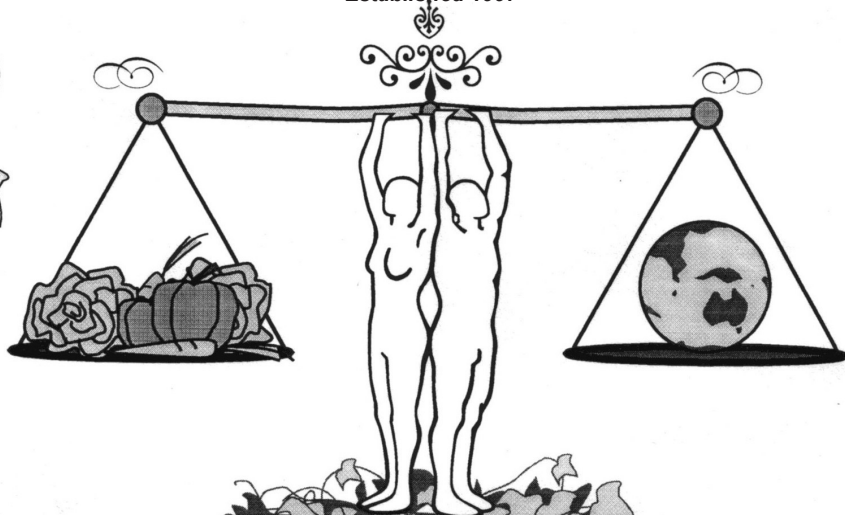


GOLD COAST ORGANIC GROWERS Inc.

Established 1997



NEWSLETTER

Volume 26, 2022 Issue 4
GARDENING IN SUMMER

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OUR NEXT MEETING: NOVEMBER 24, 2022

Notice Board

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

Meetings Held: The fourth Thursday of the month at the Elanora Community Centre, 26 Galleon Way, Elanora.

Annual Membership Fees:

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

To renew or start memberships please transfer funds dctlly into our bank account, send cheques (payable to GCOG) to PO Box 210, Mudgeeraba Qld 4213, or just pay at the door.

Name: Gold Coast Organic Growers

Bank: Suncorp BSB: 484-799

Account: 0014-21651

Membership Renewals: If paying online include your Name and Membership #

Overdue: Debbie Casey (442), Dianne Casey (461), Henry Blonner (108) Rachel Peate (477), Mary Courtney (482), Penny Schulze (483), Kym O'Connell (470), Jill Barber (290), Robyn Penfold (439), John & Lee Drakes (485), Melanie Glenister (486), Cathie Hodge (304), Bill Smart (386), Justin Rogers (487), Jenni Pocock (488), Amy Lukens (356), Cathy Sugerman (492), Di Gunther (493)

November: Megan Keeler (358), Tanasia Park (490).

January: Anne-Marie Andrew (337), Belinda Rennie (462).

February: Roger & Pauline Behrendorff (232), Penny Jameson (201), Kerry Lason (402), Gary & Sue Webb (445), Cheree Holland (475), Colleen Rohan (491), Gail Dunkley (494).

Members' Market Corner: Please bring plants, books and produce to sell or trade.

2021-2022 Committee

President	Maria Roberson (07) 5598 6609
Vice President	Diane Kelly 0403 473 892
Treasurer	Diane Kelly 0403 473 892
Secretary	Deb Phillips 0422 680 784 debraps@gmail.com
Assistant Sec	Penny Jameson 0411 639 558
Membership Sec Membership Asst	Diane Kelly Penny Jameson
Newsletter Editor Newsletter Assts.	Leah Johnston leahbryan9@gmail.com Diane Kelly Jill Barber
Website Editor Social Media E.	Jorge Cantellano Maria Roberson
Grants	Stacey Panozzo 0406 007 583 staceypanozzo1@gmail.com Lyn Mansfield
Guest Speaker Liaison	Leah Johnston leahbryan9@gmail.com
Librarians	Doug Beitz Sally Beitz
Seed Bank Seed Assistants	Lyn Mansfield Bill Smart
Supper Co-ordinator	Deb Phillips Dianne Casey

Seed Bank: Packets are \$2.00 each.

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

Facebook: www.facebook.com/gcorganic

View our Newsletters On-Line at:
www.goldcoastorganicgrowers.org.au/

Thanks to this issue's contributors:
Jill Barber, Jorge Cantellano, Diane Kelly, Pauline Maxwell, Maria Roberson, Justy Rogers and Dale Shoo.

President's Notes By Maria Roberson

Hello Everyone,

We certainly had a wonderful time celebrating the club's 25th Birthday. Our October meeting gave us the opportunity to come together with club members past and present. It was so lovely to reconnect with many of our original friends, some of who were founding members or with us from very early in the club's life. We are so happy that they were able to come along and help us celebrate such a special milestone for our little club.

We have been very fortunate over these many years in having so many capable, knowledgeable and talented people in our group, and their help in progressing GCOG through the last two and a half decades has been vital.

Our usual meeting format was cast aside so that we could celebrate in true GCOG fashion. The evening saw us enthusiastically attempting to name the bird responsible for the recorded calls of Sally's choosing. We then played a tricky game of pass the parcel, tightly wrapped by Heather, to the tune of Home Among the Gum Trees. Diane was ready to fox us with a challenging set of trivia questions which had most of us scratching our heads. We needed a little brain break so it was time for a sing along written by our Poet in Residence, Pauline, to the tune of A Few of My Favourite things. The sing along was guided by John and Penny as well as several other vocally gifted members, and I will add, that they all sounded fabulous. Who knows, there may even be a recording contract in it for us. The final event (if you don't count the eating part) was the monster raffle. Leah outdid herself seeking support from so many wonderful businesses and commu-

nity spirited people who donated our wonderful prizes, and I know that you will support them in turn. Of course, the raffle was expertly called by Lyn, and Paul ensured winners got to make their choice from the prize laden table in a timely fashion as directed by Lyn. Last but not least was the food and our beautifully decorated birthday cake. Margaret applied her skill and knack to adorning the cake with her lovely homegrown flowers in shades of apricot and blue.

A very big thank you to all those who helped set up, hang tinsel, chopped fruit and arranged platters, pitched in where they could, and at the end of the night got the cleaning up done and dusted. You are amazing!

I look forward to spending many more years with you all and cheers to the little club with a growing future.

Happy growing,
Maria



President Maria, the newest member, Gay Bavington, and the first member, Dale Shoo, cut the cake

Twenty Five Years of GCOG

By Dale Shoo

Former Secretary and Editor

Congratulations to Gold Coast Organic Growers on its 25th Anniversary. The possibility of creating a club to bring together local people interested in growing their own organic fruit and vegetables was first suggested by Maria, way back at the end of 1997. It sounded like a fantastic idea. Admittedly, a slightly challenging one, as well! But we set out on the adventure with huge positivity.

Gecko was happy to rent their hall to us for an evening so we could test how much response there might be to the concept. Use of the Gecko kitchen was included, which meant we could add the extra allure of supper to help haul in potentially interested parties. A local newspaper very generously agreed to run an ad in their community noticeboard section, so a brief spiel was drafted up, something along the lines of: "A meeting will be held on... at... with a view to setting up an organic growers' group. Anyone interested in organic home gardening, farming and related matters is invited to attend. Supper provided. Phone... for further details."

That initial gathering was small but successful. Twelve people turned up. Proposals for organising a club were discussed, after which a guest speaker gave a short talk on natural products for building up the health of soils. In keeping with the earthy topic of the evening, we jokingly dubbed ourselves The Dirty Dozen. Within two years of the club's first official meeting, membership had swelled to over seventy keen organic characters.

From the beginning, it became obvious that in order to keep the momentum going there was a need to focus on some important points:

- **Publicity:** We had to let people know the club existed.
- **Membership incentives:** People would join the club and attend its meetings if there were real advantages in doing so.
- **Communication:** We needed to exchange ideas and support with other similar groups. We also needed to raise the level of public awareness in regard to the important environmental and health-related benefits of organic food production.

Towards achieving these goals, a regular newsletter was launched and distributed. At the monthly meetings guest speakers gave talks on a range of interesting and informative topics. A meeting-night shop for the purchase and sale of organic produce was begun, as well as a library and seed bank. Field trips, networking, fund-raising, community participation – gradually, other suggestions and ideas were added to the mix.

Now, here the club is all these years later, celebrating what would have to be, by any measure, a pretty substantial milestone. This sort of situation doesn't happen by accident. It takes enthusiasm, commitment and effort by many, many people. So, to all members past and present, to the Committee, and to everyone who has helped or supported the club along the way, a big: "Good on you!"

The aims of GCOG as set out in its very first newsletter, were as follows:

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

After a quarter of a century, the club still fulfils that brief. The lasting friendships and sense of community it has fostered in the process have been a bonus harvest.



Why We Enjoy Being Members of the Gold Coast Organic Growers

By Diane Kelly

Seeing our Club has just celebrated its 25th birthday, it is appropriate to ask some of our members what it is about being part of our Club that they enjoy. The answers were varied and interesting.

When I first joined GCOG, I'd already started digging up my parents' backyard for a bigger and bigger garden. Murray Olver, a long-time member and friend of my Dad's, brought me along. I felt totally out of place, but I was also learning a lot, so I kept coming. None of my friends, no one I knew except Murray, was interested in growing their own food.

I volunteered to be Guest Speaker Liaison early in my time at GCOG and I'm so glad I did. It really was the fast-track to getting to know other members, and I quickly stopped feeling like a fish out of water. Instead, one of the best things about meetings became all the little catch ups with people I knew. That's still one of the best things, and what makes the drive worthwhile even during daylight savings.

I have more like-minded friends these

days, so I don't have to wait for the next meeting to talk about gardening. But I still continue to love coming along and learning so much! **(NSW gardener)**

Why I enjoy being part of the GC Organic Growers' Club...

There's so much to like...

- Maria's wealth of knowledge shared so readily and clearly during Question Time
- Guest speakers covering a myriad of garden-relevant topics
- Wonderful new ideas to contribute to the organic-gardening journey
- Chats with friendly members and visitors
- And... the wonderfully delicious suppers

What's not to like?! (I like it all!)

I have been attending GCOG for over 10 years or more. I started coming as I was connected with Community Gardens and GC Permaculture. I would sit in the audience and listen to all the speakers and learn from them. As I got to know other members I would find out what other gardening groups they would attend. As I attended each month, I decided that I would help more and assist Roger with the Seed

Table. Now Bill and I have been assisting the committee with selling the Seeds for the group and just recently we have taken over the Library so members can borrow the books again. I enjoy catching up with all the members each month as they are an awesome group of people. **(Not-so-Anonymous)**

As the Garden is my Happy Place, being part of a Club such as Organic Growers is also because you are with like-minded people. We get to listen to and learn from each other and make new friendships, as well as hearing from interesting guest speakers such as Lise, an amazing Herbalist... and at Question and Answer time with - of course - our incredibly knowledgeable Maria Roberson... and if she doesn't know the answer someone else does!

I come away on a bit of a high, and also with a feeling of abundance, with some wonderful fresh organic produce from the swap or raffle table... sharing conversation, food, and recipes at the Supper Table... **(I love my Club!)**

As newcomers to the Gold Coast we were looking for places to connect into the community. My husband and I were excited to find the Organic Growers Club close to where we live! We were warmly welcomed and immediately became members. Over the 18 months of involvement we have had members visit our home and give us some helpful guidance



for our garden. As novice gardeners we have felt that we could ask any question in the group. We now have a flourishing veggie patch with lots of interesting vegetables, and are well on the way to bird-scaping our garden. Helen loves the trade tables, being able to buy seeds and seedlings at the meetings. Phil loves the resourcing he has received, advice on where to buy soil etc and who to use for tree lopping.

(No longer so new members)

There are two things in particular that I feel make being a member of the Gold Coast Organic Growers special. The first is our Q&A sessions – there are plenty of books, magazines and website articles available that can teach us a lot, but our time talking about when, how and what to grow in our localized area is to me the most practical part of our meetings. The second thing I have enjoyed is the working bees that we have held over the years. To get together, to work hard, to chat and to learn about each others' gardens – and to share the load of weeding, pruning or just tidying a back yard is a uniting activity and the way to make lasting friendships. **(Practical indeed!)**

So we have many and varied reasons to enjoy our Club – and thank you to all of us who join together to make it the success it is.



GCOG Song By Pauline Maxwell

Member Pauline was interstate so missed our celebrations but she wrote this cute song that was sung on the night - along to the tune of "A Few of My Favourite Things" from The Sound of Music.

Welcome on entry
and gold coins a-rattling,

Chairs set in rowsies
and growers a-chatting,

Seedlings and raffles
and plants - what a sight,

This is the reason we
gather tonight...

Questions to wonder
and answers to ponder,

Speakers bring info
from places out yonder,

Frog names and weed names
and pest ID too

Organic Growers,
the best place for you.

When the bell rings

Have you signed in?

Are you ready now?

Tonight is the highlight of 25 years,

So Maria take a bow.

Possums In The Garden

By Diane Kelly

One of our Club members has sent the following – and very welcome – advice:

One of the most destructive pests in the garden has to be the possum.

There have been many different tips shared in controlling possums - some work effectively, while others are only a short-term distraction. Here are some of the more favourable ones that many have tried with positive results.

Using a pantyhose, add a small handful of any of the following items individually into the pantyhose, tie it up and hang it in the garden where the possums like to feed:

- Blood & Bone
- Pelletised chicken manure
- Dog or cat hair
- Mothballs.

These are the 4 most effective products used to deter possums but they do need to be replaced and alternated every week, otherwise their scent will wear off and/or the possums will simply become used to it.

The one method that many have expressed as being the most successful in deterring possums is to set up a feeding station. So rather than scaring them away, you invite them into the garden to have a feast.

Definitely not directly from your plants, but rather from a tray filled with all their favourite flavours, whether it is fruit, rose cuttings, citrus peel, or simply some native leaves. Place these all on the tray

and position it along the pathway from where they enter your garden.

It may not happen immediately but soon enough, if you get the right recipe of flavours on that tray, they will eat it all up and leave your garden alone.

Recipe: Smoked Cheese Pie

By Justy Rogers

This pie was added to the supper table a couple of meetings ago, and it stands out as one of the yummiest treats that we've enjoyed.

Ingredients:

500-750gms pumpkin, steamed (use a nice, sweet & ripe one)
 2 onions, chopped and sauteed in olive oil until clear
 6 eggs
 salt and pepper
 250g smoked cheese, grated
 1 packet filo pastry
 100grms melted butter
 50 mls olive oil

A rectangular baking tray

Method:

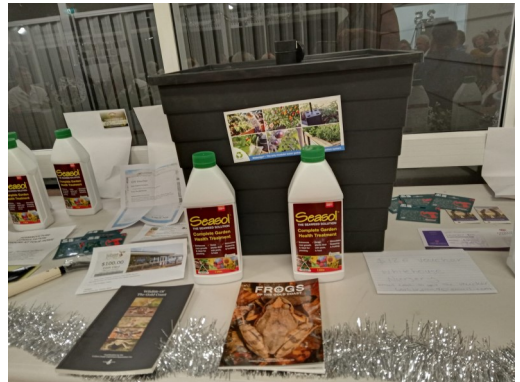
Pastry shell:

- Mix the melted butter and 50 mls of olive oil together.
- Using a pastry brush, paint the baking tray well with the oil/butter mix.
- Then place one filo pastry leaf in the bottom of the baking tin and up the sides.
- Brush this leaf with more butter/oil.
- Place another on top. repeat this process until you have used half the packet of filo pastry. (Save the rest of the filo for another pie, but wrap well so it doesn't dry out)

Filling:

Steam the pumpkin until soft. Drain well. In a big mixing bowl beat the 6 eggs together then throw in the rest of the ingredients and mix well. Add salt and pepper to taste. Place the mix into the pastry shell and bake in a moderate oven for 1 hour and 15 minutes.

If you like, you can scatter pumpkin, safflower or sesame seeds over the pie before cooking or some smoked paprika if you would like to enhance that smokey flavour.



Above: some of the amazing raffle prizes at our October meeting



Above: the supper tables were amazing!



Left: Bill and Lyn manning our seed table



Above: members having fun playing pass-the-parcel and winning prizes

Turmeric's Benefits

By Jill Barber

Turmeric has a long history of use in both Indian and Chinese traditional medicine. It is best consumed cooked with an oil like coconut, olive or butter and importantly with black pepper which slows the excretion from the system.

The major limits to efficiency is poor **absorption** and fast **excretion**. The active ingredients are notoriously difficult to absorb and when that is achieved they are quickly eliminated. The addition of fresh cracked **black pepper**, apart from its own positive effects, is used to markedly slow the excretion of the active curcuminoids and prolong their effect in metabolic pathways, and pepper itself is a good food and not just a condiment.

It needs to be cooked in **boiling water** to make the starchy compounds much more soluble and better absorbed in digestion.

Using it raw, like grating on salads, it is not going to be digested at all. **Golden Paste** is made by boiling a ½ cup of turmeric powder or grated fresh turmeric to about a cup of water, simmer for 6 to 10 minutes and add 1 to three teaspoons of **black cracked pepper** then store in fridge. Add an oil like **coconut oil** into the mix or later when consumed.

Also these components are not soluble in water but are in oils, short chain fatty acids and alcohol. Unless these are present when consuming, turmeric absorption does not happen.

Even so 100% absorption will never be achieved and the best is more likely to be 10%. Luckily curcuminoids are very

powerful and you do not need very much to have an effect.

*Regular daily intake is the rule, and you probably need to consume it **twice to 4 times daily**.*

Here are all the positive effects:

ANTICOAGULANT: allowing blood to flow correctly and inhibiting abnormal blood clot formation (thrombosis). Markedly improves circulation to extremities.

ARTHRITIS: Curcumin inhibits the breakdown of cartilage and has been shown to relieve the symptoms of arthritis such as inflammation, swelling and joint stiffness. Even better, it does so without the significant side-effects of those drugs, and has been shown to be safe at very large doses.

CANCER: Curcumin defends the body against cancer by

- detoxifying carcinogens, thereby preventing the initiation of cancer cells,
- suppressing the progression of cancerous cells, while increasing their death and removal,
- inhibiting the spread of cancerous cells to other areas of the body,
- reduce the side effects of chemotherapy treatment and - enhance the action of some chemotherapy agents,
- various studies have demonstrated turmeric to have beneficial results in preventing or treating a wide range of cancers, including melanoma, ovarian, breast, lung, oral, stomach, liver, colon and prostate cancers.

CARDIOVASCULAR EFFECTS: Curcumin improves the liver's ability to clear the body of LDL ('bad' cholesterol), and increases the proportion of HDL ('good' cholesterol).

COGNITION and BRAIN health: Alzheimer's Disease - anti-inflammatory and antioxidant protection against neuro-

degenerative diseases.

DIABETES: reduces blood sugar and increases insulin sensitivity. Improves insulin resistance condition.

DEPRESSION: mood lifting and useful antidepressant.

ENERGY: Many anecdotes of increased energy and activity levels and marked increased endurance during sporting events and chores. It increases metabolic rate and normalises blood glucose and alertness.

FERTILITY: improves fertility.

GASTROINTESTINAL TRACT: inhibits the growth of *Helicobacter pylori*, a pre-ulcer formation, and gastric & colon cancers, and protective against Inflammatory Bowel Disease.

LIVER health: Turmeric has a liver-protecting action. The levels of the potent antioxidant glutathione are increased several times. It both prevents and repairs liver damage. It protects the liver from inflammation and improves 'the clearing function of the liver when it has been damaged, and dramatically increases the clearance of alcohol from the system. Best hangover cure but even better when in the system prior to a night out.

SKIN, nails and hair growth: Thick healthy skin is a feature of having regular consumption of turmeric, and there is significant reduction of itchiness in skin. Improves quality of fingernails and hair. It counteracts sunburn even after redness appears, by its antioxidant effect.

SLEEP: improved sleeping is consistently reported along with better moods.

TEETH & Gums: significant numbers of anecdotes from dentists are about how gingivitis and gum inflammations resolve and how tartar does not grow well on teeth where tartar growth has previously been a common problem.

WEIGHT LOSS: as a metabolic stimulant, it stabilises blood sugar, (which cuts appetite, so no need for snacking), from metabolism of fat.

WOUND HEALING: promotes rapid, healthy healing of wounds.

Finally, turmeric has demonstrated the ability to suppress cataract development, and have a topical, anti-fungal effect.

\$45/kg in shops! (mine less than ½ that)
Orange = more curcumin.

Preparation:

1. Break it up into nodules and plant them.
2. Grate it, separate into little ice cube trays, freeze then transfer to little ziplock bags in the freezer.
3. Grate it, dehydrate, then grind/process into powder to store in jars (still need to cook it later) or continue to making into Golden Paste.
4. Tincture – in alcohol (vodka) & water for weeks (months?) - Google it.

*Disclaimer: As with any general health advice people with existing health issues should seek the advice of their doctors or naturopaths before commencing taking higher levels of something that could impact them negatively.

Ediblescapes As An Interpretive Garden

By Jorge Cantellano

The Edible Landscape Gardens Project is about to end its implementation stages and commence a new phase to become a food ecology interpretive garden by 2026. Interpretive centres are informal education sites designed to allow the public to better understand the natural or cultural heritage of the site.

'Interpretation' is broadly the process of communicating information in museums, botanical gardens etc. The Numinbah Valley Environmental Education Centre is an interpretive site. As educational functions, the David Fleay Wildlife Park is also an interpretive place. Keeping the dimensions right, Ediblescapes as a food ecology interpretive garden will become a small sibling of those more prominent interpretive places.

A video pitch was presented to Gold Coast City Council, proposing a Food Ecology Interpretive Centre be included in the Country Paradise Parklands 2020-2035 master plan. We understand that our proposal influences the inclusion of a 'Horticulture Precinct' on the north side of the Parklands. We are impatient to know its details and whether or not there is a role for Ediblescapes.

Ediblescapes volunteers have installed interpretive labels with interactive QR codes linking to further information on the garden website.

Councillor Peter Young's support

Ediblescapes is deeply proud of Councillor Peter Young's support with a community development grant to create a program for Queensland Youth Week's 2023 event. The intent is that in collaboration with artists and gardeners, young

people help to create content for a garden, bringing unseen living ecology to an Augmented Reality exhibition through the garden.

Gardening Events

Another way to interpret the site is to experience the garden and do gardening. In June, we welcomed Children of the Wilderness to visit Ediblescapes. In June, we also hosted the Intergenerational Gardening event. Sadly, the wet weather derailed the planned monthly events, and now it is too hot to host gardening events. We will restart the program in March 2023.

Silkwood School

We are tremendously pleased that Silkwood School chose Ediblescapes as a place for students to experience intergenerational gardening. Students got to taste the flavour of the garden fruits; transplant seedlings to the garden bed; help control wild plants by cutting them for composting; harvest vegetables and prepare them for morning tea.



Silkwood School students prepare the morning tea at Ediblescapes

Partnerships

To build the capacity to evolve as a demonstrative and learning site, a part-

nership with Griffith University organised an 'Ideas Challenge' activity hosted at the Yunus Centre Logan Campus on 17 and 18 November 2022. This activity and the collaboration with Griffith University facilitated the co-creation of ideas for a demonstrative interpretive garden'.

Australian Food Sovereignty Alliance (AFSA) and Ediblescapes Partnership

On 17-18 October, Jorge participated on behalf of Ediblescapes in the AFSA Convergence 2022 at Echo Valley Farm in Goomburra, near Warwick.

The Convergence participants consented to "A partnership with Ediblescapes to enable horizontal knowledge sharing on agroecology in urban settings, through an Agroecology Lighthouse as a hub for learning and exchanging ideas." The concept of 'Lighthouse' in agroecology indicates a farm with demonstrative agroecology principles. In this case, Ediblescapes develops the urban agroecology interpretive site (lighthouse), and AFSA brings their capacity to facilitate learning programs.

Permaculture Champion - Edible-scapes

Finally, let us congratulate EdibleScapes Garden's volunteers and supporters who made the Public Edible Landscape Gardens project a reality because EdibleScapes Garden won the inaugural Australian Community Gardens Permaculture Champion award in 2022.



Thank you Margaret for the beautiful flower arrangements you made for our party organisers Maria and Leah

PERMACULTURE CHAMPION AWARD 2022

Ediblescapes

Congratulations on all of the fabulous work your garden is doing in line with Permaculture ethics and principles. You are a shining example of what communities can achieve together.


NAOMI LACEY
President



VEGETABLES

NOVEMBER:

Artichoke, Asian Greens, Beans (French and Snake), Capsicum, Chili, 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.

DECEMBER:

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

JANUARY:

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

HERBS

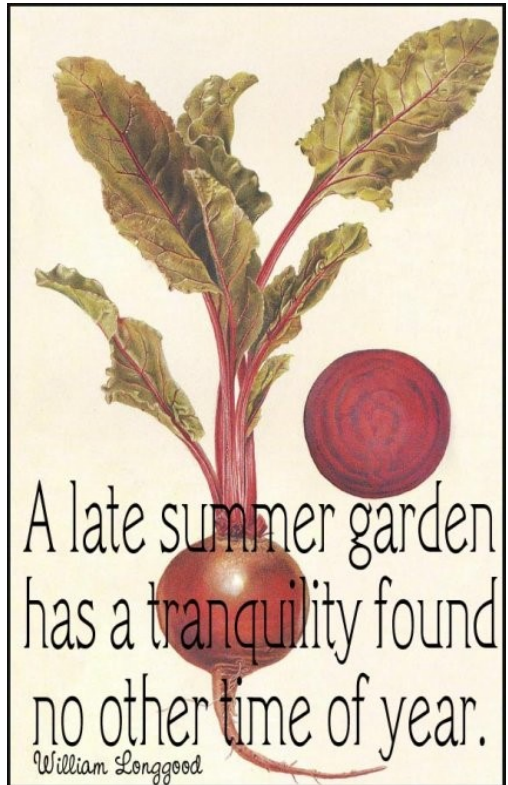
NOVEMBER & DECEMBER:

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.

JANUARY:

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



la, Dill, Herb Robert, Misome, Mizuna, Giant Red Mustard, Nasturtium, Italian Parsley, 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, Winter Tarragon, Thyme, Upland Cress, Watercress, Winter Savoury.

FRUIT 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 water-based paint.

DECEMBER/JANUARY

Custard apples: Hand-pollination of Pink Mammoth and Hillary White.

Figs: Keep water up and mulch well.

Low chill stone fruit: Prune trees. Apply organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees.

Lychee: Peak water needs. Cover trees with net for protection from fruit piercing moth, birds and bats. Fertilise with an organic fertiliser with sulphate of potash – 1 kg for a mature tree and ½ kg for young trees. Harvest only when fruit on the pendant stalk are sweet and full colour.

Mango: Net trees or bag fruit to protect from birds and beasts.

Passion-fruit: Apply 1 kg organic fertiliser

with sulphate of potash. Keep up the water.

Paw-paw: Apply organic fertiliser with sulphate of potash – 1 kg for mature trees and ½ kg for young trees. Apply a copper based spray or leaf microbes for black spot control.

Persimmon: Apply organic fertiliser with sulphate of potash – 1 ½ kg for mature trees.

Strawberries: Keep well watered to form new runners for next year. December is the time to mark old strawberry plants. Watch for their new runners to develop. This makes it easier to define plants when you are ready for new planting.

Bananas: Keep them well watered.

Citrus: Water tree well. Keep up pest oil spray for citrus leaf miner.

Brisbane Organic Growers Handbook

This is a general planting guide for the Gold Coast, however, your properties micro climate will determine the end results. Results will vary from year to year with the broader effects of Climate change becoming more noticeable.



Thank you to these wonderful businesses for supporting our birthday raffle!



Daleys Fruit



Composta

A Wormfarm & Garden in ONE!



DDWFAUNA Environmental Consultants



Specialising In SEQ Species



GROUND THE BATHHOUSE



The Herbal Gardener NATURAL SKIN CARE

MUDBRICK HERB COTTAGE

Food for Life Permaculture

