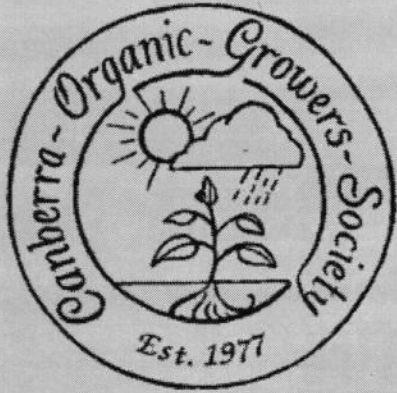


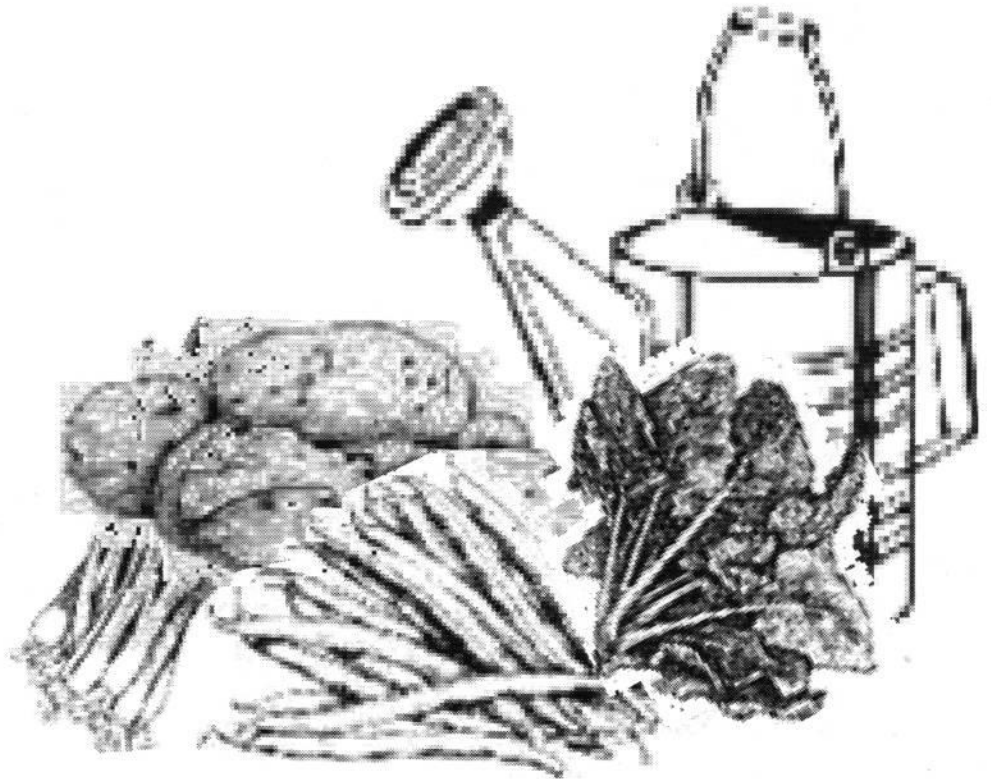
Spring



Canberra Organic

**ORGANIC GROWING
IN THE CANBERRA REGION**

Quarterly publication of the Canberra Organic Growers Society Inc.



VOL. 11 NO. 3

Spring 2003

CANBERRA ORGANIC

Quarterly magazine published by the Canberra Organic Growers Society Inc.
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Janet Popovic

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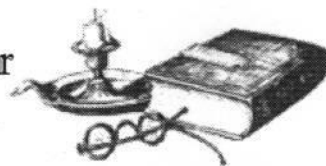
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From the Editor



Hello again!

It's time to be getting seeds of tender vegetables started indoors so they are ready to go into the garden as soon as the frosts are over! Our Spring Vegetable Planting Guide is on page 31. If you are thinking about putting in potatoes, we have just the article for you, from our former editor Stephen Dean; and Conrad van Hest has put together an article on lettuce—no excuse not to plant as there is a variety for every season and every salad—as well as his regular segment *From the Garden to the Pot*.

This issue we have some photos illustrative of productive winter COGS community gardens and gardens sown with green manure crops in preparation for Spring and Summer plantings. We feature Erindale Community Garden and further progress with the new Dickson garden. As we have quite a few young people working in our gardens, including as you'll see at page 17, at Dickson, I have introduced a two-page *Junior Organic* with projects and puzzles this issue. I hope you like it—please give me some feedback and suggestions on what you would like to see in it in the future. I have also included a quiz and I invite readers to send in contributions for further quiz questions if you would like to see this as a regular item.

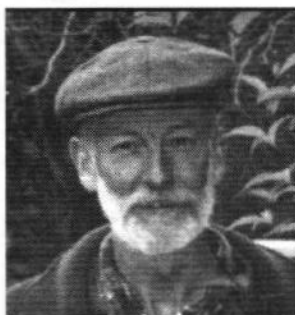
Betty Cornhill has supplied a number of useful tips and written a piece about getting the better of the whitefly attracted to her beautiful indoor capsicum plants. We also have an article from Sue Vivian on dehydrating fruit and vegetable produce, with some delicious recipes. As Keith mentions in his report on page 3, there are lots of events coming up that should be of interest to COGS members—see the COGS Notice Board on page 35 and more detailed information throughout the magazine. Please help Phoenix Garden Group if you can. Lesley Pattinson tells you on page 28 what's happening with restoration of gardens after the January bushfires and what help is needed.

Please consider sharing some of your own experiences in organic growing, successful or not so successful, amusing or instructive in future issues of *Canberra Organic*. One to two pages is the ideal length for articles and the timelines for copy for each season are given on this page in the previous column.

As we go to print with this issue we are looking forward to Jude Fanton from the Seed Savers' Network and co-author of *The Seed Savers' Handbook for Australia and New Zealand* talking to COGS members at a special meeting on 12 August. We will report on Jude's talk in the next issue of *Canberra Organic*.

Janet Popovic

Special thanks to Arthur's Vegetable Clipart.



President's Report Spring 2003

The warmer weather of spring will soon be with us and it will not be long before it is time to plant out the early vegetables. It appears that water restrictions will be a problem again for gardeners with more stringent restrictions being introduced from 1 October. Although rainfall has been close to average for April, June and July (May was well below average), there is still not very much sub-soil moisture to help us through summer. On the positive side the seasonal outlook for the three months August to October is for average to slightly above average rainfall for the ACT, so at least we should be able to get the spring plantings established without much watering. However, once the soil warms up enough to stimulate growth, heavy mulching to conserve as much soil moisture as possible will be essential for the remainder of the growing season to cope with the additional water restrictions.

The new gardening year for COGS community gardens is about to start. A meeting of the garden convenors and the COGS Committee decided to keep the plot fees the same as last season. However, to ensure there are sufficient funds to pay future water bills this decision may have to be reviewed if water charges rise substantially (as it has been suggested in the media) and water use in the gardens is not correspondingly reduced.

With the arrival of the warmer weather there are a lot of activities planned for COGS, apart from gardening. There is the usual line up of interesting speakers at the monthly meetings in the Griffin Centre for the remainder of the year. We are also planning a tour of organic farms in the Canowindra region in October and the next course on organic gardening for beginners will be starting on 2 November.

The Xeriscape garden will reopen in Spring. It

has been rebuilt since the January fires and will be officially reopened on 18 October. COGS Backyard is being prepared for the opening and for the CIT/Xeriscape plant sale on 8 November. Also as a consequence of the fires the Phoenix Garden Group was formed and is seeking the assistance of COGS members to help with the regeneration of fire affected gardens. If you wish to help please see the article on page 28 in this issue of the magazine. With the new season about to get underway COGS is seeking more volunteers to help with the supply and exchange of seeds and seedlings. This is an important means of ensuring that COGS members have a supply of non-hybrid seeds and seedlings suitable for growing in Canberra.

The Horticultural Society of Canberra will be holding their Spring Bulb and Camellia Show on 13/14 September. COGS will have a stall at the show and volunteers are being sought to help staff our stall. This is an excellent means of publicising the organic method of gardening to a wider audience of gardeners.

Finally, if you would like to assist with the running of COGS there are now two vacancies on the Committee. We are particularly in need of a Secretary. If you would like to try your hand at committee work please contact me. The Committee meets every month on the second Tuesday at 7:30pm at the ROCKS meeting room.

Happy Gardening,

Keith Colls

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COGS Cook Garden would like to thank David Dudderidge of *The Tree Specialists*
for his kind donation of three truckloads of mulch for our windbreak.

www.treespecialists.com.au Phone 1800 787 880

Around the Gardens

Charnwood

Charnwood garden will host the next beginners gardening course starting on Dec.2. There are currently several vacant plots.



Cook

The cooler weather has allowed gardeners to clean up their plots over winter. We have also heavily mulched all the new windbreak plants (mostly through the efforts of Alan Robertson and Judy Tier) which we hope will allow them to survive summer water restrictions. The new pergola has also magically appeared behind the shed through the efforts of Adrienne Fazekas and Garry Ridgway. All useable garden plots are taken and we currently have two members on the waiting list. *Keith Colls*

Cotter

Two new gardeners have joined the garden since the last report. There are now only two small plots not being utilised. There is considerable activity by gardeners preparing plots for next spring but some anxiety as to how the plots will fare if the predicted very tough water restrictions are imposed. The garden's surrounds are slowly being tidied up. *Andy Hrast*

Dickson—See reports at pages 16 and 17.

Erindale

Our members are no different than the majority population of Canberrans. When weather conditions are too darn cold, frosty, drizzly or receiving day after day icy, cutting winds we do not put on our gardening gloves! We tend to hibernate in fleecy lined slippers, sensibly confined indoors where it's comfortable, cosy and warm. Sometimes if a day is clear and mild we'll scuttle outside (like squirrels checking their acorns) and will be immersed in a flurry of activity. We will quickly mulch, weed or harvest whatever mature plants have survived in the garden. I'm sure everyone (storing winter fat) can't wait until when finally springtime weather beckons them to spend a lot more time and physical (fat reducing) exercise on their plots. Erindale has one vacant plot in good condition with a levy cost of merely \$12. Anyone interested contact Christine ph 62315862.

Christine Carter

Holder

Holder has 7 prospective gardeners on our waiting list and no vacant plots. We are negotiating with CUPPS (Canberra Urban Parks and Places) to replace the shade and windbreak trees around our gardens that were burnt out during the January 18 bushfires. Heavy minus 12°C frosts in early August once again caused several of our above ground tap fittings (galvanised cast iron elbows and tees) to split open along the cast mould lines by freezing water. We have tried lagging the pipes and fittings with insulating materials but to no avail. Any suggestions to stop this freezing destruction will be gratefully accepted.

Stephen Dean

Kambah

Kambah garden has two vacancies at present. *Heather Pearce*

Northside

There are several vacant plots.

Oaks Estate

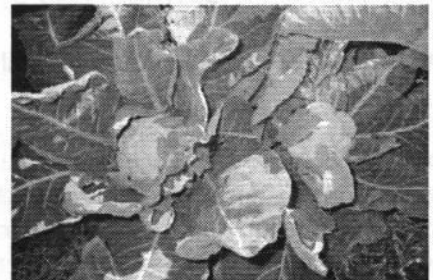
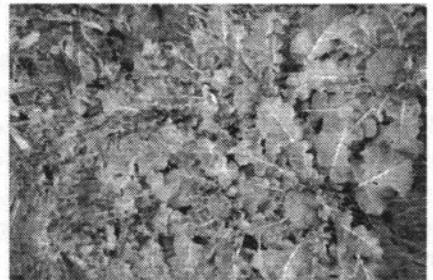
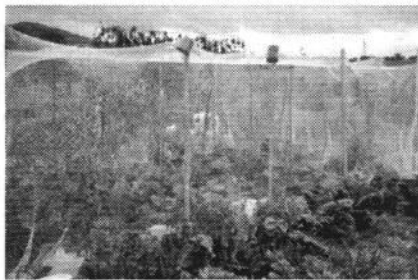
Hello all again,
Most COGS members think that mulch and no-dig gardens are the answer to problems of building better soil and reducing water usage in summer. Some of us think it is better not to mulch in winter as it keeps the soil very cold and I know at least one gardener who swears it harbours slaters. So I rake away the mulch in winter and heap it up in a compost pile. It's important to note too that some people who use it in summer to reduce water usage have been surprised to find the soil had dried out like a bone under the mulch in the middle of summer. This can especially happen with stuff like chopped lucerne which tends to bed down to a tight mat and actually can keep moisture out. Oaks Estate has welcomed George back from his sojourn up north. We have all been growing a few brassicas this winter; kale, cabbage, turnips and broccoli. I finally harvested potatoes, very late in June. The shade house is not yet finished but we have a new member, Ken and hope to get busy with a working bee in late winter.

Rosemary Stevenson

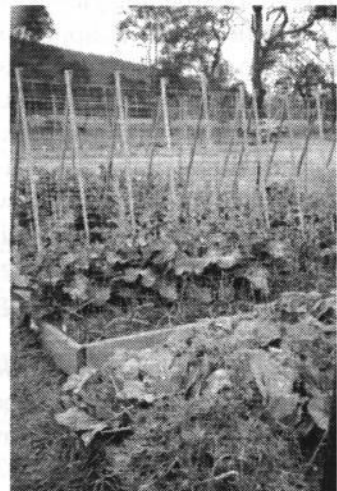
Theodore

There are several vacant plots.

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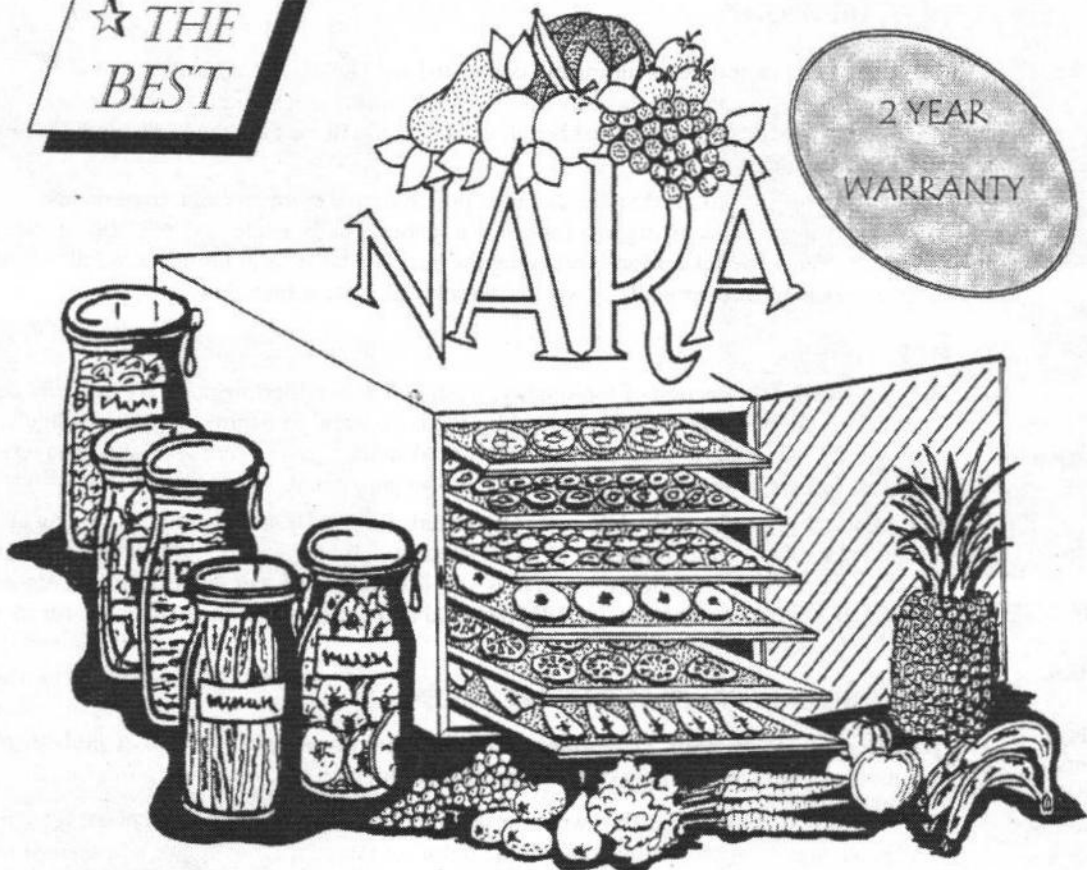
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Annual Garden Review

The annual garden review is a joint meeting of the garden conveners and the COGS Committee at which decisions are made concerning the funding and management of the gardens for the coming year. This meeting was held on August 11th and attended by representatives of nine of the eleven gardens.

It was decided that the annual plot levy would remain unchanged at 75c per sq. metre for the coming gardening year. This levy is payable by all gardeners by the end of September 2003 unless prior arrangements have been made with the relevant garden convener. Gardeners are also reminded that they must remain financial members of COGS in order to have a plot in a COGS garden and that membership fees are payable in addition to the plot levy.

The annual water allowance will also remain unchanged at 75kl /100 sq. m of cultivated area for the 30 week growing season. Water usage

will continue to be closely monitored and gardeners will be encouraged to become more frugal in their water usage.

This year part of the plot levies will also be used to help pay for COGS insurance as most of the risk we insure against is in the gardens.

A number of conveners expressed concern about unused, unattended and neglected plots in the gardens. It was decided that each garden would add a rule concerning this problem to its local rules, e.g., where plots were severely neglected or totally unused for the last two growing seasons they would be resumed and reallocated.

It was also agreed that for safety reasons it would be prudent for local garden rules to provide for the removal of metal sidings as plots were vacated, or sooner, and for sharp star pickets to be capped.

Canowindra Organic Farms Open Day

The Canowindra Organic Farms Open Day will be held on the long weekend of 4-6 October 2003. COGS is organising a two/three day trip to the Canowindra/Cowra district to visit four organic farms and the Cowra Japanese garden.

The detail of the plan will depend on the interests of COGS members but at this stage the plan is to leave Canberra on Saturday morning at 9:30 am to arrive in Cowra for lunch. After lunch we will visit the Cowra Japanese gardens - well worth seeing for two or three hours - and then travel to Canowindra to our accommodation (alternatively we could stay overnight in Cowra).

On Sunday we will visit

- Rosnay Farm
- a vegetable and nashi organic farm near Cowra,
- "Pure Farming" (organic) also near Cowra, and
- a broadacre organic sheep, cattle and crops farm at Eugowra.

We will return to Canberra on Monday morning.

The tour is currently being planned as a self-drive tour with Rosnay Farms organising all the farm visits. The cost of the full day farm visits organised by Rosnay Farms is approximately \$35 per person assuming there are 12 in the group. Additional costs include overnight accommodation in Cowra/Canowindra and entry into the Japanese garden (\$7.70 per person). An alternative to self-drive is to hire a minibus but that would increase the cost. A 12 seater costs at least \$120 per day.

The above costs are indicative only. The actual costs will depend on whether members wish to visit all four farms, whether we need to hire a minibus and whether we shorten the tour to only one overnight stay.

Please contact Keith Colls on 62517729 before 9 September to express interest. This will allow time to make the final arrangements. A maximum of 12 participants only can be accommodated.

Erindale Community Garden

In the midst of suburbia and just across the road from the Erindale Shopping Centre is an oasis, our small productive community garden. Established about fifteen years ago we have over the years quietly gone about the business of enriching our soil and our lives. The pleasure derived from planting seeds and then reaping your own homegrown produce is deeply satisfying. Spend an hour or two raking, bending, stretching, digging, pulling and crouching will also provide excellent natural physical exercise. A work out at the gym will not reward you with a lovely bunch of carrots let alone a handful of anything remotely edible!

On the other hand it is a great shame in this modern age that many people simply have no inclination to grow their own vegies. Adjacent to our garden are blocks of units where the residents can surely see our garden growing bountiful delicious food. Even growing a bit of parsley or potatoes would be something but it appears they are either not interested or motivated, preferring frequent takeaway deliveries. Why? Is it because the art of cooking is gradually losing out to opening a can and heating up frozen dinners or is the delivery of fast food more appealing? Would change come about if slick and snazzy advertising promoted the fun and potentially slimming benefits from organic gardening? Will children then beg their parents for carrot juice instead of a coke?

Gathering and growing food is a primal human urge, which in this modern age is sadly neglected by many. Now we hold a plastic bag at the supermarket and mimic our ancestors' gathering by selecting commercially grown food. It is funny that words such as *organic*, *recycling* and *composting* are bandied around as if they were just invented. Recycling is not new;



these practices are age old and were accomplished naturally without any hoopla, public awareness and publicity. In the past people were more of an economical society compared to our throw-away disposable era. Rugs were made of strips of rags, excess produce was bartered or sold, dried or preserved, clothes were mended, implements and tools were repaired - the list goes on. Pesticides and insecticides were simply not available; one either removed caterpillars and bugs by hand or ate imperfect fruit and vegetables. Livestock manure was par for the course, mulching and composting was the common sense way to utilize by-products of domestic animals.

Perhaps some of us (e.g. COGS members) have genetically inherited a 'primal gardening gene' that differentiates us from others and such a powerful uncontrollable urge simply cannot be denied. We have to get our hands dirty, we have to pluck the fruit off the tree/vine and nothing or no one can stop us. Every keen gardener can tell you that planting, harvesting, proudly sharing produce and cooking their own goodies have a whole host of rewarding, life enriching benefits.

In some respects Erindale community garden is unique and could easily be envied by others! While other community gardens need to buy straw and manure, for over fourteen years I have delivered to the garden a continuous supply of free animal manure combined with straw. Being a rabbit breeder I am grateful to be able to recycle their useful by-products. Rabbit manure is high in nitrogen but does not burn in comparison to poultry or other fresh manures and is a truly excellent medium for composting or mulching. Having about forty herbivorous mouths to feed my plots are constantly weeded and I love to raid everyone else's plots for any edible rabbit vegetation - plants gone to seed, spent vegetables, but mostly delicious grass and weeds in abundance!

Are you a bit envious? Is your garden plot neglected and you detest weeding and would dearly appreciate an unpaid enthusiastic labourer? Sorry my bunnies aren't elephants you know and besides the Erindale community garden keeps me well supplied! Another favourite occupation of mine is to collect lots of slugs and snails to keep my chickens healthy and happy.

Erindale continued

As well as bunny poo we have on occasion brought in a load of horse manure from stable sweepings or the annual fresh pile of dung and straw after the Canberra Royal Show. Personally I rarely add any other form of fertiliser and when I do it would only be an annual handful of blood and bone or Dynamic Lifter. With so many years of adding compost and mulching, my garden soil is friable, rich in humus, and with enough worms to sink a ship! If the Erindale community garden were to ever close down I have vowed to remove all the fertile precious dirt that I alone created!

Members have come and gone but the garden and individual plots survive the whims of their productive or neglectful carers without complaint. Along one fence line we have a community plot where anything can be planted for all to harvest. There are raspberries, blueberries, rhubarb, potatoes, strawberries, comfrey, French sorrel and last but by all means not the least we grow in abundance thornless blackberries. We can eat to our hearts content (or bellyache) big, fat, juicy, succulent, taste sensations. Jealous? Not a problem, contact me and from a cutting/propagation you too can enjoy delicious blackberries. However, before you jump at the offer just be warned that blackberries are as easy to grow as a noxious weed!

Despite the fact that our garden shed is old and rickety with a sliding door that can try one's patience, it is tidy and functional. In the shed we keep all our gardening implements, tools and recent additions of storage drawers. Several contain community seeds, plant ties, bits and pieces and the rest are name tagged for individuals to keep their personal property. The

drawers are not lockable so private property cannot be securely stored though they are at least able to keep out creepy cockroaches, destructive rodents and/ or poisonous spiders.

Although Erindale is a community garden, in actual fact it is not often that we pop in to work on the same day let alone at the same time. It could be months in between physical contact with anyone in our small group so to help us 'talk' to each other we have several ways of communication—

- Purchased from Revolve a \$5 blackboard, which can relay messages to individuals or the whole group. For example in April a considerate family wished everyone a happy Easter!
- A 'Red Ribbon' system: which entails tying a strip of red ribbon on a vegetable or on a stick to indicate to others to 'help themselves'. If you have grown more than you need or can give away to family or friends, you are giving permission to take that lettuce or whatever rather than let anything go to waste.
- The 'Yellow Ribbon System' is not a colour anyone wants to see for it indicates that I have marked a patch of couch. Erindale does not care to have a problem with the dreaded, insidious couch, which is why I hope to keep outbreaks under control with ASAP removal. It can be annoying to find couch creeping in and taking hold in your garden only because it travelled across the pathway from a lax neighbouring plot holder. Another important rule is that every itchy bitsy bit of weeded couch has to go in our

rubbish bag and not in the compost heaps.

Christine Carter

(for further information contact Christine at ccarter@netspeed.com.au)

Photos: Garden plots at Erindale, shed in the back corner.



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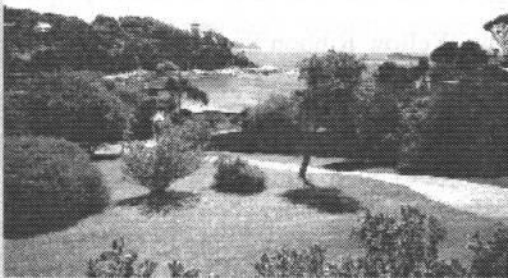
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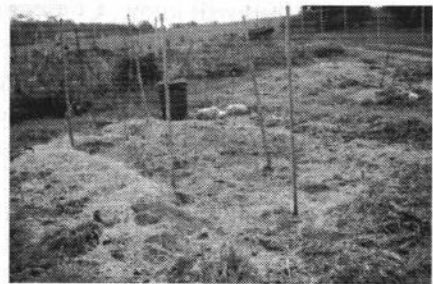
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Email: poie100@webone.com.au

Preparing for Spring



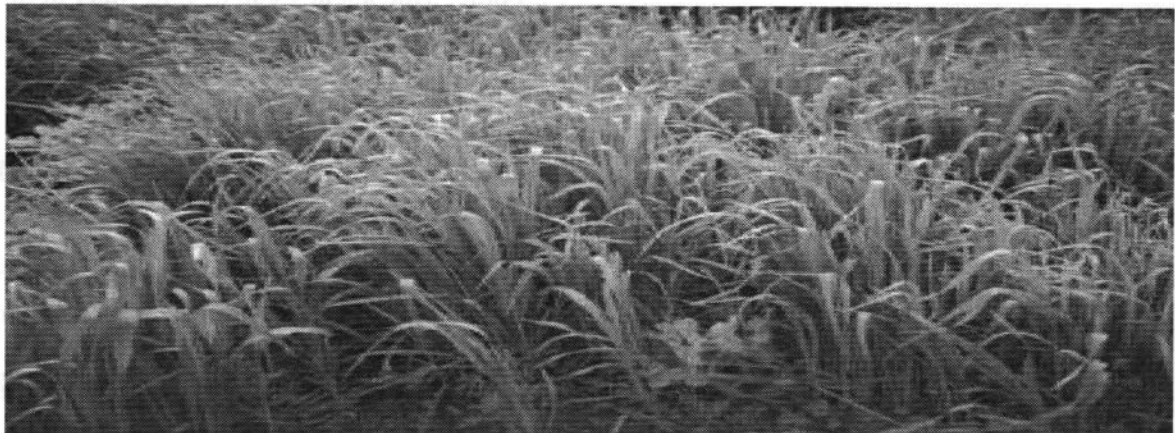
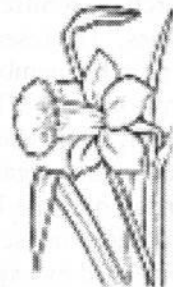
Mainly
green
manure



Mulching
after
birds
stole
the
COGS seed!



Watch
this
space!



COGS Seeds and Seedlings

Seeds

As those members who regularly attend the monthly meetings will know, COGS no longer has any seeds for sale. There are plans for quantities of seed to be grown in the gardens this summer but in the meantime, if we are to have any seed available this season, donations from members are urgently needed. If anyone has any excess seed they would be willing to donate it would be greatly appreciated. We are particularly looking for seed suitable for Spring and Summer planting e.g. tomatoes, lettuce, peas, beans and silverbeet.

Seedlings

COGS currently has a group of approximately ten interested volunteers who are growing seedlings for sale at our monthly meetings and at various stalls. Extra help is always appreciated so if anyone would like to join this group you would be very welcome. COGS can provide seed, punnets, seed raising mix (and instructions) if required.

If you are interested in helping with either the seeds or the seedlings please contact a member of the Committee.

Hunter Biodynamic Group Inc.—The Basics of Biodynamics: A Beginners Course 25/26 October 2003

Venue: CB Alexander Agricultural College, Tocal, Hunter Valley

The course includes farm visits.

Costs: Course fee \$195. There are two scholarships (write to HBG Inc. in less than a page how you could make best use of this opportunity) to be decided by 1 October.

For enrolment queries phone Helen McCall on ph/fax 02 4938 5308 or Georgina Hudson phone 02 4930 5347, or email hmccall@onaustralia.com.au

Whitefly on Capsicum Plants Indoors



The Henry Doubleday Research Association (HDRA) is, I believe, the largest organic growers group in the world. Originally it was formed to do research on comfrey, the wonder herb which heals bones. The research side developed from ideas sent in by members which had solved problems for them. The ideas were accepted by the director, Lawrence Hills, and would be published in the magazine. Then various members all over the UK would try out the idea in their garden, and send in their results. These were correlated by experts and the results published in the magazine. I never took part in one of these experiments, but many little tricks I now use have come from this source.

Remember, at one of last year's meetings I showed a bright red capsicum in July, which I had picked from a plant I had dug up, put in a pot and brought inside. The green capsicums had ripened quickly in the warmth of my greenhouse. I thought this was a wonderful idea, so this year I brought in seven plants with a total of about 40 fruits on them. The fruits are high in vitamin C and other good things, and eating some every day through the winter helps against colds and flu.

With so many of these plants in the greenhouse a

problem developed—whitefly.

The leaves become sticky, turn yellow and drop off, and the nasty little things attack most of the other plants in the greenhouse, and you have a major problem on your hands.

This year I've started measures early, while only one plant appears to be infected. I brought the plant out to the laundry trough and sprayed it with this mixture:

- ♦ 1 small piece of sunlight soap dissolved in a cup of boiling water. Add half a teaspoon of garlic powder. Mix thoroughly. Use a funnel to pour it into a cheap plastic spray bottle. Add about 1 cup of cold water to fill the bottle.

Spray the plant thoroughly over and under the leaves and on the stalks. A week later it may need it again, as the eggs hatch out. **Warning:** This treatment may kill the plant, but the whitefly will kill it if you **don't** spray it!

Last year I used a bought pyrethrum spray, but did not spray till most of my greenhouse plants were infected, and it was a long job to treat them —*a stitch in time saves nine!*

Betty Cornhill



Canberra Organic Quick Quiz

1. Which family does Arugula (Rocket) belong to?
2. What is the well-known name of the flowers grouped under the name Narcissus?
3. Does a soil pH of 9.5 indicate acidic or alkaline soil?
4. What vegetable is also known as "sunchoke"?
5. Tomatoes and potatoes should not be grown in the same bed successively because they are both members of what family?

Answers are on page 35. Too easy? Send your own quiz and answers for possible publication to editor@cogs.asn.au

For Sale

Collection of *Grass Roots* magazines,
August 1992 to January 2003

\$100.

Contact: Robert Brooks

Phone: (02) 6456 3944
(home),

0411-061-322 (mobile)

email:

robertbr1@bigpond.com



Worm Organic Backyard Castings

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* spring specials *

7 ltr bags \$4.00 / 20 ltr bags \$10.00

5 x 20 ltr bags \$40.00

* free delivery in Canberra

Larger quantities available—enquiries welcome!

Composting Worms—250 gms \$15.00



Worm castings are **super-rich** in minerals and organic matter. When mixed with your garden soil, plant health is improved and larger harvests are produced! Castings are ideal for **growing seedlings**, improving nutrient availability and moisture retention in seed raising mixes.

DIRECT SALES: Block 1231 West Belconnen Resource Recovery Estate, Parkwood Rd. West Belconnen

Saturdays 10am to 2pm

A Seed is Sown

Work has continued steadily at the *Dickson Community Garden* during the Autumn months. Four more garden plots were created using the "no dig" method and planted with the remnants of the potted plants as well as green manure. The average size of these plots is between 1 to 2 square metres. Unfortunately the beds do not receive full sun at the moment, but this will improve as the days lengthen. There are now 9 individual garden plots managed by 6 people.

Because of its unique site and the smallness of the garden, members decided at the first official COGS garden meeting in May that we would continue to operate on a communal basis but still comply with COGS community garden policy. We meet twice a week and work on our own plots and check each others' plants for caterpillars, slugs and any other creepy-crawlies. Some rocket plants had infestations of aphids but these were easily removed by hand. However, some of the cabbages also have aphids, but as these are on the inside right at the base of the leaves, they are not so easy to remove.

It was decided that crops such as climbing peas and beans, pumpkins, zucchinis, potatoes and squashes take up far too much space in individual plots and it would be a waste not to utilise the fence and the most northern part of the garden.

Hence on the western fence we have snow peas and sweet peas growing, on the northern fence raspberries and strawberries will be planted soon, and on part of the eastern side cuttings of grape vines are being propagated for planting in Spring.

Two communal plots have been established to grow the larger plants and they have been sown with green manure. As these beds do not get any sun at this stage, it was very pleasing to see that the green manure germinated considering also that the seeds were sown very late.

Between two members we had a boxful of organic potatoes which had started sprouting. So we have planted them in what is now our potato bed among the green manure. Three of

the plants are showing leaves above ground and have been covered with straw to protect them from the frost. Star pickets have been placed at each corner to anchor the chicken wire to form a cage. As an experiment we intend to add more compost and straw as the plants grow to exclude

light, build up the bed and increase the yield. If this works we will harvest enough potatoes for all of us and if it doesn't, we will have very good soil for a quick Autumn crop.

One bed on the eastern fence line has been set

aside for the growing of herbs. Comfrey was planted in there in March and is doing quite well. Also we have spring onions, curly parsley and garlic, all doing very well considering the soil. More will be added as the season progresses. On the public side of this fence we have permission to plant rosemary, lavender and oregano, first of all to prevent couch grass from re-entering the bed and secondly for attracting bees to the garden.

Plans are under way to convert an old bathtub (pale green enamel) to a frog pond. We dug out an area to partially sink the tub and are in the process of building the soil up around the edges to form a rock garden. Also some old beams of wood will be cut to size to form a platform under which the frogs can find shelter. Our attempt to seal the plug

has not been successful so far, but perseverance will pay off (we hope) in the long run.

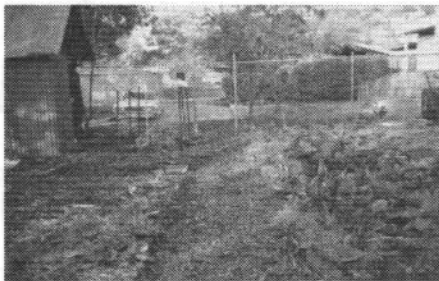
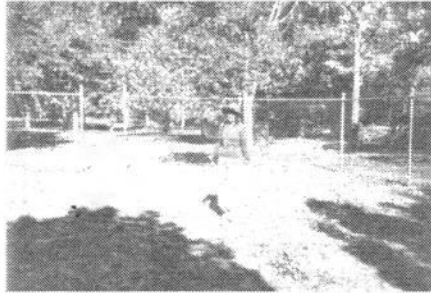
At the end of June we harvested and ate our first snow pea, but unfortunately I have not seen any sign of more pods developing although there are enough flowers. These particular plants were earmarked for seed production, so fingers are crossed and hope is in our hearts.

Beby Bros

Photos—

Top: Before, with Barbara Schreiner.

Bottom: After, as at Autumn 2003.



And Who's Doing the Growing at Dickson...?



My name is Dennise and I'm almost 11. I have been with the Dickson Garden since about March and every day that we have been there, I have enjoyed the experience except for some Saturday afternoons when it was too cold and wet.

Working in the garden involves weeding, getting rid of caterpillars, harvesting and planting. We have been able to take home vegetables such as Bok Choy, Silverbeet and Rocket and Cabbages are on the way. The vegetables we grew ourselves we gave to mum and she told us that they tasted wonderful.

When I arrive I start weeding my plot, then I look for caterpillars on my Cabbages. If we have any seedlings to plant, I get the space ready for planting by removing the hay and putting more compost down. Before I go I harvest any plants that need harvesting.

I really enjoy having my own plot because I can decide what I do with the space rather than someone else telling me what to do. My sister and I share a space between our plots and we decided that we wanted to grow bulbs there. We bought Paperwhites, Jonquils, Anemones, Hyacinth (my favourite), King Alfred Daffodil and some I can't remember. Among the bulbs I sowed Forget-me-Nots (pink, white and blue). My sister and I are growing some Broad Beans and Peas which all have come up successfully which is great.

Sometimes I don't feel like going to the garden, but when I am there I am happy that I came.

Dennise H S Bros

Thanks for your lovely stories Dennise and Debra. I'm sure this will encourage other young people to garden organically and to send in stories for the magazine! Ed

Hi, I'm Debra and because our grandmother is a member of COGS, my sister and I were allowed to have a plot each to grow whatever we wanted. In my plot I grow Leeks, Bok Choy, Cabbages, Onions, Silverbeet and I used to grow Rocket. I pulled the Rocket out because it grew too large and covered the Leeks so that they didn't get enough sun. I also planted some Cos Lettuces, but they didn't end up growing properly because I didn't put straw around them so the frost got to them and I planted them too close to the edge and too close together.

Every 2 weeks, we go to the garden on Tuesday after school to see what has grown and to harvest, and Saturday afternoon to work on my plot and on the rest of the garden. During the holidays we go on Wednesday morning and Saturday afternoon.

Dennise and I used a huge pile of leaves from outside the gate to put on the paths because they had become muddy and slippery with all the rain. Deborah (a new member) and I worked on the raspberry bed by putting blood and bone on newspaper, then compost and then straw to cover it. Because our names sound the same, I am now young Deb.

I have achieved growing organic vegetables and am making the soil healthier, which is what organic growing is all about (actually not using sprays or poisons is also part of it too). I also use mulch to keep the soil moist.

I've harvested quite a lot and saved my mum money. Gardening can be lots of fun if you put your mind to it and when you put your mind to it, you are most likely to be able to learn more.

Debra M S Bros



Junior Organic

No. 1, Spring 2003

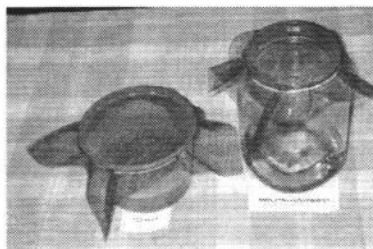
Dear COGS Juniors,

Hello, I hope you like these Junior Organic pages. Please email me at editor@cogs.asn.au to let me know if you do, and send me your own puzzles, pictures, drawings, stories or poems you think other young people associated with COGS would like to see in the magazine. Janet Popovic (Editor)

Why not try sprouting some salad seeds? You'll need:

- ☺ Some seeds such as alfalfa, mung beans or sprouting broccoli
- ☺ A glass jar or plastic food tub, rubber band and gauze/porous material for a lid
- ☺ Water

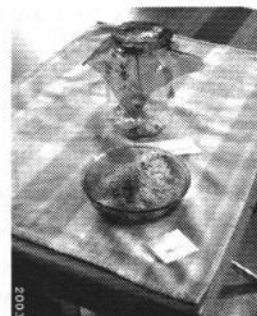
1. Put about 2 tablespoons of seeds in a glass jar and cover them with clean water.
2. Cover the top of the jar with the gauze or cloth and secure it with the rubber band.
3. Soak the seeds for about 4 hours (or overnight).
4. Drain the water out of the jar through the covering.
5. Rinse and drain the seeds in the jar once or twice each day.
6. The seeds should sprout in about a week; some seeds take longer (alfalfa is quick).
7. Rinse the sprouts in fresh water, drain them and store in a container in the fridge ready for eating. From *Natural Gardening and Farming in Australia*, Geoffrey Hodges



Sprouting Salad Seeds: Progress

Left: Day 1, steps 1-3

Right: Day 8, after steps 1-7, the alfalfa is ready for eating but the broccoli sprouts take longer.



You can also sprout Wheatgrass—it's the grass on trays you see at health drink bars that is blended up and added to other juices! A packet of organic wheatgrass seeds costs less than \$1. You'll need:

- ☺ Wheatgrass seeds
- ☺ A shoe box lid / plastic tray
- ☺ Seed raising mix
- ☺ Newspaper
- ☺ Water

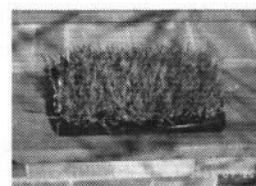
1. Line the shoe box lid with folded newspaper, add seed raising mix, sprinkle on seed.
2. Cover the seed with seed raising mix and press seed into contact with soil.
3. Water, place in sunny place, and keep moist.



Sprouting Wheatgrass: Progress

Left: Day 1, Steps 1-2

Right: Day 10, it's almost ready to cut!



Junior Organic Puzzle Page

ORGANIC WORDSEARCH

R K I S S D H C E T S B R E H
 O D S U A R S C U C O N R O C
 T M A M E I K E L C U M E G R
 A E S U P B A T E U U T A O R
 T N R H W Y G A Y B M M T T N
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 O O W W N A T A O O A R D E L
 N R O E S L N M M S P E A S R
 B R L E A P M P T S O P M O C
 I A F E S U A U R W B E A N S
 R C H E N N R P A O N I O N S
 D K E I I T R R E Q T D V J R
 S D T O I M T M A R I G O L D
 S Y N U P S N E G G P L A N T
 C Z M W O R M S E O T A T O P

Beans, bees, birds, carrot, community, companion, compost, corn, cucumber, eggplant, flowers, healthy, herbs, humus, ladybird, lettuce, marigold, mulch, nasturtium, newspaper, nodig, onion, peas, potatoes, rotation, seeds, snowpeas, straw, tomato, worms

When you mark off all the words from the list the remaining letters reveal a hidden message:

- - - - - !

SCRAMBLED TILES

Unscramble the tiles to find a message. Write it in the rows of empty boxes below.

L T H Y	G A R D	G O O G	I S E	E N	H E A
O R G A	E N I N	N M E N D	F O	A N D O.	
R T H	V I R O	T T O N I C			



Puzzles generated from www.puzzlemaker.com, thank you!

Media Release — Organic Seed Rule

New rule to ensure integrity of organic vegetables—3 July 2003

New organic production standards will soon be introduced to ensure all seeds and seedlings used in organic production are organically raised.

On 1 January 2004 a clause, which has permitted organic producers unable to source organic seeds or seedlings to use conventionally produced material, will cease to exist.

The Australian Organic Industry, in recognition of the potential issues organic vegetable producers may encounter in sourcing organic planting material, has commissioned a 6-month study to increase awareness of the new rule and determine industry needs.

NSW Agriculture's organic industry liaison officer, Robyn Neeson and vegetable research horticulturist, Greg Howell will coordinate the Rural Industry Research and Development Corporation funded project.

"The ultimate objective of the project will be to assist the industry to make the transition to fully organic seeds and seedlings as smooth as possible. And to do that we need to fully understand the current situation and plan for industry needs in the future," Ms Neeson said.

The project will produce a database of organic vegetable producers and input suppliers of seeds, seedlings, fertilisers, pest control and other relevant products.

It also plans to present the industry with a set of production guidelines for organic vegetable seedlings.

The industry estimates up to 15 million organic vegetable seedlings are currently required each year.

And with industry expansion estimated at 15 per cent annually this demand could increase significantly over the coming years.

Ms Neeson said potential opportunities could come out of the new ruling.

"The new rule will drive the suppliers of seed and seedlings to reconsider how their current production techniques comply with the requirements of the National Standard for Organic and Bio-dynamic Produce," she said.

"While some may decide to cease supply to this market, others will see it as a market opportunity and diversify or expand their production.

Organic seedling production will require the use of organically approved potting media, fertilisers and pesticides, and this requirement could lead to the development of new products."

Industry representatives from NSW, Victoria, Queensland, South Australia, Tasmania and Western Australia will be invited to attend information and networking workshops to learn more about the new rule and discuss issues which may affect their ability to meet its requirements.

Organic producers and input suppliers who would like to be included in the database or participate in the workshops should contact Robyn Neeson or Greg Howell on (02) 6951 2611. robyn.neeson@agric.nsw.gov.au

Issued by: Bernadette York, NSW Agriculture
(02) 6391 3533
bernadette.york@agric.nsw.gov.au

Extract from The Standards for Organic Agricultural Production, NASAA, April 2003:

"22 SEEDS, SEEDLINGS & PROPAGATION

...
22.1.4 From 31st December 2003, certified operators will be required to source organic seeds and seedlings."

Free Organic Vegetable and Herb Seed/Seedling Workshops (RIRDC/NSWAgriculture) Sydney 1 September, Melbourne 3 September (registration of interest was due 15 August 2003).

- Organic vegetable and herb producers are invited to attend a free half-day workshop in their State to explain the consequences of the rule which requires organic producers to use organically produced planting material in their organic production systems.
- Contact Robyn Neeson or Greg Howell, NSW Agriculture on (02) 6951 2611.

Media Release — GM Canola

Extracts from 25 July 2003 Office of the Gene Technology Regulator media release on GM INVIGOR® CANOLA

Following extensive evaluation and extended public consultation, the Australian Gene Technology Regulator, *Dr Sue Meek*, announced today that she has decided to issue a licence for the commercial release of Bayer CropScience's *InVigor®* hybrid canola.

"The Australian public can be assured that our rigorous independent assessment of potential health, safety and environmental impacts has found *InVigor®* canola as safe to humans and the environment as conventional (non-GM) canola," Dr Meek said.

This decision is the first step in the phased commercial release of *InVigor®* canola in Australia. Bayer CropScience will continue to work with farmers, industry groups and State and Territory governments to ensure a staged and orderly commercial roll-out of *InVigor®* canola.

InVigor® canola has been genetically modified (GM) to contain two new characteristics – a hybrid breeding system and tolerance to the herbicide glufosinate ammonium.

"Many submissions raised concerns about the spread of genetically modified canola, the development of herbicide tolerant weeds and the consequences to herbicide use," Dr Meek said.

"I assure the public that my office (the Office of the Gene Technology Regulator) and the Australian Pesticides & Veterinary Medicines Authority (APVMA) which regulates herbicide use, have comprehensively considered these issues.

Dr Meek said a number of submissions questioned the feasibility of industry proposals to segregate GM canola from non-GM canola for marketing purposes.

"I reiterate that as Gene Technology Regulator, I am part of the Australian Department of Health and deal exclusively with risks that may be posed by genetically modified organisms (GMOs) to human health and safety or to the environment.

"When the Gene Technology Act was created it was a deliberate measure, agreed to by all Australian governments and Opposition parties, to confine the Regulator's powers to deal exclusively with health, safety and environment issues. This ensures that the assessment of health and environmental risks cannot be compromised by economic issues, matters that may impact on people's incomes or the marketability of crops.

"Clearly the marketing implications of my decision regarding the commercial release of canola do not represent a risk to human health or the environment and these issues need to be addressed separately by industry and State governments."

Dr Meek said the Office of the Gene Technology Regulator has reporting systems in place to identify any human health and safety or environmental issues with any GMO licence and also has the powers to investigate and redress them.

... because this is the first licence issued for the commercial release of GM canola in Australia, I intend to report on the implementation of the *InVigor®* canola release after three years of commercial plantings ... "I will call for public input to the proposed report" Dr Meek said.

Extract from *The Canberra Times* Saturday July 26, 2003:

"Canola—a winter crop used mainly in oil and butter—joins carnations and cotton as GM crops with approval for commercial production in Australia Despite regulatory approval the canola-growing states of WA, NSW, Victoria and SA have moratoriums of up to five years in place which prevent the growing of GM crops. The SA Government plans to introduce legislation banning GM crops, except for highly regulated trials, while NSW will continue to enforce its three-year moratorium ... Victoria, with only a one-year moratorium, could be the first state to allow the production of GM canola."

Growing Potatoes Organically: Basics from Seed to Storage

The potato (*Solanum tuberosum*) originated in the highlands of South America, where it has been consumed for more than 8000 years. The Spanish conquistadores first encountered the potato when they arrived in Peru in 1532 in search of gold. The Spanish colonisers were not aware, however, that the potato, not gold or silver, was the true treasure of the Andes.

The potato was first taken to Europe by the Spaniards as a botanical curiosity, where it adapted well to the climate and eventually became an important and popular staple food. Potatoes were sold in Seville, Spain, as early as 1573. Brought there by Spanish sailors, potatoes were fed to livestock in Europe long before they became a human diet staple. The potato arrived in North America about 50 years later when the British governor of the Bahamas sent a gift box of *Solanum tuberosum* to the governor of the colony of Virginia.

By the 19th century it had spread throughout the European continent, providing cheap and abundant food for workers of the Industrial Revolution down through the ages. The potato has been blamed for causing everything from lust to leprosy. The Scots at one time refused to eat potatoes because they weren't mentioned in the Bible. In the Andes, the Incas thought that the potato made childbirth easier and used it to treat injuries.



In the 1830s, during Charles Darwin's trip around the world, he found a potato plant in southern Chile that he thought was the species *Solanum tuberosum* L. This led him to believe that the tuber was native to Chile. "Darwin was a great scientist, but a so-so botanist," says plant explorer Carlos Ochoa.

More than 100 years later, Professor Ochoa identified the place Darwin had visited and was able to locate the potato Darwin thought proved that Chile was the centre of origin of the crop. Ochoa said the "Darwin potato" was a common potato that was probably brought to the islands by fishermen or seal hunters. Potatoes were often eaten aboard ship to prevent scurvy, a disease caused by vitamin C deficiency. It is believed that the potato was first domesticated more than 6000 years ago near Lake Titicaca where the greatest diversity of wild species is currently found. Anyone who has grown potatoes knows that it's one of the most exciting and rewarding

experiences in gardening. Growing potatoes will allow you to expand your taste horizons beyond the tasteless supermarket varieties. Nutritionally potatoes are a near perfect food: high in vitamin C and potassium, very high in protein for a vegetable, and almost fat free.

Potatoes are a wonderful crop for the region's backyard gardener, and following is some advice on how to grow your own potato crop without synthetic chemicals or fertilisers.

Choosing and Storing Seed

Use of quality seed potatoes (small, whole potatoes) in good condition is a key to successful potato culture. Certified seed has been specially grown and maintained, and is guaranteed disease free. You can also use your own home grown seed or seed from a gardening neighbour if it is undamaged and free from disease.

Keep seed from the previous year's crop or seed orders that arrive during the winter in a cold, dark place to discourage early sprouting, but make sure they don't dry out and shrivel up.

The ideal seed size is around 50 to 100 grams (about the size of a golf ball). If the seed is too small, it may not be able to supply maximum energy to the new plant before the plant gets established. Larger seed can be cut into pieces, making sure to get at least two or three "eyes" per piece. Coat the cut sides with sulphur or ash to prevent mould.

Chitting

Treat seed tubers carefully. A few weeks before you plant, place them in a clean box or tray - old egg boxes are ideal - with the 'rose' end (the end where the tiny buds can be seen) upwards. Keep in a dark, dry place until you see tiny shoots appearing, then move to a cool (8-10°C), well lit place. This process, known as 'chitting', encourages the tubers to produce strong, sturdy sprouts, not easily broken off, and gives an earlier maturing crop. Tubers can safely stay in their trays until planting conditions are right. If the seed develops a lot of long, stringy sprouts, break off and discard all but one or two; lay these horizontally in the trench when you plant.

Preparation and Planting

Plant potatoes 2 - 3 weeks before the last frosts are expected. The soil temperature should be at least 6°C. A good indication of this is when the grass begins to grow in spring. In Canberra, October is an ideal time to plant potatoes- *except*

when there's been a lot of late rain. Potatoes do poorly in soggy soil, and can be subject to disease problems such as rot or blight. It's better to prepare and plant beds *after* the wettest spring period has passed in order to avoid potential setbacks and establish vigorous growth.

Loose, well-drained soil high in organic matter is ideal for potatoes. Potatoes also thrive on large quantities of both nitrogen and potassium, and love acid conditions- a pH between 6.0 and 6.8 is ideal. Double digging (or at least deep cultivation) will help create optimal growing conditions, especially if the seeds are going into heavy, clay-rich soil. Beds should first be cleared of weeds by scraping with a sharp spade. In spring, dig about 2.5cm of well-rotted horse manure or finished compost into the top 30cm of



soil Use around one barrow load to 10 sq.m of ground. If manure is unavailable, home made compost, a general organic fertiliser (plus leaf mould for water retention), or a proprietary brand of bagged organic manure can be used. Never add lime before planting potatoes, as this can encourage scab. When worked into the soil, these additions will add organic matter and nutrients to your potato beds.

To form the planting rows, dig trenches approximately 250 mm wide and 150 – 250 mm deep, spaced about 600 mm apart. Pile the soil to the sides of the trench - it will be used later to "hill up" the plants. Three rows placed within a 2 metre wide bed is ideal. You can add a little extra aged manure or compost to the bottom of the trench to ensure adequate fertility.

Place the seed approximately 250 – 300 mm apart in the prepared trench, and cover with about 100 mm of a soil-compost mix. Compost is especially valuable at this stage of the growth process because of its ability to hold moisture. It

is recommended that you not water the beds between planting and sprout emergence in order to reduce a variety of potato diseases. Thus if the soil is dry it's a good idea to fully irrigate a few days before planting and to retain soil moisture as long as possible.

For future seasons, consider planting a winter green manure cover crop of broad beans, field peas, vetch, black winter rye corn and oat or rye grass. When cut down at flowering stage and worked into the soil, a green manure crop will boost soil fertility and improve soil structure. Green manure seed is available from COGS.

Cultivating the Crop: Irrigation and "Hilling Up"

Water your crop when the soil feels dry a few centimetres down. Take care not to let the plants dry out too much, especially in the second month when they're initiating tubers. If you're using overhead sprinklers, set them up off the ground to help distribute the water. Water deeply (40-60 mm) over the whole area. Once the plants have flowered they can get by on less water, but be sure to keep moisture steadily available. Heavy watering late in the season can cause sudden re-growth of the plants, leading to split potatoes or "hollow heart."

Some experts recommend a foliar application of fish emulsion after the plants have emerged and before they flower. Potatoes require about 75% of their nitrogen in the first month, during major vegetative growth and prior to initiating tubers. Fish emulsion supplies nitrogen in a readily available form.

Although burying green leaves may seem counterintuitive, "hilling up" is an important step in caring for the potato crop. As the plants grow, push the soil piled by the sides of the trenches around the base of the plant. You can begin hilling up early in the growth of the crop, even when the plants are only 200 mm tall - just don't cover the top 100 mm or so. Alternatively, the plants can be mulched with a thick layer of hay, straw, leaf-mould or grass mowings. This will have the added benefit of conserving moisture.

Plan to hill up your plants two or three times as they grow, until all the excess soil is used and one high ridge covering the developing tubers has replaced the two ridges that ran down each side of the row. Potatoes will develop between the seed piece and the soil's surface. Hilling gives them plenty of room to grow. Potato tubers not

Growing Potatoes Organically continued

covered by earth or mulch will develop green patches on the skin and underlying flesh. The green potato must not be eaten as it is poisonous.

Disease, Pest and Weed Control

Diseases and pest insects thrive on weak, sickly plants grown in poor conditions. Therefore it's important to establish a vigorous, well fed and well watered crop. This can be facilitated by using quality seed, planting in rich soil, avoiding pre-emergence irrigation and watering carefully once the crop emerges. Keep weeds at bay early in the growth of the plants to minimize competition. After they're established the potato plants should be large and vigorous enough to shade out most competitors.

Many potato diseases, especially late blight (caused by a fungus), thrive in wet conditions. If you overhead water it's best to irrigate early in the morning, the leaves will have time to dry and water will not be standing by the time the cooler, moister evening arrives. A drip irrigation system will help keep plants dry and prevent the occurrence of blight. Be sure to clear beds of volunteer plants before planting and remove all tubers and plants after harvest to prevent build up of the blight fungus.

In our area, aphids may feed on potato plants. Spray off aphids with a strong stream of water, or use an organic soap spray if the infestation becomes too heavy.

To help keep pest populations low, provide habitat and food sources for the pests' natural enemies. A wide variety of plant types - especially flowering plants, such as members of the *Asteraceae* family (e.g., sunflowers, yarrow, feverfew) and the nectar producing plants of the *Apiaceae* family (carrots, dill, fennel) will support beneficial insects and promote biological control of pests.

In growing potatoes without chemical pesticides it's important to move the crop each year to prevent a build up of pests and diseases. A potato plot should not be used again for potatoes or potato relatives (tomatoes, eggplant, capsicum and chillies) for at least three years, and preferably four or five.

Harvesting and Storage

When potato plants blossom it may be time to start harvesting new potatoes. Dig carefully into the hilled-up mound to see whether the young spuds are ready. You can "rob" or "bandicoot" from plants by carefully digging under the new potatoes with your hand, extracting a few tubers, then

replacing the soil and letting the main crop develop.

The crop should be checked regularly from 12 to 14 weeks after planting to determine optimum harvest time. When a test digging indicates that a variety is at the maximum size you prefer for harvest, it's time to prepare the potatoes for storage. The goal of this process is to cure and thicken the skin, and to slow the respiration of the tubers by closing the lenticels (the breathing openings on the potato skin). Most varieties, when cured properly, will store for months.

To begin curing the potatoes, give the plants a last complete watering. A day or two later, cut off all the vines or haulms at ground level - they will already very likely show signs of ageing and decay. Remove the haulms from the field, and let the potatoes begin curing. Removing the haulms reduces the chance that spores or infection on the leaves will come in contact with the tubers; disease-causing organisms will generally dry out and die on the now-exposed soil surface. Test dig some potatoes eight to ten days after you remove the haulms; the skins should be quite tough by then. If not, give them a few more days.

When digging, start with the fork slightly outside of the hill to avoid damaging the potatoes. If you nick one, let it dry thoroughly before storing. Dig the crop carefully to avoid damage, on a sunny day if possible. Leave the potatoes to dry for a couple of hours on the surface before bagging up.

Store in paper or hessian sacks (NOT plastic), in a cool (5-10°C), dark place and protect from frost. Don't store heavily damaged, blemished, or scabby tubers; they will invite disease that may spread to other potatoes.

Check regularly and remove any rotting tubers.

Varieties

The following varieties are readily available and all grow well in Canberra:

Bintje, Desiree, Kennebec, Kipfler, Nicola, Otway Red, Pontiac, Sebago, Spunta and Toolangi Delight.

References:

- Henry Doubleday Research Association (HDRA)
- Center for Agroecology and Sustainable Food, University of California, Santa Cruz.

Compiled by Stephen Dean

From the Library



New Additions to the COGS Library—

The Organic Garden, Sue Stickland

A book on how to grow flowers, fruits and vegetables the natural way. Although written for the Northern Hemisphere, it is well set out and easy to read and follow for a beginner gardener. It is published in association with the National Centre for Organic Gardening.

Gardening in the Shade, Marcelle J Monfries

The subject of this book is how to prepare, develop and plant a Shaded Garden as well as what plants to use in an already established shaded garden.

How to Guzzle Your Garden, Jackie French

A delightful book written for children in a format that is easy to follow, humorous and full of practical information. Concentrates mainly on growing fruit.

The Australian Gardener's Guide to Pests & Diseases, Pax Lindsay

A useful book on identifying pests and diseases affecting plants. It is in alphabetic order of the name of the plant. The remedies are non-organic.

Success with Climbing Plants, Angelika Weber & Karen Greiner

Information on three-dimensional gardening, space saving, transforming walls and fences and

container-grown climbers. Although this book is for European conditions, the information is easily converted.

Success with Soft Fruits, Christine Recht

A second copy for our library of this useful book in the "Success With" series.

Burke's Backyard Vol 2, Don Burke

This book is based on the television series of the same name. It contains a mixture of gardening, animal (both domestic and farming) and people information.

Sunset Guide to Organic Gardening, Philip Edinger (Ed.)

General information on organic growing of vegetables, fruits and berries, herbs and ornamental plants for the North American continent.

Your Indoor Garden in Australia, George Seddon

This English book has been totally adapted for Australian conditions and starts with the history of indoor plants. It covers a varied range of plants suitable for a variety of conditions and how to care for them.

Happy reading!

Bebby Bros



From the Garden to the Pot

Giardiniera—Marinated vegetables suitable for antipasto or served with cold cuts of meat.

1 kg cauliflower, florets-bite size, 1 kg carrots, cubed bite size, 250 gms capers drained, 250 gms red onion finely diced, 500 gms celery, cubed bite size, 200 gms sweet gherkins or dill pickles halved and small cubes, 250 ml white vinegar (or white wine vinegar), 100 ml water, 8 bay leaves, 1/4 tsp dried tarragon leaves, 1/4 tsp dried oregano, 1/4 tsp black peppercorns, 8 cloves.

Put into a large pot cauliflower, carrots, onion and celery, fill with water to cover, bring to slow boil, blanch for about 10 minutes or until vegetables are *al dente* (vegetables need to be firm or they will not hold up in marinade). Drain and cool quickly. In another pot add vinegar, water, bay leaves, tarragon, oregano, peppercorns and cloves, bring to boil and simmer for 15 minutes; set aside to cool.

In large bowl add blanched vegetables, capers and gherkins, toss lightly. Place into preserving jars, add the cool liquid making sure of an even spread of herbs. Seal as per manufacturer's instructions. Let the giardiniera rest for about week before using.

Marinated mushrooms

*500g button mushrooms cut in half,
6 tbs olive oil,
1 tbs crushed garlic,
1 tbs rosemary leaves,
300 ml dry white wine.*

Heat oil on medium heat, add garlic and rosemary; when aromatic add mushrooms, coat with oil and cook until light brown colour. Add wine and simmer for 5 minutes, cool and place mushrooms with marinade in an air tight container.

Conrad van Hest

Talks by Recent COGS Speakers — Editor's Notes

Worms – Speaker: Neil Davidson

from *Back to the Future*

(22 April 2003)

Neil gave an informative presentation about commercial-scale worm farming and then shared with us a number of useful hints for the home worm farmer:

- Worms won't eat live material so chop scraps to accelerate the decomposition process.
- Container worm farms need spacers (e.g. an upturned pot) to stop worms drowning in accumulating liquid and to help them travel between trays as the food levels drop.
- "Patch feed" i.e. feed ¼, or no more than ½ the surface area of a worm farm layer at a time – overfeeding can kill the worms.
- Best results are obtained when added food is capped with compost/ soil – this eliminates vinegar flies and encourages worm activity as the worms come to the top and work through.
- If going away for a lengthy period, starve worms rather than overfeed them – feed maximum ½ surface area, cover with shredded paper, then sheet paper.
- Feeding vegie scraps alone results in too wet and dense castings.
- Use newspaper sparingly in winter as it is prone to freeze.
- Microwave worm food veggies containing seeds if you don't want sprouts—worms don't eat the seeds but coat them with a substance that helps sprouting.
- When removing castings take the lower tray to the top, loosen castings and leave the lid off.
- Worm castings plus cocopeat plus sand makes a premium seed-raising mix.
- Avoid exposing worm castings to the sunlight when placed on the garden because this kills the micro-organisms.

Permaculture – Speaker: Martin Giese

from *Permaculture ACT (PACT)*

(24 June 2003)

Permaculture as "permanent culture" draws on the biodiversity we have, in particular the benefits of establishing maintenance free and diverse food forests that are "in balance".

Some basic principles include

- *development of humus* in plant parched areas.
- *diversity establishes* in niches in "roughed up" edges (edge effect).
- *guilds, relationships for mutual benefit, form*, e.g. plant and animal guilds (including humans): we harvest an apple tree but we also propagate it to mutual advantage. (COGS is fostering the people/productive gardens connection.)
- *water use is maximised* - use water *in situ* through tank collection and grey water usage.
- *energy efficiency design* – plant perennials and long-lived species that produce on a regular basis and have access to regular water. Whatever we can do to grow our own food organically is far superior in an efficiency scale than any efficient transport system bringing in our food.
- *health promotion through working and eating from the garden.*

Martin has prepared a Permaculture CD that brings together a number of key documents about Permaculture, including species of trees suitable for Canberra, lists of fruiting trees planted in public Canberra locations. Two copies of the CD will be placed in the COGS library for borrowing.

Martin also brought in a tray of wheatgrass as an example of highly nutritious food that can be grown easily. *See the wheatgrass item at page 18.*

Victorian Organic / Biodynamic Produce Comes Up Clean

"Tests on Victorian certified organic and biodynamic fresh fruit and vegetables show 100 per cent compliance with strict national standards for pesticide residues... [The] Naturally Victorian study by the Department of Primary Industries (DPI) ... involved collecting 300 one-kilogram samples of organically-certified fruits, nuts, vegetables, herbs and some grains from Victorian wholesale outlets between August 2002 and April 2003. The samples were then tested in a laboratory for 50 different contaminants. No pesticide residues were detected in all but two of the 300 samples. Minute quantities of pesticide residues were found in two samples but these were at levels well below the maximum permitted by legislation. The residues were traced to environmental contamination from historical practices and steps were taken to minimize any risks of reoccurrence. All samples were taken from produce certified by the National Association for Sustainable Agriculture Australia, Biological Farmers Australia, Biodynamic Research Institute Australia and the Organic Herb Growers Association.

More information: Ruth McGowan, State Coordinator, Horticultural Residue Management, Department of Primary Industries, 03 5624 2202." *Source: DPI Organic News, June 2003.*

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- When nematodes attack vegetables: Practise crop rotation, add organic matter—compost and manure (contains antagonistic fungi), and use a soil drench of molasses (2kg dissolved in a bucket of warm water). From *Twig, Weekend Australian, 7-8 June 2003*.
- Reduce grass/ lawn areas in the face of tougher water restrictions: Plant native grasses; or borrow from “no-dig” techniques and lay cardboard/ newspapers, add compost/ manure and straw and plant drought-resistant perennials. From *Gardening, June 14 2003 Good W/E*

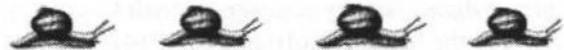
- The hands-off approach to insect attack: “Insects do not totally destroy a plant unless it is sick or unhealthy ... Do nothing ... harvest the seeds of the survivors [that have] adapted to your garden ecosystem and its soil and unique environmental conditions.”
- Build healthy soil and use healthy seed stock.
- Physically protect young seedlings, e.g. cover with flower pots or cut plastic bottles overnight for the first 3 to 4 weeks.
- Spread fresh grass clippings, wood ash or sawdust to discourage snails or slugs in the first couple of weeks after transplanting seedlings.
- Use pheromone lures where appropriate.
- Use 1 cup molasses to a bucket of water against grasshoppers. 
- Keep the garden clean and plant a variety of vegies, herbs and flowers to “break up” the garden.

From *Natural Gardening and Farming in Australia, Geoffrey Hodges (COGS 410 FGO)*.

- Regular spraying of milk (10-20% by volume milk in water) at weekly intervals, onto cucurbit leaves reduces the severity and spread of powdery mildew, according to recent research. The spraying, to the point of runoff from leaves, must be before mildew spores germinate. Unlike copper sprays, milk residue does not accumulate in the soil. Spraying of fish emulsion may have a similar effect. From *Dr Pam Pitway, reporting research in Brazil and South Australia, Australian Organic Journal, Winter 2003, p12*.
- Peas, and later zucchini, are subject to grey mould. Try spraying with a solution of orange peel soaked in water. From *HDRA, UK*.
- Brussels Sprouts heart better when the

sprouts at the base of the plant are picked first. Eat these loose sprouts fresh as salad or cook lightly as Spring greens.

- All vegies other than root vegies respond to frequent harvesting - the more you pick the more the plant flowers and produces, especially peas and beans - the plant is trying to produce seed to ensure reproduction.
- For snail bait, add 1 tsp vegemite to 1 cup of boiling water, dissolve, add 1 tsp of sugar and a small sachet of salt. Add 1 cup of cold water. Pour into small containers such as pill jars and put these through the garden beds. Snails drown happily and chooks love to eat the “pickled” snails and slugs. From *Betty Cornhill*.



COGS Organic Gardening Course for Beginners

This course will start on 2 November 2003 at the COGS Charnwood garden. It is aimed at complete beginners and no prior knowledge or experience of gardening will be assumed. There will be a mix of theoretical information and practical gardening experience provided at each session. By the end of the course, participants will be in a position to confidently start their own organic garden for the next season, either in their own backyard or in a COGS community garden. The course includes the use of a plot in a community garden for six months. For further information contact Keith Colls on 62517729.

The Garden Regeneration Project

-The Phoenix Garden Group-

*" I loved my vegetable garden
So here is my sad ballad
I nurtured it for months
And ate it in one salad."*

Arnold Zarett

As a result of the January bushfires that devastated our surrounding bushland, farms and suburbs, it seemed essential to start rebuilding our communities through the act of gardening.

Consequently a small group of 7 all living in fire-affected suburbs came together to share our resources and skills to enable the rebuilding of gardens and to enable the recovery process to begin.

We started digging in friends' gardens attempting to find bulbs and plants that may have survived the fire to be retrieved before the bulldozer cleaned their site.

Our aim is to assist as many people as possible. We set 4 goals or activities that we could contribute to begin this recovery process:

- ♦ *Propagation:* To establish a supply of plants for everyone who needs them,
- ♦ *Cultivation:* Co-ordinating garden labour,
- ♦ *Education:* "Gardening Experts" to community gatherings to discuss garden designs and maintenance etc,
- ♦ *Lobbying:* Seeking assistance.

We have begun all these tasks and had some successful "garden gig clear up days" which we do once a month. We encourage volunteers to support these days by registering with Cecilia Burke at the taskforce office 6207 0142. The taskforce has established a web page on the Canberra Connect Website devoted to the Garden Regeneration Project.

(www.canberraconnect.act.gov.au)

If you would like to assist us in rebuilding gardens in any way we would value the skills and expertise that COGS members could share.

It seems appropriate to also share plants with those who have lost their gardens. There are over 2,000 damaged gardens and many folk are unable to undertake the task of removing burnt trees and shrubs, shovelling soil and mulch. Most gardens are uninsured so the Phoenix Garden Group is seeking plants, to help those who need them most.

We need your assistance in propagation and need plants local to our Canberra area.

We are seeking assistance from the wider Canberra community and I would respond enthusiastically to any donation of plants.

We need folk to :

- ♦ Take cuttings - deciduous shrubs and semi hardwood cuttings
- ♦ Divide perennials - it regenerates the clump and all those extra plants would be useful to replant again.
- ♦ Sow seed - it would be great to give vegie and herb gardeners some seedlings, and native plants enjoy a seeded start.

All of your donated plants will go to grateful garden owners and help re-establish fire-affected suburbs. This will in turn rebuild our damaged communities.

We are well under way with our tasks and look forward to a speedy recovery.

Plants may be left at the CIT Weston on Friday mornings between 9am – 12pm.

If you would like some information on how you can assist us in this garden regeneration project I can be contacted on 6288 0293.

Happy Propagating,

Lesley Pattinson
Phoenix Garden Group

*" He who plants a garden,
plants happiness"*

Chinese Proverb

Home Food Dehydrators

Dear COGS readers,

Earlier this year my husband and I took a big step in our lives – we purchased a small micro home business. Being an avid reader of *Earth Garden Magazine* for many years my husband knew as soon as he saw the small advertisement in *The Canberra Times*, that this business had to be for us. We bought the Nara Home Food Dehydrator, which we manufacture here in Canberra.

We are both committed to providing quality organic produce for our family to consume. We have always grown much of our own fruit and vegetables and before family and time constraints got the better of us, we had an extra plot at the Mitchell Garden as well as our home garden. Hating to waste the excess of our hard-worked-for produce, we preserved as much as we could in the form of sauces, pickles, jams, chutneys and freezing, but never had a go at drying. Since buying Nara we have been on a steep learning curve not only running a business but also exploring all aspects of the drying process.

The drying of excess produce is one of the best methods of food preservation known. These days the simplest and most effective way to dry food is by using a dehydrator. Food is easy to prepare for drying: simply wash and slice, no chemicals or preservatives are required. As you can't over dehydrate, the nutritional value of the food is retained!

Our dryer, which lives in the laundry, has been given a huge work out and has dried all that our garden could provide plus other types of produce that we couldn't grow ourselves. We have dried tomatoes, nectarines, plums, banana, zucchinis, figs, mango, pawpaw, grapes, capsicum, sweet potato, persimmons, beef jerky, fruit leather, yoghurt snacks (recipes for these included below), flowers (not quite perfected yet) and liver treats for the dog (Yum! Yum! She thinks so anyway!)

We have consulted many books and articles on "how to dry produce" and are compiling a list of the ones that have been useful. However, the best way we have found is to use the recipes for times and guidance only. Initially you need to be self-confident and try out your dehydrator with different produce and build up your experience.

You are quickly able to learn how much to dry different produce by its "look and feel". It's great and you really can't go wrong, as the food doesn't burn. The dryer is operating at low temperature, which means you can leave it to run itself, with only a check now and then. The unit costs only a few cents an hour to run, so is a very economical way to provide healthy foods for your immediate and future use. Sealed in airtight containers away from direct light the dried produce lasts well and is able to be used in a variety of different ways – assuming you can stop the children and others from eating it first!

Happy drying!

Sue Vivian

Here are two favourite recipes from Sue Vivian

Yoghurt Delight

2 cups yoghurt, 2 tablespoons honey, 2-3 drops vanilla essence, 2 1/2 cups shredded coconut.

Mix together yoghurt, honey and vanilla essence. Stir in coconut. Cover tray with baking paper. Spoon on drops (teaspoon size) of mixture. Decorate (optional) with scorched almonds or dried fruit. Variation: use low-fat flavoured fruit yoghurt, e.g. strawberry.

Dry for 6 to 8 hours.

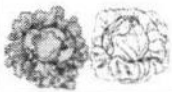
Apple Honey Leather

Fresh apples (e.g. 8 large apples), honey to taste, shredded coconut.

Peel, core and slice apples. Put into a saucepan with 2 tbsp water and honey to taste (tbsp for 4 apples). Bring to boil till just soft (reduce down liquid as much as possible—cook with lid off). Put through blender.

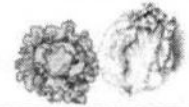
Cover tray with microwave safe cling wrap and cover with greaseproof paper (optional to grease paper with spray cooking oil). Spread apple over. Scatter with shredded coconut. Dry in Nara Home Food Dehydrator at 50°C until leather dry. (When surface toughens sheet can be turned—baking paper to top, discard cling wrap. When dry, peel off paper, cut into strips.)





Plant Profile—Lettuce

Family *Compositae* Genus *Lactuca*



History

Lettuce is thought of as a summer vegetable but in fact the original lettuce was grown in the cooler months. These days lettuce is available to be grown for a particular season or all year round. The modern cultivated lettuce varieties originated in the temperate parts of the Caucasus (Azerbaijan and Georgia), Kurdistan, Kashmir and Siberia. The Romans grew the romaine or cos and the name derives probably from the Greek island of Kos. The head varieties were only first mentioned in the 16th century and other varieties started evolving later on, but all modern lettuces descended from *L. serriola*, a prickly native lettuce that grows in North Africa, Asia Minor, Iran, Turkestan and northern Europe. A huge variety of lettuces available today were cultivated from the closely related species *L. virosa*.

Species – ornamental

L. bourgaei – grows to 2 metres, purplish – blue flowers.

L. perennis – grows to 60 cm, pale blue flowers.

L. tenerrima – grows to 60 cm, blue flowers.

Species – common

L. sativa – annual, rounded leaves forming a close head, erect stem to 1 metre, which carries a small pale yellow flower.

Species – native

L. serriola – known as prickly or wild lettuce, modern day lettuces descended from this plant.

L. virosa – wild variety of lettuce closely related to *L. serriola*, that all modern lettuces were cultivated from.

Classes

The common lettuce comes in a variety of colours, shapes and head types, so to distinguish them they are grouped into five class types.

- *Batavian* – European variety form heavy dense heads at maturity, have a sweet taste and the crispness of iceberg and romaine lettuce.
- *Butterheads (or bibb)* – their texture is soft,

tender and buttery with loosely packed round heads with the centres blanching to a delicate cream colour.

- *Loose Leaf (or perpetual or continuous)* – most popular and easiest to grow cut and come varieties, this lettuce allows a few leaves to be harvested at a time.
- *Romaine (or cos)* – this lettuce forms upright heads packed with leaves which self blanch and have a crisp and sweet taste; it is ideal for salads like Caesar salads. Romaine can withstand hot and dry conditions and is slow to bolt to seed.
- *Crisphead (or cabbage lettuce)* – a favourite with retailers due to ease in handling and transporting but it has a short shelf life. The heads are cabbage-like of tight packed leaves with a crisp, sweet and juicy flavour; it can resist heat and is slow to bolt to seed. The crisphead can be broken down into three variety types, Lakes, Imperial and Iceberg.

A table listing the over 50 varieties of lettuce that are available and can be grown in Australia was too large to be included in the magazine and will be posted on the COGS website as soon as possible. Some of these varieties are of course only suitable for the sub tropic / tropic regions.

INFORMATION SOURCES:

Digger's seed annual
Eden Seeds catalogue
Phoenix Seeds catalogue
Greenpatch Organic Seeds catalogue
Green Harvest Australian Organic Gardening Resource Guide
Botanica's Pocket Organic Gardening, Random House 2002
Botanica Encyclopaedia, Random House 1997
The Seed Savers' Handbook, Seed Savers' Network 1999
The Seed Savers' Network newsletter

Conrad van Hest



The Horticultural Society of Canberra

The Horticultural Society's Spring Bulb and Camellia Show will be held on 13/14 September 2003. COGS will have a stall at the Show to publicise COGS and its work. *If you are able to help staff the stall for a couple of hours during the weekend please contact Keith Colls on 62517729.*

The Horticultural Society will have its Iris, Rhododendron and Azalea Show on 25/26 October 2003.



Spring Vegetable Planting Guide

Spring is the main planting season in Canberra. The timing of some plantings may need to be varied depending on the particular season. Be prepared to protect your frost tender seedlings, as harsh frosts can occur right through Spring. Make your own cloches from plastic bottles with the bottoms cut out, or use row covers for larger plantings.



When direct planting with small seeds, eg carrots, bulk out first by mixing the seeds with sand. You can help the plants pre-germinate by keeping them in moist sand for about 4 days before planting out (do not let them actually germinate)

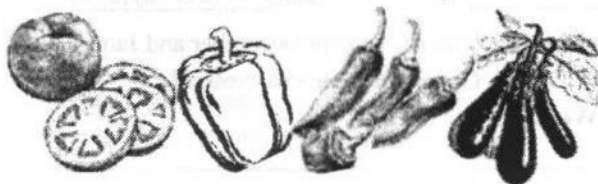
When planting out large seeds, eg. pea or corn, soak overnight in a weak seaweed solution prior to planting; alternatively, keep seeds moist between 2 pieces of kitchen paper for 3 to 4 days until seeds germinate, then plant out carefully. This is particularly useful if you are not sure of the seeds' viability.

Check your seed packets for their "use-by" date as poor germination may result from planting after that time, or plants may show a lack of vigour when the seedlings come up.

A seed should be planted at a depth 2-3 times its diameter, although it is better to plant too shallow rather than too deep.

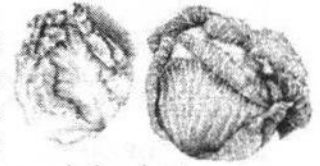
CROP ROTATION:

Remember to rotate the crops you grow in a particular garden bed. Crop rotation is a most important practice for organic gardeners. Successive crops should not come from the same plant families nor make the same demands on nutrients i.e. follow heavy feeders with light feeders. Also successive crops should not share the same diseases or attract the same pests (this prevents a build up of disease problems, and reduces losses from pests). There are numerous crop rotation schemes used, but try to keep to at least a 4 year rotation period and do not grow members of the same plant family in the same bed in consecutive years. eg the solanum family - tomatoes, capsicums, eggplants and potatoes.



PLANT VARIETIES:

It is important with crops such as cabbage and lettuce to choose the appropriate variety for the time of year. Lettuce varieties best suited to early Spring are Cos, Salad Bowl, Butterhead and Mignonette.



Spring vegetable planting guide

	SEPT	OCT	NOV
Globe Art	T		
Jerus. Art	T		
Asparagus	S		
French Beans		S	S
Beetroot	S	S	S
Broccoli			S
Brussels Sprouts		S	S
Cabbage	ST	ST	ST
Capsicum*		S	ST
Carrot	S	S	S
Cauliflower			S
Celery	S	ST	ST
Cucumber*	S	S	ST
Eggplant*	S	S	T
Endive			S
Leeks	ST	ST	T
Lettuce	ST	ST	S
Marrows*	S	S	ST
Melons*	S	S	ST
Onions	ST	T	
Parsnips	S	S	S
Peas	S	S	
Potatoes	S	S	S
Pumpkins*	S	S	ST
Radish	S	S	S
Rhubarb	T	T	
Silverbeet	S	S	ST
Snow Peas	S	S	S
Spinach	ST	ST	
Squash*	S	S	ST
Sweet corn		S	ST
Tomatoes*	S	S	ST
Turnips white	S		

S= seed sowing

T= transplanting seedlings

* When planting these seeds before November the seed should be started in punnets indoors and the young seedlings kept in a warm sheltered place. Plant out the seedlings once the soil has warmed and the danger of frost has passed.

CANBERRA ORGANIC GROWERS SOCIETY INC.

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Pilots: Vacant

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Produce table:	Vacant
Supper convenors:	Marie Bahr, Mary Flowers
Librarians:	Beby Bros, assisted by Caroline Nimmo

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Environment Centre: Vacant

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Telephone:	Elizabeth Palmer 6248 8004

GARDEN CONVENORS

Charnwood	John Turnbull	6254 3070 04 1966 3440	karmn@bigpond.com
Cook	Keith Colls	6251 7729	keithcolls@optusnet.com.au
Cotter	Andy Hrast	6288 7262	andy.hrast@dotars.gov.au
Dickson	Beby Bros	6248 0063	bhabros@apex.net.au
Erindale	Christine Carter	6231 5862	ccarter@netspeed.com.au
Holder	Stephen Dean	6161 8803	sgd@webone.com.au
Kambah	Heather Pearce	6296 6167	heather.pearce@health.gov.au
Northside	Richard Larson	6241 3024	btdesigns@bigpond.com
Oaks Estate	Rosemary Stevenson	6284 4238	rose_s@dragnet.com.au
Queanbeyan	Katrina Willis	6232 9743	katrina.willis@aph.gov.au
Theodore	Richard Reed	6291 1897	rmjreed@ozemail.com.au

COGS ON THE INTERNET www.cogs.asn.au

General information	info@cogs.asn.au	
President:	president@cogs.asn.au	Keith Colls
Public Officer:	info@cogs.asn.au	Conrad van Hest
Membership Secretary:	members@cogs.asn.au	Victor Oates
Editor:	editor@cogs.asn.au	Janet Popovic
Web Manager:	Maren.child@starbytes.com.au	Maren Child
E-mail Coordinator:	info@cogs.asn.au	Conrad van Hest

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



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 the adoption of organic growing methods. COGS is an association without specific political or religious affiliation as a group. COGS has the following objectives – to:

- Foster the use of organic methods in home gardening, horticulture and agriculture
- Foster organic agricultural knowledge
- Promote the production and consumption of certified organically grown foods and the adoption of recognised organic standards
- Demonstrate and encourage the use of organic growing techniques
- Provide a forum for the discussion of matters of interest to organic growers in the ACT and surrounding region
- Facilitate the exchange of information and ideas between members and with other organic growers
- Assist members in establishing their own organic growing areas
- Administer community gardens operated under organic agricultural principles for recreational, educational or rehabilitation purposes and for the self-supply of contaminant free produce.

ADMINISTRATION

COGS is run by a voluntary committee which is elected annually at the AGM in March. The committee meets monthly and all members are encouraged to consider participating in the work of the committee.

MONTHLY MEETINGS

Meetings of members are held in Room 4 at the Griffin Centre, Civic, at 7.30 pm on the fourth Tuesday of the month (except in December and January). Each month there is a guest speaker. Recent meeting topics have included Backyard poultry keeping, Worms, Herbs and Seed Saving. At the meetings there is a produce and seed exchange table and a bookstall. COGS seeds and seedlings are also available for purchase. Members may also borrow two items from the COGS library. A light supper is available after the meeting.

Visitors are welcome.

QUARTERLY MAGAZINE

Canberra Organic, the quarterly publication of COGS, contains articles on organic growing, informs members of upcoming speakers and events, and includes planting and growing information specifically for the Canberra region. Members are encouraged to contribute articles.

COMMUNITY GARDENS

COGS currently operates 11 community gardens in the Canberra region. Gardens are located at Charnwood, Cook, Curtin (Cotter Garden), Dickson, Erindale, Holder, Kambah, Mitchell (Northside Garden), Oaks Estate, Queanbeyan and Theodore. 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. Plot holders are required to pay an annual levy to cover the cost of water, insurance, tools and maintenance. The ACT Government has supported the establishment of these gardens through the ACT Office of Sport and Recreation and the Department of Urban Services Community Renewal program.

INTERNET

COGS maintains a web site devoted to organic growing at www.cogs.asn.au. The site contains the COGS information papers on organic growing, seasonal planting guides, certification information, a page for children and links to related organisations and information sources.

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.

CONTACT COGS

PO Box 347

DICKSON ACT 2602

Phone: (02) 6248 8004

Email: info@cogs.asn.au

Web: www.cogs.asn.au

SPEAKERS

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

August 26

Owen Pidgeon introducing
Sarah Belais & Elodie Bruhat from
Institut Supérieur d'Agriculture de Beauvais

September 23

Rosemary Stevenson
Seed Exchanges and Networks,
introducing COGS seed exchange
night

October 28

James Gardner from
Organic Crop Protectants Pty Ltd

November 25

Barbara Schreiner
Plant Propagation



EVENTS

Spring Bulb and Camellia Show

13-14 September 2003—see page 30.

Second National Organic Conference,

2-4 October, Uni of Adelaide, contact
Cat Mills 08 8370 8455.
ofaconf@nasaa.com.au

Canowindra Organic Farms Open Day and COGS Canowindra/Cowra tour

4-6 October 2003—see page 9.

Re-opening of Xeriscape Garden

18 October 2003.

Iris, Rhododendron and Azalea Show

25-26 October 2003.

Hunter Biodynamic Group Inc.

A Beginners Course

25-26 October 2003—see page 14.

Organic Gardening Course for

Beginners—see page 27.

Starts 2 November 2003, COGS
Charnwood Garden.

CIT Plant Sale, Xeriscape Garden

8 November 2003.

Annual garden meetings

Each September meetings are held in the gardens
at which garden conveners and local garden
committees are elected, plot levies collected and
local garden rules reviewed.

All gardeners are encouraged to attend and to
become involved in the running of their garden.

The dates for this year's meetings are:

Charnwood:	September 21
Cook:	September 6, 12 noon
Cotter:	September 13, 9am
Dickson:	September 27, 2-4pm
Erindale: <i>at Christine's place</i>	September 13, 2pm
Kambah:	September 13
Holder:	September 21, 11am
Northside:	September 6, 1-4pm
Oaks Estate:	September, date tba
Queanbeyan:	September 6, 3-4.30 pm
Theodore:	September 28

Propagation—Do you have a mouth-watering fruit
or berry which you would like to share? Please contact
me for inclusion on our database.

Robert Rider, rbr@webone.com.au, ph 62861137.

Phoenix Garden Group Contacts:

Chris Stamford ph 62884049

Lesley Pattinson ph 6288 0293

Junior Organic Solutions
Wordsearch hidden message:
Kids make great organic gardeners!
Scrambled Tiles message:
*Organic gardening is healthy and
good for the environment too.*

Canberra Organic Quick Quiz Answers
1. Brassica
2. Daffodils
3. Alkaline
4. Jerusalem Artichoke
5. Solanum