jackie French’s book “The Wilderness Garden”.

1. Don’t plant in straight, neat rows – pests will arrive and just keep on eating! Break up planting so that there are no large groups of the one plant; plant small plants near tall ones; plant shallow rooters like lettuce near deep roots like carrots; and plant climbers next to long stemmed corn or sunflowers.
 
2. Don’t plant too early. Spring growth is soft and sappy, and is therefore disease prone. Start seedlings in pots if you want big seedlings early.
3. Grow flowers and vegetables together. Flowers attract predators to eat pests, to attract bees to pollinate, and to break up groups of vegetables so that pests (who track their food by either shape or smell) will find it harder to attack your crops.
 
4. Pick often. Frequent picking stimulates more flowers, more leaves on silver beet or lettuce, and more flowerettes on broccoli etc – and it gets you out in your garden to enjoy it!
5. Don’t just plant annuals in your flower and veggie garden. Perennials send down deep roots and bring up leached nutrients. They are more drought resistance and their leaves will shade annuals in the

heat Perennials in your garden will add flowers, material for mulch, and a year-round food supply for the predators that will eat any pests that may visit your garden

6. Plant nitrogen fixers like beans, peas, sweet peas and broad-beans. Peanuts fix nitrogen from the air, and add fertility to your garden as their residues break down.
7. Let the best vegetables go to seed – this will give you fresh, free seed next year, already adapted for your garden – and the flowers will attract the adult form of many predators.
 
8. Don’t plant an enormous garden in spring that you can’t keep up with!

### Pickled Cauliflower:

In my book-case, I recently pulled out a wonderful old book (first published in 1977) written by Mrs N. Prescott, and called “Early Settlers Household Lore”. The cover has the price of 1 shilling and threepence! The recipe for pickled cauliflower sounded tasty:

- Lay pieces of cauliflower in a brine of salt and water for 7-10 days. Then put them into a saucepan of water. Boil 10 -15 minutes. Drain on coarse cloth in sun till free of moisture. Put into jars. Pour over them cold, a pickle of vinegar, to which mace, peppercorns, and a pinch allspice have been simmered. Close up. Add vinegar as it becomes absorbed.

It may be a recipe from the past, but it still sound easy and flavoursome. Thanks, Mrs Prescott!

**Guest Speaker from our Sept Meeting  
We Love Turmeric  
By Rachael Lebeter**

*Bernie Winter of Self Help Pharmacy at Springbrook and veterinarian Dr. Doug English really do love turmeric – they taught us all about how to grow and use this nutritious and healing herb.*

### Growing tips

Bernie, who grows the best turmeric in Australia, shared his secrets for successfully growing this staple of Asian and Arabic cuisine.

Turmeric is a member of the zingiberaceae family, along with ginger and heliconia. It is a herbaceous perennial grown for the fleshy, finger-like rhizome (tuber) and can be propagated from small pieces of the rhizome or from the crown, which is the base of the plant from which the rhizomes spread downwards and out.

Originally occurring on the Himalayan steppes, turmeric is adapted to an 8-month growing season. In frost-prone areas, it should be grown from September to July, while in warmer areas it can be planted as late as November for an August harvest that takes advantage of our winter dry season.

Turmeric requires regular water during the first trimester of growth, beginning as soon as rhizomes are planted, with decreasing water in the middle trimester. In the final stage of growth, almost no water is needed (hence the advantage of a late planting to coincide with the winter dry) in order to encourage the plant to send vitality to the root rather than waste energy on leafy growth.

Bernie describes turmeric as a very hardy plant that will withstand a good deal of mistreatment. It does not typically suffer from fungal diseases, nor has Bernie experienced any problems with root borers. Leaf borers can cause rings on early growth, but are effectively treated with diatomaceous earth or

neem oil and do not seem to compromise root production.

Bernie plants turmeric at a 15 cm spacing with two rows per 1.2 metre bed, getting the awesome yield of 3-5 kilos of turmeric per metre!

### Not all turmeric is created equal

So, given how robust turmeric is, there is no excuse for not growing it. However, the main popularity of turmeric today is based on its medicinal properties. And while all turmeric is nutritional, medicinally not all turmeric is created equal.

The health benefits of turmeric (more about those when we get to Doug), according to scientific research, come primarily from curcuminoids such as curcumin, which is the compound that gives turmeric its reddy-orange colour. And some varieties of the herb have far more curcumin than others.

Turmeric can be divided into three broad categories: native turmeric, *curcuma longa* and *curcuma aromatica*. Native turmeric varies greatly, from the white turmeric found in Hawaii, to the black ornamental turmeric from North Queensland. However, it is the difference between *curcuma longa* and *curcuma aromatica* that most concerns us.

These two varieties are both used in cooking, and when purchasing turmeric (fresh or powdered), it is near impossible to tell which is which. Typically, *curcuma longa* will be redder in colour and have a milder and less acrid flavor, but this is not always discernable. In fact, the only really reliable way to tell the two apart (beyond scientific testing) is growing them: *curcuma longa* will not flower in Australia, whereas *curcuma aromatica* (which, it turns out, I grow – whoops!) will produce a lovely white and yellow flower spike.

So which is “the right turmeric”? According to Bernie, *curcuma longa* contains far more curcumin, which is largely responsible for the health benefits of turmeric, than *curcuma aromatica*.

## Using curcumin

Despite showing significant health benefits in clinical studies, curcumin's usefulness is limited by our metabolic ability to absorb it. So while having turmeric on a salad or in a juice might provide a nutritional benefit, it isn't going to provide the medicinal benefits of the curcumin.

To enjoy the wellness benefits of curcumin, we need to consume our turmeric heated with oil (because curcumin is fat-soluble – it is also soluble in alcohol so could be made into a tincture) and black pepper (peperine, a compound in pepper, has been shown to help in the absorption of certain compounds, such as curcumin, and slow their excretion from the gut). This is likely why turmeric, oil and pepper form the basis of many Arabic and Asian dishes.

To get the full benefits from our turmeric, Bernie recommends creating a turmeric powder and using this to make Golden Paste, which he sees as the simplest and most traditional way of getting medicinal benefit from this herb.

To make turmeric powder, dehydrate the rhizome (no need to peel) at below 40 °C, preserving beneficial enzymes, and then crush it. You will lose 80 % of the weight of your harvest, but this is still preferable to buying imported powders that are usually boiled, super-heated and bulked out with fillers and artificial colours.

Turmeric powder is made into Golden Paste by mixing it with oil and black pepper. Doug recommends adding a curcumin extract to the Paste as well, in order to get the full benefits from the remedy. Golden Paste will keep for 2 -3 weeks in the fridge and can be used in cooking as well as for Golden Milkies etc. 1-3 teaspoons of Golden Paste per day can be used to treat a variety of illnesses and for general health and well-being. As turmeric contains oxalates, Golden Paste should be taken with food.

## The health benefits of curcumin

About 5 years ago, Dr Doug English began using turmeric in his veterinary practice. It was an effective remedy for problems such as itch, arthritis, melanoma, aging and other complaints. He had excellent results with horses and cows, which as ruminants are better able to absorb curcumin, as well as chickens, dogs, cats and other pets. However, Doug's clients constantly asked for scientific evidence about the benefits of turmeric.

There are a range of clinical studies about the health benefits of curcumin – it decreases inflammation as effectively as some anti-inflammatory drugs, it boosts brain hormones that prevent degeneration, it is an antioxidant, it helps to regulate blood pressure and it has anti-depressant effects – but very few about turmeric itself. Obviously this presents some problems as turmeric contains lower levels of curcumin than the extracts used in the studies, and we already know curcumin is difficult to absorb. But as Doug pointed out, consuming the entire herb may have its own range of benefits due to the fiber and other compounds it contains along with the curcumin.

Anyway, in order to collect anecdotal evidence about the benefits of turmeric, Doug started a Facebook group at the suggestion of his nurse: The Turmeric User Group, which now has 260 000+ members.

Some benefits that Doug and the Turmeric User Group have reported include:

- Improved egg production in laying hens (30-40 % according to a study at UNE)
- Improved fertility in both dogs and people
- Increased happiness and decreased depression
- Reversing the effects of aging, and arthritis in particular
- Treating tumors, such as sarcoid tumors, and cancers, such as melanoma, in horses and other animals
- Alcohol detoxification
- Decreasing cortisone and stress
- Stabilizing blood sugar & glucose levels

## We Love Turmeric.....Contd.

- Improving the growth of fingernails, hair and feathers
- Regulating appetite and helping with weight loss or to stabilize weight

Doug believes it may take days or weeks for the benefits of curcumin consumption to show, and that our own gut biota may also play a role in its effectiveness.

For those of us without the time or facilities to grow turmeric and make Golden Paste, Doug has provided a solution: Tu Go Turmeric Powder and Bars. These products are focused on making the curcumin bioavailable so that we can reap the benefits, and contain both turmeric itself and curcumin extract.

## Three Figs Café & Greenbird Gallery

- Locally made delicious food
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– lovely ambience, yummy food and coffee,  
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GC Visitors Guide 2013



# GROUND

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@ The EcoVillage, 639 Currumbin Creek Rd,  
Currumbin Valley  
[paul@groundcurrumbin.com.au](mailto:paul@groundcurrumbin.com.au)

## Merryn's Bug Spray from Jill Barber

- 6 cloves minced garlic
- 3 large hot chillies chopped
- 2 tsp dishwashing liquid
- 1 litre water

Mix and shake.

Leave to brew for a couple of days.

Strain and use in spray bottle, diluted 1  
part mixture to 4 parts water.

## Ediblescapes Update

"The Ediblescapes food forest group met at the Nerang Country Parklands on October 14th for their monthly workshop. The topic this month was " Food Forests".

Guest speaker and member Peter Weber met with the group at the Geoglyph mock -up of the proposed ediblescape food forest.

New members were given a brief insight into the project's progress along with an informative talk by Peter on sustainable living through permaculture and guerrilla gardening. The group then relocated to Peter's property at Carrara, where he walked them through his many interesting, unusual and rare edible plants. The group also enjoyed a walk through the "edible forest" structural example, at the back of Peter's property; primarily for wildlife as part of a landcare ongoing development, being Peter's passion for 15 years on this particular site. All involved gathered helpful information, cuttings and seeds from Peter's edible forest and home garden.

### Next activity:

**Workshop: Seed saving** for organic growing and **veggie swap**

**Date: 11th November**

This will be held at the Nerang Country Parklands 8.30am - 10.30am. Bring along your excess produce to swap or take for a donation to the ediblescapes project.

For more information email to [Contact@ediblescapes.org](mailto:Contact@ediblescapes.org)

And see our facebook's Edible Forest Landscape Project page at [www.facebook.com/n.ediblescapes/](http://www.facebook.com/n.ediblescapes/)

Nerang Ediblescapes  
Edible Forest Landscape Project



*Photos taken at Peters property on the day*

**If you Only Do One Thing this month  
– Grow Some Rosellas!  
By Diane Kelly**

A two-day Craft Fair was held in Mudgeeraba this past Friday and Saturday. I was standing beside the Jams & Cakes stall just looking at all the yummy things for sale early on Friday morning – probably even before the start of trade, and a lady come rushing up and said “Is there any rosella jam for sale?” She went on to say how much her sister loves rosella jam, and therefore she wanted to buy some for her.

Rosella jam is certainly a beautiful colour; it tastes delicious; and the fruit, bush and flower of the rosella plant are all very attractive. So .... if you only do one thing this month, plant some rosellas!

Rosellas should be planted any time between September through December – you will then be able to harvest the fruit during February to April. Rosellas plants require only moderately fertile soil, but they must have sunshine, heat and perfect drainage. You will need to allow that the shrubs may grow to 2m in height, although height, foliage density and fruiting potential will vary according to the variety of rosellas that you are growing. Rosellas can be planted in pots, or planted to be part of a garden shrubbery.



To assist germination, soak the seeds (which are hard, black and triangular) in hot water prior to planting – they should germinate in 7-10 days. Plant the seeds either directly into the prepared soil, or sow them into punnets for later transplanting. Space the seeds at 1.5m intervals – this amount of space will make harvesting easier. Apply liquid fertiliser

to young seedlings to help boost growth in the initial stages, and water the small plants regularly early in the growing season, but they will be quite hardy once they are established. Pinch out the tips of the growing plants – they will be bushier, and will increase fruit product. And a word of warning – the bushes may require staking if conditions are windy.

**Harvesting:** The plants will flower, and a few days later, the red seedpods will become evident. The small, young seedpods are very tender, but resist picking them too early, otherwise your crop will be meagre. A guideline is to leave the pods to develop until they are swollen, but still tightly closed – and when you can snap them from the plant by hand. Be sure to wear gloves when harvesting the fruit, because the pods are a little prickly. Over-mature pods (which won't snap, but rather will need to be cut from the plant) can be cooked, but they will tend to be stringy.



If you are lucky, pruning back the plant after harvest will result in a second harvest in the following year – generally rosellas are an annual or short-lived perennial plant. But don't let that stop you from having a go at growing them! There are very few potential problems with growing rosella bushes – they don't attract pests, and the only likely difficulty is root rot failure – this occurs when plants are over-watered; poorly drained; or grown in clay soil.

Flowering and fruiting of rosellas tend to

begin slowly at first but remember to pick the initial fruit to encourage further production. You can wash and dry the fruit, or prepare them for jam-making, and then freeze them until you harvest the bulk of the fruit later in the season. To have a successful jam-making, you will need to grow six bushes – that should be plenty!

So to the best part of this gardening exercise – the harvest. The leaves of the rosella plant are edible, and the plant as a whole attracts bees, but the main uses of the fruit are for jams and jellies – and cordials (just add more water!) The calyx (the petal-like bracts that develop around the seed buds after the flower drops) of the rosella can also be used for making a tea, one which blends well with ginger and lemon.

Traditionally most recipes call for the separating of the red flesh from the central seedpod (which is obviously a time-consuming job). But you can cheat – as long as the fruit is picked while still young. Place the whole fruit into a saucepan with a small amount of water and heat slowly with the lid on. Cook very gently on a low heat until the flesh separates from the seedpods. Strain the puree from the seedpods, add sugar, and continue the cooking process. The resulting jam will taste just as good but will not have the same clarity as when you separate the seeds from the flesh prior to cooking. To make rosella tea, separate and cut the red calyx into smaller pieces and allow it to dry, or use it fresh, infused in hot water.

So .... for this month, add a fruit to your vegie growing – plant a rosella shrub; harvest it; and enjoy some of the jam that was the most beautiful colour on that home-made goodies stall!



*Rosellas – from flower to fruit to plate - beautiful!*

## THE DIGGERS CLUB

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## Recipes

**From Eileen Turner**

### Baked Spinach Artichoke Dip

*(this was the delicious dip that was on the Supper table last month)*

- 1 (10 ounce) package frozen chopped spinach, thawed
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 spring onion
- 2 cloves garlic
- 1/2 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese (can buy mixture all in one)
- 1/4 teaspoon ground white pepper
- 1 teaspoon lemon juice
- 1 teaspoon Nutmeg
- 1/2 to 3/4 tub sour cream

*Can substitute with following ...*

- 1 cup mayonnaise
- 1 1/2 cups grated Parmesan cheese
- 1 (8 ounce) package cream cheese, softened
- 1 (4 ounce) can chopped green chile peppers

### Method

- In a medium bowl, combine spinach, artichoke hearts, 1/2 cup Parmesan cheese, mozzarella cheese, white pepper, and lemon juice and Nutmeg
- Cook onions & garlic in bit of butter
- Mix well, and spoon mixture into a 1 quart baking dish.
- Top with remaining 1/4 cup parmesan cheese.

- Bake for 15 to 25 minutes, or until hot and bubbly. In 175 C degrees or 350F

Can serve with corn chips - French bread - dry biscuit.

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**From Justy Rogers**

### Chocolate Buttermilk Cake

- 250g softened butter, roughly chopped
- 1 1/2 cups raw sugar
- 3 eggs
- 1 tsp vanilla
- 3 cups plain flour
- 1/2 cup cocoa
- 2 tsp bi carb soda
- 1 1/2 tsp cassia cinnamon
- 2 cups buttermilk

Pre heat oven to moderate (180 degC)

Grease a bundt tin (moulded tin with a hole in the centre)

Cream butter and sugar, add the eggs one at a time (so as not to curdle), then add the vanilla.

Add sifted dry ingredients alternatively with the buttermilk, starting and ending with the dry ingredients. Beat well after each addition.

Pour mixture into a prepared tin and bake 45 to 50 minutes or until a skewer inserted in the centre comes out clean.

Drizzle with chocolate glaze.

### Chocolate Glaze

- 150g dark chocolate, broken up
- 60g unsalted butter
- 2 tsp honey

Put all the ingredients into a steel bowl and set over simmering water.

Stir until smooth.

Cool to blood temperature then pour over the cake, smoothing the sides.

Thank you to those leaving their name with their Supper Table offering so we can ask you for the ingredients/recipe!

**Please email your yummy recipes to Jill [jillbarber611@gmail.com](mailto:jillbarber611@gmail.com)**

### Gardening Hints & Tips from Evelyn Douglas

#### SNAIL & SLUG CONTROL

Use beer set out in shallow containers eg., jar lids, sardine cans etc., place the beer traps so that the top rim of the trap is accessible by the slug/snail. They crawl in alive and stay there dead, empty traps and renew beer daily.

Coffee as a slug/snail control method:  
We used an El-Cheepo instant coffee mixed at a rate of approximately 5 teaspoons to 400 ml's of water.

So far it seems to be working for us there are certainly noticeable less slugs in our garden.

We just liberally sprayed the solution all over the plants and around the ground near the plants, needs to be renewed after watering or rain.

#### FRUIT FLY TRAP RECIPE

To start controlling the fly you will need to adopt good house keeping of fallen damaged fruit (including from neighbours yards if you can), this must be destroyed don't compost it or bury it in the garden as this will only aid the

development of the fly. I have been freezing damaged fruits, but generally a good method is to put the fruit into a black plastic garbage bag or the like and leave it in the full sun for a day or 2 to cook the fruit thus killing the fly larva.

Here is a recipe to use in your fruit fly traps, the recipe is not my invention.

- 1 litre of water
- 2 cups of urine
- 3 teaspoons vanilla essence
- 1 teaspoon Vegemite substitute yeast
- 1 cup sugar, could also add 1 table-spoon of sugar syrup.

Mix ingredients together pour about 1 or 2 cups full of ingredient into each trap, place traps in and around fruit trees etc.,. Renew the solution each 10 days.



### HERB FARM

Michael & Sandra Nanka  
491 Springbrook Rd  
MUDGEERABA. 4213

**Opening times:** Mondays, Tuesdays & the 3rd weekend of the month.

9 am – 4 pm

**Phone: (07) 5530 3253**

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## FRUIT TREES

### OCTOBER

**Custard Apple:** Increase irrigation. Mulch trees. Apply 2g boron/sqm.

**Figs:** Pruning should be done. Figs only produce on new wood or new season's growth. Mulch well.

**Lychee:** Peak water needs. Mulch. Apply gypsum 20gms/sqm.

**Low chill stone fruit:** Spring prune new growth. Continue with high irrigation. Prune out water shoots and dense foliage for better size fruit. Use fruit fly control programs, for example netting or an attractant method.

**Mango:** Peak water needs. Apply organic fertiliser with sulphate of potash, 1kg for larger trees and 1/2kg for smaller trees. Spray with copper based spray or leaf microbes for anthracnose per fortnight.

**Passion-fruit:** Plant out new vines. 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.

**Strawberries:** Apply small amount of organic fertiliser with sulphate of potash, about 10g / plant. Keep up with fish emulsion or kelp spray weekly.

**Bananas:** Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well.

**Citrus:** Keep up the water. Add lime or gypsum. Mature trees 1/2kg, 1/4kg for small trees.

### NOVEMBER

**Custard Apple:** Increase irrigation. Mulch trees. Apply fertiliser with Sulphate of Potash - 1kg-mature trees, 1/2kg-small trees.

**Figs:** Pruning should be done. Figs only produce on new wood or new season's growth. Keep well mulched and watered.

**Lychee:** Peak water needs.

**Low chill stone fruit:** Use fruit fly control programs. When fruiting is finished and harvested, prune trees.

**Mango:** Peak water needs.

**Passion-fruit:** Prune. All dead parts to go. Keep up the water.

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

**Strawberries:** Keep well watered to encourage runners for next year.

**Bananas:** Have one plant with fruit on, one half grown and one sucker. Discard all others. De-sucker plants by cutting down to centre with a sharp knife taking the centre out and add 1teaspoon of kerosene in the well. Apply fertiliser, 1kg/stool.

**Citrus:** Keep up the water. Spray with pest oil for leaf miner. Paint trunks with a white waterbased paint.

*Brisbane Organic Growers Handbook*

## VEGETABLES

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

## HERBS

### OCTOBER:

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

**Perennials & Bi-Annals:** 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:

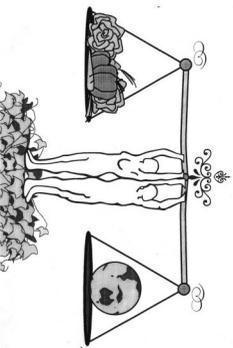
**Annual:** Amaranth, Basil, Borage, Calendula, Dill, Herb Robert, Italian parsley, Misome, Mizuna, Giant Red Mustard, Nasturtium, Rocket, Salad Mallow.

**Perennials & Bi-Annals:** 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.

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

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

*GOLD COAST ORGANIC  
GROWERS Inc.*



**NEWSLETTER**

**Meetings held:**  
3rd Thursday of the Month

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

**Next meeting:**  
Thursday 16th Nov 2017