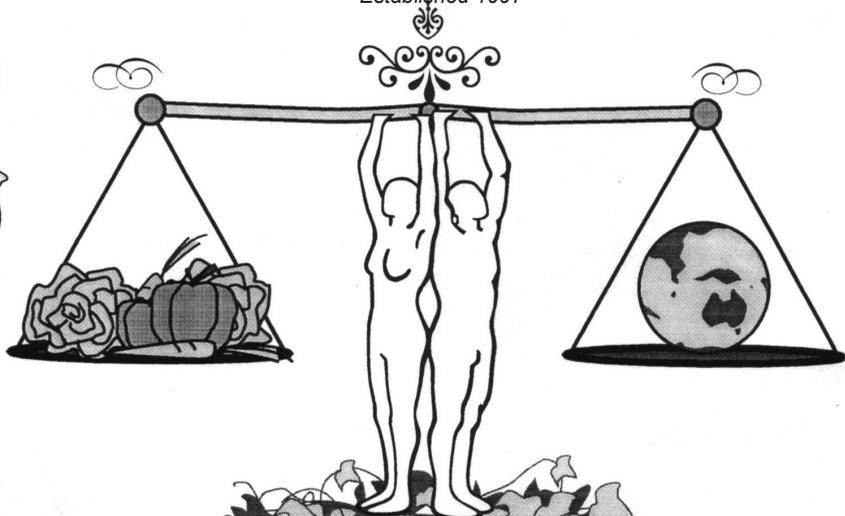


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 20 - SEPTEMBER 2016 Issue 9
GARDENING IN SPRING

Pg2	<i>Club Information</i>	10-11	<i>Let's Share our Tips of "All Things Gardening", If You Do Just One Thing This Month</i>
3	<i>Notice Board, Guest Speakers, Workshops</i>	12-13	<i>Recipes, Where to get your Supplies</i>
4	<i>Workshops Continued</i>	14	<i>Fruit Trees</i>
5	<i>Events</i>	15	<i>Vegetables and Herbs</i>
6-7	<i>Kale Varieties, Can We Help, Offers/Wants Section</i>		
8	<i>Q & A from August meeting</i>		
8-9	<i>Veggie Swap</i>		

OUR NEXT MEETING: Thursday 20th Oct

Notice Board

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

Meetings Held:

3rd Thursday of the Month

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

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

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

(No meeting in December)

Annual Membership Fees:

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

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

Name: Gold Coast Organic Growers

Bank: Suncorp

BSB: 484-799

Account: 0014-21651

Seed Bank:

Packets are \$2.00 each.

Members' Market Corner:

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

Raffle Table:

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

Library:

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

Advertising: (Note 11 issues/year)

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

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

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

W: www.goldcoastorganicgrowers.org

Facebook: www.facebook.com/gcorganic

2016 Committee

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Treasurer	Diane Kelly (07) 5522 7444
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Seed Bank	Lyn Mansfield 0409 645 888
Seed Assistants	Maggie Golightly
Supper Co-ordinator	Paul Roberson (07) 5598 6609 Heather Ryan

Newsletter Contributions are welcome. Send in a photo of what's going on in your patch. Deadline for contributions is the **second Monday** of the month. Send your content to Dorothy Coe at: dorothy@dorothycoe.com

Notice Board

Membership Renewals

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

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

Remember to put your Name and Membership Number in the comment field.

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

Membership Renewals – September 2016

Overdue: Shelley Pryor (72), Ron Campbell (255), David & Lesley Freeman (352), Ann Brown (329), Scott McCormack (334), Rodney & Cathy Boscoe (347), Murray Oliver (105), Gene Rosser (224), Gordon & Dorothy Singh (241), Peter & Leanne Dickfos (260), Jill Barber (290), Lyn Mansfield (306), Jan Guest (307), Dayne Petersen (377), Kim Verecke (393), Alan Ralph (394)

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

October: Glenn & Joan Jones (266), Amy Lukens (356), John Palmer (357)

Thanks to Contributors this month:

Diane Kelly, Dorothy Coe, Beth Orme & Alan Ralph

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

Upcoming Guest Speakers

Oct onwards

Details coming soon

Workshops

Abilities Plus – Permaculture

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

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

Workshop are from 10am to 12 noon

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

Cost is \$5.00

BOOKINGS REQUIRED

For more information contact Lyn Mansfield
 M: 0409 645 888

E: lynmansfield14@bigpond.com

W: <http://abilitiespluspermaculture.com/>

Fermentation Workshops

After 2 recent successful workshops by Elisabeth Fekonia on making brie cheese, sour-dough bread and fermenting vegetables, Elisabeth is thinking of coming back again on Saturday 22nd October to do some new workshops if we have enough interest (min. 10 people per workshop)

Saturday 22nd October

9.30am-12.30pm Tempeh, Miso and Soy Sauce Workshop

Making your own miso and tempeh from organic soy beans is very satisfying and easy to do. It is also much cheaper to make your own and you will have a truly living food that will add friendly microbes to your inner health. Making soy sauce is also put together and sampled on the day. You will do well to eat only fermented soy as the modern day soy products will inhibit your mineral uptake as the enzyme inhibitors found in soy are very hard to neutralize. Unless the soy is fermented in the traditional ways it is best to not eat soy at all.

Everyone takes home some miso with morning tea included

1.30pm-4.30pm Feta Cheese and Fermented Dairy (incl. cultured butter, ghee, yogurt kefir, quark and sour cream)

In this three hour workshop you will see how easy it is to make Feta cheese and put the life back into pasteurised milk and cream to make healthy life giving dairy products. Demonstration by participation is encouraged and tasting of topics covered on the day will be available.

WHERE: Palm Beach

COST: \$70 each or \$120 for both

If you have interest please contact Elisabeth on 0432 180523 or email her at: info@permacultureproduce.com.au

Workshop on Herbal Oils

**Saturday - 17th Sept
10 a.m. to 12 noon**

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

**Cost: \$5.00
Bookings Required**

Our next workshop is about how to make herbal oils with Gina Winter. The workshop is \$5.00 and bring a bottle and some oil and we will supply all the herbs.

Gina is a qualified herbalist (ANTA) with many years of practical experience. Her foundation belief is that good health is not complicated or expensive, and is within everybody's reach. Gina sees the ability to make and use home remedies as a forgotten skill. In just a few generations, we have forgotten how to help ourselves by using home remedies. Her work aim is to help people remember, reskill and relearn how to practice self help using natural, home remedies. Gina's 'farm-acy' is a small holding farm at Springbrook called Self-help Retreat. Gina has owned this farm for over thirty years. Over this time, Gina has established an extensive herb garden where she grows herbs for medicinal and culinary use. The farm also grows turmeric, garlic and horseradish for sale. Please visit her at www.selfhelppretreat.com.au or on Facebook at [selfhelppretreat](#)

Don't forget to look at our website for events that you would like to attend <http://abilitiespluspermaculture.com/>

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

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

Gold Coast Amateur Beekeepers Society Inc. OPEN DAY

GCABS Open Day

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



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

When: 25th September 25 (ALL DAY)

Where: Mudgeeraba Showgrounds,
115 Mudgeeraba Road, Mudgeeraba

Cost: \$2 entry

Contact: secretary@gcabs.net.au

More info: www.gcabs.net.au

We'll Create You a Veggie Garden

Have you ever wanted to grow your own organic vegetables, herbs and flowers or have your own food forest at home but don't know where to start or don't have enough time? We build raised garden (lasagna) beds or planter boxes for you.

Packages available and our services include: building gardens, supplying organic compost, organic seedlings, planting fruit trees, mulching, Irrigation, and even garden maintenance services provided.

Call Jen Stuart 0418 784 266 for a free quote.

Lyn Mansfield

SECRETARY & TREASURER

**Abilities Plus – Learning By Doing Group Inc.
(Abilities Plus – Permaculture)**

Website: <http://abilitiespluspermaculture.com/>



Kale Varieties by Dorothy Coe & Beth Orme

I recently went to visit Beth Orme, one of our club members, and while I was there I had to check out her veggie garden and I noticed she had some rather large kale plants growing (bigger than I have ever grown).

Beth and I couldn't remember the name of this kale variety and the Kale I grow looks quite different and I know there are many varieties available so we did a little research below - so you're like us and confused by the many varieties, I have provided some info on the three main varieties that we grow locally.

Tuscan Kale (Lacinato Kale)



Lacinato kale (called cavolo nero, literally "black cabbage", in Italian and often in English) is a variety of [kale](#) with a long tradition in [Italian cuisine](#), especially that of [Tuscany](#). It is also known as Tuscan kale, Tuscan cabbage, Italian kale, dinosaur kale, black kale, flat back cabbage, palm tree kale, or black Tuscan palm.

It grows (2 to 3 feet) tall and has dark blue-green leaves with an "embossed texture"; its taste is described as "slightly sweeter and more delicate ... than curly kale." This variety is sometimes called "dinosaur kale" because its bumpy leaves are said to resemble what dinosaur skin is thought to have looked like. Because of its taste, "slightly bitter [and] earthy", it has been called "the darling of the

culinary world".

Lacinato kale, like most other kale varieties, is usually [blanched](#) first, and then [sautéed](#) with other, flavorful ingredients. It is commonly used in pastas and soups, but can also be eaten raw, in a salad.



Tuscan Kale growing in Beth's garden

Red Russian Kale



This is the variety I have been growing and I enjoy it sautéed in garlic. Red Russian Kale has flat, fringed leaves that resemble big oak leaves, large arugula leaves, or the outer leaves of a mature cabbage. Its leaves can have a red tinge and a reddish-purple tinge to the stems, and has a great flavor that is described as sweet and mild with a little bit of pepperiness. Although Red Russian Kale is one of the sweetest kales, be sure to remove

as much of the stems as possible before cooking. It has incredibly tough and woody fibrous stems that are difficult to chew and swallow, and they could cause stomach upset.

Curly Kale



Curly Kale is probably the most recognisable kale sold in bunches at your local grocery store. It is usually bright or dark green or purple in color, has tight ruffled leaves and fibrous stalks that can be difficult to chop, but easy to tear if fresh. It has a noticeable pungent flavor with peppery and bitter qualities, so seek out younger looking leaves for less bitterness.

Other information on Kale

Kale for Health

Kale is a highly nutritious vegetable that contains high doses of beta carotene, vitamins K, A and C, lutein and zeaxanthin.

It is also high in calcium and packed full of antioxidants - a real superfood.

How to grow Kale

Kale is a cool temperature vegetable that loves a good frost to bring out its colour and flavour.

Plant in a sunny position (or part shade if planting in summer) in loamy, well drained, moist soil of average fertility.

Water regularly to keep leaves crisp and

sweet. Mulch around plant to keep leaves clean.

Tuscan Kale Chip Recipe

- Preheat oven to 250°F.
- Toss Kale with oil in large bowl.
- Sprinkle with salt and pepper.
- Arrange leaves in single layer on 2 large baking sheets.
- Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves.
- Transfer leaves to a rack to cool.

Source: <http://www.onegreenplanet.org>

Can We Help?

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

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

Offers / Wants / Swap / Share

If anyone in the club has avocados and/or bananas I would be happy to swap as often as possible for eggs, kombucha, fermented dairy, fermented veggies, seedlings or anything else I might have at the time.

Just let me know.

Thanks Dorothy Coe - 07 5533 9905

Q & A - From The August Meeting By Dorothy Coe

Cathie Hodge usually does our Q&A write ups each month but she wasn't at our last meeting so I have included some of the notes I took during that meeting.

PawPaw

Q: Someone mentioned that they had black spots on the leaves and pawpaw fruit.

A: Maria mentioned this is a wind-borne fungal disease and trees are more susceptible during the cooler months. To slow the spread of disease cut off some of the leaves (don't cut all the leaves off though as the tree still needs to photosynthesize).

You can spray with a copper spray prior to the onset of the cool weather—this might help.

Adding potassium and magnesium throughout the year can assist in keeping the tree healthy too.

Asparagus

Q: When is the best time to plant asparagus and transplant asparagus from one location to another ?

A: It's best to plant asparagus from crowns in the winter time. Preferably crowns that are 1-2 yrs old. Add compost on top — don't dig it in.

It's not highly recommended to move asparagus plants but if you do have to, do it during winter—note that once you move them you might not get asparagus for another 1-2 yrs.

Bananas

Q: Someone asked for advice on growing bananas and where to get Banaba suckers from.

A: Banana trees like lots of water and lots of nitrogen fertilizer / dynamic lifter.

Maria talked about the soil borne diseases and suggested only getting banana suckers from a reputable nursery rather than from a friend.

Cow Poo

Someone mentioned that you can get cow poo from 21 Dunlin Drive, Burleigh (sorry I didn't note down the price and quantities).

Veggie Swap by Dorothy Coe

Big thanks to everyone who got involved in the veggie swap at our meeting in August.

A few pics below of the lovely produce. I think we had about 10 people involved in the swap and we had an abundance of avocados, a bucket of lemons, a bucket of grapefruits, a basket of turmeric, pawpaws, lemonades, native raspberries, lettuces, greens, ginger, mustard greens, star fruit, passion fruit, sauerkraut, flowers, eggs, sourdough bread, kombucha and more.





Looking forward to seeing you all again for another swap at the Sept meeting.

Just a few things to note for future swaps:

If you can put **your name** on your items or stand with them during the swap so we know what belongs to who.

If you have produce to give away but don't want to be part of the swap, please just label the items something like "**give-away, please take me**" and we will know we can just take them.

If you would like to **sell** any of your produce you can just pop those items on **sale table** on the other side of the room and label with price and leave a little money container there so people can pay for your items.

We anticipate starting the swaps about 10 mins into supper time so that it gives everyone time to get a cuppa and bite to eat before we start swapping.

Feel free to **JOIN** our **facebook page** for updates on future swaps done outside the club.
www.facebook.com/groups/veggieswapgoldcoast/

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

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

It's Freezing!

1. Most frozen vegetables will keep for ten to twelve months, and should be cooked from frozen. Put in a small amount of boiling water, bring back to the boil, and simmer until tender. For steaming or baking, thaw them first until they can be separated.
2. Home-grown herbs can be frozen, although they have a storage life of only six months. Also, since they become limp after thawing, they are unsuitable for garnishing. But you can use them to flavour soups and stews by simply crumbling the frozen herbs into the dish to be cooked – there's no need to thaw them first.
3. All herbs should be wrapped and sealed carefully to prevent other foods in the freezer taking up their scent or flavour.
4. Another way to store herbs is to chop them finely and pack, with a little water, into ice cube trays and freeze solid. Remove the frozen cubes and pack in polythene bags in convenient portions.
5. Most kinds of fruit will freeze well, but it is vital that you lose as little time as possible between harvesting and freezing. Pick fruit in prime condition and reject any damaged produce.
6. And a handy hint – keep a freezer record or logbook handy, detailing every item that goes in and the date. Cross out food as you use it.

We're in a Pickle!

1. All four types of pickle – raw and cooked vegetable, sweet vegetable and fruit – are preserved by the action of the acetic acid in vinegar. The flavour is created by various combinations of spices. It is best to prepare the flavoured vinegar a month or so in advance so the spices can permeate it thoroughly.
2. When cooking pickles – or chutneys – utensils of copper, brass or aluminium must never be used, as the vinegar will

react with them and spoil the preserve. Only ever use enamel or stainless steel pans, as well as nylon sieves and wooden spoons.

3. Vegetables – but not fruit – are greatly improved by being salted before they are pickled. Use coarse or block salt, not table salt, as it contains chemical that may cloud the pickle and affect the taste.
4. And to enjoy those pickles pickled onions go well with aged cheddar and bread; pickled cucumbers, beetroot, cabbage or piccalilli with cold meats and salads.

And on a totally different subject

- White asparagus is green asparagus that has been blanched. Simply grow plants under thick mulch to exclude light, and cut the stems before they reach the surface. And if you are growing asparagus, you can chop the fresh spears and use them in stir-fry dishes.



If You Only do One thing this Month By Diane Kelly

This month's suggestion – to eat some flowers – starts with three warnings:

- Always wash any flowers prior to including them in your meals, whether as part of a salad, in a stir-fry, or as decoration
- Use flowers from plants that have been free of sprays or other contaminants
- Ensure that any flowers that you add as a garnish or decoration to your meals are actually edible, and that they are palatable

Once we have taken care of the safety aspects of including flowers in our meals, there are several ways in which to enjoy them.

Firstly add flower petals for colour, interest and diversity to your salad greens. Sprinkle the petals over a salad just before serving, or gently toss them through just before dressing. This is done because (a) strong-coloured petals can discolour other food, and (b) pale petals absorb moisture and oil, and can quickly look limp and water-soaked.

Another way to enjoy flowers as food is to make flower vinegar. Edible flowers and/or foliage can be put in a jar (to three-quarters full) and covered with a good quality vinegar. Leave the jar in a cool, dark cupboard for 2-3 weeks, and then strain prior to decanting into clean bottles. Winter tarragon, lavender and nasturtium vinegars are an excellent base for salad dressings. The same method can be used to make basil, bay, chilli, marjoram, oregano, parsley, rosemary and thyme vinegar.

And to decorate desserts and special occasion cakes, why not try crystallising flowers? This is done by washing & drying the flowers, dipping them in whisked eggs whites, sprinkling them with castor sugar, and then placing them in a warm (but turned off) oven until set. These will last for three months in a sealed container. Violets, borage, citrus blossoms, pansies or tiny rose buds all crystallise very well, but it is possible to use any small flower with reasonably thick petals.

So here are some wonderful flowers that we can add to our meals:

Abutilon (also known as Chinese lantern bush): great in a salad, with a lettuce-like flavour. Their cupped shape holds dressings well, and you can also add their yellow and orange blooms to a glass jug of iced water garnished with slices of lemon and mint.

Borage: These rough, wrinkled leaves have a cucumber-like taste, and the flowers make a most attractive garnish.

Chives: The unopened flower buds of both garlic and onion chives can be used in stir-fries. The globular flower heads can be bro-

ken into individual blooms for adding to salads – the strong and savoury flavour is particularly good with potato, pasta or rice salad.

Jasmine: The aroma of jasmine blooms is very strong, so just add a couple of them to perfume your cooked rice dishes

Pelargonium: These and geraniums are edible, with the common geranium petals having a pleasant flavour with a citrus after-taste. Scented pelargonium leaves can be used to add flavour to cooking – you can add a subtle peppermint flavour to your next chocolate cake by putting a couple of peppermint-scented pelargonium leaves in the base of the cake tin. Remove when you turn the baked cake out.

Another idea for pelargonium leaves is to use them as a stencil for dusting icing sugar over the top of desserts. When you remove the leaves, you will be left with the decorative icing sugar outline of the foliage. (I imagine you could use any leaves for the same result.)

And finally, try **Heartsease** or **Viola Tricolour** (also known as Johnny-jump-up due to their precocious self-seeding habit and ease of cultivation). These can be used whole in salads, or crystallised for cake and dessert decorations.

***Viola tricolour* – aren't they pretty!**



So during the next month, have a bit more of a read about edible flowers, and brighten up your salads, drinks and cakes.

Recipes Column

Where to Get....

Hummus recipe

Ingredients

- 1 cup of cooked chickpeas
- 1 tbs sesame oil
- 2½ tbs tahini
- 3 cloves garlic
- 1 tbs capers
- 1 or 2 fresh chillies, deseeded
- 10 black olives
- Zest and juice of 1 lime

Place ingredients in blender and blend to a fine creamy paste, adding up to half a cup of water slowly to achieve desired consistency. Add salt to taste

From Alan Ralph

=====

Thanks to those members who, firstly, brought yummy snacks for the supper table, and, secondly, then supplied us with the recipe!

Keep them rolling in please!
 Much appreciated...and sometimes the simpler the better....Jill

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

SEEDS

GCOG

www.goldcoastorganicgrowers.org.au

Eden Seeds & Select Organic

www.edenseeds.com.au

Diggers

www.diggers.com.au

Wray Organics

www.wrayorganic.com.au

Green Harvest

www.greenharvest.com.au

Bunnings

www.bunnings.com.au

SEEDLINGS

Farmers Choice Organics

www.farmerschoiceorganics.com.au

LOHAS Precinct at the Burleigh Farmers Markets

www.facebook.com/TheLohasPrecinct

Bunnings

www.bunnings.com.au

Gold Coast Permaculture

www.facebook.com/permaculturegold

Club members Anne-Marie Andrew, Jill Barber, & Dorothy Coe also have some seedlings at the meetings on a Thurs night.

HERBS

Can be obtained from the same sources above but for the biggest range including rare and speciality herbs is the **Herb Cottage**
www.herbcottage.com.au

MUSHROOM COMPOST / SOIL
Mudgeeraba Landscape Centre

www.mudgeerabalandscape.com.au

Permaculture Gold Coast

www.facebook.com/permaculturegold or see Lyn Mansfield at the club meetings.

FREE HORSE MANURE

There is a list of horse agistments on Gum-Tree here: www.gumtree.com.au/s-gold-coast/horse+manure/k013006035

STRAW, HAY, LUCERNE

See the man on the corner of Tallebudgera Creek Rd & Tallebudgera Connection Road every Monday.

FRUIT TREES

Daleys Fruit Trees Nursery
www.daleysfruit.com.au

The Fruit Tree Man
www.the-fruit-tree-man.com

ROCK DUST MINERALS / PALAGANITE

Guy Lewington but contact **Jill Barber** in the club as she is our main contact for orders/deliveries.

VERMICULITE & PERLITE

David on 0428 296 646 or davesperlitevermiculite@gmail.com

BIOCHAR

Dolf Cooke www.biocharproject.org/ or see Dolf during the club meetings.

WORM JUICE

Greg at WormTech www.wormtec.com.au

Dorothy Coe at the club meetings.

If anyone knows of any other good suppliers please let me know and I can update this list.

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FRUIT TREES

SEPTEMBER

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

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

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

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

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

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

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

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

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

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

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

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.

VEGETABLES

SEPTEMBER:

Artichoke, Asian greens, Asparagus, Beans (French), Beetroots, Capsicum, Carrot, Celery, 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, Celery, 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.

HERBS

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

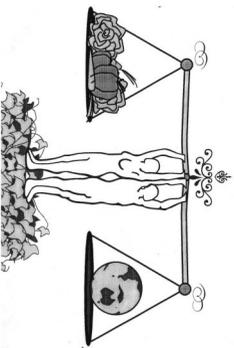
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Whilst every effort is made to publish accurate information the association (including Editor, Executive Officers and Committee) accepts no responsibility for statements made or opinions expressed in this newsletter.

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 20th October 2016