



Geelong Organic Gardeners

Registered address: 26 Albert Street, Geelong West 3218. Reg. No: A0012071C

Diary Dates

Newsletter: April-May 2008

Editor: Judy Cameron 5222 1073

April meeting

Monday 14th 7:30pm

Talks by members

John Purtill

Starting an organic vegie garden



Matthew Walters

Growing and sharing food in your local neighbourhood.

There should also be plenty of time for members to chat !

May field trip

Abbotsford Convent

farmers market :slow food, galleries, local produce, etc.

Date to be arranged. Co-ordinator: Rachel Brown 5240 3463 .

July field trip

Heritage Fruit Tree Grafting Workshops and Weekend Getaway at Apollo Bay

Check this great website:

www.geelongsustainability.org.au/

Geelong Sustainability Group brings together Geelong residents and organisations who want action in our region. We believe climate change is an emergency for our community, our nation and our planet, and that we must get cracking to create a sustainable and vibrant future.

Ponder this:

Other hands may fell the last stands of rainforest or clear-fell forest wilderness for woodchips to make wasteful packaging for goods we do not need. Others may release the pollutants that degrade the oceans, rivers, the air that we breathe and the atmosphere which makes the Earth alone among the planets a haven for life.

Others are the agents, but we are the principals, or at least the aiders and abettors. It is our values that are expressed in these actions. It is our lifestyle that makes such vandalism profitable. It is the governments we elect that permit it. "

-Hall Wooten QC, President of Australian Conservation Foundation: 1986

Geelong Organic Gardeners Inc.

is an informal, friendly, diverse group of people sharing the common interest of growing fruit, vegetables and ornamentals organically, working with nature, not against it.

Meetings are held Mondays at 7:30pm in Geelong Botanic Gardens meeting rooms. (see map page 15). Dates for 2008:

April 14

June 2 Aug 11

Oct 13 Dec 8

Welcome new members:



Nathan Straker – Geelong West

Judy Welch – Clifton Springs

Nicole Burns – Belmont

Kathy Johnson – Ocean Grove

Cynthia Rossack - Grovedale

Spencer Leighton - Torquay

Charlene Goodman – Geelong West

We now have 105 memberships

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Chickpea boost from Russian genetics

from www.dpi.qld.gov.au/cps/rde/xchg/dpi/hs.xsl/30_6893_ENA_HTML.htm

News release / 21 August, 2007

Pulse Breeding Australia chickpea breeders are excited about the prospect of unlocking the genetic potential of 500 historic Russian chickpea lines. PBA is a Grains Research and Development Corporation initiative formed to coordinate pulse crop improvement programs in collaboration with state government-funded research agencies.

Department of Primary Industries and Fisheries pulse plant breeder Col Douglas said Central Queensland's Biloela Research Station was one of three sites selected to nurture the precious lines recently acquired from the famous Vavilov Institute in St Petersburg.

"It is this collaboration that has resulted in the distribution of just 10 seeds of each line from the Russian chickpea genetic collection to be grown out and evaluated at Biloela Research Station, NSW DPI Tamworth Agricultural Institute and DPI Victoria's Horsham facility," Mr Douglas said.

"There is some amazing World War II history attached to the collection, where during the 872-day siege of Leningrad by the German army, one of Nikolai Vavilov's assistants starved



to death surrounded by edible seeds in the seed bank collection to ensure it would be available for future generations.

"As plant breeders, this historic germplasm collection could provide a wealth of commercial attributes such as disease and herbicide resistance, salinity tolerance, preferred growth habits and flowering traits, better seed quality and improved yield.

"The imported lines will broaden the genetic diversity of the Australian breeding program and offer new traits to benefit the chickpea industry," Mr Douglas said.

More on chickpeas ...

www.cilr.uq.edu.au/UserImages/Image/Factsheets/Chickpea%20S8.pdf

Family: Fabaceae

Genus & species: *Cicer arietinum*

Chickpeas were held in such high regard in ancient Rome that the statesman Cicero took his name from this legume.

Some 7 million tonnes of chickpeas are cultivated annually in 45 different countries, making them one of most widely grown grain legumes in world. The Indian subcontinent accounts for about 75% of world production.

Botanical features:

Chickpea is an upright annual herbaceous legume, from 30-70 cm tall, that is well adapted to arid climates. The compound leaves, composed of 10-16 leaflets with serrated edges, are covered with fine hairs that limit water loss from evapotranspiration. Some of the hairs secrete an acid that helps protect the plant against attack by insects. The leaflets can also fold up slightly during hot dry weather further limiting water loss, and a large deep tap root allows the plant access to deeper water supplies.



The plant produces small pea-like flowers, and later pods, at axillary nodes and each pod contains from two to three seeds.

The root system of the chickpea also secretes an acid that helps the plant take up phosphorus from the soil, allowing growth on soils with limited supplies of this essential element.

Human health benefits & concerns:

Chickpeas are relatively low in anti-nutritional factors and are one of the most easily digested beans. Their high fibre content decreases serum glucose and cholesterol, potentially reducing the risk of heart disease and lowering the insulin requirement for diabetics. They contain from 19-25% protein. The protein is low in the essential amino acid methionine, however, so chickpeas should be combined with other protein sources for optimal nutrition.

Chickpeas are also a good source of vitamin C, calcium, phosphorus and iron.

from www.icrisat.org/ChickPea/Chickpea.htm

Chickpea meets 80% of its nitrogen requirement from symbiotic nitrogen fixation and can fix up to 140 kg N ha⁻¹ from air. It leaves substantial amount of residual nitrogen behind for subsequent crops and adds much needed organic matter to maintain and improve soil health, long-term fertility and sustainability of the ecosystems

from *The Age Epicure* 19/2/2008

Chickpeas have been an important foodstuff since at least 2000BC. They mature in spring and can be eaten fresh (apparently they have a pleasant lemon taste) but the vast majority are dried. It is best to soak overnight, then cook in a new batch of water for a couple of hours until tender. They are great with lots of garlic, wilted spinach and any Spanish, Middle Eastern or Indian spices.

Ed note: I found a supplier of organic white chickpea for growing (200gm for under \$5) at www.rangeviewseeds.com.au/product.php?

Chickpea recipes

Uses:

Chickpeas are very popular in the cuisines of many different cultures including Indian, Ital-

ian, Greek, Spanish, Middle Eastern and some Latin American. They can be eaten fresh, dried, boiled or roasted. The cooked seeds are used in soups and salads or ground into flour. Cooked green pods and tender shoots can be consumed as vegetables. During World War II, the roasted roots were used as a substitute for coffee.

Other uses for chickpeas include stock feed and as a source of starch for textile sizing.



Minestrone with chickpeas and olive oil

Source: www.cuisine.com.au/recipe/

- 2 peeled potatoes
- 2 peeled carrots
- 1/2 head celery
- 4 ripe tomatoes
- 1/4 cabbage
- 6 chopped garlic cloves
- 300g pumpkin
- 600g cooked chickpeas
- 1 cup of shelled peas
- 200g of chopped green beans
- salt & pepper
- extra virgin olive oil
- parmesan
- crusty bread

Method

In a pot, large enough to hold everything, place - cut into 2cm chunks - 2 peeled potatoes, 2 peeled carrots, 1/2 head celery, 4 ripe tomatoes, 1/4 cabbage, 6 chopped garlic cloves, 300g pumpkin and 600g cooked chickpeas. Cover the vegetables with water, bring to the boil then turn down to a simmer for 30 minutes. Add 1 cup of shelled peas and 200g of chopped green beans, simmer for a further 15 minutes then season with salt and pepper.

To serve

Ladle into wide bowls, finished with a generous drizzle of good extra virgin olive oil, and serve with grated parmesan and crusty bread.

As with wine, **extra virgin olive oil** is an expression of the olive varieties from which it is made. The other big influence is the time the olives are picked. The spicier oils are generally made with olives picked while they are still green; softer oils come from ripe, predominantly black, olives.

www.passionforpulses.com/recipes/nonna.html

Chickpea Stew

- 1 eggplant, cubed
- salt & pepper
- 1/2 onion chopped
- 2 red capsicum, chopped
- 2 garlic cloves, crushed
- 1 tsp fennel seeds, crushed
- 4 medium tomatoes, peeled/chopped
- 1 large potato, cubed
- 1 zucchini, cubed
- 3 tbsp olive oil

- 1 cup dried chickpeas (Soak overnight in three times their volume of water then rinse, or substitute canned chickpeas)
- 300 ml vegetable stock
- Heat oil in a large pot, add onion, garlic & eggplant & fry lightly until eggplant browns.
- Add capsicum, crushed fennel seeds, potatoes, zucchini, tomatoes, chickpeas and stock to Salt and pepper to taste.
- Bring to the boil, cover and simmer until chickpeas are tender. Serve with rice or pasta.

Cajun-chickpea for snack

500g cooked chickpeas, husks removed.
1/2 litre of any flavoured oil of your choice (soy/garlic/chilli): Simmer your oil with 4 bulbs of garlic, cut straight across, for an hour. Leave overnight.

Preheat oven at 170 degrees C, place the chickpeas on a baking tray, cover in flavoured oil and cook for 30 mins. Drain well, pat dry with paper towel. Toss in a Cajun spice. Eat!

Trish Jardine's Hummus

- Whiz in a food processor—
- 2 cloves of garlic, then add 2 cups cooked chickpeas (soaked overnight, then cooked until they squash between finger and thumb— about an hour. Reserve some liquid).
- 5 tblsp of Tahini
- 5 tblsp lemon juice
- A slurp of chickpea cooking liquid
- Whiz until it is the consistency you want adding more liquid if you want it thinner.
- And the final secret ingredient—
- a slurp of tamari (wheat free soy sauce available from Wholefoods).

From www.nzherald.co.nz/

Chilli chickpea burgers

- 420g can, or cooked, chickpeas
 - 1 Tblsp olive oil
 - 1 onion
 - 1/4 tsp chilli powder
 - 1 egg
 - 1 cup flour
 - 1 Tbls soy sauce
 - 1 cup fresh bread crumbs
 - 3 Tblsp parsley or coriander
 - 1 small red chilli, seeds discarded, flesh chopped
 - sea salt & ground black pepper
 - olive oil for frying patties
1. Grind chickpeas in a food processor to resemble fine bread crumbs. Heat frying pan, add oil and gently cook onion.
 2. Combine all ingredients and season with salt and pepper. Form mixture into 4 patties adding a little more flour if needed.
 3. Fry patties over a moderate heat for 3-4 minutes on each side until golden brown. Drain on paper towels.
 4. Layer chickpea patties, tomato, avocado and watercress in buns. Top with chutney and a dollop of sour cream.

From **OTACNet Organic Traders' & Consumers' Network**

Official: organic really is better

The largest ever study into organics has found that organic food is more nutritious. The Newcastle University UK study found that organic vegetable crops contained up to 40% more beneficial compounds and organic milk contained over 90% more nutrients than conventionally produced milk.

The \$A30M experiment was funded by the European Union. Researchers from Newcastle University created two identical farms; one managed using conventional farming practices and the other managed organically. 33 academic centres across Europe participated in this four year project. The resounding conclusion was that the organic produce contained higher levels of compounds thought to boost health and combat disease.

Professor Carlo Leifert, the coordinator of the European-funded project said in a Sunday Times article that the differences were so marked that organic produce would help to increase the nutrient intake of people not eating the recommended five portions a day of fruit and vegetables. He was quoted as saying, "If you have just 20% more antioxidants and you can't get your kids to do five a day, then you might just be okay with four a day."

While the study did find that some conventional crops contained larger quantities of some vitamins, the research has confirmed that the overall trend is that organic fruit, vegetables and milk are more likely to have beneficial compounds.

To read the Times article, please visit <http://www.timesonline.co.uk/tol/news/uk/health/article2753446.ece>

Sustainable Gardening Australia

...from their website www.sgaonline.org.au

Sustainable Gardening Australia (SGA) is a not for profit association totally committed to achieving real, continually improving and easily understood environmental solutions for gardeners.

Sustainable Gardening Australia has been developing programs for gardeners since 2002. Our main objective is to help Australians garden in a way that has a positive environmental impact.

SGA offer a Sustainable Gardening Centre Certification. To become a SGA certified garden centre staff undergo SGA training, SGA customer education material is displayed in the nursery where customers will be making a purchasing decision, the garden centre adopts environmental best practice policies and practices and is audited annually to obtain and maintain certification.

Benefits of SGA Sustainable Garden Centre Certification

- Reducing the amount of environmentally damaging pesticides and fertilisers used by gardeners.
- Encouraging gardeners to avoid the use of pesticides by keeping their plants healthy- plant choice and positioning, companion planting and soil conditioning
- Encouraging gardeners to fertilise their plants with products that enhance soil structure and encourage healthy soil biota
- Reducing the number of environmental weeds escaping from gardens into natural areas by:
 - Educating gardeners about which plants are weeds in their area
 - Teaching gardeners how to control plants in their gardens to stop them spreading outside their fences.
- Reducing the amount of water gardeners use
- Encouraging mulching, plant grouping and low water use irrigation systems
- Reducing the off-site environmental damage that can be caused by gardening
- Offering alternative products to old-growth timber, whole bush-harvested plants and pots produced in unsustainable ways

Retail Nurseries are often the first, and only point of contact with home gardeners. We can take advantage of this market niche by making our businesses a destination for customers who want to know how they can garden sustainably; by reducing the environmental damage caused by gardening practices, including pesticide and fertiliser over-use, weed escapees, excessive water use, and deforestation associated with gardening products and plant harvesting. SGA achieves this by presenting alternatives and encouraging gardeners to choose these less damaging products or practices.

GOG Editor comment: Imagine my surprise when looking to recommend a local garden centre from the Victorian list on SGA's website there were NONE in the Geelong, Bellarine or Surf Coast area. The closest, at Meredith and Werribee, are under going certification. There is an opportunity here for someone! If you would like more information on SGA Retail Garden Centre Certification please contact Helen Tuton - helen@sgaonline.org.au

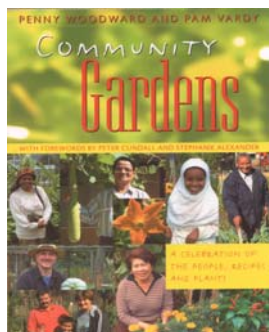
SGA offer a free monthly email newsletter, **Cuttings**. Register at <http://www.sgaonline.org.au/subscribecuttings.html>



New Library Books !

'Community Gardens'

Member No: 25 Rosemary Nugent



reviewed this book back in December 2006 and said "This is an absolutely delightful book, or, in the words

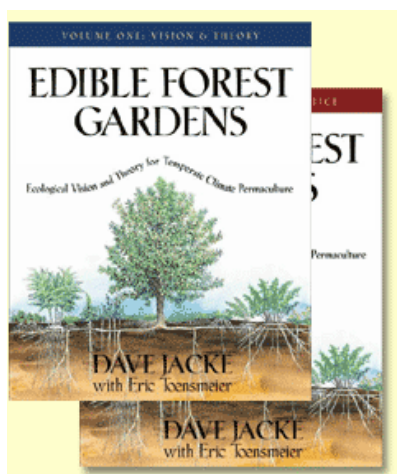
of Stephanie Alexander—an inspiring and uplifting book"

From: www.3cr.org.au/merch.htm

For four years, Pam Vardy and Penny Woodward from 3CR's Gardening Show ventured into the lives and gardens of people living in Melbourne's high-rise housing commission flats. They interviewed a wide variety of people who tend the garden plots supplied by the Department of Human Services Community Gardens Project. Many of these community gardeners are refugees of

war, poverty & natural disasters. As well as sharing their stories, the gardeners also share recipes and introduce us to a fascinating range of vegetables and herbs. Pam and Penny have created a unique book, which transcends the boundaries of other gardening books.

Member No: 121 Rachel Brown will review the remarkable 2-volume



Edible Forest Gardens for the next newsletter.

Meanwhile, I have taken these comments from the website—www.edibleforestgardens.com/about_book

"This is certainly the most thorough and realistic assessment of the potential for temperate perennial-based gardening that I have seen.

The first volume of *Edible Forest Gardens* is a superb primer on ecology as it relates to horticulture in general, and I highly recommend it even for gardeners who aren't primarily interested in useful perennials..." **Greg Williams** Publisher, *Hort Ideas*

"While the scope of the permaculture concept has expanded from its initial focus on forest gardening, it is exciting to see how the authors have brought together the ecological theory and practise necessary to further this aspect of the permaculture agenda."

David Holmgren, co-founder of permaculture and author *Permaculture: Principles and Practices Beyond Sustainability*

By Katie Drummond-Gillett

Member No: 133

Allium tuberosum

Common: Garlic Chives, Chinese chives, Chinese leeks, Oriental garlic, flowering leek.

Garlic chives have been used for centuries in China and Japan. It was introduced to Australia by Asian immigrants in early 20th century.

It is a fantastic herb and very easy to grow. It grows best in light sandy soil high in organic matter. Garlic chives can tolerate drought, and thrives with normal garden watering. In fact this plant dislikes too much watering. As with most herbs, keep cutting it and it just keeps coming back for more. It can be propagated from seed or by dividing clumps. Sow the seed at any time, but germinates best at 20°C. After harvesting green leaves, re-sprouting plants are covered



with clay pots, or commercially, with plastic film, straw mulches or earth.

Is generally free from pests in fact can be used in

companion planting to deter pests. Just don't let the weeds get in amongst it, or you will spend the rest of your life munching on couch grass in your Asian meals. It has many uses other than culinary.

Garlic Chives are quite a decorative plant and flower, but it can self-seed prolifically so remove flower heads before they set seed.

It makes an excellent ground cover and edging plant. In companion planting, it can be planted with carrots, grapes, roses and tomatoes. Garlic Chives will supposedly deter Japanese Beetles, black spot on roses, scab on apples and mildew on

cucurbits. (I have no experience of using the plant in this way, so experiment and let GOG know your results.) Chives will improve the growth & flavour of carrots & repel aphids from celery, lettuce, peas.

Medicinally leaves are ground & the juice drunk to ease bronchial problems & a paste made from leaves and roots is used to ease toothache.

Three horticultural products are derived from *Allium tuberosum*: the green and blanched leaves, the closed flower buds and the bulbs may be harvested and used like garlic. (but would take ages to chop up as they are tiny !)

Food; the leaves are used chopped in sauces, soups, salads and as a garnish. Add the chives only in the last few minutes of cooking, as they have a tendency to become stringy if overcooked. The flower buds are also used as a garnish or in Asian cooking.

In brief

WWF World Wildlife Fund @ http://www.panda.org/news_facts/newsroom/news/index.cfm 20 Mar 2008

Australia neglecting protection of wildlife habitat.

Australia has more native animals and plants needing protection but less protected habitat than many poorer countries, a new WWF-Australia report has revealed.

Vanishing central African glaciers

Forget the snows of Kilimanjaro – Africa is at risk of losing the central African glaciers that are the highest permanent source of water to the Nile. A WWF expedition to the Rwenzori mountains has gathered graphic evidence of declining glaciated areas, with new estimates being that the glaciers will completely disappear in the next 30 years

Weekly Times 06/02/2008

Food import surge A wave of cheap food imports (pig meat, canned fruit, tomatoes, frozen vegetables and dried fruit) has flooded the nation, eroding farmers' returns and forcing processors to sack staff.

Biofuel benefits under pump. A Federal Gov. report says mandating the blending of domestically-produced ethanol with petrol would hurt the agricultural sector and not benefit the environment. The Australian Lot Feeders Association said the report confirmed their fears, including increased grain prices, shortages and increased imports.

Research backs ban. Funded by the Australian apple and pear growers , research by a Spanish institute says Fire Blight can lay dormant on apples. Refrigeration, claimed by New Zealand to kill the bacteria actually prolongs its life. Australian growers are trying to prevent NZ apple imports.

Strawberry industry slams chemical findings.

Growers doubt accuracy of *Choice* findings that almost all supermarket strawberries sampled had traces of chemicals. (only organically grown produce was chemical free).

17 of the 31 samples had residues of more than one pesticide and four had



traces of 4 different chemicals. Two chemicals banned in Victoria for use on strawberries—endosulfan beta and carbaryl—were also discovered.

Olive oil. Australia's olive oil harvest could increase by 50 per cent this year—to 15 million litres. However, this is only 0.5 per cent of the world's consumption.

Farm diversity focus. Biodiversity on farms is being studied in Tasmania. Information on soils, vegetation, birds and invertebrates, spiders and ants is being collected. In bugs alone, more than 250,000 samples have been taken.

Weekly Times 13/02/2008

GM border lines blurred Simon Ramsey , Victorian Farmers Federation said SA farmers would be held back by the decision to continue the ban on GM crops in that state. An organic farmer said it opens a 'can of worms' with a number of farms having land on both sides of the border "*For contractors & seed cleaners it will be a nightmare*". SA



Farmer Geoffery Carracher believes they and WA will enjoy a market premium for GM-free produce.

Spud farmers. Thorpedale farmers have had a bumper season getting \$600 a tonne for their potatoes (\$130/tonne two years ago). However next year fertiliser goes up 100 percent as diesel prices continue to rise.

Organic wool. The first certified organic wool handler in Australia says the niche market growing as consumers become more aware of the environmental impact of chemicals. Marks & Spencer are his main clients & they pay 20 percent above conventional prices.

Rain ruins tomatoes. A 115mm rainfall in one afternoon at Echuca flooded tomato fields and ruined 10 per cent of Australia's processing tomatoes.

Weekly Times 20/02/2008



Farmers' markets *Choice* magazine calls for national standards for Farmer Markets so consumers could go to a growers market believing they were

dealing with the farmer, not a reseller.

Aussie garlic 90 per cent of garlic eaten in Australia is imported, mainly from China (full of toxic stuff!). Demand for Australian garlic is enormous—it is fresher and wins a taste test hands down.



The Organic Advantage newsletter, March 3

Honey Research from Penn State College of Medicine suggests that natural honey may ease coughs and respiratory illnesses in children more effectively than over the counter medicines.

Weekly Times 5/03/2008



Green light for GM crops

Victorian farmers do not have to notify authorities if they are planting GM crops but the companies licensed to sell the seed, Monsanto and Bayer, must report their sales annually to the federal regulator. Premier John Brumby said GM use would grow significantly as farmers sought to improve efficiency and reduce the use of pesticides. The Network of Concerned Farmers threatened legal action against farmers growing GM canola unless risk management was introduced prior to planting.

Warning on hybrid seeds

Canadian research showed canola growers saving seed from hybrids to grow the following year risked a drop in yields of up to 13 per cent. Several canola breeding companies were looking to develop hybrids in preference to open-pollinated varieties. (Surprised?)

Weekly Times 19/03/2008

New apple imports

Biosecurity Australia is assessing the risk to importing apples from China and the USA. Growers are most concerned about the latter being the 'homeland' of fire blight & even more damaging insects than NZ.

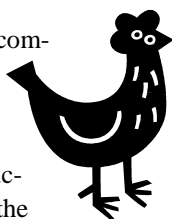


Protest in the paddocks. Greenpeace unfurled a 20M by 30M banner at a site near the SA border they claim was a GM canola trial. The sign read "GM canola knows no borders"

No weed control. The Municipal Association of Victoria say the state's 48 rural councils should refuse to do roadside weed control which the Victorian Government want to foist upon them. The MAV say the councils do not have the money.

Horticulturists to sue. A class action to be launched against Visy and Amcor after the ACCC got them for price fixing on packaging. It is estimated there are around 17,000 horticulturists affected.

Labelling cracks. A company certifying 'free range' chickens is accused of pandering to large commercial producers and watering down the standards at the expense of the integrity of free range products. This includes beak trimming and little time spent outside.



Otways berry rust attack Rust-infected blackberries planted along the Johanna and Barham rivers and through Wild Dog Valley have survived and are expected to help control the existing blackberries. The DPI say the rust is a natural organism indigenous to Europe.

Weed loophole All Victoria's 79 noxious weeds are now listed in all 10 catchment areas. Previously, one area could list a weed as noxious while it was sold in nurseries in an adjoining area. The list can be found at



www.dpi.vic.gov.au/vro/weeds/

Anti-freeze spray for vines

Melbourne University researchers have discovered the bacteria that leads to a frost causing protein on grape vines. Without the bacteria, vines can withstand minus 12 degrees without damage. US scientists are developing a strain of the bacteria that does not produce the ice-developing protein. They believe they can spray this on the vines and it will outbreed the nuisance one. In 2006 frost killed the flowers on the vines in many areas leading to no fruit.

Weekly Times 12/03/2008

Fertiliser pains grows Farmers expecting another 20 percent rise in fertilisers while Incitec Pivot expect a rise of 135 percent in profits this year. Senator Heffernan calls for an inquiry into why global fertiliser prices have risen 150 percent this year.

Water buyback best. Dr Alistair Watson, freelance agricultural economist, says the \$10 billion National Water Plan should be scrapped and replaced by a sole focus on buying water from irrigators. He said 60 percent of the money was for upgrading irrigation system which is costly, ineffective and hard to manage. The emphasis was on costly engineering solutions to water shortages (and the potential for water savings were exaggerated) rather than environment problems. He favours a gradual buyback of water licences with a clear idea of what environmental improvements could be achieved.

Reclaiming river frontages. The Victorian Environment Assessment Council *River Red Gum Forests Investigation* recommends phasing out domestic stock grazing public water frontages over 5 years—and grazing on national parks and nature conservation reserves to end immediately. Landowners will have to pay the cost of fencing off areas to stock.



Roundup not ready The rapid expansion of 'Roundup ready' crops means tight supplies and increasing prices globally for glyphosate. The price of Roundup has quadrupled in the last 12 months.

GM courses grow. A spokesman for Monsanto, Nufarm and seed companies Pioneer, Pacific Seeds and Nuseed said there has been a positive interest in the benefits of growing Roundup Ready canola in the first series of accreditation courses in Victoria and NSW.

February meeting notes:

Yarrow: plant under stone fruits to prevent leaf curl

Harlequin bugs: Home made pyrethrum spray: make a tincture from flowers in water and leave in the sun. Mix with liquid soap and methylated spirits to spray. (ED note: anyone got a proper recipe?)

Earwigs: Make rolls of fluted cardboard where they can hide in the day time. Then tap them out into a bucket of hot soapy water – or kerosene. Or feed them to the chooks. Bowls of beer apparently work as well, as for snails.

Pepinos not producing: Maybe too much Nitrogen producing too much leaf growth, maybe lack of potash. Bill Nicholson said he only applies good compost and water.

Snow peas being attacked by a stick-like caterpillar. Suggested it is a **looper** (arches its body as it moves) - just remove by hand.

Organic mulch & Straw – available from Ackroyd & Dadswell in Douro St., North Geelong

Best animal manure? – some insist cow is best due to its digestive system. Darren Aitken likes 90% cow, 10% chicken. All manures should be composted. (Ed note: Rodale's Encyclopedia says "*rotted manure is richer in plant nutrients*")

Dr Elaine Ingham, soil ecology expert. Steve Findlay would like to go to one of her courses when she visits Australia. See www.soilfoodweb.com.au/index.php?pageid=322.

'Elaine has knowledge on how to ensure a healthy foodweb to promote plant growth and reduce reliance on inorganic chemicals. Attendance at Elaine's courses is always very high a speaker with such a depth of knowledge and dynamic presentation style, who is respected the world over as a leader in research of the soil foodweb. (Ed Note: I also note from the website "Elaine is a strong advocate of sound ecological testing of all genetically engineered organisms before they are released into the environment.")



We are delighted to host Cuban permaculturist Roberto Perez, (who features in the inspiring film *"Power of Community"*) in Geelong for one night as part of his Australian tour.

Tuesday April 8, 6 pm Cuban/Latin Festa incorporating **Roberto Perez** speaking on *The Cuba Experience: Food Security and Sustainability*, and a Cuban Dance party: music by **Los Locos**, Cuban Academy of Dance show; and free Cuban dancing lessons, Wholefoods Café food, displays and raffle.

Tickets \$5 from -

Wholefoods; Diversitat (GW Town Hall); PULSE 94.7 FM, Market St & Geelong Trades Hall, Myers St.

More information about Roberto's tour can be found at

http://www.permaculture.com.au/web/index.php?option=com_content&task=view&id=77&Itemid=78 and about the film *"Power of Community"* <http://www.powerofcommunity.org/cm/index.php>

We look forward to seeing you there!

Bought to you by—Barwon Heads Community Arts Garden; Geelong Organic Gardeners; Geelong Sustainability Group; Geelong West Community Garden; Otways & Coast Permaculture Group; Torquay's Danawa Community Garden



The Geelong West Community Garden

by Rosemary Nugent, GOG Member No: 25

The Geelong West Community Garden has come to life again with changes to water restrictions last year, permitting the watering of gardens two hours a week.

The opportunity to grow and water our own produce again during a regular timeslot has meant not only the harvesting of many vegetables but, perhaps more importantly, it has revived our sense of community. Gardeners have been enjoying the regular social sessions while tending their plots.

Community garden members have also continued to beautify the garden with mosaic creations, which has been great fun and enormously satisfying.

After receiving a Community Arts grant from council last year to hold a mosaic workshop, members plus other locals, including GOG members, worked enthusiastically under the direction of local artist Helen Millar (see photo) to produce some stunning mosaics on totem poles which sit proudly in the garden.

Helen has kindly assisted us to hold further workshops, but we are aiming to become self-sufficient as we create small

mosaic features to hang in the trees, and mosaic numbers for each plot.

The growth of vegies & herbs plus the increased social interaction & colourful decorations sprinkled through the garden at 129 Autumn St, have made our spirits soar!

Other highlights for us have been our involvement in, and support of, the screening of *'The Power of Community'* and the visit to Geelong of permaculturist Roberto Perez. It has been a good way to help spread the word about how a community can band together to change lifestyles and attitudes and create a low energy society with sustainable practices.

Witnessing the launch of the Barwon Heads Community Arts Garden was also rewarding and inspiring – congratulations to Sam, Ralph and the Barwon Heads crew who have achieved amazing things in a relatively short period of time. It seems like only yesterday that Sam visited the Geelong West Community Garden as she wanted to start one at Barwon Heads, but in fact, it was just over one & a half years ago – so much achieved in so little time! It really does look spectacular & has lots of positive vibes.

Meanwhile the garden has won this award –

Rotary International District 9780

Preserve Planet Earth

Water and Environment

"Environmental Good Practice Award"

Honourable Mention 2007-2008

Presented to Geelong West Community Garden Group

Nominated by the Rotary Club of Highton Kardinia



In recognition of over twenty years of promoting sustainable gardening practices in a community setting, and for the group's practical demonstration of waterwise gardening by installing water-saving tanks and drip irrigation system in the communal area of the garden.

Congratulations Team !

Poor year for tomatoes

Peter Cundall noted (*Weekly Times 12/03/2008*) many home-grown tomatoes suffered due to the dry conditions and unusual temperatures this summer.



However, he did well and he believes it was due to his soil preparation. He sowed green manure crops wheat, barley, feed oats, mustard, sunflowers, tic-beans and annual lupins (available from agricultural stores by the kilo) in Autumn (like now!). He also added out-of-date seed, sheep and chook manure & weak fish emulsion.

By mid-July he had a great tall crop of green and sappy plants to smash down and dig in. By spring this provided a soil full of decomposed organic matter plus extra nitrogen fixed by the legumes. This made each bed a huge rich sponge to retain water.

Noting the weird spring weather (some hot days then unseasonably cold in the southeast of Australia), he laid plastic over the soil to increase soil warmth, made holes to plant the tomatoes and protected them with plastic grow tubes supported by 3 stakes. He removed these mid-December and had fruits formed by Christmas—in Hobart. The plastic was replaced with thick straw mulch to retain moisture and plants watered by hand twice a week.

See more on Green Manures over the page!

Fruit trees and watering

— Alan McGuire, Member No: 162

Just a short thought on planting fruit trees. I have a lemon tree and a blood plum tree at each end of a garden bed. When they were young, I dug a trench alongside, but away from the roots between both trees. I then laid a length of flexible slotted agricultural drain pipe in the bottom the trench with either end coming to the surface. I then back filled the trench with compost and loose soil. I can now water both trees below the root line, saving evaporation and the trees have water on demand. The other thing I should have done was to put a bucket of iron shavings below the lemon tree as I am told they like a slow release of iron. No doubt someone in the club could add to this and improve. It has come in handy in the drought as both trees have survived and are fruiting and I can run water from my tanks into the piping.

Bill Nicholson's Seed Sowing Guide



<i>Southern Victoria</i>	Apr	May	Jun
Artichoke, Jerusalem			x
Asparagus crown		x	x
Beans, Broad	x	x	x
Broccoli	x	O	O
Cabbage	x	x	x
Cabbage Kai & Bok Choy	x		
Carrots	x	x	x
Cauliflower	x	x	x
Cress	x	x	x
Endive	x	x	x
Garlic, cloves	x	x	x
Leeks			x
Lettuce			x
Onions	x	x	x
Onions, Spring	x	x	x
Parsley	x		
Parsnips	x		
Peas			x
Potatoes		x	x
Radishes	x	x	x
Rhubarb, Crowns			x
Salsify	x		
Shallots, cloves	x	x	x
Spinach	x	x	x

O- Broccoli – avoid bugs by planting from May to July.

Watch for aphids on leaves, attack with soapy water



Please return your library borrowings !

Members who were not able to attend the next meeting and have outstanding books must make arrangements to return them.

If you cannot give them to another member to return please put items in the box at the front door of Librarian **Jennifer Hornsey at 256 Bellerine Street, South Geelong** (south side of railway line)

Green manures

information taken from various websites as shown.

Check them out for more technical information on the benefits, and growing times, of the many options on green manure crops.

www.greenharvest.com.au/seeds/green_manure.html

Green manures are a cornerstone of ecologically sensible agriculture. They can provide outstanding benefits for the soil, crop and you, the gardener by:

- Increasing organic matter, earthworms and beneficial micro-organisms
- Increasing the soil's available nitrogen and moisture retention
- Stabilising the soil to prevent erosion
- Bringing deep minerals to the surface and breaking up hardpans
- Providing habitat, nectar and pollen for beneficial insects and reducing populations of pests
- Improving water, root and air penetration in the soil
- Smothering weeds

Growing a green manure crop is as easy as throwing out a handful of seed onto freshly cultivated ground, followed by raking to cover the seed.

"Digging the crop in" at the end isn't necessary, as by cutting the plants at the base while still green and lush, usually just as flowers form and leaving the green manure crop on the surface you have 'instant' mulch. This is cheaper than constantly buying in mulch and doesn't introduce new weeds.

A combination of a legume and a grass works well, the legume providing nitrogen and the grass, such as oats in winter or Japanese millet in summer, the bulk of the organic matter in the form of large quantity of roots.

An important advantage of legumes is their unusual ability to obtain nitrogen, a major element needed for plant growth, from the soil air.

(Ed Note: Green Harvest have a range of seeds for green mulch and explain what each is good for).

home.vtown.com.au/~dbellamy/soil/green.html

(Originating from Hobart, this is the grassroots e-source for information about the basics of backyard organic gardening.)

As the late summer and autumn vegetables are harvested large areas of soil remain exposed and begging to be covered. By careful selection of the types of green manure used, the nutrients and trace elements can be drawn from a range of soil depths and incorporated with the nitrogen extracted from the air.

The legumes, such as broad beans, grey peas, lupins or clovers provide the advantage of little nitrogen factories (rhizobia bacteria nodules) busily manufacturing Nitrogen from the air, along with deep foraging root systems. Cereal grasses such as ryecorn, oats, barley and millet exploit the shallower depths of soil and combine well with a legume.

Rape and mustard are commonly used as green manures, and are known to collect potash. Mustard is also known to rid soils of wire-worms. It must also be remembered that rape and mustard are from the brassica family and should never be followed by crops of other brassicas, such as broccoli, cabbage and cauliflower.

Finally make the most of the warmth still in the soil & plant your green manure or cover crop before the cold winter weather sets in.

www.abc.net.au/gardening/stories/s360348.htm

It is preferable to dig the crops in before they become woody. Trample the plants down, and try to bury them in the soil. Any unburied material will rot down very quickly. The soil conditions that are created are ideal for encouraging worms and beneficial micro-organisms.



Woody or stinky plants may deprive the soil of nitrogen. To overcome this, apply extra nitrogen through a generous mixture of manure and blood and dig this in with the plants. This will help to break down material and prevent these plants from robbing the soil of any further nitrogen.

A green manure crop will provide friable and fertile soil conditions for further planting. It will counter any erosion, baking, loss of nutrients and damage to micro-organisms that may occur if the ground was left bare.

www.cogs.asn.au/articles/manures.htm

(This is the website of Canberra Organic Growers Society)

Green manure crops contribute indirectly to nutrient supply as well. The process of decomposition of the crop aids in making further nutrients available that are already present in the soil but in a form that cannot be used by plants. It is believed that this happens through the actions of decomposition products including carbon dioxide and organic acids. An example of this indirect contribution is a barley crop. Peter Bennett recommends growing a green manure crop of barley before a crop of tomatoes, since tomatoes have a high require-

ment for phosphorous and barley somehow increases the uptake of phosphorous in crops following it.

When incorporated into the soil, green manure crops can supply vast amounts of organic matter. Organic matter can also be supplied through mulches as well as through the incorporation of a green manure crop, but this usually involves greater expense. It can also be difficult to locate a source of good clean mulch such as straw that you know has not been sprayed with any chemicals, whereas, as an organic gardener, you know your crop is clean and does not contain unwanted chemical residues.

A good healthy soil should contain approximately 5% organic matter. While this may seem to be a small component of the soil, it is a vital one. According to the La Motte Soil Handbook "No other constituent plays such a major beneficial role in the soil environment and gets so little credit as does the organic fraction". Indeed it was the emphasis placed on organic matter in the soil by the early proponents of organic growing that gave our method of agriculture its title.

Why is organic matter so important? Because decayed organic matter, or humus as it is called, is the key to soil structure, nutrient supply and the biological vitality of the soil.

The presence of humus in the soil also increases the amount of water which can be held in the soil. This is critical in making a garden drought resistant. In a dry season water applied to a garden is wasted if that water runs away and does not stay near the root zones of the plants.

Drought resistance can also be improved in another way by the use of green manure crops. Many of the legumes used as green manures, such as alfalfa, lupins and sweet clover, are very deep rooted crops. Their roots can penetrate the subsoil and open it up which is an important improvement in compacted soils. Subsequent vegetable crops can use the channels in the subsoil to allow their roots to reach deep into the subsoil and obtain water from the lower levels. It is worth

remembering that many common vegetable crops are capable of putting down a large root system if the soil is loose enough. For example, in a deep, well structured soil, tomatoes can put roots down 150cm with the main root zone down to about 55cm and pumpkin and sweet corn roots can reach down to 180cm, with the main root zone down to about 60cm.

Crops can also obtain plant nutrients from the subsoil once it is opened by deep rooted green manure crops. Sourcing nutrients from these deeper levels of the soil has proved a major benefit for crops grown on farmland where the topsoil has either been eroded or has been worn out from overcropping. It is important in young gardens where the topsoil is thin.

www.organicexchange.com.au/all/fcmmgm00.htm

(The Organic Exchange.com.au— Farming and grazing info you can walk out and use)

Instead of harvesting or grazing, the green manure is slashed and left on the soil surface or is ploughed into the soil. Green manures take some time and planning, but cost little to put into your rotation.

Green manures have been used for centuries but went out of fashion over the last 50 years in many of the "more developed" countries because they were seen as a slow way to do what bought fertilizer could do.

But the best that fertilizers can do is improve the chemical fertility of soil in the short term. And fertilizers feed the plant instead of feeding the soil.

If instead you feed the soil with a green manure, you feed all the soil organisms and improve the biological fertility of the soil. Having a biologically fertile soil is like having a strong, fit and healthy body that is able to resist disease naturally rather than one pumped up on steroids. A healthy soil is more able

to resist changes and cope with long dry spells or other extremes that could otherwise damage the soil flora and soil fauna (plants and animals that live in the soil).

By growing green manures you provide soil organisms with a home, moisture, nutrients and other conditions that benefit them. These organisms convert the nutrients in the green manure into available nutrients for crops. Because these organisms are more active with a green manure than without one, they also convert the unavailable nutrients in the soil into available nutrients. In the process, they improve the general soil conditions.

Ed Note: here is an example of one of the benefits of Green manures— listed on Organic Exchange—

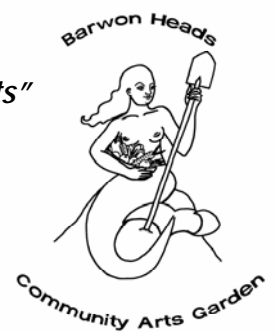
Nutrients made more available

Different plants have different abilities to get each of the major and minor nutrients every plant needs. If your green manure and your crop have different abilities, the green manure can get nutrients your crop can't. As the green manure breaks down, these nutrients come out of it and are more available to your next crop than they were before.

Making more available the nutrients in fertilizers and soil amendments (see right). By applying fertilizers (particularly slow-release ones like rock phosphate & slow-moving rock dusts) when you plant the preceding crop or the green manure, you increase the benefits from the fertilizer. Many soil improvers only move slowly into soil water or onto soil particles where they can be taken up by plants. The increased biological activity after a green manure will speed the availability. Also some of the fertilizer will get used by the green manure and will then be released as it breaks down.

Soil amendments are materials that improve the soil but are not mainly a fertilizer, that is they are not mainly for supplying nutrients. They include lime, gypsum, dolomite, organic matter, compost and some rock dusts.

Barwon Heads Community Arts Garden



"putting down roots"

MEDIA RELEASE

There is a quiet revolution that has been happening across the suburbs of Melbourne for nearly 30 years. Groups of people from different cultures and a range of ages and abilities have come together to grow food in beautiful, little pockets of unused land. They grow food and develop friendships, the keystones of a healthy community. It is also happening in Geelong!

Geelong West's quiet achiever has a community garden that has just had its 20th birthday celebration, the Surf Coast Shire has Danawa, a 5 year old garden for Torquay and Jan Juc residents. Now it's happening on the Bellarine Peninsula too.

"Community Gardens are places where people come together to grow fresh food, to learn, relax and make new friends"

Australian City Farms and Community Garden Network.

The Barwon Heads Community Arts garden Inc. is a volunteer, community- based productive Permaculture garden, art co-operative and environmental demonstration site. The garden shall be used as a community gathering place and gardening space, a place for the creation and display of art and a place for community education- for all people regardless of age, ability or culture.

Permaculture is a design system that enables us to create and maintain a healthy lifestyle by embracing principles of sustainability.

The BHCAG group was established in July 2006. It has gone through a process of Community Consultation, developed a 3 year masterplan and has site plan approved by the City of Greater Geelong. Currently it has around 60 members and huge local support. The garden will be established in a corner of the Moonah Gates Park on the Geelong- Barwon Heads Rd, concurrently, we will be helping to establish a second garden on the grounds of the Barwon Heads Primary School to use as a teaching tool similar to the Stephanie Alexander school kitchen garden program which teaches children where their food comes from, how to grow it, harvest, prepare and eat it. This program is highly successful in putting the environment and nutrition into the school curriculum.

We wish to establish a community driven, continually evolving garden. It will contain a productive organic veggie patch and a food forest that is also full of flowers, colour, sculpture, art and people! Open for general public visits, it will be a water-wise and environmental demonstration site to encourage people to continue to garden even with drought restrictions.

With climate change a big issue for everyone we would like to promote sustainability showing ways you can reduce your ecological footprint. Growing at least some of your own food and building up your soil from compost is one of the easiest ways to be more sustainable! This puts valuable organic matter (carbon- being the basic building block of life) back into the soils. Building soil carbon is thought to be a quicker solution than planting trees to combat the effects of climate warming. This is known as **climate positive gardening**.

It has been estimated that 25% of carbon dioxide (CO₂) released into the atmosphere by humans is a direct result of us not growing our own food. The emissions start with fuel used to plough fields, to harvest crops, processing and packaging for shipping and transportation. Refrigerated storehouses and supermarkets are also big producers of CO₂. But that's only part of the story because of all the herbicides and pesticides used to grow crops are made from oil as well.

Melbourne has CERES Community Environmental Park which showcases simple activities that everyone can adapt to make their lifestyles more sustainable. The Barwon Heads Community Arts Garden Inc. would like to be the **CERES BY THE SEA** not just for residents of Barwon Heads and Ocean Grove but for everyone in Geelong and the Bellarine Peninsula.

Mission;

To promote

- Supportive community development and education
- Inclusive community interaction
- Permaculture principles
- The value of locally grown, organic food
- Sustainable and healthy lifestyles
- Artistic and creative endeavours

The Barwon Heads Community Arts Inc. is currently fundraising, applying for grants and seeking local corporate sponsors to make this vision a reality. If your business wishes to become more carbon neutral and make a real positive difference to our future contact Sam Smith on 0410 653939 or samsmith@jc.com.au



Above: The Mandala garden in the foreground are plots for 'communal diggers' who want to come along occasionally to get their hands dirty.

Rachel Brown & Charlie, Rosemary Nugent, Sam Smith at the entry gates

Barwon Heads Community Arts Garden Open Day *by Judy Cameron*

Rachel Brown, Rosemary Nugent and I attended the official opening on Saturday, March 15. Local councillor Peter McMullin cut the ribbon to the metal entry gates (made by local artist Karen McGlynn).

To get a Community Garden to this stage so quickly is an amazing feat as Community Garden development goes.

Sam Smith, one of the driving forces on the community garden team, thanked their committee, the local businesses and contractors who gave time, resources and money. Cr McMullin and the City of Greater Geelong were also recognised for their support and contribution to the project.

Designed along Permaculture lines, the garden is like any other – a work in progress. Sam envisages this time next year the area will be a lush, beautiful, productive space. Congratulations Barwon Heads!



40 fruiting trees and shrubs were sponsored mostly by gold sponsorships at \$100 each, silver \$50 & bronze \$35



There 2 x 32500 litre tanks. The portable roof will be extended by skillions another 3.5m either side giving a 100m2 collection area. (Barwon Water will also donate decommissioned water if needed).

There are 12 personal allotments, including the raised beds, and a waiting list for 5. They may squeeze them in or expand the site once Stage 2 is in place. This includes an accessible ramp, the skillions, compost toilet, poly house & pizza oven.

Personal allotments cost \$50 per year, communal diggers \$10/ family \$15 and Friends of the Garden \$5.

The plan for the truck (donated and rescued from a paddock in Connewarre) is to have plants growing out of every hole. Nature to take over as an 'ode to peak oil'!



Reuse in the garden! Mini hot houses to promote young seedlings.



Organifieds—free ads for GOG members

Edible Garden Design Course : Monday 21st and 28th of April. 7pm-9pm. \$30:00, \$25 for GOG members. **Rachel Brown** – grbrown@ncable.net.au 0430 057 323

Use of land in exchange for gardening: Land available in Moolap (approx 1/2 acre) for cultivation in exchange for help maintaining a neglected garden. Please contact **Hugh Kingsley** on 52487404 if you are interested in such an arrangement.

FREE THINGS:

Bantam Chook 1 year old, reason for giving up? Thinks she is a rooster, would prefer a bush home with nice views, currently in Geelong West and needs space as bosses other chooks. **Katie** 0405 569 622

Garden soil – about three trailer loads of garden loam dug up and ready to go. Central Geelong West. Please phone **Trish** 5223-2407

Rose Olympic Games Year 2000 (gold) a small rose plant with small flowers.
Jen Harriott 52 436167 or 0412 939927

Welsummer rooster to a good home-free.
Mary Rose Coleman 5264 5207

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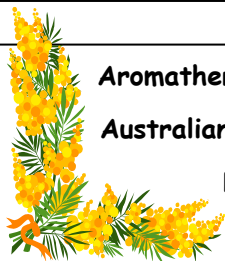
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Silvana: 52439641



LARA ROSE GARDEN



Roses; vegetable & herb seeds & seedlings; native trees & grasses; olive trees; mulches; water tanks; Aerobin composting bins. Pruning; tree & stump removal; mulcher hire; garden construction.

John Purtill, 310 Patullus Rd, Lara 5282 8555, Fax 5282 8855 or mob 0418 354500.

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GOG Committee 2007/08

Chair/Correspondence Sec:

Trish Jardine 5223 2407

Vice Chair: Rachel Brown 5240 3463

Minute Secretary:

Matthew Walters 0428 628 925

Treasurer: Graeme Webb 5222 1073

Librarian: Jennifer Hornsey 5229 5674

Library Loans: Jan Bullock 5282 4262

Committee Members:

Jen Harriott 5243 6167

Quill Walker 5247 0676

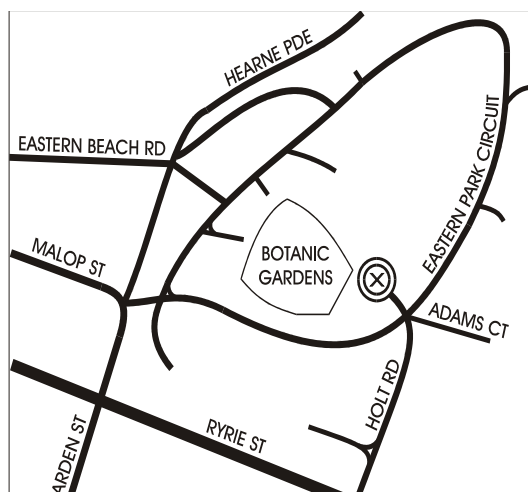
Geoff Leaman 5244 0155



GOG Seed Bank curators:

Pam & Terry Bolton 5253 2406

Geelong Organic Gardeners meet in the Geelong Botanic Gardens meeting room—marked with an X on the map—



About Geelong Organic Gardeners Inc.

Meetings are held at 7:30pm on the second Monday of the even numbered months (rescheduled if this falls on a public holiday) in the Geelong Botanic Gardens meeting rooms. (see map above)

We have field trips during the odd numbered months, except January.

Membership Fees

are due on September 1st each year.

\$26 General / Family *

\$18 Concession *

***less \$6 if newsletter emailed**

New members paying after April 1st may pay half price.

Members receive 6 newsletters a year and are entitled to use our library, seed bank and sales tables.



Library

Members are entitled to

borrow from the Geelong Organic Gardeners shelves up to 3 books per meeting, one current magazine and an unlimited number of past editions. *These are to be returned by the following meeting.*

Friends Of The Botanic Gardens books, and those of other groups sharing the library area, are not for loan but may be referred to on the night. These must be returned to the correct position on the shelves.

Meeting Sales Tables

Members donate excess produce and plants to raise funds for the club. These are sold after the meeting has ended. (Please price all items before placing them on the table!)



Commission

sales Members may bring their produce and home made products (no commercial items) to sell, giving 10% commission to the club.

Seed Bank

Members donate seeds which can be purchased at a nominal price.



Newsletter

Articles gladly received by Editor Judy Cameron 5222 1073
email: jcameron@ncable.net.au

Registered address:

26 Albert Street
Geelong West 3218
Phone: 5223 2407

Disclaimer: Every effort is made to contribute reliable information in our newsletters, however Geelong Organic Gardeners and its committee accept no responsibility for the accuracy or reliability of any information, articles or opinions expressed as these may not be the views of our committee or Geelong Organic Gardeners Inc.

Reuse in the Garden

Anne Lambert M/No: 122

CLEAR PLASTIC FRUIT CONTAINERS (like Aldi sell their stone fruit in) with another one to act as a lid, becomes a portable cuttings striker. A couple of this size would easily fit in the car boot to use when visiting kind friends who would like to share their garden with us.

Trish Jardine M/No: 20

CAKE PACKAGING (flat tray with the clear deep lid that fits over the cake) make mini greenhouses for seed raising.

A DEAD BAR FRIDGE makes a perfect insulated, vermin proof storage cupboard for my seeds. The grille off the back of it became a climbing frame. (dead fridges also make great worm farms when laid on their backs)

OLD COTTON AND WOOL RAGS are best for tying plants to stakes. At the end of the growing season you do not have to untangle them from your tomatoes etc, - just put the whole lot in the compost



Judy Cameron M/No: 52

TOILET ROLL MIDDLES: stand in a tray or box, fill with soil, plant a seed in each (or a cutting), when seedling / cutting is strong enough and does not need daily attention for moisture, plant the tube in the garden.

REGISTERED ADDRESS

26 Albert Street Geelong West, 3218



GEELONG ORGANIC GARDENERS INC.

REGISTRATION : A0012071C

Newsletter

PLEASE
STAMP
ME
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