



# Canberra organic

Autumn 2021  
Vol 29 No 1 Issue 110

**COGS licence renewal**

**Why seed-saving is a good idea**

**What do we do with broad beans?**

**Grapevine moth caterpillar**

The quarterly publication of the Canberra Organic Growers Society Inc.





## Editor's note

Welcome to the autumn 2021 edition of *Canberra Organic*. The start to 2021 has been in stark contrast to the start to 2020, and as gardeners we have enjoyed plenty of rain to soak our gardens and nourish our crops. This has been reflected in the wonderful stories of the summer months around the COGS gardens.

For my gardening journey, a recent house move has seen me concentrating on creating a productive courtyard garden. With an aim to grow things I can quickly add to my cooking, I have focused on creating a thriving herb patch filled with rosemary, basil, parsley, coriander, dill and sage — to name a few. This has been accompanied by my usual crop of tomatoes, strawberries and chilli, as well as the inheritance of a few potted fruit trees.

As always, this edition is filled with wonderful articles but also good news with the signing of a ten-year licence agreement with the ACT Government for nine of our COGS gardens. In addition to this, it is



*Flowering rosemary just outside my front gate*

exciting to see how our gardeners are reaching out and working with local schools and community organisations. Also — if you need it — this edition is also packed with

delicious recipes, providing great ideas on how to use all that excess produce!

As the long summer days slowly transform into the cooler days, autumn makes a wonderful time for gardening. I wish you all success with your harvest and preparation for winter, and look forward to seeing you at the COGS Annual General Meeting on 21 March 2021.

—Rebecca Travers  
(article and photo)

### Annual General Meeting

**Canberra Organic Growers Society Incorporated**

**2.00pm, Sunday 21 March 2021**

**COGS Mitchell Community Garden,  
Cnr Hoskins St and Nirta Place, Mitchell**

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# President's column

Happy New Year to all our COGS members. We hope 2021 will be much better than 2020.

It has already started off promisingly, with the big and really good news for COGS that the 10-year licence from the ACT Government for nine of our gardens has been signed<sup>1</sup>(see page 13).

I want to take this opportunity to thank Peter Weddell for taking the lead in the negotiations for the licence. This is a really excellent outcome.

The signing of the licence with the ACT Government gives COGS the opportunity to move ahead with certainty. The 'Strategic Workshop' involving the COGS Executive members and Garden Convenors, and to which all members were invited to contribute to in the last edition of the magazine, was held on 6 February 2021. I will provide a full report on the outcomes of the workshop in the winter 2020 edition of *Canberra Organic*.

From this workshop, I am hopeful that we will be able to develop a shared vision for the future of COGS, and particularly aims and actions for the next five to 10 years. At this workshop the key areas considered were:

1. What is the purpose of COGS?
2. What is the best management structure for COGS?
3. What do we want the operation of our gardens to look like in 5–10 years?
4. How should COGS engage with the ACT Government and the wider community?

It will be up to the COGS Executive Committee to take the ideas that emerge and transform them into reality. That will only happen if we all work together.

The second item of good news is that COGS is fortunate in being in a healthy financial position due to the plot fee increase, low expenditures due to COVID-19, and of course the rain which has kept our water use and water bills down.

With the certainty of the 10-year licence and our healthy financial position, now is a good time for Garden Convenors and Committees to dust off their plans for sheds, shelters, water reticulation, fencing and tools etc. I look forward to the exciting proposals I have heard discussed for COGS gardens being brought forward to the Executive

Committee for funding. Don't be shy about your funding proposals!

The third item of good news is the weather. The gardens look so much better than this time last year. As I write this in mid-January, I think of the contrast with last year when we were struggling with the heat, dry and smoke, with some of us having real concerns about the bushfire situation here and on the south coast on NSW.

By comparison the gardens this year look lush, with so many good harvests already and the promise of even more bountiful harvests as the season progresses.

Unfortunately, the wet and relatively mild season so far has meant weeds. I am sure we are all fed up with the weeding — I know I am! It has also meant that our lawn mowers have worked hard to keep the grassed areas under control. It is good to see the cooperation and involvement of all garden members working together, to keep our gardens looking so good.

In the community landscape, the re-election of ACT Labor and the election of six ACT Greens; members in the Legislative Assembly presents COGS with some great opportunities. I have been in touch with Minister Steel's office with a view to a meeting. In particular I am keen to discuss the growing demand for community garden plots as the residential nature of Canberra moves away from the large house block to townhouse and apartment living.

I have also had discussions with other like-minded organisations about the possibility of developing a united position on community gardens to take to the ACT Government. It is early days, but I will keep members informed as things develop.

In news of our members, congratulations to the COGS Secretary and Betty Cornhill gardener, Minh Chu, who has become a regular guest on the ABC gardening program on Saturday mornings. Well done! Congratulations also to Ange McNeilly from Charnwood community garden who was recently awarded with the *Friends of the National Arboretum Canberra Volunteer of the Year Award 2020* (see separate article).

I also want to thank all the people who have worked so hard to make a success of the three recent COGS events, the Annual General Meeting (AGM),



the Christmas Party and the ACT Government licence signing ceremony, all held at the Kambah community garden. Thank you to everyone for your efforts, they are much appreciated.

It is also wonderful to hear that a number of gardens have held Christmas and Australia Day parties. I strongly encourage garden committees to develop the 'community' part of our community gardens. Any excuse for a party will do!

Finally, readers will have noted the advice elsewhere in the magazine that the COGS AGM will be held on 21 March 2021. This AGM has come around quickly after the March 2020 AGM had to be postponed until August 2020 due to COVID-19. That time will still count as a full term and therefore, all positions will become vacant.

Like all organisations, COGS and the COGS Executive Committee must continually renew itself and refresh itself if it is progress. Now is a wonderful time to join the COGS Executive Committee and shape the future of COGS. Closer to the date there will be the opportunity to nominate to stand for election to the COGS Executive Committee. Please consider putting your name forward and getting involved.

If you have any questions about the Executive Committee and what is involved, please do not hesitate to get in touch. I would be very happy to discuss (0408 247 360).

I look forward to seeing as many members as possible to the AGM on 21 March 2021 at 2.00pm, this year held at the Mitchell community garden.

In the meantime, happy gardening,

— Andy Hrast (article)

<sup>1</sup> The remaining three COGS gardens (Dickson, Kaleen and O'Connor) are held under separate individual arrangements with Dickson College, Kaleen High School and the O'Connor Uniting Church respectively.

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**The Canberra Organic Growers Society** is a non-profit organisation providing a forum for organic growers to exchange information and supporting the adoption of organic growing methods in the community.

COGS encourages the use of natural methods to improve our soils, promote sustainability and produce fresh, nutritious food.

For information about COGS and organic gardening, visit the COGS website

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## Community gardens

COGS operates 12 community gardens in the Canberra region, with the support of the ACT Government. The convenors and contact email addresses are listed below.

<b>Betty Cornhill</b>	Peter Rouse — <a href="mailto:cornhill_convenor@cogs.asn.au">cornhill_convenor@cogs.asn.au</a>
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<b>Mitchell</b>	Narelle McLean — <a href="mailto:mitchell_convenor@cogs.asn.au">mitchell_convenor@cogs.asn.au</a>
<b>Oaks Estate</b>	Karen James — <a href="mailto:oaks_estate_convenor@cogs.asn.au">oaks_estate_convenor@cogs.asn.au</a>
<b>O'Connor</b>	Bev McConnell — <a href="mailto:occonnor_convenor@cogs.asn.au">occonnor_convenor@cogs.asn.au</a>

## COGS community gardens and COVID-19

To assist in slowing the spread of COVID-19 in the community, we must do everything possible to protect our gardeners and their families.

To ensure our gardens can remain open and we provide a safe environment for everyone, all gardeners attending a COGS community garden **MUST**:

- wear gloves or use hand sanitiser before opening and closing gates, shed locks and operating taps
- observe “physical distancing” with each other (at least 1.5 metres from your plot neighbour) and minimise contact with other gardeners
- wear gloves when using communal tools, and consider bringing your own tools

- not have more than two members of a household visit a plot, and
- not bring visitors to the garden.

Please **DO NOT** enter the garden if:

- you have been in contact with a confirmed case of COVID-19
- you have been ordered to self-isolate, or
- you are unwell and showing symptoms consistent with COVID-19.

No visitors or other unauthorised people are allowed enter the garden at the present time.



## Kambah community garden – Open day provides insight into COGS gardens

The Kambah community garden held a successful 'Open Day' on 22 November 2020, making more than \$800 from the sale of a wide variety of seedlings raised by our gardeners.

As well as being a successful fundraising event, the event provided a great opportunity to demonstrate to the local community the role of COGS in promoting organic gardening practices.

Despite overcast weather and the occasional heavy shower, about 100 people from the local community and other parts of Canberra visited the garden, which was looking its best after a series of spring rain showers.

The day's events included well-attended talks on wicking beds by Dr Cally Brennan from Canberra Permaculture Design; seed saving by Thea O'Loughlin from the Canberra Seed Savers Cooperative; microgreens by Kambah gardener and COGS Webmaster Cathy Morison, and a light-hearted look at the effect of different kinds music on plant growth by Kambah plot holder and piper Ken Fraser (though there was some scepticism whether plants respond positively to the skirl of bagpipes!).

In addition, there was a 'kids' corner' run by Assunta Battaglio and a generous raffle prize of \$175-worth of assorted equipment for beginner gardeners, donated by Bunnings Tuggeranong.

The Open Day was immediately followed by another successful event at the garden, the COGS Christmas Party, where COGS President Andy Hraat drew the Bunnings raffle and announced the winner.

A wonderful day was had by all and it was delightful to share the work of COGS with the local community.

— Allan Sharp (article and photos)



*Cathy Morison gives a talk on Microgreens*



*Dr Cally Brennan's talk on wicking beds drew a lot of interest  
(below, left) The kids' corner at Kambah's 'Open Day'  
(below, right) Graeme Grant, from Kambah Garden, with  
aspiring gardener Rodrigo, 8*





## Holder community garden — Stepping up to help the community

One of our missions at the Holder community garden is to improve our sense of community, both within the garden as well as building better connections with the local community. Here are some examples of steps we are taking.

### The community within...

Whilst we all have our individual plots, working bees present a great opportunity to come together for the good of the whole garden. Our October working bee was a particular success, with much needed mowing, weeding and mulching being undertaken. At the end of our collective efforts we enjoyed some lovely food, including delicious homemade pakoras with mint and yoghurt sauce made by one of our gardeners. More fabulous homemade treats were on offer at our end of year gathering, including lemonade, broad bean dip, mixed vegetable tarts, mulberries, sandwiches and falafels.

### Building connections with the local community

In October we formed a relationship with the café *Stepping Stone* in Strathnairn to provide some of our excess vegetable and fruit produce. *Stepping Stone* is a new café that helps migrants and refugees by providing women from culturally and linguistically diverse backgrounds with a 'stepping stone' into the hospitality industry — you can read more of their story on the following page.

To date, the owners of the café Vanessa and Hannah have used our produce to make broad bean soup, rhubarb sorbet, rhubarb crumble and incorporated lettuce and silverbeet in salads and toasted sandwiches.

Members of the garden are also providing produce to a fellow gardener at the nearby Fetherston Gardens in Weston, to make chutneys



*Hannah with some of the Holder community garden produce*

and jams. Proceeds from the sale of the chutneys and jams go to Cancer Council Australia.

And — in reverse community engagement — our visible presence in Holder led to a very generous offer in November 2020 from a resident

in the local area who was looking for a new home for her mother's gardening tools. The tools were in good condition and have expanded the number and range of communal tools available to our gardeners.

—Neil Williams (article and photos)



## Stepping Stone café – Vanessa and Hannah's story

The story began years ago when, after studying Latin American Studies at the Australian National University (ANU), co-founder Vanessa Brettell moved to the Colombian tourist hub of Cartagena in 2017 to open a training café with two friends. They opened with five part-time employees, and by March 2020, they had grown to have 18 full-time staff; had trained and employed over 40 youth living in poverty; and were number one for breakfast in the area on TripAdvisor. As well as giving staff the opportunity to gain hospitality experience and earn a steady income, they also provided training on life skills such as nutrition, managing finances and expanding English language proficiency.

Unfortunately, given the city's reliance on international tourism, the café was forced to close in March 2020 due to the global pandemic. Vanessa and co-founder, Hannah Costello, found an opportunity to open a café at Strathnairn Arts Gallery in Canberra in July 2020. "We wanted to continue the concept of a social enterprise café, so we identified a different group of people in need in Australia. We are working with recently arrived migrant and refugee women from



culturally and linguistically diverse backgrounds," said Vanessa.

"We provide them with inclusive employment opportunities. It doesn't matter if they can't read or speak English or don't have any work experience. We are

also happy to work around their needs, like school drop-off and pick-up of their children," Vanessa continued.

"We're creating a workplace that dismantles the usual barriers these women have to finding formal employment."

The *Stepping Stone* café so far has employed three part-time workers — two refugees and one migrant woman — from Afghanistan, Myanmar and Indonesia. Vanessa and Hannah have five more women starting at the end of January 2021. As part of their employment, *Stepping Stone* will provide their staff with certificates in either commercial cookery or hospitality to further advance their skills.

The café is located inside the gallery space at *Strathnairn Arts*, with seating also available outside amongst the stunning gardens, and is open Thursdays to Sundays from 9am – 4pm, as well as Friday nights from 4pm for woodfired pizzas. The menu is completely vegetarian, offering a range of homemade pies and pastries, toasted sandwiches, cakes and sweets, as well as everchanging specials based on seasonal produce.





## Erindale community garden — Celebrating new beginnings

We may be the smallest in scale of all of the COGS community gardens, but we are an inventive and enthusiastic bunch of gardeners. Our youngest ‘gardeners’ are between 2 and 4 years old and our more ‘experienced’ is 77 and going strong. The garden looks lush and feels like an oasis in these trying times of the pandemic.

We have a real mix of expertise, with some very experienced gardeners who are happy to share their wisdom with all, and others who are novice gardeners but eager and keen to learn and experiment. There is also a wonderful sense of community and we all have fun and enjoy our regular Saturday ‘working’ bees, and of course harvesting our produce and sharing with others.

Our three-bay compost heap system is the ‘stomach’ of our garden and our pride. Working the compost is definitely far better than a gym class and provides exercise in the fresh

air. We enjoy reaping the rewards for our muscle efforts with sweet smelling compost for our plots. We grow borage and comfrey to use as accelerator plants in the compost.

We are celebrating new beginnings at Erindale after a tough year in 2020 and following many great challenges which included weeks of bushfire threat, smoke that made gardening without a proper mask almost impossible and then COVID-19. This was alongside the unexpected departure of our Convenor and other gardeners.

However, we have certainly come out stronger at the end of 2020 with several young and enthusiastic gardeners joining us and even electing to join our new garden committee. This has seen our garden become a tiny slice of paradise that is filled with laughter and joy. We have developed a vibrant community spirit that is inspiring everyone. Our new plot holders have settled

in well and we meet regularly for (COVID-19 safe) activities.

Our two new COGS garden signs are on display and we are very proud of them, with one of our new gardeners decorating them for Christmas with some red tinsel. A friend of the garden made some lovely frames for them out of recycled timber that we had sourced. We selected two prominent spots and utilised working bees to install them. The new COGS signs attract lots of positive feedback from the people who live nearby or who pass by our garden on the way to the Erindale shops. The new signs have also provided a great starting point for conversation about organic gardening and what we are growing in our garden.

We have found at our garden we can forget all our worries and immerse ourselves in positive thoughts, joyful creativity and COVID-19 safe activities. We have harvested lots of garlic (several varieties), parsnips

*Erindale community garden*





and artichokes and are saving seeds from our best selected plants (e.g. various Asian Greens, purple kale, parsley and nigella). We also participate with the Canberra Seed Savers 'Library' and held our second seed savers workshop at the nearby Erindale Community Centre.

We grow mainly heritage seedlings and many of our seedlings were raised by our gardeners. One of our younger gardeners has developed a real passion for growing heritage seedlings and shares them with the group. Furthermore, one of our Korean gardeners is saving seeds from her Japanese heritage cucumber she is growing this year. Her recipe for Korean kimchi is also a big hit with all gardeners.

To assist with a bountiful harvest of vegetables and berries, we are keen to create a vibrant 'pollinator corridor' at the garden. We are inspired by Julie Armstrong's local community group *ACT for Bees* and her passion to create safe pollinator corridors across the ACT. Julie founded *ACT for Bees* ([actforbees.org](http://actforbees.org)) some years ago when she realised that our pollinators were declining rapidly for various reasons including use of herbicides, pesticides, and limited food sources.

Comfrey, borage and flowering herbs at the garden attract bees and

*Sunflowers in full bloom*



*The tomatoes are growing well at Erindale*

pollinators throughout the year. We have found the herbs and flowers that are favourites with the bees and pollinators are lavender, basil, lemon balm, valerian, thyme, rosemary, oregano, mint, sage, anise, tarragon, summer savoury, stevia, sunflowers, calendula, cosmos, nasturtiums, Queen Anne's lace, lemon verbena, dahlias and salvias.

We are also currently harvesting lots of varieties of zucchini and cucumbers and are hoping for our many varieties of tomatoes to ripen soon. This is in addition to harvesting strawberries, blackberries, rhubarb, beans, spring onions, garlic chives,

parsley, mint varieties, Asian greens, several varieties of heritage cucumbers, beetroot, Malabar spinach, silver beet, rainbow chard, chives and many herbs.

Our heritage pumpkin varieties, cucumbers and beans are climbing up the growing arches and structures that we built in the past months and the Jerusalem artichokes are providing good windbreaks, as our garden is quite exposed. Chillies, capsicums, corn, eggplant, bush beans, potatoes, oca and soya beans are also all flourishing. As gardeners, we also like to experiment with some lesser known veggies too, planting ginger, tumeric and lemongrass in pots, which we keep in our small grow house.

We are very happy to be able to share our enthusiasm and joy for organic gardening with the people in the neighbourhood and are sharing surplus veggies and herbs. We also welcome visitors from other COGS gardens. Please contact me if you are down south in Tuggeranong and wish to come for a chat and see what's growing on our plots. We are also happy to share any surplus seeds.

Wishing all COGS gardeners a plentiful harvest, favourable growing conditions for 2021, great community spirit and a safe year ahead.

—Didi Sommer (article and photos)

## Charnwood community garden — Educating the next generation

On 19th November 2020, kindergarten-aged children from the Introductory English Centre at Charnwood-Dunlop Primary School visited the Charnwood community garden. Their visit coincided with a course study on 'Community'.

Many of our gardeners worked on their plots and gave the children demonstrations in making comfrey leaf fertiliser and explained why you need to use manure to grow vegetables, as well as how to keep bees and which plant to use for toilet paper if you need it in the bush. They were most impressed when one of our gardeners rolled out a bag of sheep manure with 'baa poo' printed on it!

The children were given a taste of herbs, snow peas, calendula flowers, and honey. They loved the smell of the flowering sweet peas and the variety of herbs. They also learnt about composting, why it was important to grow vegetables organically, and why you need to grow plants that attract beneficial insects.

It was evident to the children that the gardeners in their plots, on the day, did not stop smiling. If these children just picked up the joy of organic gardening through our smiles, our



photos: Children from the Introductory English Centre at Charnwood-Dunlop Primary School visiting the Charnwood community garden

job will have been done. This letter of appreciation came the following day from the teacher and her assistants:

*Dear Teresa*

*I am writing to let you know how much we appreciated you and the other gardeners showing our classes around today.*

*We all agreed it was one of the best excursions we had ever done. The students loved it and we adults also learned a great deal.*

*Personally, while I was aware of the community garden, I had no idea it was such a large and impressive facility. What a fantastic community resource you have created!*

*I hope you won't mind if we make this excursion a yearly event for the Introductory English Centre and encourage colleagues in our mainstream school to visit you with their students in the future as well.*

*Thank you again. We very much appreciate the time and expertise involved in you hosting our excursion. We are also thrilled with the bean plants and look forward to seeing them grow.*

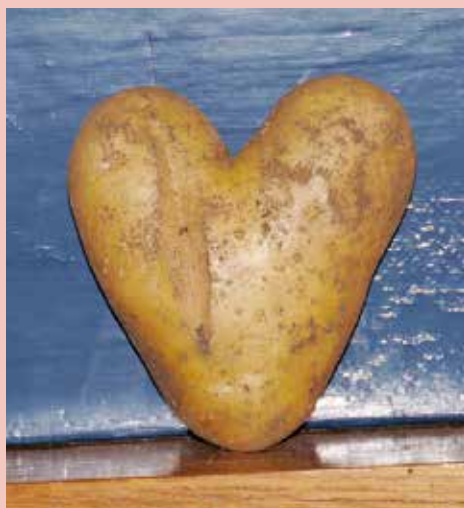
*Kind regards,  
Rosemary, April and Shadreck*

—Teresa Rose (article),  
Ange McNeilly (photos)

### Love is in the ground at Charnwood community garden

Gita dug this heart-shaped potato up at her Charnwood plot, just in time for Valentines Day. At 10cm tall, Gita wonders "are my potatoes sending a message of love to me?"

—Gita (photo)





## Kaleen community garden – The first eight months in pictures...

We joined the Kaleen community garden in early May 2020. At that time our plot was overgrown and filled with debris, including woodchips and concrete. So we worked hard to clear the debris and divided the plot into quarters.

In three of the quarters, we built three raised beds over a few months. We improved the soil with manure, worm wee and castings, and sugarcane mulch. Over spring, we then planted out the raised garden beds with tomatoes, eggplant, corn, spinach, rainbow chard, beetroot,

lettuce, leeks, spring onions, beans and even two chilli plants.

In the fourth quarter we piled up all the organic debris, like woodchips, newspaper shards, sticks and half decomposed untreated wood. We mixed in a lot of soil, manure, worm wee and castings and sugarcane mulch, until we had a huge mound. Following this, we then planted butternut pumpkin seeds. We did this, so we didn't have to remove lots of organic matter off the plot, and any nutrients could be decomposed back into the soil.

Fast forward a couple of months and in early January 2021 we have over 20 pumpkins growing and an abundance of tomatoes, spinach, chard, beetroots and lettuce! The plot is really only just starting its production, and it is bountiful!

A huge effort over about 8 months — but demonstrates that there is reward after all the hard work!

We hope you enjoy a photo collage of our Kaleen community garden journey so far.

— Lesley, Aaron, Madeline and Jelly the dog (article and photos)



*Our overgrown plot (Early May 2020)*



*The plot cleared of vegetation (Late May 2020)*



*Two raised garden beds, with improved soil (August 2020)*



*Garden planted with seedlings in November 2020*



*Garden in full swing in January 2021*



*The pumpkin patch in January 2021*



*Madeline (almost 2 years) keeping the grass under control!*



## Cook community garden

The Cook community garden is thriving thanks to spring rains and milder weather at the start of summer. Garden plots are bursting with produce and any surplus is being diligently collected by Greg who organises our donations to Canberra City Care. Of course the hot weather and winds will come soon enough.

The effects of the La Nina weather pattern are clearly shown by the Cook community garden rainfall records.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
2019	58	29	81	9	49	21	6	22	39	22	18	0
2020	12	80	99	71	26	62	38	143	51	162	67	41
2021	92	86	(to date)									

Plans for the year include completing the renewal of tap risers and fittings made possible by funding from the ACT Government *Community Garden Grants Program* and our regular seasonal working bees. We are also planning a celebratory event in November to mark our 20th Anniversary as a community garden.

—Peter Weddell (article and photo)

*Alex's plot at the Cook community garden on a summer evening*



## Charnwood community gardener receives 'Friends of the National Arboretum Canberra Volunteer Award'

It is wonderful to see the achievements of our COGS members outside of our community gardens. On 14 December 2020, Ange McNeilly — a gardener at the Charnwood community garden — was awarded the *Friends of the National Arboretum Canberra Volunteer of the Year Award 2020*.

The award states: "Ange has continued to devote many hours of her time to the Friends for the benefit of the Arboretum through the Discovery Garden, Harvest Group stall produce, and her latest project of growing Wollemi with provenance to the National Arboretum."

Congratulations to Ange on your wonderful work at the National Arboretum.

— Michelle McMahon (photo)



## Successful licence renewal for COGS' gardens

**G**reat news! A new 10-year licence from the ACT Government has been signed and executed for nine of the COGS community gardens. The licence was signed at a ceremony with representatives of the ACT Government at the Kambah community garden on 15 December 2020.

The signing of the licence gives COGS and its members certainty going forward.

Nine of the 12 COGS community gardens (Mitchell, Oaks Estate, Cook, Charnwood, Crace, Holder, Betty, Cornhill, Erindale and Kambah) are held under this licence. In total, the area covered by the licence is some 3 hectares of land.

The land covered by the licence comes at no cost to COGS, other than the licence application fee of \$1600. COGS is very grateful to the ACT Government.

The remaining three COGS gardens (Dickson, Kaleen and O'Connor) are held under separate individual arrangements with Dickson College, Kaleen High School and the O'Connor Uniting Church.



*Stephen Alegria signing the licence on behalf of the ACT Government*

The previous licence expired in April 2020 and COGS, led by Peter Weddell, had been negotiating with the ACT Government for its renewal since late 2019. It has been a marathon effort! Thank you, Peter, for your perseverance.

While there have been some changes in the special conditions of the licence, there will be little — if any — practical impact on the day-to-day operations of the gardens, as the changes are consistent with COGS rules that were already in place.

The special conditions of the licence include:

- surplus produce cannot be sold for the personal gain of individual members;
- camping, storage of vehicles or material not specifically related to the community garden is not permitted at the gardens;
- the keeping of livestock and poultry is prohibited; and
- fires for the purpose of burning rubbish are not allowed.

The full licence with all the conditions can be viewed on the 'Members only' section of the COGS website.

The signing of the licence gives Convenors and Garden Committees certainty to bring forward expenditure proposals for the upgrading of their gardens.

—Andy Hrast (article and photos)

*The licence was signed at Kambah community garden on 15 December 2020*





## Charnwood community garden — In pictures

Enjoy a selection of pictures from the past few months at Charnwood community garden...

—Ange McNeilly (photos)









## Mitchell community garden — Showcasing our garden through *Open Gardens Canberra*

Each spring and autumn, *Open Gardens Canberra* opens a diverse range of interesting and beautiful gardens in Canberra, Queanbeyan and surrounds.

The Mitchell community garden is taking part in the autumn program and will be open to the public from 10am to 4pm, Saturday 27 and Sunday 28 March 2021 through *Open Gardens Canberra*.

Entry is free but bookings are required via [opengardenscanberra.org.au](http://opengardenscanberra.org.au) due to COVID-19 restrictions.

This enables *Open Gardens Canberra* to stagger the entry of visitors to meet COVID-19 requirements. Each session will be for two hours and there will be 200 tickets available for each session. People can visit the garden whenever they like during that two-hour period.

Bookings are necessary for both *Open Gardens Canberra* members and visitors. Children under 18, accompanying members and visitors have free entry and do not need to book.

The Mitchell community garden is located at the end of Hoskins Street, Mitchell in the Crace Grasslands Nature Reserve and has a range of COGS members gardening in plots, from pre-school age to retirees.

The varied nationalities at the garden grow a diverse range of tasty vegetables and herbs, for their families, and some are also delivered weekly to the Gungahlin *Communities@Work* Food Pantry, to share with local residents who cannot grow or afford organic vegetables for themselves.

Mitchell community garden members would like to invite members from other COGS community gardens, and their friends and families, to come along and enjoy the garden and share their combined knowledge of growing organically in, and around, Canberra.

—Narelle McLean  
(article and photos)



announce that the

**COGS  
MITCHELL  
COMMUNITY  
GARDEN**

will be open on the  
weekend of

**Saturday 27 and  
Sunday 28 March 2021**

**10am – 4pm**

**Hoskins Street, Mitchell**

bookings are required via  
[opengardenscanberra.org.au](http://opengardenscanberra.org.au)



## Eggplant

As part of my 'small-scale' courtyard gardening journey, I was keen to find out which of my favourite vegetables would thrive growing in pots. I knew that tomatoes and chillies were a possibility, as well as hanging baskets filled with strawberries — but what else?

My online research suggested using companion planting in pots. This included creating combinations such as the 'pasta pot' filled with tomato plants, basil and oregano, or the 'stir-fry pot' consisting of Asian greens, chillies and coriander<sup>1</sup>. This led me to think about the things I enjoy cooking — and more importantly eating!

When catching up with friends for dinner back in November 2020, I was given a few tomato and eggplant seedlings as a gift. These made the perfect base for the Greek dish moussaka and thus the 'moussaka pot' was born — tomatoes, eggplant and oregano.

Eggplant — or aubergine as it is known in my home country of England — is a plant species that is part of the nightshade family Solanaceae. *Solanum melongena* is grown worldwide for its edible fruit. Eggplant is closely related to the tomato (*Solanum lycopersicum*) and the potato (*S. tuberosum*) as well as to several poisonous nightshades<sup>2</sup>.

Eggplant is frost tender, requiring a warm climate to thrive. In Canberra, it is best to plant seeds in punnets in spring, transplanting once the soil has warmed and the danger of frost has passed. It is a branching bushy plant with thick woody stems that produce star-shaped flowers in various shades of purple. Its large leaves are green or grey in colour with the underside typically covered in spiny fuzz. Mature plants can range in height from one to eight feet — perfect for growing in my courtyard garden.

According to *The Elegant Eggplant*:

*"Its origin is considered to be India where it continues to grow wild. This*



*The first eggplant growing in my 'moussaka pot'*

*spiny, bitter, orange, pea-sized fruit has been cultivated throughout India and China for more than 1500 years.*

*As trade routes opened, eggplant was introduced to Europe by the Arabs and transported to Africa by the Persians. The Spaniards carried it with them to the New World and, by the early 1800s, both white and purple varieties could be found in American gardens.*

*According to the American Horticultural Society Encyclopedia of Gardening — Vegetables, "A 5th Century Chinese book contains one of the oldest references to eggplant. A black dye was made from the plant, and ladies of fashion used it to stain their teeth — which, when polished, gleamed like metal."*

*In China, as part of her "bride price", a woman must have at least 12 eggplant recipes prior to her wedding day. In Turkey, "imam bayeldi" [sic], a tasty treat of stuffed eggplant simmered in olive oil, is said to have made a religious leader swoon in ecstasy. When first introduced in Italy, people believed that anyone who ate the "mad apple" was sure to go insane.*<sup>3</sup>

A staple in cuisines of the Mediterranean region, it regularly features in the classic dishes of moussaka, Italian eggplant parmigiana and the Middle Eastern baba ghanoush. However it does not store well, so it is best to use soon after harvesting. Eggplant can be roasted, grilled, baked, stewed, stuffed, dried, braised, mashed, pickled, pureed, or breaded and fried.

I'm delighted to see my little eggplants thriving in their pot. Whilst a small-scale garden doesn't produce enough eggplant for lots of moussaka, it will make the ones it does provide for all more enjoyable. I can't wait to try it.

—Rebecca Travers  
(article and photo)

1 Ideas sourced from 'Sustainable Gardening Australia': <https://www.sgaonline.org.au/produce-in-pots/>.

2 Encyclopaedia Britannica: <https://www.britannica.com/plant/eggplant>.

3 Trujillo, L (2003): *The Elegant Eggplant*, Master Gardener Journal at <https://cals.arizona.edu/maricopa/garden/html/pubs/0203/eggplant.html>.



## Why seed saving is such a good idea

By the time you are reading this, summer will be over and hopefully your tomatoes will be tasty and bountiful and your garden bursting with all the goodness of summer crops, thanks in large part to the good soil moisture from all the rain in spring and early summer. It's hopefully going to be a perfect season for seed saving from healthy, strong plants that have grown delicious summer produce. Autumn is the time we save seeds from summer crops like beans, zucchini, cucumber, tomato, capsicum and chillies, just to name some easy ones so if you've never saved seed before, why not start this year?

But why would you watch your lovely veggies 'go to seed', rather than eating all of that good food right now that you have worked hard to grow? For some, a garden full of plants going to seed can look messy and chaotic; for a seed saver it is full of promise and bounty. Why do we associate 'going to seed' with decay and decline, when seed is actually the start of a whole new life?

There are lots of good reasons to save seed, so here are a few.

Firstly, you don't lose too much anyway. One lettuce can produce up to 10,000 seeds. A few pods of peas or beans will produce enough seed for you and a few friends to eat well next year. Depending on the variety, a single tomato can contain hundreds of seeds. In a community garden, you can share the load around — if Jill saves a lettuce and Fred saves an onion, they can swap the seeds later for a 'win-win'.

We live in a market society that has trained us into assuming 'scarcity'. If something isn't scarce, how can you put a big fence up around it, and charge people to come and see? But nature doesn't really work that way. It wants to thrive, so it makes enough for this generation and the next — and maybe even for a few bugs to get a feed along the way.



As the old rhyme goes:

*The law locks up the man or woman  
Who steals the goose from off the common  
But leaves the greater villain loose  
Who steals the common from the goose*

Seeds are, indeed, a great commons — they are not inherently scarce, but have been made artificially so. From the very beginnings of human agriculture, knowledge about seeds has not just been an important survival practice, but also a dynamic cultural expression. In many parts of the world, and especially in the global South, this remains true at the mainstream level — just. Here in Australia — as in many 'developed' countries — we have tended to split our food systems between large-scale, commercial food and fibre production and more localised, community-based efforts — of which COGS is a great example!

In *Stuffed and Starved*<sup>1</sup>, Raj Patel talks of a food waist — and no, that is not a typo. What he is referring

to is that a very few corporate players have — with favourable laws that they have often helped to write — inserted themselves between multiple producers and multiple consumers. This creates a narrow 'waist' through which all our food must travel. And whether you are a medieval castle owner, or a more recent Tasmanian dam builder, you know how strategically important that narrow passage can be. By controlling it, you control everything upstream (producers) and downstream (consumers — or, in fact, us).

So it has become with seeds. What is actually an abundant natural commons, has been artificially wrangled into a system where four large corporations control over 60% of our seeds. And curiously enough, these are also chemical companies (see <https://tinyurl.com/yaoa8go5>). In this way, a hyper-profitable symbiosis is born — you make some small technical adjustment to a genome (which creates a reliance on your chemicals), patent the resulting



organism, mass produce it using monocultures and cheap labour — and flood the market.

You may say, 'well, that's fine, people can get good food cheaply'. The problem is that is just 'spin' and not fact. 'New' varieties are chosen for their profitability and capacity to withstand extended transport/storage, not for their taste and nutrition. Old varieties are disappearing — fast. Slow Food, quoting the FAO, notes that 75% of our edible plant species have disappeared — a terrifying 95% in the case of the US (Slow Food, *Biodiversity*). This has implications for the natural resilience of our food systems (a smaller range of species is more vulnerable to pests and disease) and for our health (our gut is healthier the more diverse our diet). And, despite our food production effort considerably exceeding our population growth, more people than ever are hungry or relying on food hand-outs, all within an epidemic of obesity (Raj Patel, Eric Holt-Gimenez).

And on top of all this, we have an oncoming train called climate change!

So, we reckon that saving seeds is one small thing we can do that addresses



a lot of these issues. Or at least, to 'hold the line' until we realise our folly or the planet's systems finally force our hand (see Will Steffen — [https://youtu.be/Lavvdil\\_VYM](https://youtu.be/Lavvdil_VYM)).

Working with open-pollinated, heirloom varieties (that, at least for now, can't be patented), we can retain some control over the food we

produce and eat. Using good seed saving techniques, we can select for taste and nutrition — not hyper-profits. Working with the bounty of nature, we can keep food affordable (including through our community seedling initiative). Through intelligent, localised action, we can help build resilience for the coming challenge of climate change. Working together with the community, we can preserve the rich cultural heritage of seed saving.

Finally, we talk of having a 'living' seed bank, and this is really important! Of course, there is great merit in preserving and storing varieties against the vagaries of an uncertain future. But no static storage system is inviolable, and in any case the world just doesn't stand still! Evolution will march on — whether to create 'superweeds' against the folly of industrial agriculture, or to create epigenetic responses to a changing climate.

We want seeds out there growing, making great food and celebrating the miracles of life — let's just make sure we keep some really good ones aside for another day.

—Nick, Canberra Seed Savers (article and photos)

<sup>1</sup> Patel, R (2012) *Stuffed and Starved: The Hidden Battle for the World Food System*. ISBN 9781863954495.





## Grapevine moth caterpillar

Opening the front door on Wednesday, 17 December 2020, I noticed that the veranda floor was covered in black spots and the Virginia Creeper growing along the eaves and gutter was being stripped bare by an infestation of caterpillars! These are the caterpillars of the Australian Grapevine Moth (*Phalaenoides glycinae*). The caterpillars were also on the grapevines.

It was cringe-making to see so many caterpillars! As I do not use chemical sprays, I wore gloves and picked off each caterpillar and placed it into a bucket, which was filled with hot soapy water. Information provided by the NSW Government Department of Primary Industries about this particular pest states:

*Grapevine moth is native to Australia and feeds on several native plants as well as grapevine leaves. The adult is an attractive black moth with white and yellow markings, a wingspan of about 6 cm, and tufts of orange hair on the tip of the abdomen and around the legs. Moths are dayflying, gregarious and feed on nectar and pollen. Moths emerge from overwintering pupae in early spring and*

*lay eggs on stems and leaves. Eggs are round, sculptured and green to brown in colour depending on the stage of development. The larval or caterpillar stage goes through six larval instars or moults. The caterpillar is mainly black and white with red markings, covered in scattered white hairs, and can reach 5 cm in length. Pupation occurs in a silken cell in the ground or in fissures in the vine wood or strainer posts. The pupa is the overwintering stage. There are two to three annual generations with larvae first appearing on vines in October, and the second generation of moths appears in December. In areas with warm to hot summers, a third generation may occur between late summer and autumn.*

*Grapevine moth is usually a minor pest, with little economic impact. However, if caterpillar numbers reach high levels, severe vine defoliation may result, which can affect berry development and carbohydrate storage. Caterpillars feed on leaves but may begin feeding in bunches if foliage is depleted. Parasitoids such as tachinid flies and wasps, predatory shield bugs and birds provide some control against the pest.*

*Several insecticides are registered for grapevine moth.*

To accompany this, an interesting fact was taken from Wikipedia: “the Indian myna (*Acridotheres tristis*) was introduced into Australia in 1862 to deal with a number of insect pests including the grapevine moth. In this it was unsuccessful, and ironically the bird is now itself considered a pest in many parts of Australia.”

—Ange McNeilly (article and photo)

Grapevine moth



The grapevine moth caterpillar chewing on Virginia creeper





## Grilled zucchini with romesco sauce

Abundance of zucchini? Hannah Costello from *Stepping Stone* café has submitted this fresh and delicious way to enjoy your summer crop of zucchini.

### Ingredients for romesco sauce

3 red capsicums  
 ½ cup hazelnuts, toasted  
 ¼ cup olive oil  
 2 tbsp white vinegar  
 2 tbsp smoked paprika  
 1 tsp salt  
 1 tsp black pepper

### Ingredients for grilled zucchini

2 zucchinis, cut into batons  
 2 tbsp olive oil  
 1 clove garlic  
 ¼ cup capers  
 1 lemon  
 2 tsp chilli flakes  
 1 tsp salt  
 1 tsp black pepper  
 ½ cup fresh herb of your choice

### Romesco sauce

Remove the core of the capsicum and lay the sides, skin side up, on a baking tray. Place under your grill for 4–6 minutes. Keep an eye on them as they can cook quickly. The capsicums are done when the skin starts to puff and turn a dark brown colour.

Once cooked, place the capsicums in a bowl and cover (so they steam) for about 30 minutes or until cool enough to handle.

While waiting for the capsicums to cool, add all of the other romesco ingredients to a blender or food processor.

Take your capsicums and remove the skin from the flesh. Place the flesh of the capsicums into the blender with the other ingredients and blend until a smooth consistency is achieved (add more olive oil if needed).



Put the sauce into a container and it is ready to use in either this dish or many others.

Romesco should keep for up to two weeks in the fridge

### Grilled zucchini

Heat a large frying pan to high and add your oil.

When the oil is hot, throw in your zucchini and fry while frequently stirring until the outside is golden brown (4–6 minutes).

Once browned, add the capers, garlic, chilli flakes, salt and pepper and cook for a further 2 minutes.

Then, add the lemon wedges, by first squeezing their juice into the pan.

Sauté for a further minute, then turning off the heat and add your herbs.

To serve, spread a generous helping of romesco on a plate and top with the zucchini straight from the pan!

Hannah says “I love serving this with flat bread, but a nice fresh sourdough will work or enjoy just as is!”

—Hannah Costello (article)  
 @thejugernauts.cbr (photo)



## One-hour beans with tomatoes and dill

Looking for a great way to use up your crops of tomatoes and beans? This recipe originally comes from Matthew Evans' *The Real Food Companion*. In it he notes that many people across the Mediterranean cook their beans until they are soft. The beans go very well with roast meats or as a main with couscous — delicious!

### One-hour beans with tomato and dill

Serves 4

#### Ingredients

2 tbsp of olive oil  
1 red onion, finely diced  
3 cloves of garlic, finely diced  
500g green beans (also can use split runner beans, yellow beans etc.)  
2 large tomatoes, skinned and diced (or use a 400g tin of chopped tomatoes)  
1 bunch of dill, roughly chopped  
125ml of water  
salt and pepper to taste

#### Method

Heat the oil in a large frypan over low to medium heat and gently fry the onion and garlic until soft. Add the beans, tomato and half the dill and the water. Cover with a lid and simmer for one hour. Stir occasionally and add more water if needed so the mixture doesn't dry out.

In the last five minutes add the remaining dill and season well with salt and pepper to taste. Serve warm or at room temperature.

Note: This dish is also nice cold and freezes extremely well. If you don't like dill you could try substituting with other herbs such as basil and/or mint.

—Neil Williams  
(article and photo)

*Green beans growing at Holder community garden*



## Overrun by pumpkins?

Will you have a bumper pumpkin harvest this autumn? Not sure what to do with them? Here are a couple of recipes to help make the most of your bounty.

### Spicy pumpkin soup

Serves 4–6

#### Ingredients

1 large onion, chopped  
600g butternut pumpkin, chopped  
¾ cup of red lentils, washed  
1 tbsp grated fresh ginger  
1–2 tbsp of red curry or harissa paste  
3 tsp sugar  
3 cups water  
2 tablespoons rice bran or olive oil  
Soften the onions in hot oil, add ginger and curry paste, stirring for a couple of minutes. Add the remaining ingredients and simmer until the pumpkin is tender. Allow to cool slightly then purée.



### Pumpkin and seafood soup

Serves 4–6

#### Ingredients

1 onion, finely chopped  
1 clove garlic, finely chopped  
1 tsp fresh ginger, finely chopped  
1 tbsp coriander leaves, chopped  
800g pumpkin, chopped  
3 cups chicken stock  
1 tbsp chilli sauce (or chopped fresh chilli to taste)

300–400g green prawns, peeled (or crab meat)

juice of half a lime

100ml cream (optional)

Lightly fry onion, garlic and ginger in a little oil. Add coriander and set mixture aside. Cook pumpkin in stock until tender. Add onion mix and chili to cooked pumpkin and puree. Gently reheat, adding lime juice and prawns. Simmer gently until prawns cooked. Add salt and pepper if needed and stir through cream.

—Michele Barson (article)





## La Niña past peak, but influence to continue until early autumn

The Bureau of Meteorology report released on 2 February 2021 says that the 2020–21 La Niña is likely to have peaked.

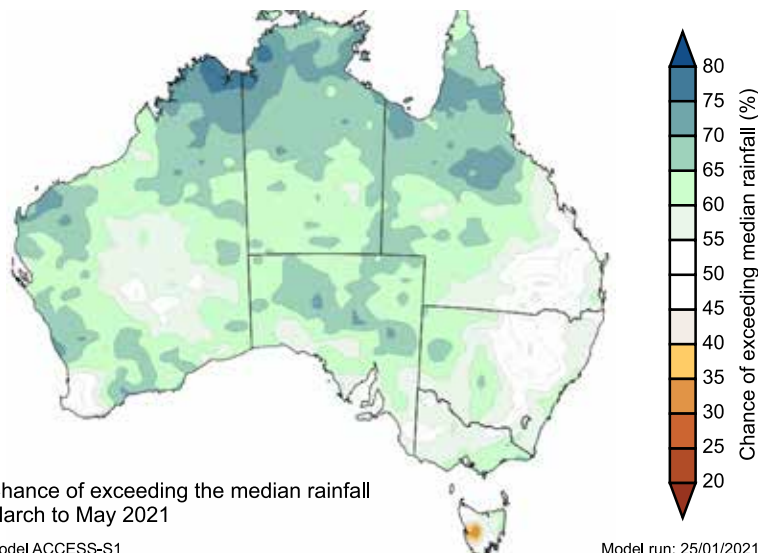
However impacts associated with La Niña, such as above average rainfall in eastern and northern Australia, are expected to persist into early autumn, with indications of above average rainfall likely particularly over northern Queensland.

Sea surface temperatures across Pacific Ocean basin have warmed by around 0.2 °C in the last couple of weeks. The 90-day Southern Oscillation Index (SOI) has decreased

slightly but continues to remain well above the La Niña threshold of +7, and trade winds have returned to near-average strength in the central tropical Pacific.

Model outlooks indicate a return to neutral conditions (neither El Niño nor La Niña) during the late southern summer or early autumn.

—Andy Hrst (article)



### Dam levels in the Canberra region and capital cities

	Jan '21	Jan '20
ACT storages	97%	48%
Murray-Darling Basin	55%	32%
Burrinjuck Dam	70%	33%
Blowering Dam	73%	45%
Sydney	93%	44%
Melbourne	75%	63%
Brisbane	59%	56%
Adelaide	55%	50%
Perth	42%	43%



## Adult WORMS for sale

Packs include juvenile worms and worm capsules (eggs)

**1000 worms (0.25 kg) \$30.00**

**2000 worms (0.5 kg) \$50.00**

**4000 worms (1.0 kg) \$90.00**

- Pack contains adult composting worms consisting of three varieties; Red wiggler, Tiger and Indian blue
- Worms will consume over half of their body weight in a day
- Worms produce a casting (vermicaste) that is rich with nutrients and full of microbial activity

# Global Warming

Bungendore Road, Tarago NSW 2580

globalworming@mail.com

Mobile 0408 496 767

Instagram: @global\_worming



## What do you do with broad beans?

I haven't grown broad beans for some time. No particular reason; love those big seeds but busy growing other things. This year I'm asked to grow them by someone who misses them and can't get them in the shops. I'm not sure; perhaps it's too late to plant. Aren't broad beans planted in April before the winter? But I plant some seeds in September, sit back and enjoy a wet spring, and harvest the broad beans in December.

*thoughts*

*thoughts go away*

*leave me*

*to focus on what*

*to cook for dinner*

I don't remember how to cook them, but I have some recipes from years ago. We're almost vegan in Hill Corner these days, and I find a

dish that suits us well. Sicilian Broad Beans came from a website called 'Passion for Pulses'. We have our own lemons, but this year's pea crop has gone mouldy and so I use frozen. And artichokes are easier from a jar. She asks for a second helping.

### Ingredients

1 tbsp olive oil

1 small onion, chopped

4 tbsp veg stock

350g broad beans

350g peas

4 small artichoke hearts, cooked, quartered and marinated in olive oil and white vinegar

4 tbsp lemon juice

salt and pepper

pinch grated nutmeg

10 leaves fresh mint



**Garnish:** oven-dried tomatoes, chopped up

Sauté onion until transparent. Add other ingredients except mint. Cover and simmer 20 minutes. Stir in mint. Serve hot on a bed of couscous and garnish with dried tomatoes.

—Gerry Jacobson (article and poem)



## social enterprise cafe

We provide inclusive employment and practical training opportunities for migrant and refugee women from culturally and linguistically diverse backgrounds through an innovative and sustainable vegetarian cafe located in the beautiful gallery space at Strathnairn Arts.

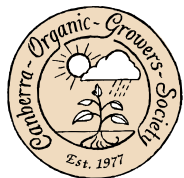
**Come visit us and help create a society where diversity is celebrated and equal opportunity is expected!**



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Gallery Homestead, Strathnairn Arts, 90 Stockdill Drive, 2615

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# autumn planting guide

## Brassicas

Late plantings of brassicas in March may be successful, but summer plantings are usually more reliable. In autumn, it is already too late to grow from seed. Take care too with the varieties chosen. It is too late to plant savoy cabbages, but the smaller ball-headed varieties should be successful.

## Peas

Sugar snap peas may be sown in early March for a winter harvest, but the crop could be lost if there is an early severe frost affecting the blossom. Peas sown later in April–May will be ready for a spring harvest.

## Lettuces

Only plant winter varieties of lettuces (cos, salad bowl, oakleaf, butterhead and mignonette varieties).

## Leeks

Leek seedlings may be planted in early March for small leeks in winter, although summer plantings are more reliable.



## Onions

Early varieties can be sown in April to early May to be harvested from spring to early summer. Mid season varieties are often sown in late autumn or early winter and long-keeping varieties in winter or early spring. It is worth experimenting with the timing of mid- or late-season varieties by making successive plantings to determine the best time for your specific garden.

## Spring flowers

Remember that many spring flowering plants are best planted in autumn so they can establish before the winter cold, and then start growing in the early warmth of spring. Stocks, pansies and poppies can be planted as seedlings in March and early April. Others such as Virginia stock, candytuft, larkspur and sweetpeas can be sown direct throughout autumn.

## Green manures

Autumn is the time to plant green manure crops so they can establish well before the frosts.

Green manure crops suitable for planting in Canberra are:

**Legumes:** Broad beans, field peas, lupins, sub clover, tic peas and vetch.

**Non-legumes:** Barley, oats and rye.

Legumes are very useful as they fix nitrogen in the soil while the non-legumes provide bulk organic matter.

Cut or dig in the green manure in spring, at least 4–6 weeks prior to planting your summer crops.

Flowering crops need to be dug in before flowering; cereal crops before producing a head of grain.

	MAR	APR	MAY
Asian greens	ST	T	
Brussel sprouts	T		
Broccoli	T		
Broad beans		S	S
Cabbage	T		
Cauliflower	T		
Chicory	ST	T	
Chinese cabbage	T		
Corn salad	ST	ST	
Endive	ST	T	
Garlic		S	S
Kale	T		
Kohlrabi	ST	T	
Leeks	T		
Lettuce	ST	ST	ST
Peas	S	S	S
Onions		S	S
Turnips	T		

S = seed sowing; T = transplanting

This table is a guide only, please observe the seasonal weather patterns before deciding when to plant, as there will often be distinct differences in weather from one year to the next.



## Wedge-tailed eagle

Showing its dominance, this stunning wedge-tailed eagle looks magnificent in the sky. These photos were taken by Lorraine Carvalho, who captured the bird flying high over Barrow Place in Lyons.

— Lorraine Carvalho (photos)



# What's On



## Let's talk about gardening

**Our Facebook community is growing every week.**

Our page includes the latest on the events, news and gardening advice that matter to Canberra gardeners.

Just search for the Canberra Organic Growers Society and 'like' the page.

**OUR FACEBOOK FOLLOWERS**

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## Advertising in *Canberra Organic*

*Canberra Organic* is a unique way to reach people in the Canberra region who have an interest in organics, gardening and the environment.

### Advertising rates

Payment is to be made in advance. COGS members are eligible for the price in brackets.

Size	Issue	4 Issues
1/8 page	\$9 (\$7)	\$30 (\$25)
1/4 page	\$18 (\$15)	\$60 (\$50)
1/2 page	\$36 (\$30)	\$120 (\$100)
Full page	\$72 (\$60)	\$240 (\$200)

Please contact [editor@cogs.asn.au](mailto:editor@cogs.asn.au)

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As we look towards the next ten years of COGS gardens, following the signing of the licence agreement with the ACT Government, it's a great opportunity to revisit 'a plan for your garden' cited in Turner *et al.* (2013:28) *From Bare Earth To Bounty: The story of the Canberra Organic Growers Society* (available at <https://cogs.asn.au/about-cogs/history/>).

A wonderful representation of the principles of successful community gardening — we hope you enjoy!

(photo by Rebecca Travers)

## **A plan for your garden**

**Try planting:**

**Five rows of peas**

**Patience  
Perserverance  
Perception  
Presence  
Personality**

**Three rows of squash**

**Squash criticism  
Squash snails  
Squash slugs**

**Five rows of lettuce**

**Let us be faithful  
to our gardens  
Let us be helpful  
to each other  
Let us obey the rules  
of the garden  
Let us use sound  
organic methods  
Let us fulfil  
our obligations**

**Complete the garden with turnips**

**Turn up at meetings  
Turn up with a smile  
Turn up with new ideas  
Turn up with  
new members  
Turn up with a will to  
give your help at all times**

**Practising these principles  
will surely assist in the  
creation of a very successful  
community garden.**

