

PERMANEWS



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**This newsletter is
emailed to members
free or can be
purchased at the
meeting for**

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President's Message

We are very fortunate to have David Holmgren and Nicole Foss coming to the Sunshine Coast in early July. (More information about this event will be sent out as soon as firm details become available).

As president of Permaculture Noosa, I have indicated that we would be one of the prime organisers of this prestigious event and we are looking to use the University of the Sunshine Coast as the venue. It's still early days as to which topics will be touched on, but going by what David is currently talking about, it may be how we are going to fare when the proverbial hits the fan. It will be very interesting to see how someone like David has his finger on the global economic pulse and what he sees is going to happen. Nicole Foss has also proven to be a riveting speaker on how she forecasts the looming global economic crisis to pan out.

This is nothing to do with pushing the panic buttons but all about how we can prepare ourselves for oncoming hard times. The current drought has really shown me how vulnerable I am still after twenty years of working at food self sufficiency. I had run out of rain water several months ago and have to buy it periodically. That means I had to shut down my vegetable garden so that doesn't look good if I had to entirely depend on my garden all the time.

I don't think anyone is prepared enough yet and it is certainly something that we should be mindful of if we are to cushion ourselves for the future. So please keep in mind that David and Nicole will have some very valuable information to share with us when they come here to speak. I will be asking for some people to help out when the time is near. I have put my hand up to be on the steering group to organise this tour and if anyone else is interested please let me know. SCEC are running a series of talks under the heading 'Changing Times Changing Action' this year (Drew Hutton kicking off Wed 12 March at the Big Pineapple), Susy Chapman and Councillor Jenny McKay are also involved, so you can see this is not to be missed.

You will find the link to the pdf of David's latest provocative essay – 'Crash on Demand' here: - also a short interview of David Holmgren:

<http://permacultureprinciples.com/post/crash-on-demand/>

Elisabeth Fekonia

PN President

MARCH MEETING

IS ON THURSDAY 20 MARCH 2014

PERMACULTURE NOOSA

PRESENTS:

INSECTS IN MY FOOD FOREST - A personal Observation by Maria Page

The role they play and how they behave and interact with each other. Through the lens of a camera, I started noticing insects that I hadn't seen with the naked eye. Once I saw what was living in the plants I was photographing, I then set out to seek out the amazing creatures that live in and support my garden and document them. I started researching to find out what they were and how they behaved. It changed my outlook on them and what I do about them in the garden. Join me as I take you through some photos in my collection and share what I have learned.

Maria Page arrived from Perth, with her husband Neil 3 1/2 years ago. They were in search of a specific property with some natural bush and some cleared land to grow their own food and came to Queensland because of the high average rainfall they heard about. They moved onto their 15 acre property in Cootharaba just before the floods in 2010. They joined Permaculture Noosa to learn about growing food and connecting with people and haven't looked back. Maria became the seed saver coordinator and treasurer for Permaculture Noosa.

PREDATOR INSECTS Your Garden Friends - with Elisabeth Fekonia

A power point presentation on recognising your friends in the garden plus tips on how to have a natural built in pest control system.

Elisabeth Fekonia an award winning, accredited permaculture teacher lives on her 6 acre property at Black Mountain and has been growing and producing most of her food for the past twenty years. Gardening organically has been a challenge at times because of pest invasions. Insects can destroy plants before they produce a yield and over the years much knowledge has been acquired on how to strike a happy balance.

INTEGRATED PEST MANAGEMENT in the Urban Garden - with Kirsten Small

Kirsten Small is an obstetrician / gynaecologist who works as a lecturer at Griffith University. She has been building a Permaculture garden on a suburban block in Nambour over the past 5 years, learning from experience what works and what doesn't. She has a PDC from the Sunshine Coast Permaculture Research Institute. Her interests include the importance of good nutrition for healthy pregnancy, and how you can meet these needs from your home garden while still having a life.

Permaculture Noosa meetings are FREE and open to the public. Beginning at 7pm with a Marketplace (where members sell their produce or homemade products), the guest speakers start at 7.30pm. Supper (gold coin donation) is served at 9pm.

For further information email info@permaculturenoosa.com.au

C O U R S E S

As a Permaculture Noosa member you are entitled to have your courses (or a link to your website) in the PermaNews. Space is limited, however.

PERMACULTURE RESEARCH INSTITUTE – SUNSHINE COAST with Tom Kendall

3 WEEK RURAL FOCUS INTERNSHIP
16 March – 4 April 2014

PERMACULTURE DESIGN CERTIFICATE
27 April – 9 May 2014

To book, please email
info@permaculturesunshinecoast.org, or visit
www.permaculturesunshinecoast.org for more
information.



ELISABETH FEKONIA WORKSHOPS

Sourdough, Sauerkraut & Kimchi
3 May 2014
9.30am – 4.30pm

Learn how to make easy sourdough bread and sourdough pikelets and also including making sauerkraut, kimchi, lactic ferment of nuts, seeds and fruit and a batch of fruit wine. This very hands on workshop will be fun and easy to learn with plenty of taste testing on the day.

Workshop includes morning tea, lunch and a manual. The cost is \$95 each and will be held at 1 Miva St, Cooroy.

For a course overview and enrolment forms, contact Elisabeth Fekonia on 0432 180523 or email info@permacultureproduce.com.au www.permacultureproduce.com.au



CRYSTAL WATERS - PERMACULTURE DESIGN COURSE

Permaculture Design Certificate PLUS course at Crystal Waters from 20th April – 2nd May 2014. (This is a full PD certificate course, where successful graduates become qualified to work as Permaculture Designers around the world).

This programme will be led by Max O Lindegger, who has been teaching and consulting in Ecovillage design, ecology and permaculture for over 35 years. Max will be supported by guest teachers, Robin Clayfield and Morag Gamble: both highly respected and experienced consultants, designers and teachers in permaculture and ecological development in their own right, and a pool of talented local guest practitioners,

REGISTRATIONS ARE NOW OPEN:

The full PDC course fee is \$2,100 or \$ 1,800 EARLY BIRD special, if booked and paid for in full by 31st January 2014.

Course fees include:

- Camping at the Crystal Waters Eco Caravan Park. Other accommodation options are also available on request at your own cost.
- Breakfast, lunch, dinner, morning & afternoon teas.
- 72 hours teaching time
- Extensive course notes
- PDC certificate
- Social & sightseeing events
- Crystal Waters Monthly Market
- Permaculture Design Certification as approved by Bill Mollison
- Eco Village living experience in the award winning Crystal Waters Permaculture Village
- Visits to eco homes and gardens to experience, learn & share Permaculture practices with community members.

For full details, please visit the website at <http://crystalwaters.org.au/permaculture-design-course-april-2014/>

Robin Harpley
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MARCH PERMA BLITZ

WHEN: Sunday, 30 March
TIME: 2.30pm – start with a welcome cuppa

WHERE: Esther's place, 490 Cooroy-Belli Creek Rd. COOROY
 Ph 0419 212950

Working Bee for the afternoon then shared meal for anybody who would like to stay.....BBQ available.

Plenty of jobs to do as it is a new property. Depending on how many people come there will be a variety of tasks...swales, pruning, weeding, mulching. Vegies to plant.

Esther is excited to be hosting the day and looks forward to sharing an afternoon of working and socialising. Please bring your own gardening tools as Esther doesn't have any, as well as fold up chairs.

Kate Kuskopf, Perma Blitz Coordinator, 0438 828 857

PERMACULTURE NOOSA SUNSHINE COAST PLANTING GUIDE FOR MARCH

Basil *	Beetroot	Bush Beans	Cape Gooseberry
Carrots	Cauliflower	Chinese Cabbage	Chives
Choy SUM	Climbing Beans	Coriander *	Cress *
Cucumber *	Dill	Eggplant	Garlic
Leeks	Lettuce *	Maize	Malu Khia
Marigold	Marjoram *	Mustard *	Nasturtium *
Okra	Pak Choy	Parsley *	Parsnips
Peas	Potato	Radish	Rhubarb
Shallots *	Shanghai Paak Tsoi #	Silverbeet *	Spring Onions
Sunflowers	Swatow Broccoli #	Swedes	Sweet Pea
Tall Paak Tsoi	Tomato	Turnips	Watermelon
Zucchini			

Notes:

1. Plants may be potted up to 4 weeks prior if kept in a shade house
2. # indicates plants are frost sensitive
3. * indicates plants will respond better in the shade
4. Seasonal variations may occur between coastal and hinterland areas.

Your feedback would be welcome.

Seed Savers Group - April Meeting

DAY: Thursday, 10th April 2014 (second Thursday of every month)
TIME: 9.30 am to 11.30 am
PLACE: 'A Touch of the Past' Coffee Shop, 18 Reserve St, Pomona.
TOPIC: Seed Bombs

Come and join Permaculture Noosa's seed savers group when it meets on Thursday 10th April 2014 at 'A Touch of the Past' coffee shop in Pomona. We meet there on the second Thursday of every month between 9.30 and 11.30 am. Rainfall has become so unpredictable, that germinating seeds and planting seedlings has become something of a challenge, and so this month Amanda Moore is going to talk about seed bombs and other unorthodox methods of sowing seeds. You may have some interesting methods of your own to suggest.

While we chat, we process and package seeds for Permaculture Noosa's seed bank. These seeds are then distributed to gardeners throughout this region to ensure the circulation of seeds that have proved viable for the Sunshine Coast, harvest after harvest. The tasks that we undertake are very simple and require no experience. If you have never saved your own seed before, our meetings are an opportunity to learn how, and at the same time you can enjoy a cuppa, and maybe a cake, from the coffee shop.

Seeds from the seed bank sell readily, and thus we are always in need of more seed. If you have any seed to spare from your own crops, please bring it along. We are also looking to expand into native plant seeds, as local flowers and fruits are an irresistible attraction for the birds and bees we need to help us in our gardens.



QUOTE OF THE DAY

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause of disease." Thomas A. Edison

THE MANY USES OF VINEGAR

CULINARY USES

Vinegar is commonly used in food preparation, in particular in pickling processes, vinaigrettes, and other salad dressings. It is an ingredient in sauces such as mustard, tomato sauce, and mayonnaise. Vinegar is sometimes used while making chutneys, often used as a condiment, and marinades often contain vinegar. Vinegar's acidic nature allows it to last indefinitely without the use of refrigeration.

- Pickling — any vinegar can be used to pickle foods.
- Apple cider vinegar is sometimes placed on the table in small bowls so that people can dip their crab meat into it, or mixed with water it can be used to steam crabs. Cider vinegar usually is not suitable for use in delicate sauces, but can usually be substituted for fresh lemon juice in recipes, although it lacks the vitamin C.
- Pouring cider vinegar over the meat when roasting lamb, when combined with honey or when sliced onions have been added to the roasting pan, produces a sauce.
- Sweetened vinegar is used in the dish of pork knuckles and ginger stew, which is made among Cantonese Chinese to celebrate the arrival of a new child.

MEDICINAL USES

Many remedies and treatments have been ascribed to vinegar over millennia and in many different cultures; however, few have been verified using controlled medical trials and many that are effective to some degree have significant side-effects and carry the possibility of serious health risks.

- Reduced risk of fatal heart disease was observed among participants in a trial who ate vinegar and oil salad dressings frequently.
- Small amounts of vinegar (approximately 25 g of domestic vinegar) added to food, or taken along with a meal, have been shown by a number of medical trials to reduce the glycaemic index of carbohydrate food for people with and without diabetes.
- Multiple trials indicate that taking vinegar with food increases the feeling of fullness and, so reduces the amount of food consumed. Daily intake of 15 mL of vinegar (750 mg acetic acid) might be useful in the prevention by reducing obesity.

- Hippocrates (460-377 BC) prescribed it for curing pleurisy, fever, ulcers, and constipation; it was used by the ancient Egyptians to kill bacteria. When combined with honey it was a common cough medicine in the ancient world.
- Research on the antimicrobial activity of vinegar (5% acetic acid) showed the bactericidal activity was slowed..

Other uses

Applying vinegar to common jellyfish stings deactivates the nematocysts; however, placing the affected areas in hot water is a more effective treatment because the venom is deactivated by heat. The latter requires immersion in 45degC water for at least four minutes for the pain to be reduced to less than what would be accomplished using vinegar. But vinegar should not be applied to 'Portuguese man o' war' stings, however, since they are not actually jellyfish and vinegar can cause their nematocysts to discharge venom, making the pain worse.

Vinegar is often used as a natural deodorant, mainly because of its antibacterial effect. Diluted vinegar can also be used as a hair conditioner and detangler by pouring over wet hair and rinsing. No vinegar smell remains after hair has been rinsed and dried.

Cervical cancer screening tool

Diluted vinegar 3% to 5%, has been tested as an effective screening tool for cervical cancer. Vinegar changes the colour of affected tissue to white, making diagnosis by inspection possible.

Cleaning uses

White vinegar is often used as a household cleaning agent. Because it is acidic, it can dissolve mineral deposits from glass, coffee makers, and other smooth surfaces. For most uses, dilution with water is recommended for safety and to avoid damaging the surfaces being cleaned.

- Malt vinegar sprinkled onto crumpled newspaper is a traditional, and still-popular, method of cleaning grease-smearred windows and mirrors. Vinegar can be used for polishing brass or bronze and is widely known as an effective cleaner of stainless steel and glass. Vinegar is very good at removing cigarette smoke residue from windows and surfaces. It can be wiped on and left - after it dries, both vinegar and smoke smells are gone.
- Vinegar, throughout history, has been reputed to have strong antibacterial properties. One test by Good Housekeeping's microbiologist found that 5% vinegar is 90% effective against mould and 99.9% effective against bacteria.

- Vinegar can also be used as a very effective rust remover from iron and steel components. Rusty components can be submerged for a few hours - or days if the vinegar is diluted.

Agricultural and horticultural uses

Vinegar can be used as an herbicide. Acetic acid is not absorbed into root systems; the vinegar will kill top growth, but perennial plants may reshoot.

Miscellaneous

When a bottle of vinegar is opened, "mother of vinegar" may develop. It is considered harmless and can be removed by filtering.

Vinegar eels (*Turbatrix aceti*), a form of nematode, may occur in some forms of vinegar unless the vinegar is kept covered. These feed on the mother

of vinegar and can occur in naturally fermenting vinegar.

According to legend, in France during the Black Plague, four thieves were able to rob houses of plague victims without being infected themselves. When finally caught, the Judge offered to grant the men their freedom, on the condition that they revealed how they managed to stay healthy. They claimed that a medicine woman sold them a potion made of garlic soaked in soured red wine (vinegar). Variants of the recipe, called "Four Thieves Vinegar", have been passed down for hundreds of years.



Growing your own Mulch

By Kerry Nagle

There are many reasons why you should grow and use your own mulch.

- Diversity of mulch plants provides diversity of nutrients and attracts a diversity of soil organisms. For example hard and soft mulch, brown and green mulch (dried or fresh) all attract different organisms. Nitrogen fixers such as acacia and pigeon pea and dynamic accumulators such as comfrey and other deep rooted plants bring minerals from deeper in the soil to the surface where they are available to our food plants.
- Always on hand – there's always something that can be chopped and dropped and when conditions are good, you can do multiple chops over the season.
- Cheaper than purchasing from outside
- No need for transport
- Less messy – no half bales of hay blowing all over the place.
- Stored in the garden where you need it.
- Less need for compost as you are composting in situ.
- Purchased bales can be infested with weeds or have herbicide residues. They can also be wet and mouldy, which is a health hazard.
- Living mulches protect soil from heavy rains, shade the soil and keep soil cool, out compete weeds and provide organic matter in the soil.

Nitrogen Draw Down

This can be a problem but occurs mostly with woodier mulches and can be overcome with nitrogen – manure, blood and bone or diluted wee. Put manure or blood and bone under the mulch.

Here is a list of some of easily-grown plants that you can grow for mulch:

- Lawn clippings – abundant, 30cm thick will kill the grass, put some nitrogen underneath and you can plant into this when it cools down.
 - Bamboo – light and loose so you can plant your seedlings easily. Contains silica which is absent in our soils.
 - Comfrey – deep rooted, dynamic accumulator, medicinal, compost activator, weed barrier. Can be cut several times during warmer months.
 - Lemon grass – culinary, medicinal, weed barrier, can be cut several times over season.
 - Vetiver grass – dense fibrous root system, good at the bottom of a slope to catch water and nutrients, prevents erosion, weed barrier, can be cut several times over a good growing season.
 - Arrowroot – edible tuber, chook food, breaks down cold so it won't burn plants.
 - Acacia – native wattles, don't grow near your gardens, attract wildlife, nitrogen fixing.
 - Sugar cane – black sugar cane has deep maroon leaves, if kept cut back it can be very ornamental.
 - Pigeon pea – nitrogen fixer, edible seeds, chooks and king parrots love the seed. Woody stems attract beneficial fungi.
 - Ice cream bean – nitrogen fixer. Can grow into a large tree if not cut regularly.
 - Weeds – get them before they set seed. They have mined the nutrients from your soil so this is a good way to put them back.
-continued from previous page
- Living mulch – pintos peanut, dog bane, sweet potato, green manure crops.
- Other useful plants – popcorn cassia, cardamom, perennial basil, end of season plant material, Madagascar bean pods in pot plants.



ARE YOU PRUNING YOUR FRUIT TREES? WOOD WANTED.

If you will be cutting branches more than 10 centimeters in diameter off pear trees, apple trees, cherry trees or olive trees, please get in touch with me.

I am keen to get hold of wood from these trees to use for my art work as they are ideal for making wood engravings. Contact me via email at ulrike@duck-books.com.



PLANT PROFILE

LICORICE

Botanical Name: *Glycyrrhiza Glabra*

Growing Licorice in Your Herb Garden

You might be surprised to learn that good old-fashioned licorice has an impressive — and in some cases royal — family history. Great stores of the flavourful root were found, alongside priceless art treasures and jewels, in the 3,000-year-old tomb of King Tut. In fact, licorice was considered to be such a valuable herb that no Egyptian king would be without it on his journey into eternity. And even today, a beverage called mai sus, brewed from the sweet yellow root of the licorice shrub, is popular in the Middle East.

The Royal History of Medicinal Licorice Root

The botanical name for licorice, *Glycyrrhiza glabra*, incorporates the Greek glykys (sweet) and rhiza (root). If you pronounce the tongue-twisting "glycyrrhiza" quickly and casually, you'll know how it came to be "licorice" in English.



This perennial shrub (it's also known as

sweetwood or sweet root) grows wild in Asia Minor, Greece, Spain, southern Italy, Iraq, Syria, Russia, and northern China. Large quantities are now shipped into northern Europe for various commercial purposes, but sweet root may have been taken there first by the Romans who ate it because they believed it increased personal stamina.

Different uses of this medicinal herb have developed over a number of centuries. An old Arabian remedy for skin lesions and blisters, for instance, involved dusting powdered licorice onto the affected skin. The ancient Hindus made a tonic of milk, sugar, and licorice to increase virility, the Chinese have long consumed great quantities of this wonder herb to ward off old age and medieval Europeans believed the root to be so nutritional and thirst-quenching that a small piece held under the tongue could keep a person alive for 11 or 12 days!

Most of our modern supply of licorice is commercially grown for its medicinal value as a natural laxative and for use as an ingredient in cough mixtures. The thick, black syrup extracted by boiling chopped sweet root is 50 times sweeter than sugar cane, and helps disguise less palatable ingredients.

Grow Your Own Licorice

Liquorice grows best in deep valleys, well-drained soils, with full sun, and is harvested in the autumn, two to three years after planting.

Of course, most of us know licorice best in the form of the chewy twisted sweets we were fond of as children. Now you can't grow candy sticks in your garden, but you certainly can grow licorice plants from live roots. The wrinkled, brownish yellow rootstock will produce — as it comes up each year — a five-foot shrub.



A dry, stony soil in full sun is best for the herb. The plant's stems will bear alternate pinnate leaves — with three to seven pairs of dark green oval leaflets — and pealike, pale lavender or yellow flowers will blossom throughout the summer.

Home grown licorice stems peeled of their bark can be used to prepare a tasty tea . . . or even as teething sticks for small children!

from Mother Earth News (www.motherearthnews.com) and Wikipedia.



*Do you want to meet people growing organic food locally?
Share a wholesome cafe experience?
Experience new healing modalities?*

Organic Swap-Meet, Cafe & Healing 27 March, 9am - 1pm



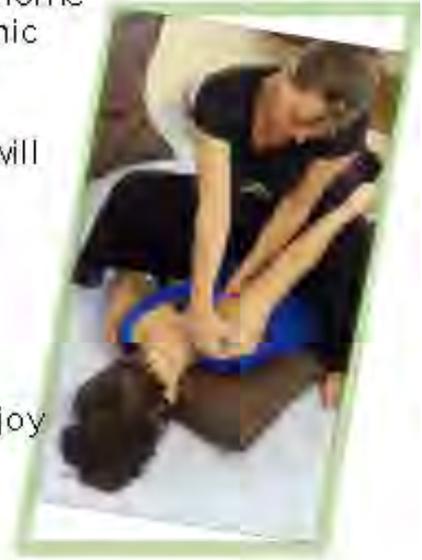
- Sell** – your home grown produce
- Share** – your local heirlooms seeds
- Buy** – Super fresh, support a local food network
- Meet** – like-minded folk from our neighbourhood
- Enjoy** - Healings, music, ambience, organic food
- Free Talk** - Discover Building Earthship Houses

Savour delicious gluten-free, vegan and raw cakes, home-made chai, Kambucha and authentic Japanese organic sushi from the Sustainable Kitchen organic cafe

A **free talk on Building Earthships** - Ryan Mayne will discuss basic earthship design principals and eco-friendly, sustainable housing.

Receive a **healing** for just \$10, with a range of practioners making their offering on the day.

Healers, come at 8:30 share your special gift and enjoy free food voucher and petrol reimbursed



The Schedule for the day:

- 8:30 am - Healers arrive to set up (byo massage table)
- 9:00 am - Organic Cafe opens
- Swap-meeters set-up food and produce
- Live Acoustic & plant Music in the cafe
- 10:30am - Free talk on **Earthship Building**
- 11:30am - Free Tour of Bellbunya

*Next Cafe
Monthly
4th Thursday
9am - 1pm*

Bellbunya Sustainable Community
 114 Browns Road, Belli Park
 contact@bellbunya.org.au www.bellbunya.org.au
 Ph. 07 5447 0181

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To contribute to newsletter, send items to permanews@permaculturenoosa.com.au

LINKS TO SOME INTERESTING WEBSITES:

Bellbunya Sustainable Community and Eco-Retreat Centre. Bellbunya is a demonstration centre for sustaining living on the Sunshine Coast Hinterland in Queensland Australia. Get a taste of community life as a visitor or a volunteer. You can visit Bellbunya on their Swap Meet, Café & Healing days on the fourth Thursday of the month (see notice). www.bellbunya.org.au

On 40 acres in Vermont (USA), Ben and his family run a small-scale, diversified hill farm. They live in a self-built home that is powered by a windmill and solar photovoltaic panels, and they tend a menagerie of animals, including cows, pigs, sheep, and chickens. There are copious gardens, a small orchard, and a pick-your-own blueberry patch. The focus is producing nutrient dense foods from vibrant, mineralized soils for ourselves and the immediate community. Always an interesting read. www.benhewitt.net

Money and time saving tips for the home. www.notrehome.com

If you have any sites or links you'd like to share send them to permanews@permaculturenoosa.com.au

Entries for the newsletter are welcomed and can be sent by email or post .

Deadline for newsletter contributions is 1st day of each month.

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www.permaculturenoosa.com.au