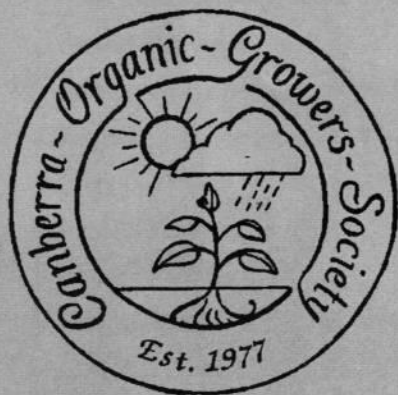


Summer



Canberra Organic

**ORGANIC GROWING
IN THE CANBERRA REGION**

Quarterly publication of the Canberra Organic Growers Society Inc.



VOL. 9 NO. 4

SUMMER 2001

Contents

| | |
|--|----|
| From the Editor— <i>Steve Sutton & Deborah Avery</i> | 3 |
| Committee Members and Helpers | 4 |
| President's Report— <i>Keith Colls</i> | 5 |
| Community Garden Convenors' Reports | 6 |
| Karralika—Shelter From The Wind— <i>David Read</i> | 7 |
| Every Day Herbs For Healthy Living (Part 2)— <i>Shirley Carden</i> | 12 |
| Garden Tricks— <i>Betty Cornhill</i> | 16 |
| Winter Vegetables | 18 |
| Charcoal Factory For Mogo— <i>John Allen</i> | 20 |
| From The Garden To The Pot— <i>Conrad Van Hest</i> | 23 |
| Summer Vegetable Planting Guide | 24 |
| About COGS | 25 |
| Membership Application/Renewal | 26 |
| COGS Notice Board | 27 |

From the Editors

Welcome to the Summer edition of *Canberra Organic*. Due to many other commitments we have decided that this is the last edition we will be editing. The Committee needs some new blood to come forward, this is a very rewarding job as you come into contact with interesting people who invariably manage to inform you of new things.

In this issue, you will find part two of 'Every Day Herbs for Healthy Living', an article on growing winter vegetables from a new member at our Kambah garden, what is going on at 'Karralika' and much more.

Thanks to the many members who have contributed articles over the past year. The articles on peoples own experiences we have found to be the most interesting. This magazine gives people a chance to communicate and ask questions to a great many people at the same time.

Happy reading

Steve Sutton and Deborah Avery

*The Committee of the Canberra
Organic Growers Society wish you
and your family a*



CANBERRA ORGANIC GROWERS SOCIETY INC.

PO Box 347 DICKSON ACT 2602

COMMITTEE MEMBERS & HELPERS

OFFICE BEARERS

| | | | |
|-----------------------------|------------------|-----------|-----------------------------|
| President | Keith Colls | 6251 7729 | keithcolls@optusnet.com.au |
| Vice President | Steve Sutton | 6292 5609 | suttonsm@lightningpl.net.au |
| Secretary | Conrad Van Hest | 6288 2443 | zysyphot@netspeed.com.au |
| Treasurer | Adrienne Fazekas | 6247 5882 | afazekas@yahoo.com.au |
| Membership Secretary | Sigrid Drescher | 6226 5086 | sigandrod@interact.net.au |
| Editor | Deborah Avery | 6231 8309 | deborah@ecoaction.net.au |
| Librarian | Maren Childs | 6254 9927 | jbchild@cyberone.com.au |
| Seed Librarian | Laurie Thompson | 6288 7161 | diamondjim@bigpond.com |
| Public Officer | Conrad Van Hest | 6288 2443 | zysyphot@netspeed.com.au |

GENERAL COMMITTEE MEMBERS

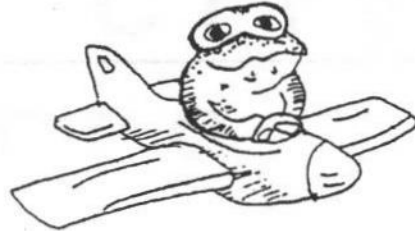
Rosemary Stevenson, Laurie Thompson, Sandra Johnston, Beatrix Bros

COGS FLYER

Pilots: Vacant

MONTHLY MEETINGS

| | |
|-------------------|--------------------------|
| Book sales: | Murray Dadds |
| Produce table: | Vacant |
| Supper convenors: | Marie Bahr, Mary Flowers |
| Librarian: | Maren Childs |



COGS REPRESENTATIVES

Environment Centre: Steve Sutton, Deborah Avery
David Read

INQUIRIES ABOUT ORGANIC GROWING

Email: cogs@netspeed.com.au
Telephone: Elizabeth Palmer 6248 8004

GARDEN CONVENORS

| | | |
|-------------|--------------------|--------------|
| Cook | Keith Colls | 6251 7729 |
| Cotter | Michelle Johnson | 6231 6219 |
| Holder | Steven Dean | 0403 353 118 |
| Kambah | Heather Pearce | 6296 6167 |
| Erindale | Christine Carter | 6231 5862 |
| Theodore | Dave Read | 6294 4001 |
| Queanbeyan | Katrina Willis | 6232 9743 |
| Oaks Estate | Rosemary Stevenson | 6284 4238 |
| Northside | Margie Perkins | 6241 6031 |
| Charnwood | Peter Marstin | 6254 1278 |

COGS ON THE INTERNET

| | | | |
|--|---------------------|-----------------|-----------|
| www.netspeed.com.au/cogs | Web Manager: | Maren Child | 6254 9927 |
| cogs@netspeed.com.au | E-mail Coordinator: | Conrad Van Hest | 6288 2443 |

Articles may be reproduced for non-profit, educational purposes. For other purposes, please obtain permission from COGS. Articles in the magazine do not necessarily reflect the views of the Society. Products and services offered by advertisers are not specifically endorsed by the Society.

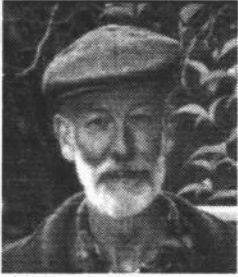
Contributions are invited. Send on diskette (PC format, Microsoft Word files preferred) or e-mail to cogs@netspeed.com.au. Otherwise, send clean, typed copy.

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

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

~ VISITORS WELCOME ~

President's Report



The spring crops should all be in by now and starting to grow nicely. The rain during the last couple of months has given us a good start to the season. The new gardens are starting to fill up with plot holders and already the Holder garden is almost full. All the COGS gardens are starting to look good. The appearance of the gardens has also been enhanced by the nicely mowed grassed areas thanks to the new ride-on mower which makes the task of mowing much easier now. The establishment of the new gardens is now complete and we are looking forward to the opening of the new Queanbeyan garden by the Mayor of Queanbeyan, Cr Frank Pangallo, on Saturday 24 November. You are all welcome to come along and admire this new garden.

Don't forget to think about which plants you are going to let go to seed at the end of the season. The COGS seed bank needs to be constantly resupplied by good quality, organically grown and locally produced seed. The seed bank is becoming increasingly popular amongst COGS members as a source of seed for their plots and home gardens. If you suddenly find you need some seed which you forgot to buy at the last meeting, Laurie Thomson now has the seed bank available at the Xeriscape garden every Wednesday and Saturday morning from 10am to midday (use the Unwin Place entrance).

Our commiserations to all those gamblers out there who planted out their tomato and bean seedlings before the beginning of November and had them wiped out by the frosts in the middle of October. However, there is still time to grow their replacements and for those of you who like competitions, its time to be planting those pumpkins for this years giant pumpkin competition.

This has been quite a successful year for COGS, helped to a large extent by the ACT government grants and funds from the Queanbeyan City Council which allowed us to establish four new COGS community gardens. This has brought a lot of keen new gardening members into the organisation. I would like to thank all those who helped run the various COGS activities during the year, especially those members who have helped on the stalls. At present we are looking for new members to produce the magazine next year and there are still vacancies on the COGS committee. So, during the Christmas break, please think about volunteering for a Committee position or helping with any of next year's COGS activities. Your efforts will be greatly appreciated.

We have all had a busy year and we are looking forward to the Christmas break. Now is the time to relax and enjoy ourselves at our individual COGS community garden barbeques. On behalf of the Committee I would like to thank everyone for their support during the year and we wish you all a merry Christmas and a happy new year.

Happy gardening,

A handwritten signature in black ink that reads "Keith".

Keith Colls

Community Garden Convenors' Reports

Charnwood

Charnwood Garden has been in existence for about ten years now. The first entry in the hand written cash book for 28/8/91 is '6 hoses & fittings \$66, B.Cornhill'. The records show fairly high turnover in convenors and members with only one stalwart member remaining from the early days. I suppose that this just reflects that with community gardening, 'many are called but few chosen'. Unfortunately, break-ins to the shed and pilfering of vegies is an all too frequent complaint in the records but members have been philosophical and got on with gardening.

Plumbing fixtures have been feeling their age with several broken pipes and fittings in recent years. The need for a reserve of funds to meet contingencies has seen plot fees rising from a low base of \$5 to \$20 per plot (not without grumbles). We only recently noticed that a Garden Committee had not existed for some time and have rectified this absence with the appointment of three to the Committee.

Our Healthy City Canberra grant money was put to reinforcing the shed, a basic set of garden tools, sturdy builders wheelbarrow, plumbing items and rebuilding the gate. We keep our fingers crossed with our new acquisitions.

A few new members have arrived and the new season looks promising. We hope Charnwood has a bright future for the next ten years but this will only happen with an active membership and good organisation.

Mayor To Open Queanbeyan Garden

Interest in the Queanbeyan garden is steadily growing and will receive a boost when Mayor Frank Pangallo opens the garden on 24 November at 11.30am. This will be followed by a sausage sizzle provided by the Queanbeyan City Council. All COGS members are welcome.

The city council has provided financial assistance to establish the garden and the official opening is COGS' way of acknowledging this support.

Queanbeyan Landcare has offered to donate shrubs and grasses for the garden and will be part of the official opening.

Eight plots are now let in the garden, around one-third of the plots which will become available. We are awaiting news of whether a grant application to the NSW Department of Sport and Recreation has been successful. Funds from this source would allow us to develop the final beds and return to COGS funds loaned to establish the Queanbeyan garden.

Queanbeyan and Oaks Estate garden members combined in October to hold a COGS stall at the Rotary Cottage markets held on the banks of Queanbeyan River on the second Sunday of each month. There was considerable interest in seeds and seedlings.

We plan to have a regular presence at the market. Any Queanbeyan or Oaks Estate members interested in assisting for an hour or two would be very welcome. The market runs from 9am to 2pm and will be held next on 11 November.

For more details, contact Rosemary Stevenson on 6284 4238 or Katrina Willis on 6232 9743.

Karralika—Shelter From The Wind

David Read

I've imagined at times the lifestyle that entices me. I see a small, self sufficient and regenerative community, with swings for the kids, an art room, chooks and compost. I like the idea of gardening with a group of people and that's probably why I have a plot at Theodore. But if I close my eyes, I can see the rainwater tanks and hear them filling during a spring downpour while we relax and watch the vegies grow.

Karralika is the residences operated by the Alcohol & Drug Foundation of the ACT (ADFACT) in Isabella Plains. Another site (the original in 1978) remains in Fadden. In total, up to 50 adults (plus children) may be in full time residence. The residential treatment program is abstinence, based on the therapeutic community model. Residents live and work in a small family-like situation, sharing domestic duties and helping each other to re-establish constructive life coping skills.



Activities centre around a normal lifestyle of daily work, projects and leisure pursuits, supported by individual counselling and a creative therapy program. Treatment generally lasts about 6 months.

Dave Tooley and I have been volunteering at Karralika and ADFACT for nearly two years now. We were invited to present a two hour organic gardening segment to the Karralika residents after one of the committee members attended an 'EarthWorks' course (sponsored by ACT No Waste) that Dave Tooley presented.

Two years later, with the backing of ADFACT and a Healthy Cities grant (many thanks to Rik Allen), we have started the new financial year with a modest budget allowing about two full days gardening and facilitation of the 'Plot to Pot' program. Volunteers remain the backbone of the Karralika Community Regeneration project. The budget also allows for materials to expedite the Plot to Pot program as well as providing resources for use in designing and building a sustainable community environment in line with the therapeutic community model.

In the Beginning

Karralika is located in mid Tuggeranong and is surrounded by about 10 years of native plant growth and appears as a townhouse development from the road. A small vegetable garden, located between two of the living modules, was being overtaken by strawberries and not a sign of mulch to be seen (horror). The large grass areas were great for football and mowing. The rubbish hopper was full and smelt a bit. No one had seen a recycling bin. Dave and I smiled at each other.

No one knew what to think of these two bearded garden warriors either. We were excited seeing what we had taken on. Dave and I both have a belief in the planet and thought we may spark some imagination. The residents just thought we were hippies.



continued/...

We decided the best thing to do was stick with it, just a little bit each time. We showed videos about composting and worm farming, showed them how to build no-dig gardens and use mulch. Plants were always discussed and pointed out along with their particular uses. We talked about design and it's importance even at the smallest level. Locating the chook shed met with small resistance, 'Phew, not near my window'. Now, though, the chooks are much loved members of the Karralika community.

We found persistence to be our best educational tool. We were always (and still are) there gardening come rain, hail, and shine. Just the act of willingly gardening for pleasure creates an impression. Some think we're crazy, others come out and join us. It works for the more mundane tasks as well, like emptying the kitchen compost or doing the daily dishes. These small tasks we take for granted at home take on significant proportions when you consider up to 50 people at a meal.

The entire community has come a long way in accepting our desire to reduce, re-use, recycle and we can see the changes in the community.



What Now?

Plot to Pot—the name says it all. We are now developing a program, using permaculture ethics and organic gardening practices, that will provide basic life skills to participants including recycling, composting, gardening, plant selection, harvesting and storage, nutrition, and basic cooking. The program will be 8–10 weeks long and cover these subjects on a rotational basis. We realise that 20

hours tuition won't create the complete organic gardener. Persistence will.

The kitchen has become the focal point for Plot to Pot with emphasis on harvesting, preparation, use, storage and recycling. Each week the kitchen crew have a 30 minute workshop on use of up to six food plants freshly harvested from the gardens. With volunteer help the Karralika kitchen now has a better designed kitchen menu that helps focus on home grown produce. With all the produce we're expecting this year though, preserving will be high on our priority list. If you'd like to be involved in a preserving network, please get it touch, and show what you know.

We are also working on a few projects on the grounds including a hothouse and extending the chook run and orchard. There is paving for one of the staff buildings to be finished along with a small interview garden. We are also working to get as many vegie seedlings in the ground as possible. With a healthy, growing community to feed we are also using the plots at the Theodore garden where we plan to grow corn, peas and tomatoes.

The Results

With a consistent presence in this community, we have been able to bring about a 50% decrease in waste leaving the site. This includes a compost system using poultry, no-dig gardening and sheet mulching, and dedicated recycling systems from the office and the kitchen to the orchard. There is still plenty of room for improvement, and people who want to enjoy the experience.

ADFACT are now active COGS members and have three garden plots at the Theodore community garden. There is a four bed vegie garden, orchard and chook run, worm farm and compost bays at Isabella Plains. As the program has matured we've experienced increased awareness filtering through to the half-way houses with some residents expressing a desire to garden in the Kambah Community Garden plot.

ADFACT aren't the only organisation looking for enthusiastic organic gardeners who would like to show what they know. And there is a larger community out there that is starting to take notice of what we are showing. The compost workshops we run at the Environment Centre in Civic are getting bigger. The Xeriscape Gardens at Weston are enjoying a bumper year with visitor numbers already up. There are at least two environment fairs to happen over the next 4 months that I'm aware of. And by the time you read this the Green Living Fair will have happened. Keep your eyes open.

Conclusion

It's the year of the volunteer. Give it a go.

Organic Origins

Gardeners With Attitude



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.

David Read or Dave Tooley

0409 070 189

Email: kdread@primus.com.au

Composting, Worm Farming and No-Dig Workshops

Saturday, 1 December

Learn the secrets of ...

Composting

- How to make your own compost.
- How to fix composting problems.
- How to use compost.

Worms

- Varieties of worm farms.
- How to fix common problems.
- Use of worm products.
- Feeding techniques.

No Dig Gardens

- Learn how easy it is to set up your own no dig garden.

Only \$5.00*

Proudly supported by the Canberra Environment Centre, Back to the Future, Ecos Design and Organic Origins

Canberra Environment Centre

2 Kingsley Street, Canberra

To register telephone 6248 0885

* Free to Friends of the Canberra Environment Centre and Conservation Council

Discover the basics behind the Organics Industry



IS ORGANIC FARMING FOR YOU?

A SHORT COURSE TO BE HELD AT VARIOUS LOCATIONS

ON THREE SATURDAY MORNINGS (9am - 1pm) IN AUTUMN 2002 (APRIL – MAY)

Presented by **THE CIT SOLUTIONS RURAL TRAINING CENTRE**

Topics include:

- Principles of biodiversity, ecology and recycling in relation to alternative farming systems
- Identifying important differences between conventional and organic farming systems
- The major international and national producer organisations and organic farming movements
- The role of certification in meeting customer requirements and marketing alternatives for organic produce.

Excursions include visits to organic orchards and farms.

Price: \$215

The program can be used for recognition towards a Certificate in Organic Farming (with extra assessment).

For further information contact:  Jane Vincent, Course Co-ordinator 6230 3584

OR

 Melissa O'Connell at the Rural Training Centre 6207 4953

A Giant Pumpkin Competition

and a Competition for *other big vegetables*

will be held at Youthhaven Horticulture, Kambah Pool Road, on Saturday 6 April 2001. All vegetables entered must have been grown in the ACT and entered by a resident of the ACT. For the purposes of this competition, a squash (usually green in colour to some extent) will be regarded as a pumpkin.

Prizes as follows

1. **For the Biggest Pumpkin**

First prize:\$600 Second prize : \$300 Third prize :\$100

These prizes have been donated by Mr Brian Corkhill of Corkhill Bros

2. **Closest to a mystery weight**

\$50

3. **Heaviest pumpkin between 0–49.9 kilos; 50–99.9 kilos; 100–150 kilos**

\$20 prize in each section.

4. **Biggest pumpkin grown by a child under 12 years on 6 April 2001**

A \$50 prize.

5. In the following categories prizes of \$20 (1st) ; \$10 (2nd) ; \$5 (3rd) will be awarded.

Biggest tomato

Biggest zucchini

Biggest carrot

Biggest sunflower

Most unusually shaped vegetable of any kind

Best decorated vegetable

**CLOSING TIME FOR ENTRY OF VEGETABLES ON SITE AT
YOUTHHAVEN HORTICULTURE
will be 11.30am on Saturday 6 April 2001.**

Youthhaven Horticulture is located on the Lions Clubs' Youthhaven property on Kambah Pool Road, North Kambah, opposite the Golf Course. It is a project of Fusion Australia and assists people who are not in work to grow organic vegetables as a creative and satisfying activity during the day.

YOUTHHAVEN HORTICULTURE IS GRATEFUL TO ...

- *The ACT Government for a grant of \$2,000 under the Community Renewal Program towards the cost of running this competition*
- *Mr Brian Corkhill of Corkhill Bros for donating \$1,000 in prizemoney for the biggest pumpkins*
- *Yarralumla Nursery for propagating and distributing seedlings*
- *and THE GARDEN Nurseries , the Canberra Organic Growers Society, and Kurrajong Nurseries for distributing seedlings.*

Every Day Herbs for Healthy Living—Part Two

Shirley Carden

The Sedative type is the next group of herbs.

These are most important in modern day living. Stress is a big problem with both young and old. It is not unusual for young children to be diagnosed as suffering from migraines. Such problems can be caused by stress. Any method of removing the stress without side effects is worth investigating. If the way is pleasant—then so much the better. Remove the stress and more than likely the headache will disappear.

Lemon Balm—a mint—is a winner in this area. It is also known as melissa (the Greek for bee). Strangely enough it will help to keep bees calm and planting it near the hives is recommended. As well, rubbing the inside of the bee box with lemon balm before installing a new swarm is also considered advisable. Plant it around your fruit trees to attract bees to pollinate the flowers and so improve your yield of fruit.

Its effect on humans is instantaneous. Used as either a tea or a green drink, it will calm a cranky child, sweeten an obnoxious teenager or a disagreeable adult. For someone who can't sleep at night, prepare a strong brew with lemon balm, (a good handful per cup of water or juice). A good, long and relaxed sleep is assured and the person will awaken feeling fully refreshed. If you have an interview you are dreading, prepare a medium brew. You will become relaxed and confident. With any illness, stress rears its ugly head and worsens the condition. Turn off the stress with lemon balm and the situation will improve. It is also important for those who are close to invalids to remain calm by using lemon balm—then they are more able to cope and assist the patient.

Lemon balm is known as the students herb for it clears the head and improves the memory. It likes plenty of sunshine, good soil and lots of water, but will stand harsher conditions.

Camomile is another remarkable herb—soothing, relaxing and healing. It is one that is highly recommended for babies upwards, e.g. for teething problems, abdominal migraine. A cup of camomile tea will remove tension before a meal.

For such problems as gastritis—sip camomile tea until the symptoms disappear. It makes an excellent eye wash and hair conditioner especially for blondes. Use the warm tea as a final rinse after shampooing.

The English camomile is a perennial creeper and likes to be walked on so may be grown as a lawn. It can be mown but set the level of the mower a little higher than for a grass lawn. The German camomile is an annual of upright habit. The flowers are used in teas. The perfume from the foliage is very attractive—a cross between apples and cloves. There is a larger yellow flowered variety which is used as a dye plant.

Lavender has many uses but I have found it invaluable for those who wake every few hours at night and have difficulty getting back to sleep again. This becomes a bad habit and will affect one's health. Anyone with this problem has only to reach for a lavender bag, squeeze it to release the perfume, then breathe deeply. A good night's sleep is assured. For a small child the bag can be placed inside the pillow slip. A novel idea is to stitch a bag of lavender into a child's cuddly toy. However do not expect the lavender to remain effective forever more. It needs to be replaced after constant use. For this reason I usually place a couple of tablespoons of lavender flowers into the centre of a pretty handkerchief, gather it together and keep it closed with a small rubber band. Tie a pretty ribbon over the band for a more attractive finish. It is easy to replace the flowers when needed. Most herbs I use are picked fresh from the garden. However camomile and lavender flowers are seasonal, so I dry them to make sure I always have a supply. Be careful not to include any of the stalks which when dry can easily protrude through the cloth of the bag to prick your hand when you are squeezing it. It is claimed stammering can be overcome by gargling regularly with lavender tea. It is excellent as a moth repellent in cupboards. Place it in bags and squeeze occasionally to release the aroma.

Try lavender as an insect repellent. It has been used in hospitals as an antiseptic.

There are three main types—English lavender has the strongest aroma. French lavender seems to flower all the year round and is very hardy. Italian lavender has the brightest flower. Lavenders like an alkaline soil so use dolomite or lime. Good drainage is essential but it likes to be watered occasionally.

Lettuce has sedative type properties, but it is less convenient to indulge in a feast of salad just before retiring.

So to recap, lack of sleep is detrimental to health. These simple herbal remedies have no side effects but are surprisingly effective and pleasant to use.

When serving the teas a little lemon juice and or honey may be added. Milk generally is not used in herbal teas. One exception is **marjoram**. This is an appropriate tea when someone is suffering from melancholy.

I feel at this stage it is important to say something about the 'psychology' of herbs. It is very difficult when one knows that a herbal brew will help a dear one's well-being, not to insist it be consumed. With young children, teenagers or even adults, this can be disastrous. I find it is best to prepare the appropriate brew, use it and offer it to those who realize its value—but refrain from suggesting the very one who needs it should have it. Curiosity usually gets the better of the human of the species. Children love to imitate adults so are quick to demand their share. With my family (including thirteen grandchildren) I have managed to convert all by using this method. My grandchildren are my greatest converts.

Our final group of herbs will cover those which do not fit into the three we have already discussed—or have more important properties so that they need further consideration.

The most important of these would have to be **Aloe Vera** (Vera meaning true)—*Aloe barbadensis*. It was first recorded in Egypt over 6,000 years ago. The earliest recorded pharmaceutical use is 1750 B.C. It is often referred to as 'the first-aid plant'. It can be used both externally and internally. There are many products on the market but unfortunately the quality varies. The fresh leaf is very effective in many ways.

There are at least 200 aloes. Many I have tried and they have exhibited the same healing properties of Aloe Vera. The plant is not a cactus. Rather it belongs to the lily or onion family. It has a tough outer skin but beneath is a jelly-like substance referred to as gel. Initially it was found that an extract from the plant after harvesting, quickly lost its healing properties. The earliest extract was known as bitter aloes. It was used as a purgative, or applied to a child's finger to discourage sucking—the bitter taste would certainly discourage such a habit—and comes from the yellow liquid which is noticeable when the leaf is first harvested. The gel has no strong flavour.

In a nut shell, Aloe Vera is anti-inflammatory, pain-inhibiting, bactericidal, virucidal, fungicidal and penetrating (e.g. can be used for the relief of arthritic joints and the facial pain associated with sinusitis, but do not use it in the case of deep puncture wounds). It has been used in the USA in dentistry to stop bleeding, prevent infection, pain and swelling. It is believed early man observed how quickly the plant could heal itself to prevent the escape of moisture, so applied it to himself. A mature plant has greater healing properties.

For burns, spray on the commercial juice (kept in the refrigerator), for instant relief, or gently apply the gel. The more often it is applied the quicker the cure. I have sprayed a bad burn every 20 minutes initially and after 10 days there was little evidence of the injury. The same method may be used for jammed fingers.

*All COGS members are
invited to the*

Queanbeyan Community
Garden Opening and
Sausage Sizzle

*Saturday 24 November,
11.30am*

*Call Rosemary Stevenson (6284 4238) or
Katrina Willis (6232 9743) for details*

With regards to growing the plant, too much water, especially during the winter months is detrimental. It likes filtered light. Excessive sunlight will cause the leaves to turn brown. Wind helps to strengthen the 'spears'. The 'pups' should be removed from the mother plant when they are 3 to 4 inches high or they will sap the strength from the mature plant and eventually kill it. When it is pot-bound it will produce myriads of plants. As an indoor plant it is quite successful but it needs adequate light and a large pot. Soil must not be too rich nor too alkaline. Good drainage is essential.

Comfrey is similar to Aloe Vera as far as its healing properties are concerned, but it is not antiseptic. It may be combined with rosemary or thyme to make it so. Allantoin, a cell-proliferant, and vitamin B12 are both found in comfrey. It is very deep rooted and rich in plant nutrients. It is said to be as good as any farmyard manure. High in potassium it is good for such plants as tomatoes and onions. Use it in the compost. Dig into garden beds (but not any part of the root nor the leaf stalk because these will quickly regrow). It is best to keep comfrey strictly in its own area. Use as a mulch or in liquid manure. The latter can

be watered down and sprayed directly on the leaves to nourish plants and to discourage plant diseases and insect attack. It is excellent used in this form together with stinging nettle and seaweed. Comfrey has been known through the ages as knittbone because it speeds up the healing of broken bones. It is also helpful in the treatment of varicose ulcers.

Calendula, or pot marigold is a blood cleanser, stimulated circulation and improves the healing of wounds. In the treatment of Athlete's Foot it is helpful used in a foot bath. The petals may be mixed through salads, stirred through cooked rice or the flowers made into a tea. Like garlic, marjoram and pumpkin seeds, it will expel worms. Try the juice of the stalks to get rid of warts. A simple ointment may be made as follows:

Chop two handfuls of calendulas, leaves stems and flowers. Heat 500gms of lard or 400gms of vaseline in a heatproof container over a pot of simmering water. Combine and stir. Stand overnight. Reheat and filter through a piece of cloth. Pour into small, clean jars. I prefer to use beeswax, olive oil and propolis (the powerful, resin-like antibiotic used by the bees to keep their

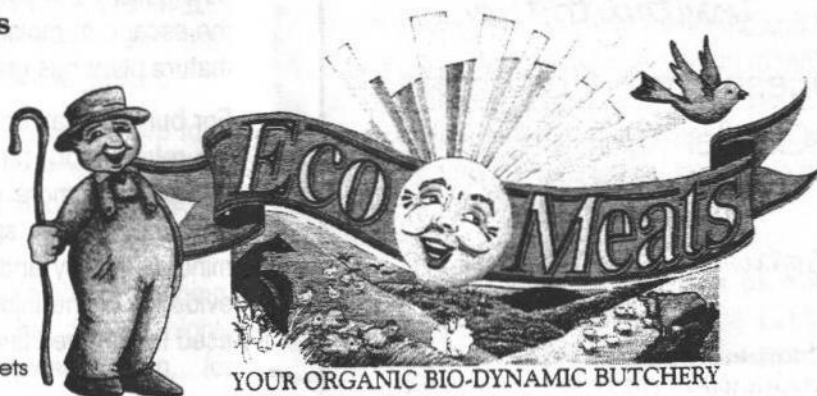
ECO MEATS



Specialists in Organic Pesticide-Free Meats

Organic Beef
Organic Lamb
Organic Pork
Organic Poultry
Organic Sausages
 Game Meat
 Crocodile
 Emu
 Goat
 Kangaroo
 Rabbit
 Venison

Just the way Mother Nature intended!



YOUR ORGANIC BIO-DYNAMIC BUTCHERY

Shop 35, The Promenade
 Belconnen Fresh Food Markets
 Lathlain Street, Belconnen
 Telephone 02 6251 9018 Wednesday to Sunday

hives disease-free). Alternatively: 2oz vegetable oil, 1/2oz beeswax, a small piece of propolis and as many chopped herbs as possible. Use any of the following: chickweed (for bruises or skin irritations), comfrey (varicose ulcers etc.) or calendula, just to mention a few. Rosemary or thyme may be added as well for their antiseptic properties.

Prepare a tea from corn cob silk for kidney problems, cystitis, prostate problems and bed-wetting. Remove the brown ends for they give the tea a bitter taste. Dry for winter use. The white roots of couch-grass may be used for the same problems but they need to be simmered gently for about half an hour before serving.

Herbal baths may be prepared by simmering gently any of the following: calendula, lavender, rosemary, (great for tired and aching muscles), comfrey, violets, chickweed, thyme, any of the mints and stinging nettle. Allow to stand until cool before straining. A large quantity of concentrate may be prepared and stored in the refrigerator. Use a cupful at a time. This is particularly beneficial for people who are recovering from an illness. The skin is the largest organ of the body and it can absorb nutrients. When the other organs are malfunctioning the skin often takes over to rid the body of toxins which tend to irritate the skin.

Herbal rinses for the hair may be prepared in the same way. Rosemary is a good general rinse, helps to control dandruff and leaves the hair shining. Use yarrow if you are concerned at losing too much hair. Camomile is especially good for blondes. Sage is reputed to help to restore the original colour in the case of grey hair. A tea may be brushed through the hair daily for this purpose. Drink the tea as well.

Use borage flowers and the tips of mint to decorate desserts and drinks.

Leaves of caraway thyme may be stirred through softened cream cheese and spread on cracker biscuits.

For a refreshing tea use cardinal mint (spearmint flavour) and lemon thyme.

Confetti Coleslaw

1/4 cabbage finely shredded, 2-3 carrots grated, 1/2 cup chopped red capsicum, 1/2 cup chopped shallots. Combine dressing and toss.

Dressing

The juice of 1-2 oranges and 1/2 lemon, 1/2 cup cottage cheese, 1 tabs honey (optional) 1/2 cup chopped savoury herbs.

Blend all ingredients.

I hope you have found my thoughts on herbs interesting enough to become inspired to seek out more knowledge for yourselves on how they can best benefit you.



B. M. Evans

In association with

FYSHWICK GARDEN CENTRE

Specialist suppliers to the horticultural & landscaping industry

Open all day every day ... for every garden need

16 Maryborough Street, Fyshwick ACT

Ph: 6280 4274, 6280 6432

Present your COGS membership card and receive a special discount

Garden Tricks

Betty Cornhill

Organic growers have many little tricks they can use to make their gardening more successful.

Recently at one of our interesting monthly meetings a question was asked about what to do to stop slugs and snails. These are a real pest in my home garden, but snails rarely affect plants in my Cotter Garden plot, even though I take all the plants for that garden in pots from home.

I think it must be that in my home garden they breed, laying their eggs in the soil in the summer and autumn, and although I collect them for my chooks most nights in the summer, storing them in a container with a lid tightly screwed down, as the chooks are in bed by the time I do this, somehow they manage to lay their eggs in the soil before I collect them, but never in the pots.

I do find many baby snails climbing up old plants, stakes and weeds in the autumn, so I suspect that this is why the old gardeners tell you to clean up your garden in the autumn and dig it then leaving the soil bare for the birds to clear off grubs and other nasties in the winter, while frost breaks down the lumps to a fine tilth.

I also think that mulching in the autumn, as many gardeners do, has the disadvantage of the mulch harbouring nasties and especially slugs over the winter.

One of the members at the Cotter Garden told me that she could not grow tomatoes on her plot because last year the harlequin bugs ruined all her tomatoes. This is a negative attitude.

The positive approach to any problem is first to try to think of a solution, and if none is forthcoming, then use lateral thinking.

The lateral thinking approach carries up with the ideas such as *'The COGS library has many books that might help'*, or *'Perhaps there is something I could spray on my tomatoes to stop the bugs from sucking the juice and spoiling the fruit'*.

We all suffered from the stink bugs and harlequin bugs last year at the Cotter Garden, but after picking ripe tomatoes spoiled for anything except cooking, I started picking them with just a little bit of pink and I was able to save some.

Then I saw some Pyrethrum spray at Cromac when they were closing down, and used this on my tomatoes (Pyrethrum is one spray you can use if you need to). The bugs didn't drop dead, but flew to my corn cobs instead. I followed them and sprayed the corn cobs. I had to do this as each lot of tomatoes started to ripen, and I managed to get a few good tomatoes, probably because the leaves also received the spray and the bugs definitely disliked it.

I dislike sprays but I also have garlic spray which I bought years ago from Fyshwick Garden Centre in little bottles and used only once. That and soap solution are the only things I use normally., and of course the snail bait. Never commercial snail bait.

Most insects have a waxy coating and if you drop them in a bucket of soap solution. or even a bucket with a drop or two of dishwashing liquid they will sink and drown. Without the soap or detergent the waxy coat allows them to float on the surface and even in some cases to lift off like a seaplane.

I have devised a bait for snails and slugs:

- 1 teaspoon Vegemite
- 1 teaspoon salt
- 1 teaspoon sugar

Dissolve in a cup of boiling water. Add a cup of cold water to dilute.

Place this mixture in small containers around your seedlings or seed beds. Most snails and slugs drown, but some must be collected, as they can get as far as the top of the container, and you need to pick them off.

Your chooks, if you have them, love snails, pickled or raw. The sugar attracts some flying insects. I have never tried this for the harlequin bugs, but I don't think it would be high enough to attract them.

Library Books

Could members with overdue library books please return them as there are other members waiting to borrow them.

A remedy which works for powdery mildew is 50% urine and 50% water watered on plants such as peas grown in the summer, and zucchinis near the end of the season, and cucumbers and grape vines.

There was a story of a man who grew a huge crop of cucumbers under poly tunnels, but the plants got powdery mildew and he was faced with the loss of his whole crop. He tried this remedy, spraying it on, because he had read about it in an HORA magazine. He saved the whole crop.

I tried it on my zucchinis, and it worked!

Another simple remedy which is worth trying is orange peels soaked in water for three weeks, then removed and the water sprayed on. As the previous remedy worked so well I have not actually used this one.

For whitefly and other types of aphids, soap solution sprayed or watered on is an excellent remedy.

We discovered this during a drought year when our vegie garden at the coast was watered with buckets of bath water in order to save our broccoli plants. I simply watered the plants with a watering can every day on the weekends we were there and the grey aphid which often attacks the cabbage family in the summer shrivelled up and died, and the plants became healthy again.

HALL RURAL CENTRE

Blood & Bone

C.O.F.

Cow manure, sheep manure

Gypsum, lime, dolomite

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

At the Cotter Garden we have a flock of chuffs (choughs?). These big black birds scratch up the mulched garden beds searching for grubs and earthworms. We think of them as a nuisance but in fact they probably do good. They certainly are useful when the straw and manure from the showground comes, as they catch all the maggots from the manure before they can turn into flies.

I will never forget the plague of flies at the Steiner School after I had got them a load from the showground. They were very grateful at the time, but four days later they were inundated with flies!

Positive solutions are there for every problem. Just put the problem to your brain and then wait for a solution to appear. It may appear in the form of 'Go to a COGS meeting and get out a library book' or perhaps in the form of this magazine and this article, or another article.



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.

\$190 per week outside holidays or \$80-\$90 for a weekend by the sea.

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.

Winter Vegetables

Why?

Growing vegetables in winter seems to be a sensible thing to do in Canberra, as there is such a long period of cold weather, it is almost too cold for plant pests and weeds and the rain takes care of most watering requirements. But for me the overriding reason is that I'm a compulsive gardener and I can't leave my garden alone for long at any time of the year. My garden is what I call a decorative vegetable garden, and I like to grow vegetables, fruit, and herbs—anything that can be eaten or is useful in the house.

Productive garden design elements

By growing several different vegetables I get colour interest in my productive winter garden, and interesting plant forms too. But there's not much doing in the way of structure in the vegetable garden in winter (or anytime of the year really), so to make the garden look good as well as being productive some sort of structural framework is needed. Trained fruit trees are good for form in the winter, this year I planted an apricot to be trained against the fence, and I have a lemon tree and a bay tree to provide a green backdrop, as well as several deciduous fruit trees. At the side of the garden where it is too shady for vegetables and fruit I have to be content with decorative plants, and to make up for their lack of usefulness in the kitchen I choose plants that have extra features, like perfumed flowers or beautiful evergreen leaves. I have *Daphne odora*, *Camellia japonica*, *Viburnum burkwoodii*, *Chimonanthus praecox*, and as ground cover, *Helleborus orientalis* and violets.

Back to the vegetables

The ones I usually grow through the winter come from 5 main groups:

- Brassicas;
- root crops;
- legumes;
- onions; and
- very easy care edible plants.

Brassicas

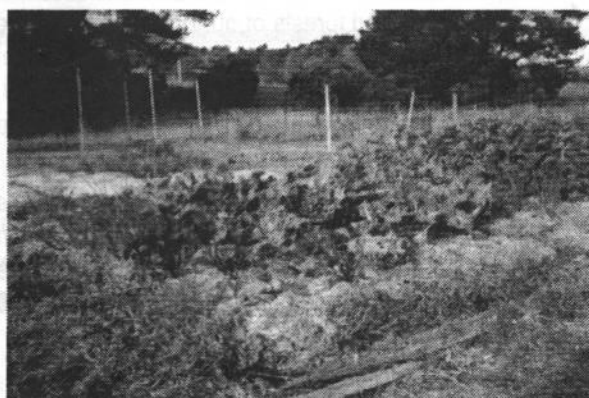
The brassicas: broccoli, cauliflower, cabbage and brussels sprouts that I grow all have interesting foliage, and you can get colours from grey/green, through blue/green to the deep dusky mauves of red cabbages. I particularly like to grow cauliflowers, they grow and develop curds even in the coldest weather in the heart of winter, and the leaves are large and tinged a beautiful blue/green colour. I tried to grow them interplanted with leeks one year, imagining a harmony of colour from the blue cauli leaves and the purple/blue leeks set off by a contrast in form, but the caulis took off and shaded the leeks. That year I had 50 or so splendid caulis and lots of tiny leeks. The caulis were two varieties, Phenomenal Early and Paleface. I started the seeds off in February and planted them out in the garden in April, which was a little later than recommended in the Canberra Gardener (my vegie growing bible), but they all grew OK. To keep the green caterpillars off the seedlings they need a sprinkle of derris dust every fortnight or so until it gets too cold for the white cabbage butterflies to be flitting about. You can also plant brassicas amongst other plants to hide the brassica leaf shape, because that's how the pests recognise brassicas. It is worthwhile protecting the caulis' developing curds from frost burn by covering them with the inner leaves - just fold over a few of the leaves and tuck them in the other side like tucking a child into bed.

This year the brassicas I'm growing are broccoli and green cabbage. The broccoli was started as seed in February, and was ready to harvest from May, but I think that the white cabbage butterfly likes broccoli more than any other plant, so you need to be prepared to share broccoli with them.

Root crops

I grow root crops every year, always carrots and parsnip, and sometimes swedes and turnips too. No matter how many carrots I grow we never have enough to last us through the winter. For a winter crop I sow seed in January, and if you leave it much later than that the carrots will probably be a bit on the small side. I grow Early Chantenay, a stump-rooted variety every year, and usually a long thin variety too. Carrot tops are

a lovely mid green and their ferny form looks great. The classic interplanting combination for carrots is with leeks, to provide contrast in form and colour, it can look striking. Parsnips are my indulgence, nothing compares to the sweet delicate taste of a baked home grown parsnip—the shop bought ones have a flat course flavour in comparison. In my garden parsnips take the best part of 6 months to develop, although the seed packets say 4–5 months. Swedes and turnips are easy to grow, the seeds are largish and they germinate well. You can get away with sowing turnips late, say March, but swedes take longer to mature and need to be sown in January.



Winter vegetables at the Theodore Community Garden

Legumes

This year I am growing both legumes commonly grown in winter, peas and broad beans. With peas, I never seem to get the support ready in time for them to climb up, but I'd love to have a couple of obelisks, painted a slatey blue colour to harmonise with the brassicas. I think that one on either side of the main path would look great. The good thing about peas and broad beans is that they get sown in April/May—at time when I've recovered from the tiring hot summer and have energy again to dig and sow.

Onions

This is my third year of growing onions, and I'm using seeds for the first time, not bought seedlings. Time will tell if this is successful. I mention them here as winter vegetables, but that is only if you are sowing seed, which needs to be done in April to June. If you buy seedlings they can go in early spring, to be ready to pull in summer. Onion growth is locked into day length, and after the longest day of the year (21 Dec) onions start to mature, so planting at the right time of year is critical for onions.

Very easy care edible plants

These are the plants that do well in my garden year in year out and take very little effort. Rainbow chard grows all year round in my garden, an ever available source of colour from the stems and edible greens. My favourite self seeded annual is corn salad (*Valerianella locusta*), a demure plant that has a lettuce flavour. The seeds germinate all year round I guess, but the time I notice them most is in winter when a lot of the ground is bare. The leaves are a bit on the small side but are useful for adding a bit of green to a salad, or nice in a sandwich with cheese. It is a low to the ground plant that has the tiniest white flowers in a summer. The toughest plant in my garden is the Welsh onion (*Allium fistulosum*). It is actually native to Siberia, and in my garden it tolerates drought, shade, heavy clay, wet feet, and children playing soccer. You can use the small bulb as an onion substitute, or use the leaves instead of chives.

Two Awards For Youthhaven Horticulture

The \$3,000 Community Grant for the ACT in 2001 under Australia's Open Garden Scheme has gone to Youthhaven Horticulture Project. The award was announced on the ABC's Gardening Program on Saturday 18 August. The money will be used to buy three point linkage equipment to use with the farm tractor.

The Project has also received funding of \$4,100 from the Canberra Community Foundation to connect water and electricity to the shed which the Rotary Club of Weston Creek built for Youthhaven in 1998.

CHARCOALITION

COMMUNITIES FOR A CHARCOAL-FREE SOUTH COAST

Charcoal factory for Mogo

Outrage, anger, sadness, revulsion and disbelief are some of the reactions by community members as details unfold about a development proposal for a charcoal plant 3 km south of Mogo, backed by the NSW Government. This plant will burn a massive 200,000 tons of forest timber each year to produce 30,000 tonnes of charcoal for the Lithgow Silicon smelter.

The Charcoalition group was formed by The Coastwatchers Association Inc., Eurobodalla's environment group—members who are concerned about the siting of the plant in our area, and the threat to our 'Nature Coast' image. Our group comprises residents living close by the plant site, and people and organisations from elsewhere who share the concerns of the residents.

We are concerned about the environmental impact of the plant on the air, water, and forests of our pristine area of the south coast, and the effects on employment in local industries in our area, particularly the tourist industry. Tourism success in this area is largely due to the Nature Coast image and the large percentage of self-drive family visits. Premier Bob Carr, at Eurobodalla Botanical Gardens opening recently, acknowledged the importance of forests and he was quoted as saying that the coast was the jewel in the crown of the State.

The proposed factory site is within 4 km of Mogo, Mossy Point, Tomakin and Broulee. There are four schools and the Banksia Retirement Village in the area. Some of our community members live within 100s of metres of the plant site in peaceful rural residences. They are concerned that this plant might degrade their environment and life-style with the odour, noise, dust, greenhouse gases and other pollutants which may be produced by the plant and the associated 70 (or more) trucks per day.

We feel that company and the NSW government have shown disregard for the local community by planning to site a major heavy industrial plant like this so close to residences and towns, and so incompatible with the 'Nature Coast' environment.

This plant is not just a local issue:

- it will consume 200,000 tons of South East NSW forest timber annually for the next 20 years; and
- Canberra residents and others who travel to and from the coast on the King's Highway are likely to find themselves frequently stuck behind a charcoal or log truck.

The company has met with residents and local business groups. These groups have said that the Company gave conflicting information about the environmental effects of the plant. For example, One group claimed that the company stated that no waste was produced, but when pressed admitted there would be some tarry sludge. Then the next day another group claimed that the company stated that there would be no waste except sawdust. Company estimates of water use have varied from 20-50ML/yr. The number of new jobs created by the plant has also varied considerably.

We look forward to the environmental impact study, due in November this year, however, there is sufficient evidence already to be highly concerned about this plant and we do not want it here. Public meetings in the area have attracted 400-500 people at each event. A similar charcoal plant is in operation in Wellesley, Western Australia.

We are also outraged that State Forests have been poisoning trees in our area with a herbicide called Tordon. We have been assured that this practice, part of a Silviculture operation has nothing to do with the charcoal plant, but we are not convinced.

The Charcoalition's objective is to convince the Carr Government to stop the Mogo charcoal plant development. We encourage open debate on the issue.

This article only skims the surface of this issue. Please visit www.charcoalition.forests.org.au for more detailed information. The web site explains how you can assist in the campaign.

The Charcoalition would like to thank COGS for offering space for this article in this publication.

John Allen—For the Charcoalition



◆ WHOLEFOODS ◆
PTY LTD

SPECIALISING IN BULK ORGANIC FOODS

- Whole Grains & Freshly Milled Flour
- Herbal Remedies
- Aromatherapy Oils
- Fresh Nut Butters
- Take-away Vegetarian Lunches

14 BARKER STREET
GRIFFITH ACT 2603

ph: 6295 1474

Fax: 62951707

Welcoming you and offering fresh and delicious certified organic / biodynamic fruits and vegetables, nuts and dried fruits from local sources and afar.

Quality Australian produce chosen for its flavour is offered through the shopfront or via our easy home delivery service.

- **Bulk Buy Discount** (10-20% OFF) on 1-2kg or more on most lines.
- **Lending Library** (books, audio, video) on matters nutritional and healing.

Long Live Good Food!

ORGANIC ENERGY

Griffith Shops

**BARKER STREET
GRIFFITH ACT 2603**

Ph: (02) 6295 6700

Fax: (02) 6295 6701

Open:

Monday to Friday 9am-7pm

Saturday 9am-5pm



CERTIFIED BIODYNAMIC and ORGANIC MEATS

Home Made Sausages - Game Meats

Quality Meats & Poultry

Bulk Orders

Richard Odell

**10 BARKER STREET
GRIFFITH ACT 2603**

ph: 6295 9781

Canberra Community Food Security Association—[Pilot Project]

The CCSFA is a grass roots effort to help build a healthier city. This pilot project is designed to assist low income residents of the ACT who are experiencing life threatening or chronic illness, and wish to use organic produce as part of their health management.

The CCSFA is designed to ease the stresses of poverty and hunger for those who have debilitating conditions, and struggle to get food on the table.

To get this project off the ground the CCSFA needs:-

- Suppliers willing to donate their excess produce for distribution to recipients.
- Volunteers willing to give a little of their time to help tend gardens for suppliers of the project. Volunteers are also needed for collection and distribution in their local area.
- Recipients—do you know someone who qualifies, and would like to be part of this project?

CCSFA ultimately aims to not only provide this bandaid measure, but with the aid of volunteers to help recipients to move towards establishing their own garden or to be a participant in a CCFA community garden plot, becoming self sufficient in organic produce as they can manage.

FOR FURTHER INFORMATION contact Joanne Macdonald on 6241 1180

OFA News Update

Hunter Biodynamic Beginner's Course—Helen McCall, Hunter Biodynamic Group Inc.

Our aim is the general increase of knowledge in the community with regard to sustainable agriculture and specifically biodynamics, as well as promotion of the beginners course. In line with this aim, we are offering two scholarships to the course— applicants need simply submit less than one page of an explanation of why they should be sponsored. If you would like to interview one of the lecturers, Brendan Moran can be contacted on (02) 6689 1924 and John Shelley on (02) 6585 0360. If you would like to speak with a someone who attended one of our courses in the past, try Pia Larkin on (02) 6579 1198, Michael Winchester on (02) 4931 7120, Maureen & Alan Smith on (02) 4930 0340, Annie Bekens & Kathleen Worth on (02) 4938 5569, Heidi Halter on (02) 6744 5754, Ray Marshall on (02) 4931 7100 or Karen Newby on (02) 4938 5596.

Proof that ORGANIC FOOD is clean and green—Eta Brand, OFA Board Consumer Representative

15 June 2001 Public Health Laboratory Service

Dr Robert Mitchell, of the PHLS, one of the authors on the study, said, "Over the last few years the size of the market for organic food has grown dramatically, and so has interest in how "safe" organic foods are. This study, the first of its kind in this country, looked for evidence of four key organisms which can cause disease in humans: *Listeria monocytogenes*, *Salmonella*, *Campylobacter* and *Escherichia coli* O157. We did not find these potentially dangerous organisms in any of the 3200 samples we tested, which is of course very encouraging"....

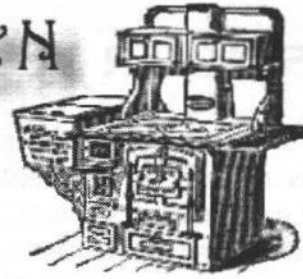
Biodynamic Farms Prove Long Term Sustainability In Organic Industry Awards For Excellence—

Cheryl Kemp, OFA Board Education Representative

September 6, Biodynamic Farming and Gardening Association

'One of the highlights of the recent Inaugural National Organic Conference, at the Convention Centre at Darling Harbour, Sydney, was the presentation of the first ever Organic Federation of Australia National Awards for Excellence. The awards in various categories, such as Best Organic Producer for more than five years certified, Best Organic Product, Best Organic Independent retailer, and Best Organic Education Award, Biodynamic farms came up amongst the winners five out of the seven categories. This shows the long-term proof of true economic, ecological and social viability of Biodynamic Agriculture and its importance in the market place of the Organic Industry and long term benefits to the land'..

FROM THE GARDEN TO THE POT



By Conrad van Hest

Recipes from A Recipe For Life (The Gawler Foundation Cookbook) by Dorothy Edgelow

Vegetable tofu or tempeh burger

- ½ cup grated pumpkin
- ½ cup grated carrot
- ½ cup grated parsnip
- ½ cup cooked rice
- 1 cup tofu or tempeh crumbled (tempeh must be marinated and cooked first)
- 1 teaspoon lemon rind
- 1 teaspoon lemon juice
- 1 tablespoon tamari
- 1 cup wholemeal bread crumbs
- 1 teaspoon crushed garlic
- 1 teaspoon coriander
- 1 teaspoon barley miso dissolved in water

Steam vegetables lightly. Mash tofu and add rest of the ingredients and mix well. Form into patties and place on a greased tray and bake in oven, turning once till brown (30 minutes). This mix can be placed in a greased loaf pan and bake in a moderate oven till browned. (In this recipe any cooked grain or legume can be used in place of tofu or tempeh)

Millet burgers

- 1 ½ cups hulled millet
- 1 carrot, grated finely
- 1 onion, grated
- 3 tablespoons roasted, almonds ground
- ½ cup whole grain bread crumbs
- 1 clove garlic, chopped
- 1 tablespoon tamari
- ¼ teaspoon thyme or marjoram
- ½ teaspoon sage
- 4 cups water

Bring 4 cups of water to boil, add millet and stir occasionally. Simmer for 30 minutes and drain. Lightly saute carrot, garlic and onion in ¼ cup of water. Then cover and cook on low heat for 5 minutes. Transfer to a large bowl and mix in millet and other ingredients. Shape into 6 or 8 burgers. If too crumbly, add a little water until they hold together well. Bake on an oiled baking dish or make a loaf. Enhance the loaf with a well flavoured gravy. Serve burgers with all the trimmings—tofu mayonnaise, tomato sauce on wholemeal buns or pita bread.

Falafel

- 1 cup chick peas (2 cups when soaked)
- ¼ cup finely chopped chives or spring onions
- 1 crushed garlic clove
- ¼ cup finely chopped parsley
- 1 small carrot finely grated
- ¼ cup cooked rice
- 2 tablespoon water
- ¼ teaspoon paprika
- 1 tablespoon cider vinegar
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 tablespoon tamari
- 1 teaspoon garam marsala

Soak peas overnight, drain and cover with fresh water and cook until tender. Put through food processor until fine texture is obtained. Add other ingredients and roll into balls flattened slightly, coating with bran or bread crumbs or wholemeal flour. Bake on lightly greased tray at 180C for 20 minutes. Serve with hommos.

Certified Mulch

We have taken delivery of a semi-load of certified BD rice straw in 5' round bales. It is an ideal mulch as they are virtually weed free and breaks down quite slowly. Last years mulching is still around but won't last much longer. One bale on a trailer or ute. \$90 a bale including GST—we can probably break bales, by arrangement, if a full bale is too much.

Jonathan Banks
Pialligo Apples
10 Beltana Road
Pialligo
Telephone: 6248 9228
Email: apples3@bigpond.com

SUMMER VEGETABLE PLANTING GUIDE

In Summer it is a good idea to mulch your garden beds 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 that 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 e.g. weldmesh bent over to form a tunnel (secure the shade cloth with some pegs).

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

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 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, use an environmentally benign spray. Read books such as Jackie French's *Natural Pest Control*.

Make sure 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.

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

Summer Vegetable Planting Guide

| | DEC | JAN | FEB |
|-----------------|-----|-----|-----|
| French Beans | S | S | |
| Beetroot | S | S | S |
| Broccoli | ST | ST | T |
| Brussel Sprouts | ST | ST | T |
| Cabbage | ST | ST | T |
| Cauliflower. | ST | ST | T |
| Carrots | S | S | S |
| Celery | T | T | S |
| Chicory | S | S | S |
| Chinese Cabbage | 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 = Transplanting

Notes: 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.

Planting times will vary for different varieties of the one vegetable e.g. December plantings of heading lettuce should be successful, February plantings should be the butterhead varieties.



Canberra Organic Growers Society Inc.

INFORMATION

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.

The organic movement endeavours to provide an alternative to the mass of toxic chemicals, fertilisers, fungicides, herbicides and genetic modification used in modern agriculture. Using natural means of improving and preserving our soils produces nutritious, less contaminated food. Enriching the soil with compost, manure, green manure and mulches, and using companion planting, produces healthy plants which resist pest attacks and disease

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:

- backyard self-sufficiency;
- worms;
- permaculture.

After each talk a light supper is available. At all meetings, there is a produce and seed exchange table and a book-stall. Members may also borrow two items from the COGS library.

Visitors are welcome (donation requested).

CONTACT

COGS
PO Box 347
DICKSON ACT 2601

Phone: (02) 6248 8004

E-mail: cogs@netspeed.com.au

Web: www.netspeed.com.au/cogs

FLIER & QUARTERLY PUBLICATION

These publications inform members about the speaker at the next meeting and any other activities coming up. Canberra Organic, the Quarterly publication, contains articles on organic growing as well as tips specifically for the Canberra region, such as a seasonal planting guide. Members are encouraged to contribute.

COMMUNITY GARDENS

COGS currently operates 10 community gardens in the Canberra area at Mitchell (Northside Garden), Curtin (Cotter Garden), Erindale, Chamwood, Theodore, Oaks Estate, Kambah, Holder, Cook and Queanbeyan. Members may obtain plots 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 learn something new at the same time!

At each garden, plot-holders may be required to contribute to the cost of water and other small expenses.

The ACT Government has supported the establishment of these gardens through the ACT Office of Sport and Recreation.

INTERNET

COGS has an extensive and highly appraised web site devoted to organic growing. The site contains all of the COGS information papers on organic growing, certification information, a page for children, links to related organisations and information sources, a picture gallery, the latest on issues such as genetic engineering, regional information and much much more.

OTHER ACTIVITIES

From time to time COGS organises other activities for its members. For example, we participate in the World Environment Day fair and arrange information days at 'COGS Backyard'. Seminars and workshops are also conducted.

See reverse side for Membership form and rates

SPEAKERS

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

Tuesday 27 November

Nelson Quinn

Growing and maintaining olives
in the Canberra region



Wanted

The COGS seed bank needs small pots (suitable for seedlings) and punnets for growing seedlings for sale at COGS stalls. Our current supply of pots and punnets has dried up. If you have any old pots or punnets you can spare, please call Laurie Thomson on 62887161.

Theodore Community Garden

Plots are now available to grow organic produce for home consumption. Inquiries to Dave on 6294 4001

Charnwood Community Garden

Plots are available to grow organic home produce. Inquiries to Peter on 6254 1278

Northside Community Garden

Plots available. Inquiries to Margie Perkins on 6241 6031

Environment Centre Shop

Closing Down Sale

The Canberra Environment Centre Shop still has a number of books for sale—permaculture, organic gardening, Australian flora and fauna. Great Christmas presents. Children's books too.

All stock reduced to clear.

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.