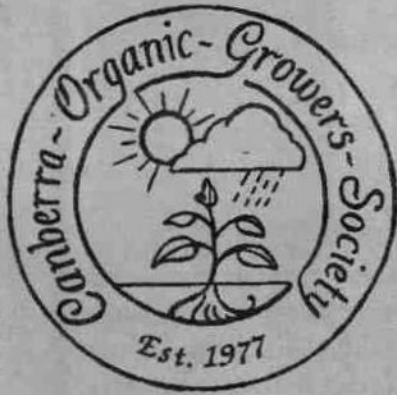


*Winter*



# Canberra Organic

**ORGANIC GROWING  
IN THE CANBERRA REGION**

Quarterly publication of the Canberra Organic Growers Society Inc.



*Joan Buckie*

**VOL. 10 NO. 2**

**WINTER 2002**

## CANBERRA ORGANIC

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Canberra Organic Growers Society Inc.  
Vol 10 No. 2 (Issue 38)

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otherwise clean typed copy.

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The Canberra Organic magazine is a unique  
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**COGS MEMBERS ARE ELIGIBLE FOR  
THE SPECIAL RATE INDICATED IN  
BRACKETS**

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## From the Editor

Welcome everyone! A major computer CPU and hard drive failure delayed production of this issue. The copy was almost ready for printing and it was all lost – many hours of recovery and retyping have enabled publication

The editor is always looking for articles and photos from the membership about their gardening experiences and the methods you use to grow your produce. Half a page to a page is great.

*Canberra Organic* gives us a way to communicate with each other and learn from each other. We are especially looking for plant profiles—the how and why.

Happy gardening ...

Stephen Dean



## President's Report

### Winter 2002

The COGS Annual General Meeting was held on 26 March. A new Committee was elected and the members are listed on page ???. The majority of the previous Committee was re-elected as well as two new Committee members, Heather Pearce and Heather Gill. Steve Sutton and Sandra Johnson did not seek re-election because of other commitments. Steve will be sorely missed by the Committee for his tireless work and commitment to COGS and organic gardening over a period of many years. In appreciation of Steve's contribution, the Committee granted Steve life membership of COGS.

The Annual General Meeting was followed by harvest night. Most gardeners appear to have had a very successful season in spite of the slightly weird summer. Quite a good range of produce was displayed. Now that the weather has cooled down its time to tidy up our gardens for winter. Winter crops in most of the COGS community gardens are well established and the green manure crops are busily producing organic matter for the soil and fixing nitrogen for our spring and summer crops.

Now is the time to check your seed supply for next season and make sure you have everything you need. Any gaps in your seed supply can probably be filled by a phone call to Laurie Thomson who is the custodian of the COGS seed bank. A great deal of work has been done on the seed bank over the last six months. Thanks to Laurie, Rosemary Stevenson and Bebe Bros the seed bank has been completely catalogued, including the viable seeds donated by Jonathon Banks as well as the COGS seeds. The new seed packets have much more information about the plants on the label, including optimal conditions for planting and cultural notes. We hope gardeners will find this information useful, especially those new gardeners who have recently taken plots in one of the COGS Community gardens. It is hoped more gardeners will become involved in seed saving this coming season and some of the community gardens are setting aside a plot specifically for seed saving. If you are interested in becoming involved in this activity contact Laurie or Rosemary to find out what is involved.

This year COGS hosted the 6<sup>th</sup> Annual Get-together of the Community Garden Network (NSW/ACT). About thirty people attended from various community gardening groups in Sydney, Braidwood, Albury, Cowra as well as gardeners from COGS and non-COGS gardens in the ACT. It was useful and interesting to see how other groups manage their gardens and it was particularly useful to hear the government (ACT) perspective on support for community gardening. One message that came across loud and clear from the government representatives was the need for present COGS gardens to be much more frugal in their use of water if we are to avoid a sharp increase in water costs. More information on the get-together is provided elsewhere in this issue.

We have arranged for many interesting and informative speakers at our monthly general meetings this year. I look forward to seeing you there.

Happy gardening,

Keith Colls

## Strawberries and Cream

We were sitting under the cedar trees on the hillside below our house, eating strawberries and thick rich cream. I was eight years old, and of all the foods our farm produced, this was my favourite.

Our farm was the biggest island in Hamilton Harbour, Bermuda, all 27 acres of it, and from where we sat we could look across the water to the Horsfall's new house on the other side.

I kept thinking Bill Horsfall must be crazy, not to like strawberries and cream. He had just refused them, I couldn't imagine why.

Now jump the span of time from the summer of 1929 to last year, 2001, in my home vegetable garden. It's winter, and I'm looking at my impoverished little strawberry bed.

I'm wondering whether it is worthwhile buying new plants, as we are advised to do by the experts because of the virus. Conventional farmers have not found a chemical to combat the virus, though they use nasty poisons in their efforts to try.

I remember John Canny, who sent to Victoria for these plants and had a whole plot full of them in the halcyon days of the Watson Community Garden.

He wholesaled \$200 worth, and had enough left over for himself and his daughter, his neighbours, and most of his friends at the garden. They were the sweetest strawberries anyone had ever tasted.

He used most of the money to set up our greenhouse at the garden, setting it in huge concrete blocks because of the wind.

I knew these strawberries were not good keepers, but I decided to keep my plants, because the fruit was so sweet, and I could never find out the name of the variety or where John had got them, as he had died soon after the Watson garden closed.

I removed all the old dead leaves, dug up each little plant, putting them in boxes. The bed was much too small for the number of plants, as all had multiplied.

I dug the bed with a fork to remove the tree roots, then filled it with a mixture of soil from the chook yard (not chook manure), and compost from my bins, blending in some rock phosphate, dolomite and Alroc, just as I do with my potting mix. (I never take time to measure).

I did take time to carefully and lovingly set each little plant with its ball of soil, next to its neighbour and surround it with more of the good soil mixture. They were much too close together - about 10cm - but I couldn't bear to waste any of them.

I had raised the level of the bed by about 15cm and the soil now came to the top of the metal walls, so that the plants could get the maximum amount of sun and air. (The walls are necessary, as too much water is lost from unwallled raised beds in the summer, and plants are apt to dry out.

The whole operation took several days. Unlike many people I will not damage my back by doing too much all in one day. I've spent several months with the agony of a slipped disk, and don't intend to go through that again! When my back starts to bother me a little I know it's time to quit for the day, and take to my laptop instead.

Now for the result of all this: this summer I have had the best crop of large, sweet, juicy strawberries I have ever had. Though the plants were much too close together, they produced wonderfully well. I have never had such big ones and the second lot were almost as large as the early ones,

Winter work, summer pleasure!

What about trying it?

Betty Cornhill

## 6<sup>th</sup> Annual Get-together of the Community Garden Network, NSW and ACT

The get-together was held on 7 April 2002 at the Canberra Organic Growers Society's (COGS) community garden in Holder and the COGS demonstration plot at the Xeriscape garden in Weston. About thirty people attended.

There were representatives from gardens at Albury, Cowra, Braidwood and Sydney as well as representatives from COGS gardens and other community gardens in the ACT and ACT government representatives.

The get-together was organised in the format of an informal workshop. Discussion was focussed first on policy issues and then moved onto more practical issues related to the operation of community gardens.

The workshop started by considering the different organisational models used in the community gardens represented at the get-together. The use of organic techniques was common to all but there was a wide variety of organisational methods used. These ranged from commercial production to fund garden operations, to gardens continuously supported by government and/or by charities, service organisations and churches through the provision of full-time or part-time staff, to completely volunteer led and run operations such as COGS.

Different organisational models were considered necessary to cater to the particular needs of the gardeners for which the gardens are designed.

There was one example of a new garden to be established soon which was attempting to address a significant problem of malnutrition within the community in which it will be located. Such a garden will require considerable outside support,

particularly in the early stages of development. Experience from another (non-COGS) garden in the ACT suggested that one of the important consequences of community gardening was the "building of a sense community" and the empowerment of that community. It was reported that this particular garden has fairly rapidly become much more self supporting and this has spilled over into other areas of the community to which the garden belongs.

Other gardens reported that they will always need support because of the special needs of some of their gardeners. Some gardeners require ongoing one-on-one assistance because of their health problems. It was clear that a wide variety of organisational models for community gardens will always be required to meet the needs of a range of gardeners.

The government representatives present were very supportive of the establishment and operation of community gardens but their motivation was quite different from that of gardeners. Government was not interested in gardening per se, but rather the government's interest is in the potential for gardens to enhance the health of the community, to enhance the sense of community well being and to build a stronger sense of community which translates into other aspects of community life.

Although the objectives of the government and gardeners is quite different it was recognised that both groups, by working together cooperatively, can meet their differing objectives.

The need for ongoing support was raised with the government representatives.

While the ACT government representatives were very satisfied with the success of the COGS gardens funded through the Social Capital program it was made clear that without more frugal use of water by all COGS gardens a very sharp increase in water costs must be borne by COGS.

A degree of outside support for gardens, government or otherwise, even if only for access to appropriate land, was recognised as being probably always necessary but the level of that support will depend on the needs of the gardeners for which particular gardens are designed to meet. It was suggested that an advisory committee consisting of experienced community garden operators would be invaluable for providing useful advice to funding bodies, particularly for government whose bureaucrats do not necessarily have any practical garden expertise, to ensure that any garden proposals had the advantage of the knowledge of those with extensive experience in operating community gardens.

Support which enables the recording of the knowledge of garden operators in a form available for use by other garden operators and government was considered to be a potentially useful avenue worth pursuing.

Practical issues related to establishing and managing community gardens were also discussed in some detail. Such issues as securing funding, consultation with the local community, ongoing management of the garden, providing for the replacement equipment and other assets, dealing with the differing needs of gardeners, maintaining continuity of garden management during the inevitable peaks and troughs in the enthusiasm and support within volunteer based organisations and garden security were discussed.

There was general agreement between gardening participants and government representatives that it would be useful if the lessons learnt and experience gained from the

recent establishment of the three new COGS community gardens funded by the Social Capital Program were somehow recorded so that the expertise gained is not lost.

All participants were satisfied with the outcomes from the 6<sup>th</sup> Annual Get-together and everyone had an enjoyable and interesting afternoon. The date and the location of the 7<sup>th</sup> Get-together is yet to be decided.

## Sapphire Coast Producers Association

Proudly presents the

### 7<sup>th</sup> Annual SOUTH COAST FIELD DAYS

SUSTAINABLE LAND USE  
SUSTAINABLE LIVING

Candelo Showgrounds  
27th and 28th July 2002  
BEGA VALLEY-NSW SOUTH  
COAST

Guest Speaker  
JACKIE FRENCH  
(other TBA)

Talks, demonstrations, workshops.  
Displays on sustainable farming practices,  
solar energy, sustainable living, building,  
forestry, community and cottage industries.

Contact: John/Sharon (02) 6492 7306

Hugh/Annie (02) 6494 2014

Email: [champagne@acr.net.au](mailto:champagne@acr.net.au)

Exhibitor enquiries welcome.

# YOUTHHAVEN SHOWS OFF GIANT PUMPKINS, HUMUNGUS PARSNIPS, MAGIC MANURES ETC....

181 kilos is now the heaviest pumpkin ever grown in the ACT, but for first time growers, Gail and George Szakiel,, it was the thrill of a lifetime to pull off the first prize in the ACT Giant Pumpkin Competition held at Fusion Australia's Youthhaven Horticulture Project on Saturday 6 April. They put their success down to Alpaca and Poultry Manure, plus TLC and prayer!

Just how keen can giant vegetable growers get?

One other grower, who shall remain nameless, claims to have grown a giant weighing more than 300 kilos... but the rats got at it! We have no reason to doubt his word!

The one to watch in 2003 will be John Francis van Halderen, from the L'Arche Community in Curtin. A couple of years ago, John Francis came 3<sup>rd</sup>, this year came 2<sup>nd</sup>, so the bookies will have him at short odds to win next year.

Urged on by David Young, Alex Sloan and Mark Carmody on their Gardening Programs on Saturday mornings, and by great pre-competition publicity on local radio, in the "Canberra Times" and "Canberra Organic", more than 200 people converged on Youthhaven Horticulture to marvel and even touch the dozens of giant pumpkins..., and giant tomatoes, zucchinis, carrots and sunflowers.

Unusual shaped vegetables had heads shaking in disbelief ..... no-one had ever seen a parsnip 15 cms through before!

Some doubt and disbelief and even irreverent scepticism was obvious at the exhibition of the give-away "Magic Manure" reported to have been used in ancient Egypt, and which may have been fed into a pumpkin plant via medical drip apparatus borrowed from a local hospital..

In line with the secrecy common to fishing and higher horticulture, Youthhaven Horticulture officials have refused to comment, allowing the virtues of organic materials and manures to speak for themselves.

But let's face it, how can you compete with alpaca manure? And a few years ago someone is supposed to have collected elephant manure from a circus !

Another feature of the day was the presentation to Youth haven Horticulture of a plaque to mark receiving in 2001, the ABC/Australia's Open Garden Community Grant for the ACT of \$3000. Ms Genevieve Jacobs, Coordinator Of the Australian Open Gardens Scheme for the ACT and Southern NSW presented the plaque.

In addition to Youthhaven Horticulture, Fusion Australia (an interchurch agency working with disadvantaged people) has other projects at Youthhaven - the Kurrajong Nursery and a Youth Accommodation Service, plus the Bus Stop Cafe at the Woden Bus Interchange.



*George Szakiel sitting on 181 kilos of "cucurbita maxima"*

# A Giant Pumpkin Competition

## and a Competition for *other big vegetables*

Was held at Youthhaven Horticulture, Kambah Pool Road, on Saturday 6 April 2001.

### Prize Winners

#### For the Biggest Pumpkin

First prize: \$600	G. Szakiel	181.36kg
Second prize: \$300	John Francis Van Halderen	97.38kg
Third prize: \$100	Jimmy Karoly	94.38kg

These prizes were donated by Mr Brian Corkhill of Corkhill Bros

#### Closest to a mystery weight

\$50 prize: Chris Sutton

#### Heaviest pumpkin (\$20 prize in each section) **between.**

0–49.9 kilos;	Brian Pearce
50–99.9 kilos;	John Francis Van Halderen
100–150 kilos;	No Winner

#### Biggest pumpkin grown by a child under 12 years on 6 April 2001

A \$50 prize: Chris Sutton

In the following categories prizes of \$20 (1<sup>st</sup>); \$10 (2<sup>nd</sup>); \$5 (3<sup>rd</sup>) were awarded.

<b>Biggest tomato</b>	1 <sup>st</sup>	Mike Pentas 760 gm,
	2 <sup>nd</sup>	John Francis Van Halderen 360 gm
	3 <sup>rd</sup>	Rosa Pangahas 250 gm
<b>Biggest zucchini</b>	1 <sup>st</sup>	Mugga Mugga Environment Centre 7.44kg
	2 <sup>nd</sup>	Jamie Guth 3.10kg
	3 <sup>rd</sup>	Mike Pentas 3kg
<b>Biggest carrot</b>	1 <sup>st</sup>	J.Karoly
<b>Biggest sunflower</b>	1 <sup>st</sup>	Michael Sutton 33cm,
	2 <sup>nd</sup>	Steve Sutton 28cm
	3 <sup>rd</sup>	Melrose Primary School 26cm
<b>Most unusual vege</b>	1 <sup>st</sup>	J.Karoly,
	2 <sup>nd</sup>	Gretha Guldemeester,
	3 <sup>rd</sup>	Derrick Davis
<b>Best decorated vege</b>	1 <sup>st</sup>	Rosa Pangahas,
	2 <sup>nd</sup>	Arch Hay
	3 <sup>rd</sup>	Melissa Moon

#### 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, Canberra Organic Growers Society, and Kurrajong Nurseries for distributing seedlings.



## Some common compost questions



### **Q** How long will it be until my compost is ready to use?

Let your compost settle for the first two weeks. After this, turn your compost heap weekly and it will take 8-10 weeks to produce good compost. If you don't turn your compost heap regularly, then it will take longer to produce good compost.



### **Q** What do I do if I have no worms in my heap, but lots of ants?

Add lime to the heap and turn it. If your heap seems to be drying out, water it.



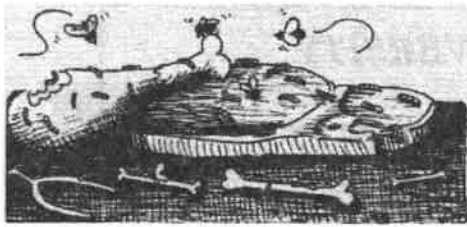
### **Q** My compost seems very wet. How wet should it be?

The compost should be as wet as a damp sponge. It needs to be moist, but not dripping wet.



### **Q** My composting method is to throw everything on the heap and then ignore it. Is this OK?

Yes, it's called cold composting and it's a slow way to compost. Watch that the compost doesn't become smelly because of lack of air. It may need to be turned now and then.



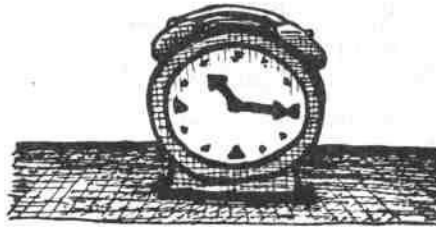
**Q Can bones and meat scraps be composted?**

No, it is best not to compost bones and meat because they can attract flies, rats and mice.



**Q My neighbour complains about my heap but it doesn't even smell. What should I do?**

Set a good example by keeping your compost system neat and smell free. Explain the benefits of composting to your neighbour and offer her or him some compost for the garden.



**Q Should my compost be in the sun or in the shade?**

The heat of the sun will speed the process, but remember it will also dry it out -so keep it moist. If sunny space is limited in your garden, find the next warmest position.



**Q How will I know when to turn the heap?**

Turning every 7-14 days will speed up the process. If you're not in a hurry, once a month will probably do.



**Q Can fruit waste be composted? How?**

Yes, all fruit can be composted. But with oranges, lemons, mandarins and grapefruit, it is best to chop the rinds finely so they decay easily. Then add a little wood ash, charcoal, dolomite or lime to reduce their acidity.

Reprinted from "Down to Earth" - NSW Environment Protection Authority

## • ***SOILS, HABITATS and BIODIVERSITY CAMPAIGN***

Further to the advance notice of the Campaign for COGS members in the previous issue (Autumn), the Soils, Habitats and Biodiversity Campaign was formally launched on April 6<sup>th</sup> by NSW Land and Water Minister, Hon. John Aquilina, and the veteran conservationist who conceived this Campaign, Dr Vincent Serventy, AM.

Although the subject matter was necessarily complex, dealing with the processes and threats to crucial life support systems (biodiversity and soils), papers by Prof. Stuart Hill, Dr David Freudenberger, Dr Pam Hazelton and Dr Brian Murphy, were particularly well received.

Over the next year- until April 2003 -there will be 10-12 events planned in suburban and rural areas, plus several seminars and conferences, culminating in a major conference for government decision-makers to examine the kinds of essential policies and government strategies that have been formal commitments and plans for more than a decade - but are not carried forward into action plans with clear timeframes for achievement.

Rural workshops are currently being planned in three major agricultural areas; northern horticulture at Lismore; sheep/wheat/cotton at Dubbo; Murray/Riverina at Albury-Wodonga. Hopefully there will be at least one workshop planned for the ACT to highlight the contribution of organic community gardens to the holistic approach to production methods which avoid dependency on synthetic chemicals and GMO'S.

Prof. Stuart Hill has expressed interest in visiting a number of areas, to provide details of "Redesign: Lessons from Ecological Agriculture and Social Ecology", his keynote presentation at the Campaign Launch. This proven and motivating information has been enthusiastically received by several hundred farmers - for application in their management practices.

By July there will be two campaign publications to provide text and graphics covering major concerns of the Campaign; they will be provided free to everyone organising or attending events that support the general campaign objectives.

### **Campaign Goal**

*Sustaining Our Future through Healthy Soils and Biological Diversity - by ensuring the use of soils is consistent with ESD principles and that biological diversity and ecological integrity is preserved by use of appropriate technologies.*

### **Campaign Objectives**

- (a) to combat degradation of soils, destruction of habitats and consequent threats to biological diversity,*
- (b) to deliver a focused education and public information program based on expert scientific research and data;*
- (c) to constructively influence government, farmers and other land managers, and relevant industry organisations, to ensure all land use is ecologically sustainable.*

## IMPORTANT CAMPAIGN

The seminar launching on 6th April was a huge success.

Dr Stuart Hill is a dynamic speaker and campaigner for Organic Growing.

I heard him at the IFOAM Conference in New Zealand which was the most down to earth of all the IFOAM conferences I have attended. His talks there raised gales of laughter, which was an excellent way of putting across the points he wanted to make. I wonder if he would come and speak to COGS.

I know that the other speakers at the seminar were also very good.

This campaign is important to us all, because it is tackling the huge problem of the deterioration of Australian soils due to the wrong practices and use of chemicals by conventional farmers.

As we all know Organic Growing without poisons is good for the environment. Soils that have deteriorated can be brought back through organic farming practices.

What many people don't know is that Organic Farming is economically viable. This is an important message for farmers. They must be able to make a living out of farming.

And what we all know is that money rules the world at present, so big multinationals make huge profits out of manufacturing and selling chemicals are going to fight tooth and nail to stop the spread of Organics.

I think it is up to all of us who want our food to be chemical free, to back this campaign in any way we can.

COGS is doing a fine job with its community gardens. This is really basic stuff, which COGS has always been good at.

Keep it up, COGS!

Oh and don't forget to read the articles about the launch of the campaign in this issue and the previous one.

Betty Cornhill

# WINTER VEGETABLE PLANTING GUIDE

	JUN	JUL	AUG
Asparagus		T	ST
Broad Beans	S		
Kohlrabi		S	
Lettuce		S	
Onions	ST S	S	
Peas		S	
Rhubarb		T	
Silver beet		S	
Spinach		S	

S = Seed Sowing

T = Transplanting

**NB** This table is a guide only, please observe the seasonal weather patterns before deciding when to plant, as there will often be distinct differences in weather from one year to the next. The microclimate of your garden will also influence the times when you plant.

## Asparagus

Prepare your bed before you buy the crowns to plant late Winter - early Spring. Since this is a perennial which can last for up to 20 years it is well worth the effort of establishing properly. It needs good drainage and can be planted very successfully in a raised bed: Asparagus likes compost and well-rotted manure. Seaweed is an excellent mulch.

The crowns are planted in a trench, but with the roots straddling a ridge. Cover so dormant shoots are about 4cm below the surface.

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

## Broad Beans

Late plantings of Broad Beans in June may be very slow to germinate. Better results are usually achieved with an autumn planting.

## Kohlrabi

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

## Lettuce

Only plant Winter varieties of Lettuces (cos, salad bowl, oak leaf, butter head and mignonette varieties)

## Onions

Mid season varieties are often sown from late autumn until early Winter, and long keeping varieties during Winter.

However, the timing of mid or late season varieties is well worth experimenting with, making successive plantings to determine the best time in your specific locality.

## Peas

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

## Rhubarb

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

## Other Possibilities

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

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

## Don't forget the soft fruits!

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

## Strawberries

Plant certified stock or propagate from runners (not from plants more than 2 years old however) in a soil enriched with compost or well rotted manure. On old plants remove the old leaves and burn or throw them in the garbage in case they are infected with a virus.

## Berries

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

## Currants

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

## Gooseberries

Need similar conditions to currants.

# COGS 2002 Calendar

## June

- 1st - World Environment Day COGS to have a stall
- 11th - committee meeting
- 25th - general meeting question and answer night plus food demonstration (to be confirmed)

## July

- 9th - committee meeting
- 15th - magazine article deadline
- 23rd - general meeting Joyce Wilkie topic chickens (to be confirmed)

## August

- 13th - committee meeting
- 27th - general meeting Jonathon Banks topic orchard maintenance (confirmed)

## September

- 10th - committee meeting
- 24th - general meeting panel night

## October

- Date TBC - Murrumbateman Field Day
- Date TBC - Griffith shops fair
- Date TBC - Green Living fair
- 8th - committee meeting
- 15th - magazine article deadline
- 22nd - general meeting Irene Hess - Oates topic herbs

## November

- Date to be confirmed spring plant stall at Xeriscape garden
- 12th - committee meeting
- 26th - general meeting Neil Davidson topic worms (to be confirmed)

### **COGS website has moved**

The COGS website is now active on our own domain name, generously hosted by COGS member Karl Schaffarczyk at [Inspired.net.au](http://Inspired.net.au):

The URL is now

<http://www.cogs.asn.au>

The new website is being developed by Maren Child, the web manager, and a small group of volunteers.

# CANBERRA ORGANIC GROWERS SOCIETY INCORPORATED

## FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2001

### STATEMENT OF ASSETS AND LIABILITIES AS AT 31 DECEMBER 2001

	Note	2001 \$	2000 \$
<b>MEMBERS FUNDS</b>			
Opening Balance		13,847	13,122
Surplus(Deficit) for year		<u>36,768</u>	<u>725</u>
Closing Balance		<b>50,615</b>	<b>13,847</b>
Represented by:-			
<b>CURRENT ASSETS</b>			
Cash	(8)	2,835	3,707
Cash at bank		<u>12,895</u>	<u>5,982</u>
		15,730	9,689
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	(7)	<u>34,885</u>	<u>4,158</u>
<b>TOTAL ASSETS</b>		<b>50,615</b>	<b>13,847</b>
<b>CURRENT LIABILITIES</b>	(2c)	0	0
<b>NET ASSETS</b>		<b>50,615</b>	<b>13,847</b>

The Statement of Assets and Liabilities should be read in conjunction with the accompanying Notes to and forming part of the financial statements.

### STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 DECEMBER 2001

	Note	2001 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
<b>INFLOWS</b>		
Annual subscriptions		4680
Magazine sales & advertising		1377
Plot levies		5177
Seed and seedling sales		2434
Inflows from other activities		1769
<b>OUTFLOWS</b>		
Garden expenses		(4366)
Magazine and flier production		(2163)
Postage		(1013)
Outflows to other sources		<u>(3686)</u>
Net cash provided by operating activities		4209
<b>CASH FLOWS FROM NON-OPERATING ACTIVITIES</b>		
<b>INFLOWS</b>		
Grants		38000
<b>OUTFLOWS</b>		
Payments for purchases of plant and Equipment		(33469)
Payments for purchases of tools		<u>(2699)</u>
Net cash provided by non-operating activities		1832
Net increase/(decrease) in cash held		6041
Cash at beginning of year		<u>9689</u>
Cash at end of year	(8)	15730

The Statement of Cash Flows should be read in conjunction with the accompanying Notes to and forming part of the financial statements.

INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2001

	Note	2001	2000
		\$	\$
<b>INCOME</b>			
	(2d)		
Annual subscriptions		4680.50	3590.00
Bank interest		319.82	9.23
Cocopeat sales		10.00	160.00
Course tuition		480.00	660.00
Donations		13.00	-
Farm visits		150.00	230.00
Garden income(plot levies)		5177.25	2420.00
Grants		38000.00	-
Internet advertising		50.00	100.00
Joining fees		533.50	299.50
Meeting suppers		167.55	145.30
Miscellaneous income		44.46	139.80
Quarterly advertising		502.00	713.00
Quarterly sales		875.00	1465.00
Seed exchange		484.20	734.10
Stalls		1949.60	911.50
Transfer from Northside garden		-	320.00
<b>TOTAL INCOME</b>		<b>53,436.88</b>	<b>11,897.43</b>
<b>EXPENDITURE</b>			
	(2d)		
Account charges		128.16	64.56
Administration		520.85	389.38
Affiliated organisations		200.50	295.80
BBQ's		26.48	25.78
Book purchases		196.85	164.52
Cocopeat purchases		-	180.00
Course		264.83	-
Depreciation	(6)	2542.00	2275.00
Equipment written off		200.00	110.00
Farm visits		443.10	177.05
Flier production		160.00	502.34
Garden-specific outlays		4170.89	2792.79
Insurance		731.12	684.23
Internet		-	16.80
Miscellaneous expenses		26.71	84.60
Postage		1012.98	920.18
Presenter fees		-	370.00
Quarterly production		2003.25	2182.25



Rental and storage	551.93	524.45
Seed exchange	251.58	101.74
Stalls	105.00	301.15
Stationery	116.05	132.75
Telephone	122.00	105.50
Tools and equipment(gardens)	(2e) 2699.50	540.00
Xeriscape	<u>195.45</u>	<u>172.31</u>
<b>TOTAL EXPENDITURE</b>	<b>16669.23</b>	<b>13113.18</b>
<b>SURPLUS (DEFICIT) FOR PERIOD</b>	<b>36767.65</b>	<b>(1215.75)</b>

The surplus (deficit) for the period before abnormal Items (Grants) is **(1232.35)**

The Statement of Income and Expenditure should be read in conjunction with the accompanying Notes to and forming part of the financial statements.

#### **NOTES TO AND FORMING PART OF THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2001**

##### **NOTE 1 FUNCTIONS OF THE CANBERRA ORGANIC GROWERS SOCIETY**

The Society exists to promote organic growing in the Canberra region.

##### **NOTE 2 SIGNIFICANT ACCOUNTING POLICIES**

The significant accounting policies adopted by the Society are stated to assist in a general understanding of the financial statements.

###### **a) Statutory requirements**

The Society is required pursuant to Section 72 of the Associations Incorporation Act 1991 to prepare Accounts which give a true and fair account of income and expenditure and assets and liabilities of the Society for the most recently ended financial year.

###### **b) Accounting method**

As far as practical the accounts have been prepared on an accrual basis and in accordance with Australian Accounting Standards. The Statements are prepared on historical cost principles.

###### **c) Liabilities**

Subscriptions paid in advance are not recognised as a liability.

###### **d) Income and Expenditure Statement**

The 2000 figures have been consolidated to assist comparisons as garden sub-accounts are no longer reported separately.

###### **e) Tools and Equipment**

Purchases of garden equipment valued at less than one hundred dollars (\$100) per item are expensed in the year of purchase.

##### **NOTE 3 COMMITMENTS AND CONTINGENCIES**

As at 31 December 2001 there were no material commitments or contingencies.

##### **NOTE 4 RELATED PARTY TRANSACTIONS**

During the year there have been no related party transactions.

##### **NOTE 5 AFTER BALANCE DAY EVENTS**

Since the balance date, 31 December 2001, there have been no events that are of a material value or likely to have a material impact upon the accounts.

NOTE 6 DEPRECIATION

Plant and equipment is depreciated at the rate of 15% per annum.

	2001	2000
	\$	\$
P&E at 31 December 2000	17148	15276
P&E lost 2001	<u>(200)</u>	<u>(110)</u>
	16948	15386
Accumulated depreciation at 31 December 2000	12990	10715
Depreciation 2001	<u>2542</u>	<u>2275</u>
Accumulated depreciation at 31 December 2001	15532	12990

NOTE 7 PLANT AND EQUIPMENT

	Cost	Accum'd	W/d value	W/d value
	2001	depc'n	2001	2000
	\$	\$	\$	\$
P&E at 31 Dec 2000	16948	15532	1416	2176
P&E purchased 2001				
Fences	17912		17912	
Plumbing	9857		9857	
Mowers	4005		4005	
Sheds	1006		1006	
Other garden equipment	<u>689</u>	<u>        </u>	<u>689</u>	<u>1982</u>
	50417	15532	34885	4158

NOTE 8 STATEMENT OF CASH FLOWS

Cash balances comprise:-	2001	2000
	\$	\$
Cash at bank:-		
Main account	11745	5982
Northside account	<u>1150</u>	
	12895	
Cash on hand:-		
Cash & cheques not yet banked	438	
Charnwood garden	256	205
Cotter garden	1845	1690
Erindale garden	46	56
Northside garden	40	1388
Oaks Estate garden	31	62
Petty cash	<u>179</u>	<u>306</u>
3707		
Total cash	15730	9689

# 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.

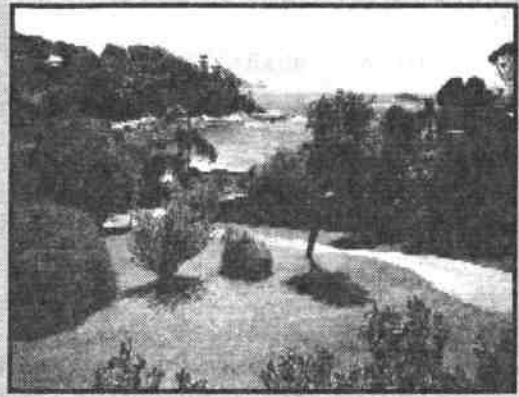
**David Read or Dave Tooley**

**0409 070 189**

**Email: kdread@primus.com.au**

**PO Box 337**

**Erindale Centre ACT 2903**



## 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.

## 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**

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

*Just the way Mother Nature intended!!*



A tool that will replace and outlast most other hand implements. The Ho-Mi is impressively strong and has a design that has been refined over centuries by practical Asian farmers and gardeners.

The Ho-Mi can be used in the vegetable and flower garden to:

- *dig holes for planting and transplanting bulbs and seedlings*
- *open and close rows for seed planting*
- *loosen soil around plants*
- *dig weeds and thin out plants*

The tool is hand forged rather than pressed making it more durable and so much stronger. The tool can be comfortably used for hours making it particularly suitable for older or arthritic gardeners.

## HO-MI: the Asian Hand Cultivator



The broad fork is a modern, ergonomically sound version of a classic Dutch implement. It is ideal for the fast manual non-inversion tillage, particularly of heavy clay soils. Soils can be opened up to allow air, water and soil organisms to penetrate with the consequent improvement of structure, fertility and biological activity. It is a sustainable alternative to mechanical cultivation. Lots of home gardeners find it makes a wonderful replacement for conventional garden forks with their flimsy tines and short handles. The tool is handcrafted in small batches in Gundaroo and we strongly advise people to reserve a broad fork as they are always in high demand.

The photograph on the left is of an eight tined prototype broad fork being used at 'Allsun Farm'. The production model has 7 replaceable tines. If your soils are hard and compacted it may be easier, in the beginning, to work with less tines. Simply remove all the tines and rearrange them into either a 3 or 5 tined configuration.

### A selection of beginners garden tools

Joyce Wilkie & Michael Plane  
Phone 02 6236 8173

[E-MAIL GT@allsun.com.au](mailto:GT@allsun.com.au)

Snail Mail ALLSUN FARM, GUNDAROO,  
NSW, 2620 AUSTRALIA

# FROM THE GARDEN TO THE POT

By Conrad van Hest



## Banana and lentil patties

2 large or 3 medium bananas  
300g cooked lentils  
1 egg  
200g flour  
200g breadcrumbs  
2 tablespoon cumin  
1 cup olive oil

In a large bowl mash the bananas, add lentils, egg and cumin mix well. Add half the flour and breadcrumbs - mix in well, if moist add more flour and breadcrumbs until you get a stiff cake mix consistency.

In a frying pan on moderate heat, heat the olive oil. Take a heaped tablespoon of the mix, roll lightly in some flour, place into oil, flatten down and cook on both sides for four minutes and golden brown, drain well.

Serve with a tomato, basil and cracked pepper salad. This recipe makes about 20 patties.

## Homemade vegetable stock

Oversized zucchini's and squash's cut in half and roughly chopped, any other vegetables (example carrots, broccoli, capsicum, etc.) roughly chopped.

Place into large stock pot, add any garden herbs, black peppercorns, tablespoon dry mustard, dash Worcestershire sauce, dash of red wine vinegar, tablespoon cardamom pods and fill with water to cover.

Bring to boil, stir and reduce heat to low and cook for one hour, drain liquid through a fine sieve into a large pot and compost the vegetables. When cool place into containers and freeze for three months or make vegetable veloutte or stock soups with hot stock.

## Tomatoes stuffed with beans

1 cup small white beans  
½ large onion chopped  
1 tablespoon butter  
white pepper and salt to taste  
6 - 8 large tomatoes tops removed and pulp scooped out, chopped and reserved  
olive oil  
Worcestershire sauce  
¾ cup grated smoked cheese

Soak beans overnight, drain and cook in fresh water until tender. Sauté onion in butter until cooked, combine with the beans, salt and pepper. Lightly rub outside of tomatoes with olive oil, place in baking pan in a single layer.

In each tomato put a thin layer of beans, then a layer of tomatoes. Brush with Worcestershire and sprinkle cheese over. Repeat this process until tomatoes are filled.

Cover baking pan and bake at 180C for 25 minutes then remove lid and cook for a another 5 minutes.

# 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	Vacant		
Secretary	Conrad Van Hest	6288 2443	zsysphot@netspeed.com.au
Treasurer	Adrienne Fazekas	6247 5882	afazekas@yahoo.com.au
Membership Secretary	Victor Oates		vicoates@pcug.org.au
Editor	Stephen Dean	04 0335 3118	sgd@austarmetro.com.au
Librarian	Maren Child	6254 9927	jbchild@cyberone.com.au
Seed Librarian	Laurie Thompson	6288 7161	diamondjim@bigpond.com
Public Officer	Conrad Van Hest	6288 2443	zsysphot@netspeed.com.au

### GENERAL COMMITTEE MEMBERS

Rosemary Stevenson, Beatrix Bros, Heather Pearce, Heather Gill

### COGS FLYER

Pilots: Vacant

### MONTHLY MEETINGS

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

### COGS REPRESENTATIVES

Environment Centre: Deborah Avery  
David Read

### INQUIRIES ABOUT ORGANIC GROWING

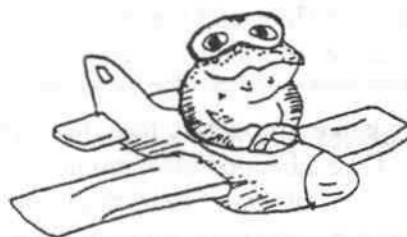
Email: cogs@netspeed.com.au  
Telephone: Elizabeth Palmer 6248 8004

### GARDEN CONVENORS

Cook	Keith Colls	6251 7729
Cotter	Michelle Johnson	6231 6219
Holder	Stephen Dean	04 0335 3118
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
North side	Richard Larson	6241 3024
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



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

~ VISITORS WELCOME ~

## 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.



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Contributions are invited.

Send on diskette (PC format, Microsoft Word files preferred)

or e-mail to [cogs@netspeed.com.au](mailto:cogs@netspeed.com.au).

Otherwise, send clean, typed copy.

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## SPEAKERS

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

**JUNE 25th** - question and answer night  
plus food demonstration (to be confirmed)

**JULY 23rd** - Joyce Wilkie  
topic chickens (to be confirmed)

**AUGUST 27th** - Jonathon Banks  
topic orchard maintenance

## Sapphire Coast Producers Association

7<sup>th</sup> Annual  
SOUTH COAST FIELD DAYS

SUSTAINABLE LAND USE  
SUSTAINABLE LIVING

Candelo Showgrounds  
27th and 28th July 2002

BEGA VALLEY-NSW SOUTH  
COAST

Guest Speaker  
JACKIE FRENCH  
(other TBA)

Talks, demonstrations, workshops. Displays on sustainable farming practices, solar energy, sustainable living, building, forestry,