



COGS QUARTERLY

ORGANIC GROWING
IN THE CANBERRA REGION



VOL 6 NO. 2

WINTER 1998

COGS QUARTERLY

Published by:
The Canberra Organic Growers Society Inc.
Vol. 6 No. 2 (ISSUE 22)

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CONTRIBUTIONS INVITED

Send on diskette (any format, but Microsoft WORD files preferred), or e-mail to jallen@pcug.org.au otherwise, clean typed copy.

There are four issues each year:
Autumn (February), Winter (May), Spring (August), Summer (November).

Copy deadline is the end of the month prior to each issue.

Articles in the Quarterly do not necessarily reflect the views of the Editor nor of the Society, nor are the products and services offered by advertisers specifically endorsed by the Society.

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Advertising in the COGS Quarterly:

Margaret & John Allen

The *COGS Quarterly* is a unique medium for reaching people in the Canberra region who have an interest in organic food, gardening and general environmental issues. Our circulation is currently 450 but we are planning to increase that.

Advertising Rates

	Price 1 Issue	Price 4 Issues
• page	\$7	\$25
¼ page	\$14	\$50
½ page	\$28	\$100
Full page	\$56	\$200

Distribution & Postage:

Team to be acknowledged in the next edition

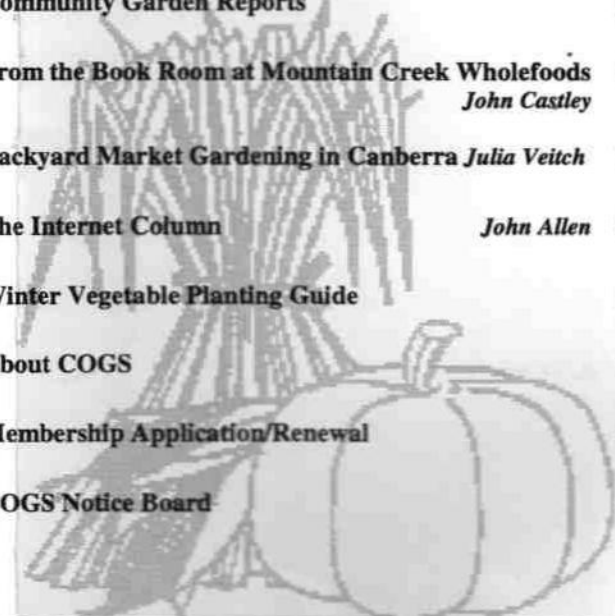
Production:

Microsoft WORD 97™

Printed by AUSSIEPRINT on recycled paper.

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CANBERRA ORGANIC GROWERS SOCIETY INC.

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Amanda Fowler

COGS FLIER

Pilots: Steve & Michelle Sutton



MONTHLY MEETINGS

Book sales:	Murray Dadds
Produce table:	Vacant
Supper convenor:	Vacant
Librarian	Rachel Wynd

COGS REPRESENTATIVES

Conservation Council:	Anne Smith
Environment Centre:	Anne Smith
Griffin Centre:	Rachel Wynd

ENQUIRIES ABOUT ORGANIC GROWING

Elizabeth Palmer 6248 8004

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Cotter	Michelle Johnson	6231 6219
Charnwood	Gerard De Ruyter	6258 5903
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REMINDER:

Monthly meetings are held on the 4th Tuesday of each month (except December and January).
Our meetings are held at 7:30 pm in Room 4 at the Griffin Centre in Civic.

~ VISITORS WELCOME ~

FROM THE EDITOR



Hi readers. This is my first Quarterly, and I am enjoying the challenge of this position. I hope that you will enjoy reading it. You will notice that the magazine has a new cover design. The Quarterly (including the glossy cover) is printed on recycled paper.

There are a number of people that deserve thanks for their efforts associated with the production of the quarterly in the past, these people include the retiring editor Joan Cordeaux, Joan Buckie for her continuing artistic decorations for the cover and illustrations throughout the magazine. There are many other helpers in the background who have sorted, folded, stick taped and stamped the quarterly so that we have been able to share and enjoy it's contents and my thanks go to all of them. In the past one person or family has done the quite large job of folding, taping and posting the Quarterly. We now have a team of volunteers to do it. With the team effort it only takes a couple of hours. We would appreciate the help of anyone who could spare even half an hour to help out with one or more of these sessions. Give me a call if you can help out.

I would like to see more articles from members about their backyard or community plot gardening - after all - that is what COGS is mainly about, and other readers will benefit from your story.

Also, I would like to have a "Letters to the Editor" section in the Quarterly - please write me a letter about any aspect of COGS and organic gardening. I am looking for stories, subjects that you would like to hear about, criticisms, is the magazine enjoyable to read? What is your opinion? Do you like the format? etc.

You may recall that there was a letter to the editor in the last magazine, and even though the writer signed the letter "anonymous" we decided to still print it - there were no replies however. In the future we would like to know who is writing to us, so if you do not wish your name to be in print just note this at the bottom of your letter and we will respect your wishes. So, come on, please don't be shy, write to me today.

Margaret



Membership Report for May 1998

Full members:	146
Concession members:	36
Total Ordinary Members:	182
Life Members:	9
Total Financial Members	191
Institutions:	35
Total Members:	226
Members on the Internet:	33

John Allen, Membership Secretary

Positions Vacant

Secretary

COGS urgently needs a Secretary for the Executive Committee. The main tasks are taking minutes at the monthly meetings and sending out agendas. There is little correspondence to deal with. You will get plenty of support! Your own computer facilities would make the tasks easier.

Supper Convenor

The cup of herbal tea and cake has been something that we have all enjoyed in the past at the monthly meetings - but we are still looking for a volunteer for 1998. It would be great if there were two or three people who could share the supper job.

If you would like to help out with either of these positions, please contact Steve Sutton, John Ross, or John or Margaret Allen (see inside front cover).

PRESIDENT'S REPORT

Hi! My name is Steve Sutton and I am the new President of the Canberra Organic Growers Society. Just to tell you a little bit about myself - I am married with three young sons and one on the way. I have been a member of COGS since 1994 when I joined the Theodore Community Garden where I became interested in how COGS is run. Last year I became a committee member.



Some of the things that I was involved with last year were the production of the COGS Flier, also I became an active member of the sub-committee which was set up to establish our demonstration garden at Weston named *COGS Backyard*.

With *COGS Backyard* we have a place to show people that organic growing can be achieved. It's a place where we as a group can meet, learn and demonstrate to the public organic ways of growing. We will be holding demonstrations at the garden on a regular basis, and I ask that everybody becomes involved in some small way as I think we can all learn something from each other thus helping to educate the public's perception of organic growing. I feel that the knowledge which COGS members have acquired over the years (sometimes without them being aware), would be highly beneficial if it was able to be passed on to the public.

The future of COGS looks very bright. Over the last few years COGS has lifted its public profile by actively becoming more involved in various public events, for example the Canberra Show, Murrumbateman Fair, Environment Day and The Horticultural Fair. The response we have been getting from the community is very positive. People are interested in learning about gardening the organic way but there perception is that it is too time consuming, what we should aim to do is show them that the benefits far outweigh those perceptions.

The new committee for 1998 has recently met and begun this years work. We have a mixture of some experienced members as well as some active new members giving us different points of view. At this meeting our encumbered President Michelle Johnson was granted honorary life membership. We have some activities planned for *COGS Backyard*, and probably another Farm visit as the current one has proved extremely popular. If you have any suggestions for guest speakers or other activities, or would like to offer help to the committee, please do not hesitate to contact a committee member.

Here's hoping that I have the opportunity of meeting you all at our General Meetings, or one of our up-and-coming calendar of events. These will include talks by COGS about soil preparation and planning for the growing season to be held in August, and the Horticultural Fair which will be held in November (see inside the back cover for details). I hope that by attending these organised events you will find them both educational and enjoyable.

OLD TYRES & CARPET

Should we use them?

In Issue 126 of *Grass Roots* there was a letter from someone asking readers not to use old carpet or tyres in the garden.

The writer claims that Cadmium leeches out of the old tyres, and Dieldrin leeches out of old carpet.

If anyone has any further information or evidence to support this please send the information to me. - Ed.

.... Next Quarterly - "*The Dangers of Treated Timber*"



COGS REVISITED

By Michelle Johnson

Now that I have left the COGS Committee I can reflect on the time I have spent in the organisation and more particularly on the Committee. When I started to look back the first word that came to mind to describe my COGS experience was BUSY!! It took me a while to get past that hurdle and begin to look at particular people and situations and put it all in perspective, rather than seeing a blur of busyness.

I joined COGS in June 1989 after picking up a newsletter at a Health Food Shop and finding out that COGS ran community gardens. Members could get a plot at a garden, rather like the old allotment system in England. This was just what I was interested in, given my home yard was shaded by trees. I went along to the next General Meeting and, before I had a chance to enquire about gardens, John Flowers, the then convenor of the Cotter Garden, spoke to the meeting about the Garden near Curtin and asked if anyone was interested in having a plot! Perfect timing.

I took up my plot at the Cotter and began my association with the Garden - one of the most pleasant and rewarding connections I've made. I could write at length about the benefits of gardening, but that would be preaching to the converted. I think the best reason for gardening was actually given by Jackie French at our Anniversary Dinner when she spoke of people gardening and growing some of their own food even if it was not anything like self-sufficiency. She said that "it was a very human thing to do" and I think she was absolutely right.

Not that my plot has been always a success. I was new to vegetable gardening when I joined and probably would have been a complete failure without the advice of Mary Flowers and Traudi Kalivoda, two very experienced and very good gardeners, who were willing to share their knowledge with me. Family commitments with young children and later commitments on the COGS Committee have always meant that my poor old plot never gets the attention it deserves, but I enjoy it just the same and I'm always learning.

My Committee work began in 1990 when I made the mistake (?) of sitting next to David Odell at the AGM. David had just been elected President and when requests were made for general Committee members David turned to me, said "You can do that" and put my hand up. He'd never meet me before.

The first two years I sat and listened at Committee meetings, said and did little except help organise the very successful "Bare Earth to Bounty" Seminar. But the next year a Membership Secretary was needed and I again put my hand up.

While I got on to handling day-to-day membership matters my husband Richard developed COGS' first membership database. The gradual computerisation of the administration

of COGS thus started, something that was almost inevitable given the increase in home use of PCs in the nineties, and the advantages it brought to handling large quantities of information.

The next step in the computerisation occurred when our librarian put the library catalogue on computer. We were able to develop a system to register borrowings and link them to the membership database.

Plans to improve these systems were put on hold however when I was asked to become President in 1993. Richard took on the position of Membership Secretary, but there was little time for us to work on system improvements when other issues took top priority. Upgrades were made by John Allen in later years and the Treasurer's Accounts are now handled on the computer as well.

I will always remember that first year as President as my busiest in COGS, at times my most frustrating, and yet ultimately the most rewarding, perhaps because reward is usually linked to effort.

The President's job was a new one to me and the COGS Committee was at a sensitive juncture after enduring a bitter dispute the year before involving discipline matters at one of our Community Gardens.

I remember that an acquaintance of mine decided to move out of Canberra at that time because it was "cold and sterile" - her words - and I certainly couldn't reconcile that view with what I was then experiencing in COGS!

There is no need now to rehash old problems - all organisations have them from time to time. Now my strongest memory of that period is a positive one: of just how much COGS meant to many people and how hard they were prepared to work to make sure COGS survived.

COGS was my first experience of a community organisation and I've become more and more aware of how important such organisations are. They are important to individuals as a place where they can have a well-defined role to play. If a volunteer can find a position on the Committee that matches their particular skills and interests then the work done is usually very satisfying and can offer a change from the more narrow constraints of a job in the workplace.

But more importantly, community organisations are a place where people can share common interests and goals, and interact with people in small groups. Sometimes the world of the global economy, multinational companies, the Ebola virus, genetic engineering and such like can seem too big and strangely *unreal*. Definitely not on a *human scale*. On the other hand community organisations such as COGS are very real, and on a scale people can relate to. •

- For COGS the ill-feelings gradually dissipated and the Committee healed. Since that time it has been harmonious and positive. The quiet support of David Odell was very important to me at that time, as was the continuing commitment and work-load carried by John Ross at critical times.

One of the biggest tasks that first year as President was producing our new *COGS Quarterly* magazine. The change to a magazine format had recently happened, but now, without an Editor, I had to quickly learn how to put a magazine together. On the job training you might say.

The magazine has generally been kept at a high standard and has been an important way to communicate with members, hopefully giving them some of the information they are seeking while being entertaining. We've tried to keep it local so it is relevant to our members and showcases the wealth of experience of gardeners and farmers in this area.

Once internal matters settled down, the Committee began to run more stalls at various field days to try to give more publicity to COGS and organic growing itself. We acquired a tent, tables and chairs and a leaflet stand, and set about producing posters and leaflets.

In both 1995 and 1996 we had a stall at the Royal Canberra Show. This was a massive effort to prepare the stall itself beforehand and organise the roster. We required 2 or 3 volunteers for 3 sessions a day for 3 days and were grateful for the helpers that came forward.

As membership drives these stalls were not successful, but as ways of reaching out to the public they were. I enjoyed talking to many people that stopped and inquired about organic growing. Sometimes it was little more than the classic question - "How do you get rid of snails?", sometimes it was more detailed questions about the standards for organic agriculture.

These more outward looking activities caused concern for a few individual members of the Committee who felt the emphasis should be more on organising other activities for members. In the ideal situation of course we would have enough people and resources to do both, but in the real situation it has always been a balancing act.

I believed then and still believe that COGS, and other similar organisations throughout Australia, have a unique role to play in the education of its members and the public. I have always seen COGS as a gardening club, yet more than a gardening club. For me it has been part of the environment movement, part of the "green" groups. With so many issues to deal with, sometimes I don't think that other conservation groups give enough attention to the degradation of our environment through agriculture and the

effect of chemicals in food. This leaves a gap that organisations like ours have to fill.

In saying this I haven't forgotten that most of our members are backyard gardeners, not farmers. However I also believe in the importance of what is now being called "urban agriculture" - community gardens, city farms and the backyard garden. These, combined with small farms or market gardens in close proximity to urban centres, can supply a significant amount of fresh food to the population.

We should not underestimate the amount of synthetic fertilisers and pesticides and herbicides used in the cities; they are used very freely by many gardeners, particularly products like Roundup. Many people are ignorant of the problems with these chemicals. Others think that the small amount they use isn't significant, but multiplied by the number of households in a city, a small use per household does add up.

Because of their size external inputs may always be needed for backyard gardens and they may never be sustainable. However they can move towards this as a goal and, at least, not be detrimental to the environment in terms of the chemical cocktails that are sometimes washed down the storm-water drains as run-off from urban gardens.

Education is vital. Both in recognising the problems with chemical agriculture and for telling people the alternatives. Most people dislike using chemicals and will change if there are other ways that work. Organisations like ours have those methods.

For members we have our regular meetings with speakers, our library with some excellent books and, of course, this magazine. Our community gardens also have the means to be an educational tool, as watching other people garden can be one of the best ways to learn. The Cotter Garden is an example of this with several good gardeners demonstrating different gardening techniques.

For the public we need other ways. Having stalls, giving talks to gardening clubs are ways to do this. Getting our magazine out to the public is another. I think though that our demonstration garden at Weston has the greatest potential to reach interested members of the public and the best thing about it is that it is also available to our members as a place to see and learn from. I hope that this project can continue and have the support of our members.

Volunteering to work for an organisation like COGS can be very rewarding. It is certainly a case of "the more you put in, the more you get out". My time on the COGS Committee has been challenging and rewarding. I have unearthed skills I didn't know I had, and most importantly I have met some wonderful people.

I would like to thank Michelle for the contribution she has made to COGS to date, and to the organic movement generally; also thanks to her husband Richard for his behind-the-scenes work.

- Ed.

COGS QUARTERLY - HISTORIC ARTICLE INDEX

Many articles in old *COGS Quarterly* publications are as relevant now as they were when they were written. Following is an index of articles which have appeared in the Quarterly over the past few years. The list is in order of article name

- John Allen.

Abigale's Diary and More on the Greening of Christchurch	David Odell	1995 Winter
Aloe Vera, Comfrey & Cabbage - what's in common?	Shirley Carden	1995 Spring
Australian Clean-Green Marketing Push: Fact or Fiction	Kate Short	1995 Winter
Australian Trust for Conservation Volunteers	Michele Belford	1994 Summer
Autumn Vegetable Planting Guide	Michelle Johnson	Any Autumn
Back Strain in the Garden	John Allen	1996 Summer
Back to the Stone Age	David Odell	1995 Summer
Betty, Out & About with	Betty Cornhill	1997 Spring
Bio-Dynamic Preparations in the Home Garden	Terry Forman	1996 Winter
Blueberries in a Cool Climate (Part 1)	Harold McCormick	1995 Winter
Blueberries in a Cool Climate (Part 2)	Harold McCormick	1995 Spring
Blueberries in a Cool Climate (Part 3)	Harold McCormick	1995 Summer
Book Review - Bee Keeping in Australia	Chris Lourandos	1997 Spring
Britain's Gardens	Internet	1995 Summer
Busy-busy Seasons	David Odell	1997 Autumn
Cabbage, How to grow	Jackie French	1995 Spring
Calwell High School Joins COGS	Damien Hedley	1997 Winter
Case History - Ben	Dr Don Gray	1997 Summer
Catchment Management - Role of Organic Growers in	John Betts	1994 Summer
Cats and Dogs	Jackie French	1995 Summer
Certainty of Change	David Odell	1996 Spring
Certainty of Uncertainty	David Odell	1996 Winter
Children - Sharing Your Garden with	Jackie French	1996 Winter
Children's Corner	George Micallef	1997 Winter
Codling Moth	Michelle Johnson	1996 Spring
COGS - Looking Back	Betty Cornhill	1997 Summer
COGS Kitchen		1997 Summer
COGS Own Corner	Leslie Thompson	1997 Winter
COGS Potatoes	John Ross	1998 Autumn
Comfrey Press, The	Midnet	1997 Spring
Comfrey Symphytum	Mary Flowers	1997 Spring
Comfrey, Medicinal Uses of	Organic Lifestyle	1997 Spring
Community Garden - Life After enjoying a plot	Shirley Carden	1997 Autumn
Community Garden News	Various	1996 Summer
Companion Planting	Jackie French	1995 Winter
Composting - Home	Eric Johnson	1995 Summer
Cooking with Mary George	Mary George	1997 Spring
Corn Salad	Mary Flowers	1997 Autumn
Cotter Garden, Summer at	Michelle Johnson	1997 Autumn
Dahlias as Herbicides	Jackie French	1996 Spring
Delicatessen with a Twist	Richard Odell	1997 Spring
Dinner - 20th Anniversary	Margaret Allen	1998 Autumn
Dry Garden (Drought Tolerant Plants)(Book Review)	G.M. Baker	1995 Winter
Echinacea	Ian McAllister	1997 Summer
Fairview Gardens Farm by Tim Marshall	Tim Marshall	1995 Spring
Farm Diversification, workshop	Elizabeth Waddell	1994 Summer
Frost, What I can do about	Marjatta Asa	1996 Winter
Fruity Liqueurs, Fabulous	Lydia Waldron	1996 Winter
Garden Hints for Organic Gardeners, random	Betty Cornhill	1997 Winter
GATTastrophe	Danny Kennedy	1995 Spring
Genetic Engineering - Threat	Richard Hindmarsh	1997 Autumn
Genetic Engineering News	John Allen	1998 Autumn
Genetic Engineering: Do We Really Need to Bother?	Mitchelle Johnson	1995 Summer

Genetically Altered Food: Buyer Beware	John Fagan	1997 Winter
Goat's life	Peter Carden	1997 Autumn
Good Companions/Bad Companions	Lydia Waldren	1997 Spring
Green Manures	Michelle Johnson	1998 Autumn
Grow a beautiful Garden	Betty Cornhill	1995 Winter
Growing Flowers Naturally	Jackie French	1997 Summer
Growing People & Vegetables -Youthhaven Horticulture	John Brummell	1995 Spring
Harvest Season at Shambhala	N Hyndman Ryzic	1997 Autumn
Health (our) - Our Environment: An AMA National Forum	Betty Cornhill	1995 Summer
Herb Growers Handbook for Australians" (Book Review)	G.L. Baker	1995 Winter
Herbs, every day for Healthy Living (Part 1)	Shirley Carden	1995 Autumn
Herbs, every day for Healthy Living (Part 2)	Shirley Carden	1995 Winter
Herbs, knowing & growing	Marcia Voce	1995 Autumn
Heritage Seeds, Clues for Better Yarden	Internet	1996 Spring
Homemade Garden Pesticides & Fungicides Sprays	Canada OG	1997 Spring
IFOAM - 10th Conference NZ	David Odell	1995 Autumn
IFOAM 11th Conference Sweden	Betty Cornhill	1996 Summer
Insights on a Field in Cambridge	Stuart Ross	1995 Autumn
Internet - COGS	John Allen	1995 Spring
Labelling (proposed) of Organic Foods Threatens Industry	Julia Hazel	1995 Winter
Learning Organic Growing in California	Julia Veitch	1995 Autumn
Loriendale Orchard	Owen Pidgeon	1997 Winter
Lounge Lizard, The	Mary George	1997 Spring
Magic Elastic	Lydia Waldron	1996 Winter
Market Gardening: Trials, Tribulations & Triumphs	Michael Plane	1996 Spring
Marketing Fruit & Vegetables	Harold McCormick	1996 Autumn
Marketing Produce as Organic, requirements	Michael Burlace	1995 Winter
Micro-organisms, Effective	Betty Cornhill	1995 Autumn
Mitchell Community Garden	Michelle Johnson	1996 Autumn
Montreal's Community Garden Program	Sean Cosgrove	1996 Autumn
Montreal's Community Gardens	Internet	1996 Autumn
Mouse & Rat Control - Non poisonous	Deb Scott	1997 Summer
Mulled Wine & Apple Knocker	S Tablelands 4WD	1997 Summer
National Standards for Organic and Biodynamic Produce	Michelle Johnson	1996 Autumn
National Toxic Network Information System, Launching of	Mariann Grinter	1994 Summer
Nutrient Deficiencies in your Plants	Michelle Johnson	1996 Summer
Obituary - Suster Joyce Lubke, 1910-1994	Cecil Bodnar	1994 Summer
ORGAA - New Organic Industry Hotline		1997 Winter
ORGAA, COGS Joins	Michelle Johnson	1996 Winter
Organic & Conventional Farming - Differences	Els Wynen	1995 Summer
Organic Cereal & Livestock Farming	Els Wynen	1995 Autumn
Organic Energy	Karen Medbury	1997 Summer
Organic food UK - demand ahead of ability	Tim King	1997 Autumn
Organic Food, Why should we eat it	Betty Cornhill	1994 Summer
Organic Gardening Techniques	Rothenberger/Hildahl	1997 Spring
Organic Grower, the new: by Eliot Coleman (book rev.)	Joyce Wilke	1996 Autumn
Organic Life Style	Dr Don Gray	1997 Winter
Organic Tuckerbox - Simple Soups		1997 Winter
Paramagnetism for Healthy Soil	Dr Don Gray	1997 Spring
Pastures & Crops - Adapting to Changing Times	Owen Whitaker	1994 Summer
Pesticide Reduction in Europe	Els Wynen	1995 Winter
Pesticide Risk - Quick Poison, Slow Poison (Book Rev.)	G.M. Baker	1994 Summer
Pesticides & Sustainable Agriculture	Betty Cornhill	1994 Summer
Pests & Diseases - Organic Treatments for the Control of	Michelle Johnson	1996 Summer
Pests and Organic Growing	Elizabeth Palmer	1996 Autumn
Pond, Guide to healthy	Heloisa Mariath	1994 Summer
Potatoes, Where Can I Find Them	Michelle Johnson	1996 Winter
Prune or Not to Prune	Jackie French	1996 Autumn
Questions & Answers	Various	1996 Summer
Raised Beds for Backyard Gardener (Internet)	Rich Tomsu	1997 Winter
Recipes	Linda Hyslop	1995 Spring

Rhubarb, Rhubarb
 Rock Fertilisers - Reactive Phosphate
 Saladini in the colder months
 Secretary's Diary - England
 Seed Packet Life
 Seed Savers Alert
 Seed, thoughts on
 Seeds, Joy of (Recipe)
 Sewage Sludge and Organic Farms
 Soup Recipes
 Speaker's Corner
 Spring Vegetable Planting Guide
 Summer Heat, Summer Rain, Summer Superseason
 Summer Vegetable Planting Guide
 Theodore Community Garden
 Tomato Seeds - Heat Treatment of
 Two Books & a Dash of Spring
 Useful Plants - A to Z
 Vegetable Growing - How To
 Vegetable Growing Notes & Planting Secrets
 Vegetarian Fare (recipes)
 Weed - What is a
 Winter - a Time for Reflection and Preparation
 Winter Vegetable Planting Guide
 Worms
 Worms Downunder Downunder (book review)
 WWOOF Introduces Major Changes
 WWW Certified Organic Food
 Youthhaven Project Giant Pumpkin
 YouthHaven's Nation Champion Giant Pumpkin

Joan Cordeaux	1997 Spring
Ian McGovern	1995 Spring
Michelle Johnson	1997 Autumn
Margaret Allen	1997 Spring
Laurence D. Hills	1997 Summer
Margaret Allen	1998 Autumn
Marjatta Asa	1995 Autumn
Jackie French	1995 Winter
Michael Burlace	1995 Spring
Various	1998 Autumn
Richard Swinton	1997 Spring
Michelle Johnson	Any Spring
David Odell	1996 Autumn
Michelle Johnson	Any Summer
Steve Sutton	1997 Winter
Johathon Banks	1996 Spring
David Odell	1994 Summer
Jackie French	1997 Summer
Various	1996 Spring
N.Hyndman-Rizic	1996 Spring
Michelle Johnson	1996 Summer
Internet	1996 Winter
David Odell	1995 Spring
Michelle Johnson	Any Winter
Leanne Burton	1997 Winter
Allan Windust	1995 Spring
Lionel Pollard	1996 Winter
Internet	1996 Summer
John Brummell	1995 Winter
John Brummell	1996 Winter

Royal Seal of Approval!

FROM ABC RURAL NEWS.

Tuesday 7 April, 1998 (4:13pm AEST)

Prince Charles plans to grow organic vegetables on one of his country estates with the view of selling the produce door to door to local residents.

The prince hopes the venture will be successful enough to not only promote organic produce but also to be expanded into servicing major supermarket chains.

Several hectares of his Highgrove estate in Gloucestershire have been allocated to grow onions, cabbages, carrots and potatoes without the use of pesticides.

Thanks to Max Foster for this article. - ed.

HAVE YOU HEARD??

A project devised by Landcare Australia, American Express and Australia Post is encouraging children of all ages to have a tree planted for Mum this year instead of sending her flowers. It works like this: call 1800 638 733 and, for \$19.95 your Mum will receive a beautiful card in time for Mother's Day, letting her know a tree has been planted and that your gift is making the air cleaner and the world greener. It is also pointed out that the concept is not just restricted to Mother's Day and can be employed any time you are stuck for a gift idea.

It may be a little late for readers to buy a tree for Mothers' Day, but I think it is a great idea.

Ed.

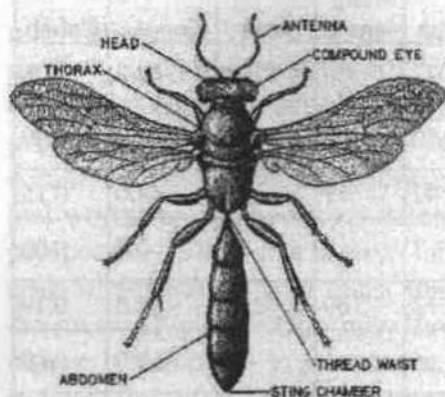
BENEFICIAL WASPS

By John Allen

Wasps are generally beneficial insects as they devour other insect pests such as caterpillars and spiders. We have two varieties of wasps nesting at our place and we are trying to encourage them to stay, particularly the Paper Wasps. The following information was found on the Internet about our two varieties.

"The Mud Daubers" (Family Sphecidae)

by J.B. Benavides www.netside.net/~jb/images/muddaubers.html



These black coloured wasps are so called because they construct "nests" or brood chambers from mud. These clusters of mud are attached to the walls of buildings. The female mud dauber collects spiders which she stings and paralyzes and then places inside the mud chambers. She then deposits an egg on one of the spiders and leaves and closes the chamber.

The young larval wasp hatches and feeds on the spiders provided. It later pupates and changes to an adult wasp which emerges from its mud chamber.

People become concerned when they find the clusters of mud on their homes. If the mud nests have holes in them it means the wasps have completed their life cycle and have left. Control is not necessary since mud daubers rarely sting and are beneficial in getting rid of unwanted spiders.

*The organ pipe mud dauber (pictured above), *Tyragilum politum*, illustrates the anatomy of wasps and bees. The three body regions (head, thorax, abdomen), six legs, antennae and compound eyes are common to most insects. The two pairs of membranous wings characterise Hymenoptera; the thread waist characterises Aculeata. The sting of most female Aculeata is concealed within a sting chamber. Illustration by Bernice B. DeMarco.*

"Paper Wasps" (Polistes; Family Vespidae)

By James H. Hunt and Michael S. Arduser

Department of Biology University of Missouri-St. Louis

www.state.mo.us/conservation/nathis/insects/mowasp/wasps.html



A late summer nest bristling with dozens of these red-brown coloured wasps can be a menacing sight. The nests are made of paper that consists of wood fibres scraped from weathered boards or branches and mixed with saliva of the adult females.

Nests are begun from scratch each spring; they are very rarely reused. The nests are a single layer of open cells that face downward and are often placed under eaves, in open buildings, or in other sheltered sites.

Each colony is started by one or a few over-wintered females. Only one egg-laying queen is typically present. The first offspring are usually worker females; males and new queens are produced

in mid-to late-summer. Fertilised new queens pass the winter in groups in protected sites such as under tree bark or inside building walls. Nests are defended by workers, which makes these wasps potential stinging threats.

Wasps that are foraging away from the nest are usually not aggressive. Paper wasps specialise in feeding caterpillars to their young and so are among the most beneficial insects. They should not be killed indiscriminately.

Organic Bed & Breakfast!

Willing Workers on Organic Farms (WWOOF) has launched its Organic Bed & Breakfast and Farm Holiday list to provide different types of organic holidays from the original WWOOF scheme.

Phone/Fax (03) 5155 0218

for more information.

ORGANICALLY GROWN VS NON-ORGANICALLY GROWN

The following table summarises the differences in nutrient percentages for organic and non-organic food.

Reprinted from *Grow Organic* No. 102 October-December 1997

		Percentage of Dry Weight		Milequivalents per 100 grams dry weight				Trace Elements parts per million Dry Weight				
		Total Ash or Mineral Matter	Phosphorus	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
Snap Beans	Organic	10.45	0.36	50.50	60.00	99.70	8.60	73	60	227	69.0	0.26
	Non-organic	4.04	0.22	15.50	14.80	29.10	0.00	10	2	10	3.0	0.00
Cabbage	Organic	10.38	0.38	60.00	43.60	148.30	20.40	42	13	94	48.0	0.15
	Non-organic	6.12	0.18	17.50	15.60	53.70	0.80	7	2	20	0.4	0.00
Lettuce	Organic	24.48	0.43	71.00	49.30	176.50	12.20	37	169	516	60.0	0.19
	Non-organic	7.01	0.22	16.00	13.10	53.70	0.00	6	1	9	3.0	0.00
Tomatoes	Organic	14.20	0.35	23.00	59.20	148.30	6.50	36	68	1938	53.0	0.63
	Non-organic	6.07	0.16	4.50	4.50	58.80	0.00	5	1	1	0.0	0.00
Spinach	Organic	28.56	0.35	96.00	203.90	257.00	69.50	88	117	1584	32.0	0.25
	Non-organic	12.38	0.27	47.50	46.90	84.60	0.80	12	1	19	0.5	0.20

Source - *Firmane, Beer Report - Rutgers University (State University of New Jersey)*

RADIO QBN FM INTERVIEW

by Margaret Allen

On Thursday 2nd of April, Michelle Johnson and myself were the studio guests of Matt Walsh at community radio QBN FM. We talked on our favourite subject, the promotion of COGS and organic growing. The time slot was 7.30pm to 8.00pm.

Matt put us at ease with his friendly chatty manner, and we listened to his relaxed style of presentation for thirty minutes prior to our interview. There was only one microphone in working order, and someone had to start off the discussion, so I was elected. It was agreed that I would hand over to Michelle when either I ran out of steam or the questions began to get more technical. Michelle has an excellent technique of presenting a talk in a way that is simple and easy to understand but also contains depth and detail, while I just babble along with whatever comes into my head at the time. There was a frightening moment in the first ten minutes of the interview, when my mind went absolutely blank, and I just had to admit that I had lost my train of thought. Matt, being the professional that he is, had his next question ready and the interview flowed on successfully.

Music segments had been made ready to play as gap fillers, but was not needed as we got into the swing of things. The thirty minutes passed and went onto forty (oops! ten minutes over time) and we all agreed that it had been a successful interview. Matt would like to invite COGS back for a follow up interview in the future, so please do let us know if there are any would be radio stars amongst the COGS members and we would willingly nominate them as the next speakers!



EARTH WORKS - LIVING WITH LESS WASTE

By Dave Tooley

Earth Works is a training program developed by the NSW Environmental Protection Agency. The course aims to empower participants to affect real change in the community through education on waste issues and what we as individuals can achieve. There are five classroom sessions covering the major issues, including the problems and discussing practical solutions. The efficacy of the 3R's is scrutinised, modified and prioritised. Compost and worms are studied from a fresh, new perspective. There is a session on developing communication skills to assist students to take the message to the community through their outreach activities - to show what they know and to forge links within their own network of friends or within their local communities or workplace. It becomes more obvious as one develops an understanding of the enormity of the problem (12-14 million tonnes of waste to Australian landfills each year), that the solutions lay in a tri-partisan approach between governments, industry and individuals. This is reinforced during the two practical days: one being the waste field trip to Mugga tip, Revolve, Concrete Recyclers and the Organic Research Centre at Belconnen; and the other being the compost field day at the Xeriscape gardens.

Domestic waste contributes approximately 50% of the waste stream that reaches landfill sites and up to 80% of this is compostable or recyclable. Fruit shops, hairdressers, supermarkets, takeaway food outlets, caterers, vegetable markets, hospitals, hotels and taverns, motels, restaurants and many others contribute to the 40,000 tonnes of putrescibles that reach

Canberra landfills each year. This presents a possible business venture, except that plastic contamination and food residues, and other materials mixed in the commercial hoppers such as polystyrene, meat and fish residues etc., render the loads useless, impractical or unprofitable to process into their potential as "black gold" compost or worm food.

These are just some of the potential targets for students to incorporate into their outreach activities. Other opportunities exist with friends and family at BBQ's, parties and get-togethers. Some Earth Works participants have had a dramatic effect on their workplace and also at the schools that their children attend.

We have received a good deal of positive feedback from participants who attended the field days, especially the compost day. Several models have been set up with recycled materials. Aerobic and anaerobic systems were established and monitored with temperatures being recorded over the initial weeks of ferment. The aerobic heaps reached 74 degrees Celsius at their peak!

A no-dig garden has been started with several volunteers committed to its ongoing maintenance and survival. The desire to stay in touch is strong and we will organise a get together and update support in late April or early May. Most of us believe that education is preferable to legislation. You can come and share your knowledge or acquire new skills by enrolling in the next run of courses starting in early May. The course is sponsored by ACT Waste and only costs \$20 for the five weeks.

For more information call Kerrin Kefous, ACT Waste - 6207 5335 or Dave Tooley - E.C.O. Systems Design - 6231 2187.

By the time you read this, it may be too late to enrol in this course, but give Dave a call if you have an interest in future courses.

- Ed.





COGS 20th ANNIVERSARY DINNER RECIPES

The very successful COGS 20th Anniversary Dinner was held at Olim's Restaurant on Friday 21 November 1997. Several people have asked for the recipes to be printed in the Quarterly. So here they are! (I have had to recalculate amounts of ingredients back from 30 + serves to 6 to 8 serves).
- Ed

ZUCCHINI SOUP (Vegetable Herb Soup)

To serve 6

Macadamia Oil

2 medium size onions, chopped

2 medium to large potatoes, diced

1 kilo of zucchini, unpeeled and sliced

1.4 litres of vegetable stock

teaspoon dried herbs

freshly ground black peppercorns, to taste

salt

basil to garnish

Fry onions in oil in large pan till soft, add stock, potato, zucchini, herbs, salt and pepper cook till potato is tender. Allow to cool a little before pureeing in a blender, check for seasoning and add salt and pepper if necessary. Reheat to just under boiling point. Garnish with a basil sprig.

STOCK

Vegetable stock = 1.4 litres

1 onion

250 grms carrots

2 stalks of celery

Beef stock = 750ml

Shin bone

1 onion.

2 stalks of celery

500 grm carrots

BRUSCHETTA (entree)

for 30 people

Bread stick with a firm crust (to make 90 one inch slices)

Olive Oil (approx 500ml)

15 large cloves of garlic

550gm Mustard Paste

60 spears of asparagus

600 gm grated cheese

Snow pea sprouts for garnish

Brush slices of Bruschetta with a mixture olive oil and crushed garlic, place under griller to brown (don't let them over-crisp), then spread lightly with mustard paste, add asparagus, sprinkle with grated cheese, put in oven or under griller until cheese has melted. Snow pea sprouts to garnish.

AVOCADO WITH RASPBERRY VINAIGRETTE (entree)

for 8 people

4 Avocados

1 tablespoon lemon juice

25 gms raspberries

10 ml of olive oil

5 ml of red wine vinegar

1 teaspoon clear honey

Salt and pepper

Fennel leaves to garnish

Peel each avocado, cut in half and place cut side down on a serving plate. Slice through the avocados length wise, then separate the slices slightly. Brush lightly with the lemon juice. Press the raspberries through a nylon sieve to remove the seeds, then mix with the oil, vinegar, honey and salt and pepper to taste. Spoon a little around each avocado and serve immediately, garnished with fennel.

LEMON CHICKEN

Served with spring vegetables

To serve 6 people

3 Full Chicken breasts

1/2 cup of tamari sauce

300 ml Muscat (this was a replacement for dry sherry)

2 1/2 cups of lemon juice

6 teaspoons honey

1/2 cup oil

6 thin slices of fresh ginger

3 cloves of crushed garlic

3 tablespoons cornflour

1 1/2 tablespoons water

Garnish

3 lemons thinly sliced

1 tablespoon chopped parsley

3 red (small) capsicums seeded and sliced

Combine Tamari sauce, Muscat, lemon juice and honey. Pour over chicken pieces and marinate 30 mins. Drain and reserve marinade. Heat the oil in large pan and add ginger and garlic, then chicken. Pour over marinade, cover and cook, stirring occasionally. Just before end of cooking time, blend cornflour and water and stir into sauce on chicken.

Garnish with lemon slices, parsley and red capsicum. •

• BEEF WITH PEPPERCORNS IN RED WINE

Served with spring vegetables

To serve 10 people

- 3 kilos Beef Rib Roast
- 7 cloves of crushed garlic
- 10 bay leaves
- 370ml red wine
- 90 ml veg oil
- 3 tablespoons plain flour
- 370 ml beef stock
- 3 cups of quark
- 2 ¼ tablespoons drained green peppercorns

(Continued next page)

Combine beef, garlic, bay leaves and red wine in a large bowl, mix well. Cover, refrigerate 3 hours or overnight. Drain beef from marinade, reserve marinade. Heat oil in large baking dish, add beef, cook on stove top until browned all over. Bake, uncovered in very hot oven 15 minutes, reduce heat to moderate, pour over marinade. Bake about 2 hours or until beef is cooked as desired. Cover beef with foil, let stand 20 minutes before slicing.

Drain all but 6 tablespoons of juices from dish, add flour, stirring over heat until bubbling. Gradually add stock, stir over heat until mixture boils and thickens. Stir in the quark and peppercorns, simmer uncovered until sauce is heated through. Serve beef with sauce.

CARROT PESTO SLICE

Served with green salad - for 8 people

- 100 ml oil
- 1 cup plain flour
- 6 cups milk
- 1½ cups quark
- ½ tablespoon black pepper
- 200 gm grated cheese
- 8 eggs lightly beaten
- 4 tablespoons pesto
- ½ kilo carrots, peeled and grated
- 1 kilo pasta

Brush oven-proof dish with oil. Heat oil in large pan, add flour. Stir over low heat until mixture is lightly golden and bubbling. Add combined milk, quark and pepper gradually to pan, stirring until mixture is smooth. Stir constantly over medium heat until mixture boils and thickens. Boil for a further one minute, remove from heat. Stir in cheese, cool slightly, add beaten eggs gradually, stirring constantly. Pour one third of sauce into another bowl for topping. Set aside. Add pesto and carrot to remaining sauce, stirring to combine. Preheat oven to 150c. Beginning with a layer of carrot mixture, alternate layers of carrot with pasta in prepared dish. Use three layer of each, finishing with pasta. Spread reserved sauce evenly over the top. Sprinkle with extra cheese. Leave for 15 minutes before cooking (to allow pasta to soften). Bake until set and firm to touch. Remove from oven, cover and set aside 15 minutes prior to serving (this ensures dish will slice cleanly).

FRUIT FLAN

Served with small scoop of vanilla ice cream on the side

For 8 people

- 6 fluid oz of macadamia oil
- 6 fluid oz of water
- 4 eggs
- 10 gm flour
- 4 tablespoon sugar
- 2 teaspn bi carb
- 280 gm fruit jam
- 1 punnet of strawberries
- 1 punnet of blueberries
- ½ punnet of raspberries



Mix oil, water, egg yolk, sugar together in a bowl. Sift flour twice to make light. Add flour to liquid, making a batter. In separate non-metal bowl, whisk up egg whites, when fluffy, fold in batter, (taking care not to lose air in egg whites). Pour mixture into a greased tin, bake in moderate oven till cake is golden brown and springs back when touched. Turn on to cooling tray.

Warm about 140gm of jam, spread over sponge base. Arrange prepared fruit over sponge and jam. Place 140gm of jam and equal amount of water in pot, boil up for approx 1 minute, strain through fine strainer to get rid of pips, spoon glaze over fruit and allow to set. Serve with scoop of vanilla ice cream on the side

ORANGE POPPY SEED CAKE WITH ORANGE GLAZE

Served with a small scoop of vanilla ice cream on the side - for 8 people

- 2 ½ cups of SR flour
- ¾ cup of sugar
- 3 eggs
- 185 ml of safflower oil
- ½ cup of pure orange juice
- Rind from 2 oranges, peeled thinly & cut into 5 cm strips
- Poppy seeds (to individual taste)

GLAZE

- Two cups of pure orange juice
- One cup of honey

Mix oil, sugar, and orange rind in bowl until creamy. Add the eggs one at a time with a little of the flour, add the rest of the flour, poppy seeds and orange juice. Combine all ingredients well. Place mixture into a greased 20 cm ring tin. Bake in mod oven 30 - 40 minutes. Cool cake slightly then turn onto a deep dish or pie plate. Pour over hot glaze which has been heated until all the honey has melted into the juice.

FRUIT PUNCH

Melon, banana soaked in lemon juice, strawberries, mint leaves, ice cubes added to Robinvale Grape Muscat which was diluted one part to four parts water.

SEED SAVERS

Genetic engineering in the food industry has brought a new threat to organic growing - the removal of heritage seeds and their replacement with genetically engineered varieties which do not reproduce (yes - farmers have to purchase new seeds each season!). The multi-national chemical companies behind this are also buying up small seed companies. Seed Savers networks are therefore becoming more important and it is essential that we know how to save seeds if our heritage seeds are to survive.

Each Quarterly will contain an extract from *The Seed Savers' Handbook* by Michael & Jude Fanton. This handbook can be purchased from COGS for \$20 per copy plus \$2.50 postage. You can order a copy at the monthly meeting or send an order with cheque to COGS. - Ed.



CAULIFLOWER (*BRASSICACEAE*)

Brassica oleracea var. *botrytis* - brassica is Latin for cabbage, and oleracea for "vegetable-like"; botrytis means "grape-like" in Greek.

Origins: This is another vegetable which does not exist in the wild because it derives from the kale, itself of ancient cultivation. It was popular in ancient Rome but originated in Syria where it was supposedly grown for over a millennium beforehand. Also called cauliflower in Tudor times, when the heads were no larger than tennis balls, cauliflowers have been selected for a dramatic increase in size over the last few hundred years.

Description: The cauliflower is grown for its curd which nestles inside its large leaves.

Cultivation: Cauliflower is sensitive to overly acid soils and prefers a pH of 5.5 to 6.5 for a healthy seed crop. The soil should be well supplied with organic matter (composts, green manure) and be well drained. In Australia it grows best where the weather is cool and humid at budding time. Iced water poured on the head at maturity stops premature ripening. It is much less tolerant than cabbage to extremes in temperatures. Quick crops such as lettuces and radishes can be grown amongst cauliflowers.

Saving the Seed: Select and mark plants when the heads are in their prime. Those that form curds quickly, but are slow to bolt to flower, are the best to save for seed. Being biennial, cauliflowers take two growing seasons to produce seed. In cold climates they go to seed early in their second summer. The head matures quickly, separates into branches and soon starts to produce masses of stems and flowers. Pinch out the top flowers to strengthen the lower parts that produce the larger seeds.

Cauliflowers for seeds must be isolated from other *B. oleracea* (e.g. cabbage, Brussels sprouts), that are flowering, by long distances-360 metres is

recommended in Sweden, to 900 metres in the USA for certified seeds (FAO Agricultural and Horticultural Seeds, 1961). Harvest and process the same as for broccoli and cabbage.

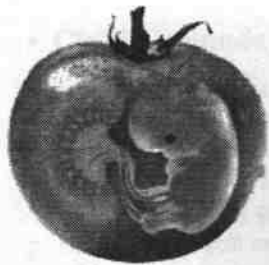
Storage: The seeds are spherical and similar to cabbage seeds, except smaller and often not as well formed. They will last up to four years in temperate regions if well stored. There are 500 seeds to the gram.

Usage: Grate cauliflower raw and dress with a mixture of lemon juice, mustard, and oil dressing. A Greek recipe, that cosmopolitan Aunt Gill taught us, is to melt anchovies in olive oil with garlic and black olives, add a head of cauliflower that has been cut into two inch pieces and partially cooked by steaming, and add cream at the last moment. This sauce is gently folded into a big bowl of short-cut pasta and eaten immediately with friends.

On the Lookout: Paleface which is planted in June in the cooler parts of Victoria, is suited to many climates. It was developed in Western Australia. Metropole, Late Italian Giant, and Black Sicilian are rather rare nowadays but well remembered.

Green Glaze is another old Australian standard, said to be resistant to aphids, and suitable for warm inland conditions. However in his book *Better Vegetable Growing* (1973) Norman de Vaus regrets that it is now very hard to locate. It is probably because cauliflowers are naturally hybridized easily that this wonderful variety has disappeared from the home garden.

Vilmorin, a French seed company, offered forty six varieties in their seed catalogue in 1946. In New Zealand, varieties like Snowball Early can be planted with success. As with Brussels sprouts, cauliflower is losing a tremendous amount of diversity not because of any corporate conspiracy, but simply as a result of changing tastes and accidental cross-pollination. •



GENETIC ENGINEERING NEWS

Biotech News

Reprinted from the April 1997 issue of Alive: Canadian Journal of Health and Nutrition

Biotech Cotton Stopped in US

Biotech cotton engineered to withstand the herbicide bromoxynil will not be grown in the USA this year, according to a recent decision by the Environmental Protection Agency (USA). Bromoxynil is a known carcinogen that kills ordinary cotton plants.

"This decision unmasks the myth that genetically engineered crops are benign," said Dr. Jane Rissler, a plant pathologist and senior scientist for the Union of Concerned Scientists. "The sole purpose of this cotton is to expand the use of a very dangerous pesticide."

Third World Concerns

Environmentalists in Jakarta at a conference on genetic engineering and biosafety in the Third World expressed concern that the Third World could become a "dumping ground" for biotech crops. Dr. Vandana Shiva, an environmental activist from India and Tewolde Egzaiber, head of the Ethiopian Conservation Garden, said genetically modified food commodities, such as soybeans, could be bound to the Third World in increasing quantity as other markets refuse these products.

Safety Seal in Austria

Last December, the European Union voted to delay its decision whether to rescind the ban by both Luxembourg and Austria of certain genetically engineered crops. In January, Austrian environmentalists, farmers, food producers, and grocery stores then banded together to create the first European nation-wide seal guaranteeing that foodstuffs do not contain genetically modified ingredients. To obtain a seal from the organisation, producers must be able to prove that no gene-altered materials have been used in any step of the process and must be open to outside monitoring.

Later in January, environmental groups throughout Austria expressed their opposition to an application to grow biotech corn at ten sites in four provinces in Austria. As a result, all regional governors in the provinces where GMO releases were planned, and the Minister of the Environment, expressed opposition to the application. Consequently, the biotech company withdrew their application, which ostensibly keeps Austria still free from the planting of GMOs.

Genetically Spiked Tobacco

In January, DNA Plant Technology Corp of California admitted violating federal export law by shipping genetically altered tobacco seeds to South America. DNA Plant Technology representatives admitted conspiring with major cigarette makers to smuggle the "Y-1" tobacco seeds to Brazil and elsewhere between 1984 and 1991. The resulting plants were dubbed "fumo loco," or "crazy smoke," because they contained twice the nicotine content of American cigarettes.

*Information supplied by Richard Wolfson, PhD
rwolfson@concentric.net
www.natural-law.ca/genetic/geindex.html*

Warning issued about labelling of genetically altered foods

Extract from The Canberra Times April 6 1998

ACT Greens Member of the Legislative Assembly Kerrie Tucker has written to Health Minister Gary Humphries urging him not to sign a draft standard for the labelling of genetically altered food.

Ms Tucker said that the standard would not require labels on all genetically engineered food. The draft standard has been prepared by the Australia New Zealand Food Authority after a year of consultation, and needs the signatures of a majority of relevant ministers in the two countries to come into force.

Ms Tucker said the standard required foods to be labelled only if they were "not, substantially equivalent" to the conventional versions. This meant that a tomato altered to be sweeter would have to be labelled, but a tomato altered to be insect resistant would not.

An insect-resistant tomato would be classed as "substantially equivalent" to conventional fruit, even if it contained Bt toxins (insect killer), virus particles, antibiotic resistance genes, and herbicide tolerance genes, she said.

"This is illogical and unscientific ... Consumers have an absolute right to know about the origin and nature of the food they are eating, regardless of whether bureaucrats decide it is "substantially equivalent or not." The standard was also flawed because it did not require testing on humans before altered food went on the market, and it did not require all assessments of altered food to be made public.

"The quality and safety of the food supply is at stake, and the ACT must take a precautionary approach," Ms Tucker told Mr Humphries.

If you are concerned about this issue then write a letter to Mr. Humphries as soon as possible!

- Ed



USEFUL RECIPES

By Jackie French

These are the 'useful recipes' I didn't have time to give at the COGS AGM (In case either the audience or I fell asleep). A lot of them are from 'Seasons of Content' - which is my latest book about a year in the Araluen, about food and wombats and mooching through the bush, and a few other things. All the best, Jackie.

Pest Repellent Pot pourri

This MAY help keep out mosquitoes, sandflies and other pests if you leave it near doorways and windows - but even if it doesn't the scent is fresh and wonderful. All ingredients should first be dried.

- 4 cups lavender flowers
- 2 cups mint leaves
- 2 cups basil leaves
- 2 cups rosemary leaves
- 1 cup feverfew flowers
- 3 cups marigold flowers (Tagetes spp, not Calendula)
- 1 cup bay leaves, torn into small pieces
- 1 cup wormwood leaves
- 1 cup orris root or fixative
- 1 cup orange peel, dried

Rich Moisturising Cream

This is excellent - very rich, and better than any commercial products (though I admit I'm biased). It lasts for years and is one of my favourite gifts.

Ingredients:

- 2 teaspoons beeswax (melt a beeswax candle if necessary)
- 2 teaspoons lanolin
- 4 teaspoons almond oil
- 1 teaspoon wheatgerm oil
- half a teaspoon vitamin E oil - (from capsules)
- 2 drops lavender oil
- pinch of borax (as a preservative)
- 2 teaspoons boiling water

Melt the beeswax and almond oil over a very gentle heat. Take off the heat. Stir the borax into the boiling water, then add that to the lanolin and almond mixture. Add the other ingredients and beat well. Keep in a cool, dark place.

Lip Salve for Chapped Lips

This is sweetly scented and non-greasy and the lavender and mint helps prevent infections if lips are badly cracked.

Ingredients:

- 2 teaspoons beeswax
- 2 teaspoons almond oil
- 10 drops teaspoon mint/ and or lavender oil

Heat the almond oil and beeswax as gently as you can until the wax is melted, take off the heat and add the essential oil. Keep in small pots and wipe on as needed.

Herbal Deodorant

Ingredients:

- 2 tablespoons beeswax
- 2 tablespoons olive oil
- 1 teaspoon thyme oil
- 1 teaspoon lavender oil
- 1 teaspoon rosemary oil

Method: Melt the beeswax in the top of a double boiler, add the coconut oil and stir till blended. Take off the heat, stir in the oils. Pour into a 'refill' or empty deodorant stick container and leave to set.

Alternative Deodorant

Cover as many of the following as possible with cider vinegar. Use only as much vinegar as is needed to cover the herbs. Bring to the boil, cool, strain. Add the same amount of water and rebottle. Dab under the arms several times a day.

Witchhazel leaves, lavender flowers, sage leaves, thyme leaves, mint leaves, rosemary leaves, eau de cologne mint, yarrow flowers and leaves.

Green Yoghurt Cleanser

(This is excellent... good with only a few of the ingredients.)

Whizz in the blender: 1 cup yoghurt, 3 comfrey leaves, half a cup strong chamomile tea, half cup rose, violet, heartsease/calendula petals.

Keep in the fridge. Use instead of water to clean your face

• Chilli Garlands

This is a wonderful - and very decorative - way to keep your chillies. When they have withered on the bush stand them in the sun for a day or two, then string them on a length of cotton with a darning needle. **DO NOT TOUCH YOUR EYES.** Hang them in your kitchen where you can pluck one when you need it. Chillies hung up this way will last for at least a year, unless the kitchen is very cold and dark.

Chillies can also be added to strings of garlic for extra colour. Fresh chillies can be strung into garlands with bright yellow marigolds for harvest/fertility festivals.

Garlic Garlands

These make wonderful gifts and should last from one season to the next if kept in a dry place (preferably not above the stove where they will get steamed by every pot of boiling vegetables).

To make garlic garlands make sure you have long, firm garlic tops, quite dry. Gather three together, tie them securely at the top and start plaiting. When you have made four or five turns pull in another strand of garlic, then keep pulling in more new strands as you progress down the string. This sounds complicated but it is quite simple once you start - though you will probably need practice to produce neat, tight strings, and to judge how often you need to pull in new pieces of garlic top.

Once you have made your garlic garland you can sew in dried chillies or sprigs of holly or dried rose hips or any other 'herbal' or seasonal decoration. Garlic garlands may also be sprayed with gold or silver paint for Christmas decorations and hung from the tree or over doorways. As long as the paint only penetrates the outer paper skin, and not the inner layers, the garlic will be able to be eaten afterwards.

Eau de Cologne

Place in a large jar:
the dried rind (no pith) of an orange
2 tablespoons bergamot leaves
the dried peel of two lemons (no pith)
4 tablespoons rosemary leaves
6 tablespoons lavender flowers

Cover with brandy. Shake every day for three weeks, and strain. Repeat with fresh herbs for a stronger fragrance.

Heavenly Fragrance Talcum Powder

1 cup ground orris root
1 cup corn flour
a third of a cup of ground rice, or rice flour
1 teaspoon lavender oil

Mix all ingredients; keep in a sealed jar.

Parsley baldness cure

This *doesn't* work. Give it to Uncle Harry for his birthday. Chop parsley finely. Dry well. Mix with olive oil. Pack in jar. Label: Apply daily for three months.

Chilli Bosom Enlarger

This doesn't work either. (I found it in an 1892 medical textbook) Present it to your sister.

Combine 1 cup linseed oil with 1 dried chilli. Leave in sunlight for three weeks. Strain. Apply in a clockwise direction every morning. The results (according to the textbook) may astonish you.

Warning: If you get any of this on your nipples, the results really will astonish you. Handle with care. (And keep away from eyes and ALL sensitive tissues.)

The Perennial Herbal Salad Garden

A few chopped herbs in a salad are a delight- but you can also make a salad out of herbs alone- and as most of them are perennial, you have a permanent salad garden.

Try: chives, garlic chives, YOUNG sorrel leaves, masses of chopped parsley (Let it seed and it re-sows itself), parsley root, Lebanese watercress (*Aethionema cordiolium*), tender white lemon grass stems, YOUNG chicory leaves, salad burnet, watercress, YOUNG garlic tops, well chopped, Good King henry (A herbal weed, not bad) lovage (a wild celery relative- most excellent), young fennel leaves, YOUNG lemon verbena tips, young Egyptian mint leaves (big and mild). NB do NOT serve all at once. Experiment.

Jackie French

Jackie's latest books are "Seasons of Content" and "Daughter of the Regiment" (Harper Collins)

Jackie's recipes will continue in the next edition. - Ed

COMMUNITY GARDEN REPORTS

Charnwood Community Organic Garden

Our March AGM saw a changeover of title holders, with notification from Marg and John Allen that they were moving on from the Charnwood plot (but certainly not from all COGS activities!). Accordingly, I introduce myself as the new Convenor of the Charnwood plot (with Wanda Bridgeland volunteering services as Treasurer). A big vote of thanks and gratitude to John and Marg for their five years of commitment to the Charnwood plot.

No doubt as per all gardens, our plants all suffered greatly from the intense summer heat, with yields down and lots of exhausted looking plants. This being my first summer in the garden, I nonetheless can confess to having derived great joy from many a warm evening's sojourn in amongst the plants and insects - and the triumph of returning home laden (well, small armfuls at least...) with fresh organically grown produce!

Autumn/winter crops are now in, and we welcome a couple of new members. Winter sent its annual reminder of its coming, with the dropping soil temperatures wreaking minor havoc on our water pipes (now where did Marg say that water mains tap was?).

A pleasant surprise came in the form of a working visit to the garden in early April from a dozen young people in Canberra for a conference on youth leadership. The National Youth Leadership Forum holds a conference annually here in Canberra, and seeks community groups for groups of Forum participants to do half a day's 'service' for. The theme for their conference this year was 'Faith and Values for the new Millennium', and sounded very inspirational. Even better though was - their willing labour! Wheelbarrow loads of mulch went out and onto walkways (preceded by weeding); piles of old carpet and timber were removed; and best of all, the plot of the local primary school was given the once-over, and now boasts a lovely looking wooden border round its perimeter, is mulched to the hilt, weeded, and its plants spread round to facilitate winter growth aplenty. This wonderful work, combined with the great work done at the annual Working Bee, sees the Charnwood plot in pretty good shape.

... Gerard De Ruyter



HALL RURAL CENTRE

You can purchase your NASAA approved fertilisers

Rock Phosphate (Jordanian) 50kg
\$19.85 per bag,

COF 50kg for \$27.50

plus all your other gardening requirements from Richard and his friendly staff, call in and see them at 12 Victoria Street Hall or phone: 6230 2209.

The Allergy Centre

We have a large range of Allergy Foods, Organic & Biodynamic Grains, Dried Fruit, Nuts, Flours, Breads, Goats Milk, Meat, Yoghurts, etc.

Consultations by appointment:
Kay Green N.D. Naturopath

Osteopathy, Musculo-Skeletal Therapy,
Nutritional & Environmental Medicine.

Consultations by appointment.
Ian Cocks, Dr of Osteopathy

Contact: Costas Kounas
Shop 3 Jamison Centre
Bowman Street, Macquarie ACT
Ph: 6251 2670, Mobile: 0418 620811

From the Book Corner at Mountain Creek Wholefoods



The quest for the perfect bread may take an eternity but the search can be fun. The last few years has seen the release of a number of outstanding books on Bread baking for those that enjoy making and experimenting with bread. In the next two issues of the COGS Quarterly we will be reviewing some of the better and more unusual books. In the next issue we will concentrate more on sourdough.

English Bread and Yeast Cookery

Elizabeth David
Soft cover/592pp
\$35.00

Any list of good books on home bread making would be incomplete without this classic by Elizabeth David. The first two hundred and fifty pages cover grains, milling, flour, yeast, ovens and the history of bread making to a depth that no-one else to my knowledge has even attempted. This is followed by literally hundreds of recipes for breads, yeasted cakes, and assorted other goodies, most of which come directly from English, Scottish, Irish and French cookbooks and baking texts of the last four hundred years. In doing so, Mrs David leaves much to the reader's imagination and common sense, and those who know her will know this is the only way she'd have it! English Bread and Yeast Cookery will stand the test of time as a cookbook, a source of inspiration and a historical work in its own right.

The Italian Baker

Carol Field
Hard cover/443pp
\$55.00

If you want to bake authentic Italian bread, this is the book. Carol Field's focus on the traditional breads, cakes and pastries of the Italian countryside is faithful to the Italian passion for simple and skilfully crafted food. The Italian Baker begins with a comprehensive and informative ninety-page introduction entitled "Baking Basics". Her wonderfully clear and complete recipes provide the home baker with the wherewithal to produce a handsome range of rustic and festive breads, pizza and focaccia, and cakes and tarts, each with a unique regional appearance and flavour. Saltless Tuscan bread, crocodile bread, fig bread, panettone, apple and wild cherry tart a beautiful book.

Laurel's Kitchen Bread Book

Laurel Robertson
Soft cover/447pp
\$37.95

Short of teaching you how to grow your own organic wheat, Laurel Robertson has written one of the most comprehensive books home bread making to date. Admittedly, it will not appeal to all. True to its sub-title, "A Guide to Whole-Grain Breadmaking", you won't find white flour in a single recipe. Not a teaspoon. But don't expect stodge, either. What you will find is a wealth of information on ingredients and techniques, and a plethora of illustrated recipes from Finnish sourdough bread (desem) to hot cross buns. Amongst these is a wonderfully friendly chapter entitled "A Loaf For Learning" which guides the reader gently through a basic wholewheat bread recipe in the kind of detail you wouldn't get unless a baker were to show you first hand. A classic of its genre. •

•
Flatbreads & Flavours

Jeffrey Alford & Naomi Duguid

Hard cover/441pp

\$59.95

Did you realise that most traditional cultures eat only flat (as opposed to fluffy) breads? Uigur naan from northern China, Turcoman sourdough bread, Moroccan anise bread, Vietnamese rice paper rolls - the coverage of this book is staggering. Don't be put off by the appallingly dull title, Flatbreads and Flavours is anything but. In fact, I think Alford and Duguid have created their own genre - around a hundred fascinating flatbread recipes and over two hundred traditional dishes, spice blends and sauces chosen to complement them. Dotted with the authors' own photographs taken over years of travel, this book is about real food in its cultural context. Really refreshing.

Flavoured Breads

Mark Miller & Andrew MacLauchlan

Soft cover/216pp

\$34.95

Flavoured Breads will appeal to devotees of bread machines who enjoy experimenting with flavours. South Pacific coconut-macadamia bread? Not for me, thanks. On the other hand, I can see the appeal of a book where most recipes have bread machine instructions and photographs to provide inspiration before you invest the time.

Beth's Basic Bread Book

Beth Hensperger

Soft cover/155pp

\$35.00

Written as a course of instructional lessons, Beth's Basic Bread Book reads a bit like a training course, but a good one. As you might expect, she provides variations on a theme, the theme being a good standard recipe which uses a little fat, sweetener and milk as dough conditioners. Like a Women's Weekly cookbook, these recipes won't let you down. With attractive photography, clear instructions and an uncluttered layout, this book will be instructive to the keen beginner.

By John Castley

John Castley worked at Natural Tucker bakery in Melbourne in 1987-88. Since then, he has maintained a strong interest in yeasted and sourdough baking and has given numerous classes and demonstrations. Inquiries for classes to be conducted this year can be made through Mountain Creek Wholefoods on 62951474.

All of the above books and more are available at

Mountain Creek Wholefoods

14 Barker Street, Griffith Shops

Telephone: 6295 1474

BACKYARD ORGANIC MARKET GARDENING IN CANBERRA

by Julia Veitch

A friend, Phil Moore and I, did a six month Certificate in Ecological Horticulture at the University of California at Santa Cruz in 1995. The Certificate gave experience and instruction in organic market gardening on a wide variety of fruit, vegetables, flowers and berries. When we returned to Canberra in early January 1996, we instantly got to work setting up two plots for organic market gardening. One 500 m square plot was at Dairy Flat Farm Education Centre, which Phil is currently running; and a 250 m square plot in the backyard of the place I live in Kingston.

Why is Canberra such a good place to organic market garden in your backyard? There are a number of reasons:

- 1) Canberra city planners haven't put in market gardening belts throughout Canberra. The only exception is Pialligo. That is, there is little provision for commercial scale local production. The result is that Canberra imports almost all of its food from the wholesale fresh markets in Melbourne and Sydney. Locally grown food can be sold at a premium for its freshness alone, since there is so little local competition;
- 2) Canberra backyards are quite generous in size;
- 3) There are a lot of resources to set up good organic gardens in Canberra. These resources include both physical stuff such as organic material, information about growing through various sources, and security of water supply (Canberra still has water after 4 months drought);
- 4) Canberra is not polluted by heavy industry;
- 5) I have found local restaurateurs and traders to be very interested in and supportive of buying locally grown produce;
- 6) You can run a little business from home without the requirement of government permission, provided it fits the criteria for home businesses in the ACT.

It is remarkable just how much can be produced off a tiny area. As I said above, my garden is 250 square metres. I have chosen to grow salad mix, of all the

crops I've worked with I liked salad plants the most. The garden is only productive for six months of the year, October through April. It has produced an average of 30 kg/week of salad leaves, which I sell to about half a dozen restaurants and to 'Organic Energy' at the Griffith Shops. Production has oscillated from 25-35 kg/wk, which means my customers have to be tolerant of variation in supply, and fortunately they are.



Organic production is not all plain sailing, but if the basic rules are followed, even a non-intuitive gardener (like myself) can do a good job. For example, good soil fertility with green manure crops, compost, worm castings and rock dust stops problems before they start. Crop rotation breaks up pest lifecycles. Transplanting unstressed seedlings helps, and so does following tried and tested advice about the particular plant's culture. Providing beneficial insect (predator) habitat helps, etc. It's all in the books!

If you decide to take on organic market gardening, think about:

- Time - can you spare it?
- Supply. It has to be as regular as possible. That means the garden can't be worked on a random or ad hoc basis, it has to be systematic.
- Pests. They do wreak havoc. My major pest problems last season were: aphids (until syrphid fly and lacewing numbers built up), cutworms (until I got out there each morning, found the freshly decapitated plants and dug around for the culprit); and thrips (from over-watering).

I have found organic growing for commercial surplus to be a challenging and rewarding exercise, and encourage anyone interested to try it. Canberra needs more organic backyard market gardeners!

COGS Seeds

Susan Neild is the new COGS Seed Librarian. Susan can be contacted at the monthly meetings, or you can phone her on 6282 0188.

As well as a variety of COGS OWN seeds, Susan has the following new season Phoenix seeds available for \$2 a packet:

Broad Beans

Broccoli (Romanesco)

Brussel Sprouts (Catskill)

Cabbage (Sugarloaf)

Cauliflower (Paleface,)

Cauliflower (Snowball)

Kholrabi

Lettuce (Green Mignonette)

Lettuce (Sucrine)

Onions (Redman)

Onions (Cream Gold)

Peas (Telephone)

Peas (Snow)

Turnips (Gilfeather)

Carrots (King West).

If you have any seeds which you would like to donate to the COGS seed bank, please send them to Susan (include date of harvest).



Beautiful Holiday House

Just across the road from the beach at Garden Bay over the hill from Malua Bay surf beach.

Two minutes walk to sandy beach good for swimming, snorkelling, or teaching children to swim.

Easy drive to many other lovely beaches. House sleeps eight, large fenced garden where children can play within sight.

Pets welcome.

Cool sea breeze in summer, warmer than Canberra in winter.

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Only 166 kms from Canberra. Take visiting friends and relatives to see the South Coast.

Telephone Brian or Jackie on 6254 4977, or Betty on 6249 8323 for bookings and holiday prices.

FOR SALE OR LEASE

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THE INTERNET COLUMN

By John Allen

E-mail: jallen@pcug.org.au

Web site: www.pcug.org.au/~jallen/cogs.htm



Let me know if you are on the Internet and if you would like me to forward organic E-mail received. It is a great opportunity to make some organic friends elsewhere in Australia and overseas.

The COGS Internet project

The COGS web site has been on line since late 1995. The site is now well established, and is a respected national and international information resource. It was rated in the top five Internet sites in the Weekend Australian 7-8 March 1998. The objective of the COGS Internet project is:

To further encourage the organic movement using the information exchange power of the Internet; and to encourage international organic networking.

For example, we regularly exchange information with the Canadian Organic Growers and Indiana Organic Growers societies.

The COGS web site is made available free of charge to COGS thanks to the Canberra PC Users Group. It is held there as part of my personal membership of PCUG.

COGS has had the following e-mail inquiries during 1997: local - 7; other Australia - 50; overseas - 88. Many of the overseas inquiries were from developing countries seeking either contacts in their country, or information.

COGS World Wide Web Home Page Contents

- Information about COGS, including membership details and application form
- Basic articles on organic growing
- Information of how to obtain organic certification
- Where to find work on organic farms in Australia and the world
- Information about Canberra climate and culture, includes links to weather forecasts and services.
- Other Organic organisations in Australia
- Where to obtain seeds/soil testers
- Organic farm statistics
- Organic WWW links, includes links to an extensive list of "organic" Internet sites around the world, such as universities, conferences, organic growers organisations, and backyard growers
- Worms page
- Community Farms & Enterprise Centres
- Suppliers of Organic Produce in Canberra
- Genetic engineering in agriculture
- COGS photo gallery

How to see the COGS web site if you do not have Internet access

You can go to a Library or Internet Cafe and access the COGS web site. Make sure that you take the "www" address above with you.

The COGS Flier really flies!

Members who are on the Internet can now receive the COGS Flier (*not the Quarterly*) by e-mail. This saves busy volunteers in the organisation handling time, and saves COGS postage and printing costs. Let me know if you want to receive the Flier this way. It is sent out as an e-mail attachment in both .DOC and .RTF formats, so that both PC and MAC formats are catered for.

COGS NOW ON AUSTOUCH!

The ACT and Region Community Events Calender is now available on the Internet and at AUSTOUCH kiosks.

For \$20 a year, community organisations can have an entry about their organisation, and log their events on the AUSTOUCH database.

COGS has an entry, and all COGS events appear there. There is also a link there to the COGS web site.

www.austouch.gov.au/events

WINTER VEGETABLE PLANTING GUIDE

Growers may wish to start a number of crops in late winter rather than early spring if the winter is mild or if they have a sheltered garden bed. Such crops include Artichokes (Globe and Jerusalem), Beetroot, Cabbage, Carrots, Potatoes and Radish.

Frost-sensitive vegetables such as Capsicum, Eggplant and Tomatoes can be started early in August but may need a heated glasshouse or warm spot to germinate, and will almost certainly need protection when planted out.

Asparagus

Prepare your bed before you buy the crowns to plant late winter - early spring. Since this is a perennial which can last for up to 20 years, it is well worth the effort of establishing properly. It needs good drainage and can be planted very successfully in a raised bed. It likes compost and well-rotted manure. Seaweed is excellent mulch. The crowns are planted in a trench, but worth the roots straddling a ridge. Cover so dormant shoots are about 4cm below the surface.

Do not harvest spears the first year, and only harvest for a few weeks the second year. Remember this a long-term investment!

Broad Beans

Late planting's of broad beans in June may be very slow to germinate. Better results are usually achieved with an autumn planting.

Kohlrabi

Prepare the soil well with lots of organic matter. Needs rapid growth for flavour.

Lettuce

Only plant winter varieties of lettuces (Cos, Salad bowl, Oakleaf, Butterhead and Mignonette varieties)

Onions

Mid season varieties are often sown late autumn early winter and long keeping varieties in winter. However, the timing of mid or late season varieties is well worth experimenting with by making successive plantings to determine the best time in your specific locality.

Rhubarb

This is a perennial, but plants generally only produce well for a few years, and then fresh plants need to be started from subdivided crowns planted late winter or early spring. It is very hardy, but it is a gross feeder.

Peas

The yield from peas planted in August could be diminished if there are severe late frosts affecting the blossom.

Winter is the usual time to plant or prune the soft fruits, including:

Strawberries

Plant certified stock or propagate from runners (not from plants more than 2 years old however) on a soil enriched with compost or well rotted manure. On old plants remove

the old leaves and burn or throw them in the garbage in case they are infected with a virus.

Berries

Raspberries, youngberries etc can be planted and old canes removed. Remember that these bear fruit on canes grown in the previous year only.

Currents

These bushes are easy to grow in Canberra as they withstand very cold weather and don't mind heavy clay soil. They produce a fruit rarely available commercially. They need to be pruned in winter to remove dead wood and allow for good air circulation.

Gooseberries

Like similar conditions to Currants.

Winter Vegetable Planting Guide

	June	July	August
Asparagus		T	ST
Broad Beans	S		
Kohlrabi			S
Lettuce			S
Onions	ST	S	S
Peas			S
Rhubarb			T
Silverbeet			S
Spinach			S

S = Seed sowing

T = Transplant

NB 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. The microclimate of your garden will also influence the times when you plant

Green Manures

Autumn is the time to plant green manure crops which can be dug in during spring, at least 4 weeks prior to planting your summer crops. Benefits of green manures are:

- They provide valuable nutrients for successive crops
- They provide organic matter for soil micro-organisms to break down
- They provide soil cover in winter, and
- They help aerate the soil.

Green manure crops suitable for planting in Canberra are:

Legumes:

Broad Beans, Field Peas, Lupins, Sub Clover, Tic Peas, Vetch.

Non-Legumes:

Barley, Oats, Rye.

ABOUT COGS

General Information

The Canberra Organic Growers Society is a non-profit organisation started in 1977 with the aim of providing a forum for organic growers to exchange information and encourage society to adopt organic growing methods.

COGS is part of the broader organic movement. As stated in the back of our newsletter, "The organic movement endeavours to provide an alternative to the mass of toxic chemicals, fertilisers, fungicides and herbicides used in modern agricultural methods by utilising more natural means of improving and preserving our soils and to produce nutritious, less contaminated food."

The alternatives are: "By enriching the soil with compost, manure, green manure and mulches, we avoid disease and control pests through non-chemical methods, including:

- Encouraging the presence of beneficial insects to feed on pests;
- Growing companion plants to discourage pest attacks;
- By growing healthy plants to resist pest attacks and disease and by tuning in to nature with love, harmony and gratitude."

Monthly Meetings

Meetings of members are held in Civic at the Griffin Centre, Room 4, at 7.30 pm on the fourth Tuesday of the month, (except in December and January). Each month a different speaker discusses organic growing or related issues. For example:

- Marketing Organic Produce
- Backyard Self-sufficiency
- Bees and Worms
- Natural Control of Insects on Native Plants
- Permaculture in the ACT

After each talk a light supper is available. At all meetings, there is a produce and seed exchange table, information table and a bookstall. Members may also borrow from the COGS library (currently two books may be borrowed each month).

Visitors are welcome (donation).

Flier and Quarterly Publications

Each month, all members are sent either a *COGS Flier* or *COGS Quarterly* (except December and January). These publications inform members about the speaker at the next meeting, and any other activities coming up. They also contain articles on organic growing as well as tips specifically for the Canberra region, such as a monthly planting guide.

Community Gardens

COGS currently operates 6 community gardens in the Canberra area at Mitchell (called the Northside Garden), Curtin (called the Cotter Garden), Erindale, Charnwood, The Oaks Estate, and Theodore. Members may obtain a plot(s) at one of these gardens to grow organic produce for home-consumption.

These gardens provide a wonderful opportunity for people to garden with other organic growers- to share their expertise and hopefully learn something new at the same time!

The ACT government has supported the establishment of these gardens through giving us licences to use unused government land, and the setting up of these gardens has been greatly assisted by grants obtained from the ACT Office of Sport and Recreation.

Each garden is administered by a garden committee, which is elected annually by the plot-holders at the garden. At each garden, plot-holders may be required to contribute to the cost of water for the garden, and may also have to pay other small expenses to cover incidental costs (such as bulk purchases of straw, or hose and tap replacements)

Internet

COGS has an extensive web site devoted to organic growing. The site contains many of the COGS papers on organic growing, certification information, a page for children, links to related organisations and information sources, picture gallery, the latest on genetic engineering, about Canberra, and much more. *Listen to Mozart while you browse the site.*

www.pcug.org.au/~jallen/cogs.htm

Other Activities

From time to time COGS organises other activities for its members. For example we arranged an open day at an organic farm at Gundaroo and a visit to Jackie French's property in Araluen. Seminars and workshops are also conducted..

COGS MONTHLY MEETING

Julia Veitch

Will give a talk on

"Backyard Organic Market Gardening"

Where?

Room 4 at the Griffin Centre in Civic

When?

7:30 pm on Tuesday 26 May

Supper, library and seeds will be available



COGS BACKYARD WORKING BEES

Please come along and give a hand at the working bee at the garden on **Sunday 17 May and Sunday 14 June between 1:00 pm to 4:00 pm.** This is a great opportunity for people who are starting out or would like to learn more about organic growing to come along and work with some more experienced gardeners.

Come along even if you can only spare half an hour.

The garden is in the ACTEW Xeriscape Gardens in Weston. We have access through the back gate just after the police training centre, off Unwin Place, off Streecon Drive.

Contact Steve Sutton, John Ross or Margaret Allen.

✓ *..Don't forget to
Tune in to Jackie
French's regular spot
on 666 2CN every
second Thursday at
10:30 AM.*

HORTICULTURAL FAIR

Saturday 7th and Sunday 8th November

At the Xeriscape Gardens, Heyson Street Weston

COGS will have a stall at the fair. We would like to sell potted plants at the fair and we are looking for people to volunteer to start a few seedlings and pot them for us to sell.

Contact Susan Neild, Steve Sutton, John Ross or Margaret Allen

COGS BACKYARD

Saturday 2nd and Sunday 3rd August

At *COGS Backyard* at the Xeriscape Gardens, Heyson Street Weston.

**Talks on soil preparation and planning
for the growing season
at 1 PM and 3 PM.**

*The Horticultural Society will also be
demonstrating rose pruning.*

PERMACULTURE ACT (PACT)

PACT meetings are on the first Tuesday of the month

7.30 pm at PCHQ Kingsley Street Civic.

(South east corner of the building that the Environment centre is in)

FUTURE SPEAKERS AT THE COGS MEETINGS

23 June: A Representative from ACTEW will talk about their environmental work.

28 July: Dave Tooley, discussion will be on Landcare, Earthworks and current projects.

25 August: John Brummel, topic will be - Youthhaven and how it has progressed.