

# PERMANEWS

*Quote of the Month - "You can solve all the world's problems in a garden." — Geoff Lawton*

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## *Permaculture Noosa Meeting*

**19<sup>th</sup> February, 2015**

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at COOROY MEMORIAL HALL, 7:00 pm for a 7:30 pm start.

Permaculture Noosa meetings are FREE and open to the public. Beginning at 7pm with a Marketplace where members share their surplus home grown produce by giving, exchanging or selling it. The meeting starts at 7.30pm and supper (gold coin donation) will be served at 9pm. Cooroy Memorial Hall, Cooroy (next to the RSL)

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### **PRESENTATIONS:**

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#### **Basket making from nature**

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Pauline Chant was taught by her mother and she made her first basket when she was nine years old. Her work today is the very embodiment of sustainability. Most of Pauline's weaving material is sourced from her own property or local area and sometimes she calls on other gardeners to part with their prunings for her basket making. In recent years Pauline has dabbled in other mediums for her work, including paper, clay, kelp, bark, fabric, wire and plastics and recently has found that using permaculture plants such as vetiver and lemon grass is another new avenue to pursue for her baskets and papermaking.

Pauline has led classes and workshops in basket making over several years locally and at "Gatherings" and also on visits to Fiji and Hawaii.

For the meeting Pauline will bring a variety of completed baskets to show, and talk about the different weaving techniques, where the material was collected and how to harvest, prepare and store the fibres. A variety of materials to will be used to demonstrate how to construct a small garlic basket at the meeting.

#### **Keeping your seed varieties pure: How to prevent cross pollination**

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A presentation by Elisabeth Fekonia an award winning, accredited permaculture teacher on how to do correct seed saving to keep varieties pure. Elisabeth holds regular classes on all thing permaculture and will explain how to keep your seed varieties pure for true to type seed.

## *President's Report*

The beginning of a new year is usually a good time to take stock of the journey in our lives. Are we on the right track? Am I moving in the right direction with my life? Should I be doing more for others, myself, the planet? It is good to ask yourself these questions as far too often people tend to drift through their lives without any real thought for the bigger picture. 2015 has been forecast to be the most optimistic scenario for global peak oil and most of us are aware at how the global economy and climate change are looming before us. Permaculture Noosa is here to offer support to a growing number of people who see how important it is to get ourselves 'future ready' to meet impending hard times. Learning to become self sufficient must be one of the most daunting and challenging projects we may ever hope to undertake. I've been at it for over twenty years now and I still find it hard to keep the gardens going when we have yet another extended dry spell. I need to buy in extra feed for the livestock when the dam dries up and the tanks are empty- how will I ever achieve self sufficiency without the investment of a bore? (Help, I don't have money for one!)

What about the skills needed to grow our own food, keep livestock, bake bread, make our cheese and sauerkraut? It's a very long list. It amounts to a lifetime's work to gain all the skills needed and build all the infrastructure- there's no time to lose if we want to buffer ourselves from what lies ahead in the not too distant future!

Our monthly meetings are designed to meet these needs, we aim to be an educational entity where we give out educational information and support free to the public. We are meant to support one another with our skills and talents and fortunately Permaculture Noosa has so many people from all walks of life in so many specialised areas. It is encouraged that our members share their achievements, their seeds from the garden, their recipes from the produce they grow. If you have a project you are involved with please contact the president so you can be slotted into a future meeting and share this with the membership. We are all permaculture teachers after all!

Another way you can contribute is to take on a role within the Permaculture Noosa entity. There are always people taking on and relinquishing their roles so usually there is somewhere that anyone with the right skills can slot into. At the moment we have Ian Trew relinquishing his role as open garden co ordinator to become our new secretary. This is quite unfortunate as Ian already had a role he was filling very well, but a new secretary was of utmost importance to Perma Noosa so there had to be a sacrifice made. We are still looking for a sound person to set up the sound gear for the meetings and at present we are relying on people who already fill other roles but they have decided to step up to the mark until we find a volunteer to take on this job. Jane Gapinsky has also let go of her role as co ordinator for our website and our FaceBook page- who would like to take this on?

So please have a good think about how you can contribute to our wonderful organisation so we can continue to educate and support each other and those in the community. There are many more people from the general public that can see the dire need of getting themselves 'future ready' and they will need our support and perma education- we can't afford to let them down.

*Elisabeth Fekonia, president*

## *Plant Profile - Okinawan Spinach*

**Okinawan spinach, Gynura, Hung-tsoi, Red vegetable Gynura crepioides**

Okinawan spinach is a fast-growing, small ornamental shrub that produces large amounts of nutritious leaves for years. It requires little maintenance and is particularly valuable because it grows well under a variety of tropical conditions, including atolls.

### **Characteristics**

Okinawan spinach belongs to the plant family Compositae. This family includes the plants that are most commonly used in salads.

Okinawan spinach forms a solid stand, reaching 1 m in height. Its narrow leaves are dark green on the surface and purple underneath. It has numerous small, orange, composite flowers, but viable seed is rarely produced.



### **Environmental Requirements**

Okinawan spinach is native to Indonesia. It is well adapted to the hot and humid tropics, but will grow under much drier conditions than other perennial vegetables from the humid regions. Cultivation is possible outside of the hot tropics, but the rate of growth will decrease as the average temperature decreases.

Okinawan spinach grows under a variety of soil conditions, from heavy clays to sandy soils. It is tolerant of the alkaline and calcareous soils often found on atolls. Full sun or partial shade is best for good growth, while heavy shade will inhibit growth.

### **Uses and Preparation**

The tender leaf shoots and young leaves are the main product from this perennial vegetable. In the markets of Taiwan, the shoots are sold tied in a bundle. Okinawan spinach can also be used to give a red colouring to other foods, such as rice.

The young, raw leaves and shoots have a flavour that most people find agreeable. However, the flavour of okinawan spinach is strong and it is generally mixed with other types of green leaves.

The young leaves and shoots can be eaten raw in salads, after being washed in clean water. It is often mixed with other greens. When cooked as a green vegetable by itself, it is somewhat slimy. It is best to cook it with other leafy greens. The shoots and leaves can be added to soups, stews and stir-fry dishes.

## Nutritional Value

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Everyone in the family should eat some green leaves everyday. Children, pregnant women and nursing mothers especially need the protein, vitamins and minerals found in green leaves. For many children, green leaves are the sole source of vitamin A, an essential vitamin in preventing blindness.

Green leaves also contain phytochemicals, thousands of chemical tongue twisters like sulforaphane, genistein and indole-3-carbinol, that are the new frontier in cancer-prevention research. Serving a variety of green leaves will keep the whole family healthy.

## Propagation

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Okinawan spinach is propagated by cutting. To prepare cuttings, take a 25 cm length section of the tip or midsection of the stem. Remove all leaves and plant slanting or vertically with 1 or 2 nodes exposed.

Cuttings can be planted in nursery containers or directly in the ground, and must be kept moist. Container grown cuttings will be ready for planting within 4 to 8 weeks.

Good results have been obtained from direct planting where rainfall is adequate or irrigation is used. Cuttings can be spaced close together, 12 inches (30 cm) apart, to establish a solid stand in a short time. It is important to keep the cuttings weeded until they have grown together, which takes 4 to 8 weeks.

## Establishment

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Transplanting is best done at the beginning of the rainy season to ensure high survival and good growth. A thorough watering is important before planting. Containers should be carefully lifted and spiralled roots should be cut so that all roots are growing downward. The planting hole must be deep enough to allow the roots to hang down vertically.

Plants can be spaced 20-40 inches (0.5 to 1.0 m) apart, or even closer if desired. Adding compost or green manure in the planting hole will provide nutrients for good establishment. Soil should be firmly packed around the plant after planting. Mulch placed around the transplant will reduce soil moisture loss and help to control weeds.

## Management

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Okinawan spinach is probably one of the easiest vegetables to grow. Once it is established, it is virtually weed free and doesn't require much fertilization. It will grow on atolls, but growth will be slow without green manure. Green manure from woody legumes is a good source of nutrients.

Okinawan spinach is harvested weekly to stimulate growth. In Hawaii, a 160 ft (14 m) raised bed of organically-grown okinawan spinach can produce 5-8 lbs per week, continuously.

It will outgrow its boundaries very rapidly, when not harvested on a regular basis. It can be trimmed monthly to promote new, tender growth for consumption. The abundant trimmings can be used as a garden mulch or around trees.

## Planting Systems

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A few plants scattered around the home will provide beauty and enough nutritious leaves and shoots for the entire family. It can be grown along walkways to suppress weeds and on steep areas to control soil erosion.

Okinawan spinach can be planted around the drip line of fruit and nut trees to provide a living ground cover. It will prevent weed growth near the tree, control soil erosion, create a suitable habitat for beneficial organisms, conserve soil moisture, and add organic matter through the decay of older leaves.

## Pests and Diseases

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In Hawaii, okinawan spinach is susceptible to mites, grasshoppers and occasional caterpillars. Mite damage causes leaves to curl and twist, reducing growth. Mites can be controlled with pyrethrum/rotonone products or by removing infected areas manually. Grasshoppers will eat holes in the leaves.

## Acknowledgements

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Material for this article was sourced from Tropical Perennial Vegetable Leaflet No. 7 /August 1994

A publication of the ADAP-Integrated Farm Development Project, CTAHR, University of Hawaii, Honolulu, HI 96822 USA

## *Robin Clayfield's Recipes*

### **Nibbles & Dips - Sesame Crisps**

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- 1 cup wholemeal flour
- 6 tbs sesame oil
- 1/2 cup water
- 1/2 tsp herb salt or powdered dried herbs of your choice,
- e.g, onion, garlic, parsley
- A few sesame seeds

#### **Method**

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- Blend the water and oil and mix in the flour.
- Knead as you would bread dough for 5-10 minutes.
- Leave to sit for 10 minutes.
- Divide the dough into two equal quantities and roll out onto a greased biscuit tray.
- Sprinkle with the herb salt or seasoning and the sesame seeds.
- Run a roller over the top again to indent the seeds and salt thoroughly into the mixture.
- Take a knife and mark triangles or squares across the mixture.
- Prick with a fork and bake for 10 minutes in a medium oven (you could also use a solar drier or dehydrator to dry until crisp).

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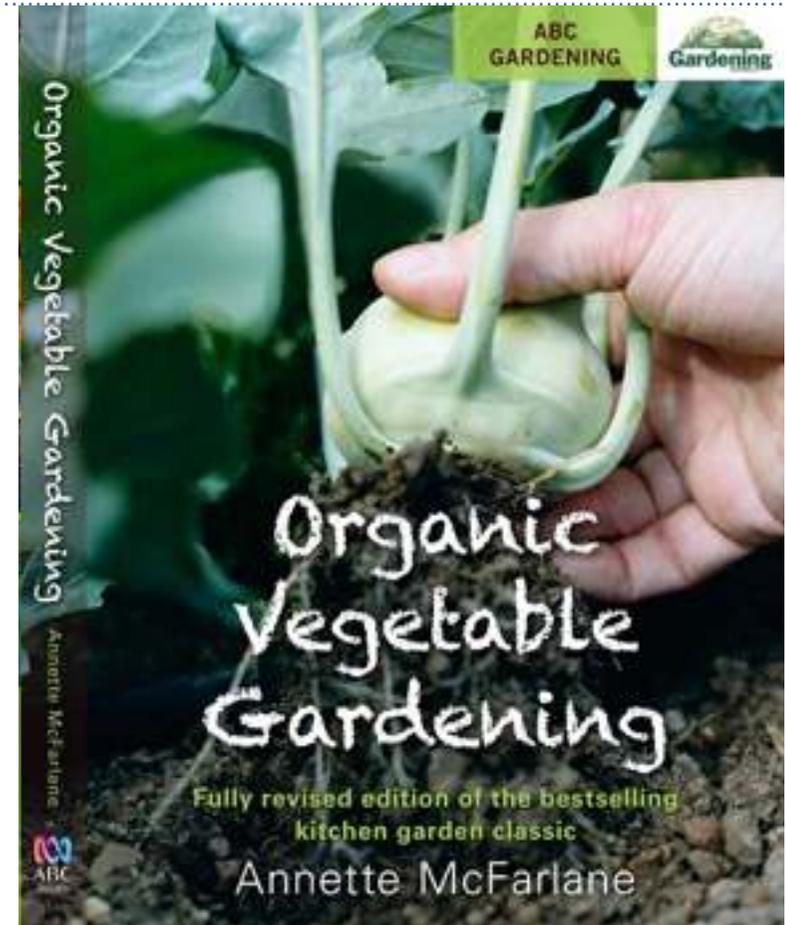


## Book Review

### Organic Vegetable Gardening\* by Annette MacFarlane

In a world where mass-produced food often lacks taste and freshness, more and more people are growing their own vegetables. This new, greatly expanded edition of Annette McFarlane's gardening classic offers gardeners an authoritative and comprehensive guide to growing an extensive range of organic vegetables. As well as outlining the basics – how to plan your garden and prepare soil, make compost, develop a planting guide, propagate, sow and germinate seeds, Annette offers a mass of new and exciting material. In 'Garden to Gourmet', she explains how to grow Australian bush food and the herbs and spices that give unique character to the cuisines of China, Greece, Malaysia, Mexico, Singapore, Thailand and India. There are additional chapters on growing different types of mushrooms, and edible flowers and weeds. For gardeners with not much room to move, there is a whole new chapter on growing a large range of vegetables in containers. And for those interested in heirloom vegetables, advice on collecting and storing seeds. All this plus extensive instructions on how to grow over 115 vegetables in the 'A for Amaranth Spinach to Z for Zucchini' section, which includes heaps of new information on Asian greens and cabbages and unusual vegetables, ensures that Organic Vegetable Gardening remains the organic grower's bible.

\* Organic Vegetable Gardening is available from the PN Library



*PN Contact info January 2015*

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## Yandina Community Gardens Update

### 1. Living Smart Saturdays

This project has been assisted through the Sunshine Coast Council grants program Yandina Community Gardens is pleased to offer the latest array of free workshops as part of our collaboration with the Sunshine Coast Council's Living Smart program. The workshops aim to stimulate your skills to live in a sustainable way, and to share what you learn with others. We urge you to bring your friends, neighbours and family of all ages to share and learn.



### Upcoming workshops/events are as follows:-

- **Sat Feb 7 - 9.30 am - Workshop- The Good, The Bad and The Ugly - Insect Identification with Michelle Gleeson**

Michelle, an entomologist, is the Director/Presenter of Bugs Ed ([www.bugsed.com](http://www.bugsed.com)) and, in this workshop, we will explore the amazing world of insects found in our gardens, including the good, the bad and the ugly! Tips on how to encourage beneficial insects and how to ward off the baddies will be covered, as well as how to recognise and identify some of the common groups of insects found in our own backyards. You will see amazing images, dead specimens and some live local insects and then a short "bug hunt" around the gardens will help us to put our identification skills into practice. There will also be a Q&A session to finish, and, if you have any bugs you would like identified, put them in a jar and bring them along.

- **Sat Feb 14 - DVD Screening - TBA - 9.30 am**

- **Sat Feb 21- 9.30 am - Workshop - Gardening Without the Aches and Pains - Simple DIY Strategies with Lissa Evans**

As well as producing delicious food to nourish our bodies, we also want to be able to enjoy our time 'labouring' in the garden without spending hours on the couch to recover! Understanding the importance of your fascial network (soft tissue wrapping ALL muscles, bones and organs) and seeing how easy it is to keep this "springy", hydrated and flexible; will allow you to spend just 10 minutes before or after a session in the garden to ease or eliminate any discomfort you may feel. The exercises are easy, involve inexpensive equipment and can be done just about anywhere, or better still, become a regular part of your daily routine. If relevant, please bring along a gardening tool (if appropriately small) that you find causes problems in your body, to practice using.

- **Sat Feb 28 - 9.00 am - Guided Garden Tour**

Want to be inspired about what – and how – to grow in the sub-tropics? Then come along for a free garden tour to see permaculture principles and design ideas in action at Yandina Community Gardens. Meet at the aquaponics system for a 90 minute (approximately) tour of the gardens. Wear a hat and bring your water bottle.

- *Bookings are **NOT** required for any of these workshops unless specified.*
- *All workshops are free. Workshops commence at 9:30 am unless otherwise specified and duration is approximately 1½ to 2 hours.*

## LIVING SMART HOMES PROGRAM

If you would like to learn more about the Sunshine Coast Council's FREE interactive 'Living Smart' program, please click here [Living Smart Program](#) or, if you prefer, online registration is available at the Blue House on any Saturday between 8 am and noon. Information relating to the FREE 'Living Smart' program will be on display and assistance with registration is available. Once you receive your registration, you are then able to complete the various activities set out for each module – along the way you will find out lots of interesting information on topics like Biodiversity; Food; Transport; Energy; Water; Waste; Neighbourhood and Wellbeing - information that will enable you to live more sustainably and thus reducing the size of your footprint on the earth. *Council's "Living Smart" program is what funds our workshops, so, to see our wonderful range of workshops continuing well into the future, please throw your support behind this program - it is FREE and*



*If you require more info on any topic, or indeed, if you have any ideas on how to make the gardens a more sustainable, social, productive, better, educational or happier place, please email [info@yandinacommunitygardens.com.au](mailto:info@yandinacommunitygardens.com.au)*

## *Bellbunya*



**Organic Swap-Meet Cafe & Healing Day - from 9 am Thursday 26th February**

**Swap - Buy - Sell - Share - Meet - Network - Healing**

Bellbunya's Sustainable Kitchen Organic Cafe welcomes you on the fourth Thursday morning of the month, at Bellbunya Community in Belli Park, from 9am to 1pm. Enjoy delicious, healthy, fresh food in the Sustainable Kitchen Cafe, including our signature "Dandelion Chai" and a range of delicious organic, vegan and gluten-free cakes, iced herbal tea, and other seasonal dishes. This is a free platform where you can bring any excess produce, home-made preserves or plants to sell or trade, and support each other by local purchasing, swapping and networking.



Music in the cafe is provided by talented locals or plants (also locals!) at Bellbunya, via "the Machine for the Music of the Plants" - the first and only of its kind currently in Australia. At the same time, a healing day will be operating where people can bring their therapy/healing modality to share, or receive a treatment for \$15. If you are a healer, this can be an opportunity for people to become known and network with other people in the area, and to share your modality. Our free talk each month is a high point for the morning! Come along to explore another aspect of life and living.



### The Schedule for the day:

- 8:30 am Healers arrive to set up (and have a cuppa if they choose)
- 9:00am Organic Cafe opens. Swap-meeters are invited to set-up food & produce displays, label & price items
- 10:00am Free talk - Clare Rose on aromatherapy (details <http://www.bellbunya.org.au/events-calendar>)
- 12:00pm Free Tour of Bellbunya

A relocalisation initiative for a sustaining future....

Contact Amandala at Bellbunya for more information on 07 5447 0181 or email Amandala on [mn8amanda@gmail.com](mailto:mn8amanda@gmail.com)

Bellbunya is at 114 Browns Rd, Belli Park, 11 km from Eumundi on the Eumundi-Kenilworth Road

## LINKS

The internet is a great way to access information about Permaculture. Here are some you will find of interest:

- **Successful Gardening in Warm Climates** <http://www.annettemcfarlane.com>

Annette MacFarlane is a Queensland based teacher, garden writer, author and broadcaster. Her website is a wonderful source of information about organic gardening in our climate. The website is eye-pleasing, well organized and pleasant to explore. It includes Planting Calendars, sections on garden pests, events, talkback audio files, recipes and much more.

- **Tropical Permaculture** <http://www.tropicalpermaculture.com>

If you ever contemplated growing fruit, herbs or vegetables, but thought it's too hard, too difficult or too much work, then let this site convince you that it's not.

*If you have any sites or links you'd like to share send them to <mailto: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.*

PERMACULTURE NOOSA.INC PO BOX 619 COOROY QUEENSLAND 4563 <http://permaculturenoosa.com.au>

## *Seed Savers Group February Meeting*

**DAY:** Thursday, 12<sup>th</sup> February 2015 (we meet on the 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.

**FEBRUARY'S MEETING TOPIC:** Jobs in the garden in February.

Want to know more about what grows best at this time of year? How to collect and save seeds from plants growing in this area and how best to deal with this sub tropical climate?

Permaculture Noosa's Seed Savers Group meets on the second Thursday of every month at 'A Touch of the Past' coffee shop in Pomona. While we work we exchange information on seed saving and more generally on recent successes and failures in our gardens.

Everyone is welcome to join us for a cuppa and a chat. In February we meet on 12th.

During the meeting we process and package seeds that have been saved by local gardeners. Once in small packets, our aim is to distribute the seeds through various means to gardeners on the Sunshine Coast, so that crops that have proved successful in this region can be kept in circulation from one year to the next.

The processing and packaging tasks are very simple and require no previous experience. Hope to see you there.

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## *Annette McFarlane's Planting Calendar for January*

**Flowers:** alyssum, celosia, cosmos, marigold, petunia, portulaca, salvia & zinnia, begonia, gomphrena, sunflower & torenia

**Vegetables:** capsicum, cucumber, lettuce, radish, tomato, zucchini - choko, eggplant, rockmelon, snake bean, sweet corn, sweet potato & watermelon

<http://www.annettemcfarlane.com/calendar.htm>

## Leonie Shanahan's Permaculture Paradise

January 2015

Gardening is so easy at the moment thanks to the rain (apologies to those not as fortunate); all I have to do is harvest and prune.

- Arrowroot is my best friend, it just grows so quickly, I chop it down hard for mulch and within weeks it's back to its former abundant self, ready for another chop. I have arrowroot in the chook yards for air-conditioning, and protection from predators. You can eat the new leaves (stir fry), roast up the roots or make flour from them – a must have in every garden. If you want to buy bulk I have some.
- Comfrey, a mineral accumulator, is thriving too and I happily pick large bunches of it (shred it up by hands) and place it around fruit trees and into compost. Make sure there is never any mulch near the trunk of fruit trees – or you are just begging for diseases. Air must circulate around the base.
- Pumpkins, watermelon, luffas, chokos, sweet potato and tomatoes want to take over the whole property - I often prune back the vine so fruit already growing have a chance to grow bigger and tastier. I eat Luffas and chokos fruit (vegetable) when they are still small (see photo). Tips of pumpkin, choko and sweet potato can be used for stir fry.
- If grasshoppers and snails are a problem, go out early morning and catch them – easy.
- Fertilise zucchinis, watermelon and cantaloupe every 4-6 weeks with an organic chook poo pellets – just a light sprinkle, these plants are producing a lot of fruit and need to be fed. Also give them a liquid seaweed application every couple of weeks. If we get really heavy rain you will need to give them an application (spray) of Trace Elements (bio trace elements)\*. When spraying you must cover both the outside and underside of the leaf, the stem and trunk, all will absorb the minerals.
- Clean out the guinea pigs cage, the chook house, pick the panama cherries\*\* (before the birds do), more weeding, trim arrowroot, collect more tomatoes to preserve, and dare I say – collect cane toad tadpoles from the wetlands (they laid eggs while I was at Woodford festival – can you



believe that), and have a cuppa with my neighbours. Will need someone to help me desucker some of the extra banana plants too. There is always lots to do but NONE of it feels like work, it is a luxury to have my own land, animals (native and productive), food and water and for this I am grateful every day.

- It's a Good time of year to declutter and give what you don't want to Op Shops that provide for people in need.

**GOYA** Get Off Your Arse – time to be pro active in protecting Mother Earth. Our current governments State and Federal seem to think it ok to sell and abuse the only earth we have. Earth doesn't have a voice and we need to protect it, not to mention all the other inhumane policies the govt has. Don't ever think your opinion doesn't count. Contact your local members and be heard. Demonstrate. Time for People Power. Permaculture is about Care of the Earth, Care of the People and Sharing of Surplus.

Next month I will take you through the journey of my property from scratch – it has been an amazing learning curve of converting all my knowledge from a tiny suburban sandy backyard to 1.5 acres of hard clay with gumtrees on it. It is now a thriving food property and I no longer need to go to the farmers market for my vegetables (I sometimes buy some things at the local store).....

[Leonie@EdibleSchoolGardens.com.au](mailto:Leonie@EdibleSchoolGardens.com.au) Leonie Shanahan Phone 5455 5784



\* Editor's note: Leonie uses Bio-trace Trace elements <http://batphone.com.au/msds-liquid-fertilisers/74-triple-boostmsdspdf> It is stocked by Sauers at Cooroy and other produce stores.

\*\* Editor's note: Leonie sourced her Panama Cherry plants from Daleys at the Nambour Garden expo. <http://www.daleysfruit.com.au/fruit%20pages/panama.htm>

The botanical name is *Muntingia calabura* <http://en.wikipedia.org/wiki/Muntingia>

## *Gardening Tips: Paw Paws*

Paw-paws are a great choice for our climate – they're delicious, packed with nutrition and can be eaten ripe as a fruit, grated when green to make salads and are also used medicinally in creams to treat several ailments. They grow quickly and fruit readily and prolifically.

### **To Protect Your Paw-paw:**

- Wrap some hard black plastic around the trunk and staple or tie it in place. This way possums can't get their claws into the tree to climb up to the fruit.
- To deter birds and flying foxes, wrap the paw-paw fruit in geo-textile. Tie the fabric securely above the fruit and fasten it at the bottom with a bow so that you can easily undo the bow each day to check the ripening of the fruit. Covering the fruit will not reduce available sunlight to the tree as sunlight is received via the leaves.

<http://www.abc.net.au/gardening/stories/s2646851.htm>

### **Black Spot on Pawpaw**

Adequate nutrition is as much a tool in disease control as the use of sprays. Plants deficient in potassium, phosphorous and magnesium are more susceptible to attack by black spot and powdery mildew. Simply increasing the potassium (sulphate of potash and/or lucerne mulch), phosphorous (rock phosphate or chicken manure) and magnesium levels (Epsom salts) helps to make plants more resistant to disease. Pawpaws are most susceptible to black spot disease during the cooler months. Spraying with sulphur or copper based compounds prior to the onset of the cool weather and watering with liquid seaweed can help reduce the severity of infestations.

<http://www.annettemcfarlane.com/diseaseID.htm>

## Advertisements

### PROPERTY FOR SALE

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<http://www.gumtree.com.au/s-ad/brinsmead/property-for-sale/yurts-very-unique-home-or-set-up-as-holiday-let-business-/1063284398>

### For Sale at the YANDINA COMMUNITY GARDENS

Check out our **extensive range of tropical and sub-tropical edible plants** in the shadehouse. All these plants have been propagated from plants grown in the gardens and are available for **\$2.00** per plant (NOTE: If you purchase **12 or more** of the **same** plant, the cost is **\$1.50** per plant) - fruit trees are **\$5.00** per plant. We also have a range of more advanced plants for sale, ranging in price from **\$5.00 to \$15.00** - just ask one of the volunteers for help with these plants.

**Wicking Bed in a BOX** - We now have broccoli box wicking bed kits available for sale. These boxes include everything you need. Cost is **\$20.00**

**Organic seeds** available for **\$1.00** packet - check out our range.

**Dr Grow-It-All liquid fertiliser** - **\$14.00** for a one litre bottle available to members/\$16.95 for non-members. We are now a licenced refill station for Dr Grow-It-All and the refill service is available to members and non-members (refill at \$6.00 per litre for members/\$8.00 for non-members).

**Bio-Char** - Members \$25 per 4kg/10ltr ; Non-members \$30 per 4kg/10ltr (Bulk biochar - please bring your own bucket)

**Kama knives** from Green Harvest at **\$12.00** each - ideal for cutting weeds at the base of trees and shrubs and for harvesting non-woody mulch plants.

**Biota Booster** is a pioneering non-GM biotech liquid product. It is safe for humans, animals, fish and the environment. It rejuvenates and improves the soil and is available for **\$30** Members & **\$35** Non-Members.

**"Good Bug Mix" seeds** from Green Harvest are available at **\$5.00** a packet.

**Permaculture Noosa Recipe Book** - Recipes using the tropical and sub-tropical vegies we grow in our gardens - **\$5.00**

**Pest and Bug Control Chart** - lists out what to grow or spray to control the bugs in your garden - **\$3.00**

**BOOK** - You Can Have Your Permaculture and Eat It Too - Robin Clayfield \$36 Members, \$39 Non-Members

**BOOK** - How Can I Use Herbs In My Daily Life - Isabell Shipard \$37 Members, \$40 Non-Members