

Canberra, organic

Getting to the
heart of artichokes

Daintree dreaming

Reflections on
the early days



President's report

Our 40th birthday!

It gives me great pleasure to report that our membership did COGS proud by turning out in enthusiastic numbers for our 40th birthday party in late November. It bodes incredibly well for an organisation to witness so many organic gardeners willingly giving up a perfectly good Sunday afternoon gardening opportunity to come together to jointly gratefully acknowledge our past and open-heartedly embrace our future.

While our founder Betty Cornhill had sadly passed away the previous year, her son Peter reached back into the past for the assembled members with a terrific and comprehensive exposition of why Betty formed COGS, what her vision was, and some of the obstacles which Betty, together with her early colleagues, overcame with her trademark energy. His tribute to his mother's legacy is on page 15.

Keith Colls, who you will all know as a previous President of COGS and in more recent times heading up Canberra City Farm, outlined for us the history of the development of our community gardens. We didn't become the manager of twelve gardens overnight, or without hard physical work and challenges. Other than for a small number of gardens, all that plumbing and perimeter fencing, plot boundaries, sheds, and other infrastructure, was installed by past

members—a big thank you from those of us who are now benefiting! That is an ongoing narrative of course, as so much history travels through the present to the future. We anticipate that more community gardens may gradually join the COGS portfolio as Canberra continues to expand. Apart from Keith, a life member, we were very pleased to be joined by two other life members, Walter Steensby, our Immediate Past President, and Adrienne Fazekas, also a previous President.

We were particularly honoured to welcome our Minister, Meegan Fitzharris MLA, who attended with her husband and two children. Relevantly, among other portfolios, Meegan is the Minister for City Services and Minister for Health and Wellbeing. Pleasingly, she expressed the support of the ACT Government for our management of community gardens and, in conjunction with Peter Cornhill, cut our birthday cake, which was fetchingly and quite appropriately decorated with a bright orange pumpkin. In particular, Meegan emphasised the role our gardens play in 'building community' and contributing to physical and mental health and well-being.

As the event was held in the Crace garden, we called on Liz Myszka to share her experience as a plot holder at Crace. Apart from the fun, collegiality and sense of achievement, Liz reminded us of the role that our gardeners can play in social outreach beyond the garden boundaries, as Crace does through its regular produce contributions to those less fortunate.

Parties don't just happen, and this was no exception. There was a great deal of organisation involved, the bulk of which was undertaken by Glynis Kennedy (Vice President) and Peter Weddell (Secretary). Glynis did a simply wonderful job of food planning, purchasing, preparation and presentation of a very wide range of food choices, as well as fielding RSVPs. Peter took responsibility for all tasks in connection with equipment hire and liaison with the hirers for installation and removal; conceiving, drafting and arranging printing of the beautifully presented anniversary booklet (assisted by Diana Cozadinos); purchase of various equipment; and organising the barbecuing of meat choices. Diana manned the gate and others, including Jo McMillan and Sue Pavasaris, assisted with set up and food presentation. Last, but by no means least, our thanks go to the Crace gardeners who ensured their garden was nicely prepared for the event and created a lovely backdrop. All those who assisted made critical contributions to a successful anniversary event which honoured our past and embraced the future.

For those who may have missed it, Susan Parsons in her last Kitchen Garden column in the *Canberra Times* for 2017 gave our party some great coverage—we share a 40th anniversary with The Diggers Club, no less, so we are in pretty good company.



Celebrating the 40th anniversary of COGS (left to right): Peter Cornhill, Megan Fitzharris and her daughter, Adrienne Fazekas, Diana Cozadinos, Keith Colls, Sue McCarthy, Sue Pavasaris, Glynis Kennedy, Walter Steensby and Peter Weddell.

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This month's cover:

Blackcurrants at O'Connor garden.
Photo by Deborah Hamilton.

Your monthly meetings

As mentioned in my last report, your Executive has been continuing to monitor the popularity of the monthly members meetings. Feedback from members comes, naturally enough, in attendance numbers. Some events, like garden visits, have been popular, whereas numbers are typically lower, depending to a degree on the topic, for 'talking heads' presentations in our meeting room.

Your Executive proposes to offer you a little more of the great outdoors in the coming year, the first such event, on **Sunday 25 February 2018 at 2pm, taking you 'behind the trees' into the mysteries of the invisible Betty Cornhill garden off the Cotter Road.** This will be close to Harvest Festival time, so the garden can be expected to demonstrate summer produce at its finest. Come along and celebrate together the diversity of our gardening experiences. As the garden really is invisible to passers-by, the secret to making it visible is that you enter the Equestrian Centre access road, on the right as you travel south on the Cotter Road from the city, and then turn left at the second gate—if you reach the Yarralumla Woolshed you've missed the turn! More details to follow, via email and our website and Facebook.

Organic gardening—the future

While we have come a long way in the last 40 years, using manures and mulching routinely, it is interesting to see changing public attitudes to herbicides, such as those

containing glyphosate, and pesticides, such as those containing nicotinoids. As more becomes known, through research and observation, about the effects of these both directly and indirectly on the health of humans and other fauna (notably bees), the challenge for all of us is to embrace alternative sustainable approaches, beyond our edible gardens.

Summer in the city

Hands up those who felt the days getting shorter just before Christmas? It's hard to believe that now that the summer solstice has been and gone, these long summer days are segueing into the promise of autumn bounty yet again.

As I finish this note, temperatures are in the high 30's, and we are looking to shade our crops, not expose them to all that solar energy. In the Holder community garden, for example, I have spied some fetching lace curtains making an appearance, protecting tomatoes and beans. Plus plenty of shade cloth and brush fencing. With corn now as high as that elephant's eye, and pumpkins trailing along nicely, I hope we can see some good summer produce on display from our community gardens at the annual ACT Horticultural Society's competition to be held in early March.

Good gardening, and gardening bounty, for all of us between now and then!

—Sue

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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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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Community gardens

COGS operates 12 community gardens in the Canberra region, with the support of the ACT Government. The convenors and contact email addresses are listed below.

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We welcome your input!

Please send any comments, articles, photos, news items, event information or recipes to
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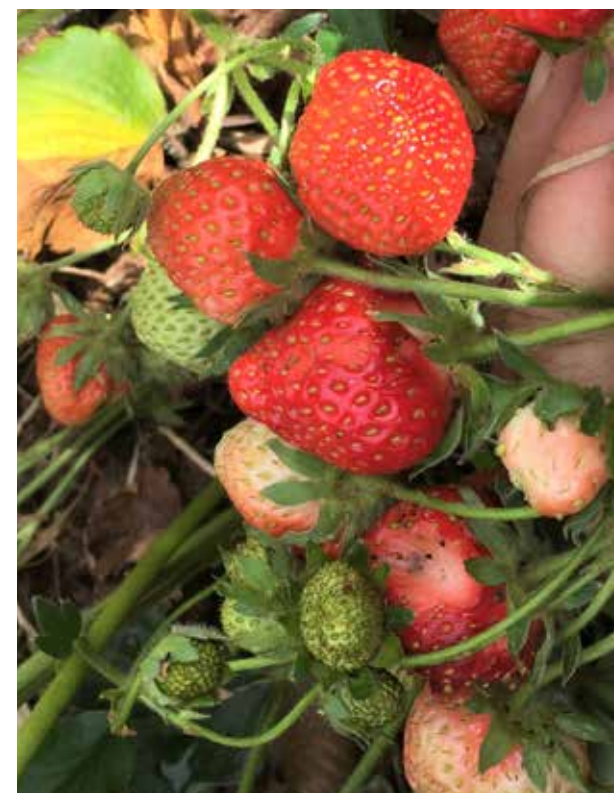


Editor's note

We knew it would be an unusual summer in the garden when the February heatwave arrived in December. My tomatoes seemed just as confused as I was and only started appearing in any number in early February. Even the zucchini seemed to grow at an almost civilised rate.

Yet the heat was a great motivator—to jump out of bed just ahead of the sun, stride up through the steep park that lies between my house and the Crace community garden, and spend the most magical part of the day watering my plot—just me, and the rosellas playing in the borage. Sometimes another early morning riser, John, would join me for a chat and share his gorgeous cucumbers, beans and even a foot long tromboncino. The early season breakfast of handfuls of strawberries recently gave way to fresh corn on the cob, so fresh it was still growing. I can hardly think of a better way to start the day.

It was a pleasure to share Crace community garden with so many of you during the 40th anniversary celebration. We have some photos from the day on pages 12–13, plus another glimpse of COGS' past, from Peter Carden from page 10.



This edition also celebrates the best of the summer harvest, with some beautiful recipes to help you make the most of the last of the crops. If you have seasonal recipes of your own, don't hesitate to send them in. I'm also dreaming of the Daintree and the amazing fruit of the north, on page 21.

As the days get shorter and summer starts to fade, it's time to turn our minds to planting winter crops before soil temperatures cool too much. We have some tips to help you make the most of kitchen scraps to help keep your plants happy, and some timely advice on how to deal with the perennial slater plague.

One last word on the magazine—I've had some fantastic feedback on the summer *Canberra Organic*, particularly the new cover design. Thank you to all those who took the time to let me know what you thought. I hope you enjoy this edition just as much and don't forget to keep the feedback and great articles, recipes, tips and tricks and photos coming.

Happy gardening,
—Diana

Charnwood community garden

The Charnwood garden is looking great with summer crops of corn, zucchini, beans and tomatoes (of course) now thriving with the warm summer weather. Pumpkin vines are growing almost before our eyes, potatoes are ready to harvest, and self-seeded flowers popping up all around the garden.

It has been a good year for raspberries, and fingers crossed that the hot winds will stay away until the blackberries ripen and can be picked. We continue to have access to

regular mulch deliveries which are put to good use topping up the pathways bordering our plots, helping to keep the ever invading couch grass in check.

Teresa and her creative grandchildren have been busy in the school holidays building a scarecrow to keep watch over the garden. Here's hoping that 'Chardanaye' will keep a destructive cockatoo or three away from our patches.

—Jo McMillan (article),
Shane Hind and Teresa Rose (photos).

Sarah Hind helps with mulching (left)

Potato harvest, from Nicola seed potatoes (below)



Chardanaye the scarecrow

Chardanaye was a piece of hay until one fateful hot day, well in her case anyway, she now sits in the middle of a plot, her long legs dangling a lot, scaring cockatoos away, it's not really the way she wants to spend her day, because she's a very glamorous diva, okay! but I'm afraid to say, that's the way it's going to stay, because the cockatoos need to be kept away.

—Holly and Jack

*The creators of Chardanaye—
Teresa Rose, Holly, Jemima and Tom*



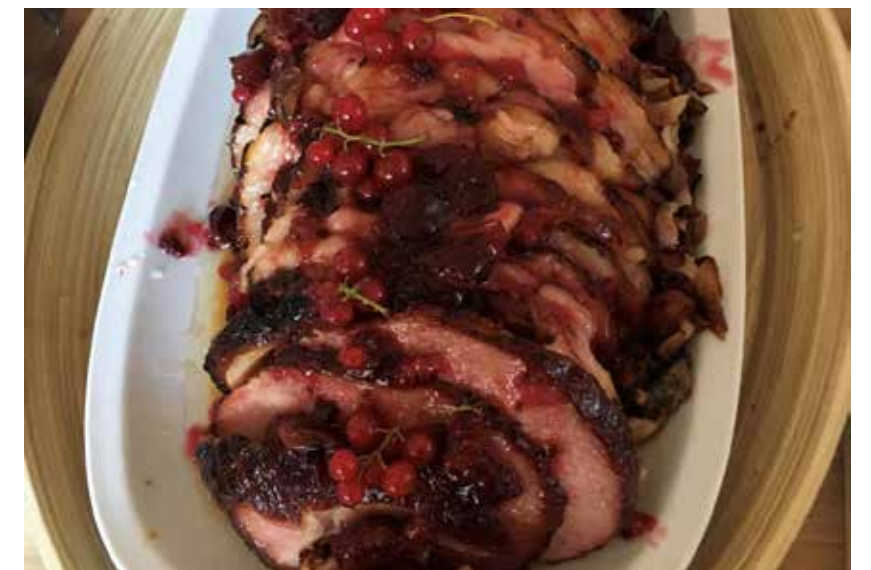
O'Connor community garden

The rain in Spring seemed to come at just the right time to produce a bumper crop of blackcurrants and blackberries (thornless)—so though the strawberries were disappointing this season the abundance of scrumptious blackberries more than made up.

Like liquid summer the blackberries ripened over December and many hours were spent picking and then preparing the berries for syrups, jams, vinegars and other delicious edible delights. My little granddaughter loved them fresh, holding out her hands and saying 'more ... more'.

The gooseberry conserve with a little whisky and whole redcurrants was a fabulous glaze on Christmas ham, blackcurrant syrup divine on ice cream on a hot evening, and black berry vinegar bringing a toffee tang to salads. Then, sadly, the berry crop was over (in time for the summer vegetables to ripen). Blackberry friands seemed a perfect way to use the last handful of blackberries and so here is the recipe.

—Deborah Hamilton



Blackberry Friands

Punnet of blackberries
185g butter, melted and cooled
1 cup/125g almond meal
6 egg whites, lightly beaten
1 ½ cups/240g icing sugar mixture (I used less and found other sugar was also fine)
½ cup plain flour (I use gluten free)
Grated lime or lemon rind
Preheat oven to moderately hot.
Grease friand or muffin pans. Wash berries. Place butter almond meal, egg whites, sifted icing sugar, flour, rind and mix until just combined. Divide mixture among pan holes. Place blackberry on each friand. Bake in a moderately hot oven about 25 minutes. When cooked stand them in the pan for 5 minutes. Turn carefully onto a wire rack to cool. Makes up to 12.

Kaleen community garden

Edible Garden Group

Denae Nimmo teaches the kind of old-fashioned skills that people used to learn in families. A country girl who grew up on a farm, Denae sews, gardens, cooks, and breeds poultry. Presently she works with adults who have mild to moderate physical and intellectual disabilities. With them she shares her passion for gardening, and knowledge of all things sustainable, as she endeavours to live a self-sufficient life, particularly when it comes to food. Regular visits to her garden beds provide a hands-on experience for her students who learn some practical gardening skills and enjoy discussion in this relaxed 'classroom'. As Denae said, 'These days there's so much disconnect from our food; it's even higher for people with a disability'.

February 2017 was a hot start to the gardening adventures of the Belconnen Community Service's outreach program, the Edible Garden Group, at Kaleen Community Garden. Denae mentioned that the garden beds were very tired from a long, hot summer and they began by removing weeds, improving the

Planting the carrots



*Denae Nimmo and gardening guest (above)
Winter gardening means rugging up (right)*

soil with compost and manure then a generous covering of mulch. 'It was also a great time to start our compost bay with all the weeds we pulled out!' 'We planted many summer herbs and vegetables and just managed to harvest them before the frosts hit ... with many zucchinis, corn and carrots enjoyed by all.'



The autumn and winter beds were prepared in March and have had continuing harvests of carrots, radishes, fennel and silverbeet throughout the winter months. 'We have been very lucky with mostly sunny days as winter set in and we were able to continue to plant throughout winter. The vegetables that are doing the best are our broadbeans, peas, sprouting broccoli,

garlic and silverbeet, although the frosts damaged a few of them.'

'We talk a lot about pests and good bugs in the garden and the plants we would like to grow in the correct seasons.'

'There is a lovely pergola at the garden where we take refuge from the heat or the gentle sprinkling of rain and enjoy a cuppa and taste some of the wonderful vegetables we grow. Taking home the vegetables and showing them off is also part of the fun ... especially the Romanesco cauliflowers and sprouting broccoli.'

This spring, Denae decided to try the 'Back to Eden' style gardening (in anticipation of another hot summer) so this enthusiastic group has been adding composted mulch and manure to the soil and planted the first tomatoes and zucchini.

The highlight of this gardening experience is that the Little Red Hen's helpers then get to prepare, cook and enjoy the produce. Here is an easy and nutritious recipe taken from Denae's cooking sessions with her fellow gardeners.

—Joanne Widdup (article) and Belconnen Community Service (photos)



*Christmas at Kaleen community garden (above)
Santa's elves, farmers Jim and John, give a demo of the whipper-snipper (below left)*



Easy 4-step seasonal quiche recipe!

- 1 sheet of puff pastry in an oiled lasagne type dish
- 4 large silver beet leaves, chopped
- 2 cups of grated veges—zucchini, pumpkin, potato, whatever is in season
- 1 onion, diced
- 2 cloves of garlic
- 1/2 cup of mixed herbs in season, oregano, chives, basil, dill
- 6 large eggs, beaten with 1/4 cup of milk or cream
- 200g feta, crumbled
- 1 cup of grated cheese to top

Mix all the veg and feta in a bowl and put on top of the pastry.
Next pour over egg and cream mixture.
Top with grated cheese of choice.
Bake in moderate oven for 30–40 mins

Crace community garden



John's Myszka's magnificent tromboncino flowers (above)

Snezana Kruševac and Iris pick strawberries at their Crace plot (right)

Bob Lewis harvested two mammoth potatoes from his Crace plot, weighing around a kilo each (below)



Did you know ...?

Egg shells

Finely crushed egg shells mixed with other organic matter at the bottom of a hole will help newly planted plants thrive (tomatoes especially love calcium). Try mixing your eggshells with coffee grounds, which are rich in nitrogen. Without calcium, plants cannot grow as fast and, in the case of some vegetables like tomatoes and squash, fruit will develop blossom end rot because there is simply not enough building material (calcium) coming into the plant. Using eggshells in the vegetable garden compost can help prevent this. A market gardener on Gardening Australia stated that each year he spreads lime over all his fields to maintain soil health and fertility.

Coffee grounds

Coffee grounds decompose, releasing nitrogen, potassium, phosphorus and other minerals that support plant growth. Some examples of plants that thrive in a nitrogen-rich planting area include leafy vegetables such as spinach, tomatoes, corn, roses, camellias, rhododendrons and azaleas.

The used coffee grounds will also help microorganisms beneficial to plant growth thrive as well as attract earthworms. Many people feel that coffee grounds lower the pH (or raise the acid level) of soil, which is good for acid loving plants. Fresh coffee grounds are acidic. Used coffee grounds are neutral.



Banana peels

Banana peels contain nutrients that are essential for healthy potted plants. However, they don't contain everything your plant needs. As they decompose, banana peels add potassium as well as small amounts of nitrogen, phosphorus and magnesium to the soil in a similar fashion as a slow-release fertilizer.

Bananas are high in potassium and contain good levels of protein and dietary fibre. Potassium helps muscles to contract and nerve cells to respond. It keeps the heart beating regularly and can reduce the effect of sodium on blood pressure.

—John Myszka

A word from our photography competition winner

Thank you COGS! As a child I remember admiring the rainbow of bottled fruit and vegetables in my Aunty Gerda's pantry and I've always wanted to do my own preserving. Thanks to COGS and Julia Trainor, I can now create my own pantry rainbow.

—Sue Pavasaris



Remembering the Cotter Community Garden

It was fitting to remember our fortieth birthday, as we did in the last issue of our magazine. We have much to be proud of and many to thank for their past endeavours. It is also a time to look forward to other significant anniversaries that will befall us in a few years' time. I am thinking of the passing of keys to our very first community garden, situated adjacent to the Cotter Road, the Cotter Community Garden; the forerunner of the Woolshed Garden now in use. That occasion occurred on 19 September 1982 and my wife Shirley and I were among the 11 founding members.

But COGS had a very tenuous hold on that first garden because its genesis occurred through a friendship between Shirley and a horticulturist named Sue Johnson employed by the Parks and Gardens Department. Sue managed to arrange the informal use of the land, considered in the long run to be absorbed by the planned widening of the Cotter Road.

The garden proved to be a great success, so much so that the members determined to explore a more formal and permanent arrangement. Finally Shirley Carden as COGS president and, with the help of many others, put together a lengthy submission to the government for establishing community gardens throughout ACT. This was dated 21 September 1984.

But it was recognized that the government could not act unless COGS became a legal entity. So work also commenced on writing our first constitution and applying for recognition as an incorporated Association. Fortunately one of our members, David Odell, was a retired legal expert who helped immeasurably.

And so it was that COGS authorised Shirley to apply for incorporation and this was eventually granted on 20th November 1985.

At about this time many other organic grower societies in other parts of Australia, particularly in NSW, were getting their acts together too. And perhaps more significantly we saw these



Shirley at her Berry organic farm

local bodies making moves to come together to form regional organisations, and even a national body.

As the local societies in NSW began to organise themselves, COGS, under Shirley's leadership, took steps to have the ACT included. The result was the formation of The Organic Growing Groups Council of NSW and the ACT, the Joint Council for short. Involvement meant many journeys to Sydney for joint meetings involving delegates Shirley and myself.

The driving force behind the scene was a body comprised mainly of unelected enthusiasts led by Sandy Fritz and Peter Marshall that called itself the Steering Committee of the National

Body—SCNB for short. It was hoped that other states would eventually form their own regional councils and thus enable representation to the National Body. The SCNB was keen to put itself on a more formal base and to this end in March 1985, President Shirley wrote to Sandy with COGS' deliberations and suggestions about a national body and the role of the steering committee. By September 1985, COGS was deeply involved in the affairs of the Joint Council. At that time the president of the Joint Council was Carl Hoipo, Cecil Bodner was treasurer and I was secretary. The main work of this council at this time was to form a constitution. Concurrently Sandy Fritz tabled a draft constitution for the national body.

This National Body has become NASAA (National Association for Sustainable Agriculture, Australia), which is the leading body for setting organic standards in Australia and for licensing growers and producers internationally.

1988 was the bicentennial year. One of the grants provided by the Bicentennial Authority was for an international conference of 50 participants to be held at Hawkesbury Agricultural College that included a tour of selected organic farms and gardens. The Cotter Garden was on the agenda.

So shall we celebrate the 40th anniversary of COGS Incorporated in November 2025? I am writing this hoping that the answer will be yes but cognisant of the probability that I will not make it by then. I will likely have passed on as my dear Shirley has already done.

The years 1984 to 1988 were in many respects the formative years of COGS, driven by the ones that occupied the presidency. In order they were Shirley Carden, David Odell, Betty Cornhill, and Nick Hill. Throughout these years, Shirley remained Convenor of the Cotter Community Garden.

During Shirley's second term as president (May 1986 to May 1987) Betty was farewelled amid expressions of gratitude and best wishes for a travel experience overseas. It was during this period that word came through that COGS had been granted \$778 for establishing a community garden. It is fitting to add here a letter written by Shirley to Betty overseas. It demonstrates the spirit of the times, and how far the organic movement has travelled in thirty years.

Dear Betty,

Thank you for your letter and all the information. I have sent copies on to Carl Hoipo (President of HDRA and also NSW and ACT Council of Organic Growers) and also Alan Druce who gave us a talk earlier this year—he is apparently unaware of just what is happening here or overseas as far as organically produced foods are concerned. He is at present trying to find markets for free range beef and lamb. We shall also discuss your letter etc. at our next committee meeting which is in eight days' time.

Tomorrow night we are having a film organized by Rosemary preceded by a talk on growing vegetables for shows by one



The former site of the Cotter community garden in more recent times

of our members who was a former judge. Traudie is thrilled because she wants to exhibit some of our vegetables grown at the Community Garden.

Community grants were few and far between this year but COG received one to develop our official area near the Yarralumla Woolshed in the same enclosure our present garden is situated—when City Parks and Gardens gets its act together and draws up a satisfactory agreement for us.

I am looking forward to your return—we desperately need someone else with a bit of enthusiasm to make things move. We could do so much with a few more enthusiastic committee members.

The information you have sent is invaluable—it is such a help to receive such up-to-date information from overseas as we struggle to get our act together.

I recently visited the first Community Garden in Melbourne—over 100 plots. It was an idyllic setup—full sunshine, large shed with locker space for each member, toilet facilities, plots bordered with hardwood, one tap and hose to every two plots, next door to a beautiful agricultural centre which gave the plot owners full co-operation...and there were about three well-cared for plots. Many were covered with oxalis. I felt very proud of our Community Garden—especially since we have had practically no help nor encouragement. At present the quality and quantity of the vegetables we harvest are excellent, in spite of the fact that it is so shaded during the winter.

I hope you enjoy the rest of your stay and look forward to your return.

Love and best wishes,

Shirley

In an effort to hurry things on, COGS secretary Arno Struzina, in a letter dated 2 September 1987, formally asked for a site to replace the Cotter Garden. By July 1988, three years after the original submission, COGS was finally granted permissive occupancy of land near the Wool Shed. The Cotter gardeners prepared to move in by August. Other gardens at Watson and Tuggeranong and Dairy Flat were anticipated with groups already formed in most cases. Shirley, having finally achieved her objectives in COGS, was ready to move on. That same year 1988 in October, Shirley and I left Canberra to pursue a new life on an organic farm.

I still remember with gratitude the farewell party presided over by David wishing us well and thanking Shirley for her significant contributions to COGS. Shortly afterwards we settled on a five-acre property near Berry NSW, taking steps immediately to turn it into a registered organic farm.

For 15 years we were absent from COGS and probably out of mind. Many old timers have since moved on and for those that are left, memories fade away. But history is history, some of which is significant enough to be part of our permanent corporate memory. I do hope this article of mine will help in this respect.

—Peter Carden, past treasurer

Source: COGS archives; approximately 80 screen shots of COGS business affairs as recorded in Shirley's microbee computer.

Scenes from the 40th anniversary party

(photos by Sue Pavasaris)



Nak Perera, Dayani Amarasinghage, Amara Perera, Liz Myszka



Keith Coll



Liz Myszka shares what it means to be a Grace gardener



Di Weddell, Orietta Serenellini, Mario Serenellini



Peter Cornbill



Beverley Forner gave tomato seedlings to party attendees

Betty Cornhill— A talk on my mother

Betty Cornhill played a central role in establishing COGS 40 years ago. Peter Cornhill paid tribute to his mother's legacy during the COGS anniversary party at Crace Community Garden on 26 November 2017.

First, may I say that Mum would be very happy here, as you have a Portaloo—a toilet, which was always her first request for a new community garden!

I think that looking for alternative ways of doing things started early in Betty's life. Mum was quite ill as a young child with asthma, and was cured of this by her mother in the 1920s by taking her off dairy foods—quite a radical approach in those days. Of course there were no puffers or medications in those days for treating asthma. She grew up on a dairy farm in Bermuda. I'm not sure how organic it was, but it had a big vegie garden, chooks and dairy cows, so she became interested early on in gardening and farming.

Betty topped her class all the way through high school before being sent to McGill University in Canada where she studied Agriculture, specialising in Horticulture. The idea was for her to come back with her knowledge and help run the farm. During this time chemicals, particularly fertilisers, were being used increasingly in agriculture. However, during this time Mum met and married my father, and ended up living in England till 1958, when we migrated to Australia. She always started a vegie garden, in England, Melbourne and Canberra, as soon as we'd move into a new house.

She read books such as Rachael Carson's *Silent Spring*, Louis Bromfield's *Malabar Farm* and the Rodale Press books, as well as books on diet, healthy foods and growing one's own vegies for one's family. She also joined the Henry Doubleday Research Association (HDRA) and the Soil Association in the UK, both organic bodies. She dispensed with white bread in the early 1960s. Our diet was very basic but healthy compared to many diets today, and we rarely ate processed foods.

In 1970, my father contracted mesothelioma from his job 40 years earlier as a shipwright's apprentice. Mum looked after him, taking him to see a naturopath/homeopath rather than for radiation and chemotherapy. He only lived another 15 months, but was able to work until a week before he died, and passed away with very little pain.



In 1972 Betty did a Mind Dynamics course and realised that what she wanted to do most in life at that point was to start an organic farm, the first in the Canberra region. So she bought 128 acres of mostly rocky hills and a few creek flats near Murrumbateman. She started with a small fenced garden, which gradually expanded, mainly with help from my brother. The main profitable crop was zucchinis in summer and firewood in winter! There were no organic or even farmers markets in those days, so we sold the produce at Belconnen markets, with seconds going to restaurants. Mum derived great satisfaction from actually getting paid for the food she grew, and of course

we lived on the unsaleable produce.

Her purpose was to show that you could grow food without using chemicals or conventional sprays, but she also enjoyed training young people in growing food. Selling the produce was a distant third. The farm lasted a few years, but was an idea before its time—people weren't too interested in organics in Australia in those days. Around this time Betty, and sometimes I, started going to organic festivals, which were a new concept here in the 1970s. Mum felt the word was not being spread fast enough, and didn't hesitate to push what she believed, sometimes a bit too overzealously!

When I did the Horticulture course in 1979–1983 they taught us about using all sorts of chemicals, even though they knew that many affected one's nerves, muscles, eyes and many other human body parts (and animals, birds and insects). There was no teaching about integrated pest management. Mum had first-hand experience of one spray when she was visiting her sister in England. She 'pruned' Aunt Jean's broad beans by nipping out the top shoots and eating them. Not long after her whole face turned red and swelled up terribly, and stayed that way for a day or two.

Betty finally got together with a number of like-minded folk, including Shirley Carden, from the Natural Health Society and elsewhere in August 1977 to form the Organic Gardening and Farming Society of the ACT. A few years later this mouthful was changed to COG, then COGS. Betty became the first President and pushed things along in the early years. Every time the membership dropped below 30 and it looked as though COGS was going to fold she would reinvigorate the organisation somehow.



The early emphasis was largely on the negative effects of using poisonous sprays and inorganic fertilisers, as most people were unaware of, for example, celery being sprayed seven times in one season, the traces of which humans then ingest. Later there was more emphasis on the positives of organic growing—the great taste of the food, the freshness, as well as the improved health of one's soil from using basalt dust, rock phosphate rather than super-phosphate, dolomite, animal manures, leaf mulch, and compost. We discovered companion plants, 'no dig' gardening, and permaculture. Later we found out about biodynamic farming. At that time Australia actually had more acres under biodynamic cultivation than anywhere else in the world, showing that non-conventional growing could be done on a large scale.

During the 1980s, Betty was president again several times when COGS was in crisis, and was on the Committee until well into the 1990s. She went as a delegate to organic conferences, both locally and overseas, and reported back to COGS on new developments. She helped to establish the National Association of Sustainable Agriculture, Australia. This is still one of

the main certifying bodies for organic farms—which means that when you buy food that's labelled organic, you know that it is!

About this time, a certain scientist at the CSIRO recommended banning comfrey on the basis that it contained the same alkaloid as Patterson's curse, which can eventually poison sheep if they eat enough of it. But he didn't take into account the beneficial allantoin in comfrey which apparently balances the alkaloid. Many organic growers, including Betty, stood up to say that they had been eating comfrey for years, as well using it as a skin compress and to make compost. I can remember Mum having long arguments on the phone with that CSIRO scientist!

Betty was instrumental in the setting up of the first community gardens in Canberra—Cotter (now named after her), Watson (now at Mitchell), Charnwood, Theodore and Erindale. She developed a contact in the City Parks Department who helped find the spare land, usually on the fringes of the suburb. Betty would then apply to the government for a grant for fencing and getting the water laid on. A lot of this work was then done by COGS members.

My mother was right about so many things. Just think about the taste and nutrient content of home grown organic food produce compared to store-bought conventional food. Yet what about the millions of tons of topsoil blown into the oceans every year from conventional agriculture? Nearly every year our lakes are unsafe for a period due to toxic algae caused by excess fertiliser run-off. Bees all over the world are dying en masse in colony collapse disorder, caused by the combined attack of the varroa mite and lethal neonicotine sprays. Bees pollinate a huge number of our food crops, yet these sprays are still legal in most countries, including Australia.

There is no doubt that Betty made a large contribution to the local organic growing scene. She helped start COGS with a handful of others and no community gardens, but membership has grown to 420, with 12 community gardens and a backyard group for members without a community plot. I was at first a bit embarrassed by the renaming of the Cotter Garden as the Betty Cornhill Garden, but now I feel happy that COGS has honoured Betty in this way. I know she would really appreciate it.

—Peter Cornhill

CANBERRA ORGANIC GROWERS SOCIETY (COGS)

40th Anniversary Celebration



PROGRAM

Sunday 26 November 2017
Crace Community Garden



ORDER OF PROCEEDINGS

Sue McCarthy
COGS President

*Acknowledgement of Country
Welcome to Members, Friends and Guests*

Peter Cornhill
Long-term COGS member

Keith Colls
Former COGS President, Garden Guru

Liz Myszka
Crace Garden Convenor

Meegan Fitzharris MLA
Member for Yerrabi
Minister for Health and Wellbeing
Minister for Transport and City Services
Minister for Higher Education, Training and Research

Cutting the Cake

President's Welcome

Canberra Organic Growers Society (COGS) is so much more than just a promoter of organic gardening methods. From its early beginnings as a small club of then-radical Canberra gardeners who stepped away on principle from using chemical pesticides, herbicides and fertilisers, COGS now takes a proud place in the broader context of local urban agriculture, and the environmental sustainability, land stewardship and healthy eating movements.

We are so much greater than the sum of our diverse membership. With our shared passion, camaraderie and enthusiasm to help and educate each other and new gardeners in the organic gardening principles close to our hearts, whether gardening as "backyarders" or in one of the 12 COGS-managed community gardens, we should all be rightly proud of COGS' evolution as a successful, respected and influential organisation as it celebrates its very first 40 years.

Sue McCarthy



COGS Life Members

Margaret Allen	Vance Barrell
Shirley Carden	Peter Carden
Betty Cornhill	Emsie DuPlessis
Keith Colls	Adrienne Fazekas
Michelle Johnson	Gordon Laws
Barney Molnar	David Odell
Elizabeth Palmer	Walter Steensby
Steven Sutton	Rose Walters

A COGS TIMELINE

- 1977 Organic Gardening and Farming Society (OGFSACT) formed
- 1981 OGFSACT became Canberra Organic Growers (COG)
- 1982 Original Curtin Community garden in operation
- 1985 COG became Canberra Organic Growers Society Inc. (COGS)
- 1987 Cotter Garden established
- 1989 Tuggeranong Garden established (later renamed the Erindale garden)
- Watson Garden established
- 1992 Charnwood and Oaks Estate Gardens established
- 1993 Theodore Garden established (closed 2011)
- 1996 Watson Garden closed
- Mitchell Garden opened
- 1997 COGS Backyard commenced as part of ACTEW Xeriscape Garden
- 1998 COGS 20th Anniversary Dinner (21 November, Ollims Hotel)
- 2001 Cook, Holder and Kambah Gardens established
- Queanbeyan Garden established (no longer a COGS garden)
- 2003 Dickson Garden established
- Xeriscape garden destroyed by fires
- 2006 O'Connor Garden established
- 2010 Dickson Garden established
- Backyard Garden group established
- 2011 Kaleen Garden established
- 2013 Crace Garden established
- 2017 Cotter Garden renamed Betty Cornhill Garden
- 2017 COGS 40th Anniversary Celebration (26 November, Crace Garden)

Autumn is time to divide your globe artichokes (*Cynara cardunculus*)

Given that weeds are the bane of gardeners' lives, why would you let a giant thistle loose in your vegetable patch? Well, you might if that giant thistle is a globe artichoke. It is worth growing for its architectural leaves and stunning azure blue flowers if nothing else. The fact that the flower buds are edible is an extra benefit.

Why grow globe artichokes

Apart from being amazing to look at, and edible, globe artichokes may have some additional benefits. They have a lot of dietary fibre; indeed, if you have ever tried sucking the goodness out of the cooked scales of a giant artichoke bud you will discover they are mainly fibre. It is at this point that I usually feel like tossing the whole thing away and just eating the sauce. Many people actually enjoy this experience, however. They also contain a little bit of protein, if you can ever suck out enough flesh to benefit from it.

More importantly, artichokes contain inulin, a type of resistant starch (also found in cold potatoes) that acts as a prebiotic helping to keep our good gut flora happy and us healthier. Artichokes are also packed with antioxidants such as silymarin, as well as cynarine, the active ingredient in globe artichokes, which may help the liver, especially with bile production and help digestion. It has been suggested that artichokes can help relieve the symptoms of irritable bowel syndrome but some people experience the opposite. Cynarine has the interesting property of making water seem sweet. Most of it is contained in the leaves of the plant.

Growing globe artichokes

You can grow artichokes from seed in spring or you can divide existing plants up in late autumn, keeping the new suckers (about 15cm tall is ideal) and planting them out in well-drained soil. Bury the roots about 10–15cm deep. Sprinkle some compost around them in spring and keep them well watered in warm weather. Watch out for root aphids as these will suck all the goodness out of the plants in no time



at all and leave them looking wilted and stunted. Spray with pyrethrum or pull the plant out carefully so as not to spread the problem, and place in a plastic bag in the sun to kill the pests. Cardoons are another type of artichoke where the stems are the parts that are mainly eaten. There are also magnificent purple varieties of globe artichokes.

Harvesting and preparing globe artichokes

Harvesting globe artichokes is time critical—they must be picked when the buds are plump but tightly closed. Once the bud starts to open the artichoke will be tough and tasteless. The buds on the main stems usually have very large heads and these are the ones to use for stuffing, but you must remove the hairy choke (developing flower from the centre of the bud). The smaller ones are great to cook whole or halved and preserve and if small you do not have to remove the choke. If you cut off all the big artichokes the plant will be encouraged to produce many more smaller buds, which I think are more tender and manageable.

Be ruthless in preparing your artichoke. Leave a few centimetres of stem and chop at least the top third of the bud off, and pull off most of the outer scales until you are left with bright green/yellow scales. Cut off the tips of the scales if they have thorns. You can pull

off all the scales if you like and just eat the inside bottom, or heart, of the bud. It is imperative that you rub lemon juice all over your artichoke once you have prepared it otherwise it will turn an unpleasant shade of brown. Place it in acidulated water and cook it as soon as you can. If you cut the plants almost down to the ground at the end of spring then they will produce a new crop of artichokes in autumn.

Cooking and preserving

You can stuff the large artichokes by pushing a filling down between the scales and into the centre. A mixture of breadcrumbs, herbs, grated cheese and chopped salami, prosciutto or sausage works well. Then steam them for about 20 minutes or until tender in the base. With large artichokes you can pull off individual scales and dip them in hollandaise sauce, mayonnaise or a dressing. The more tender, smaller artichokes can be deep fried, barbecued, sautéed in olive oil and garlic and herbs or used in a stew. Preserved in oil and vinegar, they make a great addition to an antipasto and this is the only way I really enjoy them. I must admit to letting my artichokes flower just to enjoy the amazing colour of the blossoms.

Happy gardening

—Elizabeth Dangerfield (article)

Are slaters the culprit?

Over the last two growing seasons, my tomato plants that have grown to about 20cm have wilted overnight. On closer examination I noted that the plant had been ring-barked to about 30mm above the ground. Once this happens there is little that can be done to resurrect the plant. In 2016–17, a fully grown zucchini plant that had already produced fruit was ringbarked overnight and never recovered.

In our home garden there are literally thousands of slaters and they live in and under the tan bark mulch. In the early morning the footpath looks like an aerial view of New York streets with bugs everywhere bumping into each other. Once the sun hits the path they go home for a rest.

Slaters (*Porcellio scaber*) and pillbugs or roley-poleys (*Armadillidium vulgare*) are multi-legged, land-living crustacea found all over Australia. They are scavengers, feeding mainly on decaying organic matter and, in doing so, recycling nutrients and helping to build soil. Unfortunately, now and again they turn their attention to living vegetable matter and that's when they can become a nightmare in the garden.

The two varieties of slaters look all the same to me but whilst some seem to do no damage others do attack soft plant tissue, gnawing through the stems of young seedlings and antagonising organic gardeners. You can tell them apart by checking their ability to roll into a ball—compost slaters can't whereas the seedling attacking types can.

It is a Catch 22 situation for the organic gardener. When you mulch your plot to conserve moisture in the soil, you create a perfect breeding habitat for slaters. They like a moist habitat with rotting organic matter just like over-watered mulch in your organic garden.

Control strategies

A multi-pronged approach is needed to minimise the damage wrought by problem infestations of slaters:

- before planting out seedlings, wait until they are well grown and sun hardened to toughen the stems



The compost bin. There is no heat in this bin from rotting compost so the slaters are having breakfast. The smaller paler slaters are the offspring.

- when sowing seed keep mulch well clear of the furrow as slaters don't like venturing far from cover
- when planting out seedlings, clear a space around them of mulch of at least 10 cm (4 inches)
- only water early in the morning
- avoid over-watering and allow the surface soil to dry between waterings
- grow sprawling vines (e.g. pumpkin) on trellises or lift them off the ground with bricks
- use coffee grounds around the base of plants to deter slaters
- pay attention to your composting so it achieves a good heat
- allow the compost to thoroughly decompose before using it in the garden
- make a spray of 1 litre of water, ½ teaspoon of pure eucalyptus oil and a teaspoon of dishwashing liquid. Spray around your plants but do not spray the leaves as the spray will burn the leaves
- when it comes to seedlings, try plant collars (old pots with the bottom chopped out or sections of 90mm plastic water pipe) for the first couple of weeks, or pot on seedlings to establish them before planting out. Once the stems become tougher, they're less attractive to slaters.

Trapping Slaters

You can make an irresistible lure for slaters using pieces of cut potato, orange shells, grated cheese or strawberries sandwiched between two thick layers of damp newspaper. Set the lure out late in the day in a moist spot in your garden and next day collect up the trapped slaters in the early morning by wrapping up the whole trap and unfurling it to your chickens for breakfast or simply stomp on the package.

Another option is to make a yoghurt trap. Mix 2–3 tablespoons of yoghurt (or sour cream) into a plastic cup and add boiling water, stirring well. Place the cup into the soil so the lip is at ground level. The slaters will be attracted by the smell, fall in and drown.

Encourage natural predators

There are a lot of creatures that rely on slaters for sustenance, including toads, lizards, some hunting spiders and beetles, centipedes, wasps and birds. The same predators will also consume up other problem pests in the garden, so create habitat and friendly conditions for them.

Try a combination of these strategies and you'll find the benefits of having slaters in your garden will soon outweigh the disadvantages.

—John Myszkowski (article and photo)

A weak La Niña in progress

The Bureau of Meteorology (BOM) report released on 3 January 2018 says that Pacific Ocean climate patterns indicate a weak La Niña is in progress. The event is expected to be short-lived and end in the southern autumn of 2018.

The latest sea surface temperatures in the central to eastern tropical Pacific remain around La Niña levels (0.8°C

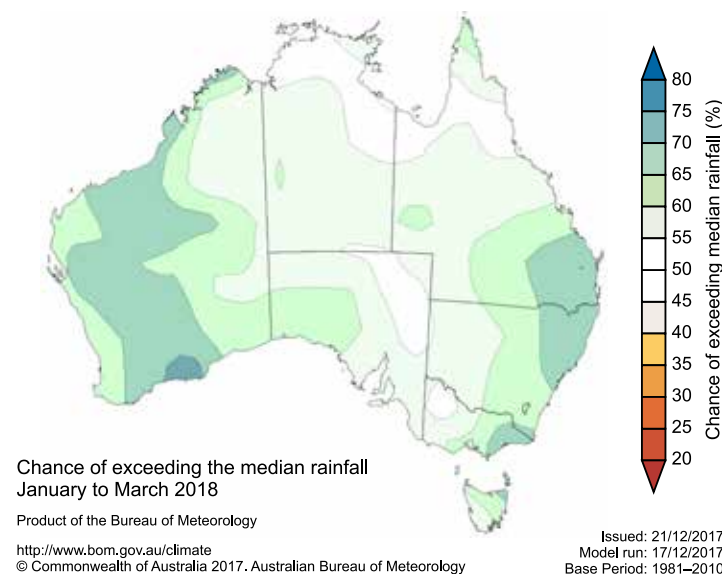
below average), while in the atmosphere, cloud patterns also remain typical of La Niña. However, a build-up of warmer water beneath the surface of the western Pacific may be a precursor to the end of this event in the coming months.

Most climate models surveyed by the Bureau suggest this event is likely to last through the southern summer

and decay in the early southern autumn of 2018.

La Niña typically brings above average rainfall to eastern Australia during summer, particularly in northern New South Wales and Queensland. However, with a weak event expected, this typically means less influence on Australian rainfall. La Niña events can also increase the likelihood of prolonged warm spells for southeast Australia.

— Andy Hrast



Dam levels in the Canberra region and capital cities

	% FULL Jan '18	% FULL Jan '17
ACT storages	81	97
Murray–Darling Basin	70	83
Burrinjuck Dam	70	73
Blowering Dam	57	70
Sydney	82	90
Melbourne	69	71
Brisbane	78	74
Adelaide	74	88
Perth	38	27

Secrets of a soup maker

I get some curious looks as I ride my bike in to the BC garden, grab an armful of kale or silverbeet, and ride off again. And sometimes I get a curious feeling that I should be digging or shovelling energetically as others do. Should I? Or should I just enjoy the self-seeded forest of green vegies that appears in my plot in late summer? Kale, silver beet, spinach, tatsoi, senposai in varying proportions.

Ah, that growing confidence as a soup maker. My secret? A rich stock that preserves the main nutrients of the vegetables. Every week I turn out the fridge, put wilted vegies in a large stock pot. Add the week's parings, trimmings, discarded stalks and salad leftovers. Throw in some green vegetables from the plot. Chop everything up, cover with water, simmer 15 minutes or so, let it stand a while.

I also save water from steamed vegetables, add it to the week's stock. These ideas come from a tattered old book, *Let's Cook It Right* by Adelle Davis. An American lady, I think. The book is 1940s—was it based on wartime economy? Our edition was published in 1963. Those were the days, Melbourne in the sixties, setting up our first home together. Our Earth Garden days.

stirring

the stockpot

a green delight

through the kitchen window

a satin bowerbird

—Gerry Jacobson

Food from the forest floor

It's a world away from Canberra: a moist tropical landscape in far north Queensland where the rainforest grows right up to the beach. Covering 1,200 square kilometres, the Daintree has been described as the oldest intact lowland tropical rainforest in the world.

From an organic gardening point of view, it's also home to a variety of really interesting bush foods, some suitable for humans and some that can only be digested by certain animals.

The Cassowary Plum (*Cerbera floribunda*) for example, litters the forest floor with fleshy iridescent blue fruit that are toxic to humans but sought after by cassowaries.

There are a couple of other species of wild plum in this region that humans can eat. Davidson's Plum (*Davidsonia pruriens*) produces clusters of 3–5 centimetre dark blue fruit that grow directly on the trunk. The plums are red and tart and most commonly seen as jam. The Daintree Discovery Centre serves a Daintree version of 'Devonshire' tea that consists of scones, cream and Davidson's Plum jam. It's delicious.

Further north the Kakadu Plum or Billy Goat Plum (*Terminalia ferdinandiana*) is a hot topic in food circles as it's been found to contain 50 times the vitamin C of oranges. It's small (about 1.5–2.5 cm), yellow and slightly bitter in taste.

Looking like a cross between plums and berries, the Blue Quandong (*Elaeocarpus angustifolius*) can be eaten by humans and is another favourite of cassowaries. About 1.8–3 centimetres in diameter, the fruit is slightly bitter.

Leaves of the Lemon Myrtle (*Blackbousia citriodora*) and wattle seeds from various Acacia are used as flavouring. An enterprising Daintree local realised that tourists would experiment with the most unusual bush flavours if they were mixed into ice cream. Particularly popular, apparently, is Black Sapote (*Diospyros digyna*) ice cream. Black Sapote produces squashy black fruit that, when cut open, look like chocolate mousse.

There are many other plants in the Daintree of interest for their nutritional and or medicinal qualities. Some are now being propagated commercially and sold by plant nurseries ... but it's probably not a good idea to try to grow them here.

—Sue Pavasaris (story and photos)

Cassowary plum (top)
Three scoops of rainforest icecream (right)





EDUCATION

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Canberra - Capital & Country Convivium

GOOD: quality, flavoursome and healthy food
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 FAIR: accessible prices for consumers and fair conditions and pay for producers



Contacts us on:
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slowfoodcanberranews@hotmail.com
 Facebook: Slow-Food-Canberra-and-Capital-Convivium

Australasian Permaculture Convergence to be held in Canberra, April 2018

This year is the 40th anniversary of Permaculture, a set of principles with a focus on sustainability, ecological design, natural farming, and systems thinking. As part of the celebrations the Australasian Permaculture Convergence will be held in Canberra from 15-19 April 2018 along with the launch of David Holmgren's new book *Retrosuburbia* at the ACT Permaculture Festival.

The four-day convergence kicks off with the inaugural ACT Permaculture Festival on Sunday 15 April 2018, at Canberra City Farm, followed by four days of connecting, sharing and learning at The Greenhills Centre near the Cotter, in the foothills of beautiful Mt. Stromlo.

The convergence, whose theme is 'Connectivity', offers an opportunity for all permaculturalists to be involved in the forum, with the event being coordinated by people within the permaculture community.

The keynote line-up for the convergence currently includes permaculture co-founder David Holmgren, Bruce Pascoe (Bunurong man of the



Permaculture co-founder David Holmgren

Kulin Nation and author of *Dark Emu*), Tammi Jonas (pastured pig farmer and President of the Australian Food Sovereignty Alliance) and Dr Charles Massy (ecological farming advocate and author of *The Reed Warbler*).

In a world where environmental and social justice activists are overwhelmed by the attempts to

fight one bushfire after another, David Holmgren shows how good working models powered by permaculture ethics and principles have the potential to create a 'new normal' at the household, street and neighbourhood level that will be critical for a benign and resilient future.

Those involved in the community or wanting to be a part of it are encouraged to attend the Permaculture Festival which is a public event. Attendance at the Convergence itself is open to anyone who has completed a permaculture design course or equivalent.

The Australasian Permaculture Convergence is an important place to present 'because it is a gathering of people focused on sharing ideas to regenerate earth and society,' said Dr Charles Massy.

A feature of the program is locally sourced and ethically raised food and drinks, which the organisers are working with local farmers to achieve.

Volunteers at the convergence are welcome, and indeed encouraged, in keeping with the fundamental permaculture tenets of community building and resilience.

Want to attend the convergence? All bookings are through the Southern Harvest Association website for the convergence and on-site accommodation and camping is available.

The Permaculture Australia member price is \$595, which includes four-day convergence attendance, shared accommodation and all meals. The regular price is \$630, which also includes four-day convergence attendance, shared accommodation and all meals. Day tickets are available for locals. Children's discounted tickets are also available.

Visit <https://southernharvest.org/permaculture-festival>



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autumn planting guide

Brassicas

Late plantings of brassicas in March may be successful, but summer plantings are usually more reliable. In autumn, it is already too late to grow from seed. Take care too with the varieties chosen. It is too late to plant savoy cabbages, but the smaller ball-headed varieties should be successful.

Peas

Sugar snap peas may be sown in early March for a winter harvest, but the crop could be lost if there is an early severe frost affecting the blossom. Peas sown later in April–May will be ready for a spring harvest.

Lettuces

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

Leeks

Leek seedlings may be planted in early March for small leeks in winter, although summer plantings are more reliable.



Onions

Early varieties can be sown in April to early May to be harvested from spring to early summer. Mid season varieties are often sown in late autumn or early winter and long-keeping varieties in winter or early spring. It is worth experimenting with the timing of mid- or late-season varieties by making successive plantings to determine the best time for your specific garden.

Spring flowers

Remember that many spring flowering plants are best planted in autumn so they can establish before the winter cold, and then start growing in the early warmth of spring. Stocks, pansies and poppies can be planted as seedlings in March and early April. Others such as Virginia stock, candytuft, larkspur and sweetpeas can be sown direct throughout autumn.

Green manures

Autumn is the time to plant green manure crops so they can establish well before the frosts.

Green manure crops suitable for planting in Canberra are:

Legumes: Broad beans, field peas, lupins, sub clover, tic peas and vetch.

Non-legumes: Barley, oats and rye.

Legumes are very useful as they fix nitrogen in the soil while the non-legumes provide bulk organic matter.

Cut or dig in the green manure in spring, at least 4–6 weeks prior to planting your summer crops.

Flowering crops need to be dug in before flowering; cereal crops before producing a head of grain.

	MAR	APR	MAY
Asian greens	ST	T	
Brussel sprouts	T		
Broccoli	T		
Broad beans		S	S
Cabbage	T		
Cauliflower	T		
Chicory	ST	T	
Chinese cabbage	T		
Corn salad	ST	ST	
Endive	ST	T	
Garlic		S	S
Kale	T		
Kohlrabi	ST	T	
Leeks	T		
Lettuce	ST	ST	ST
Peas	S	S	S
Onions		S	S
Turnips	T		

S = seed sowing; T = transplanting

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

What's On

COGS green manure mixes Now 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. **Available for \$5.00 per bag.**

Please contact Glynis on 6251 6641 or email glynken@iinet.net.au

Let's talk about gardening

Our Facebook community is growing every week.

Our page includes the latest on the events, news and gardening advice that matter to Canberra gardeners.

Just search for the Canberra Organic Growers Society and 'like' the page.

CURRENT FACEBOOK MEMBERSHIP

2 4 6 7



COGS members meeting

Sunday 25 February 2018 at 2pm

BETTY CORNHILL COMMUNITY GARDEN

The Betty Cornhill Community Garden (formerly the Cotter Community Garden), established in the 1970s, was the first COGS community garden, before moving to its present location near the Yarralumla Woolshed in the early 1980s.

Activities will include:

- a demonstration of the garden's broadfork
 - a demonstration of a wicking bed
 - tour and discussion about the benefits and difficulties of an older garden
- Access is via an unnamed gravel lane which is sign posted (brown tourist sign) as access to Yarralumla Woolshed on the Cotter Road at Curtin.
- Toilets available nearby. Wheelchair accessible. Tea, coffee and water will be available. Guests are welcome to bring:
- a plate to share
 - a chair
 - an umbrella (to keep off the sun or the rain)

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 700.

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

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



Photo by Diana Cozadinos