

# PERMANEWS



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## PRESIDENT'S REPORT

I have been in the president's seat for a year now and I can certainly say I enjoyed the experience. It wasn't nearly as daunting as I thought it would be. However with people coming and going with their various roles here in Permaculture Noosa, that has been the most challenging issue at hand-keeping the perma machine well oiled and turning. Now with the AGM looming before us, we have more positions vacant! I will be staying on as president for another year (unless of course some one else wants to step up to the mark) but only with my health permitting. We need a vice-president to step in for the time I will be out of action due to major surgery I will be undergoing within the next few weeks. Ruth Sparrow is also staying on bless her heart- she now has all the confidence of a great treasurer and has done a fantastic job this past year of balancing the books. The position of secretary will become vacant and we also had a minutes secretary at the committee meetings to make less work for the secretary. Rhonda Jessop has done a great job of being the scribbler at the meetings but she also has to step down along with Eyre. Lorraine Oats has done a marvellous job as secretary by crossing all the t's and dotting all the i's. Well done Lorraine- we loved your wacky antics and really enjoyed having you on board. We also have Tom not standing for vice-president due to his heavy work load- good on you Tom it's great to see such a success of your perma career and the Sunshine Coast Permaculture Institute. We are very proud of you and Zaia and all the wonderful work you are doing for the community.

We also welcome Mark Fry back on to the committee as a member and we are looking for a couple more people to make up the committee numbers we need so we can have a quorum for every meeting we have. If you are interested in joining the committee, it is held the Monday after the general meeting and it is held in the Cooroy township. The meetings are from 6-8.30 and we seldom go over that time.

It is a wonderful opportunity to give something back of ourselves to the community by being on the committee. Not a lot is required of you but you will be able to have voting rights and have your say on how the general meetings will be run. If you still aren't sure about committing yourself to be a committee member- you are welcome at any time to join us and see what it's all about. These meetings are open to every Permaculture Noosa member.

So a big thank you to Bronwyn McIntyre and Tania Coppel who have served on the committee. We have enjoyed your company and shared the laughs as well as the serious business of running Permaculture Noosa behind the scenes. Also a huge thank you to Judith Anderson, Amanda Moore, Bill Berry, Lesley Mearns, Val Wilson, Janine Stoner, Gwenda Mc Naught, Brian & Donna Rasmussen, Ian Trew, Penny Foster, Kate Kuskopf, Jane Gapinski, Dan St George, Esther, Ulrike and Evonne and Gary for the various roles they filled over the last year. It takes many people for an organisation such as this to keep the wheels turning smoothly.

Please consider playing a role big or small so that our wonderful organisation can continue to spread the perma news and educate the community on how to survive and thrive in the 21st century.  
Elisabeth Fekonia, president

**This newsletter is  
emailed to members free  
or can be purchased at  
the meeting for  
\$2**

## PLANT PROFILE – Stevia



Stevia (*Stevia rebaudiana*) is an herbaceous perennial, losing its leaves in late autumn. It is also known as Sweet Leaf, (although it is not the Sweet Leaf Bush, *Sauropus androgynus*), but is part of the Asteraceae family.

Stevia grows to 1 m high and likes full sun, but can tolerate light shade during the heat of summer. It does best in a fertile, well-drained soil with plenty of compost and appreciates regular watering, although not wet feet. It should be planted by itself, not with other herbs or flowers and will tolerate acidity, the preferred pH range being 5 - 7.5. It should be planted where the shallow roots won't be disturbed and will sometimes die back to a crown as its woody stems are fairly brittle.

### Uses

Stevia originated in South America, where the Guarani Indians of Paraguay have used leaves from the stevia bush to sweeten food for hundreds of years. In traditional medicine in these regions, stevia also served as a treatment for burns, colic, stomach problems and sometimes as a contraceptive.

Stevia leaves, dried, can be kept indefinitely and can also be added to stewed fruit and other dishes. Two or three leaves added whole or powdered are enough to sweeten a cup of tea or coffee.

A syrup can be made and used as a sweetener. To make a syrup add two teaspoons of dried stevia to one litre of water, bring to the boil and simmer for ten minutes and let stand. This can then be stored in the fridge and used as required.

Stevia does have its limitations and it is not a true substitute for sugar in all instances. It doesn't dissolve and does have an aftertaste that some people find unpleasant. Rather than a sugar substitute you can consider it more as a flavouring, as you would any other herb.

### Planting

Seed can be sown in spring, with a soil temperature of 20°C. Seed is difficult to germinate but cuttings strike very readily. Take cuttings any time over summer and keep moist until established. Cuttings 10 - 20 cm long should be half buried in potting mix and kept moist. Space plants about 30 cm apart. Young Stevia plants are sensitive to cold and frost, and should only be planted outdoors after the danger of the last frost has passed, and the soil has warmed up.

### Harvesting

Tip-prune to encourage bushiness. Harvest before flowering occurs in late summer and dry upside down in bunches. If your plant starts to develop flowers, it is best to pinch them off before they bloom to improve leaf production and prevent bitterness. The very tips of the stems contain nearly as much stevioside as the leaves.

### As an Extract

The herb Stevia is different from what we see on the supermarket shelf. While the plant extract itself doesn't contain calories, the supermarket product is not in its pure form. The powder is a highly refined extract, blended with sugar alcohol and bulked up with maltodextrin [a refined starch that breaks down into glucose]. Apparently to get it 'table-top' sweet, it is bulked out with other carbohydrates which are calorific.

'Stevioside' extract is a glycoside, not a carbohydrate and has no calorific value and therefore has a possible benefit in diabetic diets as a substitute for saccharine or for weight-watchers wanting to avoid artificial sweeteners.

'Stevioside', the chemical which is extracted and purified from the incredibly sweet leaves of the plant and is said to be 300 times sweeter than sugar.

Because stevia has a negligible effect on blood glucose it is attractive to people on carbohydrate-controlled diets and is now used by companies such as Coca-cola and Pepsi to sweeten some of their products. The stevioside content in a home grown Stevia leaf is about 12 percent compared to the stevioside content of the extract which is about 81 to 91 percent.

It is soluble in water, non-fermentable and non-toxic.

Stevia's taste has a slower onset and longer duration than that of sugar, but some of its extracts may have a bitter or licorice-like aftertaste at high concentrations. Glycosides are molecules that contain glucose and other non-sugar substances called aglycones (molecules with other sugars are polysaccharides). The tongue's taste receptors react to the glucose in the glycosides – those with more glucose (rebaudioside) taste sweeter than those with less (stevioside). Some of the tongue's bitter receptors react to the aglycones.

Information the following sources;

Frances Michaels, Green Harvest ([www.greenharvest.com.au](http://www.greenharvest.com.au)),  
<http://www.livescience.com/39601-stevia-facts-safety.html>, <http://en.wikipedia.org/wiki/Stevia>,  
<http://www.howtogrowstuff.com/how-to-grow-stevia/> and  
<http://www.daleysfruit.com.au/Herbs/sweetleaf.htm>.

### Accidental apple pie

After raving reviews from the Permaculture Noosa meeting last night (Feb 2014), the occasion I made the pie for, I decided to post the pie. It is quite sweet, but you can reduce the amount of honey or coconut syrup you use to reduce its sweetness.

In a food processor, process;

3 handfuls of pecans, a handful of brazil nuts, a handful of walnuts, 3 handfuls of linseed, a handful of pepitas, 3 handfuls of sunflower seeds. For SCD, replace seeds with hazelnuts and almonds.

After processing and the mix is crumbly, add 4 handfuls of desiccated coconut and process again. Add honey, yakon syrup or coconut nectar to taste and to make the mixture just a bit moist.

Press this mix into the bottom of a greased round pie dish. Place thinly chopped apple on top (you can leave the skin on or take it off, whatever tickles your fancy...). Place into oven and bake at 160C for about 20 – 25 minutes.

Whilst the pie is baking, put a can of coconut cream with, 3 handfuls of dates, 2 handfuls of sultanas, 1 tsp clove powder, 1 1/2 tsp cinnamon powder and 3 – 4 handfuls of macadamias.

Blend until smooth and thick. Pull the pie out of the oven.

Add the coconut cream mix over the top and spread it out smoothly. Place back into the oven and bake until the topping is slightly crusty. Can be decorated with nuts and / or sultanas on top (pictured are pecans). Best eaten on a plate!

Zaia, author of WholeFood Cookery ([wholefoodcookery.com](http://wholefoodcookery.com)), runs the Permaculture Research Institute Sunshine Coast with husband Tom Kendall.

**Permaculture Noosa Meeting  
Thursday, 16th October, 2014**

Permaculture Noosa meetings are FREE and open to the public.

Held at the Cooroy Memorial Hall, Main St.

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.

**COMMUNITY GARDENS**

A presentation by Val Wilson

"Eyes wide open for Community Gardens on the Sunshine Coast"



In 2010 Val jumped from a plane at 14,000 ft and saw things differently after that. Val joined Permaculture Noosa in 2011 after moving here from Alice Springs . Her eyes were busy viewing all the incredible, adaptable plants that people grew to eat and now shares the passions of an addictive gardener toward a healthy, happy community. She will take you to some community gardens on the Sunshine Coast and give you food for thought on the reasons why these gardens are vital to everyone not just people without room to garden.

**COMMUNITY GARDENS IN THE PHILIPPINES**

Also speaking on the evening will be **Bronwyn McIntyre** on her observations of community gardens and growing of food in the Philippines. She will have some very revealing photos to show from her recent trip there.

This meeting is our annual general meeting but it will only be a short segment of our program for the evening.

**EFT notice for AGM**

Permaculture Noosa's management committee is proposing a change to the association's rules to allow for electronic funds transfer. The change will enable amounts over \$100 to be paid either by cheque (as is done now) or by electronic funds transfer into a bank account. Both cases require signing/authorisation by two committee members. A special resolution seeking approval for this change will be put to the Annual General Meeting on 16 October. The AGM Agenda and details of the Notice of Motion appeared in the September Permanews.



**WHY NOT SAVE SOME SEED FOR THE SEED BANK?**

Permaculture Noosa's seed bank does not store seed long term for posterity. We do not have the necessary storage facilities. Instead we collect seeds that have a proven track record in organic gardens in our local area. These seeds have been donated to the seed bank by local gardeners just like you. We package this seed and redistribute it so that it can be grown again next season.

To keep that seed circulating year after year, season after season, we rely on people saving seed from a successful crop and donating, even a small amount of it, to the seed bank. If you have bought seed from the seed bank and had a good crop, or if you have some other favourite seeds of your own, please consider allowing a small part of your crop to go to seed. Keep some of that seed for next year's crop, but please also return some to the seed bank for re-distribution. That way we keep good crops in circulation among Sunshine Coast gardeners. That way we also have a large variety of seed available when next you want to buy seed from the seed bank.

The seed savers group is passionate about encouraging fellow gardeners to learn how to save their own seed. Most of us are still novices, but we still like to experiment by saving seeds from many different sources in search of viable crops for our soils and climate. We would encourage you to do the same. You have nothing to lose and much to gain. However, not all of the seed we save this way may prove suitable for our seed bank, as not all of it will necessarily produce good harvests in future years. For those of you who are uncertain whether your seed is the right type to put into a seed bank for re-distribution, we offer the following guidelines.

- 1.** The seed should have been saved from plants that you have grown in your own garden using organic methods. Members of the seed savers group can provide advice on how to save different kinds of seeds. There are also several manuals available; some of which can be obtained from the seed bank.
- 2.** To be sure that your seed will 'breed true' and produce a good harvest for the next gardener who takes your seed from the seed bank, it should have been tested over more than one generation. This can be achieved several ways:
  - Save seed from a successful crop and try planting it again. If your next harvest is also good, save some seeds from this second harvest. Seeds from this crop would be welcome in the seed bank.
  - If you have a successful harvest from seed bought from the seed bank, please save seed from this crop and donate some of it back to the seed bank to keep it in circulation.
  - If a local friend gives you seed that they have saved themselves, and you in turn produce a

good harvest, seeds from your crop would be suitable for the seed bank.

3. If you are using seeds from crops grown from commercial seeds, check the packet carefully to make sure that the seeds are not F1 hybrids. If they are hybrids, while you may have had a great harvest, seed from those plants is unlikely to produce the same quality of plant/harvest in the next generation. Do not save seed from hybrids. If the commercial seed is not a hybrid, grow a second crop from any seed you have saved from the first crop. If this second crop is still good, this seed is suitable for the seed bank.

4. If you purchase seedlings from which you then save seed, or if you save seed from fruit or vegetables bought at a market or supermarket, you cannot be sure the seeds will breed true. Follow the steps outlined in point 3 above, before offering that seed to the seed bank. Come and see me at the seed bank during our meetings if you have any questions, or come to one of our seed saver meetings.

Lesley Mearns, Seed bank Co-ordinator

## Permaculture Lawns

“I hate lawns...” Bill Mollison (‘Permaculture: A Quiet Revolution – An Interview with Bill Mollison by Scott London’)

Lawns, love them or hate them, they are one of those features of modern life that we take for granted, though we’ve long forgotten their origins. We have lawn because we’ve ‘always had lawns’, without questioning why....

Most permaculture practitioners loathe them frankly, seeing the space as valuable ground better utilised for growing food!

Now, imagine if we applied our permaculture design principles to lawns, what would be the result?

Can we come up with a permaculture design rationale for the much maligned common lawn?

For the sake of perspective, we’ll look at the origins of lawns, and why we even have them, then I’ll step into highly controversial territory – the concept of a *‘permaculture lawn!’*

### **The History of Lawns**

The concept of having a ‘lawn’ come to us from Europe. Originally pastures of grass were used to graze livestock, which kept the grass short, resulting in large expanses of land covered with close-cut grass. Europe’s mild weather with plenty of rainfall ideally supports the growth of grass across large, open spaces.

In the 17th century in England, we first saw the deliberate growing of trimmed grass by the wealthy and the aristocracy as a show of affluence. During those times, land was a valuable resource, as it was used to grow food, which provided a source of nutrition and a source of income. For a wealthy landowner to simply grow grass was a show of extravagance, flaunting the fact that they had land to waste as they pleased.

The enormity of such a status symbol may not be immediately obvious to us in our current day and age until we realise that *lawn mowers did not exist at the time!* These lawns were cut *by hand* — by servants using scythes, sickles and shears. The amount of labour involved in maintaining a large lawn was considerable, and only the wealthiest in society could afford to pay people to carry out this work.

The first mechanical lawn mower was invented in 1827 and patented in 1830 by engineer, Edwin Beard Budding (1795-1846) from Stroud, Gloucestershire, England.

After the lawnmower was invented, having a lawn no longer remained the mark of wealth and status that it once was, but this status symbol now became accessible to the masses. From that time onward, we’ve just kept on growing lawns in our front yards, forgetting that they were once grown as a symbol of wealth. Just another one of those unquestioned traditions that people blindly follow without knowing why....

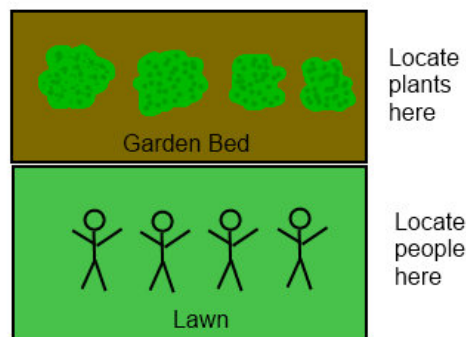
### **A Permaculture Lawn?**

Permaculture’s design principles are universal, and can be applied to all manner of plant-growing systems. If they are universal, they must be applicable to lawns too. Right?  
 First, in a design, we need to justify the inclusion of each element, and if we include a lawn in our design (I can already hear Bill’s grumbles from here!), we need to explain what it’s doing there in the first place!  
 Then, we need to devise a method of applying sustainable growing principles to maintain the lawn in our design.  
 That, in a nutshell, is our two-part challenge in applying our permaculture design principles to something that is oh so not permaculture!!!

**Lawn Rationale**

In a design, we need a place to put our plants and trees, so we create garden beds for them. It is critical to separate the garden areas from the paths and walking areas, because the garden beds are strict ‘no-stepping’ areas! Stepping in the garden beds compacts the soil, and this reduces both water and air penetration through the soil structure, which adversely affects plant growth.

Location of Design Elements



People need to be accommodated in the design too, and since people clearly don’t belong in the garden beds, you need to put them somewhere too — a lawn perhaps?  
 Hopefully this is sound rationale for having a lawn in the back yard. Lawns in the front yard are a different matter entirely, in most cases they are rarely used, and are rarely justifiable, being vestiges of the old European status symbol.

**Sustainable Lawns**

The biggest problem with lawns is that they are commonly maintained in the most unsustainable ways: Lawns are mowed very short, so the grass doesn’t get a chance to build a strong root structure, which means that it is not very water efficient.  
 When lawns are mowed, the lawn clippings are disposed of, which gradually depletes the minerals from the soil and removes organics matter from the system. The clippings are often full of grass seeds, and are therefore not cold-compostable.  
 To counteract the depletion caused by the disposal of the clippings, chemical fertilizers are used. These damage the soil, and also get washed away and contaminate waterways, causing eutrophication (a process where water bodies receive excess nutrients that stimulate excessive plant growth.)  
 Chemical herbicides are used to kill ‘weeds’ – contaminating the soil and surrounding ecosystems.

Lawns can be grown sustainably, by using some common sense organic gardening principles:

By not mowing grass too short (set the mower to the highest setting) and allowing the grass to grow a bit longer, the root system can grow stronger, making the lawn more water efficient. It also means *less* mowing!  
 Leave lawn clippings on the lawn after mowing (mow without a grass catcher). The clippings will break down to create natural mulch. All minerals from the soil are retained, and there us a net positive gain in

organic matter over time, so the lawn will be 'soil building'. Any grass seeds present will self-sow, making the lawn thicker and filling out any bare patches.

Fertilizers won't be required because the soil is not being depleted.

Any 'weeds' can be manually dug out if they must be, and having a thicker taller grass will reduce the self-seeding of many 'weeds' in the first place.

So, there you go, from a design perspective, lawns can be justified, and furthermore, lawns can be grown sustainably without poisoning the soil and the surrounding ecosystem.

Further proof that you can apply permaculture principles to growing every plant under the sun, and even those we might dislike!

### Further Reading:

[God on Lawns](#)

[The Grass Isn't Greener](#)

This article was posted on the PRI website October 25, 2011 by Angelo Eliades



### Seed Savers Group November Meeting

**DAY:** Thursday, 13 November 2014 (we meet 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.

### **NOVEMBER'S MEETING TOPIC: GARDENERS SURVIVING IN THE HEAT AND HUMIDITY**

Permaculture Noosa's Seed Savers Group meets every month on the morning of the second Thursday of the month. In November this will be **Thursday the 13th**. This month we are discussing how to survive gardening in the heat and humidity, a topic very close to

October's discussion but concentrating more on the home gardener, rather than the garden. Why don't you come and join us for a cuppa and a chat at 'A Touch of the Past' coffee shop in Pomona? During the meeting we process and package seeds that have been saved by local gardeners. Once in small packets, the seeds are distributed 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. It doesn't matter whether you have been saving your own seeds for years, or are just starting out and hope to learn from the experience of others. While we work we also exchange information on seed saving and more generally on recent successes and failures in our gardens. Hope to see you there – everyone with an interest in seed saving is welcome.

### **Big Birthday celebration planned in August 2015**

The committee have decided to **commemorate our 21st year in action** with a super weekend celebration including a sit down dinner dance with a band for approximately 200 people at the RSL hall and a day of festival activities at the Cooroy Community Garden. While this is our own celebration aimed at re-



energising current members, putting them in touch with past members and celebrating our contribution to the growth of Permaculture across the Sunshine Coast, we also want to promote permaculture and sustainable living in Noosa and encourage community participation in our weekend. We plan for past and present members and supporters to join us at the dinner and will encourage members of the public enjoy the band and the dancing after dinner. The festival on the Sunday will be open to the public.

This is to be a 'not for profit' weekend and we have applied for a Community Project Grant from the Noosa Council to help to meet at least half the costs.

The dinner tickets will be sold at \$10.00 as we plan to grow much of the food, prepare it ourselves and hopefully create a scrumptious Permaculture-style menu for all tastes.

The festival will be a free, family-friendly fun day. Present and past members will discuss and demonstrate Permaculture and sustainability principles and practice, offer Community Garden tours and congenial morning tea and lunch spaces for visitors to buy from the mobile food stalls – again with permaculture friendly food.

Our vision is for the weekend festival to re-invigorate our own and the community's rich social interaction and the value we place on caring for the earth with the life-style we promote.

**Mark the weekend in your calendars: Saturday 15th and Sunday 16th of August 2015**

### RegenAG® Microbial DNA Analysis Laboratory

RegenAG® is proud and excited to be involved with a proposal to establish an Australian Agricultural Innovation Precinct (ATAP HUB) in Malanda on the stunning Atherton Tablelands. The types of services and facilities the ATAP HUB provides will be determined by the people using it. Your input from this quick questionnaire will support our proposal to the next stage. Please help us!

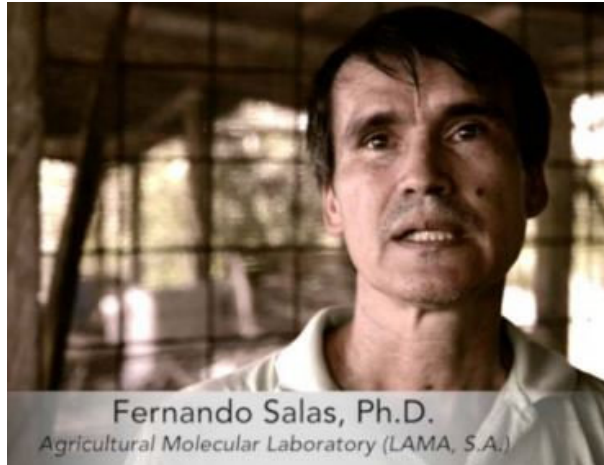
ATAP HUB Questionnaire

<https://www.surveymonkey.com/s/L3B6687>

We have put forth a proposal to establish the RegenAG® Microbial DNA Analysis Laboratory for farmers around Australia to test their soils, compost, plant leaf tissue and biofertilisers for the presence of pathogens and functional groups of microbes. This service, being specifically established for the benefit of farmers, using this method of DNA analysis, currently does not exist in Australia.

The lab will be able to test for pathogens and functional groups of microbes. In addition, the lab will have the capacity to test for early detection of disease in animal blood such that targeted, small amounts of antibiotics can be used (where necessary) rather than broad spectrum medication, which has well documented adverse impacts to overall animal immune health.

We were fortunate to visit such a lab on our 2013 Study Tour of Latin America whilst in Costa Rica. See the following short video where Fernando Salas PhD. of LAMA S.A. explains the service they offer to farmers in their region, which is exactly what we are seeking to offer landholders Australia wide through our Lab.



<https://drive.google.com/file/d/0By6eYpVDXq1TVmtXa1VPdkxHWDg/edit> (ctrl click to view)

This is a huge opportunity for farmers around the country to have quality control over any on-farm produced inputs, to monitor the effectiveness of purchased inputs and everyone wishing to understand and manage for improved soil microbial health - at an affordable price

Some of the items listed in the questionnaire may not be relevant to you if you don't live locally. The questionnaire is also directed to the local community who would use other facilities/ services being proposed by other organisations. Please just ignore these questions if they don't apply to you.

To attract funding support, we need to be able to demonstrate need, so we hope that you can find a couple of minutes to fill it out for us and help us progress the project to the next stage.

We are very excited about this opportunity and sincerely appreciate your time in considering if our proposal would be helpful for you. Please pass this link to any farmers in your network, who may be interested.

Many, many thanks in advance!

Warmest Regards  
Kym & Georgie Kruse  
RegenAG® Directors  
[www.RegenAG.com](http://www.RegenAG.com)

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### **RUTH'S A WINNER**

A little birdie tells me that our wonderful treasurer, Ruth, won first prize with her tray of vegetables/herbs at the Ridgewood Hall fete recently: beetroot, Kipfler potatoes, lemon grass, pumpkin, galangal, garlic. Well done, Ruth! Inspiring to see such a vibrant and engaged Ridgewood community and their entries of beautiful craftwork, flower arrangements, eggs, and home-cooked goodies, plus live music and a display by the local Firies. Ruth is happy to talk about her secret weapon – raised garden beds and hugelkultur.

### **BELLBUNYA**

**Don't forget the monthly Organic Swap-Meet Cafe & Healing Day**  
**23 October 14 – (4th Thurs) from 9am – 1pm,**  
**including free talks and tour.**

**Scrounge List**

Do you have any of the following lying around and not being used (or know someone who has?). If so, you may wish to consider donating them to Bellbunya - where they can live again! Please do check with them prior, though, as they have limited storage space and capacity to repair random items.

Email kestrel (at) bellbunya.org.au

## Building related

- Building materials (e.g. pavers, decking, timber, tools, cement mix, fasteners, windows, doors, plywood, roofing sheets)
- Pool fencing (at least 1.2m high)
- Plumbing – fittings and fixtures (including pumps, pipes, gutters, connectors, taps, hoses)
- Flyscreens and components
- Moisture Meter
- Aluminium step ladder, trestles, plank
- Shelving suitable for shed

## Garden related

- Fencing materials (eg star pickets, gates, chicken wire, fencing wire, tools, electric fencing)
- Garden materials and equipment (e.g. soil tester, biodynamic preparations, sleepers, rocks and garden edging, mulch, manure, shade cloth)
- Edible plants and cuttings
- Garden sheds
- Canoe/ water craft

## Electrical, furniture, office, cleaning

- Washing machine
- Computer - desktop or notebook, network switch/hub and cabling
- Furniture - bookshelves, outdoor furniture
- Whiteboards
- Cupboards or wardrobes

## Kitchen

- Aprons (bib style, cotton) x 6, table cloths (coloured patterns) x 20, tea towels x 50, oven mits x 3 pairs
- Electric hot water urn (large one or 2 smaller ones)
- Insulating mats for hot pots x 10
- Good refrigerator, commercial dishwasher
- Salt and pepper grinders x 4

## LINKS

### DIY Hugelkultur: How To Build Raised Permaculture Garden Beds

<http://inhabitat.com/diy-hugelkultur-how-build-raised-permaculture-garden-beds/>

### HABITAT FOR HUMANITY

Travel overseas to a community unlike your own and spend a week building a home for a family in need. By joining a Global Village Build you can experience the feeling of making a difference with your own hands. Or just have a look here and see what it's all about.

<http://www.habitat.org.au>

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Thank you for reading.  
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