

Geelong Organic Gardeners

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

Newsletter: February—March 20

Editor: Judy Cameron 5222 1073

February meeting

Monday 11th 7.30 pm

Seed saving

Speaker: Darren Aitken, passionate seed saver and Inverleigh biodynamic farmer. No doubt GM seeds will get a mention too. Darren's booklet 'Seed Saving' is in our library.



Ponder this:

Albert Einstein once predicted that if bees disappeared mankind would last only four years.

Welcome new members



Kerryn Bennett—Belmont
Sharon Beattie— Grovedale
Alan McGuire—Norlane
Ingrid Hillman—Belmont
Cynthia Roseburgh—Lara
Denise Marshall—Belmont
Darren Aitken—Inverleigh
Carol Smith— Geelong West
David & Doreen Hart—Lovely Banks
Catherine Baker—Teesdale

We now have 106 memberships

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 11). Dates for 2008:

Feb 11 April 14
June 2 Aug 11
Oct 13 Dec 8

March field trip

Sunday 30th

Paul Smith's Certified Organic Farm

255 Parkers Rd, Deans Marsh

Leave Geelong at 8.45am arrive at 9.45. See herbs, fruit, vegetables, chooks, goats and much more .

LUNCH 12:30pm BYO picnic to eat at Paul and Seona's or buy at the nearby Martians Cafe.

Some people may also like to visit Mike & Wendy at the local native nursery '**Otway Greening**' , Pennyroyal Station Rd, Deans Marsh

Glen Loch Organic Apple Farm.

Travel to Juli Farquhar's at Gellibrand -arrive around 1.45 for a 2pm start .

Juli will share with us her valuable knowledge and the trials of managing the farm .

Glen Loch is a 14 acre property on the river flats of Gellibrand. Of the 2,000 or more trees, half are commercial varieties and half are "unusual", grown for their rare or special qualities. Apples and Nashi will be available for sale.

Conclude at 4pm - trip home approximately 1.5 hours.

Diary Dates

Sustainable Living Festival

Federation Square: Feb 15-17
see <http://www.slf.org.au/festival/>

Seymour Alternative Farming Festival

 also February 15-17

Power of Community screening
Feb 29 (see more page 8)

Roberto Peres in Geelong to speak April 8 (see page 8)

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New beginnings for 2008, the year of...

from the Organic Traders' and Consumers' Network (OTACNet) *NewsWire* December 2007.....

climate change: - let's take the debate beyond burping cows and food miles to real organic food and sustainable agriculture.

health: - healthy soil = healthy plants = healthy animals = healthy humans. This observation made by Sir Albert Howard in the 1940's is just as true today - it all comes back to soil health.

community: - linking food to growers; linking city and country; talking with farmers and developing Community Supported Agriculture; growing your own food and community gardens.

food security: - let your voice be heard loudly by our politicians and retailers, speaking out against GM, food irradiation and cloned animals.

health at home and at work: - bring environmental and sustainable green practices and awareness into the work place and the home.

personal responsibility: - learn how to read labels; recognise that the purchases you make send a message to the manufacturers and the government.

education: - learn more about the products you buy - there's a lot of 'greenwash' out there. There are films to see, books to read and talks to attend.

communication: - tell your retailer what you want to buy; tell your friends and family what to look for; write to manufacturers and your member of parliament.



Plant a fruit tree or two in 2008

financial/food quality/health: - the relationship between these needs to be put firmly on the table. The health and environmental costs of cheap industrial food can no longer be accepted.

For Rachel Brown, GOG Vice-President: this is the year for her presenting an Edible Organic Gardening course. Rachel is a Landscape—and Permaculture—Designer. More later!

For Liz Raimondo, GOG member: - this is the year for learning and sharing more about organic gardening and new food experiences with my children, family and friends!

For Judy Cameron, Newsletter Editor: this is the year to move to the 5 acres at Bambra and develop a permaculture garden. The house should be finished by early April.

2008 is the United Nations **International Year of the Potato.**

2008 has been declared The **Year of the Scout** by the Australian Government

The International Coral Reef Initiative declare 2008 the **International Year of the Reef** to raise awareness about the value & importance of coral reefs & threats to their sustainability

The European Commission proposes that 2008 be **European Year of Intercultural Dialogue**

Amphibian Ark declares 2008 the **Year of the Frog** to raise public awareness of the amphibian extinction crisis and to raise funds for conservation

On the Chinese calendar, 2008 is Lunar Year 4705-4706

from www.chiff.com

On the Western calendar, the start of the New Year falls on **February 7, 2008 — The Year of the Rat.** If you were born in 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996 - you were born under the sign of the rat.

Chinese New Year starts with the New Moon on the first day of the new year and ends on the full moon 15 days later.



The Chinese calendar is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to "catch up" with the solar calendar the Chinese insert an extra month once every few years (seven years out of a 19-year cycle). This is the same as adding an extra day on leap year.

The presence of the ancestors is acknowledged on New Year's Eve with a dinner arranged for them at

the family banquet table. The communal feast called "surrounding the stove" or weilu. It symbolizes family unity and honors the past and present generations.

Shooting off firecrackers on New Year's Eve is the Chinese way of sending out the old year and welcoming in the New Year. On the stroke of midnight on New Year's Eve, every door in the house, and even windows, have to be open to allow the old year to go out.

International Year of the POTATO 2008

from www.potato2008.org/

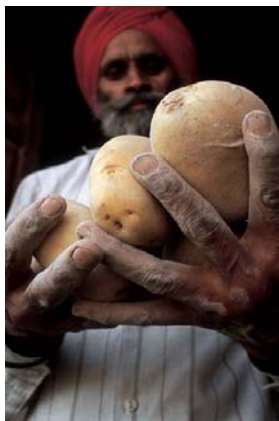
The celebration of the International Year of the Potato (IYP) will raise awareness of the importance of the potato - and of agriculture in general - in addressing issues of global concern, including hunger, poverty and threats to the environment.

Over the next two decades, the world's population is expected to grow on average by more than 100 million people a year. More than 95 percent of that increase will occur in the developing countries, where pressure on land and water is already intense. A key challenge facing the international community is, therefore, to ensure food security for present and future generations, while protecting the natural resource base on which we all depend. The potato will be an important part of efforts to meet those challenges.

Potatoes feed the hungry

The potato should be a major component in strategies aimed at providing nutritious food for the poor and hungry. It is ideally suited to places where land is limited and labour is abundant, conditions that characterize much of the develop-

ing world. The potato produces more nutritious food more quickly, on less land, and in harsher climates than any other major crop - up to 85 percent of the plant is edible human food, compared to around 50% in cereals.



Potatoes are good for you

Potatoes are rich in carbohydrates, making them a good source of energy. They have the highest protein content (around 2.1 percent on a fresh weight basis) in the family of root and tuber crops, and protein of a fairly high

quality, with an amino-acid pattern that is well matched to human requirements. They are also very rich in vitamin C - a single medium-sized potato contains about half the recommended daily intake - and contain a fifth of the recommended daily value of potassium.

The world potato sector is undergoing major changes. Until the early 1990s, most potatoes were grown and consumed in Europe, North America & countries of the former Soviet Union. Since then, there has been a dramatic increase in potato production and demand in Asia, Africa & Latin America.

China is now the biggest potato producer, and almost a third of all potatoes is harvested in China and India.

The plant

The potato (*Solanum tuberosum*) is an herbaceous annual that grows up to 100 cm (40 inches) tall and produces a tuber - also called potato - so rich in starch that it ranks as the world's fourth most important food crop, after maize, wheat and rice. The potato belongs to the Solanaceae - or "nightshade" - family of flowering plants, and shares the genus *Solanum* with at least 1,000 other species, including tomato and eggplant.

As the potato plant grows, its compound leaves manufacture starch that is transferred to the ends of its underground stems (or stolons). The stems thicken to form tubers close to the soil surface. The number of tubers that actually reach maturity depends on available moisture & soil nutrients. At the end of the growing season, the plant's leaves & stems die down to the soil level & its new tubers detach from their stolons. The tubers then serve as a nutrient store that allows the plant to survive the cold and later regrow and reproduce.



Factsheets on potato www.potato2008.org/en/potato/factsheets.html

To deepen understanding of the potato's role in world agriculture, the economy and global food security, the UN Food and Agriculture Organization specialists have compiled a series of factsheets on key issues in potato development, eg:

Potato and biodiversity

By conserving - and utilizing - the potato genetic diversity developed

by their ancestors, small farmers in the Andes are helping ensure world food security.

Potato and gender *Around the world, rural women are essential to conservation, seed selection and planting,*

The global potato economy

Developing countries are now the

world's biggest potato producers - & importers - & consumer demand is shifting from fresh tubers to processed products.

Potato pest and disease management *Combating pests and diseases with intensive use of insecticides and fungicides often does more harm than good. An array of alternatives is available.*

In brief

Diggers Christmas Garden Catalogue 2007(available in our library)

'An Inconvenient Truth' for gardeners. Help cure climate change in your backyard, says Tim Sansom, a Digger's Club director, by actively locking up carbon from the atmosphere by gardening organically.

The science behind organics and healthy food. Former CSIRO scientist Maarten Stapper supports holistic approaches—“real medicine must start with our diet & food preparation””the petrochemical solution is not working, all such production systems in the world are on a treadmill, needing & more chemicals and fertilisers”....”the modern specialist scientist knows more & more about less & less'”no problem will be solved with the same level of thinking that created it in the first place”...the next successful modernisation in agriculture will be through eco-technology, where farming works with, not against, nature.”

Weekly Times 5/12/2007

Rodney keen to get on with it.

Rupanyup grower of GM canola trials, Rodney Weidemann, is looking forward to the benefits of growing GM canola. He has seen his trial plots survive a dose of Roundup, *hopes* to lift yield 10-15%, and believes these benefits will outweigh the extra cost of seed.

GM crop push

The European Union is under pressure to relax its stance on GM crops after a warning on a major feed shortage that could put many livestock farmers out of business.



On a date with destiny

An orchardist near Berri, SA took on drought and salinity by planting date palms, with pomegranates and Jerusalem artichokes underplantings, and irrigating the lot with a dripper system.

The way to green

The Natural Heritage Trust is providing funds to the Gippsland Future Foods and Fibre project aimed at encouraging farmers and fishers to adopt sustainable principles.

Industries in carbon stand

Australian wine, vegetable and fruit industries are researching their carbon footprints with reports indicating the impact of climate change is far greater than earlier expected. “*Consumers are starting to demand carbon labeling and we need to be able to say something that's proven by science*”.

Farm By Nature

..this Scoresby company is making chocolates injected with Australian wines while its sister company has established Australia's first cocoa farm –the first crop will be harvested in June.



Weekly Times 12/12/2007

GM where?

The Victorian Local Government Association has called for a public register to identify where GM crops are grown. “*There are a lot of people who want to keep clear of these crops*” said president Beth Davidson.. Minister for Agriculture Joe Helper rejected the idea.



Stock link in hormone find

Hormone levels in waterways downstream of South Australian dairy regions are six times higher than those that have resulted in abnormalities in fish overseas. The hormones are thought to come from cattle excreting large amounts of estrogen.”*a range of chemicals with estrogenic and other endocrine activities are present...including pesticides, herbicides...you're looking at an effect due to mixtures*”. The CSIRO have called for further research around the county.

USA research suggests some pesticides or herbicides can castrate frogs at 0.1 of one part per billion.



Home grown doubt

The Australian Food and Grocery Council said the Australian Grown Label for packaged food would need a major, ongoing marketing campaign. “*Consumers say a lot of things but they vote when they get their wallet out*”.

Ban lift terrible

Teys Brothers, Australia's second largest meat processor says the lifting of the GM crop ban was “*a terrible way to go and will be a real problem for us in Japan*”. Tatiara Meats has said if Australia abandoned its GM ban it could lead to a price decline for meat exports.

Weekly Times 19/12/2007

Dump country-of-origin label

Australian Meat Industry Council say remove country of-origin labeling from unpackaged pork “*retailers are unhappy with labeling requirements because of the likely high cost of verifying the label if challenged by consumers*”

Grower's had a gutful

A NW Victoria stone-fruit grower says he is leaving the industry because of the pressure of bargaining with supermarkets.”*They want perfect fruit without the tiniest mark—they just take the cream.*

Weekly Times 26/12/2007

Big trouble ahead for bees

Experts say the arrival of the Varroa mite in Australia is inevitable. The bloodsucking mite could decimate the European honeybees and miticide use will end our rein as the world's only chemical-free honey market. Sixty percent of Australia's food production involved bees.



Bananas for biofuel



Growcom, Qld will run an onsite generator and a diesel ute with methane from a digester fed with banana waste.

Weekly Times 2/1/2008

Coles price switch

Coles supermarkets has the power to lower the agreed price of fruit and vegetables that farmers have already delivered to its distribution centres.

Weekly Times 16/1/2008

Sunscreen debut for apples



Apples growers are spraying their fruit with food-grade calcium carbonate to build a reflective coating to prevent sun damage

Vines at risk

A 5km quarantine zone has been set up around Rochford Wines in Macedon which has been infected by the vine aphid *phylloxera*. This parasite destroyed the vineyards around Geelong in the late 1870s.

Weekly Times 9/1/2008

Spray warning

Farmers spraying summer weeds are asked to think of their neighbours as some herbicides have an unpleasant smell and can kill the neighbour's plants.(well fancy that!)

2007 Victoria's hottest on record

Bureau of Meteorology figures show daytime maximums were 1-2° above normal and nighttime up 0.5-1°.

Weekly Times 23/1/2008

Push for GM pasture

The Victorian Government has applied to the Office of Gene Technology to be the first to run trials of GM ryegrass (in the Hamilton area) plus GM wheat at Horsham and Mildura. They claim the ryegrass trial is aimed at increasing nutrition & animal production & reducing methane emissions from livestock.

Vegetables ploughed back in

Victorian farmers have continued to plough in unsold vegetables (eg spring onions & dutch carrots). One farmer claimed he had mulched \$40,000 worth 'It's just getting harder to make a buck ... overheads continue to go up'.

Growers on the brink

Summerfruits Australia claim 'unethical & unsustainable' Coles & Woolworths buying practices will send a fifth of stone fruit growers broke this year as they receive 30% below production costs for fruit (estimated at \$2.50/kg.) They claim \$1.50—\$2.50/kg are paid to the growers and resold in supermarkets from \$4 to \$7/kg,

GM carrot

A Texas University claims to have developed a carrot which will help people absorb more calcium.



Biofuels not the answer

The Royal Society (the independent scientific academy of the UK) report '*Biofuels: Prospects and Challenges*' claims they may not significantly cut greenhouse gas emissions and could be environmentally damaging.

Wave energy 'visual blight'

The lobby group Landscape Guardians say 18 wave energy converters off the coast of Portland was a visual blight with renewable energy development overriding landscape concerns and "is predicated on greenhouse gas hysteria".

(Ed note: in a Sydney Morning Herald article '*It's an ill wind...*' May 19, 06, Wendy Frew wrote.. "*Research by the Herald shows that a loose association of anti-wind farm groups that goes by the names of Landscape Guardians or Coastal Guardians relies heavily for its information and campaign tactics on overseas groups that have been linked to the nuclear power industry.*")

SEEDBED Organic Agriculture .Ass. newsletter Spring 2007 (available in the GOG library)

Page 6: **Mycorrhiza—The essential soil fungus.** This 2-page article explains why they are important and how to encourage them. "*It is estimated that mycorrhizal fungi make up 70% of the microbial biomass in undisturbed soils*"

Page 7: Landau Uni., Germany found the navigational abilities of bees are badly affected by mobile phone systems.

Page 12: Book Review by Alan Broughton of the Organic Agriculture Association — '*Seeds of Deception*' - *Exposing Industry & Government Lies About the Safety of the Genetically Engineered Foods You're Eating* by Jeffery Smith. First published in the US in 2003 it paints an alarming picture of power, intimidation and corruption by the GM industry. (see page 7 on Jeffery Smith's latest book '*Genetic Roulette*')

The Sunday Age, Feb 3, 2008

Why the waste?

'*We seem to have lost interest in preserving food—or composting the scraps. Instead, millions of dollars worth of groceries are simply thrown away.*' Using a variety of sources, the Age article came up with these statistics:

- The average household buys 15.3kg a week and throws out 4.8kg.
- Around 47% of municipal waste is food and garden material.
- 2 million tones of green waste is dumped yearly in Victoria landfills.
- The compostable matter in bins is 95% food. (1 million tonnes of rotting food = 1.6 million tonnes greenhouse gases)
- In terms of income, food is still relatively cheap. (Ed Note: That's because we do not pay for the cost of conventional farming to the environment and our health !)

Acres Australia newsletter

Volume 15, No:2 (in our library)

FOOD: the forgotten issue

Barring a major catastrophe on Earth, there will be 9 billion people by 2050 who will be demanding food equivalent to 13 billion given the income rises in China & India. So, output must increase 110% to meet this. The UN Food & Agriculture Organisation say this is technically feasible—but is it sustainable? *Acres* say with continuing water demand by cities, they will be consuming 50% of the world's fresh water by 2050, thus reducing that available to food production by a third.

Psychiatrist's Corner

Want to know whether you live next door to a saint or a psychopath?

from www.drdaisygreenthumb.com/Psych.htm

The Old-fashioned Romantic Type



With a rambling, overgrown hodge-podge of beautiful fragrant blooms, this person is highly sensual, obviously romantic, and sentimental. They will care for your pets when you go on vacation, and take in strays, both animal and human.

Rating: Makes a great cup of tea.

The Slightly Obsessive Old-fashioned Romantic Type

Here we again see the romantic personality type, as expressed by the delicate, highly perfumed lavender. However, the orderly layout of the planting suggests that this person likes to do it "my way".



Rating: Any vegetation of yours that strays over the fence line will be terminated

The Full-blown Obsessive-Compulsive Disorder type



Any fool can see that the owner of this garden has an extreme need to control and an extremely sharp pair of scissors. You will probably be more acquainted with their backside than their face. As a child, was extremely neat at "coloring-in" and never went "outside the lines".

Rating: Pedantic but dependable.

The Salt of the Earth Type

"Live and let live" is this gardener's motto, as the fallen leaves are left to provide nutrients to Mother Earth. Hated passionately by Full-blown Obsessive-Compulsive types, especially on windy days.



Rating: Loves windy days.



The "Wicked Witch" Type

Rapunzel, Hansel and Gretel, Sleeping Beauty. You know the plot. Clearly trying to lure you in with that seductive, "come hither" gateway, you can bet your slow-release fertilizer that there'll be more than one type of "plot" in this backyard.

Rating: Beware

The Paranoid Type

This person has something to hide and believes the world is out to get them. Do they *really* think we don't know there's a house under there?



Rating: Won't answer the door, but the ivy may move slightly.

The Completely Loopy Type

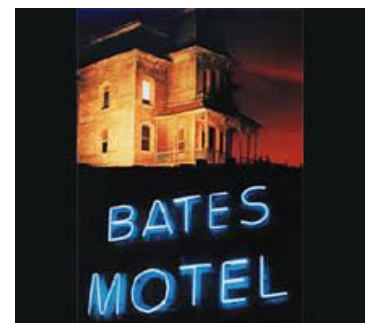


Obviously this person's brain has completely composted.

Rating: Be nice. This could happen to you one day.

The Psychopathic Gardener Type

This gardener has a preference for blood and bone fertilizers. Often accompanied by screeching staccato-style violins amongst the foliage. Will readily invite you for a "sleep-over".



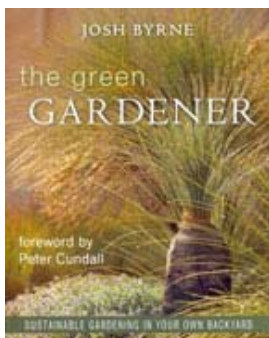
Rating: Wait till you meet "Mother".

New Library Books !

Green Gardener Josh Byrne

Gardening Australia presenter Josh Byrne shows how you can contribute to a cleaner, greener world in your own backyard.

Review by our Rachel Brown



If you like Josh Byrne's segments on the ABC's gardening show you should love his book, *The Green Gardener*. It is simple and

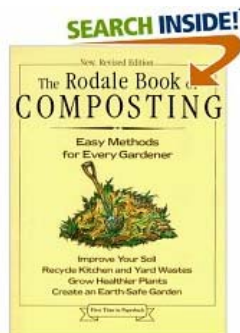
easy to read and covers most of the Permaculture basics. Josh is interested in changing the world, one edible garden at a time. There are lots of beautiful pictures and diagrams and the subject matter is diverse and interesting.

The topics include composting, zoning, worm farming, growing food and even how to choose a chook and channel wind. All the permaculture hot topics.

This book tries very hard to tick all the right garden boxes, but it does it lightly and to me it lacks substance. It is not a book for the serious gardener, but would be perfect for the beginner or an older child interested in gardening the permaculture way.

Steve Findlay recommended we buy

The Rodale Book of COMPOSTING



This is one book that should be in every gardener's library!

From the back cover:

The essential guide to composting for all gardeners and environmentally conscious people

Composting is fast becoming a household word. Gardeners know it is the best way to feed the soil, while others look to composting as a way to dispose of grass clippings, autumn leaves, & prunings. *The Rodale Book of Composting* offers:

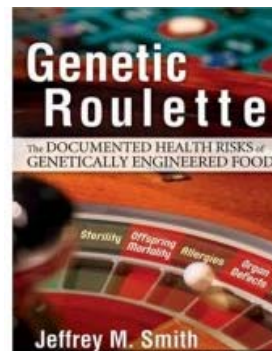
- * Easy-to-follow instructions for making and using compost
- * Helpful tips for apartment dwellers, suburbanites, farmers and community leaders
- * Ecologically sound solutions to growing waste disposal problems

Includes: Life inside the heap, Compost and plant health, Materials for composting, Using Manure, Methods, Composting with Earthworms, Compost structures, Shredders, Using compost, etc, etc!

And through a generous donation from Billie Bond and Julie Denison from The Organic Larder, 167 Malop Street, Geelong we have

Genetic Roulette Jeffery M. Smith 2007

This is the Australian edition with forewords by Bob Phelps of GeneEthics, Rosemary Stanton, nutritionist & former UK government environment minister Michael Meacher who says, *"This is the authentic book on genetic modification that the world has been waiting for. . . . The case presented is absolutely a smoking shotgun that should stop in its tracks any dabbling with GM foods, whether by individual families, food companies, or indeed nations."*



GMO experts Arpad Pusztai & Susan Bardocz write, *"Jeffrey Smith's Genetic Roulette destroys the myth that genetically modified organisms are safe and will give sleepless nights to uncritical supporters of GMOs. . . . It is a real treasure and the most important GMO source book for policy makers, scientists, and the public."* from <http://www.seedsofdeception.com/utility/showArticle/?objectID=892>



Please return those books !

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

Alternatively, please return items

to the Librarian **Jennifer Hornsey at 256 Bellerine Street, South Geelong** (south side of railway line) - or to another committee member before the next meeting

Remember, other members would like to borrow them too !

As membership has doubled and library use has increased accordingly we need more volunteers so we can offer a smooth running library. We do not want to keep people waiting too long.

Help!!!!!!

On meeting nights in the library I would like 2-3 people to help with borrowing after the meeting—and I may need help beforehand as well.

I will be available to give assistance, support and encouragement (and chocolates or other incentives may be introduced !) Thanks!

.... *Jennifer* ph: 5229 5674



see renowned Cuban permaculturist in Geelong

The big words on many people's minds today are Climate Change and Peak Oil.

The big question is how do we make the transition to a low energy society, and what would such a society be like?

Where are there models we can learn and take inspiration from? If you have seen the award-winning documentary film, '*The Power of Community*', you would promptly reply "Cuba".

When Cuba lost access to Soviet oil, fertilizers and export trade market in the early 1990s, the country faced virtual overnight economic collapse and an immediate crisis - feeding the population. The story of the Cuban people's hardship, ingenuity, and triumph over sudden adversity --through cooperation, conservation, and community--to create a low energy society is inspirational. Cuba's transition to organic agriculture, and rapid relocalisation based on decentralized health care and higher education, bicycles and public transport, and community response to radical change is both thought provoking and empowering.

Roberto Perez, Cuban permaculturist, featured in '*The Power of Community*' film, will spend 2 months touring Australia sharing the Cuban experience through public presentations, national and regional conferences. Roberto attributes much of the success of Cuba's urban agriculture and food security to the introduction of permaculture by a group of Australian permaculture trainers during the early years of the Cuban crisis, or 'Special Period'.



The city of Havana now produces over 60% of its fruit and vegetables within the city and peri-urban areas.

See the inspiring film

'Power of Community'

featuring renowned Cuban permaculturist Roberto Perez

Friday, March 14

Clonard College (Kildare Theatre)
225 Church Street, Geelong West 3218

Then join us on Tuesday **April 8** for a

Cuban Festa and meet and hear

Roberto Perez in Geelong during his Australian tour

for more information: Rachel Brown 0430 323 057



Roberto Perez Itinerary - Victoria April 2008

1st Albury - Public presentation - Riverina TAFE

2nd Violet Town - Public Presentation - NE Victoria Permaculture

3rd Hepburn - Public presentation and visit David Holmgren

4th Ballarat - Public Presentation - Ballarat Permaculture

5-7th Melbourne - presentations to Australian Cuban Friendship Society; Petty's Orchard Annual Open Day; Public Presentation

8th Geelong Public Presentation

Can technology save us from disaster? — Special event at the Sustainable Living

When: Sun 17th Feb -1:15pm

Where: BMW Edge Theatre, Federation Square, Melbourne

Cost: Free

Will technology save us from the brink of disaster or is it the root cause? Which technologies will achieve this ambitious target? What can we all do to contribute?

Four experts, facilitated by broadcast journalist **Peter Couchman**,

discuss these & other questions.

Speakers

Alan Pears - an engineer & educator who has worked on energy and environmental issues for more than 25 years.

Dr Richard Denniss - is an economist with a particular interest in the role of regulation in achieving sustainable and equitable economic and social outcomes.

Nic Frances - has been a world

leader in showing how social enterprise can lead the global market agenda to address human society's big challenges like climate change & poverty.

Craig Morgan - is the Melbourne Director of Climate Managers, a consulting firm that provides climate change management advisory services



GOG at Waterwise Expo

By Liz Raimondo

Bill Nicholson and I ran a composting workshop on both days of the Waterwise Expo at the Geelong Botanic Gardens. They were very well received.

We were in the main speakers tent and were very limited in time but many people followed us next door to the 'Ask The Experts' tent where we were able to answer their questions.

It was great to see that people were genuinely interested in organic gardening and in particular composting. All aspects were discussed including hot composting, worm farms, and the bokashi system.

And we had the great pleasure of meeting Vasili Kanidiadis of 'Vasili's Garden' show on SBS.

"Maresi!"

**Liz Raimondo,
Vasili and Bill
Nicholson**



Reuse in the garden



Judy Cameron:

I used polystyrene trays and white cardboard to make covers for the tops of my pot plants to prevent rapid drying on these sunny days. I can lift the corners to water with the watering can - when rain threatens I dash out and remove them!

Jenny Hornsey:

An old door mat makes a good mulch where thick covering is needed. I put mine under my new apple tree.

Trish Jardine

Don't throw away all that poly pipe from the watering system you can't use any more! Put four thin stakes at equal spacings around each fruit tree, push poly pipe over a stake, curve it up and over the fruit tree, and onto the stake on the other side. This makes a great frame for your bird netting.

You can also make smaller versions to keep birds off seedlings, or to make portable shade frames for those hot days.

Found on the web:



Netting over strawberries. The frame is made of 19 mm piping.

From: <http://users.ncable.net.au/~urbanfoodgarden/index.htm>

- set up by John Ditchburn in Ballarat. In the mid nineteen nineties he was Secretary of Ballarat Organic Growers (affectionately known as BOG)

GOG vacancies



Seed Bank Curator

Our Seed Bank Curator, Geoff Leaman has reluctantly resigned, due to ill health. If you can fill this position, please ring Trish 522 32407



Treasurer

Graeme Webb and Judy Cameron are leaving town in April. Judy might still do the newsletter from Bamba but Graeme is resigning. Please ring him on 5222 1073 if you are willing to take over.

Kale and hearty

Peter Cundall says the primitive cabbage kale contains more vitamins and nutrients than almost every other fruit or vegetable. It is a rich source of Vitamins A,C, K, B9 and folates plus calcium, iron, manganese, potassium and phosphorus.



Peter says he cooks and eats the leaves and drinks the cooking water. Leaves (good raw too) can be picked continuously and with enough plants you can have a non-stop supply from late autumn to early spring.

Kale varieties include Russian Red - pale grey-green ragged leaves with lilac midribs (great raw); Black Italian or Tuscan (best cooked); Portuguese—huge bright green leaves ; Two Peters (pictured above) —Tasmanian variety, slightly curled leaves; Half-Tall Scotch and Squire (see below) —heavily curled like giant dark-green parsley.

Peter suggests good sources of kale seed are New Gippsland, PO Box 1, Silvan 3795 or www.newgipps.com.au The Lost Seed Co. (Tas.based) www.thelostseed.com.au and Kings Seeds, PO Box 975, Penrith 2751 www.kingsseeds.com.au



from The Weekly Times 19/12/2007

Ed Note: Personally I like the sound of this one from The Lost Seed: **THOUSAND HEADED** French heirloom dating back to 1863. Also known as 'Hungry Gap'. Round blue / grey leaves on strong, upright, branching plant. Continue to harvest as plant grows upwards. Will grow to 1.2m high & live for years. Very frost resistant. 600 seeds \$2.95.

Anyone want to share a packet?

Rustic Tomato Pie with Kale Pesto Sauce

2 cups (packed) kale 1/3 cup walnuts, roasted
3 cloves garlic; 1/2 cup grated Pecorino cheese
1/4 cup olive oil; 2 cups sliced Roma tomatoes
1 pizza crust or pizza base; 2/3 cup ricotta cheese
fresh mozzarella cheese

Preheat oven to 180°

Place kale, garlic and walnuts in a food processor until kale is broken up to a manageable size. Add Pecorino cheese and puree until blended, but still chunky. Drizzle in the olive oil, while the food processor is still on, until the mixture becomes the consistency of a thick pesto sauce. Transfer to a bowl and mix with the ricotta cheese.

Spread kale pesto on the pie crust, leaving a 4cm border. Top with sliced tomatoes, then fresh mozzarella. Gently fold the sides of the pie crust in, crimping slightly, to form a rustic pie. Bake 15 to 20 minutes until cheese is melted and crust is golden brown. Rest pie 5 minutes before serving.



Seed planting guide



<i>For Southern Victoria</i>	Feb	Mar	Apr
Beans, Broad		W	W
Beetroot	W		
Broccoli	W	W	W
Brussels Sprouts	W	W	
Cabbage	W	W	W
Cabbage Kai & Bok Choy	W	W	W
Carrots	W	W	W
Cauliflower	W	W	W
Chicory	W	W	
Cress	W	W	W
Endive	W	W	W
Garlic, cloves			W
Kale	W		
Kohlrabi	W	W	
Kon Choy	W		
Leeks	W	W	
Onions		W	W
Onions, Spring	W	W	W
Parsley	W	W	W
Parsnips	W	W	W
Peas	W		
Potatoes	W		
Radishes	W	W	W
Rhubarb, Crowns	W		
Salsify	W	W	W
Shallots, cloves	W	W	W
Silverbeet	W		
Spinach	W	W	W
Swedes	W	W	
Turnips	W	W	

Roasted Kale with Sea Salt (2 servings)

4 cups kale (packed); 1 tbsp. olive oil; sea salt

Wash the kale and peel off the tough stems. Toss with olive oil. Roast at 180° for 5 minutes, turn, roast for another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

After "The big melt: lessons from the Arctic summer of 2007" comes...

"Climate Code Red: The case for a sustainability emergency"

proposing a "Climate Code Red: The case for a sustainability emergency"

By David Spratt and Philip Sutton
Friends of the Earth (Australia)

WHAT PEOPLE SAY ABOUT "CLIMATE CODE RED"...

"Spratt and Sutton persuasively call on us to put aside politics as usual. My great fear, however, is that none of the people now charged with setting Australia's emissions targets... have grasped that this is a state of emergency and none are ready to set aside politics as usual."

-- Greens Senator Christine Milne

"Climate Code Red is a sober, balanced analysis of this challenge, unadorned by political spin,

proposing a realistic framework to tackle the emergency. It should be essential reading for all political and corporate leaders, but particularly for the community. If we are to have a reasonable chance of maintaining a habitable planet, placing our efforts on an emergency footing is long overdue. We only play this game once; a trial run is not an option."

-- Ian Dunlop, former fossil fuel industry executive & CEO of the Institute of Directors

"if you're a "pragmatist," and especially if you wish to avoid any inconvenient temptations to "face the facts with brutal honesty" ... then you should not read this report. For even if you're quite certain that there's no viable

alternative to politics as usual, *Climate Code Red* will bring you doubt. And it will not be doubt that you can set easily aside. "

--Tom Athanasiou, executive director, EcoEquity

"Climate Code Red recognises the shortcomings of previously proposed strategies and challenges politically expedient measures. It accepts nothing short of a safe climate goal. It gives direction by using an emergency model on which to structure the economy and society, offering opportunity for creativity, employment, engagement and most of all the energising motivator of hope."

Carol Ride, Convenor of Darebin Climate Action Now

Agricultural scientists needed

The head of Melbourne University's School of Agriculture and Food Systems said Australia should be investing in agricultural research to help solve a looming world food crisis. Professor Snow Barlow said we need to develop a new generation of agricultural scientists to work with farmers experienced in growing food in marginal land.

Professor Julian Cribb of Sydney University said Australia faced a 'knowledge drought' and world food

security was at its lowest level in 40 years. He said a few years ago the world had 115 days of grain in store, now it has only 50 days worth. Professor Cribb said this is a forewarning as the world is expected to run out of land & water while biofuel production would put pressure on food crops.

"By 2020, 400 million tonnes of grain (equals the world's rice harvest) will be burned for biofuels". Professor Cribb said our debate

from *The Weekly Times* 23 Jan 2008

about the future has largely been about drought and climate change disregarding the fact that world is facing food shortages plus increased demand.

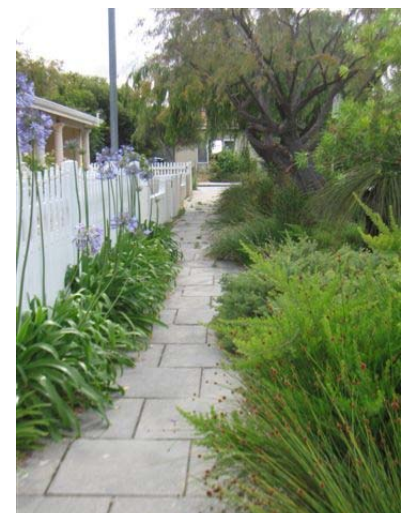
Australia does not understand that **agricultural policy is defence policy**—it is also refugee, immigration, environmental as well as health, food & economic policy. We have not grasped its global significance. "We should be aware and if possible alarmed... then we need to roll up our sleeves and act".

Josh Byrne

by Judy Cameron



Imagine my surprise when visiting my friends in Fremantle in December to find they had moved next door to permaculture guru and ABC Gardening presenter Josh Byrne! Unfortunately he was not home (the photo is from his website). However, I was able to see the results of a previous segment on replanting his, and immediate neighbour's, nature strip with native plants. It looks fabulous. We have bought Josh's book for the library - see page 7



Cat Herbs

from the ABC Kids website 'Creature Features' page

If you've got a grumpy moggy, there are 4 types of herbs you could plant in your garden to cheer it up: Cat Mint, Cat Thyme, Cat Grass and, the one we know probably best of all, Catnip



Left: Jennifer Hornsey's cat 'Chief' asleep in the catnip.

Cat Grass (*Dactylitis glomerata*)

This is a dense grass, which cats love to chew on. Chewing cat grass can help to eliminate fur balls by making the cat vomit! It might sound a bit gross, but it is actually very helpful in keeping your cat healthy and fur ball free. Cat grass is also great for moggies who are missing minerals and vitamins from their diet.

Cat Mint (*Nepeta mussini*)

This is a small compact plant with spikes of lavender or mauve coloured flowers. Cats like to rub against the leaves, purr contentedly and they might even lick and chew at the leaves too.

Cat Thyme (*Teucrium marum*)

Cat thyme has a pretty pink flower display and emits a 'cat mint style' aroma that your feline friend will love.

Catnip (*Nepeta cataria*)

This herb is the cat's all-time favourite plant and makes them go a little crazy! What draws the cat to the plant is a chemical called nepetalactone. When the membranes of the leaves are broken, the scent is released and triggers a pleasure centre in the cat's brain. The effect lasts around 10-15 minutes and the cat will roll, rub, dribble, play and jump around in the plant - then they'll need a catnap! Note: not all cats are affected. Kittens aren't stimulated, and 1/3 of adult cats remain indifferent all their lives. Other members of the cat family such as lions and tigers can also get excited about catnip.

Catnip for Humans!

Catnip can also be useful for us humans as well. It can sooth the symptoms of a cold, calm the nerves & also be rubbed on raw meat as a tenderizer or even mixed with olive oil for a marinade! The leaves can also be used to make a yellow dye. **It attracts bees and butterflies but repels other insects, making it very user friendly for gardeners.**

The garden

from member Cherie Mordue

Come to the garden alone,
while the dew is still on the roses

For The GARDEN of Your DAILY LIVING

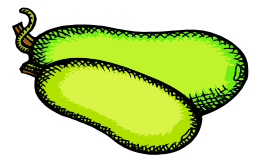
PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul..



PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash grumbling
3. Squash indifference
4. Squash selfishness



PLANT FOUR ROWS OF LETTUCE

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



NO GARDEN IS WITHOUT TURNIPS

1. Turn up for meetings
2. Turn up for service.
3. Turn up to help one another



TO CONCLUDE OUR GARDEN MUST HAVE THYME

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE!!

THERE IS MUCH FRUIT IN YOUR GARDEN

BECAUSE YOU REAP WHAT YOU SOW.

From the 1788-1820 Pioneer Gazette October 2007
The 1788-1820 Pioneer Association Inc.
E-mail: earlypioneers@ihug.com.au

Organic gardening is excellent therapy to calm nerves, to relax from the pressures of modern living. Throw away those tranquilisers, get out into the garden and feel the tensions flow out" - Michael



Roads, author of 'A Guide to Organic Living in Australia' available in our library

Thanks to Glen Rogers for this scan of an article in ECO LIVING, May 20, 2007

This follows on from his talk on Grey Water at our August 2007 meeting where the topic of

Dishwashers versus Hand Washing came up.

Here's one for the mythbusters: washing dishes by hand is more environmentally friendly than using a dishwasher. True or false?

False actually.

A properly used dishwasher can save time, water and energy — and get your dishes cleaner.

That's been Broderick Street's personal experience since he did a comparison between hand and machine washing at his Hawthorn home. With dishes for three, including his wife Vivienne and son Alexander, Street estimates he saved 30 litres of water a day or 11,000 litres a year by switching from hand washing to a machine. That's a telling finding from someone who works on environmental impact assessment and is a member of the Alternative Technology Association.

Street says the family used 43 litres nightly for one big wash and rinse, compared with 13 litres in the dishwasher run daily on the normal cycle at 45 degrees.

Most dishwashers heat their own water, but the Streets connected the dishwasher, an ASKO D3630, to their solar-heated hot water. This halved the machine's electricity consumption.

Street believes that a dishwasher is a more viable water-saving option than installing a water tank — and it keeps dirty dishes hidden. "Land in Hawthorn is about \$3000 a square metre, so to have a water-saving machine under the kitchen bench takes up less land than a rainwater tank."

The Streets use dishwashing tablets and they don't rinse. They scrape dishes by hand, or with a cloth or paper towel.

A Bonn University study published last year backs up Street's findings. According to the study, dishwashers consume about half the energy and a third of the water of hand washing.

The study, which compared hand washing of 140 items with a 12-setting machine, found that hand washing used 63 litres and required 4.2 kilowatts of energy to heat the water. Most dishwashers, however, used only 15 litres to 20 litres of water and 1.5 kilowatts of energy. And, if it takes 79 minutes to wash those items, compared with 15 minutes to load and unload the dishwasher, that's 16 days saved a year.

But such comparisons are not always definitive because it's a lifestyle analysis and there are a lot of variables, says Linda Condon of Swinburne University's National Centre for Sustainability.

Some of us rinse our dishes, some don't. Others wash up after every meal and some only once a day. It's also difficult to calculate the energy needed in the manufacture and transport of a dishwasher.

Bridget Gardner and her partner Randall Kohn wouldn't dream of using a dishwasher to clean up for just the two of them at home in Mickleham in Melbourne's north. Gardner, a former cleaner who runs Fresh Clean Green, training cleaners to be green, washes up daily and believes in the sociable value of doing dishes by hand. "If we're with friends, we've got into the habit of filing into the kitchen and doing dishes together," she says.

Organifieds—free ads for GOG members

FOR SALE

* Helen Modra will be dividing some beautiful hardy **iris & daylilies** ready for the Feb meeting. \$5-\$6 each. Photos of the flowers will be available—and care instructions. Helen 5221 0624



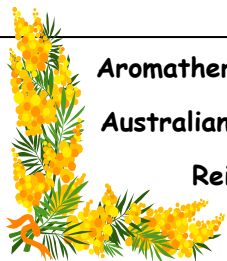
* **Fresco**, as pictured. 900mm square, can be placed outside. \$350. Call the artist—Monica 5241 7086



* **Bokashi bucket** with the extras \$65. Love the concept but there is no more room in my tiny garden to dig in the contents! Helen 5221 0624.

* **Rock Dust** Steve Findlay will bring this and dolomite to the Feb. meeting. Bring your own containers.

WANTED: Water Spinach (kang kong; Ipomoea aquatica). I'm inspired to try growing this after discovering it recently. Would anyone have some to share with me please? Trish 5223-2407



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

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0405 569 622

email:
bom_clothing@yahoo.co

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

Seed Bank: vacant

Committee Members:

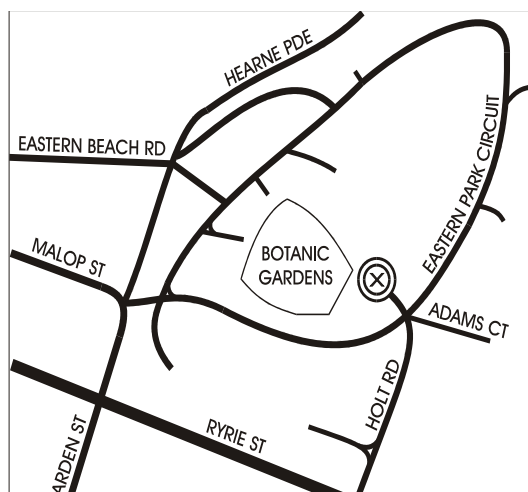
Andrew Lucas 0412 939 478

Jen Harriott 5243 6167

Quill Walker 5247 0676



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.

Add these people to your member list from the December newsletter—

Aitken	Darren	55 Napier Street	INVERLEIGH	3321	5265 1055	166
Baker	Catherine	34 Pyke St	TEESDALE	3228	52815573	168
Beattie	Sharon	6 Verdal Cr	GROVEDALE	3216	5244 4814	161
Bennett	Kerryn	6 Henry St	BELMONT	3216	5243 9712	160
Bolton	Brendan & Elizabeth	2/37 Seabeach Pde	NORTH SHORE	3214	5278 6887	91
Hart	David & Doreen	13 O'Dwyer Cr	LOVELY BANKS	3221	5274 2146	168
Hillman	Ingrid	31 Cambra Rd	BELMONT	3216	5244 4024	163
Marshall	Denise	4 Thomson St	BELMONT	3216	5243 5491	165
McGuire	Alan	7 Thrush St	NORLANE	3214	5275 4355	162
Miller	Mary	24 Clear Water Dr	CLIFTON SPRINGS	3222	52532354	107
Purtill	John	310 Patullos Rd	LARA	3212	5282 8555	126
Roseburgh	Cynthia	PO Box 331	LARA	3212	5282 2092	164
Smith	Carol	195 Hope St	GEELONG WEST	3218	5222 8338	167

REGISTERED ADDRESS

26 Albert Street
Geelong West, 3218



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REGISTRATION : A0012071C

Newsletter

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