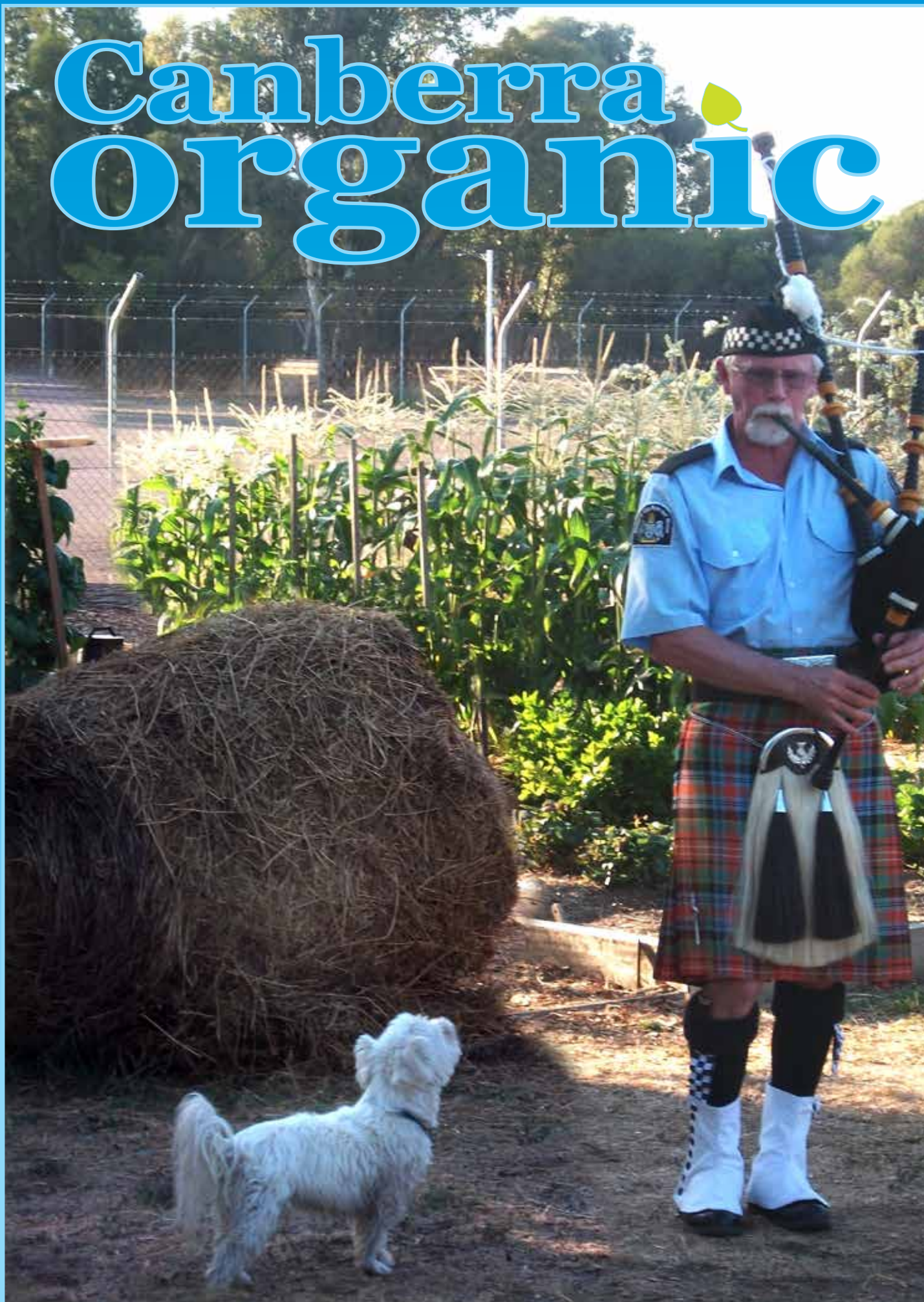


# Canberra Organic



**Congratulations to Holder community garden for their first prize win at the autumn flower show**



*Photos: Susan McCarthy*

# President's report

It's been so nice to see the rain again. In my backyard we had no rain in January, almost 81 mm in February and 72 mm halfway through April. One of my favourite times is lying snug in bed at night listening to the rain pattering down outside. I've been blessed with several such nights in the past two months. And now we are hearing the first frost warnings. Winter is approaching and the last one doesn't seem all that long ago!

## COGS Committee

Our new Treasurer is Maarten Stapper. Greetings, Maarten and many thanks for signing on! Richard Horobin continues as Vice President and Gardens Co-ordinator, keeping track of plot demand and directing inquirers to relevant gardens. Gary Shapcott has signed on as a general committee member and is already tackling some management problems. Welcome to the team, Gary!

## Presenting COGS

The Canberra Times' Good Food section published a report on the 'Festival of the tomato at Crace' by Sue Parsons on 9 April 2014. It's a good article with a useful recipe from Chef Josh Marks. This kind of publicity is helpful to the organic movement in general and COGS in particular.

On the evening of 14 April I gave a short presentation about COGS to the Rotary Club in Gungahlin. They enjoyed the talk and responded positively to our aim of being of more service to people with various kinds of disability. They have offered to help us where possible.

## Seeking corporate donations

We are happy for any garden to seek donations from businesses, but please do so via the convener or a delegate, and please let the other conveners and the committee know. We don't want to annoy a donor with a series of uncoordinated requests.

## ANU Event: Food and environmental security—Australia's contribution

On 17 April I attended an ANU presentation on the need for a stable environment to provide food security. Things we were told include: Australian agricultural conditions are likely to appear in much of the rest of the world and our experience with drought-tolerant crops and farm management will be in even greater demand worldwide; Australian farms need more diversity in their activities but also need to get bigger; a worst-case effect of climate change is that by 2100 the climate of Melbourne will be what central Queensland's is now; our



agriculture needs radically new methods, not just improvements to what we already have; pasture cropping is a great innovation and works but farmers are slow to adopt it; the only major crop yield improvements left come from improving photosynthesis; the developing concept of Ecosystem Services provides a way to understand how the environment is interwoven into everything we do; and the world spends 3 billion hours a week on computer games so why can't we incorporate some kind of environmental instruction into all of this? No-one dealt with how the price of crude oil might have a bearing on anything, nor why farmer suicide rates are double the national average.

## Meeting with Shane Rattenbury

Shane Rattenbury is planning a Roundtable on Food, perhaps in May, to promote food security in the ACT. On 1 April I attended a meeting in his office with Jodie Pipkorn (SEE-Change), Mark Spain and Keith Colls (Canberra City Farm), John Brummell and Brenton Reimann (Fusion). We seek an input into policy formation and have suggested making the Roundtable a twice-annual rather than single event.

The future for community gardens and urban agriculture in Canberra looks very bright. These are exciting times! During the coming winter let's work to make the most of every opportunity to grow in all directions.

—Walter



*Doing some winter work in my parents-in-law's garden in Minnesota, USA. And we think Canberra has a cold climate!*

*(photo: Cindy Steensby)*

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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

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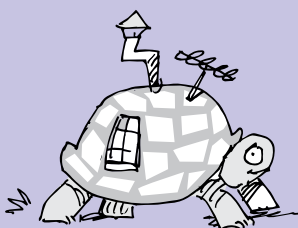
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**Please let COGS know so we can update our records.**

Send your new details to our membership secretary, Heather  
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president@cogs.asn.au



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## This month's cover: The Great Gate of Charnwood (photo: Jo McMillan)

*As part of the inaugurations of their new gate, piper John Griggs came to Charnwood to celebrate the occasion. I love this sort of thing! It shows that our gardens are alive and well, convivial and innovative. Well done everybody! – Walter Steensby*

	Deadline for copy and advertising	Published
<b>Autumn</b>	mid-January	mid-February
<b>Winter</b>	mid-April	mid-May
<b>Spring</b>	mid-July	mid-August
<b>Summer</b>	mid-October	mid-November

## 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	Issue	4 Issues
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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.

# Editor's note

Hello everyone and welcome to the winter issue! Once again, COGS members have sent through some great articles and photographs and I hope you all enjoy reading the magazine as much as I do. I particularly loved our cover photo of John the bagpiper celebrating Charnwood's new gate—what a great idea! There is plenty of interesting reading in this issue—below is a snapshot.

Of immediate interest to me in this issue was the feature on drying herbs from Heather and drying chillies from Angela. My partner John and I have had a bumper chilli crop and while we enjoy hot food, we grew more chillies than we could eat—even after giving some away. We will be following Angela's advice and preserving them for later in the year.

Thanks so much to Glenys for the article on safe bird and animal netting. While it can be frustrating sharing our crops with animals, they shouldn't have to die for it and our choice of safe netting can make all the difference. I am aware of plenty of online sellers of safe crop protection nets and know you all think carefully when you purchase and erect netting for your crops.

It was no surprise, therefore, to read in Japanese student Ayako Kawai's thesis extract that Australians value animal welfare issues in food production. Ayako has presented other interesting information about community gardening in Japan and Australia—including her finding that Australian participants believe their decisions can make changes to society. And so we can!

Even though winter is approaching it looks like nothing is slowing down at our community gardens. Holder has taken out several prizes at the Horticultural Society's autumn show; Charnwood is abundant with beetroot, thanks to young gardener Sophie; and it looks like Crace has had a pretty amazing Passata Day. We enjoyed tasting tomatoes at the COGS AGM and it seems COGS members can accurately pick a shop tomato from a homegrown tomato.

Thanks again to everyone who has contributed articles and photographs. Please let me know if there is anything in particular you would like to read in the magazine. Deadline for sending in copy for the spring issue will be mid-July but I am happy to receive contributions at any time.

Happy winter gardening!—Sue



## Cook community garden

It was a dry and very hot summer and a struggle for gardeners to keep some of their vegetables alive. The beans went into a comatose state and just stopped growing but as soon as the rain came the beans and the gardens blossomed. Some of the vegetables such as tomatoes, pumpkins and zucchinis thrived in the hot weather. Also there seemed to be a glut of cucumbers with gardeners offering them around to others in the garden. The garden's water usage in January was 28% of our annual water allocation. This is an indication of how extreme the temperatures were with only 13 mm of rain recorded.

Now we are in autumn gardeners are harvesting the remains of their summer crop and are busy putting in their winter crop. I see lots of brassicas, leeks and fennel popping their heads up in the soil. I have even seen one garden with heads of broccoli already forming on the plants.

A vegetable I have never seen before which is being grown by one of our gardeners is the tomatillo also known as tomato verde ('green tomato'). It is a plant of the nightshade family, related to the Cape gooseberry, and has small, spherical and green or green-purple fruit of the same name. Apparently tomatillos originated in Mexico, and are a staple of Mexican cuisine.

The garden had one working bee this year on the 9th March. For a change, due to the dry conditions, there were very few weeds to pull out in the communal areas of the garden. However, we were very productive and put woodchip around the shrubs on the perimeter of the fence and extended the woodchipped areas.

A snake was sighted in a pile of hay one day but it caused no harm and has not been seen since.

No one has left the garden this year and so we have had no new gardeners. We have 17 people on our waiting list, five of whom are COGS members.

At the Horticultural Society of Canberra Autumn show the garden exhibited its produce. However, Holder garden won the first prize once again(!!!) but we are determined to beat them one day.

—Glynis Kennedy (photos and story)



*Cook garden display at the 2014 Horticultural Society of Canberra autumn show*



*Tomatillos grown in the garden*



*Mario, Cook's gardening guru, getting ready to plant his winter crops*

## Dickson community garden

Recent highlights at the COGS Dickson garden included a welcome to new gardeners—Adrian (and two children), Michele (who has kindly offered her services as convener), Jacob and Gina, Catherine, Jon; and the April working bee.

Most plot holders turned up on the afternoon of 13 April and attacked tasks shared by all plot holders. These were the raspberry patch, the herb garden, the mint bed, mowing, weeding and mulching around fruit trees, trimming around plot edges and weeding paths (we will try to source more mulch to re-do some of the paths).

It was great to share stories about what worked over the growing season, what didn't work, the cursed couch grass and the equally cursed snails. Everyone seems to have had some success this season.

### Flourishing shared plots

At previous working bees we established the mint and herb gardens and the raspberry patch. This season we developed a shared plot in which zucchinis and pumpkins have flourished. Everyone went home from the working bee loaded with produce (stuffed zucchinis and pumpkin soup coming up!).

—Ray Prowse (photos and story)



*Raspberry patch*



*Plot holders at the April working bee*

## New COGS general meeting times for winter

The time and date of the COGS general meetings (sometimes called presentations nights) will change during the winter months to Sunday afternoons.

A poll of COGS members attending the general meeting last year showed almost unanimous support for changing the times of the meeting to Sunday afternoons during the winter months. The meetings will now be held at 2.00 pm on the fourth Sunday of the months of May, June, July and August.

The dates of the meetings will be 2.00pm on: 25 May, 22 June, 27 July and 24 August. The meetings will continue to be held at Majura Community Centre, Rosevear Place, Dickson.

In September we will revert back to the fourth Tuesday evening meeting time. We will remind you again closer to the time!

—Andy Hrast

## Grafting workshop

At Pialligo Apples,  
10 Beltana Rd, Pialligo  
on 16 August 2014.

A second session will be run on 17 August if there is enough demand. Limited to 20 persons per session.

Take home your own tree that you graft.

Workshop cost \$75 per person, including light lunch, demonstration, rootstock and scion.

Email Jonathan at [apples3@bigpond.com](mailto:apples3@bigpond.com) for details.

## Charnwood community garden

The rains are 'ere!!! The past few months at the Charnwood garden have been green and bountiful, with summer crops flourishing due to the abundance of rain. Many gardeners have enjoyed crops of plums and other fruit, tomatoes, zucchini, corn, cucumbers, silverbeet, strawberries, carrots, beans, melons and more! The prolific pumpkin vines have gone crazy and are just about ready to die off as we head into the cooler months. On the downside, it has been a busy season for fruit fly—we can't win them all! All in all, a warm season of horticultural success at the Charnwood garden.

The crop success was punctuated by a summer season of garden meetings, social gatherings, evening soirees and working bees to keep our little community ticking over (or digging over!) nicely. We have welcomed new gardeners and farewelled a few and are now back to being a 'full house' over the winter period.

On the maintenance front, we were very happy to receive funding to install a new front gate, after the old bruised and battered



*The happy group at the Gate Opening ceremony*

gate became further damaged by vandals who decided to ram it with a car one evening. The new gate looks great and functions well. A Gate Opening ceremony was performed (see photo), which included an impromptu performance from John bagpiper (see cover), fresh from his gig at the Multicultural Festival. We are in the process of adding a frog pond to the garden using a salvaged bathtub—this should encourage beneficial insects.

Due to the efforts of our wonderful convener, Jo, and her willing group of gardeners, along with Peter's florist daughter, Karen, the Charnwood garden participated in the Community Garden Display at the Horticultural Society of Canberra's Autumn Show and won two second prizes, including \$20 in prize money. We had a very professional-looking display of pumpkin, carrots, corn, beans, squash, zucchinis, tomatoes, eggplants and honey (thanks to Gita!), strawberries, blackberries and flowers (see photo).

We were approached by Canberra City Care to donate excess produce to their operation, which provides food to those experiencing financial hardship in the West Belconnen community. For any other interested COGS members, donations are always welcome and can be made in person at their drop-off point at the old Charnwood High School on Cartwright Street on Tuesday to Friday between 10 am and 2 pm. The Charnwood garden has donated some excess fruit and vegetables.

—Angela Spencer (photos and story)



*Charnwood garden in early autumn*

## Holder community garden

COGS Holder again demonstrated its collective gardening prowess this year at the autumn show of the ACT Horticultural Society held in early March.

Its diverse and colourful display table showcased a wide variety of vegetables and fruits, and some eye-catching dahlias, to take out both first prizes in the Community Gardens display—for Overall Appearance and Quality, and for Most Outstanding Individual Element (Squashes).

Collective endeavour was a highlight—many of the herbs were from the communal plot, and success with the apples and grapes was a result of regular attention at work parties. The dahlias were a special value-add from John,

our prize-winning flower grower. Otherwise, produce displayed was chosen from most plots, based on what looked good at the time. Lisa and Sue undertook the harvesting, and Dierdre contributed her artistic flair in arranging the display table.

A produce display like this can only ever represent a snapshot in time, rather than a season's productivity and variety. For example, pumpkins are absent as they were not mature at the time of the show, whereas many plot holders are now harvesting beautiful pumpkin bounties. Similarly, the bean collection was the best that could then be mustered, whereas the then-malingering beans went gang-busters in the subsequent

cooler weather. Quality in the tomatoes was down on previous seasons, a phenomenon not limited to Holder, but enough were found to make the autumn display complete.

Thanks to Bunnings for the two prizes of \$50 vouchers. Last year's prizes paid for bird netting for the communal orchard. Bunnings here we come again!

—Susan McCarthy (photo and story)

*[Ed: Congratulations Holder gardeners! This issue includes a piece about bird netting from hardware stores so perhaps you might put that voucher to a different use ...]*



## Crace community garden's passata day

Passata is a thick puree made by cooking and straining tomatoes. Sue Parsons posted an article on [www.goodfood.com.au](http://www.goodfood.com.au) about Crace's passata day on 9 April and Greg Parish was busy behind the camera.



# Around the COGS gardens

**Charnwood garden participated in the Community Garden Display at the Horticultural Society of Canberra's Autumn Show and won two second prizes**

*(left) Peter Polkinghorne and Karen Galeno at the display*

*(below) Horticultural society display*

*Photos by Angela Spencer*



# In my dreams ...

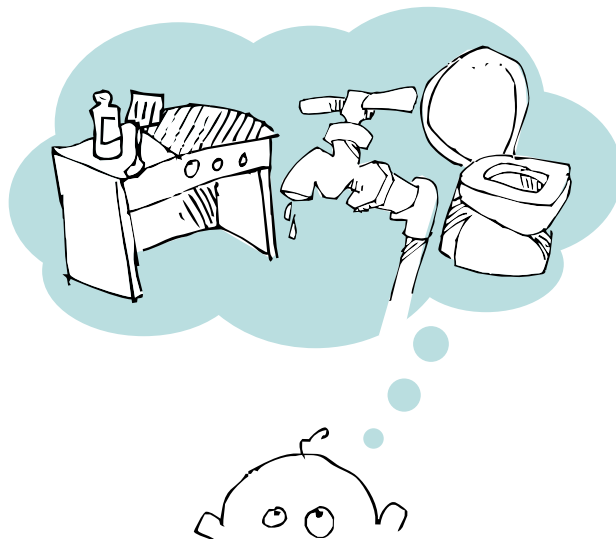
COGS vice-president and gardens coordinator Richard Horobin has some thoughts about potential garden improvements.

In February, I invited conveners to a Saturday morning meeting. Judging from the meeting's failure, I don't know when or where conveners want to meet. On the other hand, this gave Ann, Patricia and I an opportunity to let our imaginations run a bit wild.

What if we upgraded facilities at one community garden each year? This would focus our attention and funds, and make it clear to members that, together, we would maintain the garden facilities.

Such a program could cover the following sub-projects:

- What if we supplied each garden with a shipping container, with side-opening doors? Side-opening increases cost, but makes the whole of the container accessible. The metal is much heavier than the garden sheds, and the containers are 2.5 m tall and 2.5 m wide. Containers could provide more security, a much bigger shed, some fire, water and wind protection, at an estimated cost of \$5k each for a 6 m container. The larger collection area may facilitate a tank. Gardens could contribute money to get longer containers or tanks.
- What if we re-plumbed gardens? Many have old pipes. I suspect no garden has a looped circuit to equalise pressure. Gardeners could buy meters or flow controls, too.
- What if each garden has a barbecue and a sheltered table, like Crace? This could be a means of raising community spirit. Gardeners could invite their friends, and local polliies, to demonstrate how we support our communities. I believe we need to do this to maintain our position as a respected community organisation.
- Could a boat-style toilet work in a garden? This would be for those gardens that do not have ready access to a public toilet.



I realise that all these ideas lack full risk analysis and I have not thought them through completely. To borrow from Douglas Adams, I don't even know what colour these things should be. This list gives you and your garden some room to grow.—Richard Horobin

## Possible toilet designs for community gardens

At our regular COGS committee meeting, we touched upon options for toilets in gardens that do not have other options. Here are two of them, with no comment about whether ACTEW would allow their use.

### Marine toilet

(from [www.ask.com/question/how-does-a-marine-toilet-work](http://www.ask.com/question/how-does-a-marine-toilet-work))

*'The [USA] Clean Water Act and [USA] Federal Water Pollution Act provide standards that marine toilets must be built on, as well as rules for all people to follow when using sewage resources at sea. Any toilet or*

*basin device that is used on a watercraft must be connected to a marine sanitation device, often referred to as a MSD. There are many different marine toilet systems. Regardless of how they are used, all waste must be treated before it is discharged into any body of water. Most systems have a head, a holding tank, and a discharge system. Chemicals are used in the holding tank to process and treat the waste before it is discharged from the vessel.'*

Ref: [www.marine-surveyor.com](http://www.marine-surveyor.com)

This may satisfy ACTEW because the sewage is treated before it leaves the tank.

### Composting toilet

(from [www.ask.com/question/what-is-a-composting-toilet](http://www.ask.com/question/what-is-a-composting-toilet))

*'A composting toilet is a dry toilet, which uses an aerobic processing system to treat excreta. Typically, little or no water is used to flush excreta because the system is entirely aerobic. These toilets are recommended for poorly watered areas like arid and semi-arid areas.'*

This seems appropriate, but ACTEW may still reject it.

—Richard Horobin

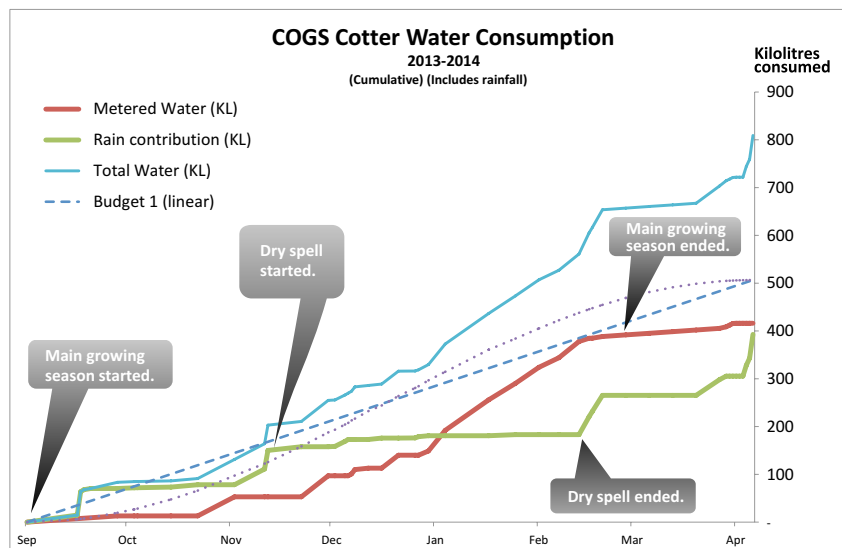
# Cotter garden water consumption

This season we had a significant dry spell and many gardeners were concerned about excess water consumption. Since I could manipulate the data appropriately, I decided to analyse our water consumption, and include rainfall this time. Members of Cotter garden were very cooperative, so we collected the relevant data.

Here is the resulting chart. The data says more about how to manage rain than about managing watering. Firstly, follow the green line—rain contribution—and the red line—metered water—together. I was impressed that we clearly did not water if we had rain. We also didn't water much early in the growing season. In December, many of us went on holidays, and a couple of very dependable people watered for us, for which we are all very grateful.

In January, we settled into a steady watering pattern. This rate was a bit higher than the budgeted rate but maybe this is appropriate when our atmosphere is dryer. We may have used our water just a little too quickly, since we used up our budget allocation for water before the end of the growing season. In any case, Cotter garden would rather spend a little extra water to achieve a reasonable harvest. Luckily, it rained!

Secondly, the green line shows that we had four bouts of heavy



rain, separated by 20 to 80 days of negligible amounts. We may have received too much rain in each downpour. I doubt whether our plants drew a high proportion of that rain. The dry spells were also too long to do without watering.

However, heavy downpours benefit gardens with tanks. Tanks can harvest several tank-fulls each year, if we use all their water between each heavy downpour. If Cotter had a collection area of 100 square metres going into a tank of 5,000 litres, we could have filled it up to eight times, resulting in 40,000 litres. The contribution is still only 10% of our metered water, because

the collection area is only 10% of our area. Maybe we need a dam!

Remember, meteorologists described this as a normal year, not an El Niño year.

How did I calculate the contribution from rain? In the SI (metric) system, this is very easy. One millimetre of rain on one square metre of garden produces one litre of water. Cotter has 938 square metres of garden under cultivation, so that means 938 litres of water for each millimetre of rain. If we had 1,000 square metres of garden, that would have made one kilolitre of water for each millimetre of rain.

—Richard Horobin

## A hot (or mild) tip about chillies!

Unlike past attempts to grow chillies, which ended in bitter defeat, this summer has yielded oodles of small red chillies and they are still going strong.

We have been harvesting bunches of red chillies as they ripen on the bush. As we do not use many fresh chillies in cooking, and due to the abundance of them, we decided to dry them for use throughout the cooler months.

We found the following method to be very effective:



1. Harvest chillies
2. Cut off green stalks
3. Lay chillies out flat on trays and place in a dehydrator for at least 4 hours (or until they are crispy and thoroughly dried)
4. Grind the chillies up in batches with a mini coffee grinder
5. Store in an airtight jar

—Angela Spencer (photo and story)



# Community gardeners' values and behaviour on sustainable food consumption

A comparison between Canberra and Tokyo community gardeners

The world needs to meet increasing demand for food while sustaining the environment. If current food production and consumption trends continue, by 2050 some 60% more calories will be needed to feed the world than in 2006. This involves not only the quantity of food production, but also the unequal distribution of food in world markets. Enough food is produced globally to feed everyone, but more than 800 million people in the world do not have enough food and 98% of these are in developing countries. Food consumption in wealthy cities, especially in the developed world, has a significant influence on global food systems, including eating more meat and fish often sourced outside city boundaries.

To achieve a sustainable global food system, movements are growing to change current food systems at the local level in wealthy countries. These movements are actively supported by citizens willing to take action and bear some costs, including consumer movements seeking fair trade produce and organic food.

**Community gardens can help foster a sense of active participation in, and responsibility for, reshaping food systems.**

The experience of gardening potentially offers participants deeper engagement with food growing and learning about growing, difficult to achieve through just shopping for food. Community gardeners might reasonably be expected to hold values biased towards environmentally and socially conscious foods (pro-environmental foods), even though these tend to be more expensive, inconvenient to



*Imajiyuku community garden in Tokyo*

prepare, and sometimes difficult to access.

This thesis asks: is pro-environmental food consumption by community gardeners in Australia and Japan linked to their personal values, and if so, how? It also asks if altruism is part of pro-environmental behaviour in producing and selecting food.

A major finding is that most Japanese and Australian gardeners do exhibit pro-environmental behaviour. Altruism is a leading factor in this behaviour but mainly among Australian participants and not among Japanese participants. In Japan, pro-environmental consumption behaviour is evident mainly in national and personal concerns about food security and food safety, particularly imported food. In addition, values about animal welfare are seen only in Australian participants, not in the Japanese participants.

Another finding is that three major socio-structural factors affect participants' behaviour: food policy, market circumstances, and cultural aspects of how people perceive responsibility and self-efficacy.

Strong food security narratives and related policies in Japan appear to affect Japanese participants' views of food. Understanding food as issues of security and safety, they are motivated more by non-altruistic values when buying pro-environmental food.

In contrast Australian participants understand that food systems affect the environment and society, and link their behaviour with altruistic values. In Japan the low availability of fair trade products and organic meat is another important factor in purchasing pro-environmental food.

Australian and Japanese participants perceive responsibility differently. Most of the Australian participants do appear to feel responsible for making 'right' decisions in order not to promote social injustice or environmental degradation. On the other hand, Japanese participants do not claim responsibility for food system issues, even though expressing altruistic values. This difference can be understood from different perceptions of the term 'responsibility'. Responsibility is a Western concept, holding that while people have freedom and autonomy to make decisions, they should be responsible for the consequences. In contrast, the Japanese term for responsibility (*sekinin*) refers to a moral obligation to maintain the harmony of society.

Japanese and Australian participants have different ideas of self-efficacy. Most of the Australian participants believe that their decisions could make changes to society and try to be aware of their behaviour; the Japanese present more passive attitudes in terms of their power to influence society. This difference may reflect participants' different worldviews of how humans connect with the

environment: Australian participants talk about 'me' and 'nature'; many Japanese say 'humans are part of nature'. Hence Japanese participants tend to think that humans are a marginal entity and have only a limited role in nature.

We need to investigate Japanese behaviour further, particularly their emphasis on social harmony and their limited views on self-efficacy, to develop strategies for promoting pro-environmental food systems.

**What is valued in a society depends on the context, and the way people transform their values into their behaviours differs between contexts.**

Values seem to be constructed differently in different societies. For example, Australian and Japanese participants think of animal welfare differently owing to their different understandings of the relationships between humans and animals, and in this case it would be difficult to expect them to share the same 'animal welfare values'. This divergence could be extended to other values such as social justice and environmental protection. When different

societies have different views of human–environment relations or individual–society relationships, is there any valid way to categorise universal values such as 'environmental protection values' or 'social justice values'?

This study indicates that there is no universal or 'right' way to pursue a sustainable future for food systems. The conscious and ethical decisions people make are different in countries where ethics and responsibility are thought of differently. Further research should be carried out to examine whether and how to promote changes in behaviour by the food consumers themselves.

– Ayako Kawai



*Imajiyuku gardeners (L to R) Takeo Muramatsu, Kichio Kimura, Fukiko Nagano, Noriko Miura, Hiromitsu Katada*

# Wildlife-friendly netting in community gardens

It is not uncommon in community gardens to see netting loosely draped over garden plots to protect the garden produce, ostensibly from birds and possums. Unfortunately, most of the netting is potentially harmful to our native animals and birds. Thin nylon (monofilament) netting should not be used as it is easily pulled out of shape by an animal climbing or landing on it, causing the animal to become entangled even if the material is stretched tightly. Unfortunately, most hardware stores sell such netting specifically labelled as bird netting, when its use can cause serious injury to birds, as well as other animals.

Once entangled, birds and flying-foxes become stressed, breaking bones and tearing wing membranes as they struggle to get free. The monofilament line can cut into the animal causing deep wounds and even stop circulation. Ultimately, these injuries can lead to shock and death, particularly if the animal is trapped for a long time.

Suitable bird safe netting can be purchased from nurseries.

## Good netting design

Proper installation of netting could mean the difference between life and death for our local wildlife. Therefore, if you must put up netting, please take note of the following:

- Use a durable knitted netting or, as an inexpensive alternative, 30% blackout shade-cloth.
- When estimating how much netting is needed, allow enough for it to be firmly attached to the ground.
- White netting is best as it stands out against the foliage of the fruit trees and produce making it easier for the bird or flying fox to see it.
- When putting up the netting, stretch it tautly over the frame and peg it securely to the ground. If the netting is loose or easily loses its shape, it is more likely to act as a trap for wildlife.
- Put velcro or tie one side of the net to the frame to allow access to the garden plot or fruit.
- Tent pegs, or any heavy objects (e.g. bricks) wrapped in the ends of the netting, can be used to keep the netting tensioned over the frame and stop animals from getting under the net. Clothes pegs and tie wire can also be used to stop the net slipping and sagging on the frame to form traps. The more places that the netting is held in position, the more even the tension of the netting will be on the frame.
- The frame may be constructed of timber, metal or lengths of polythene pipe inserted over star



pickets driven into the ground, with spacer bars of pipe or wood to stabilise the frame at the top.

- Ensure the frame is at least one metre clear of the produce.

## The bounce test

For the netting to be effective, it must be tensioned enough to stop folds of net forming around an animal when it lands on or crawls over the net. Ideally, a bird should almost bounce off the netting rather than sink into it when it lands.

Check netting at least daily. Animals could still become entangled.

## Entangled animals

Animals entangled in netting are likely to be injured and highly stressed, so any attempt to remove them is potentially dangerous for the animal and the rescuer.

If you find an entangled animal, cover it loosely with a towel and then contact either:

- the Urban Wildlife Ranger, Parks and City Services on 13 22 81, or
- the RSPCA on 6287 8100 (BH) or 0413 495 031 (AH).

Be sure to explain whether the animal is dead or alive and its exact location.

Please do not attempt to rescue flying foxes or bats of any kind. Although Australian Bat Lyssavirus is very rare it can be transmitted by a bite or scratch from an infected animal.

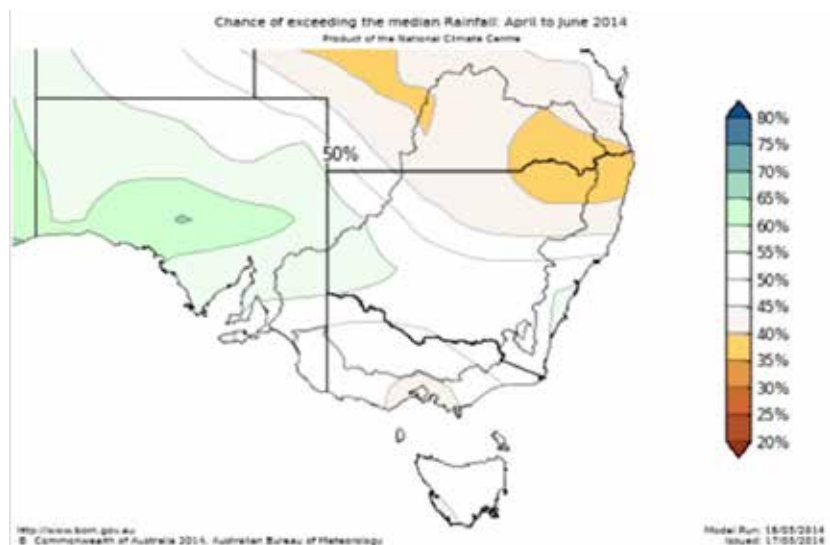
—Glynis Kennedy

## El Niño likely to develop during winter

The Bureau of Meteorology report issued on Tuesday 8 April 2014 estimates that there is a greater than 70% chance that an El Niño will develop during the southern hemisphere winter.

The bureau says that although the weather measurements are currently neutral, surface and sub-surface ocean temperatures have warmed considerably in recent weeks. The rapid changes are consistent with a rapid transition to an El Niño. International climate models surveyed by the bureau indicate continued warming of the central Pacific Ocean in coming months. Most models predict sea surface temperatures will reach El Niño levels during the coming winter season.

The bureau warns that El Niño is often, but not always, associated with below-normal rainfall across large parts of southern and inland eastern Australia during the second half of the year. The strength of an



### Dam levels in the Canberra Region and capital cities

	ACT storages	Murray-Darling Basin	Burren-juck Dam	Blower-ing Dam	Syd	Melb	Bris	Adel	Perth
% full	74	51	46	49	85	74	92	59	21

El Niño does not always indicate how much it will influence Australian rainfall. Historically there are examples where weak events have resulted in widespread drought across large parts of Australia, while at other times strong events have resulted in relatively modest

impacts. It is too early to determine the strength of this potential El Niño.

Daytime temperatures tend to be above normal over southern Australia during El Niño.

—Andy Hrast

## COGS speakers —May to June

### 25 May—Maarten Stapper

*'Organic Gardening in Europe and Cuba'*

Maarten will talk about organic production systems he experienced while on a world trip late last year. He and Margaret worked as WWOOFers (worldwide workers on organic farms) in the Netherlands and England. Maarten also visited rural and urban food production sites in Cuba, where he attended and spoke at the 11th International Permaculture Convergence. European Union governments have supported farmers in the conversion to organics and

organic food has visibility. Read more about Maarten at: [www.drmaartenstapper.com.au](http://www.drmaartenstapper.com.au).

### 22 June—Randy Knispel

Randy is an experienced teacher, coach and facilitator, originally hailing from the USA. He is now the owner of a small property outside Canberra, from where he operates his business, Tru Edge Sharpening. Randy learnt this trade with master sharpener Barry Owen of Columbine Sharpening (Durango, Colorado). Randy will share his knowledge about the best sharpening devices, and

how to care for your garden tools and keep them sharp and in good working order. Bring some tools (and knives) along if you want some specific instruction or if you want to take advantage of Randy's professional services (he will take them away and arrange a pickup point once the work is done).

### 27 July— TBA

**Location for all:  
Majura Community Centre,  
Rosevear Place, Dickson**

**Time: 2 pm**

# Hang it all! Drying herbs a different way!

Many of the soft-leaf herbs are difficult to dry and can't be dried successfully using the conventional method of hanging them in a cool, airy place.

I have used the microwave method successfully many times for drying herbs of all kinds. You can store the herbs in separate jars or mix them together in whatever combination you like.

Parsley is such a versatile herb and can be used in so many different dishes that I miss it in the winter months when the frost has delivered the final blow in the garden and one morning there's no more fresh parsley for those winter soups.

The mint family is another that doesn't enjoy the cold weather. If you are a drinker of peppermint tea you can use up the last of your peppermint before the frosts hit it by drying it using the microwave method.

And let's not forget basil. Many people freeze basil leaves but if you already have enough basil leaves in your freezer you might like to have some dried basil on hand for some of those warming winter casseroles.

One of the visual effects of drying herbs in the microwave is that the herb retains much of its green colour. It is also extremely quick as the method merely sucks out the moisture from the leaf, so in 4–5 minutes you can process a large amount of fresh herb into a jar of dried product.

There are some precautions you need follow:

- You must use at least a packed 1–2 cups of the herb to avoid burning it.
- Use a microwave-safe dinner plate.
- Use good-quality paper towel.
- All microwaves are slightly different with larger or smaller wattage so you may need to reduce the power from high to medium-high depending on your particular oven, or reduce the cooking time. My microwave is 650 watts and the instructions above relate to that.

– Heather Campbell (photos and story)



*Chop the stalks from the herb so only the leafy part remains*



*Put two pieces of paper towel on to a microwave safe dinner plate. Put at least two cups of the herb on top*



*Cover the herb with two more sheets of paper towel*



*Put the plate into microwave (650 watt) and cook on high for two minutes*



*Remove from oven and put hot plate on to wooden stand or tea towel. Very carefully turn the paper towel over so that the damp towel is on the top. Watch out for the hot steam. Return to microwave for a further two minutes. Take out and remove the top towel and test the herb for crispness. If still too soft put back into microwave for a further 30 seconds or one minute. Slide the paper towel with the herb off the hot plate and let stand for a few minutes*



*When the herb is cool crush between your fingers to desired consistency. Remove any long stalks. Transfer to clean dry jars. It will keep for many months. Two cups of herb will make about half a cup of dried product*

## Recipes

### Red Earth Soup

The plot at the Cotter Garden gives me an endless supply of silverbeet, senposai and Tuscan kale. These dark green vegetables are tough in Canberra conditions, frost-hardy and need minimal watering. And what joy—they re-seed themselves! I can harvest greens every week except for maybe a few weeks in midsummer when they go to seed.

Once a week I turn out the fridge and place any unused or stale vegies into a stockpot. I boil them up to make a mixed vegetable stock and then make soup with the vegetable stock as a base. One of my favourites is red earth soup, a satisfying autumn–winter dish and an evening meal with crusty rye bread.

I don't remember where the original recipe came from but I've made it my own over the years. I don't always have the root vegetables in my garden—I generally have pumpkins, sometimes carrots, but kaukau (sweet potato) doesn't grow in frosty Canberra. And I mostly use tinned tomatoes.

#### Ingredients

- 2 litres vegetable stock
- 200 grams red lentils
- 2 onions, sliced
- 1 cup each diced carrots, kaukau, pumpkin; sometimes a cup of diced potatoes or parsnips
- 500 grams tomatoes or a 400 gram tin of tomatoes
- 2 tablespoons tomato paste
- freshly ground cumin, coriander seeds
- salt and pepper to taste
- fresh coriander

#### Method

1. Rinse the lentils, picking out any crud.
2. Start the soup with the lentils and stock, bring to the boil and simmer.
3. Add the chopped onions and the diced root vegetables.
4. Simmer for 30–40 minutes, adding the tomatoes, tomato paste and spices.
5. Serve with fresh coriander.

—Gerry Jacobson



# Tomato tasting at the AGM

Tomato tasting was included in the Harvest Night festivities at the COGS Annual General meeting on Tuesday 25th March 2014. The AGM was held at Majura Community Centre, Dickson. The purpose of the tasting was to test the ability of tasters to identify home-grown tomatoes and their level of sweetness compared to store-bought tomatoes. Some of those attending the meeting brought in tomatoes and sliced them into samples for tasting, resulting in 10 home-grown samples and two purchased tomato samples from Woolworths.

Eight varieties of tomatoes were included in the test including three samples of indeterminate background.

Tasters were asked to nominate whether a sample was home-grown or store-bought and the level of sweetness (high, medium or low). The actual level of sugars in each sample was tested with a Brix meter.

The taste results are shown in the attached tables. Table 1 presents the source results and Table 2, the sweetness. In interpreting the results care needs to be taken as this testing was NOT undertaken with scientific rigour. The sample size is small, not all tasters tasted all tomatoes, the varieties were mixed, ripeness varied and there was no opportunity to retaste the samples.

Nevertheless there are some interesting findings:

- Tasters were readily able to identify one of the store bought tomatoes (cherry) but were split in the case of the Baby Roma.



*COGS members tasting tomatoes at the AGM*

## Tomato tasting results

**Table 1: Identification of the source of the tomato sample**

Sample	Variety of tomato	Source actual	Source vote: home grown (%)	Source vote: Woolworths (%)
A	Apollo	Home grown Andy	94	6
B	Mary Italian	Home grown Heather	69	31
C	Money Maker	Home grown Heather	63	37
D	Tommy Toe	Home grown Andy	100	0
E	Scots Roma	Home grown Heather	88	12
F	Cherry	Woolworths	6	94
G	Unknown	Home grown Walter	100	0
H	Baby Roma	Woolworths	53	47
I	Unknown	Home grown Sue	93	7
J	Tommy Toe	Home grown Heather	100	0
K	Unknown	Home grown Sue	72	18
L	Legend	Home grown Heather	81	19

- All samples showed low-to average-levels of sugar content. Brix reading ranged from 4.0 to 6.6 whereas readings of 7 or 8 are considered to be good for non-cherry tomatoes. Cherry tomatoes are generally sweeter and a Brix value of 16 is considered good.
- The Brix readings showed one store-bought tomato had the second highest sugar reading (6.2) and the other about average (5.0).
- Tasters' perceptions of sweetness matched the Brix meter readings fairly closely.



Keith Colls uses the Brix meter to test sugar levels in the tomato samples

Words Andy Hrast;  
photos Sue Pavasaris

Table 2: Perception of sweetness of the tomato sample

Sample	Variety of tomato	Source actual	Brix measure* of quality (sweetness)	Sweetness vote high (%)	Sweetness vote medium (%)	Sweetness vote low (%)
A	Apollo	Home grown Andy	4.9	0	19	81
B	Mary Italian	Home grown Heather	5.0	0	25	75
C	Money Maker	Home grown Heather	4.5	0	20	80
D	Tommy Toe	Home grown Andy	6.6	18	64	18
E	Scots Roma	Home grown Heather	5.0	6	6	88
F	Cherry	Woolworths	5.0**	0	18	82
G	Unknown	Home grown Walter	6.0	35	59	6
H	Baby Roma	Woolworths	6.2	0	83	17
I	Unknown	Home grown Sue	6.0	8	61	31
J	Tommy Toe	Home grown Heather	6.0	89	11	0
K	Unknown	Home grown Sue	4.0	0	16	84
L	Legend	Home grown Heather	4.5	0	76	24

\* Brix reading for tomatoes (generally): 4 = poor; 6=average; 7 = good; 12+ = excellent

\*\* Brix reading for tomatoes (cherry): 10 = poor; 14 = average; 16 = good; 22+ = excellent

## COGS Library news

COGS Library recently purchased the following books. These books are now available for loan.

*Organic Fruit Growing: Your Complete Guide to Producing Beautiful Fruit All Year Round* by Annette McFarlane (2011 replaces an older edition)

*Permaculture in Pots: How to Grow Food in Small Urban Spaces* by Juliet Kemp (2013)

*Bioshelter Market Garden: A Permaculture Farm* by Darrell Frey (2011)

*The Biodynamic Orchard Book* by Ehrenfried E. Pfeiffer, Michael Maltas (2013)

*Growing Honest Food: the Oasis of Italian Tradition on the Suburbs* by Gabriella Gomersall-Hubbard (2012)

*Edible Garden Design: Delicious Designs From the Ground Up* by Jamie Durie (2013)

*Preserves* by The Australian Women's Weekly (2010)

*The River Cottage Preserves Handbook* by Pam Corbin, Hugh Fearnley-Whittingstall (Introduction by) (2010)

*Food Shock: The Truth About What We Put on Our Plate—and What We Can Do to Change it* by Dianne Loughnan (2012)

If you come across any resources that you believe may be of interest to COGS members please contact the librarians.

The library is normally open at the monthly meeting from 7.15 pm, closing 15–30 minutes after the meeting has concluded. The borrowing period is one month and there is no limit to the number of books you can borrow.

The library is hoping to publish a list of books available for loan on the COGS website in the near future.

–Librarians Greg Blood and Donna Vaughan

# Inspiring city farms and community gardens network national gathering

The national gathering (Food 4 Thought), held in Hobart on 21–23 March 2014, showed that the local food movement is strong and growing across Australia.

In great news, Food 4 Thought was sold out well in advance, drawing delegates from community and urban farming organisations, local government representatives and gardeners from every state and territory.

The Friday featured an afternoon community and school gardens tour followed by welcome drinks. Full-day sessions on Saturday and Sunday featured an interesting mixture of plenary sessions, workshops and tours. Workshop presenters and speakers included 'Gardening Australia' presenter and long-standing community gardens champion, Costa Georgiadis; the Australian Food Sovereignty Alliance's Nick Rose; Chris Ennis from CERES (the Centre for Education and Research into Environmental Strategies); and a range of community garden practitioners, permaculturists, food systems analysts and community activists.

Some personal highlights for me were:

- a presentation by Joe Kielnerowski from Joe's Connected Garden in Elizabeth, South Australia. Joe spoke with great insight about

models of community gardening on private land, especially options for neighbours to share some or all of a number of suburban blocks to produce food. By way of example, a neighbourhood arrangement of which he is part is currently producing over 400 different varieties of fruit across four adjoining gardens. Joe also spoke about 'virtual' community gardens, where connected people agree in advance to plant and swap produce. He related the story of one elderly woman who was happy for part of her garden to be used for community food growing, with the wonderful spin-off that she was able to feel comfortable and supported in her own home and not experience the sense of social isolation that can confront the frail aged in suburban settings

- the visit to the Royal Tasmanian Botanical Gardens to inspect the redeveloped 'Pete's Patch' — a set of vegetable plots within the gardens regularly featured on 'Gardening Australia' with then presenter Peter Cundall. The revised and much enlarged area now contains a greater number of beds, many of which have been 'adopted' by community organisations in Tasmania such as Second Bite. A small plot has been adopted by local ex-services groups to grow rosemary for

remembrance occasions. Interestingly, it was pointed out that the 'patch', which is overlooked by a perimeter wall of the adjoining Tasmanian Government House, actually has a long history of food growing dating back to colonial times

- an 'open spaces' session on the Sunday morning. This involved an initial plenary session in which topics for discussion were nominated from the floor, and time set aside for small group discussions. Participants self-nominated for groups, and were free to move between groups during the session. Discussions were as long (or as short!) as was felt necessary by each group. We attended a very interesting discussion on the idea of a Local Food Act, with particular reference to Tasmania and Victoria.

It does not appear that conference papers from the national gathering will be published. However, some information on Food 4 Thought is still available (as at 14 April) on the ACFCGN website –

[events.communitygarden.org.au](http://events.communitygarden.org.au)

While this is not confirmed, it was mooted that the next ACFCGN national gathering will occur in Geelong in 2016. It is well worth attending!

–Nick Staniforth,  
Canberra City Farm



Sue:

Graphic  
lifted from  
[http://  
events.com-  
munitygar-  
den.org.au/](http://events.communitygarden.org.au/)



# winter planting guide

## VEGETABLES

### Asparagus

Prepare the bed before you buy the crowns to plant in late winter/early spring. Since this is a perennial crop which can last for up to 20 years it is well worth the effort of establishing properly. Asparagus needs good drainage and plentiful food and can be planted very successfully in a raised bed enriched with compost and well rotted manure. Seaweed is an excellent mulch.

The crowns are planted in a trench, but with the roots straddling a ridge. Cover so dormant shoots are about 4 cm below the surface. Do not harvest spears the first year, and only harvest for a few weeks the second year.

Remember this is a long-term investment.

### Broad Beans

Late plantings of broad beans in June may be very slow to germinate. Better results are usually achieved with an autumn or early spring planting.

### Kohlrabi

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

### Lettuce

Only plant winter varieties of lettuces (cos, salad bowl, oakleaf, butterhead and mignonette varieties).

### Onions

Mid season varieties are often sown late autumn or early winter and long-keeping varieties in winter. However, the timing of mid- or late-season varieties is well worth experimenting with by making successive plantings to determine the best time in your specific locality.

### Peas

Peas can be planted in August/September for an early summer crop but may be very slow to germinate if the ground is still very cold or wet.

### Rhubarb

This is a perennial but plants generally only produce well for a few years, then fresh plants need to be started from subdivided crowns planted in late winter or early spring. It is very hardy, but it is a gross feeder and will appreciate lots of compost or well rotted manure and plenty of water.

### Other possibilities

Growers may wish to start a number of crops in late winter rather than early spring if the winter is mild or if they have a sheltered garden bed.

These crops include artichokes (Globe and Jerusalem), beetroot, cabbage, carrots, potatoes and radish.

Frost-sensitive vegetables such as capsicum, eggplant and tomatoes can be started early in August indoors but may need a heated glasshouse or warm spot to germinate and will certainly need protection before being planted out in spring.

## FRUIT

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

### Strawberries

Plant certified stock or propagate from runners (not from plants more than 2 years old however) in a soil enriched with compost or well-rotted manure. Remove old leaves and excess runners to tidy up the plants in winter.

### Berries

Raspberries, youngberries, boysenberries etc can be planted during winter while they are dormant.

Remember, these bear fruit on canes grown in the previous year so to prune remove all the old canes in autumn or winter making sure to leave the current season's growth for next year's fruit. Autumn fruiting raspberries bear on the current year's growth so are cut to the ground in winter after they have fruited.

### Currants

Red, white or black currants are easy bushes to grow in Canberra as they withstand very cold weather and don't mind heavy clay soil. Currants produce a fruit rarely available commercially. They need to be pruned in winter to remove dead wood and around a third of the oldest branches to encourage new growth and allow for good air circulation.

	JUN	JUL	AUG
Artichokes		T	T
Asparagus		T	ST
Broad beans		S	S
Kohlrabi			S
Lettuce			S
Onions			T
Peas	ST	ST	S
Rhubarb			T
Silverbeet		T	S
Snowpeas			ST
Spinach	T	T	S

S = seed sowing; T = transplanting



## 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 2500 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)

## Beautiful Holiday House

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

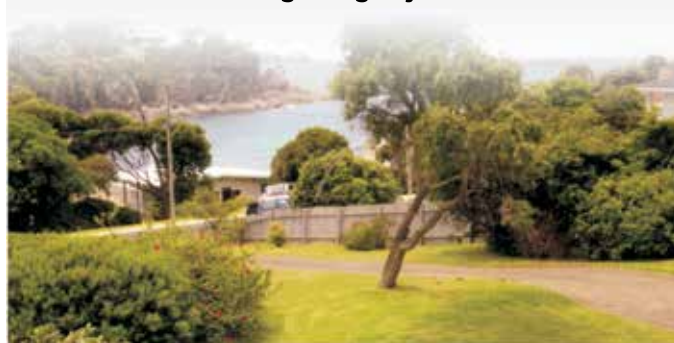
Two minutes walk to a sandy beach good for swimming, snorkelling or teaching children to swim. Easy drive to many other lovely beaches

House sleeps eight, with a large fenced garden where children can play within sight ■ Disabled access and bathroom ■ Pets welcome ■ Cool sea breeze in summer, warmer than Canberra in winter

Reasonable rates ■ Only 166 km from Canberra

View at [www.maluabayhouse.com](http://www.maluabayhouse.com)

**Telephone Brian or Jackie on 6254 4977 or 0422 630 665 for prices and bookings, or email [briangolledge@yahoo.com.au](mailto:briangolledge@yahoo.com.au)**



## Membership news

Over the last number of years our organisation has been attempting to bring the membership renewal date in line so that there is not a constant stream of membership renewals having to be processed each month.

During this time members and new members have been able to pay a pro-rata payment that expires on the 31st of August each year.

We are closer to our goal this year and although there are a number of members who will receive pro-rata renewal letters in 2014, the majority of our memberships now expire on 31st August. Hence you will see a new membership form in the magazine and also on our website.

We would encourage you to pay by direct deposit using your member number and surname as your reference.

Those members whose membership now expires on the 31st August 2014 may also pay a two-year membership fee, if they wish, as has been done in the past.

Thank you all for your patience over this period and though it will be a busy time for the membership secretary in September and October, for the remainder of the year there will be a little more sanity, with time to spend on gardening and growing vegetables, flowers and fruit instead of inside in front of a computer.

Hooray to that! –Heather Campbell

## MULTIFERT

organically produced eco-friendly fertiliser

This is your chance to experience what a number of the COGS gardens have enjoyed for the past two years!

Finally on sale is our unique worm tea, bio500, seaweed, ormus, carp and zoopoo combination liquid fertiliser will blow your mind.

Available in 2 litre or 20 litre sized concentrate for \$8 and \$25 respectively.

On sale weekends at Nicholls.

**Phone  
0407 437 490  
for details.**



# COGS Membership Application

Please contact [members@cogs.aunz.net](mailto:members@cogs.aunz.net) with any enquiries

## Member details - Please print clearly, especially your email address

BA membership year runs from September 1st of the current year to August 31st of the following year

<b>Adult 1</b>	First name _____ Surname _____ Date of Birth ____/____/____ Occupation _____	<b>Child 1</b>	Name _____ Date of Birth ____/____/____
<b>Adult 2</b>	First name _____ Surname _____ Date of Birth ____/____/____ Occupation _____	<b>Child 2</b>	Name _____ Date of Birth ____/____/____
		<b>Child 3</b>	Name _____ Date of Birth ____/____/____
		<b>Child 4</b>	Name _____ Date of Birth ____/____/____
<b>Address</b>	Label _____ Street _____ Suburb/Town _____ State _____ Postcode _____	<b>Phone</b>	Home _____ Mobile _____
		<b>Email</b>	_____
			Receive COGS magazine by email? <input type="checkbox"/>

## VOLUNTEER DETAILS

COGS is a volunteer organisation and thus 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.

Area		hrs/wk	Area		hrs/wk	Area		hrs/wk
Magazine	<input type="checkbox"/>	_____	Website/IT	<input type="checkbox"/>	_____	Support	<input type="checkbox"/>	_____
Library	<input type="checkbox"/>	_____	Finance	<input type="checkbox"/>	_____	Convenor	<input type="checkbox"/>	_____
Seed Saving	<input type="checkbox"/>	_____	Committee	<input type="checkbox"/>	_____	Other	<input type="checkbox"/>	_____

## Membership agreement and signature

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

\_\_\_\_\_  
(signature)

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## Payment details

Memberships are for a family unit of one or two adults and their children under 18 years of age.

Full membership costs \$35, Concession membership costs \$21.

Concessions are available to Handicapped card holders, pensioners and full time students.

Each adult must be eligible for the concession rate to apply AND evidence must be provided.

An additional joining fee of \$5 (\$3 for concessions) applies to all new memberships. This only need be paid ONCE.

Applications will be sent back if there is no reference for direct deposit. Instructions for references are given overleaf.

Member	Full	Concession
New	\$35.00	\$21.00
Renewal	\$30.00	\$18.00

Please send your completed application and payment (no cash) to:

The Membership Secretary,  
Canberra Organic Growers Society Inc.  
PO Box 947  
DICKSON ACT 2602

Payment by Direct Deposit to

Canberra Organic Growers Society Inc.

Westpac Bank, Patria Plaza, Canberra

BSB 032-719

Account 291247

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Reference \_\_\_\_\_

Payment by Cheque/Money Order to

'Canberra Organic Growers Society' or 'COGS'

Payment attached to completed application ☐

Direct Deposit is the preferred payment method.

## COGS Administration only

Membership No. \_\_\_\_\_ Bank ID \_\_\_\_\_ Receipt No. \_\_\_\_\_

# Eco Meats

## YOUR ORGANIC BUTCHER

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

Free range pork and organic chickens

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

CONTINENTAL DELI including pepperoni, cabanossi, trout, salmon, cheeses, organic stock, salami and smoked meats

FAIR TRADE Jasper coffee

LINDSAY and EDMUNDS homemade organic chocolate



## Specialists in organic pesticide-free meats

Shop 1 Building 2  
Belconnen Fresh Food Markets  
Lathlain Street, Belconnen

Open Wednesday to Sunday  
8 am to 6 pm

Phone 6251 9018  
Fax 6251 9017



## COGS green manure mixes are available

Each year COGS buys bulk seed that is mixed, packaged and made available to members.



This year there are two mixes available:

- Cereal and legume mix containing wheat, oats, ryecorn, field peas and vetch
- Legumes only mix containing field peas, vetch, lupins.

Seed is packaged in quantities suitable to cover about 25–30 square metres and is available at the COGS general meetings or on request.

Bulk deliveries to community gardens can also be arranged through your garden convener.

Available for \$2 per bag  
as a COGS fundraiser

## Permaculture courses in the Canberra region

**Permaculture Design Certificate** 2–15 March 2014  
On-Farm at 'Caroola', Mulloon

**Permaculture Internship Program** March–May 2014  
On-Farm at 'Caroola', 'Mulloon' and 'Jacomini'  
Includes: animal systems, holistic management, rural skills, forest gardens, market gardens and soil biology

Twelve specially short courses throughout 2014  
Include animal systems, holistic management, soil health, rural skills, forest gardens and market gardens.

**How to grow quality strawberrones** 28–30 March 2014

Book online at: [www.permacultureexchange.org.au](http://www.permacultureexchange.org.au)  
E: [edwin@permacultureexchange.org.au](mailto:edwin@permacultureexchange.org.au) or  
T: Penny on 0430 165 403

COGS members  
get the 'early-bird'  
price!

  
**Permaculture  
eXchange**

***From Cook Community Garden ...***



*(above) Will, grandson of Cook Community Garden guru Mario, with tomatoes weighing almost one kilo each;  
(below) display of dahlias in the garden. Many of these have won prizes at various flower shows (photos: Glynis Kennedy)*



## Look what's growing in the garden!

Sophie found her own little space in Charnwood community garden to plant some beetroot.

When she came home from school, she would ask to go to the plot to water and find weeds to pull out.

Sophie watered them constantly and watched their beautiful leaves grow. As the beetroot began to bulge out of the soil, Sophie became very excited as she knew they were ready for picking.

She was very keen to see what was under the soil and one night she came down to the garden in her pyjamas and gardening gloves and got to work.

Sophie was very happy with her prized beetroots which were enjoyed in many healthy and yummy salads.

–Shane Hind (photos and story)

*Photos: Sophie's beetroot success!*

