

# Canberra Organic

The quarterly publication of the Canberra Organic Growers Society Inc.

A photograph of a small blue and white bird, possibly a fantail, standing in a garden bed. The ground is covered with dark brown soil and a layer of dry, light-colored mulch. A shovel with a wooden handle and a green metal head is partially visible on the left side of the frame. The background consists of green grass and other plants.

**Installing drippers  
Mulch  
Strawberries  
Hugelkultur**

## COGS Information stand at Bunnings Open Day, 25 August 2012



From left: Hanna, Denae and Jordan Starkovski, Alex Dede, Don Burke, Melissa and Vince Dede. These members of Kaleen garden gave out free seeds, COGS brochures and Membership forms. Denae brought along some beautiful baby ducklings for children to cuddle. A successful promotion for COGS and organic gardening!

# President's report: Summer 2012-2013

Hello Gardeners,

As I write a stormy front passed through not long ago leaving behind it an invigorating day of crystal clear air, bright colours and sparkling sunshine. I really enjoy this sort of weather — it buoys me up and I feel that anything is possible!

## Peak COGS

No doubt you've all heard of peak oil, peak phosphorus, peak this and peak that. Here's another: Peak COGS. What's that? Recall a while ago I wrote that COGS is receiving more offers of land for gardens and requests for help to set up gardens than it can cope with. We could open 20 to 30 new gardens tomorrow if only we had the resources — but we have reached our peak and can do no more.

Is our reputation spreading? We received an Internet inquiry from Brisbane on how to grow kale all year round! A bit outside our province but it's a good example of the requests for help that constantly come in. Do we have the resources to attend to them? Too often, no.

As I said a while ago, we are at a crossroads. If we don't innovate, if we just settle back, then COGS likely will shrink and perhaps evaporate. In 1981 interest was at a nadir, and in July the then-President, Rose Walters, reported that "our Society is saved, for the time being at least. We are at a watershed. We have six months to renew our vigour, extend our membership and make organics vital in the A.C.T." They got busy and COGS was indeed saved. It never looked back — until now. COGS needs to be saved — again.

COGS has innovated twice before, by adopting a constitution and by incorporating. We can innovate again. We must innovate again. Recently the Central Committee agreed to set up a Fundraising Subcommittee as part of creating a new COGS. Among other things we're documenting internal procedures and developing a business strategy. None of this is quick or easy.

If you're curious how we might organise ourselves, one example is SEE-Change, a community not-for-profit group working to reduce Canberra's ecological footprint. Four years ago it received an ACT government grant which let it set up a central support office in Downer with two full-time employees who are kept very busy.

Another example is Garden Organic in the UK, whose registered name is the Henry Doubleday Research Association. They describe themselves as "the national charity for organic growing" and are "dedicated to

researching and promoting organic gardening, farming and food." Our main interest at the moment is in their governance, how they use a mixture of volunteers and a support office with paid staff. After that our interests diverge slightly — their income last year was over £3 million; their patron is the Prince of Wales; they have an entire country behind them; we are confined to the ACT.



As you know, the ACT elections have resulted in the return of Labor to power in coalition with the remaining Green member, Shane Rattenbury. This is potentially good news for COGS. As election policies, the Labor Party and the Greens promised support for community gardens and urban agriculture. We have no idea what the new government's attitudes will be towards organisations like COGS, and if any of the promised support will materialise. The COGS Committee will now pursue the election promises made by both parties.

One of our members recently drew our attention to a Federal government grant that we weren't previously aware of. It looks feasible, so we'll add it to the list of possible revenue streams. Thanks for the lead! We won't confine our investigations to government sources, of course; funds are potentially available from a variety of non-government sources and we'll look into these too.

## Volunteers

As ever we need volunteers to help keep the Society running smoothly. We need a **magazine editorial group** to oversee the content and production of the magazine.

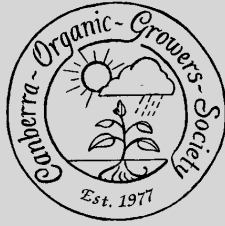
We could use help with documenting procedures and writing manuals. If anyone can help with **business planning and strategies**, please get in touch.

## Tomorrow

At last it's getting warmer. I've had enough winter to last quite a while. Are you ready for summer? Let's hope that in spite of predictions this summer won't be a scorcher. If it is, remember that water costs money and it's our biggest single expense. Got your mulch ready?

Happy growing!

*Walter Steensby*



## CANBERRA ORGANIC Volume 20 Number 4

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It celebrates organic gardening, local produce, sustainability and information exchange in the Canberra region.

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The **Canberra Organic Growers Society** is a non-profit organisation providing a forum for organic growers to exchange information and supporting the adoption of organic growing methods in the community.

COGS encourages the use of natural methods to improve our soils, promote sustainability and produce fresh, nutritious food.

For information about COGS and organic gardening, visit the COGS website  
[www.cogs.asn.au](http://www.cogs.asn.au)

### Enquiries

[info@cogs.asn.au](mailto:info@cogs.asn.au)

### Postal address

COGS  
PO Box 347  
Dickson ACT 2602

## COGS COMMITTEE

### President and Public Officer

Walter Steensby  
6254 3881  
[president@cogs.asn.au](mailto:president@cogs.asn.au)

### Vice President and Garden

**Co-ordinator**  
Bob McAlister  
0408 224 547  
[gardens@cogs.asn.au](mailto:gardens@cogs.asn.au)

### Secretary

Haydn Burgess  
0439 030 059  
[info@cogs.asn.au](mailto:info@cogs.asn.au)

### Treasurer

Adrienne Fazekas  
6247 5882  
[afazekas@yahoo.com.au](mailto:afazekas@yahoo.com.au)

### Assistant Treasurer

Michael Bell  
[mykalbel@iinet.net.au](mailto:mykalbel@iinet.net.au)

### Membership Secretary

Angela Spencer  
6258 0918  
[members@cogs.asn.au](mailto:members@cogs.asn.au)

### Magazine Editor

Position vacant  
[editor@cogs.asn.au](mailto:editor@cogs.asn.au)

### Librarian

Margaret Richardson  
6248 8306  
[ainsrich@grapevine.com.au](mailto:ainsrich@grapevine.com.au)

### General Committee Members

Andy Hrast  
0408 247 360  
[ahrast@bigpond.net.au](mailto:ahrast@bigpond.net.au)

Steve Cook  
0410 518 529  
[jbsw1@bigpond.com](mailto:jbsw1@bigpond.com)

Darren Stokes  
0448 811 404  
[darren.stokes@defence.gov.au](mailto:darren.stokes@defence.gov.au)

### Web Manager

Ian Mitchell -  
0414 249 276  
[webmanager@cogs.asn.au](mailto:webmanager@cogs.asn.au)

## COMMUNITY GARDENS

COGS operates 11 community gardens in the Canberra region, with the support of the ACT Government.

### Charnwood

Stephen Spencer  
0411 320 385  
[angstevo@gmail.com](mailto:angstevo@gmail.com)

### Cook

Glynis Kennedy  
[glynken@iinet.net.au](mailto:glynken@iinet.net.au)

### Cotter

Ann Smith  
6285 2995  
[A.smith@netspeed.com.au](mailto:A.smith@netspeed.com.au)

### Dickson

Ray Prowse  
[ray.prowse@gmail.com](mailto:ray.prowse@gmail.com)

### Erindale

Christine Carter  
6231 5862  
[c-carter@grapevine.com.au](mailto:c-carter@grapevine.com.au)

### Holder

Simone Dilkara  
0408 431 334  
[sdilkara@pcug.org.au](mailto:sdilkara@pcug.org.au)

### Kaleen

Robyn Power  
6241 2614  
[jandrpower@grapevine.com.au](mailto:jandrpower@grapevine.com.au)

### Kambah

Neville Jackson  
[neville.jackson@bigpond.com](mailto:neville.jackson@bigpond.com)

### Mitchell

Richard Larson  
[btdesigns@bigpond.com](mailto:btdesigns@bigpond.com)

### Oaks Estate

Peter O'Dea  
[peterodea1@bigpond.com](mailto:peterodea1@bigpond.com)

### O'Connor

Jenny Clark - 6248 9224  
[jennylou@iinet.net.au](mailto:jennylou@iinet.net.au)

### Backyard Gardeners Group

Jane Vincent  
[gollion@dragnet.com.au](mailto:gollion@dragnet.com.au)

### Seed Savers Group

Cindy Steensby  
6245 3881  
[steensby@netspeed.com.au](mailto:steensby@netspeed.com.au)

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**Front cover photo:** Blue Wren at Mitchell COGS garden, Celia Cramer

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Rose, Calendula, Marigold, Borage, Chive,  
Johnny-jump-up viola.

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## Editor's note

Time for changes! We have a new (recycled) Government and a new Summer season for growing productive and useful plants in our COGS and home gardens. And we also move to a new era of Editorship for 'Canberra Organic'.

There is no Editor at present, and I am putting this issue together as a stop-gap measure. The Magazine is our front-line communication medium between the COGS committee and our membership. It is vital that it continues to flourish and evolve.

I would like to suggest the formation of an Editorial panel to overview each of the four quarterly issues. There would need only be one meeting per quarter to put forward ideas for the direction of the upcoming issue.

So what can you do? "Letters to the Editor" please! Ideas, suggestions, pet-hates and other comments. I am prepared to continue as Editor with this format. Are you prepared to help?

*Margaret Richardson, COGS Librarian*

### WE NEED YOUR INPUT!

Please send any comments, articles, photos, news items, event information or recipes to  
*Canberra Organic.*

**Email:** [editor@cogs.asn.au](mailto:editor@cogs.asn.au)

**Post:** PO Box 347 Dickson ACT 2602.

### Canberra Organic by email

*Canberra Organic* is now available via email as a 2 - 3Mb pdf file.

The email version includes colour photos.

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[members@cogs.asn.au](mailto:members@cogs.asn.au)

# Around the COGS Gardens

## Charnwood

After a rather long and chilly Canberra winter, with the incumbent hibernation of many a Charnie gardener, it's been heartening to see so many faces reemerging to greet spring in the garden and to so eagerly begin the task of whipping many a forlorn garden bed back into shape for the promising growing season ahead. Many gardeners, both new and old, have been keenly enriching and tilling the soil since the warmer weather arrived and bales of mulch are steadily building up around the garden as everyone begins to plan for the forecasted long hot summer.

Charnwood gardens community spirit has well and truly come to the fore over the last few months as volunteers raised their hands to take on the many roles required to keep the garden functioning well. Special thanks goes out to all who volunteered their time and skills to the roles last year, and this year we welcome: Long term gardeners and contributors Steve and Angela, and newbie Kim as co-convenors (many hands make light work, as the saying goes). Elissa has kindly volunteered her time to the role of plot co-ordinator, as has Jenny in her taking over the role of treasurer, and Peter who has graciously agreed to continue his role of working bee coordinator. With strong attendance at garden meetings and the planning of many a BBQ and working bee in the works, the Charnie garden community is set to continue to flourish.

Recently we have welcomed new garden members Kylie & Pete to the garden and in an unexpected turn of events several gardeners have also had the opportunity to turn their hands to animal wrangling of late. For reasons unknown, Charnwood garden attracted two Silky roosters to its gates within a few days of each other. These rather beautiful creatures provided momentary entertainment for their captors and have since found new homes. Likewise, a quiet day in the garden was interrupted for one gardener when he looked up to find himself under observation from a visiting kangaroo. A little general encouragement saw our unexpected visitor off, but a general reminder to check the fences was noted by all. We also received a visit by a local student journalist one Sunday afternoon, looking for images to accompany her article on community gardens and the upcoming ACT government elections. With the orchard in full bloom and many a gardener toiling away, we're sure she managed to capture a few good photos for her article.

Happy gardening all!

*Kim Luckman*

## Cook

Spring is a wonderful time of year and it is then that the garden comes to life. Gardeners are busy getting their garden ready for their summer crops and waiting for their winter crops such as broad beans, garlic and onions to be harvested. I love spring and I can't wait to start planting my tomatoes, capsicums, basil, egg plant, zucchinis and all those other fantastic summer plants. Melbourne Cup day is the time according to most people and it's getting very close!!!

Spring is in full swing but not only are our crops growing at a rapid rate so are the weeds and grass. The mowing of the garden is now being done every two weeks and even then the grass gets to quite a height. The mowing roster requires gardeners to mow only once a year and it is working quite well. Gardeners are also struggling with coping with the weeds in their own gardens as the Cook Garden is virtually in a rural area and there is a proliferation of weeds which seem to appear.

We had our AGM in early September and I am continuing on as Convenor for another year and a number of people nominated to be part of the Gardening Committee. We are now well represented by five people on the Committee – they are Joanne Zions, Kym Luis, Julia Zachara, John Stockwell and Mario Serenellini. Each person on the Committee has a responsibility which takes some of the workload off the Convenor.

At the AGM it was agreed that the following rule would be added to our local rules. This rule requires all gardeners to clear the weeds around their plot as it is often impossible for the mower and whipper snipper to cut the weeds particularly around the gardens which have borders.

All plot fees and membership dues for the year have been collected. The collection of plot fees and membership dues at the same time worked well although it does make some extra work for the Convenor.

At last count there were 22 people on the waiting list for a plot at the garden. We had one gardener leave and we now have a new gardener, Greg Blood, who already has his garden planted with his summer crops.

We had a working bee in early October and managed to mulch most of the front community gardens, dispose of most of our green waste to the waste

depot and paint the pergola (which will require another coat). The garden is looking quite good for the moment but another working bee will be required soon to finish these tasks and to do some more weeding!!!

All the taps in the garden are being overhauled and this is being done by Mike Ahearn. The tap next to my garden which had not worked since I started in the garden is now working beautifully.

*Glynis Kennedy*

### **Kaleen**

The grass is growing again after all the rain and our new mowing roster has started well. Two people mow once a month and therefore we all only do it every 9 months. Our new fruit trees have taken off well and at our recent working bee we weeded out the oats and wheat that had grown from the Canberra Show straw (won't be getting that again), and loaded more straw on top. It should make some wonderful soil as the grass and straw breaks down. One plot became available and that has been taken up and we wait to meet our newest member. We also decided to offer our small "communal" herb garden to someone on the waiting list so they could have a small area to

garden in until a plot becomes available for them. Presently waiting to hear who will be our recipient.

Gardens have been cleaned up and we are starting to see more bird/butterfly netting going up. There are some very interesting and clever structures appearing.

We purchased our much-needed whipper snipper and had a trestle table donated by Bunnings as a thank you for several hours we spent at the Belconnen store when Don Burke made an appearance. We decided to hand out small plastic packets of seeds that some of us had as surplus and they were quickly snapped up. We also handed out the COGS information and seasonal planting guides. There is certainly big interest out there.

Denae and Kire Starkovski had especially hatched several baby ducklings which were cute and cuddly. They were a great attraction to both adults and kids. I imagine they were tired little duckies by the time they made it home as they spent a lot of time being cuddled. You will see them in the photo (inside front cover) if you look carefully, on shoulders and down fronts.

*Robyn Power*



One of the protective structures at Kaleen, which effectively excludes white butterflies.

## Around the COGS Gardens continued . . .

### Mitchell

On our AGM on September 1 2012, Bob McAlister was thanked for his considerable efforts as the outgoing Mitchell garden convenor. Richard Larson and Will Borowski volunteered to act as co-convenors, however Will and family have suddenly had to depart to a new life in Tasmania. Richard will be filling in as convenor until we can find someone to take Will's place or someone else volunteers to be the full-time convenor of the garden. We welcome some new faces and old faces to our hardworking volunteer committee: Keith Murphy, Muriel Pam, Ian Mitchell, Andy Cassidy, Sam Malfroy, Thomas Plau, David Thornhill and Phong. Bob McAlister has also offered his services on the extended volunteer list.

All plots in the garden are now occupied. A few gardeners have started with summer plantings, even though there was a light frost in exposed areas of the garden in early November. Here is an estimated list of plants in the thirty or so plots which were surveyed on November 4:

Plant	Number of plots where found
Artichoke	11
Asian greens	3
Asparagus	2
Beans	8
Beetroot	8
Broccoli (mostly seeded)	9
Broadbeans (mostly flowering)	12
Cabbage	5
Carrots	4
Celery	2
Chives, Garlic, Onions	23
Comfrey	7
Coriander	3
Corn	3
Cucumber	1
Eggplant	1
Kale (seeded)	5
Lettuce	24

Mint	5
Parsley	8
Parsnip	1
Peas	11
Potatoes	18
Radish	1
Raspberries	2
Rocket (mostly seeded)	3
Rosemary	1
Rhubarb	6
Silverbeet (mostly seeding)	22
Sage	3
Strawberries	10
Tomatoes	3
Thyme	1
Zucchini	2

Based on the above list, the seven most popular plants grown over winter and into emerging in early spring are as follows:

Most popular plants	Rank
Lettuce	1
Onions, garlic, chives	2
Silverbeet	3
Potatoes	4
Broadbeans	5
Artichoke	6
Strawberries	7

Given that most people grow these plants over the winter period and most of them are flowering or seeding, it seems to make sense that there could be consideration given to communal plots for these plants, which could then be rotated with the most common summer varieties. There appears to be considerable overproduction and possible wastage of produce which ends up being composted.

*Richard Larson*



### **O'Connor**

Things in the O'Connor Garden are meandering on quite mellowly.

We welcome back our two gardeners who have had losses of very close family and an especially difficult year. It is joyous to announce that our newest gardener will be born early next year. No new plot space and our wait list is still long.

The COGS Health and Safety assessment this year identified lots of toe-tripping and eye-sticking hazards, most of which have been removed or ameliorated. What remains is to control the creepers on our southern boundary and make the communal beds there more productive. A number of ute-loads of creepers were removed in Phil's latest working bee, but this is a work-in-progress as no-one as yet has had the hubris to risk disconnecting Northern O'Connor from the TRANSACT grid by cutting out the creepers that have crept there. Katja was an amazing tree monkey removing vines from high up on a large tree.

One gardener harvested 20 globe artichokes this week (very early November) from a vigorous plant inherited from a previous plot-owner; and small serves of broad beans and snow peas are being enjoyed. The early strawberries are divine.

Last year the wilt on our tomatoes was a problem, so this year we will exclude spent tomato waste from the communal compost heap and experiment with early deep mulch to reduce splatter of pathogens from the soil.

Unless the weather turns drier than anticipated, we hope this will be a productive summer for our Garden.

*Jenny Clark*

### **Dickson**

I love the start of spring, blossoms, flowers, new growth... Most of all I love watching all the new action and growth down at our Dickson garden. We also have welcomed some new members one- Nerida - shares this letter with us.

*"I have recently been welcomed into the Dickson Community Garden. Joining a garden can be a lengthy process. I don't recall how long I was on the waiting list, but it was more than a year.*

*Having lived in an apartment for nearly ten years, it is great to now have a little patch of land to play with. The plot I inherited was overgrown and my first rewards have come from simply clearing the weeds and preparing the plot for spring planting.*

*I am a total novice when it comes to growing vegetables. The COGS website, particularly the planting guide, has been really useful. Another wise gardener introduced me to the concept of companion vegetables and I will be keeping this in mind when I plant. I also observe the other plots in the garden to see when and what they are doing. A lot of the success in gardening seems to come from trial and error - learning each year about the soil, the sun and the growing process - and, of course, hoping for just the right amount of rain. I have grand plans for my edible garden but for my first growing season I want to start small, grow a few easy things and see how it goes. Next year I am keen to experiment with a small wicking bed.*

*For me, it was a mix of practical and principled reasons that led me to join a community garden. I wanted to be more involved in my community and to reduce my "footprint" by growing some of my own food. I was involved in a small conservation group in the past; we were kind of a flying squad of gardeners that assisted other groups as required. I did a lot of "rhodie-bashing" with this group, so this time I'm keen to focus more on building a healthy and sustainable garden.*

*It is a lovely group at the Dickson garden and I am glad I waited for the opportunity to join in the fun."*  
Nerida, new member

Happy gardening everyone,

*Rachael Millsom*



# COGS Backyard Gardeners group

## September Visit—John and Dahna’s garden

In September we returned to Kaleen, opposite Denae’s house, to visit Dahna and John’s garden. They are new to COGS and were every good to entertain a big group, fifteen of us, as they have their hands full with their little 13 month-old twin girls!

Dahna and John have only been here 2 years, but in that time their garden seems to have undergone an amazing transformation. They were very pleased when they moved in, to discover they already had several quite large fruit trees. In the front there is a cherry, a loquat and two plum trees. As well they have mulched most of this front area and planted local provenance natives.

In the back garden there was already a large fig tree (green figs - maybe brown turkey), as well as a pomegranate, apple (with a double graft of granny smith and golden delicious) and an elder tree. To this they have added a nectarine tree, so they effectively have fruit for over 6 months of the year. The apples last them many months, as long as they

protect them from birds with stockings and paper bags.

The rest of the back garden has been filled with six no-dig garden beds. These have all been enriched with compost, seaweed, horse and poultry manure. A chook tractor rotates around these, but they find this can cause some compaction, so often the chooks just roam around in what little lawn is left between the beds. These beds do have plastic netting around them to prevent the chook flying over and digging up the vegies. The beds had a great range of winter vegies and herbs, such as kale (both cavalo nero and Russian purple), broccoli, leeks and salad greens. As well they are preparing for spring with the trenches ready for potatoes.

We finished our sunny spring visit with a lovely morning tea of dried fruit, nuts, chai and various other goodies. We were full of admiration for this busy family able to transform their garden into such a productive little patch!

*Jane Vincent*



## October visit-Donna & Larry's Evatt Garden

This garden is an example of what imagination, dedication and hard work can create. The Backyard Gardeners' group first visited this garden in June 2010 when they had only recently moved in. The change since has been quite dramatic, with new structures, fruit trees, garden beds, compost and soil improvement added.

Larry is a real handyman, and together they built a wonderful North-East facing glasshouse cum shed, which has provided an effective seed-raising environment during Spring. Next winter it will provide shelter for their potted citrus tree collection. Free windows and louvres sourced from the roadside were used together with purchased clear roofing and cladding.

Garden beds are gradually being reclaimed to provide a home for raspberries, loganberries, thornless blackberries and strawberries. The frame for the climbers was constructed from the frames of an old futon wired together with bicycle wheels - very attractive!

Vegetable beds out back have been created giving excellent drainage and tall poles to provide overhead shelter when needed. The soil is producing excellent results. Old window frames are occasionally used to make cold-frames for newly planted seedlings.

Several fruit trees are putting up good growth. These trees survived their trip home from the nursery, but their associated name tags didn't! On the journey all identifications blew away, so that major research was required to identify (and correctly care for) each one. There are hazelnuts, pomegranate, plums, pear, apple, apricot, fig and peach trees. The front garden has proved a challenge - Donna vs. Vinca Major (periwinkle)!

Donna's 'piece-de-resistance' is a grand chook enclosure, created by Larry, which not only shelters the family chooks but encloses fruit trees and vines. It makes partial use of a Hills clothes hoist as well as an old trampoline creating a high frame to hold the netted roof.

*Margaret Richardson*



# Setting up a Garden Dripper System

## Introduction

Probably the most efficient way to water vegetable crops, once seedlings have settled in, is to use drippers. However, much of that efficiency is lost if the dripper system is not designed or managed properly.

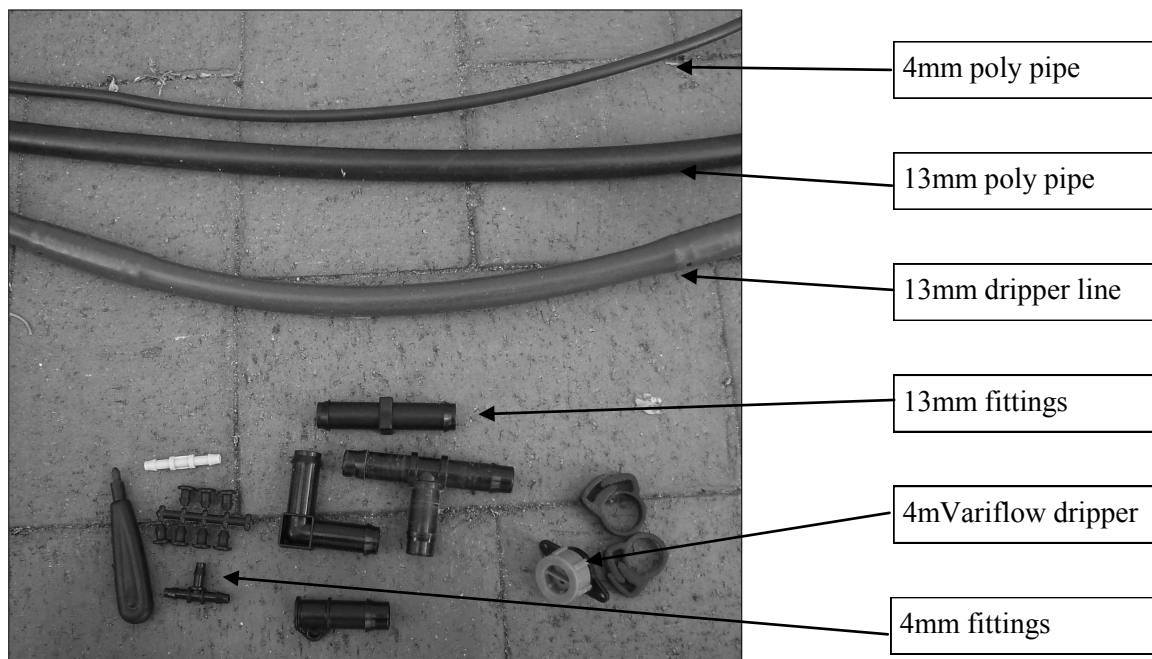
- water is applied more quickly than it can be absorbed by the soil and runs off.
- water is applied for too long and seeps well below the root zone and cannot be used by plants.
- water pools on the surface, or the wet soil is exposed to the wind, and moisture is lost through evaporation.
- the amount of water applied is not adjusted to the needs of the particular plants being grown. Some plants require more water than others.
- watering is not adjusted to meet the changing water requirements of plants at different stages in their life cycle.
- water is applied to the plant rather than the soil, wetting the leaves and greatly increasing evaporation losses.

A properly designed and managed dripper system can minimise these causes of water wastage.

## Dripper Equipment

The equipment needed to build a dripper system is relatively cheap, easy to obtain and simple to assemble. Most hardware stores sell all the equipment required, but for a dripper system which covers a large area it is sometimes cheaper to purchase equipment from a specialist irrigation shop.

Most of the fittings required for a home garden dripper system are shown below.



For most home or plot applications 13mm dripper line (usually brown) is suitable but 6mm dripper line is also available. Drippers are built into the hose at 30cm intervals. This is a suitable spacing for our clay soils. The dripper line is connected to the tap using 13mm black poly pipe. If tank water is used a filter is necessary to stop drippers clogging with dirt or other debris. This is probably not necessary for town water.

Dripper lines are available for various pressure ratings which should be matched to the pressure of the water supply. It is important to check the label for the pressure rating. Some function at ordinary mains pressure (up to 600kPa). These are usually pressure compensated which means that the drippers only emit

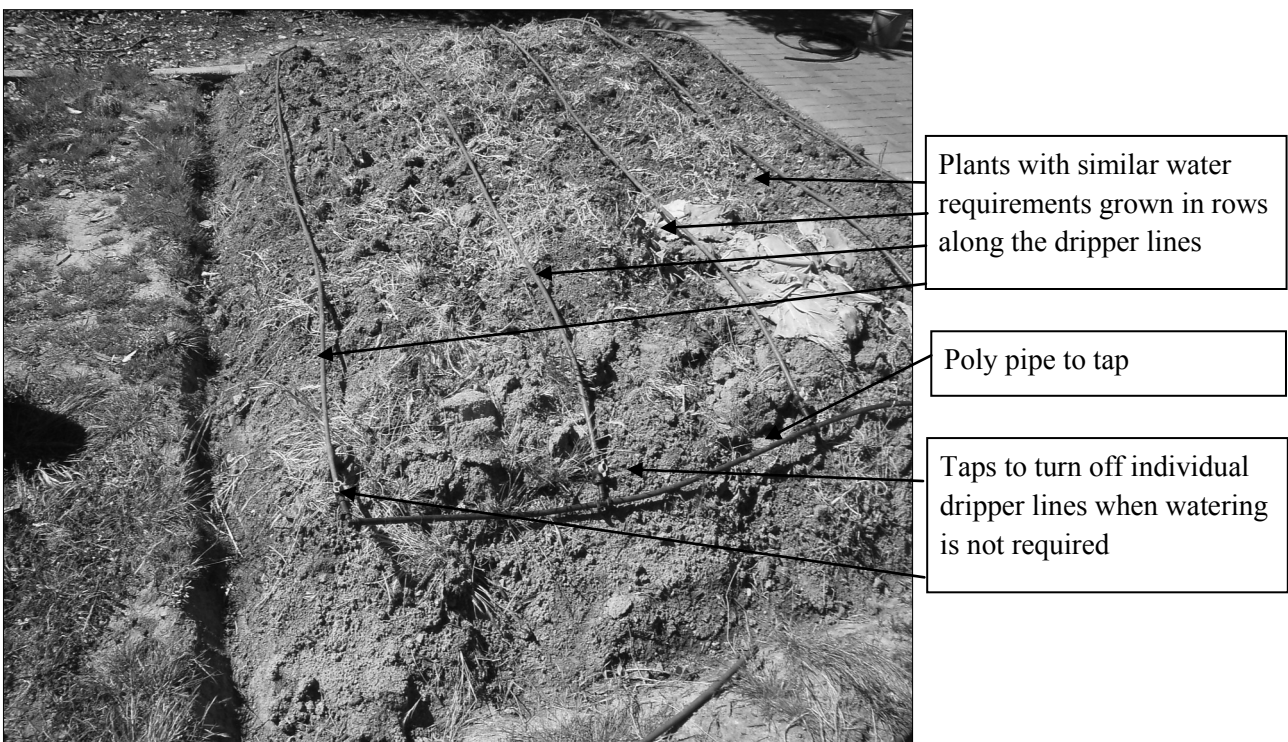
water at 2 litres per hour no matter what the pressure and some also have built in back-flow preventers which allows them to be used underground. Other commonly available dripper lines are rated at 250 kPa or 100 kPa. These are usually not pressure compensated so that the higher the pressure the more water is emitted from the dripper. These dripper lines should be used in conjunction with a pressure reducer attached to the tap for the appropriate pressure.

If plants (eg trees or shrubs) are separated by more than 30cm, instead of using dripper line with built in drippers it is more economical to use black poly pipe with variflow or fixed rate drippers inserted at appropriate intervals.

### Dripper Layout

To maximise the watering efficiency of drippers it is necessary to design the dripper layout to allow watering frequency and water amounts to be varied according to the needs of the particular plants being grown and adjusted to changes in water needs during the plant's life cycle.

*A typical layout is shown below.*



For large plants such as tomatoes only one row is planted along the dripper line. For smaller plants such as carrots or onions, two rows, one on either side of the dripper line, can be planted and watered with a single dripper line. Plots should be arranged so that plants growing next to a particular dripper line have similar watering requirements. This allows dripper lines to be turned on or off depending on the water needs of the plant without affecting other plants in the plot.

The distance between dripper lines is chosen so that produce can be conveniently picked by walking between the rows. As only the plants are watered, the area between the plants remains dry and very few weeds germinate making it easy to maintain the plot.

A different arrangement is required for efficient watering of trees and shrubs. For small shrubs planted more than 30cm apart, rather than using dripper line with drippers every 30cm, it is more efficient to use only one or two drippers at each plant site. Use 13mm black poly pipe instead of dripper line and install a variflow or fixed flow dripper directly in the poly pipe or connected by 4mm poly pipe at each shrub as shown over the page.

## Setting up a Garden Dripper System continued . . .



For larger trees, 13mm dripper line can be used around the drip line of the trees as shown over the page. The drip line can be moved outwards from the trunk to remain under the drip line as the tree grows.



## Managing Dripper Systems

One advantage of dripper systems is that they deliver water very slowly to the soil. This allows the water to penetrate the soil deeply without run off, even in clay. Drippers should be switched off if water starts to appear on the soil surface. There should be no pooling of water or runoff around the dripper.

The depth to which the water penetrates depends on the clay content of the soil. There is no point in watering below the root zone where plants can't access the water. However, the depth of the root zone varies according to the type of plant; for example fruit trees will be able to access water much deeper in the soil than lettuces, consequently the management of the dripper system in an orchard will be different to its management for a patch of lettuce.

Most vegetables can probably only access water to a depth of up to 30cm. The depth to which the dripper system is wetting the soil can be easily measured by digging a hole under a dripper after watering and observing how deeply the water has penetrated. The rate at which water penetrates the soil can also be estimated by digging holes under drippers every half hour of operating the dripper and observing the progress of the wetting front downwards and outwards. The wetting front under the dripper usually takes the shape of a tear drop. Its shape will depend on the clay content of the soil.

Dripper line is designed to **operate under mulch** which will further reduce water loss from evaporation and some are also designed to operate underground.

While drippers are not suitable for germinating seeds or developing seedlings, once seedlings are established drippers provide a very efficient watering system for the remainder of the plant's life. But, to get the full advantage of the potential of the dripper system to minimise water use in the garden, it needs to be well designed and properly managed to suit the water needs of the plants being grown.

*Keith Colls*

### The Weather Page

The SE Australian outlook for Nov2012 to Jan2013 indicates there is a roughly equal chance of a wetter or drier season in our area.

In terms of temperature however, the outlook shows we are likely to experience warmer days and nights throughout the ACT. Maximum and minimum temperatures are 60 to 70% more likely to exceed the long-term medians.

Rainfall figures for the last 3 months:

August 40.4 mm      September 41.4 mm      October 66mm

Year to date total rainfall to 11 November is 660mm, which exceeds our average annual rainfall total.

ACT Water storages are currently 98.43% Full

*Gardening requires lots of water—most of it in the form of perspiration!*

# Mulching

This technique is used by many organic growers. Mulching reduces evaporation, stops wind erosion, suppresses weed growth and keeps the soil surface moist and friable. Timing is important as sunshine in spring-time can be allowed to warm the earth to prevent cold soil slowing plant growth, whereas in summer's heat the mulch helps keep a better soil temperature.

Mulch is usually organic matter which covers the soil. In a natural forest for instance nature covers the bare earth with leaves, twigs and bark and they lie undisturbed, left to decay and in turn nourish the soil. These form a natural mulch. Organic growers, realising the benefits of such a process, endeavour to reproduce these conditions in their own vegetable gardens. For fruit trees a non-organic mulch such as stones can be used. A variety of organic matter is used on vegetable gardens:

**Alfalfa (Lucerne) Hay or Pea Straw.** These are among the best mulches to use, particularly if second or third-cut lucerne can be obtained. These legume hays are rich in nutrients as their deep roots take up minerals and other nutrients not available to more shallow-rooted plants. When the lucerne is cut and placed on the garden, these minerals are then transferred to the soil as the hay slowly decomposes. These products can be sourced from garden centres, or through the "Garden Supplies" column of the Canberra Times. Often spoiled hay is available which has already started to decompose. This is cheaper and equally effective.

**Straw** is the stem left over after oats, wheat, barley grains etc. are harvested, and has little nutritional value. It is inexpensive, light in weight compared to hay and can be full of grain seeds (which might attract vermin). To keep weeds down it works much better if you put down layers of wet newspaper first, and then the straw. Note: After the Canberra Show in February each year **free straw** can be obtained to take away, and it often has a generous content of animal manure as a bonus.

Because dry materials like straw drain nitrogen from the soil to break it down, it should be mixed with grass clippings, manure, or compost to add nitrogen to minimize temporary nitrogen loss in the soil.

**Leaves:** These can make very good mulch. They are akin to the natural mulch found on the forest floor, they have many nutrients and if a few trailer-loads are gathered in autumn it will not be necessary to buy hay in the summer. However if not composted first then they might be too light to retain a soil covering.

**Compost** is simply well rotted organic matter that enriches the soil, improves its structure and drainage, and provides plants with nutrients that promote strong, healthy growth for abundant flowers, fruits, and vegetables.

Filled with organic material, minerals, beneficial micro-organisms, as well as trace elements, it is a great fertilizer and soil conditioner. Compost is excellent as it has plenty of nutrients, good evaporation control, and quickly improves soil texture and water-holding capabilities. It is also a great worm encourager, and it is easy to make your own.

**Newspaper** can be used, particularly if covered with organic material (lawn clippings, compost, leaves etc). Use 3 sheets of wet newspaper, ensuring there is a space around plants. Note: The Canberra Times advises that their newspaper uses 'cold press' inks which are safe for organic gardens, with the exception of the outside sheets of the Saturday paper which uses 'hot press' ink and shouldn't be used on our gardens.

## How to Mulch

First ensure that the soil is well watered otherwise the mulch can slow the absorption of water into the soil. Bales of hay can be broken into 'biscuits' and placed directly on the soil so that all the bare earth is completely covered. The thickness of the mulch will depend on how much material there is and how big the plants are. For small seedlings use a very light layer of mulch until they grow bigger.

Always leave space around the stems of the plants to reduce the possibility of fungal problems and rotting. When planting seedlings, simply move aside the mulch to leave a couple of centimetres free around each plant. Note: Peter Cundall advises never to mulch onion plants, but other sources recommend it!



### **Advantages of Mulching**

*Weed Control:* Mulch inhibits the growth of unwanted plants which find it difficult to make their way up to the sunlight through the mulch. Those that do emerge will be spindly and shallow-rooted and are easily pulled out. Place these unwanted plants on top of the mulch so they in turn will add to it.

*Water Conservation:* In Australia, the rate of evaporation generally exceeds our average rainfall. Compost rich soil and mulching are essential to extend the benefits of rainfall, especially when you're growing food. A good layer of mulch will greatly reduce the amount of soil moisture lost to evaporation. Watering of a mulched garden is best done by drip irrigation so that water penetrates more readily to the soil rather than being sprinkled on the surface of the mulch.

*Temperature Control:* On a hot day, if the hay is lifted up it will be found that the earth underneath has remained cool. Similarly, on a cold morning the temperature of the soil under the hay is well above the air temperature. This ensures that plants are subject to a more constant root temperature which, in turn, aids their growth.

*Worms:* Worms love mulch because it creates the conditions under which they thrive – damp, dark, even temperature. Pick up any pad of mulch and the worms will be found doing their work – aerating and nourishing the soil. This makes digging your garden superfluous.

*Nutrients:* As the mulch slowly decomposes it provides valuable nutrients and organic matter to the soil.

*Margaret Richardson*



## Building a hugelkultur bed

### What is hugelkultur?

Hugelkultur (pronounced 'hoogle culture') is a gardening technique whereby woody debris is used to build raised garden beds. Hugelkultur is a centuries-old farming practice emanating from Eastern Europe and Germany, and roughly translates in German as 'mound culture'. It aims to mimic nutrient cycling that occurs in woodlands and forests, where woody debris that accumulates on the forest floor becomes sponge-like over time, soaking up rainfall and releasing it into the surrounding soil.

Hugelkultur garden beds employ the same principles: to help retain moisture; to build soil fertility; to improve drainage; and to use large woody debris that cannot be easily mulched. Hugelkultur is particularly useful on sites that present challenges such as compacted soil, poor drainage, and limited moisture.

### How to build a hugelkultur bed

Gather materials for the bed: Logs, branches, twigs, leaves. Avoid using cedar, walnut or other species deemed allelopathic.

Nitrogen rich material eg manure or kitchen waste. This will help to maintain the carbon to nitrogen ratio while the hugelkultur bed decomposes.

Adequate top soil and compost to cover the bed to a depth of at least 5cm. Mulching material eg lucerne straw.

Lay the logs (the largest of the woody debris) down as the first layer, then a layer of branches, then a layer of sticks and twigs. Hugelkultur beds apparently work best when they are approximately one metre high, although a lot of material is required to reach that height.

Water these layers. Fill in the spaces between the logs, branches and sticks with leaves, manure, compost and kitchen scraps.

Finally, finish 'making the bed' with a layer of topsoil and/or compost and mulch.

### I've tried it and it works (sort of)

I built a hugelkultur bed over 18 months ago in the front courtyard of my townhouse, and am growing the following edibles: pumpkin, rhubarb, raspberry, strawberries, and thyme. Ornamentals growing in the bed include roses, myoporum, lavender, and a mountain pepper bush (*Tasmannia lanceolata*).

I mainly used Acacia branches for the larger woody debris. I initially collected some branches of river she-oak (*Casuarina cunninghamiana*) but then did some research and discovered that Casuarinas are suspected of having allelopathic properties. Apart from allelopathy, other potential issues with using woody debris include termites and nitrogen drawdown.

My bed is only about 50cm high. I have had to add further compost/soil a few times as the original material has settled. Next time I build a hugelkultur bed, I will add soil earlier in the process, as the roses in particular are sitting rather loosely in the bed. Overall I am definitely a hugelkulturist, as it is a relatively inexpensive way of building a raised bed using green waste. And we all have plenty of that in our gardens.

### Sources

This article was adapted from Miles, M (2010) 'The Art and Science of Making a Hugelkultur Bed – Transforming Woody Debris into a Garden Resource', <http://permaculture.org.au/2010/08/03/the-art-and-science-of-making-a-hugelkultur-bed-transforming-woody-debris-into-a-garden-resource/>

Wheaton P (2012) 'raised garden beds: hugelkultur instead of irrigation', <http://www.richsoil.com/hugelkultur/> (lots of photos on this website)

*Haydn Burgess*



*Hugelkultur Bed at Haydn's home*

**Plot holder profile:**

**Alex Cabrera, Mitchell Garden**

Q. Why and how did you start growing organic vegetables and fruit?

A. I think food should be natural as much as possible, nature takes care of itself so I believe to keep it simple, with enough water and sun and smart use of the soil that should do the trick, I started growing lettuce and herbs in the back yard which was encouraging enough to attempt other crops

Q. How long have I been an organic grower?

A. Only two years

Q. What are your favourite crops?

A. Zucchini, lettuce and herbs (especially coriander)

Q. What is the crop you would like to grow?

A. Ideally watermelon and rock melon

Q. Your favourite recipe?:

**Guacamole:**

- 1 avocado
- 1 handful of coriander
- Tomato
- ½ onion
- 1 lemon
- 200 grams feta cheese
- Salt and pepper

Scoop the avocado and mash it with a fork (keep the seed!) chop the tomato, onion and coriander, mix with the avocado, and season with salt and pepper. (If you are brave enough chop 1 - 2 chillies) Pour the lemon juice and place the seed back in the guacamole (this will keep the avocado a bit longer without turning black) and sprinkle the feta cheese on top.

Serve with plain corn chips and your favourite drink



## Summer Harvest: Strawberries

This delicious fruit is a real favourite in Canberra organic gardens, and this year in particular the crops have been sweet and heavy.

### The plant

Strawberries are ground-hugging, herbaceous plants, about 15cm high and spreading into a wide clump. Part of the large Rosaceae family, their flowers are simple, five-petalled blooms that require pollination by bees. The white flowers are followed by green immature berries that turn red and succulent when ripe. The clumps send out long thin runners that take root to form a new plant.

### Site and soil

These shallow-rooted plants require compost-rich soil with excellent drainage together with full sun, so they are fairly demanding (but worth it). Obtain purchased virus-free plants, or runners that you have taken from established plants. Plant about 30cm apart with the crown of the plant level with the soil surface. Protect each plant with organic mulch while small for convenience, as this later keeps the fruit clean and helps deter pests. Large pots are also suitable homes for strawberries. Plants are unlikely to bear much fruit in their first year.

### Cultivation

Strawberry plants need to be kept moist with regular watering at establishment, and when they are bearing

fruit. Keep them weed-free, and watch for slugs, earwigs and slaters in rainy periods. Birds and possums also take a liking to the fruit so you may need to protect the plants with netting or wire mesh. Powdery mildew can affect strawberries but full sun and good air circulation reduces this risk. Infected plants can be treated with a milk spray - one part milk to nine parts water.

During summer and autumn the plants send out runners. Remove these during fruiting so that growth is directed to the berries, but in autumn the runners can be allowed to develop new plantlets for later planting out.

Strawberry plants have a useful life of about 3-4 years, and a new bed should be created with new plants after this time.

### Harvesting

You need to check your plants for ripe berries daily when the fruit is ripening. Cut each berry off with scissors rather than pulling them, which can damage the fruit. Once harvested they will not ripen further so ensure they are bright red and fragrant. Strawberries are delicious in all manner of desserts, cakes and jams as well as a luxurious topping for breakfast cereals, but I think yummiest of all when eaten warm straight from the garden!

*Margaret Richardson*



## What Tomato is that?

The tomato is the most commonly grown 'vegetable' by Canberra gardeners! Have you planted yours out yet? Covering them over at night time? Waiting for warmer evenings before committing?

Did you grow them from seed, saved from previous year's favourites? Or sourced by mail after poring over the coloured catalogues? Perhaps you went to the supermarket or garden shop where displays of the more commonly grown seed varieties are readily available?

Some gardeners buy seedlings and tomato plants from garden shops, hardware stores, local groceries, school fetes or farmers' markets. They range from punnets of small tomatoes to huge grafted single plants.

Do you plant it deeply so it develops more roots? Do you give it lovely mulch and water with drippers, do you provide poles, netting, tripods, wire cages or wire fences or do you let them sprawl comfortably over the garden bed, where they set more roots on touching down?

No matter their various beginnings, we love our tomatoes. We try to have something to eat by Christmas. Is your favourite tomato red, yellow, green, or black? Speckled, striped, small, round, crumpled or obese? Did it take 7 weeks or 70 days to ripen? What was out there in the garden eating them before you could get to them?

At COGS we'd love to know! Keep some notes over the season and let us know in February, or March. What are your successes (and failures)? Which ones do you vow never to grow again, and which ones have you lovingly saved seed from so that you can repeat the flavours and fragrance again (and again and again). We'll remind you in the February (Autumn) magazine so you can report your findings at the March Annual General Meeting. In the meantime.....happy tomato growing!

*Margaret Richardson*



# Bits and pieces

## Keeping Roosters in the ACT

Rules for keeping poultry in the ACT can be found on the ACThealth website, <http://health.act.gov.au/publications-reports/fact-sheets/keeping-poultry> which is a short pamphlet dealing with space and hygiene for your birds.

The 'Code of Practice for the welfare of poultry: Non-Commercial 2010' deals in length with the keeping of backyard poultry and can be found at: <http://www.legislation.act.gov.au/di/2010-89/current/rtf/2010-89.rtf>

It states that "People wishing to keep roosters should take into account the impact their crowing may have on neighbours". Often it is assumed that roosters are banned but that is not the case in the ACT.

So, given that information, there are a few things you can do to lessen the impact on your neighbours. Firstly, talk to them about your desire to keep a rooster. Site your poultry away from their bedrooms.

What are the benefits to you and your flock? Will your rooster be a protector of the hens? Do you want to be self-sufficient in replacing and renewing your flock? Perhaps eating any excess birds? Are you wishing to breed pure breeds so that the breed is supported and continued for years to come?

The other side of the argument is that they crow ALL day, not just in the morning. Can you keep them quiet at night? There are many creative examples of rooster boxes which are designed to keep them quiet at night, but who will contain them when you take a holiday? Do you have young children? Most roosters will be aggressive; it is just what they do.

For more information, contact your local Poultry Club, which is the Canberra Queanbeyan Poultry Club. They are most helpful and can help you find any specific breed you are looking for.

More information is available at [www.backyardpoultry.com](http://www.backyardpoultry.com). This site has many helpful ideas on pen design and breeds.

*Denae Starkovski, Poultry breeder, Member CQPC*

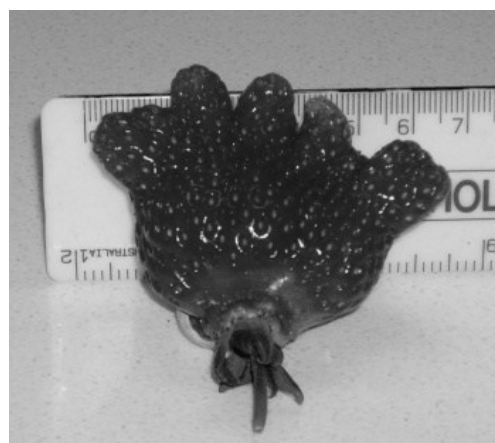


Donna's imaginative frame for raspberries made from a futon base and bicycle wheels

### ***Drippers lost in your garden?***

*If you've ever put a spade through your dripper line, you'll appreciate an easy way to locate those elusive brown dripper lines under your mulch. Buy inexpensive 'cable-ties' from your electrical supply or hardware store. Attach them around the dripper line so they stand up above your mulch. They come in black or white.*

The strange deformed strawberry below was picked by Robyn at Kaleen garden. As you can see, it is quite large (almost 7 cm long) and a very strange shape. Suggestions from Google range from extra cold weather, too hot, a virus, wrong soil type, wrong variety... Has anyone else experienced the growth of such a strange fruit?



*The best way to garden is to put on a wide brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig!*

# COGS SUMMER PLANTING GUIDE

## Mulch and compost

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

## Heat protection

On days of extreme heat your plants may need to be physically protected. This can be achieved by covering plants with shade cloth secured to a frame made from weldmesh or irrigation pipe which is bent to form a tunnel.

## Watering

Water the soil not the plants. This is especially important for plants that are susceptible to fungal leaf diseases such as tomatoes, cucumbers, pumpkins, zucchinis, and strawberries.

Always check soil moisture before deciding to water. Even if the surface looks dry, the soil may be quite moist just a few centimetres below. Infrequent, deeper watering is more effective than frequent shallow watering.



## Pests

Pests can multiply quickly over Summer. Before reaching for a spray, check if there are also natural predators present, remembering that there will be a delay between the appearance of the pest and the subsequent build-up of its predators.

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

## Weeds

Keep weeds down. They compete with your plants for water, nutrients and sunlight. It is much easier to tackle them when they are small.

## Harvesting

Make sure you harvest your crops regularly. This will generally encourage your plants to continue cropping and you will enjoy your produce at its peak.

Remember to leave space in your vegie patch for those Winter vegetables that need to be planted by mid to late Summer, such as cauliflowers and Brussels sprouts, which need time to grow before the extreme cold of Winter sets in.

	DEC	JAN	FEB
<b>Bush beans</b>	S	S	
<b>Beetroot</b>	S	S	S
<b>Broccoli</b>	ST	ST	T
<b>Brussels sprouts</b>	ST	ST	T
<b>Cabbage</b>	ST	ST	T
<b>Carrots</b>	S	S	S
<b>Cauliflower</b>	ST	ST	T
<b>Celery</b>	T	T	S
<b>Chicory</b>	S	S	S
<b>Chinese cabbage</b>	S	S	
<b>Cucumber</b>	ST	T	
<b>Endive</b>	S	S	S
<b>Kohlrabi</b>	ST	ST	T
<b>Leeks</b>	S	S	
<b>Lettuce</b>	ST	ST	ST
<b>Marrows</b>	T		
<b>Parsnips</b>	S	S	S
<b>Potatoes</b>	S	S	
<b>Radish</b>	S	S	S
<b>Silverbeet</b>	ST	ST	T
<b>Squash</b>	ST		
<b>Swedes</b>		S	S
<b>Sweet corn</b>	ST	T	
<b>Tomatoes</b>	T	T	
<b>Turnips</b>		S	S

**S = seed sowing; T = transplanting**

This table is a guide only. Always observe the seasonal weather patterns before deciding when to plant as there will often be significant differences in the Summer weather from one year to the next.

More seasonal planting information is available at [www.cogs.asn.au](http://www.cogs.asn.au)

# COGS NOTICE BOARD



## COGS Monthly Meetings

7:30 pm on the fourth Tuesday of each month except Dec and Jan at the  
MAJURA COMMUNITY CENTRE,  
ROSEVEAR PLACE, DICKSON

See the COGS website for further details:  
[www.cogs.asn.au](http://www.cogs.asn.au)

**27th November: COGS Christmas Drinks, Majura Community Centre,  
Rosevear Place, Dickson  
All COGS members are welcome**

*Please return any Library books you have on loan at this meeting. You  
can then borrow again for the Summer.*

**26th February—COGS meetings resume—Speaker to be advised  
Please collect your tomato growing information!**

### Advertising in *Canberra Organic*

*Canberra Organic* is a unique way to reach people  
in the Canberra region who have an interest in  
organics, gardening and the environment.  
Our circulation is around 550.

### Advertising rates

Payment is to be made in advance. COGS  
members are eligible for the price in brackets.

Size	1 Issue	4 Issues
1/8 page	\$9 (\$7)	\$30 (\$25)
1/4 page	\$18 (\$15)	\$60 (\$50)
1/2 page	\$36 (\$30)	\$120 (\$100)
Full page	\$72 (\$60)	\$240 (\$200)

Please contact [editor@cogs.asn.au](mailto:editor@cogs.asn.au)  
Articles in the magazine do not necessarily reflect  
the views of COGS. Advertised products and  
services are not specifically endorsed by COGS.

### Canberra City Farm

has a new website at

<http://canberracityfarm.wikispaces.com>



### Let's Talk About Gardening...

Did you know that you can now find COGS on  
Facebook?

Just search for the Canberra Organic  
Growers Society and "like" the page to  
receive interesting links and tips in your  
Newsfeed or to debate a topic.



**COGS membership application** Please contact [members@cogs.asn.au](mailto:members@cogs.asn.au) with any enquiries

- Memberships are for one or two adults and their children under 18 years of age.
- **Annual memberships run from September 1st to August 31st and cost \$30 for full memberships and \$18 for concession memberships.** Concessions are available to Healthcare card holders, pensioners and full time students. Both adults must be eligible for the concession rate to apply and evidence needs to be provided.
- Pro rata membership payments are available and detailed below for those joining during the membership year.
- An additional joining fee of \$5 or \$3 for concessions applies to all new memberships.

**Member details: Please print clearly, especially your email address**

Adult 1: First name \_\_\_\_\_ Child 1: Name \_\_\_\_\_  
 Surname \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_  
 Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_  
 Occupation \_\_\_\_\_ Child 2: Name \_\_\_\_\_  
 Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_  
 Adult 2: First name \_\_\_\_\_ Child 3: Name \_\_\_\_\_  
 Surname \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_  
 Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_  
 Occupation \_\_\_\_\_ Child 4: Name \_\_\_\_\_  
 Date of Birth \_\_\_/\_\_\_/\_\_\_\_\_

Title for address label e.g. John Smith, Mr & Mrs J Smith \_\_\_\_\_  
 Street \_\_\_\_\_  
 Suburb/Town \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Mobile \_\_\_\_\_  
 Email \_\_\_\_\_ Receive COGS magazine by email? Yes  No

Have you been allocated a plot in a COGS garden?  If so, which garden? \_\_\_\_\_

COGS relies entirely on volunteers for its continued operation. As a member, in which areas would you be prepared to volunteer some time or skills? Please tick below.

- Magazine  Website/IT  Meeting suppers   
 Library  Finances  Community gardens management   
 Seed saving  Committee  Other \_\_\_\_\_

How much time do you have available \_\_\_\_\_ hours/days per month

**Payment details: Please see table below for the payment due**

Full membership *or*  Concession Please attach a copy of eligibility documentation

Joining fee	\$5.00	\$3.00
Membership	\$ _____	\$ _____
Total payable	\$ _____	\$ _____

**I agree to follow the rules of COGS during my membership.**

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_\_\_  
 (signature)

**Please send your completed application form, with a cheque or money order (no cash please) to:**

The Membership Secretary,  
 Canberra Organic Growers Society Inc.  
 PO Box 347  
 DICKSON ACT 2602

Cheques and money orders should be made payable to 'Canberra Organic Growers Society' or 'COGS'

Month of joining	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Full membership	\$30	\$27.50	\$25	\$22.50	\$20	\$17.50	\$15	\$12.50	\$10	\$7.50	\$5	\$2.50
Concession	\$18	\$16.50	\$15	\$13.50	\$12	\$10.50	\$9	\$7.50	\$6	\$4.50	\$3	\$1.50

**For COGS administration:** Membership number \_\_\_\_\_ Bank ID \_\_\_\_\_ Receipt number \_\_\_\_\_

## Beautiful Holiday House

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

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

Easy drive to many other lovely beaches.

House sleeps eight, large fenced garden where children can play within sight.

Pets welcome.

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

Reasonable rates.

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

**Telephone Brian or Jackie on 6254 4977 for bookings and prices.**



## ACT Vegan & Vegetarian Society

**Want to help the planet, your health, and millions of animals?**

The ACT Vegan & Vegetarian Society welcomes new members.

We provide support and information about vegan and vegetarian lifestyles, and opportunities to meet others with similar interests.

We organise regular social events and workshops, including family-friendly events.

**Members also receive discounts from a variety of local restaurants and businesses.**

To find out more, or to join our free e-mail list, see our website at [www.vegact.org.au](http://www.vegact.org.au) or call 0417 464 675.

You can also find us on facebook.

### DID YOU KNOW?

The United Nations estimates that the meat industry causes more greenhouse gas emissions than all the cars, trucks, planes and ships in the world combined.\*

Producing 1 kg of beef takes between 50,000 and 100,000 litres of water, compared to 2,500 litres for 1 kg of white rice, and much less for most fruit and vegetables.\*\*

People on a plant based diet have far less incidence of heart disease, cancer, diabetes, MS and many other diseases.\*\*

\*Livestock's Long Shadow, [www.fao.org](http://www.fao.org)

\*\*Eating Up The World, [www.vegetarianvictoria.org.au](http://www.vegetarianvictoria.org.au)



## UC GREENPRINT CENTRE



The University of Canberra and Ricoh Australia have partnered in the UC Green Print Centre.

UC Green Print Centre is designed as a sustainable bulk print centre using certified carbon neutral papers, soy based non toxic toners, and zero waste to landfill practices.

We would like to invite COGS members to use our services, which are lower than elsewhere.

A4 Colour print	\$0.28/each
A4 B/W print	\$0.028/each
A4 100% FSC recycled paper	\$0.02 /sheet
A0 colour posters	\$26/each
Retractable banners	\$175
Trade Quality paperback binding	\$5 with colour cover

We specialise in short run printing, and can help with graphic design work too.

For your convenience, online submission is available.

For more information please see our website [ucgreenprint.com](http://ucgreenprint.com)

# ECO MEATS

## Your organic butcher

**ORGANIC** beef, veal and lamb cuts including rump, porterhouse and T-bone steaks, sausages, mince, kebabs and fillet, cutlets and chops.

**ORGANIC** pork and free range organic chickens

**FREE RANGE GAME MEAT** including emu, goat, crocodile, kangaroo, wallaby, rabbit, duck & venison

**CONTINENTAL DELI** including pepperoni, cabanossi, trout, salmon, cheeses, organic stock, bread, bagels, dips, salami & smoked meats

**FAIR TRADE** Jasper coffee

**LINDSAY and EDMUNDS** Homemade Organic Chocolate



## Specialists in organic pesticide-free meats

Shop 41  
Belconnen Fresh Food Markets  
Lathlain Street, Belconnen

Open Wednesday  
to Sunday

8am to 6pm

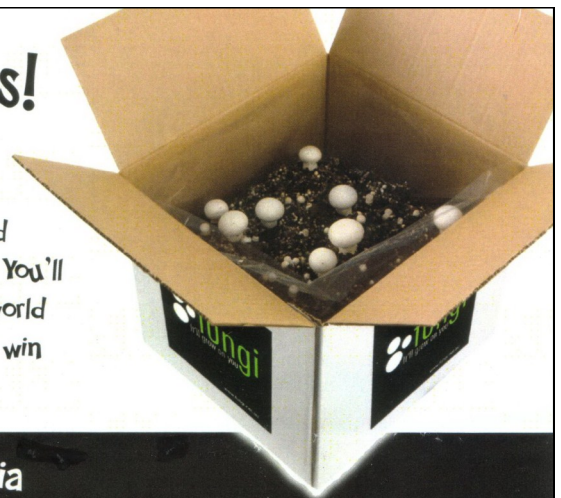
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