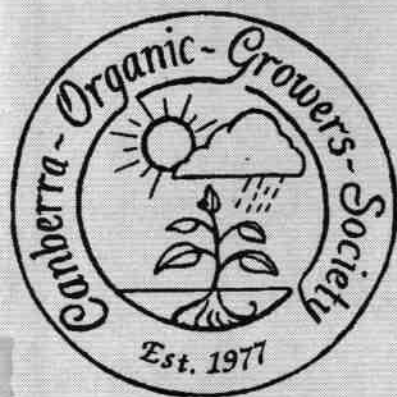


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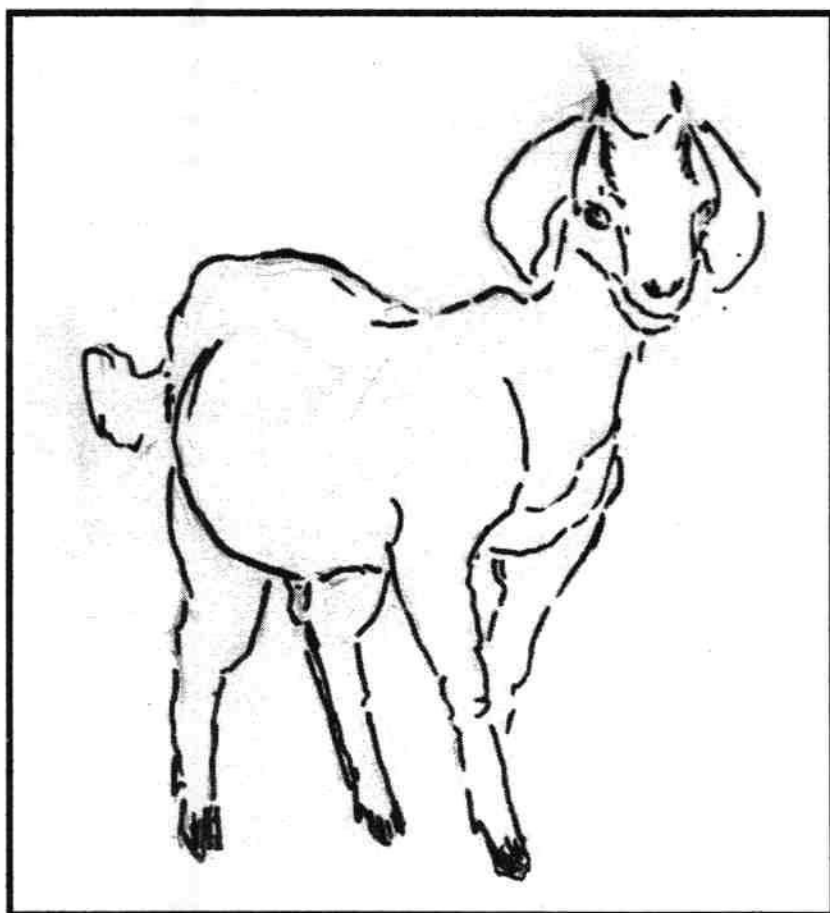
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Canberra Organic

Quarterly publication of the Canberra Organic Growers Society Inc.

**ORGANIC GROWING
IN THE CANBERRA REGION**



VOL. 8 NO. 4

SUMMER 2000

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From the Editor

It's hard to believe that time has passed and summer is once again upon us.

Gardening magazines are full of phrases about the passage of time and the cyclical nature of change. As with the seasons, people also change and move on, learning from the time that has passed and all that has come before.

After one year in front of the computer, composing, editing and arranging this fine (and hopefully fun) publication, it is time for me to turn the *Canberra Organic* over to it's future. I will continue to be involved with COGS, but hope that my weekends can now be spent outside, in a community garden, rather than in the office.

I would like to thank all the contributors and advertisers for making the last four issues such a rewarding and educational past time. Also, I would like to extend a hearty thank you to all COGS members for their feedback and enthusiasm. I am also indebted to Jennifer Hendriks for all her effort and help.

Thankfully, a hand has been raised to take over the magazine. Deborah Avery has volunteered to take over the position of editor. She has five years experience editing the national arts magazine *Smarts*, is an avid gardener and currently works as the office manager of the Environment Centre.

Deborah has volunteered as editor *only*. She will need writers, contributors, people to check content and accuracy as well as someone to handle advertising and the style of the magazine. In other words, this magazine needs you more than ever before. Without your support, Deborah's wonderful volunteer spirit will be misused and abused. I don't want to see that happen. Here's hoping you don't either.

Contact Deborah on 6213 8309 or e-mail her at deboraha@interact.net.au Help her make this magazine everything you want it to be.

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Produce table: Vacant
Supper convenors: Marie Bahr, Rosemary Stevens
Librarian: Maren Childs

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Conservation Council: Vacant
Environment Centre: Vacant
Griffin Centre: Vacant

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NEEDED:

Canberra Organic Growers Representatives to the Environment Centre, Griffin Centre and Conservation Council. For more information, contact Steve on 6292 5609.

COGS monthly meetings are held on the 4th Tuesday of each month at 7:30 PM in Room 4 of the Griffin Centre in Civic.

~ VISITORS WELCOME ~

PRESIDENT'S REPORT



Welcome everyone. What an early spring we had this year. I just hope that we don't have a late frost in November. My home garden is looking a treat, the fruit trees have heaps of fruit on them (the apricots are already fifty cent piece size), we are already eating the first crop of snow peas. The carrots are six weeks away and the first tomatoes are just setting fruit. We also have heaps of lettuce. I put up a cloche over the onions to keep a dog off them (we were minding him over the winter months while his owners were in warmer surroundings). This has brought them on very fast. The red salad onion variety is already golf ball size. It will be interesting to see if the brown onions will store as well.

Well, they say you can always learn something new. At the beginning of the year fencing was something of a memory, an activity I had done as a teenager with my grandfather. Now, after eight hundred and twenty metres of extending the fences around our community gardens, I can say it is not something I would like to earn a living doing. Didn't we have some great sausage sizzles at the end of each working bee? Sitting back having a snag and a cuppa looking at our achievements. Many thanks to all that participated.

At the Green Living Fair we handed out membership forms, sold back copies of the magazine and some seeds that the seed group had packaged up. But the winner for the day was selling the seedlings that a couple of members had especially grown for sale on the day. It was a great way of introducing us to prospective members and re-introducing ourselves to many past members. A big thanks to Laurie Thompson for his carload of advanced tomatoes and vegetable seedlings. Thanks to the members who volunteered their time in manning the stall: Emma Hawke, Grace Holroyd, Gayle Carlson, Laurie Thompson, Rod Therkelsen, Sigrid Drescher, Rosemary Stevenson, Adrienne Fazekas and Keith Colls

The COGS Committee has an application in for a parcel of land in Cook to start a new community garden. We feel that there is a need for a garden in the area and Keith Colls has put up his hand and said he will lead the group initially. The grant application has been done and we are looking at prospective sites at the moment. If you would like to be involved in this, give Keith a call and register your interest. We are hoping to start construction on the fences in the New Year.

As you would have gathered from reading the October Flier, this is Jennifer Allen's last edition as editor. Jennifer has done a great job. The energy she has applied in putting together a quality quarterly magazine has been vast. Thank you.

Deborah Avery has come forward and volunteered to take on the Editors job. Her technical skills and desktop publishing knowledge will be invaluable to the magazine. But she still needs your help to put out a quality product that reflexes the views and knowledge of the COGS community. Other positions still vacant are Web Manager and also a couple of General Committee positions. The more members involved in the running of the society, the more we can do to inform the public on organic growing.

The Genetic Engineering debate is not on the front pages of the news at the moment. This doesn't mean it has gone away (that is what they would like us to believe). Don't get complacent about this. If we don't buy these products then they won't grow them. It's plain economics of supply and demand, the farmer or processor is not going to produce a product that they can't sell.

I hope to see you Sunday December 3rd for a lunch time sausage sizzle. I hope that your gardens produce well this summer. Have a wonderful and safe Christmas and a happy New Year.

Steve Sutton

Community Garden Convenors' Reports

Mitchell Community Garden Wine and Olive with Bruno

It was a day of joy on 10 September. The rain had cleared and weeds could be pulled as easily as bad cheques at Mitchell Gardens. The round up by the ringmaster from Yass was quite successful and plot fees were paid on the spot.

Martin and Frances delivered their raunchy red mower and soil was parceled out to the successful. As always, Sigrid was hard at it in the earth while Rodney perambulated around the perimeter, pressing the flesh and doing the odd bit of drilling. You can't keep a tool out of Rodney's hands for long.

Delightfully, Rose was short on text and long on shallots and spuds and I scored an elderberry cutting. Richard rebuilt his bean frames into quite a sturdy number so the Giant of Stuttgart could climb again this growing season. Richard, of course, provided the BBQ and heartfelt thanks for that and the wonderful snags which Rod got from Yass.

President Steve "Starpicket" Sutton did not stop for tucker but, true to form, he had conducted an accurate count of starpickets before leaving.

Margie Perkins had some onions with her sausage, promptly hallucinated on same and forgot everybody's name. But it was a good lunch. Peter proved a dab hand at buttering and Kathy and her brood must have scoffed at least 30 of the Yass snags. Edwina was, as ever, an incisive observer of the proceedings and could control her kids, the plot and a sausage sandwich at the same time.

There was mystery and movement at the block too. Eric drove in disguise, probably wearing his mountaineering gear, and set his band of underage, unpaid laborers on the job.

The Baron of Broadbeans arrived late but it was good that he did arrive. Bruno brought the fleck, the olives and the homemade red wine so wonderful, ages-old Italian decadence took place at the back of the shed. The Convenor lit up his hand-rolled Cuban cigar; Bruno laughed until his shoulders shook; Peter

passed 0.5 before mounting his bicycle; and another growing season began at COGS Northside.

Garry Ridgway

Theodore Community Garden

Yes, we are open for growing

There is a seven-foot high fence around the half-hectare site of the garden. The water has been connected and five taps installed ready to be used. The shed has the basic gardening items (hoses, fork, shovel and rake) just waiting to be used.

Theodore Community Garden is situated on a 100-year flood plain. The black alluvial soil is very receptive to organic growing methods. When clearing my plot I found heaps of worms, a sure sign that the soil has plenty of organic matter.

I am going to grow lots of spuds, pumpkins, snow peas and onions for the family. Silver beet and sunflowers for my chooks. Other vegetables will also be grown for the purpose of seed saving. My sons have planted strawberries and are making grand plans for other things that they like to eat such as snow beans, carrots, broccoli and a plum tree.

To get enough materials to build the fence we approached the government for second hand materials. What they found for us was a fence that was no longer needed, but we had to pull it down. The price was right (free) but the netting was buried six inches into the ground. Building fences is hard work but pulling them down is even harder.

I would like to thank Frank Parkes for his many hours of help in pulling out the old fence and building the new fence. For standing there and listening to my cursing when putting the taps in. Plumbing is not my forte. Frank's helpful, easy-to-get-along-with attitude is what community gardening is all about.

We are a small group of five at the moment, just waiting to welcome new members to join us. So - come one, come all.

Steve Sutton



Saving Cauliflower Seed

Extracted from
*The Seed
Savers'
Handbook* by
Michel & Jude
Fanton.

"Without seed savers' networks, seed exchanges and local seed banks, we gardeners would have lost most of the seeds developed by our ancestors. It is a public scandal that these seeds have now been patented or subject to legal controls. It is also scandalous that large multinational corporations have gained control over our main food plants by seed patenting"

Bill Mollison

CAULIFLOWER

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 cole-flower in Tudor times, when the heads were no larger than tennis balls, cauliflower 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 cauliflower.

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, cauliflower 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 the seedpods all at once on the branches. Hang for further drying, for a week or so, over a canvas or similar. On a dry day, thresh, winnow and store.

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 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.

Organic News from Afar

By Rosemary Stevenson

On-Line Biodynamic Farm, Vancouver Island. B.C. Canada

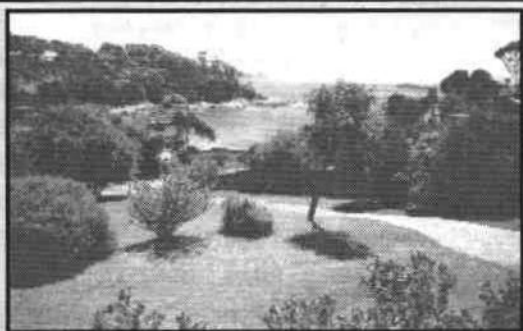
In July, this year, I went to Vancouver Island for a family reunion. It was my first visit in summer for nearly 20 years, as previous visits were always in winter for Christmas. I have friends who are professional organic farmers and horticulturists so my visit was interesting from several perspectives. Vancouver Island (where I lived for 10 years) has an almost idyllic climate, temperate with plenty of rain and good soil. One of my friends lives on a Biodynamic farm in the Comox Valley. It was early summer and following a late spring, the strawberries were still in season and the farm was selling new potatoes, lettuce, baby beets and baby carrots and peas. It was too early for tomatoes which were just

getting a move on in the plastic tunnel green houses.

This farm employs 7 full time workers, all women, who work for \$7.20 an hour. It amazes me that when the national basic wage is \$8.20 an hour, farm workers get less. The farm has its own shop and also supplies local shops and restaurants.

I learnt that most supermarkets in Canada want to offer some organic produce now. They want to cash in on the demand for locally produced, fresh and chemical free food. They insist on organic certification before they will buy from the producer. This has led to more strict rules for Organic Certification. The seed must be from a chemical free environment and all manures must also be organic. The owners of On Line Farm have had such trouble sourcing organic fertilizers, other than seaweed, that they introduced 6 head of cattle onto the farm. This creates a "closed" system, which is in line with biodynamic principles. They also use a large flow form to mix their own liquid manures.

On Line Farm has been in successful production for 11 years now. My friend, who lives there, is actually a Permaculturist who feels that her own farming methods are as successful as the Biodynamic ones. Whatever form of "organic" philosophy we might adopt, it is good to know that the interest in and demand for clean food production is increasing.



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Turning a Suburban Backyard into a Permaculture Paradise

by Jenny Waygood

Session 3: July 21st, 2000

We did our homework for this time. We actually finished the chook shed, though it was impractical to use it as a joint aviary. Dave calls it the *Chook Mahal*, a fantastic structure. I also got myself a lemon tree, which is planted in a ceramic pot and positioned on the North side of the house, near the brick BBQ. Dave assures me that the slight dullness of the leaves are due to the cold weather, and it will "come good" when the warm weather comes.

Dave Tooley bought his partner Dave Read this time. On this day it was a freezing cold day, topping at 4°C, and a North Westerly coming off the snow fields – I think you could safely call it brass monkey weather! Anyway, we donned our wooly winter gear and headed over to my fruit trees (3 in total) and a flowering cherry for a bit of pruning – Dave Read says its therapeutic stuff (as he gleefully rubs his hands together, and not just to warm them from the cold). A quick sharpening of the seceateurs (using a small fine file) and sterilizing (with metho.), and away we went. We were supervised closely by 2yo, who even lent a hand tidying up prunings.

It was sheer fascination watching, learning and even trying my hand with these "artists", applying their well-trained hand and eye to come out with a pure masterpiece. Dave explained basics of pruning was to mainly lower the height of the tree (to assist when picking), to increase air flow and so discourage pests and diseases, and to encourage strong growth with many flower buds, and so fruit. I can't wait for spring, and see these trees in full bloom and leaf.

Dave Read and I then did some sheet mulching under the apple and 3-graft (woops, I forgot to tell them till later) nectarine. And Dave took to his chain saw (yes, the motorized variety) and "pruned" the apricot tree (see attached story).

The main job out of the way, we retired inside to a lovely 19 C for a coffee, and a quick chat. We arranged a time for revisiting, and I was left to do the homework, which is to sheet mulch all areas that we plan to plant in vegetables, a bigger job than it sounds.

The story of the climbing tree

I got our apricot tree from a friend, as a plant swap about 8 years ago. She said it was a flowering tree, good as a standard. So, when we finally got it out of our carport, it was planted next to it to get shade from the hot summer sun. As it grew with our children, it grew into a very robust and enticing tree for young'ns wanting to attain a bit of independence, and to reach greater heights. So it was adopted by the kids as their "climbing" tree. Only when we had had it for 4 years, did we get any fruit, and me thinking it was just the flowering variety, thought the fruit would be poisonous, and threw it away. Only now, after 4 years of throwing the fruit away, I was told (by Dave Tooley) it was the fruiting variety, and would be safe to eat. So, to try and get more fruit out of this 5 m. giant, we would have to control it, by heavy pruning. Dave initially suggested cutting at the 2 m. mark, needless to say I resisted. This tree had grown up with us, and the kids, and was a very important part of the family. She taught our kids about climbing, and gravity, and cause and effect (namely effect of their weight on small branches). So Dave took to and pruned it at about 3 meters, which left a lot of good thick climbing branches, so that was OK. Or so I thought! When my 7 yo came home from school that afternoon, it was a different story. "*Why are our swinging branches cut off? Where are the standing branches?*" These cries let me know I was in trouble. But like the tree branches, her forgiveness is tangible, and grows back before you notice.

Organic Seed Saving Efforts

by Rosemary Stevenson

The main aims of the Canberra Organic Growers in regards to seed saving were established to be:

- 1) To provide a service for members
- 2) To provide an opportunity for members to SWAP SEEDS
- 3) To encourage members to DONATE seed to the COGS SEED EXCHANGE which can be sold to raise funds for COGS
- 4) To share knowledge and experience, especially at monthly meetings
- 5) To ensure seeds are as clean as possible (organically produced)
- 6) To educate people about seed saving
- 7) To encourage other people to save seed themselves.

As an amateur organization we know we cannot guarantee the viability of the seed we swap or sell. Accordingly, when we sell seed it should be modestly priced. It is important to build up a body of knowledge about varieties, which do well in the local region and also about the most successful methods of propagation. Information about growing should be provided with seeds, as well as accurate naming of varieties. It is not enough to have them labeled as "Fred's Carrots" or "Myrtle's Beans"!

Once a detailed database is set up, members can advertise what seeds they have to swap and they can use a search to see if any other members have seed they are looking for. We will develop a program for donors to complete when making donations of seed. This information will then go on to the database.

It was agreed that members who donate seed to the Seed Exchange should get a concession of 50% when purchasing seed from the seed exchange.

To summarize, we see the program primarily as being a Member Based Seed Exchange as we do not have facilities for setting up a true seed bank. Our aim is *not* going to be developing a seed company with a primary aim of fund raising.

The Canberra Organic Growers encourages you to ***Save Some Seed!***

Proposed New Community Garden in the Cook/Aranda Area

COGS is presently talking with the Government about establishing a new community garden in the Cook/Aranda area. We need to form a group of people to show the government that there is a need to have this new community facility. Interested people should give Keith Colls a call on 6251 7729.

CANBERRA ORGANIC

Vol.8 No.4 Issue 32

Quarterly magazine published by the Canberra Organic Growers Society Inc.

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Contributions are invited. Send on diskette (PC format, Microsoft Word files preferred) or e-mail to cogs@netspeed.com.au. Otherwise, send clean, typed copy.

There are four issues each year: autumn (February), winter (May), spring (August), and summer (November). The deadline for copy and advertising is January 15th, April 15th, July 15th, and October 15th respectively. Printing is done by Aussieprint on recycled paper. Illustrations courtesy of Joan Buckie. For advertising queries, please contact the editor.

A Dream Come True

by John & Margaret Allen

The Editor asked for an article on the realities of creating a "utopia" from our perspective. A little of the earlier Diary Notes article is necessarily repeated in this article.



Some people thought we were crazy - fancy moving away from Canberra and starting an organic farm at our age (mid fifties)! We dreamed to live on 5 acres or so and to grow enough tucker to feed ourselves with maybe some extra to sell locally.

We had this dream, and come what may, it was going to happen! Well it HAS happened, and we are now living the dream and loving it. We have settled in this lovely area, the farm infrastructure is nearly in place and we should see plenty of produce soon.

We were very fortunate to be able to find a five-acre block quite close to the facilities of Batemans Bay. The block satisfied the very different criteria of both of us. Margaret wanted to be near the sea, John wanted to be well above sea level in a mountainous bush setting. Margaret was not fussed about existing trees; John wanted a reasonable cover of local Australian native trees. We knew that it was going to be a hard slog turning the vacant block into a home and farm and it was essential that we were both very happy with the block. From then on it took a lot of research, planning, determination, budgeting, and plain old hard work to achieve our dream. We designed our own house and spent some time selecting a builder (we wanted to put most of our energy into the land). The builder had to have good references and be happy to evolve the house with us, fine tuning things as work progressed. We spent a lot of time thinking about our house design and "living it" in our minds because we did not want to cause delays or cost blow-outs by making major changes down the track.

The experience we gained from being COGS members was invaluable - we learned a lot about organic farming by reading material, listening to the wealth of experience from the monthly speakers and other members; and visiting local farms. We had also learned a lot from visiting John's brother, who has an organic farm near Candelo.

Our block is a south facing (a challenge in itself), sloping, narrow, 5-acres, spanning a gully. It has a massive water run-off into the gully. We wanted to have a very good water supply as we were not on town water and there were no streams passing through the property. The rainfall pattern here is such that we may go for months without a drop, then receive 100ml in a day. There was one small existing dam about half way up the slope but it was not large enough to supply water for the farm for more than a few weeks. We decided to have a large new dam (5 million litres) built in the gully. We would irrigate from the smaller dam, pumping water up to it from the larger one when necessary.

For household water, we have a 100,000 litre concrete tank collecting water from the house roof, and another 20,000 litre plastic tank collecting water from the shed. We calculated that with the dams and the tanks, we would have enough water for irrigation and home use for about two years without rain.

We decided to place the house near the top of the block in order to catch as much of the winter sun as possible, and to catch the cool sea breezes that came over the ridge. A few large trees between the house and the ridge would help to stop frosts rolling down the slope.

We wanted to keep at least one-third of the property in its original bush setting. We decided to clear the eastern slopes for an orchard and vege gardens. Being close to the ridge we had to

make sure that there was a decent firebreak around, and particularly below, the house site. This would also reduce gutter-clutter.

Before we designed the water drainage, we observed water run-off on the block during a heavy storm. The run-off was prolific - the whole block was a cascade of water. We had to put a lot of thought into how to manage it. We put a road in above, and adjacent to, the house, sloped away from the house, so that water was channeled down the side of the road and away from the house, through a pipe under the road down further, then into the upper dam. Another channel was graded out above the road and across the top of the property to divert water from the Ridge Road and next door's property around the house, down through the orchard and through one of the vege gardens, then on to the lower dam.

We initially made one unfenced vege garden but kept having problems with wallabies, so we decided to put a 6-foot fence around it. With hindsight - we should have fenced it earlier. We fenced the second vege garden area as soon as it was made.

The orchard was planted very soon after we purchased the property and most of the trees are establishing themselves well in spite of the wallabies defoliating some of the trees and the trees being munched by marauding horses and cows from neighbours.

The orchard fencing/netting was started the day after a major wallaby feast on the trees, and we are still waiting to see if two will survive. The orchard is in an area 13 metres by 36 metres. We decided to use 100mm x 100mm hardwood poles, 3.6m above the ground and about 5 metres apart. Fencing wire is strained around and across the top, 3.6 metres of chicken wire is around the sides, and strong, long-lasting black fish netting lays on top,

supported by strained wires. We learned very early that row-cloth covering could not be used in this area due to the very strong southerly winds that came up the slope - the cloth was just torn to shreds. Wallabies also ripped the row cloth apart to get to the juicy feed underneath.

Margaret does most of the gardening. John maintains the infrastructure and mows the grass etc. John will eventually get into growing Stevia but at the moment is fascinated by incubating ducks.

Good equipment is essential to reduce the workload. We have a good set of garden tools, a chain saw, ride-on mower with trailer, brushcutter, Petrol firefighter pump and orchard ladder. When we can afford it we will get a plough and perhaps a small tractor with a few attachments.

The irrigation system is very basic at present - an electric transfer pump operates in the upper dam, feeding into 1½-inch pipes laid around the property with outlets at various gardens. Given the slope, with hindsight, we should have put 2" pipes in - but it works OK. One day we will get a drip system going in the gardens.

We have yet to build the green house and chook house. We do have a few ducks, and one of the females is currently nest sitting. The ducks do a great job of cleaning up the slugs and snails in the vege garden. The shed is used as a potting and propagation area as well as a storage area.

We do not have the energy that we had when we were younger, but we did have the knowledge and will power to make this change late in our lives. We have gained strength and stamina as a result of the physical work it has taken. It has been very satisfying to see the dream unfold into reality.



Plant Profile: Long Shoot Potatoes

by Rosemary Stevenson (a.k.a The Spud Queen of Mitchell Garden)

There is a belief that long shoots on potato seed actually weaken the potato. From my own experience I have found this not to be true. Of necessity I have planted potato seed with shoots up to 30cm long. This is because it is hard to find storage, which is cool enough and humid enough for potatoes in modern Australian homes. I now know that the best thing to do is to leave them in the ground over winter, provided they have a deep enough blanket of mulch or soil.

I was given an interesting article from Organic Growing, March 1981, written by James Janowiak. He too started long shoot growing by necessity and later on found out about the research into this method, which was done by the Henry Doubleday group in Britain.

The results of this research show greater yields and a higher percentage of "useful" potatoes from those started with long shoots as opposed to the conventional short shoot seed. The Doubleday research recommends rows to be 30cm apart and seed to be planted 15-17cm deep and the shoots to be laid horizontally. The ideal length of the shoots seems to be between 12-30cm. With the long shoot potatoes, only 19% were very small, while with the conventional seed method, 34.7% of the yield were very small potatoes. As well, the actual weight was 10% better with the long shoot potatoes and this could not have been attributed to anything other than the method of using long shoots.

With long shoot potatoes you can get an early start in the season as long as you give the seed a thick blanket of straw or soil to protect from late frosts. If you have small seed just plant it whole. If your seed

is large, determine which end of the potato is the blossom end. Use this end rather than the stem end as it will have more eyes and will produce stronger plants. Try to keep as much of the potato as possible around the eye as it provides the starch, which produces the shoots.

Potatoes don't like heavy soil. They like well-aerated soil which has plenty of potash (potassium) and is a bit acidic. If your soil is too alkaline it will encourage scab disease. A mulch of oak leaves or chopped up oak leaves mixed in to the soil will add potash. Not too much nitrogen or you will get lots of leaves and not many tubers. Growing potatoes in no-dig gardens has proved to be very successful and raised up beds, like no-dig beds, provide the good drainage that potatoes like. Give them a good watering at least once a week when they are actively growing. Potatoes should not be grown in the same place more than 2 years and should be followed by plants that are not of the Solanum family (tomatoes, capsicums, chilies etc).

When to grow in the Canberra region? Potatoes don't like frost. Early potatoes can be planted 2 weeks before the average last frost date. That is, about 2 weeks before Melbourne Cup day. Late potatoes can go in around Christmas time or 6 weeks after the last frost. However, I have planted as early as mid winter and kept the plants going by constantly heaping more mulch over them as the shoots came through.

I am currently curating the following Heritage varieties, Manhattan, Carmen, Manistee and Dargo Goldfields. If you would like more information about potato growing or would like to share your experiences, I can be reached on rosemarystevenson@start.com.au

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KAY'S HERBS

by Kay Heaton

www.powerup.com.au/~dheaton/page1.htm

David and Kay Heaton are COGS members who live in Queensland. Kay has a web site on herbs, which she has kindly permitted COGS to reproduce.

- Ed.



Herbs are a delight to grow. Whether you use them for cooking or cosmetics, pot pourris or teas, or you just love to touch and to smell them as they grow in your garden, they are special.

Try some, but be warned - you may become hooked!

They do not require any special care. A good garden soil, sunshine and regular watering are all they need. Plant some around your garden. Because they are so aromatic they are good companions to other plants. They repel many of the less desirable insects, while their flowers encourage bees.

You can fill a tub or two with a kitchen herb garden or you can spoil yourself with a garden of aromas - lemon, liquorice, cinnamon, spearmint, clove and aniseed, to name a few.

This paper outlines the basic herbs and some others of interest. Should you become interested there are many excellent books on the market that explain growing and using herbs in detail.

N.B. The medicinal use of herbs should be approached with caution. Some herbs are quite potent and their content should be understood before being put into medicinal use.

IN YOUR GARDEN

There is a huge range of herbs; they cover all sizes, all growing conditions, and rate of growth and life spans. Any plant which has any specific use to man can be defined as an herb. Thus a Eucalyptus could be an herb as well as many vegetables, fruit trees and so called weeds.

Herbs can be integrated into your garden. However, as with any plant or tree, be aware of its growth requirements. If you do not make allowances for these you will be sorry later. Fast growing plants will cover and kill off plants planted too close. Tall plants will shade sun lovers and they will not thrive.

Most herbs can be grown in containers. If you have a sunny patio or pergola, a small garden, or only require a few herbs, this may suit you best. An old laundry tub, or a wheelbarrow with drainage holes, all make great herb beds. Otherwise use one fairly large pot per herb (giving it room to grow without competition) and arrange the pots in clusters in a sunny spot.

Arranging them this way helps to prevent the pots drying out. Use a good potting mix. Do not stand in saucers. Many herbs cannot abide "wet feet" or even having wet foliage for any length of time - especially lavender, rosemary, thyme, sage and oregano. Mints, chives, watercress (of course) and lemon balm are more tolerant of damp. Move the pots around regularly to avoid the larger herbs growing into the ground. Should a pot become completely dried out, immerse it in water up to the soil line. This eliminates all air pockets. If you pour water onto a dried out pot plant, the water runs through the air spaces and does not soak the soil.

If you have the room you can have a whole garden bed, full of herbs.

It should be situated in a sunny spot. Morning sun is the preferable choice. Ideally, the bed should be raised to allow good drainage. Plan the layout taking notice of eventual height and life span of each plant.

It is a good idea to plant out long lasting plants, spaced to allow annuals in between. This way the garden is always 'full' and looking good, for example, at the front - thyme, oregano, lemon balm and marjoram as base plants, with chervil, parsley cresses etc. planted in between.

In the middle - chives, sorrel, sage and winter tarragon, with basil planted in between. Plant permanent large plants at the back, for example, Rosemary, Lavender, lemongrass (this needs dividing every two years) and a Bay tree (very slow growing). If you plant too many too close together you will not get the full benefit of most. If you have only a small area then be selective. It might be wise to start small but make allowance to expand the area.

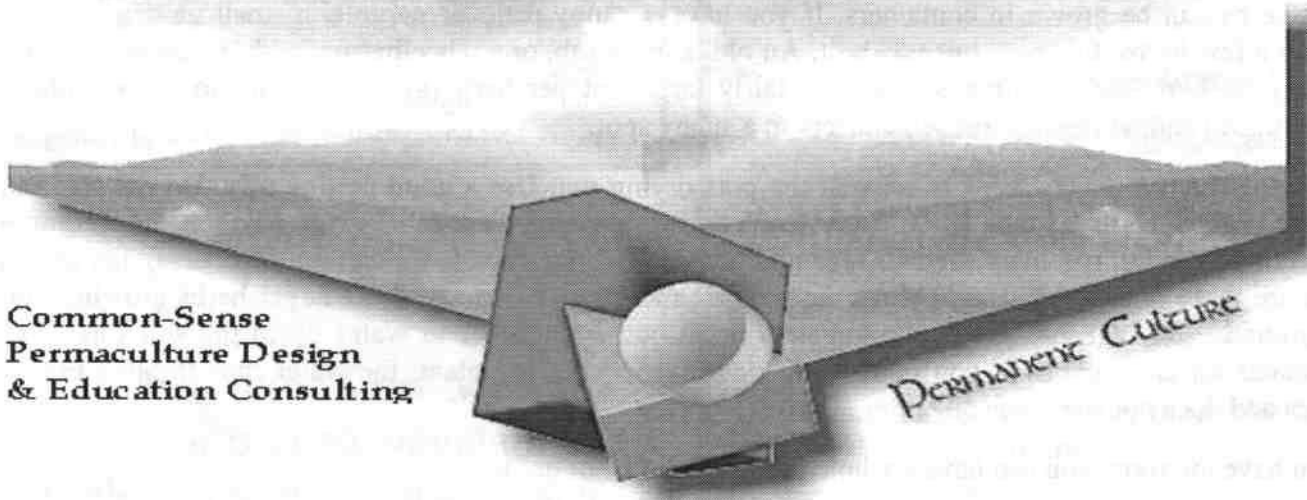
If you can afford to buy two or three metres of good garden soil (or can gather enough from your garden and compost heap) then an herb spiral is ideal (see *Permaculture A Designers' Manual* by Bill Mollison - page 101). Choose a sunny area. Perhaps you can spare part of the lawn. We have no lawns in our back yard. We established a "bush garden" at the back of our garden with a small pond in it and now have five species of frogs, resident possums, koalas, and have even been visited by an echidna and a brush turkey. The rest of the yard is thoroughly planted in vegetables, herbs, and shrubs - mostly natives.

If you choose a lawn area, first mark the outside of the circle/oval with thick newspaper (no need to dig up the grass). Then pile in your soil. Retain around the outer perimeter with logs, planks, and tiles, rocks - whatever does the job (or whatever you can afford). Leave an inch or two of newspaper showing to prevent the grass invading inside the spiral. Now mark out your spiral and use rocks etc. to retain where necessary. Remember when planting out your herbs that their requirements differ. A spiral garden helps cater for these differences in a compact area.

N.B. Some herbs can be very invasive. The worst offenders are mints, which are very hard to get rid of; the smallest root left will grow.

Others, such as dill, fennel, rocket and chervil seed readily but any excess can be weeded out.

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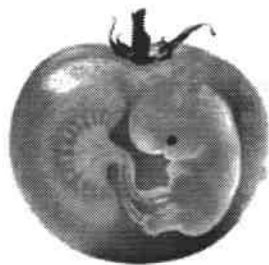


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Permanent Culture



GENETIC ENGINEERING NEWS

Compiled by Bridgett Farrer

Italian farm minister defends GM maize ban

ROME - Farm Minister Alfonso Pecoraro Scanio defended Italy's decision to ban four varieties of genetically modified (GM) maize, saying they were not "substantially equivalent" to conventional maize. "We banned the (approved) GM maize varieties because they are not 'substantially equivalent' (to conventional maize)," Pecoraro Scanio told Reuters in a telephone interview from Naples. He was responding to a statement by a European Union scientific committee last week which said Italy had no scientific grounds for blocking the sale of four strains of GM maize already approved in the 15-nation bloc. The four GM maize varieties banned by Italy on August 4 were maize Bt11 (developed by for genetic Novartis), maize Mon 809 (Monsanto), maize Mon 810 (Monsanto) and maize T25 (Agrevo). Pecoraro Scanio, a member of the Greens and a vocal opponent of genetically modified foods, said the Italian ban complied scrupulously with Italian legislation.

World sugar farmers test GM crops

SOUTH AFRICA - Consumers will have to change their views on genetically modified (GM) foods before transgenic sugar cane and beet become an option for farmers, delegates at an international sugar conference said yesterday. Tests of cane and beet modified to resist pests, diseases and drought are underway in many of the world's top sugar-producing nations, but commercial production is still a long way off, delegates from 26 countries were told at the Seventh World Sugar Farmers conference. "We sugar farmers need to have the general permission from society to grow GM crops and we must not place our energy to get consumers to accept sugar from GM crops before we get that permission," said Roger Stewart, president of the World Association of Beet and Cane Growers (WBCG). "Once we have that permission, then GM sugar will flow naturally from that," said Stewart, the newly elected president of the WBCG, which is running the conference. Some delegates argued that the issue was "dead in the water" given the backlash from European consumers towards GM food and GM-containing products. There is also increasing dissatisfaction with the

technology in the United States. "No transgenic varieties of plants are undergoing trials in Austria. Most Austrian consumers do not accept transgenic food for human or animal consumption," the Austrian delegation said in a paper. An Australian delegate, Jim Pedersen, who serves as a board member at the Bureau of Sugar in his country were particularly interested in conquering diseases, especially Orange Rust, which had devastated this season's crop. He said Orange Rust had caused losses totaling A\$200 million and reduced the crop to 4.2 million tones from an expected 5.5 million. He added that GM sugar cane was not grown commercially in Australia. Another Australian delegate, Harry Bonanno, said importers of Australian sugar demanded that their sugar was guaranteed to be GM-free. Brazil, the world's top sugar producer, came out strongly in favour of GM cane. "In Brazil a survey showed that there is not the same rejection of transgenic technology as there is in the EU," said Luiz Carvalho, the head of a sugar farmers' organization in Brazil's Sao Paulo.

Jellyfish and sugar?

The Canberra Times of 26 September 2000 quoted an AAP report that approval has been given to the CSIRO to conduct trials of GM sugarcane. "The jellyfish gene has gone into genetically modified cane ... as part of a wider effort to stop the browning of juice when it is extracted from raw sugar cane".

And the first genetically manipulated fish, a salmon that grows up to 10 times faster than normal, could be cleared for human consumption within a year. US Company AF Protein (BBC Online, 29 Sep) is producing it.

Study shows GM crops might affect birds

USA - Using crops genetically engineered to resist weed killers might harm birds - not because the genetic changes are harmful (?) but because killing weeds means less food for birds, researchers said yesterday. Some farms where such crops are used could see a 90 percent drop in the number of weeds - a boon to farmers but bad news for hungry birds, Andrew Watkinson of the University of East Anglia

in Norwich, England, said. Watkinson and colleagues used a computer model to predict the effects that planting a weed killer resistant sugar beet would have on a weed known as lamb's quarters or fat hen (its scientific name is *Chenopodium album*), whose seeds are a major food source for skylarks. "We predict that weed populations might be reduced to low levels or practically eradicated, depending on the exact form of management," they wrote in their report, published in the journal *Science*. "Consequent effects on the local use of fields by birds might be severe, because such reductions represent a major loss of food resources."

They said the effects on overall bird populations would depend on whether a few large farms used the genetically modified (GM) crops in just a few places, or if many different farmers planted such crops. "These results probably apply widely to other crops, weeds, and seed-eating birds," Watkinson told *Science*. But he stressed the results would be seen as a result of any weed management practice. It is just that using GM crops is a particularly effective way to get rid of weeds, he said. Watkinson said bird populations in Britain have fallen by up to 90 percent in the last 25 years. "It seems likely that the widespread introduction of herbicide-tolerant crops will result in further declines for many farmland birds unless other mitigating measures are taken," he said.

U.S. biofood industry plans advisory panel

WASHINGTON - The U.S. bio-food industry, under closer scrutiny since the recent contamination of taco shells with unapproved biotech corn, has said it would create an advisory panel with consumer groups, farmers, food makers, grain exporters and other groups. The Biotechnology Industry Organization (BIO) said consumer safety is the highest priority for members such as Pharmacia Corp., Aventis SA and other companies that develop new gene-spliced crops and foods. BIO said it would create an advisory group "to serve as a sounding board on important issues and provide counsel on our actions." Members of the group will be chosen from all segments of the food chain, the trade group said. The group also said member companies would make

public more scientific information and policies to safeguard human health when developing new gene-spliced products. The industry move comes at a time when lawmakers, consumer groups and big overseas grain buyers have called for another look at U.S. regulations for gene-altered foods. The Food and Drug Administration said on Monday it would begin testing a variety of snacks, cereals and other foods containing corn flour for the presence of an Aventis biotech variety that was approved only for animal feed. Last month, Kraft Foods, a unit of Philip Morris Co. Inc., announced a voluntary recall of Taco Bell brand taco shells sold in grocery stores after it discovered some unapproved bio-corn had crept into the food. So far, the corn has been found only in taco shells. The federal government, to prevent any more food contamination, is buying the 2000 harvest of the Aventis corn, known to farmers as StarLink. But experts say 10 to 20 percent of the crop has already been harvested and may have also been milled into flour for food products. Regulators are also worried that some of last year's StarLink crop may have accidentally contaminated some food. StarLink, grown on about one percent of all U.S. cornfields, was approved by regulators as an animal feed. But the variety cannot be used in human food because some federal scientists believe it may cause an allergic reaction. The National Corn Growers Association urged farmers to sign up for the StarLink buy-back by the Friday deadline. Under the program, farmers will receive a 25-cent per bushel bonus to turn in the StarLink corn to the government. "This program will help reassure our customers in the United States and worldwide that we comply with marketing regulations," Rick Tolman, executive vice president of the trade group, said in a statement. Last week, U.S. grain groups hurried to reassure Japan - the single biggest overseas buyer of American corn - that StarLink would be carefully monitored. In April, Japan will follow the lead of more than a dozen nations and begin requiring labels on food that contains genetically altered ingredients.

Most of the above information was obtained from Planet Ark.

If you would like to help with local action concerning labeling legislation of GMO's, contact Marja <marou@pcug.org.au> or contact me, Bridget, at <prospect@spirit.com.au>. If you would like to get some GM information booklets, they available for \$9.95 from me. There is also a booklet telling you what food currently is not GM, available for 50c.

COGS is currently looking for a WebMaster to manage and update our award winning web page. If you have the knowledge and the time, please ring Steve on 6292 5609.

Solarisation

-an organic process for better yield and growth

by Jonathan Banks (of Pialligo Apples)

Solarisation is an excellent organic process for weed and pest control in soil. It is effective in most of Australia, including Canberra, during most of the year. Why is it so little known and used?

The principle behind solarisation is heating the soil by energy from sunlight to temperatures that kill off weeds, weed seeds, pathogenic fungi, and insect and similar pests. In its simple form, clear plastic sheet is spread over the surface of wet soil. Sunlight goes through the plastic and is converted into heat which is then trapped under the plastic (the 'greenhouse' effect). The soil becomes heated to over 50° C, enough to kill off most harmful organisms and weed seed, but not beneficial, composting bacteria (known as 'thermophiles'). The plastic is left in place for long enough to allow the heat to diffuse down through the soil to kill off deep weeds, e.g., couch, pathogens and pests, which are deeper down in the soil. After a few weeks, a depth of over 20cm will have been treated.

In Canberra, late spring or summer, about 4-6 weeks exposure is sufficient to produce the desired weed and pest free effect. We have used it at Pialligo in the vegie patches over the last two seasons and find the effectiveness quite remarkable. In the first season we treated two small areas (about 4 square metres each). One area had become infected with white bulb rot and the other area was heavily couch-infested. The rot seems to have been controlled and the couch is almost gone. Last season we treated the area to be used for pumpkins (about 40 square metres). It was very weedy, with couch and other plants. The treatment was apparently fully effective, even though the area gets some shade during the day, except in one small patch. This patch grew weeds very well. It was directly under a hole in the plastic. We have now learned by experience that the technique requires no holes in the plastic at all.

Solarisation is extensively used in the Middle East, particularly in Jordan, Syria and Israel, and is under test in many other sunny regions of the world as a replacement for methyl bromide fumigation. It is used effectively in Japan within plastic tunnel greenhouses and there is ongoing research to improve it. A number of variants and improvements are in use, such as:

-*Selective wavelength plastics.* Some plastics trap the heat (long wave radiation) better than polyethylene.

-*Biofumigation.* Adding green mulches of particular plants, notably brassicas and composites, before covering assists the solarisation and can make it quicker and more effective where there is insufficient sunlight. The mulches break down to release natural fumigant gases that control pests.

The main drawback of solarisation is the slowness of the process. However, most organic growers will be able to organize treatments so that they can incorporate it into their crop schedule and rotation.

For further general information on solarisation, visit the web site www.teap.org. Click on the words Methyl Bromide to find the 1998 Methyl Bromide Technical Options Committee Report. For a good overview with uses in various countries, see 'Soil Solarisation', edited by J.E. De Vay et al, FAO Plant Production and Protection Paper No 109, FAO, Rome, 1991.

Recipe for Solarisation

1. Mow the area to be treated on lowest mower setting to produce a mulch.
2. Water the area to saturation.
3. Cover with clear polyethylene or greenhouse plastic (e.g., 200 micron), burying the edges of the film at least 10 cm into the soil. There must be *no* holes in the sheet and the whole area must get direct sunlight for most of the day.
4. Wait 6 weeks.
5. Remove plastic, clean and fold carefully for reuse.
6. Wait 2 days, then plant seeds or seedlings.

Notes: For extra effect, grow brassicas on the area before mulching or mulch with brassica waste. The soil *has* to be wet, the plastic *has* to be clear (you do not get the greenhouse effect with black plastic) and must have no holes. The sunlight has got to be strong and the edges of the plastic must be well buried, as the plastic must stay in place for long enough to do the job.

NUTRITIOUS WHOLE WHEAT BREAD

Reproduced from Organic Lifestyle, Vol 3 No. 5

Pleasant Hill Wheat is the name of an American bakery firm with great knowledge in the best types of wheat for bread making. Here, they offer some suggestions for choosing your wheat and how to work with it.

Facts on Wheat

Great differences exist between wheat varieties. Some wheats are suitable only for specialty purposes, and among wheats grown for milling and baking, characteristics can vary widely due to a large number of factors including seeding date, soil fertility, and the climate where it's grown (including yearly weather variations). Even two lots of the same variety of wheat, grown the same year, in the same area, can perform differently.

Wheat types

First, a few items of information that might be helpful... Two of the large categories that wheat varieties fall into are white and red. White wheat isn't white, and red wheat isn't red. The kernels of both are variations of brown; they probably should be called "whitish" and "reddish" at most, and the difference is mostly colour density. The name "wheat berries" is used by some; while this isn't a term we hear wheat growers use, it does refer to the whole-wheat kernels as we sell them.

White Wheat and White Flour

Milling white wheat at home does not produce a product like the white flour you can buy at a grocery store. That flour is white because its bran and germ have been removed and the remaining endosperm has been bleached. The result contains protein and

energy, but most of the multitude of nutrients it began with are long gone; it's about as healthful as a marshmallow.

Tricks of the Trade

Many of the chemical preservatives in commercial foods are there because fat molecules become rancid fairly soon after milling or rolling ruptures them, exposing plant fats to the air. (Although it's maligned, healthful fat is a dietary essential.) White flour offers elasticity and an extended shelf life, but that's about all.

Wheat production and Reproduction

The difference between hybrid and open-pollinated seeds is not whether they'll grow, but what they'll become and produce. The progeny of open-pollinated seed is genetically identical to its parents; that of hybrid seeds is genetically different from its parents. If used as seed, open-pollinated wheat will grow into wheat with the same genetic potential its parents had -- and succeeding generations will do likewise.

Selection and characteristics of wheat

The average (American) adult eats about 350lbs of wheat per year, in bread and as an ingredient in many other foods. Since wheat is a dietary staple, it behooves a person to know a little more about what they're buying than just "it's red wheat". It isn't the least bit difficult to find hard red winter wheat that's highly nutritious. But there are additional properties that most of us enjoy in bread, which we may not always think about.

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determining which varieties, grown in a particular area, tend to make good-to-exceptional bread.

We suggest that you buy from someone you have reason to trust. If someone's been around a while, if they're helpful to you, if their reputation in their community is good, you've probably found such people.

Taste, Texture, and Handling

After wheat samples are collected, they're milled and baked into bread. The wheat goes through a regular home mill and the flour is mixed into dough using a bare-bones recipe. In this test we want the wheat to stand or fall by its own merits -- not those of dough-enhancing agents or even butter, milk, or refined sugar (we use honey). The main differences we look at among sample breads are in the areas of taste, texture and handling. Some hard red winter wheats have very strong flavour and leave a bitter aftertaste in the mouth. Some white wheats are so mild that they have almost no flavour at all. Our objective is bread with a good wheat flavour and no bitterness.

Texture is another important characteristic that varies widely. Healthful wheat bran grinds up into particles with microscopically small, sharp points that can tear the dough and pop its yeast bubbles; this creates unenjoyably dense bread. Weak gluten bonds make some bread fall apart like crumbly cake; if you can

hold it together long enough to get it to your mouth it may taste fine, but in a day or two the moist crumbliness becomes dry crumbliness and that's just as enjoyable as it sounds. We want bread with good yeast-bubble size and chewy texture -- but which does not chew like rubber. This is where protein quality comes into play.

Protein Content

We're sometimes asked how high the protein is in our wheat -- because the protein number is often treated as the definitive measure of how elastic the bread will be. But there are differences in the quality of proteins, as well as in the amount, as wheat chemistry is complex. Different lots vary, but our wheat usually runs in the 13.5 to 14.5% protein range.

Your bread should have a very pleasing texture - not insubstantial, but not brick-like either. If you're new to bread making, we recommend getting some "alongside" instruction from someone who's good at it, because baking is as much art as science.

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Who are we?

Organic Origins is a Co-operative Enterprise based on Permaculture and Organic gardening principles. Offering consultancy services and books. Community Education, Garden Design & Management, Herbs & Vegetables, Mulches & Manures, Compost Bins, Worm Farms, "No Dig", Raised & Easy Care Gardens, Creative Recycling, and Foodscaping, Big & Small.

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SUMMER VEGETABLE PLANTING GUIDE

In summer, it is a good idea to mulch your garden to help keep the soil cool and moist. One experiment has shown that a 4cm layer of straw reduced evaporation by 73%! Be careful, however, not to lay down a thick layer of sawdust or lawn clippings which can pack down to form an impenetrable barrier to water.

Soil with lots of compost will contain all the nutrients your plants need for strong, healthy growth. In addition, it will retain water and act like a sponge to keep your plants moist through the dry summer days. On days of extreme temperatures, your plants may need to be physically protected from the heat. This can be achieved by covering the plants with shade cloth secured on a frame, for example 'weldmesh' bent over to form a tunnel with shade-cloth secured over it with some pegs.

Try not to leave water on the leaves of plants which are susceptible to fungal diseases, for example tomatoes, cucumbers, pumpkins, zucchinis. Preferably water with drippers, or if you must use overhead sprinklers, water in the cool of the morning so that the water can evaporate during the day.

Remember to leave space in your vege patch for those winter vegetables which must be planted in late summer to early autumn. Brassicas and other winter crops need time to mature before the extreme cold of winter sets in.

Keep those weeds down! They compete with your plants for food, water and sunlight. It is best to tackle them when they are small - before removing them becomes a backbreaking and exhausting exercise.

Pests can multiply rapidly over summer. Don't reach for the pesticides! Observe if there are natural predators present, remembering that there will be a delay between the appearance of the pest and the subsequent build-up of its predators. If you must spray, then use an environmentally benign spray. Read books on this subject such as Jackie French's *Natural Pest Control*.

Make sure that you harvest your crop regularly - in most cases this will encourage your plants to continue cropping, and you get to eat your produce at its peak.

Summer Vegetable Planting Guide

	December	January	February
French Beans	S	S	
Beetroot	S	S	S
Broccoli	ST	ST	T
Brussel	ST	ST	T
Cabbage	ST	ST	T
Cauliflower	ST	ST	T
Carrots	S	S	S
Celery	T	T	S
Chicory	S	S	S
Chinese	S	S	
Cucumber	ST	T	
Endive	S	S	S
Kohl Rabi	ST	ST	T
Leeks	S	S	
Lettuce	ST	ST	ST
Marrows	T		
Parsnips	S	S	S
Potatoes	S	S	
Radish	S	S	S
Silver Beet	ST	ST	T
Squash	ST		
Swedes		S	S
Sweet Corn	ST	T	
Tomatoes	T	T	
Turnips		S	S

S = Seed sowing

T = Transplant

Notes:

(1) 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 summer weather from one year to the next.

(2) Planting times will vary for different varieties of the one vegetable, for example, December plantings of Heading Lettuce should be successful; in February, plantings should be the Butterhead variety.

GE-FREE FOOD LIST AVAILABLE

Send SASE to: Martin Oliver
Gene-Ethics Network Northern Rivers
C/- BSEC, 123 Keen Street
Lismore, NSW 2480

SPEAKERS

Room 4, Griffin Centre, Civic, 7:30pm

November

Gerard Gillespie

Gerard will introduce us to No Waste measures being implemented in the ACT and surrounding regions, such as the BioBin trails in Chiefly, as well as discussing general waste recovery issues.

February

Jackie French

Jackie will talk to us about the 20 most essential plants to have in your Canberra garden (and the 10 silliest!)

Please note: there are no general meetings during December and January (you should be in your garden anyway!)



Theodore Community Garden

Plots are now available to grow organic produce for home consumption. Inquiries to Steve on 6292 5609

PERMACULTURE ACT (PACT)

Please contact David Read on 0407 070 189 if you are interested in becoming involved with the permaculture group within the ACT.

ENVIRONMENT CENTRE SHOP

The Canberra Environment Centre Shop offers products that are environmentally friendly and safe for you to use.

- Bulk biodegradable household and personal care products (bring your own containers)
- Wood products made from recycled or reject timber
- Natural dental care products
- Re-useable sanitary pads and organic tampons
- Natural cosmetics
- Natural insecticide
- Books on environment & sustainable technology
- Children's books
- Educational toys
- Games
- Calendars and diaries
- Australian made fashion clothing
- Gifts for the whole family

The shop is at Kingsley Street Acton

Ph/Fax: 6247 3064

Open Tuesday-Friday 9 - 5, Saturday 10 - 1

AT COGS BACKYARD

Xeriscape Gardens, Heyson Street, Weston

Xmas Organic Sausage Sizzle

Sunday 3rd of December 12 noon

Access will be through the back gate off Unwin Place. Turn off Streeton Drive into Unwin Place. The gate is on the right hand side, after the police training centre.

Organic tea, coffee and juice will be provided along with the food. Vegetarians will be catered for if you let us know. Please bring your own cup, plate and utensils that you can take home and wash. Don't forget a chair.

For catering reasons we need to have **RSVP's by the 26th of November**

RSVP's to Rod Therkelsen on 6226 5086 or e-mail sigandrod@interact.net.au