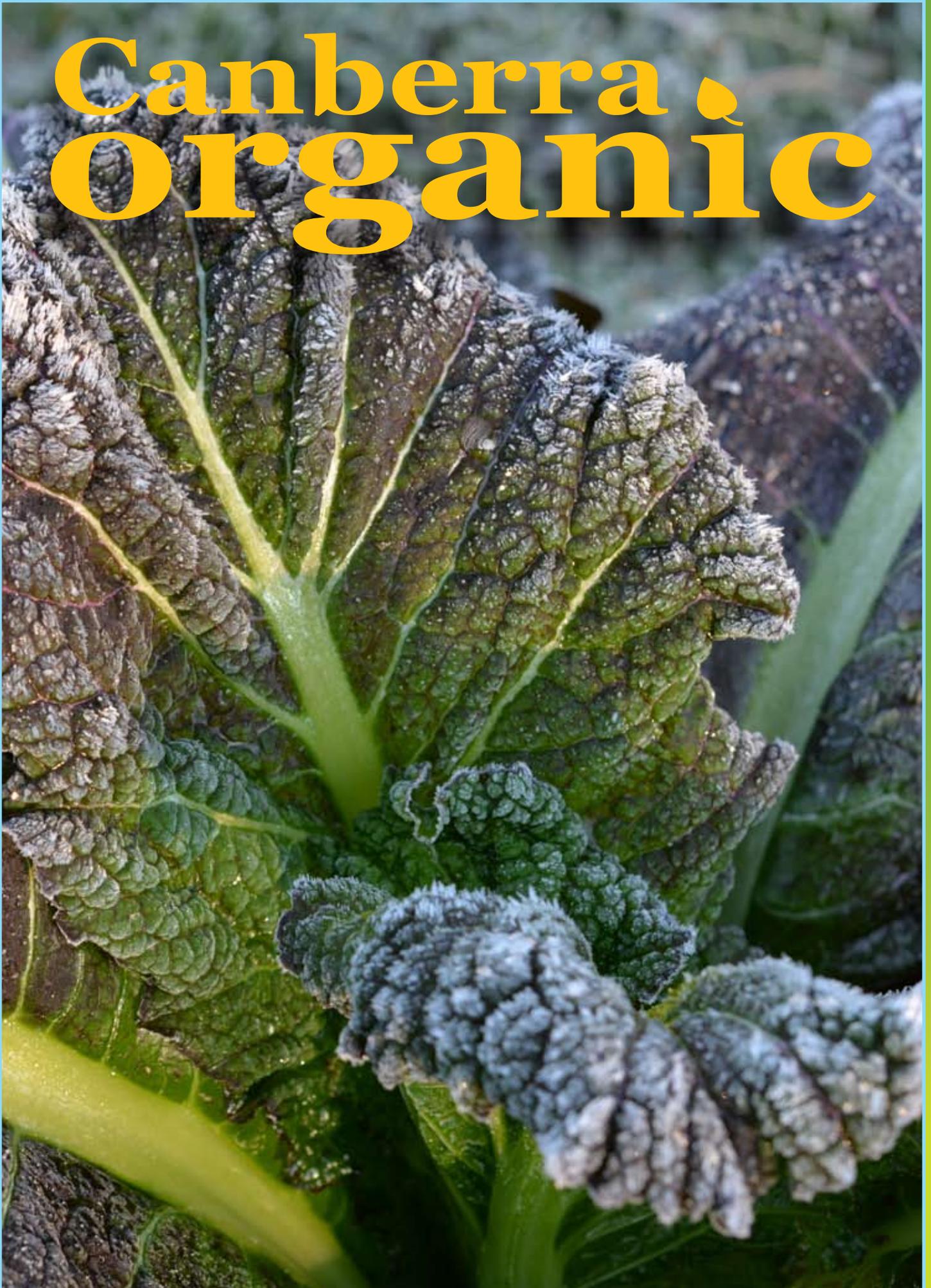


Canberra Organic



The quarterly publication of the Canberra Organic Growers Society Inc.

Safe netting is now COGS policy

From 1 September 2014 it will be COGS policy for all gardeners at COGS community gardens to only use safe netting to protect their produce.

Monofilament netting, which has been the cause of so many deaths and injuries to native animals, will be banned. See Glynis's report (on page 11) about a near fatal experience for a duck tangled in unsafe netting at Cook community garden.

Gardeners are encouraged to use safer netting. There are plenty of sources of safe netting; a quick internet search will provide a choice of supplier.



Safe mesh (photo: Heather Campbell)

Protective netting should be stretched tautly over the frame and pegged securely to the ground (photo: Glynis Kennedy)



President's report

Has this winter so far felt cold to you? Not to me, although that may be partly due to the extra insulation we installed in our house last summer. If it's been a warm winter, then of course we wonder what sort of summer might we be in for.

The Bureau of Meteorology data definitely shows a climatic warming trend. All that extra heat energy in the atmosphere drives weather systems harder and produces more extreme events, including cyclones, floods and droughts. Unstable conditions mean that Australian farmers are getting a good harvest on average only two years out of five now when it used to be four years out of five.

To meet domestic demand for food may well mean that cities and towns grow more and more food within their urban areas, and that urban agriculture is not just a fad but a permanent feature of urban life and planning.

COGS may be able to contribute a lot here with its hundreds of members experienced in cultivation and garden management in Canberra urban conditions.

Our vice president, Richard Horobin, has been busy planning the Mitchell garden extension.

He's discovered that the land we have been offered by TAMS may look like a quiet semi-rural block, but it has many services next to and under it. A water main runs right up the middle, and telecommunications and electricity lines are just next to it but out of harm's way. Unfortunately, a high-pressure gas line runs inside the northern fence, and any and all excavations or heavy construction within 15 metres of it require approval. About a third of the proposed new garden is affected. We won't be constructing anything heavy in the area and could safely set up no-dig garden beds, but we do lay water pipes underground and this is an excavation. Maybe we could use the affected area for car parking and storage, although the entrance, of course, is at the exact opposite end of the land. We're still thinking it through.

The Sunday general meetings and presentation afternoons starting at 2 pm have been well attended. The time doesn't suit everybody, but it has provided an opportunity at last for some folks who couldn't previously attend to come along. August will be the last afternoon meeting for the year; after that it's back to the Tuesday evenings for which the hall is already booked. Please let the committee know



if you want to continue meeting on winter Sundays next year, or even hold more Sunday meetings during the rest of the year.

One of my goals is to modernise our management systems—mainly membership and financial—to cope with the extra work that a growing COGS creates, and to simplify handing over and delegating committee tasks. We've reached our limits to growth: not for lack of demand at all but because the management systems can't easily cope with the workload. A subcommittee has been looking at alternatives and expects to make a recommendation soon. Because the end of the membership year is almost upon us, we won't introduce any new system until after the renewals have been dealt with. The current systems can do the job one more time, and we don't want to complicate Heather's and Maarten's lives by bringing in a new system at the same time.

I'm looking forward already to the new season. Lots of work ahead over the next couple of months to prepare for it, including a new greenhouse and two more wicking beds. There's never a dull moment in the gardening world, is there!

—Walter



This is the combined COGS and Canberra City Farm stall at the Caroola Open Day (between Bungendore and Braidwood) on 4 May. Cindy Steensby is behind the counter. We offered seedlings, seeds, green manure, COGS brochures and the CO magazine, and City Farm brochures.

Canberra Organic is the quarterly publication of the Canberra Organic Growers Society Inc.

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

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Editor: Sue Pavasaris
Layout: Matt Mawson
Proofreading: Jenny Clark and Walter Steensby



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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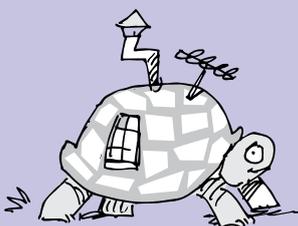
**New Committee members needed!
COGS needs YOU—
please volunteer now!**

Moving house or changing your email address?

Please let COGS know so we can update our records.

Send your new details to our membership secretary, Heather
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Editor's note

Hello everyone and welcome to the spring issue. I couldn't resist using the lovely frosty photo from Kambah on the cover, but spring is just around the corner.

Winter is supposed to be a quieter period in the garden but from the wealth of copy and photos I have received from the COGS gardens, everyone has made the most of the winter season. Elizabeth has contributed the first of a series with her informative article on broad beans. And judging by all the recipes we've been busy in the kitchen too.

Heather has some very important membership news on page 17 and Richard has written an overview of COGS's social media presence.

I was amazed by Walter's story about the 70-year-old tomato and particularly enjoyed reading about the Backyard group's visit to Jonathan's apples.

The apple orchard reminded me of the apple orchard at my grandmother's house in a small rural village in Lithuania. I'm sure they were the best apples I have ever tasted.

If you look closely at the photograph, you can just see some apples in the top left-hand corner. That's my father and me standing in the doorway to the house. In the field across the road the geese are weeding the potatoes.

Happy preparation for spring! The deadline for the summer issue is mid-October, but you are welcome to send in copy and photographs at any time.--Sue



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This month's cover: Osaka Red mustard in the frost at Kambah (photo: Neville Jackson)

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
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

Articles in the magazine do not necessarily reflect the views of COGS. Advertised products and services are not specifically endorsed by COGS.

Copy and advertising

	Deadline	Published
Autumn	mid-January	mid-February
Winter	mid-April	mid-May
Spring	mid-July	mid-August
Summer	mid-October	mid-November

Kambah community garden

It may be the middle of winter but we are doing great things with our winter vegetables in the Kambah community garden. Winter can be a highly productive season with organic gardening appreciated in its own right—even frosts on a clear Canberra morning in the garden can be beautiful [see the cover photo of mustard (Osaka Red) taken on 13 July]. Across the garden we are achieving a lot of healthy growth in leafy greens—including endive, mache, escarole, mizuna, komatsuna and English spinach; Japanese turnips, daikon, broad beans and brassicas—including kale, cabbage, kohlrabi and different varieties of broccoli [see photo of broccoli Romanesco]. Our communal vegetable garden has again been very productive and beneficial to all plot holders and we are looking forward to good crops of purple broccoli, leeks and broad beans as we head toward spring.

The garden community is already turning its attention to spring planting plans and is collaborating on propagating a wide variety of organic seeds so we can share knowledge, effort and plant stock. We aim to pot up enough to contribute seedlings to our Goodwill Garden program for



Tamil gardeners at work in the garden

asylum seekers and to Southside Community Services, a local charitable organisation supporting community gardens.

As well as cultivating organic vegetables for our own use, the plot holders at Kambah recognise our responsibility to the community to demonstrate, educate and encourage use of sustainable, low-cost, organic growing techniques.

Through our Goodwill Garden program and other outreach

activities we are endeavouring to do more to deliver some tangible benefits to vulnerable people in the community. Since December last year we have been working with the Australian Red Cross and Companion House to provide opportunities and sponsorship for asylum seekers and refugees to cultivate their own vegetable produce with support, advice and assistance from the garden community [see photo of Tamil gardeners at work in the garden], and to participate in the communal activities of the garden. This program has proved to be very successful and participants have been enthusiastic and hard-working.

Proceeds from our February 2014 Garden Open Day plant sale (see photos on page 5) have contributed to meeting the cost of seeds, plants and soil amendments for the group of asylum seekers involved. Surplus produce is donated to Companion House for distribution to its clients.

—Neville Jackson
(photos and story)



left: Broccoli Romanesco

Kambah 2014 Garden Open Day





Charnwood community garden

The frosty mornings heralded the end of the warm season bounty (especially pumpkin and zucchini), and was acknowledged by a group of Charnwood garden plot holders with a winter solstice dinner celebration held at the garden. Those who attended rugged up and enjoyed a feast of potato pancakes, chicken soup, Danish pastries, chocolate slice and sticky date pudding, all washed down with a splash of port and mulled wine while the children played spotlight and toasted marshmallows.

Most plot holders enjoyed a successful warm season of gardening and, although garden activity slows over the winter months, it is an ideal time for consolidating garden space, planning ahead for spring and rejuvenating the soil. The brassicas are certainly ruling the roost!

As we write, spring bulbs are popping up already around the garden ... an early sign of warmer weather perhaps, or just wishful thinking?! The common areas of the garden are in very good shape at the moment, benefiting from the very generous contributions of time and effort by several of our gardeners and our regular working bees. All plots are currently occupied.

A cold wind tends to whip over the adjacent netball courts during winter and the netball season often means answering lots of gardening questions from curious netball players through the back fence.

While nodding respectfully towards winter—bring on spring!—Angela Spencer



Belinda says: this is Ruby with the largest of our cauliflowers. Didn't think to weigh it. Have been enjoying eating all of our broccoli and can't wait for our brussels sprouts to come on.

We've also been happy with our spinach too!

Easy scrolls

Ingredients

Equal measurements of wholemeal self-raising flour and Greek yoghurt

Fillings

Method

1. Mix well to make the dough. You may need to add a little more flour depending on how wet the yoghurt is.
2. Knead the dough on a floured bench until it's smooth, then roll out into a rectangle 5 mm thick.
3. Evenly spread your favourite fillings over the dough—e.g. spinach and feta, bacon and cheese, blanched apple and cinnamon etc.
4. Carefully roll the filled dough into a Swiss roll shape.
5. Cut it into equal pieces and place cut side up onto cooking paper for baking. You can arrange the pieces so that they are close together to make a pull-apart loaf or spread them out so that they remain as individual scrolls.
6. Bake at 180 °C till golden.
7. Serve cold or while they're still warm. You can also make them in bulk and freeze the cooked scrolls to pop into lunch boxes. They'll be defrosted and ready to eat by break time!

—Belinda Muller (photo above and recipe)



Mitchell community garden

The Mitchell gardens are flush with green produce at the moment, mostly consisting of silverbeet and brassica vegetables (broccoli, cauliflower and the like). These veggies are much more distinguishable after the garden's working bee which happened in July. While brassica veggies generally lack younger fans, in an effort to increase our veggie intake my mum used to cook the following soup recipe with very finely-diced broccoli and brussels sprouts (and bacon to hide their taste). Here's hoping this recipe keeps you warm in the depths of winter!

—Jessie Coronakes

Broccoli and bacon minestrone

Ingredients

2 tins diced tomatoes
3 tablespoons tomato paste
1 litre stock
1 onion, diced
4 garlic cloves, diced
4 pieces short-cut bacon
bay leaves
1 tablespoon ground coriander
1 tablespoon ground cumin
1/2 cup pasta
1 head finely-diced broccoli
1 cup finely diced (or shredded) brussels sprouts
grated parmesan cheese to serve

Method

1. Fry onion, garlic and bacon until golden.
2. Add coriander, bay leaves and cumin and fry for a few seconds.
3. Add liquids and tomato paste and cook for 15 minutes.
4. Add vegetables and cook for further 10 minutes.
5. Add pasta and cook for further 5–10 minutes (top up with water if necessary).
6. Top with grated parmesan and serve with crusty bread.

Charnwood garden plot holder Heide Andrikis's thriving winter vegetables



Dickson community garden

Welcome to two new gardeners, Catherine and Hasan.

Floriade use of greenhouse

On 25th May members of the Floriade team and gardeners from COGS Dickson held a workshop at the garden to plant seedlings into large containers so that the plants could be used at this year's Floriade festival. The greenhouse in the garden is the perfect location for propagating these plants and there's too much space in the greenhouse for use by COGS gardeners alone. Visitors to Floriade will see many plants that were grown in our greenhouse [see photo below].



Dickson College mural in Dickson community garden

Dickson College mural

COGS Dickson works closely with Dickson College and we were approached by the college with a proposal from two students to create an artwork on one of the college walls within the garden. The artwork was to be based on cartoon characters depicting life in the garden. Our gardeners agreed and the students got to work, initially priming and undercoating the wall and then creating

their artwork. It was great to watch this developing and the final product is pleasing to all [see photo above].

Management of the storeroom

Our convenor Michele has been hard at work cleaning, tidying and arranging the shelves in the storeroom. Every plot holder now has a named space on the shelves,

the lawn mower fuel is out of sight in a cupboard and all the garden implements are neat and tidy. We're blessed with great facilities including the storeroom, the greenhouse and tables and chairs under shelter. Well done Michele for taking on the convenor's role and organising us so well!

—Ray Prowse (photos and story)

Happy seedlings growing in the greenhouse at Dickson





Visit to Jonathan's apples

On May 11th, in a good start to Mother's Day, 15 COGS Backyard Gardeners met for a lovely morning at Pialligo Apples.

Owner Jonathan Banks greeted us with morning tea, served with his homemade cordial (Mirabellen-saft), fuyu persimmons (these are non-astringent, thank goodness) and Winter Nelis pears. We were then each given a bucket to collect whatever autumn produce we could find, and Jonathan walked us around his orchard.

There were many highlights, with Jonathan all the time mentioning his many organic ideas for producing his fruit. There was plenty of long grass to host beneficial insects and spiders and as well there was fennel, and Italian parsley and hemlock gone to seed to host beneficial insects like hoverflies. We were sternly warned not to eat the hemlock (to avoid Socrates' fate!) but to identify it, in order never to confuse it with wild celery or other plants with umbels. Hemlock has red blotches on the stems and a nasty scent of leaves when crushed. In keeping with permaculture ideals most of the plants underfoot were edible too, like salsify, dandelion, mallow and cleavers (sticky weed).

There were still many persimmons on the trees, which looked so pretty with their autumn leaves and orange fruit. As well, the perimeter of the farm is bounded by bullace plums—small, delicious fruit which make excellent jam; they are similar to damsons. These plums were brought into Australia for hedges in the 1830s during the Goldrush, but they are also good rootstock for European plums. We shook these off the trees to take home for jam and stewing. Meanwhile, some of us found some last quinces on the trees to pick, while others filled their buckets with late apples, like snow apples and Rome Beauty. The other prolific fruit at this time of the year were feijoas. We were also intrigued by



Jonathan Banks showing us his quinces

the mound of what looked like shingles but were the pieces for making apple boxes—Jonathan certainly had enough there to last a lifetime!

Jonathan showed us how he had been experimenting with goats, hoping they would graze some of the grass between the trees, as well as various weeds like blackberries. Unfortunately, they also favoured the bark on the apple trees, so it appears their days at the orchard are numbered.

Several of the group are now keen to attend Jonathan's grafting workshop on August 16th as he showed us all sorts of grafting work he has done, including grafting on to a weedy privet to convert it into lilac! For those already adept at grafting he has plenty of apple scions for sale too. His email for the workshop or scions sales is apples3@bigpond.com

—Jane Vincent (photos and story)



*far left:
Picking bullace
plums*

*left:
Persimmons
waiting to be
picked*

Cook community garden

We are halfway through winter as I am writing this, and as we have had steady drops of rain for the past few months and only a small number of frosts, the garden is looking very green and productive for this time of year. The brassicas, silverbeet, leeks, garlic, broad beans and fennel are all doing very well, and there are some snap peas looking very healthy in one of the gardens. Even though we have had a mild winter (so far) it will be nice to get back to the warmer months of spring and start preparing for the spring and summer crops.

I have just looked at the Bureau of Meteorology's website and it states that 'while the majority of climate models suggest El Niño

remains likely for the spring of 2014, most have eased their predicted strength. If an El Niño were to occur, it is increasingly unlikely to be a strong event'. I am keeping my fingers crossed that it will be very mild, as last summer was very dry and if we were to have an El Niño it would be much, much worse.

We have had two gardeners leave the garden in the past few months and we have welcomed Edward Patterson and Peter Weddell to the garden. They have each acquired a garden with very good soil and I am very envious as the soil in my garden, despite my efforts of composting and adding lots of organic matter, leaves a lot to be desired. In the summer when it dries out,

it becomes quite hydrophobic. However, it is slowly improving, so I must be doing something right.

We currently have 17 people on our waiting list for plots in the garden, four of whom are COGS members. As COGS members are given priority over non-members when allocating plots it is unlikely that any of the non-members will ever get to the top of the waiting list as turnover of plots at Cook is very slow. Non-members, of course, have to become COGS members before they are offered a plot.

We had a working bee on Sunday 15 June and the community fruit trees and shrubs around the perimeter of the garden were



Above: Mario working in his globe artichoke plantation

Left: Mario showing his beautiful cauliflower Romanesco which is greenish yellow and looks like coral)

Around the COGS gardens



pruned, weeding done and the wood chipped area of the garden extended. A big thank you to all the gardeners who participated in the working bee and a special thank you to Mario for taking the garden waste to the recycling centre.

The garden welcomed the COGS Backyard Group on Sunday 13 July. I think the group took away some new ideas and a greater knowledge of community gardens from their visit.

COGS has decided to require netting in community gardens to be 'wildlife-safe' and has banned monofilament netting from all community gardens from 1 September 2014. I congratulate COGS for this as only last week a female mallard duck was trapped in netting in the garden with the poor drake looking on in a distraught state. Thanks to Mario (Cook's gardening guru and hero) the duck was rescued unharmed. It could have been much worse for the poor duck if Mario hadn't been in the garden.

Over the years we have had a number of birds trapped in the netting and some have died. On one occasion a snake was trapped in it.

I want to give a special thanks to Garry Ridgway for all the work he does for the garden. He fixes and maintains our outdoor furniture, clears away fallen trees, cleans the shed, whippersnips around plots and fixes the mower and wheelbarrows. He is a very special person and the Cook Garden Committee greatly appreciates what he contributes to our garden. –Glynis Kennedy (photos and story)



The garden welcomed the COGS Backyard Garden Group on Sunday 13 July

Roasted cauliflower salad

Serves 4 as a side dish

This simple salad is a nice change from the traditional cauliflower cheese or boiled cauliflower, packing loads of flavour!

Ingredients

1 cauliflower
4 tablespoons olive oil
2 cloves of garlic, finely chopped
15–20 olives, pitted and chopped
juice of 1 lemon
zest of 1/2 lemon
1 fresh chilli, finely chopped
1/2 cup walnuts, chopped
1/4 cup flat-leaf parsley, chopped

Method

1. Preheat oven to 180 °C.
2. Cut cauliflower into florets.
3. Toss florets with 2 tablespoons of olive oil and the garlic until coated.
4. Place baking paper on a baking tray and spread florets evenly.
5. Roast for 20 minutes (or until tender), turning every 10 minutes to get even caramelisation.
6. Remove from oven and place in a bowl.
7. Toss with remaining olive oil, olives, lemon juice and zest, chilli, walnuts and parsley.

–Glynis Kennedy
(recipe and photo)



Holder community garden

Despite the frequent fogs, frosts, rain and chilly winds, Holder gardeners found sufficient sunny and dry hours to climb out from under their doonas and achieve a satisfying level of productive activity over the winter period.

The garden has produced some great healthy winter eating—broccoli, broccolini, cabbages, cauliflowers, Asian greens, snow peas, silverbeet, kale, beetroot and leeks.

Broad beans are well established in many plots, and early plantings of peas and snow peas show promise of a good head start for the imminent arrival of spring. There are lovely plantings of garlic and leeks throughout the garden, and onions and spring onions are settling in nicely.

Pleasingly, the garden is now full. This includes allocation of all the grassed plots in the 'new' end of the garden beyond the orchard. These plots are on land incorporated into the garden to compensate for land resumed in connection with the widening of the Cotter Road, and they have never previously been worked.

Our new gardeners include several families with young children, future-proofing the old-timers. Some of the juniors even attend



Sue's snow peas

with pint-sized rakes and spades! Welcome to Zeke, Tammy, Peter, Susan, David, Laura, Emma and Megan, and their respective 'helpers'.

Our gardening community has achieved a number of joint projects over the cooler months, coordinated by Dierdre. Construction of our glasshouse with associated paved floor, managed by Paul, is complete and ready for spring seedling raising. The contents of the shed have been reorganised, tools rationalised, and grounds mowed and whipper snipped in two well-attended working bees. Hard rubbish has been removed off site by Peter and his trailer with assistance from Tony. Our orchard has been expertly pruned by Conrad, and Kurt has made

energetic inroads into rationalising our community compost.

Our next joint projects are a full overhaul of all community compost heaps, and paving near the shed. Planning is also underway for our community pergola, possibly including capacity for future rainwater collection, once funds are available.

Infrastructure maintenance is a continuing concern at Holder, especially in winter. Our frost hollow situation is hard on our tap stands and subterranean plastic water pipes, and Conrad has repaired or replaced a number of these.

The garden committee, with Chris in charge of the tongs, held an enjoyable barbecue on a sunny July midday, with several of our newer gardeners welcomed. We also benefited from a bulk-ordered sheep manure delivery in early winter, organised by Heather.

We have shared our beautiful garden over the cooler months with many magnificent blue wrens, hopeful magpies on the lookout for worms disturbed by our preparations for spring, and the occasional bush rat partial to organic broccoli and snow peas. On cool sunny winter days, there is simply nowhere nicer to be!

—Sue McCarthy
(story and photos)



Lisa's garlic

Help the bees ... by planting bee-friendly plants

Earlier this year an article in *The Australian** included the alarming statistic that the number of honey producers in Australia had reduced from 2,000 to 1,400 in the past five years due to the difficulties faced by honey producers.

As all good gardeners know, pollination of plants by bees is crucial for productive crops and the decline of the honey bee is recognised as a global issue.

While some of the problems—like preventing the entry into Australia of the Varroa mite, which is public enemy number one for bees—are outside of our control, there are things we can do to help. After all, who wants to live in a bee-less world?

The following information is from a document given to COGS president, Walter by John Grubb, who is president of the Beekeepers Association of the ACT and a plot holder at Kaleen. —Sue Pavasaris

Plants for bees in your garden, on the farm or the bush block

Eucalypts

Snow gum (*E. paucifolia*)
Yellow box (*E. melliodora*)
Black sallee (*E. stellulata*)
Candlebark (*E. rubida*)
Ribbon gum (*E. viminalis*)
Apple box (*E. bridgesiana*)
Many of the stringybarks

Other native trees and shrubs

Wattles (*Acacia* sp.)
Bottlebrushes (*Callistemon* sp.)
Paperbarks (*Melaleuca* sp.)
Ti-trees (*Leptospermum* sp.)
Grevilleas
Casuarinas
Pittosporum sp.
Melia (Meliaceae)
Banksias
Mountain ash (*Sorbus aucuparia*)
Grass trees (*Xanthorrhoeaceae*)

Introduced trees and shrubs

Buddlea
False acacia (*Robinia*)
Willows (*Salix*)
Camellia



Photo: Matt Mawson

Tamarix
Wisteria
Abelia
Prunus
Citrus
Fruit trees
Lavender
Honeysuckle
Winter honeysuckle
Briar rose
Golden rod
Pussy willow
Canary island palm
Japanese pagoda tree (*Saphora japonica*)

Herbs

Borage
Mint
Rosemary
Thyme
Basil
Chives
Salvias

Flowers and other garden plants

Daisies
Forget-me-nots
Poppies
Portulacas
Stocks
Wallflowers
Evening primrose
Berries

Field crops

Sunflowers
Canola
Clover
Lucerne
Tree lucerne

Weeds

Capeweed
Paterson's Curse (Salvation Jane)
Thistle
Blackberry
Plantain
Onion weed
Dandelion and cat's ear

A few words of caution ...

- Insecticides are very toxic to bees. If you must spray, spray early in the morning or late in the evening. If a neighbour keeps bees, please tell them when you are about to spray.
- Some of the above plants may be invasive in a bush setting. Please check with local experts before planting. Some of the large trees are unsuited to suburban gardens.

* www.theaustralian.com.au/news/health-science/honey-bees-face-a-notsosweet-threat/story-e6fgr8y6-1226885647016?nk=d7906d57doddbba1e4facfcb6a43801

Tom the septuagenarian Bullocks Heart tomato

Interesting how one bumps into people. Last year I had a newspaper clipping about someone local who had discovered a very old tomato and was actually growing it. I was intrigued but had lost the clipping and given up all hope of learning more. In September last year Cindy and I were at Lanyon for an open day and overheard a conversation about an old tomato—yes, it was *that* tomato! I had chanced upon Jim Cleaver, and lost no time in introducing myself.

Jim's family have been in Canberra and district since 1898 and have been taking photos since 1910 or so, some of which Jim donated to the 2013 Canberra Centenary celebrations. He was asked for more and, rummaging among the packets of Box Brownie photos, found a flat, brown envelope labelled 'Bullocks Heart Tomatoes 1944'. He has no idea how the envelope got there. The writing was his Uncle Horrie's, a great gardener Jim told me. The envelope held nine seeds. Excited, Jim planted them all to see what would happen and three sprouted. He called in an expert friend and was told, sorry, one is just a weed but the other two are indeed tomatoes. One

Designer-built greenhouse under expert construction



Jim and a young Tom

of them didn't thrive but the other, named Tom the Bullocks Heart, has never looked back.

The timing of the experimental planting couldn't have been worse, as it was not long before the beginning of winter. However, Jim is a good gardener and was confident that whatever he started, he could finish. Being a carpenter and joiner by trade he soon built an double-insulated greenhouse for Tom, plastic-clad and equipped with two electric heaters, one for the air and one for the soil.

The results have been good. The plant hit the top of the 2-metre tall greenhouse and started coming back down. As of the end of July he has harvested

Fan heater. Soil heater is underground



five tomatoes yielding 233 seeds. The big question now of course is what the germination rate will be. He's sending 12 each to relatives in Darwin and Murwillumbah to see what they can achieve in better growing conditions.

Jim has a number of cuttings 10–15 cm tall and is experimenting with layering. He is willing to offer cuttings to COGS members plus a number of seeds. If you would like any, please let me know; I will collect the requests and pass them on to Jim.

We'll follow up on the progress of Tom—who knows, maybe even with a taste-test—in the next edition of the *Canberra Organic*.

—Walter Steensby
(story and photos)



70-year old genetic material to hand

The Weather Report

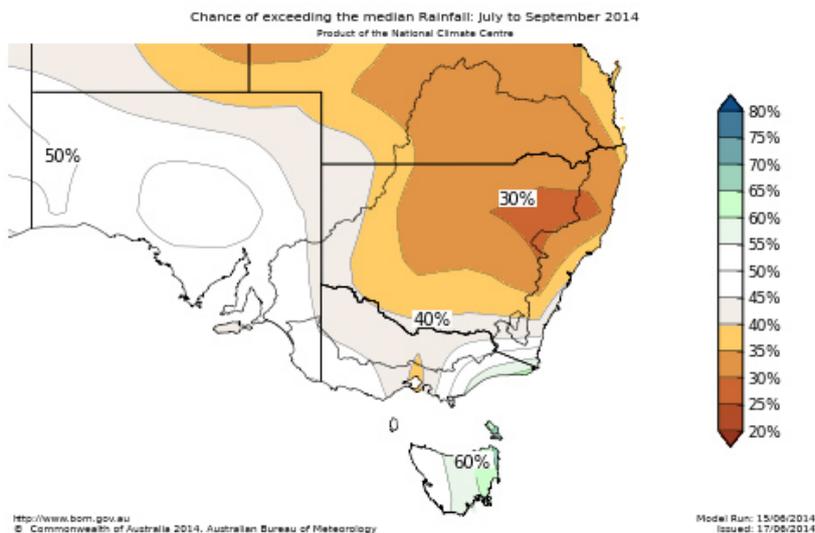
El Niño on hold

The Bureau of Meteorology report issued on Tuesday 15 July 2014 maintains an El Niño alert; however its development has stalled.

The bureau says warming of the tropical Pacific Ocean over the past several months has primed the climate system for an El Niño in 2014 but in the absence of the necessary atmospheric response, the increase in Pacific Ocean temperatures has levelled off in recent weeks.

While the majority of climate models suggest El Niño remains likely for the spring of 2014, most have eased the predicted strength. If an El Niño were to occur, it is increasingly unlikely to be a strong event.

Changes are also occurring in the Indian Ocean. Models indicate the currently warm Indian Ocean is likely to remain warm. The Indian Ocean dipole is expected to remain neutral for the next three months, and is therefore unlikely to have a significant influence upon this



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	79	58	67	64	81	75	88	73	23

outlook. The conditions in the Indian Ocean may have contributed to the above-average rainfall experienced in south-eastern Australia during June.

While the model that produces the seasonal outlooks for the bureau

does not forecast a high probability of El Niño, it continues to predict a drier signal across the country: in summary a drier than normal season is more likely for most of New South Wales.

—Andy Hrast



Illustration: Matt Mauson

COGS social media

You are currently reading COGS's fabulous magazine, remarkable in so many ways: it's remarkably cheap, colourful, informative, specific, relevant, responsible. You and others form the society and contribute articles, which are then published on a medium—paper. Therefore it's a shining example of social media, which COGS will continue as a members-only benefit.

COGS has other social media. Here's a list.

email@cogs.asn.au

—COGS email addresses. We send each other amazing amounts of email about COGS. Look at page 2 of the magazine. It lists email addresses of committee members and garden convenors. Many of the addresses are @cogs.asn.au, showing you that these are genuine COGS addresses, managed by one of our volunteers. We're changing addresses for gardens and other roles to @cogs.asn.au so that mail is re-directed to the right person automatically without you having to know who that might be exactly. For example, Jo McMillan is currently convenor of Charnwood. Rather than knowing Jo's personal email address, you can send a message to charnwood_convenor@cogs.asn.au, and it is automatically redirected to her. She doesn't need to manage another email account either, because all mail is redirected.

www.cogs.asn.au

—our web page. For a concept that is only slightly more than 20 years old, web pages have become strongly entrenched as primary assertions of identity and values. Our web page tells the world how we want to be seen. Again, volunteers try to manage it. We pay a company to host it for us, and we pay another company to allow us to use its name. (Doesn't that sound odd? But that's the way domain names are managed.)

www.wiki.cogs.asn.au

—our wiki, which happens to be based on very similar software to Wikipedia, which in turn was first published on the web in January 2001. Why do we have both a web page and a wiki? Because our web page represents COGS, while the wiki need not be so constrained. The wiki can tolerate some dissent and divergent opinion on its discussion pages. The wiki can be very dynamic, because members can get a user id and password, and edit the wiki content. It has excellent search tools—try searching for kale.

I use the wiki to publish garden rules and cultivation guides. Wikis are very good at dealing with documents that would otherwise

overlap or become very complex. We pay a company to host it for us.

ftp.cogs.asn.au

—our executive stores COGS files in this ftp (file transfer protocol) space. Its cost is covered in the other hosting fee. It provides COGS with secure file storage, much more safely than with home systems.

www.it.cogs.asn.au

—our web hosting agreement includes use of a bulletin board (phpBB), which tries to be just like the school bulletin board. The Mitchell-2 subcommittee has begun using it to record and discuss options on the new garden. When we get through this, we should be able to use the discussion to drive creation of other new gardens. We could run other discussions on this bulletin board, which may get more member involvement. Again, it's controlled by user id and password.

www.facebook.com

Yes, we have a Facebook page! It was created in 2011 and has 704 people following it, most of whom are not members. Log in to Facebook and type "Canberra Organic Growers Society" into the search box.

The above shows you that COGS is well and truly embracing web-based communication options for the benefit of members.

If you know of more COGS web things, please tell me, because the committee really wants to know. —Richard Horobin

Membership news

It will be a busy time during September and October as membership fees are processed and I have had some great help with membership renewals in the past year.

I would like to thank Steve Cook and Lisa Walkington for making life a little easier.

Folding letters, putting into envelopes and stamping them takes time but this goes much faster when having a chat about gardening.

Some recent changes agreed at a recent committee meeting will allow for NEW members who apply to become members of COGS during the last three months of our financial year to qualify for financial membership to the end of the following financial year.

Here are some statistics that may interest you:

- we have approximately 425 members and of these nearly 400 are due to pay their annual fee for 2014/2015. Oh dear ... If you are keen to pay membership for two years, please do so.
- we still have 25 members whose renewal will be on a pro-rata basis to take them to the end of August 2015. Some of those who have paid pro-rata fees in the last few months have opted to pay the pro-rata plus the \$30 or \$18 concession annual fee so that their membership expires in 2015, or 2016 if paying for two years. Thank you this all helps reduce the handling.
- we have 20 institutions as COGS members
- we have 9 life members
- COGS attracts approximately 5–10 new members each month but we lose approximately 2–3 members due to non-renewal. Many don't say why they choose to stop their membership, though a large number are due to moving out of Canberra to a different climate! Some don't notify us of a change of address and so letters are returned. Please let us know if you move. We value your membership and especially if you receive the magazine by post, we want you to receive it.
- we have 59 concession members. To receive a concessional rate you need to provide a copy of your student or government pension card. If you have previously sent a copy of either of these you do not need to do so again. Please let us know if your status changes.



Paying your fees

Paying your membership fees by Direct Deposit is our preferred option.

Please reference your *membership number* and the *surname of the First Member*.

If you and your partner have different surnames, please reference both surnames.

Our database only recognises the first name or both names, or the one that is on the address label on the magazine envelope, if you receive this through the post.

Fees for plots can also be paid on line. *Plot fee payments should have a capital P and your surname.*

Sometimes it is difficult for me to find you in the database due to its idiosyncrasies, so if you don't hear back from me please contact me via email at membership@cogs.asn.au

If anyone enjoys folding letters—and a chat about gardening—give me a call on 6161 3024.

I would love to meet you and would appreciate your help. –Heather Campbell



Photo: Sue Pavasaris

Spring is the time to harvest broad beans

Why should you bother growing, eating and preserving broad beans?

Well broad beans are tough characters ...

They are one of the few vegetables that grow over winter and flower before the aphids swarm around in late spring. Officially *Vicia faba* or broad beans are also known as fava beans, field beans, bell beans, tic beans or Sichuan beans. They are native to North Africa but are cultivated all around the world. They were about the only edible beans in Europe until beans such as French beans and scarlet runner beans were brought over from the New World. Until Columbus, people often relied on the humble broad bean to sustain them.

Broad beans are good for you!

Broad beans are packed with a wide range of useful and essential substances. Eating broad beans:

- provides you with lots of protein and carbohydrates
- helps your bowels stay healthy
- helps your brain function better
- contributes to nerve and blood cell development
- helps with the coordination of movement
- may help protect you from some cancers
- may help in lowering cholesterol
- provides you with essential vitamins and minerals
- can help you to lose weight.

A legume, broad beans are high in carbohydrate and very high in protein and therefore filling to eat. They are a satisfying, healthy food for people watching their weight. If you want a meat-free meal, broad beans are a good protein substitute.

They are full of fibre, especially if you eat the outer casing of the bright green bean inside. Dietary fibre can reduce the risk of bowel cancer and reduce cholesterol absorption back into the body from the bowel.

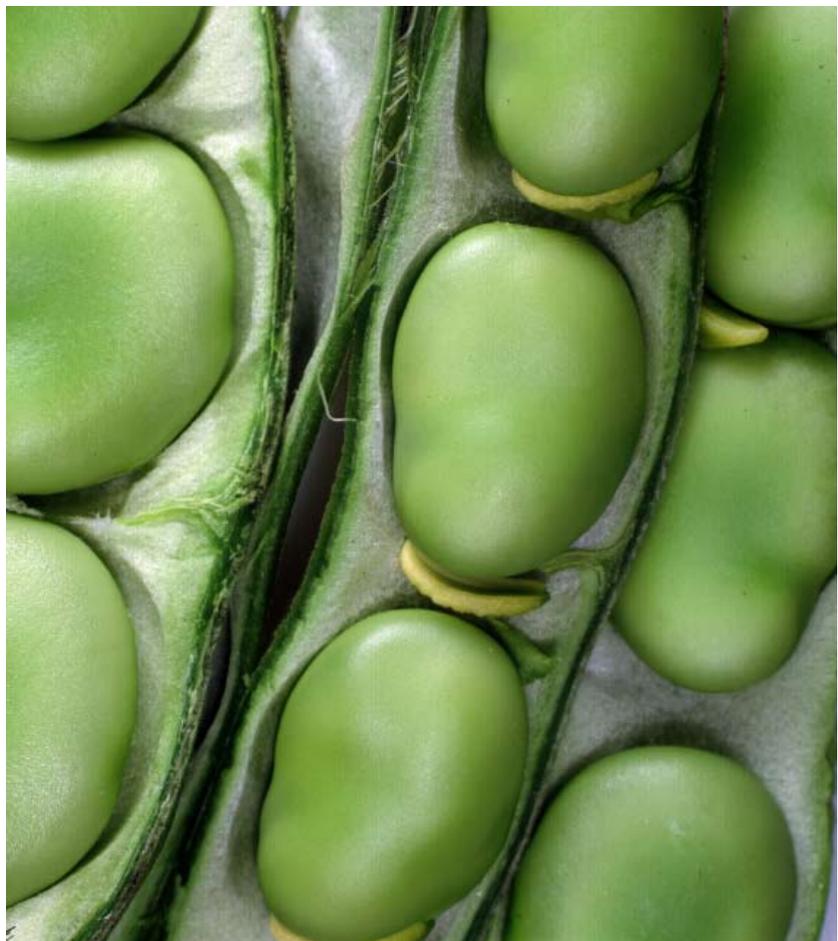
Broad beans are rich in folate, which contributes to DNA synthesis and cell division and can help prevent spina bifida in developing babies. They are a good source of vitamin B-6 (pyridoxine) and vitamin B-1 (thiamine) as well as riboflavin and niacin, which help with the metabolism of carbohydrates, proteins and fats. Broad beans are rich in phyto-nutrients and plant-sterols. As well, broad beans contain a substance needed for the formation of neuro-chemicals (such as dopamine) in the brain. It has even

been suggested that eating sufficient broad beans may help prevent Parkinson's disease.

In addition, broad beans are an excellent source of minerals such as iron, copper, manganese, calcium, magnesium. In particular, they are one of the best plant sources of potassium, which works with sodium to maintain correct electrolyte levels in cells and body fluids. Potassium can help counter the effects of excess sodium in the diet on the body. For example, too much salt (sodium chloride) can raise blood pressure.

A word of warning

There is a rare, but potentially fatal condition, called *favism* that affects some people who have a deficiency in glucose-6-phosphate dehydrogenase enzyme.



When they eat broad beans they may develop anaemia due to an abnormal breakdown of red blood cells. Raw broad beans contain other substances that can have an adverse effect on some people so it is best to cook your beans.

Growing broad beans

See the Canberra Organic Growers Society (COGS) guide to growing broad beans.

Harvesting

Start eating your beans as soon as spring arrives. Don't wait until they are old and tough. You can eat the young tips and leaves, steamed like spinach. You can actually eat the whole pod when very young.

Broad beans usually mature from the bottom of the plant upwards. Try to pick broad beans before they develop a brown—or worse, black—streak separating the two halves of the beans. If your beans are a bit mature, do not worry, pick them, pod them, blanch the beans for a minute, cool, and remove their tough outer coat, which goes rather grey and leathery when cooked. If that seems too fiddly, you can fry the beans in hot oil in a wok until the outer coat is deliciously crispy. But it is worth double-peeling the beans as you will get bright green succulent morsels that will entice even the most ardent broad bean hater to try them. If you have a glut of broad beans don't let them age on the plants—pick them and double-peel them and freeze them as soon as possible.

Older beans tend to be mealy and are good for making falafels. They can be dried for later use. They are a great addition to a hearty winter stew. Leave some beans on healthy plants mature so you have plenty of beans to plant in the following autumn.

Cooking with broad beans

Pan fried

Sauté some aromatics such as garlic and onion in some olive oil then add chopped or sliced bacon, pancetta, chorizo or even ham. Add cooked, double-peeled beans.

You can also add some other green cooked vegetable if you like. Add some chopped herbs and a slurp of olive oil and squeeze of lemon juice.

Salads

Place a generous amount of cooked, double-peeled broad beans in a basin. Add some finely chopped red onion and garlic if you like. Toss in chopped herbs. Add some dressing, and shaved or grated parmesan or pecorino, or crumbled feta. Garnish with crispy bacon or pancetta if you like or cubes of bread fried in olive oil. Try adding baby spinach, beetroot or rocket leaves to the salad or even watercress. Sliced pear also goes well with the broad beans and you could add some blue vein cheese for a taste sensation. You can top the salad with slices lamb, rare beef or barbecued chicken.

Pasta and grains

Briefly sauté, cooked, double-peeled broad beans and crushed garlic in olive oil or butter, add some cooked pasta or gnocchi, sour cream and flaked cooked salmon, garnish with chopped dill. You can add broad beans to your favourite tomato pasta sauce, use lots of garlic and onion for flavour, stir in the pasta and garnish with crumbed crispy bacon or pancetta. Broad beans go well with grains in dishes such as rice paella, barley and rice pilafs, risottos, or with couscous. Because of their fairly robust flavour they go well with pumpkin and sweet potato and spices in casseroles or tagines.

Broad bean purée

Broad beans can be pureed to make dips or to serve as beds or toppings for other ingredients. You simply put the cooked beans in a food processor with a little olive oil and lemon juice and puree. Some good ingredients to go into the mix are garlic, yoghurt, sour cream, ricotta, feta, finely grated parmesan cheese. You can also make your own falafels. Purée cooked broad beans with half their volume of chick peas (ones from a can are good), spices such as cumin and paprika and herbs such as coriander and parsley,

with finely chopped onion or crushed garlic. Add some baking powder, about dessertspoon per cup of beans, and season with salt and pepper. Blend in a food processor, but not too much, as the mixture should have the texture of crunchy peanut butter and be quite stiff. Shallow fry in a little oil; use a poaching ring to make a patty shape.

Preserving broad beans

Freezing

Pod beans and blanch them for a minute in boiling water. Drain, cool under running water and remove their leathery coats. Then put the double-peeled beans back in the boiling water for couple of minutes until they are just *al dente*. Do not overcook. Drain and cool immediately in ice cold water. Drain and dry and freeze individually on trays lined with baking paper. Then put them in bags, vacuum seal and store in your freezer. Make sure you have a large enough bag so that you can reseal it again after removing some of the beans. Snap lock plastic bags also work.

It is a good idea to divide the beans into categories. More mature beans can be packed together for later use for falafels or bean purée. Younger beans can be added to salads or sautéed.

You can also freeze bean puree, dips and falafel that you have made. Make sure that any raw ingredients that you add to your mixture, such as raw onion, is blanched briefly first. This ensures that any enzymes that may cause off-flavours to develop whilst in the freezer are destroyed and the mixture keeps its colour.

Drying

If you do end up with dried beans left on your plants you can use them for cooking. Pod them, make sure they are thoroughly dry and store in a dry container. When you need to use them, soak them in water over night, remove their tough outer coatings and cook them until they are soft. They can be added to casseroles or made into bean purée for falafels or bean dip.—Elizabeth Dangerfield

COGS speakers—August to October

Sunday, 24 August 2014, 2 pm

Michael Croft, Slow Food Canberra

Slow Food is an international movement that promotes food and wine culture. It links pleasure and food with awareness and responsibility. Slow Food is also about forming networks between farmers and consumers; learning about our land and its limitations; and seeking to preserve local, regional and national foods and food practices especially those that are threatened with extinction. Slow Food Canberra's co-leader, Michael Croft, will explain how these aims and principles are put into action in the Canberra region.

Tuesday, 23 September 2014, 7.30 pm

Gary Watkins-Sully, of Sully's Cider and Wine, Old Cheese Factory, Reidsdale

The Watkins-Sully family originate from the border town of Chepstow in the picturesque Wye Valley, the location of some of the UK's oldest traditional cider

making heritage. They moved to Australia in the 1980s and by 2001 had relocated to the Braidwood region. In 2007 they purchased a disused 1920s cheese factory in the remote rural district of Reidsdale. Passionate about reviving food heritage, they have rejuvenated the old factory with the ultimate goal of producing a cider using the apples, techniques, methods and equipment used by the original nineteenth century owners, the Wiltons, to recreate an authentic heritage cider experience. With a small remnant planting of the Wilton apples, the factory is already producing cider that contains juice from these apples as well as from more recently planted trees. Other farms in the area also grew apples for the cider factory, and over the past six years the Watkins-Sullies have documented a wealth of rare and wonderful apples, pears and stone fruit found in the districts. Gary will talk about his experiences at Reidsdale with a focus on the cultivation of the trees that form the basis of the cider and perry [cider

made from pears] produced at the Old Cheese Factory.

Tuesday, 28 October 2014, 7.30 pm

Q&A night with Keith Colls, prior COGS president, current Canberra City Farm committee member and lecturer on organic growing practices

With his wealth of knowledge on all aspects of growing vegetables and fruit organically, Keith will host a Q&A night for COGS members. Bring for Keith and other experienced COGS gardeners to solve, all those questions and problems that have arisen while preparing your garden for Canberra's summer season—such as pests, soil condition, pruning and organically acceptable sprays and methods. Broader principles underpinning the reasons we garden organically—such as the environment, sustainability and health—are also open for discussion.

—Speaker information supplied by Donna Vaughan and Jane Vincent

Not always vegetarian

Watch it for weeks. Then I pounce. Cut its gorgeous head off. First broccoli of the winter. Steam it for lunch. Hello, what's this? A steamed caterpillar hiding there. OMG another. And another. End up shaking out 20 or more hiding in the florets. Cabbage moth I suppose. My lunch companion impressed. Organic grower but not always vegetarian.

*blessed rain
falling softly
I feel the urge
to plant my seed
in soft damp earth*

—Gerry Jacobson

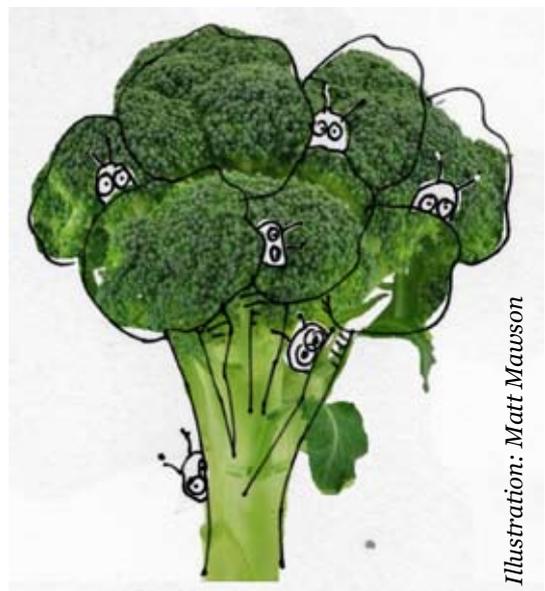


Illustration: Matt Mawson



spring planting guide

Spring is the main planting season in Canberra. The timing of some plantings may need to be varied depending on the particular year.

Be prepared to protect your frost-tender seedlings, as harsh frosts can occur right through spring. Make your own cloches from plastic bottles with the bottoms cut out, or use row covers for larger plantings.

Using seeds

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

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

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

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

Crop rotation

Remember to rotate the crops you grow in a particular garden bed. Crop rotation is a most important practice for organic gardeners. Successive crops should not come from the same plant families nor make the same demands on nutrients; i.e. follow heavy feeders with light feeders.

Also, successive crops should not share the same diseases or attract the same pests—this prevents a build up of disease problems, and reduces losses from pests.

There are numerous crop rotation schemes used, but try to keep to at least a 4-year rotation period and do not grow members of the same plant family in the same bed in consecutive years; e.g. tomatoes, capsicums, eggplants and potatoes are all from the Solanum family.

Plant varieties

It is important with crops such as cabbage and lettuce to choose the appropriate variety for the time of year. Lettuce varieties best suited to early spring are cos, salad bowl, butterhead and mignonette.

	SEP	OCT	NOV
Globe artichoke	T	T	
Jerus. artichoke	T		
Asparagus	S	S	S
French beans		S	S
Beetroot	S	S	S
Broccoli			S
Brussel sprouts		S	S
Cabbage	ST	ST	ST
Capsicum*		S	ST
Carrot	S	S	S
Cauliflower			S
Celery	S	ST	ST
Cucumber*	S	S	ST
Eggplant*	S	S	T
Endive			S
Leeks	ST	ST	T
Lettuce	ST	ST	S
Melons	S	S	ST
Onions	T	T	
Parsnips	S	S	S
Peas	S	S	
Potatoes	S	S	S
Pumpkins*	S	S	ST
Radish	S	S	S
Rhubarb	T	T	
Silverbeet	S	S	ST
Snow peas	S	S	S
Spinach	ST	ST	
Squash*	S	S	ST
Sweet corn		S	ST
Tomatoes*	S	S	ST
Turnips (white)	S		
Zucchini*	S	S	ST

S = seed sowing; T = transplanting

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



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 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

**Eating Up The World, 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.

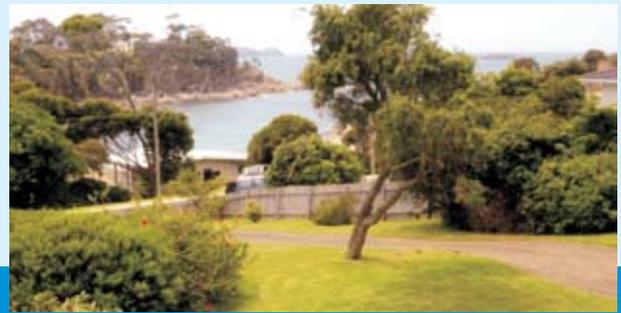
Pets welcome.

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

Reasonable rates.

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

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



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

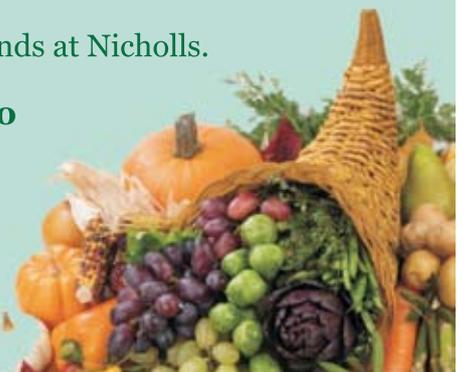
This is your chance to experience what a number of the COGS gardens have enjoyed for the past two years!

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.asn.au with any enquiries

Member details - Please print clearly, especially your email address

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

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

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"/> _____	Suppers	<input type="checkbox"/> _____
Library	<input type="checkbox"/> _____	Finances	<input type="checkbox"/> _____	Convenor	<input type="checkbox"/> _____
Seed Saving	<input type="checkbox"/> _____	Committee	<input type="checkbox"/> _____	Other	_____

Membership agreement and signature

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

_____ Date _____ / _____ / _____
(signature)

Payment details

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

Full membership costs \$30, Concession membership costs \$18.

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 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 deposits.

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 347
DICKSON ACT 2602

Payment by Direct Deposit to

Canberra Organic Growers Society Inc.
Westpac Bank, Petrie 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, 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 and venison

CONTINENTAL DELI including pepperoni, cabanossi, trout, salmon, cheeses, organic stock, bread, bagels, dips, salami and 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

Phone 6251 9018

Fax 6251 9017



COGS green manure mixes

Last year's available for half price

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, rye, corn, 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 \$1.50 per bag
as a COGS fundraiser**

Permaculture courses in the Canberra region

We have an **Organic Market Garden series** that runs over five sessions for the rest of the year from 3 August, plus a spring and summer **Herbal Medicine series**.

We have a **Natural Building Practical** with Dan Harris-Pascal (August 30 and 31) and some fantastic farm establishment practicals with David Spicer including:

Farm Fencing Practical (9 and 10 August), **Irrigation and Plumbing Practical** (23 and 24 August), and **Basic Carpentry and Building Practical** (13 and 14 September).

Check for details and book online at:

www.permacultureexchange.org.au

E: admin@permacultureexchange.org.au or

T: Penny on 0400 165 403

COGS members
get the 'early-bird'
price!


Permaculture
eXchange

From Charnwood community garden ...



Charnwood plot holder Elissa Smyth's son Ash's dog Rani, and one of Elissa's pumpkins (photo Elissa Smyth)

From Holder community garden ...



The new greenhouse, ready for occupation (photo Sue McCarthy)

Photos: Matt Mawson

Busy bees

Helping in the garden

