

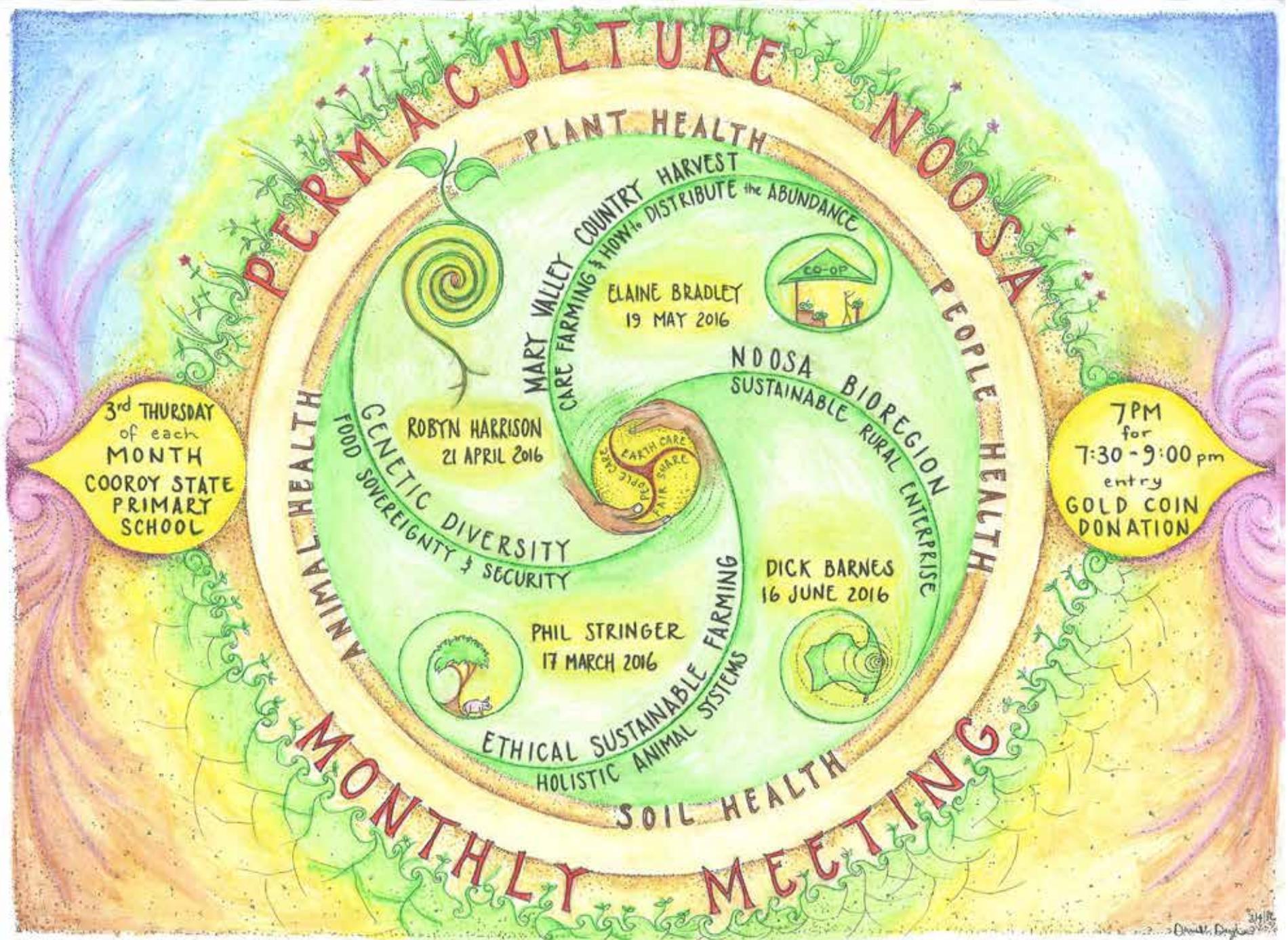


permanews

winged bean photo kindly contributed by maria page

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poster kindly contributed by daniel deighton

permaculture noosa april 2016 meeting

When: Thursday 21 April 2016

Time: 7pm for 7.30pm – 9pm

Where: Cooroy State Primary School Hall, 59 Elm Street, Cooroy

How to Protect our Food Supply through Seed Preservation

Presenter – Robyn Harrison

2nd presentation in the series on:

Healthy soil and its critical impact on the health of the species it supports, ie. plants, livestock and ultimately humans.



Robyn Harrison moved to the area over three years ago and after attending a Permaculture Noosa meeting became inspired and passionate about growing healthy food and seed saving. Having become aware of the urgency for all of us in the community to take control of the food we eat, in order to ensure our own health, Robyn wants to share just how easy it can be to do.

The genetic blueprint for a plant is held in the seed from which it grows. Modern farming methods are reducing this pool of genetic information so that variability in our food supply is being starved out.

- *Why does this matter?*
- *What does this mean for the security of our food in the future?*
- *What can we do about it?*
- *Why is seed saving so important and what role does healthy soil play?*

Series of Monthly meetings from March – June 2016:

Permaculture Noosa (PCN) is presenting a series of 4 monthly meetings. Healthy soil and its critical impact on the health of the species it supports ie. plants, livestock and ultimately humans.

With past farming practices having left a legacy of degraded soils as well as the Australian soils being poor to begin with, a lot of work needs to be done to repair and rebuild our soils. Through the knowledge and tools we have through permaculture, we are able to control what we do to and for the soil.

The presenters and discussions at the meetings will consider the role of healthy soil, the impact of good practice on the wider community and the opportunities for each of us to contribute and be rewarded for our efforts.

The **four sessions** will look at:

- local sustainable farming practices using livestock and plants, **Phil Stringer 17 March 2016**
- How to protect our food supply through seed preservation, **Robyn Harrison 21 April 2016**
- How to grow vegetables successfully in healthy soil to consume and share while finding ways to distribute our excess food, **Elaine Bradley 19 May 2016**
- The potential of the Noosa region/hinterland, **Dick Barnes 16 June 2016**

president's message – april 2016

We had an interesting meeting in March; the 1st in our series on Healthy Soil and its critical impact on the health of the species it supports ie. plants, livestock and ultimately humans. Phil Stringer gave a wonderful presentation with a photo slideshow illustrating how he manages the land and supports the health of the soil using livestock and plants.

We've invited other presenters, some who are part of other organisations, who will share their views on healthy soil and growing healthy food. Upcoming over the next months are Elaine Bradley from Mary Valley Country Harvest, who received a Churchill Fellowship to travel around the US to observe share farming, who will discuss how to grow vegetables and distribute the abundance at our meeting in May and Dick Barnes, a beef producer who operates a group farming approach and is actively involved in many organisations, with the future of Noosa and sustainability at the fore, who will speak in June.

This month Robyn Harrison, a Permaculture Noosa member and one of the team who started the PCN Seed Saver group, who also assisted in compiling this current series of speakers, will be giving a presentation on how to protect our food supply through seed preservation. (more details in this newsletter)

There are many people in the community that have been inspired by Permaculture Noosa and what they have gained through attending meetings and activities. There are those that have gone on to teach others about permaculture. PCN would like to continue to support you and encourage you to make suggestions on how further to achieve this. Contribute to Wendy's offer in this newsletter where we are looking to support workshops and subsidise participants.

Upcoming in April is another program of weekly Wellness Gardening

workshops by Dan Deighton. I've been attending them myself and have gained a clearer understanding on how to grow nutrient-dense food. Dan explains the complexities, in a way that is easy to understand, of the soil web, nutrients and how they become available to the plants and so much more. His method is visually creative and interactive. Children are welcomed too. (see Dan's notice in this newsletter). I'd also like to thank and acknowledge Dan for the energy and generosity in drawing up the poster promoting our series of meetings.

With Cooroy Fusion Festival on 7 May Permaculture Noosa will have a stall. It is an opportunity to be part of the community and promote permaculture and the group. If you would like to hang out at the stall it's a fun way of interacting with and being a part of the community.

At our meetings we have a "Creativity" table for children where seeds and materials are provided to create artwork!



Inspire though creativity...

Maria Page

seed savers meeting–9.30am thursday 12 may 2016

The next Seed Savers Meeting... will be held at:

“Noosa Namaste” Restaurant, 2 Memorial Avenue, Pomona

There will be lots of talking about seeds and plants, the how-to’s, the why’s and why nots. There are always questions and answers. You can also try out some seed processing or seed packaging (this is an essential support for the Seed Bank) with plenty of help if it’s new for you.

We hope to see you there.....



photo of jade's work kindly
contributed by maria page

New Seed Saver Coordinator Sripati Rowe

“Permaculture Noosa welcomes our new Seed Saver Coordinator, Sripati Rowe, who has recently joined PCN. With her keen interest in permaculture and seed saving, along with her skills gained from past business and life experience, she will make a valuable contribution to the group. We welcome and support her in her role.

Our Thanks to Retiring Seed Saver Coordinator Lesley Mearns

With much appreciation we thank Lesley Mearns for her diligent contributions to the Seed Saver group over the past 2 years. Her meticulous record-keeping, stock control and organisational skills have kept the Seed Bank well stocked. The monthly Seed Saver group participants have been inspired by her to keep returning as lots of information and ideas are shared while packaging seeds. ” *Maria Page*

country noosa’s upcoming events schedule



Following the very successful Melsted Farm Walk the next CN events are below.

28th May - Legume Session - 28th May - Grazing Field Day with Graeme Elphinstone and Brad Wedlock

Field day focusing on the important role of legumes in pastures

- Recommended sown legumes for Country Noosa pastures
- Low-key legume introduction techniques to existing pastures
- Tips on collecting/ cattle spreading hard to source legume seed e.g. Shaw Creeping Vigna and Lotononis
- Refresher session on forage budgeting for the winter/ spring dry season
- Launch of the “Introduction of Setaria Management” booklet
-

This event will take place in Kin Kin - precise location to come

18th June - Open Gate Meeting

Open farm visit in the Kadanga area in conjunction with BOS Rural, Holistic Management International, and Jason Virtue

<http://www.countrynoosa.com>

grafting workshop report

Another glorious autumn day greeted the participants to our Grafting Workshop on 20th March at Mel Hobbins' property out at Traveston.

We were privileged to have Tina Grigson of Mountain View Nursery, Pomona lead the workshop. Together with husband Michael they have propagated Fruit Trees for many years, which they sell at local markets as well as wholesale. It had been pre-determined that the main grafting technique to be covered by the workshop would be "Budding using Citrus".



After a brief introduction including the key elements that would be involved of Root Stock, Bud Wood, Grafting Knife and Grafting Tape.....Tina invited participants for a tour of the Orchards primarily to demonstrate the appropriate material from the Citrus trees for use as "Bud Wood".

During the Orchard tour Tina pointed out and discussed, with us, several major problems afflicting Citrus including Leaf Miner, Gall Wasp, Borer and Sunburn! Also important issues of regular feeding and six monthly non-toxic spray washes.

Returning to the deck and some welcome shade Tina then ran through issues relating to types and preparation of "Rootstocks", preparation of the Buds and use of the Grafting Knife and Tape. The need for nail clippers and reading glasses, where appropriate, became all too obvious when viewing the thorns on the Root Stocks and tiny size of the Bud Material we were to work with.

The basic process of Bud Grafting involves inserting a small slither of selected top wood, with a dormant bud, into a small inverted "T" cut, made just under the bark layer of the root stock! Which is then bound with a grafting tape. Sounds easy hey!..... well fortunately we were able to practice the techniques involved on some Mulberry cuttings, before venturing onto the "real thing".

So.....then onto the real thing.....participants were able to select from a wide range of the Citrus varieties, from Mel's orchard that Tina had collected the Bud Wood

from earlier in the morning.

Fortunately Tina was on hand to provide help and assistance to each of the participants in turn.....which of course was truly welcomed.

So the big question.....when would we know if our grafts are successful? Tina explained that at this time of year there should be some callousing of the "T" cuts, we made, in the rootstock in about three weeks, this would be the first evidence of success then hopefully signs of growth of the dormant bud. So removal of the Grafting Tape about the time you are reading this article.

In the event of a failure all is not lost as the Root stock can be left to recover and the process repeated in a year!

After questions and answers it was time for morning tea.....thank you Wendy Strathearn who organised this as well as administering the overall event. During this time President Maria expressed our sincere thanks to Tina for giving her time freely and for providing us with the benefit of her experience. Participants were then able to purchase fruit trees from a selection that Tina had brought with her.

Mel Hobbins



bamboo workshop report

COORAN BAMBOO by Maria Page

I recently attending an interesting workshop on bamboo “From the Plantation to the Plate” presented by Jon Francis.

I can now appreciate the value of bamboo as a plant that has so many benefits. I had no idea there are so many varieties each differing in size, colour, thickness and features.



From Dendrocalamus Giganteus (Bucket variety) that can reach a diameter of 30cm, Bambusa Vulgaris Vittata that has yellow and green barcode design, Phyllostachys Pubescens (Moso) velvety to the touch and is the major edible shoot in Japan and so much more! Each with specific qualities that can be used in different applications.

As a resource for use in a range of structural designs for buildings, shelters, fencing and for weaving into creative, practical products, it is a plant that is not only beautiful but giving. With an easy natural treatment process, it can stand the test of time. It produces large, edible shoots (some varieties better than others) which can be processed with little effort. Cut and soaked overnight to remove alkaloids (bitter taste), then boiled to soften, followed by a delicious dressing, it makes a tasty salad. Once it's cooked it can also be added to any recipe that calls for bamboo shoots.

Bamboo is a special plant that grows well in our local area. It not only provides a resource but plays an important role to the air we breathe due to its ability to sequester carbon dioxide (CO₂). By storing it in its biomass, it supports the environment and all life that depends on it. I highly recommend a walk in the Cooran Bamboo plantation when you next have the opportunity. It's a breath of fresh air !



Jon Francis contact: 0448502924 email: fallscreekconnection@gmail.com

Facebook <https://www.facebook.com/Cooran-Bamboo-313554262026117/>

quote of the month • “produce no waste” - permaculture

The major problems of the world are the result of the difference between the way nature works and the way people think.

Gregory Bateson



“Produce no waste” - Permaculture principle #6

By being resourceful and creative we can reduce waste. Being aware and mindful of what we purchase and what we dispose of is important in reducing what goes to landfill.

Noosa council has drafted a Waste Reduction and Recycling Plan and has a “jury” made up of residents that are looking at solutions. How many contributing to the plan have permaculture knowledge? I encourage you to “have your say” as they invite comments and suggestions. The draft is available for review.

<https://yoursay.noosa.qld.gov.au/waste-reduction-and-recycling-plan>

“The draft Waste Reduction and Recycling Plan 2016-2024 looks at how Council goes about reducing the volume of waste produced and how to increase the amount of waste diverted from landfill, such as by composting and recycling, and how it tackles littering and illegal dumping.”



Help for Events Coordinator Required (loads of fun guar-

Valerie Wilson, the Events coordinator requires help to bring her display material together for a very visual message to reach the wider community.

Permaculture Noosa has 3 major events this year..

1. Cooroy Fusion, 7th May
2. World Environment Day, 5th June, Cotton Tree Park, Maroochydore
3. Nambour Queensland Garden Expo 8th 9th 10th July

Val has a small list of materials to jazz up the display and now requires some expertise from talented members to help her bring her vision together...



She will organise a “work on display” day for those who would love to help get the Permaculture message out to the community.

Val has decided to use the same display for all 3 events and so a one off creative day will get the ball rolling nicely.

A list of all info and a volunteer on the day list will be available at the next Permaculture meeting.

Val would encourage new members to join in the excitement too.....so please feel free put your name down. (Valerie's contact details are on the last page of this newsletter.)



photos of the 2015 nambour garden expo kindly contributed by.....val !!!!

SOME INTERESTING THOUGHTS ON OPEN GARDENS

Or... I need your help!

Hi everyone, just wanted to have a chat about the Open Gardens for this year. There's lots happening and it would be good if you got involved, one way or another!



So far this year we have had the fantastically popular Open Garden at Jason's place at Kin Kin. Wow, 75 people attended and got to see all the wonderful work that Jason has done on the property. With that many people Jason had to do several tours so everyone had a chance to hear his talk. There were plants for sale on the day, almost running out the door they were such a good price. Thanks to Maria for help with this.



In February attendees got to see Caroline and Giles's place at Lake MacDonald (one of the first permaculture properties in the area) and were lucky enough to have the tour taken by Dee Humphries, who passed on an enormous amount of information about plants and how to grow and eat things (as she usually does). Thanks to Amanda for helping out.



The March Open Garden was actually held at the beginning of April, but it was a completely different style with a focus on Tamworth heritage breed pigs, cows and managing your property to improve your soil. (Without good soil, your food ain't gonna be good!). Phil gave a very interesting and informative tour of the property (owned by his friend Julian). It is a large property covered in long and not quite so long grass with a lot of food plants growing amongst this large biomass. The pigs at various stages of growth were lovely to see and the excitement of the cattle as they moved onto a new plot of grass after only one day was worth the walk. Even though it was a very warm day, everyone enjoyed the experience and stayed around to chat afterwards over tea and cake. Thanks to Neil Page for providing his extremely delicious arrowroot cake.

GARDEN HOSTS

If you would like to host an Open Garden and show people what is working at your place and what is not/ or has not worked, then please let us know. I have had some people volunteer to hold a tour later in the year, but at this stage nothing for the next few months. This is the best time of year for growing things in the sub-tropics (unless you only grow tropical style plants) so how about you let others see what you are doing.

CO-ORDINATOR HELP NEEDED

I volunteered to be the Open Garden Co-ordinator because I love going to these myself and I find it fascinating seeing what others are doing. I always come away with at least one idea that I can try at home. However, this year has been difficult as we have been travelling a bit now that hubby has retired. Thanks so much to Maria and Amanda for lending a hand when I wasn't here.

Fortunately for us, but unfortunately for Permaculture Noosa, we are going to be travelling again and will be away for about 4 months this time. So, I am looking for someone to help me by filling in until I return in September. The job entails asking around to find a suitable property, arranging the day and time with the host, advertising in the Info Email and Newsletter and at the monthly meeting, then attending on the day to look after sign-ins and the tea and coffee preparation. It is not one of those jobs that will take all your spare time!

If you would like to host an Open Garden, or if you would like to volunteer to take on the role of co-ordinator for the next few months, please contact our President, Maria Page. You will be surprised at how much you get out of the experience!

Judith Anderson,

Open Gardens Coordinator,

ph: 5471 1892

e: judith.anderson1@bigpond.com

WHY NO Permaculture Noosa OPEN GARDEN IN MAY?

Because there are so many other things happening!



Gympie Garden Expo will be held on Sat, 31st Apr & Sunday, 1st May

<https://gympiegardenexpo.com.au>



Cooroy Fusion Festival on Saturday, 7th May (come along and see the Permaculture Noosa stand and its decorations) <http://cooroyfusionfestival.com.au>



•**Yandina Community Gardens Open Day on Sun 15 May with (amongst many other things) the ABC's Jerry Coleby Williams as guest speaker.** http://yandinacommunitygardens.com.au/?page_id=425



And for those who are interested in hearing our musical membership Pomona Community Choir which includes a few Permaculture Noosa members!) will be participating. Held at Kawana on Saturday, 28th May.

But stay tuned because there will be more Open Gardens coming up soon.

Judith Anderson,

Open Gardens Coordinator, ph: 5471 1892 judith.anderson1@bigpond.com

Expressions of Interest

Permaculture Noosa has been a successful not-for-profit community organisation operating for more than 21 years. We provide the local community with information and guidance on sustainable living based on permaculture principles by having monthly meetings, organising activities and events that assist in education and providing information. We generate our own funds through membership, activities, raffles and we are looking to apply for grants and funding from other supportive organisations to further support our objectives into the future.



In order to continue as a successful organisation and carry out our objectives, the committee feels it is important to have a Plan for the current operational activities of the group as well as a long term plan for the future. As the committee changes each year, the Plan can be handed over and continued to be carried out. It will be a guideline for what the group feels is important to the members and the community.

We are seeking those of you who would like to be part of the team that draws up this Plan. You may have experience in business that can be applied or have Permaculture Design skills that can be incorporated. We have a few examples of plans of other organisations contributed by Kylie Finigan – Community Development Officer of Noosa Council who has been very supportive.

Kindly contact me with your expression of interest.

Maria Page

president@permaculturenoosa.com.au

Permaculture Noosa Workshops Subsidies Offer



In accordance with its objectives, including: *“To provide practical education with hands on workshops and field days”*, the PCN Committee is very focused on supporting the provision of practical education with hands on workshops and, as part of that support, we are willing to offer, in the first instance, subsidies to workshops and PDC’s conducted by qualified teachers. The Committee asks those qualified teachers to notify us of their upcoming event and other suggestions via email to workshops@permaculturenoosa.com.au. We envisage, depending on the situation, providing subsidies to a number of students per workshop/PDC based on an assessment process. Decision would be made on a needs basis.

Wendy Strathearn,
Workshop Coordinator
wendy.strathearn@suntel.net.au

All our tasty produce grown with hands that love the soil can be brought along to our Permaculture Noosa meetings to share. Supper is a time to swap recipes and knowledge on how to cook all those delicious tropical foods too. If you could bring a plate to share those hungry tummies will enjoy a cuppa, snack and chat.



This pic will make you hungry. I love the zucchini cake. Yummy!!!

Val Wilson

COMING SOON TO POMONA
PRODUCE SWAP

Bring your excess homegrown,
organic, spray-free produce to swap.

No \$\$.

Wednesdays 4.30 – 5pm
“That Place in Pomona”

To participate or more info contact Louise
mobile 0400 808 857 or
email: running@thatplaceinpomona.com

vegetable of the month - eggplant

INTRODUCTION

The eggplant (*Solanum melongena*) is a native of the subtropical areas of south-eastern Asia and was introduced into Europe by early Arab traders. It is a member of the Solanaceae family, which includes other vegetable crops such as tomatoes, potatoes and capsicums. Eggplants have been widely grown in southern Europe, the Middle East and Asia for hundreds of years.

The fruit, also known as aubergine (France), melanzana (Italy) or brinjal (India), is considered something of a delicacy. It can be baked, grilled, fried or boiled, or used in stews or as a garnish.

CLIMATE

Eggplant is a summer-growing vegetable that requires warm to hot conditions over a 5–6 month growing period to produce high yields and quality fruit. Periods of cool weather during the growing period will retard plant growth and reduce yields. Affected plants seldom recover, even if favourable growing conditions return. Young seedlings are sensitive to frost.

The optimum growing temperature range is 21°–30°C, with a maximum of 35°C and a minimum of 18°C. The optimum soil temperature for seed germination is 24°–32°C.

SOIL

Eggplants are moderately deep rooting and can be grown on a wide range of soils. They do best on light-textured soils such as sandy loams or alluvial soils that are deep and free draining. These soils warm up quickly in spring and are suitable for early plantings. Avoid soils with high clay content. A soil pH in the range 6.0–7.0 is desirable.

VARIETIES

The plant can be a perennial but in commercial production it is treated as an annual bush. Fruit shapes vary from the more common teardrop shape to round to slim 'sausage' shape. Fruit colour is predominantly glossy dark purple to black but fruit of newer varieties are available in light purple, crimson and cream colours.

SEEDLINGS

Eggplants are usually planted in the field as seedlings. Transplant seedlings need to have 6–7 leaves and be 10–12 cm high.

Bed preparation should start several months before transplanting. Eggplants are best transplanted into raised beds for better drainage and only when soil temperature is above 20°C.

Plant spacing will depend on the vigour of the variety. For single or double row planting of smaller growing varieties, plant spacing can be set at 50–60 cm apart within rows and 60–80

cm between rows. Larger growing varieties do best when planted 60–80 cm apart with 100–120 cm between rows in an alternate planting pattern. A trellis support system is needed to keep the fruit off the ground and to reduce wind damage. The most common system used in two-row plantings is stakes (steel or wood) on the outside rows with one or two lines of wires (2 mm) or heavy duty twine supported by ties. Stakes are placed 3–4 m apart with a strainer post at each end of the row. Branches with fruit are trained up between the wires or twine.

DISEASES AND PESTS

The main pests that affect eggplants are:

fruit and flowers – tomato caterpillars, eggplant caterpillars, fruit flies, aphids, looper caterpillars

leaves – leaf-eating ladybirds, spider mites, tomato russet mites

roots – cutworms, root knot nematodes.

Diseases cause fewer losses in eggplants than do insect pests. Verticillium wilt is the most serious disease. Symptoms include discolouration of the conducting tissues in the lower stem and roots of plants, wilting and eventual death of the plant. Avoid planting in areas known to be affected or after tomatoes, potatoes or capsicums. Practise crop rotation with vegetables such as peas and beans.

Anthracnose is the main fruit disease that attacks ripening fruit, causing circular sunken spots. The main leaf diseases are target spot and leaf blight.



selected text from Agfact H8.1.29, third edition 2003

http://www.dpi.nsw.gov.au/_data/assets/pdf_file/0004/126292/Eggplant-Growing-Agfact-H8.1.29.pdf

merchandise for sale by permaculture noosa

available at Permaculture Noosa monthly meetings:

	Members	NonMembers
Books		
Recipes for times of Plenty by Permaculture Noosa	\$4.50	\$5.00
Cooking with Permaculture Plants/Permaculture Noosa	\$4.50	\$5.00
Seedsavers Manual for Permaculture Noosa Prepared by Elizabeth Fekonia	\$8.00	\$10.00
The Seed Saver's Handbook by Michel & Jude Fanton	\$23.00	\$25.00
DVDs		
Give it a go: Tips for growing organic plants in the subtropics. by Veggie Village Community Gardens	\$4.50	\$5.00
Permaculture: It ensures Life goes natural and slow. From Rainbow Valley Farm. New Zealand	\$9.00	\$10.00
Guides		
Seasonal planting guide	\$5.00	\$7.00



HELP NEEDED

Please contact me if you can bring the merchandise box to the meeting when I am away, maybe in May, and definitely in June.

Ruth Sparrow 54479130

pomona community choir

"The Pomona Community Choir will be performing at the Cooran Acoustic Night on Saturday 30 April. You'll see fellow Permaculture Noosa members on stage having fun! Delicious meals are available made by John and Evelyn from "Better Food Better You". All welcome to enjoy a night of local entertainment."

There's nothing quite like it.

COORAN ACOUSTIC NIGHT

The Acoustic Night is the Noosa hinterland's premiere community chalkboard concert. An opportunity for local emerging artists to perform with an audience that really listens.

Come and enjoy a light meal with dessert and be part of a great family friendly night of music.

Old upright piano and Roland FP7F available.

12 March
30 April
11 June
16 July

27 Aug
8 Oct
19 Nov

Cooran Hall
King Street

6.30 doors open
7 pm start
\$4 at door
(child friendly & kids are free)



Sing multiple genres, supportive, fun & non-auditioned.

When: Tuesdays 6.30pm-8.30pm

Where: The Lion's Club Hall, Pomona, corner of School & Mountain Streets

Donation: \$10 (1st night FREE)

Contact: Joanne 0403 841 856



Find us on Facebook

“The program draws inspiration from the work of Weston Price & William Albrecht who made the links between soil health, plant health, animal health & human health”.

The 10 week program of weekly 90 minute sessions covers the foundation theory and practices that will enable participants to balance soil minerals and build soil organic matter to grow nutritious food organically.

Permaculture ethics, principles and practices are weaved into the sessions along with a focus on practices that support good physical movement to sustain personal health and wellbeing while gardening

Participants are engaged in hands on learning and through creative learning process inspired by Robyn Clayfield's work

when: weekly 90 minute sessions

saturday mornings 7:00-8:30 am or

wednesday afternoons 4:30-6:00pm

place:

“At that place in Pomona”

18 reserve street pomona

fee: \$15 per session

new group commencing on monday 18th April. people are welcome to drop in to any of the sessions

LIVE WELL

MOVE WELL
★ THE GARDEN GYM

NURTURE YOUR BODY WHILE NURTURING A GARDEN

LEARN

- HOW TO MOVE WELL WHILE GARDENING ☉
- EXERCISES FOR GARDENING ☉
- BALANCE & AGILITY ☉
- MOVEMENT & FLEXIBILITY ☉
- STRENGTH & STABILITY ☉

wednesday afternoons 4:30 to 6:00 ■ WHEN

saturday mornings 7:00 to 8:30 ■

WEEKLY CLASSES ■

PERMACULTURE PRACTICES ■ WHAT

LEARNING BY DOING ■

ILLUSTRATED NOTES ■

"at that place in pomona" ■ WHERE

18 Reserve Street Pomona

WELLNESS GARDENING CLASSES

GARDEN WELL
FOR NUTRITION & WELLBEING

NURTURE YOUR HEALTH WHILE NURTURING A GARDEN

LEARN

- ☉ PERMACULTURE DESIGN PROCESS
- ☉ SOIL HEALTH & NUTRITION
- ☉ VEGETABLE GARDENING
- ☉ FOOD FOREST GARDENING
- ☉ COMPOST PRODUCTION
- ☉ HEALTHY EATING

FOR ■ AN ABUNDANCE OF HEALTHY FOOD

■ BEAUTY & BIODIVERSITY

■ SKILLSHARING & CAPACITY BUILDING

■ FRIENDSHIP & COMMUNITY

FEE ■ \$15 (PRIVATE CONSULTATIONS AVAILABLE)

CONTACT DANIEL DEIGHTON LANDSCAPE ARCHITECT

0411 490 340 DIPLOMA PERMACULTURE

email inthegarden@thatplaceinpomona.com



COURSES, WORKSHOPS, PRESENTATIONS & CONSULTANCIES:

- 'Dynamic Groups, Dynamic Learning' Trainings
- 'Creative Community Governance and Decision Making' Days
- 'Dynamic Learning' Facilitation Consultancy
- 'Permaculture Meets Creative Design' Weekends
- 'Permaculture, Deep Ecology and Earthcare Design' Courses
- 'The Love Feast' Retreats
- 'Sacred Union Labyrinth' Ceremonies
- 'Recharge' and Visioning Processes
- Guest Presentations and Keynotes
- 'Earth Healing and Nurturing' Days or Sessions
- 'Gifts for Wild Women' Retreats or Sessions
- 'Wild Women's Wisdom Weekends'
- TAA40104 CERTIFICATE IV in Training and Assessment
- <http://dynamicgroups.com.au/roc/>

Nut Patties

- 1 cup crunchy peanut butter
- 2 tbs tomato paste
- 2 tsp herbs (i.e parsley, basil, oregano, garlic, marjoram)
- 1 onion, finely chopped
- 1 small sweet potato, cubed
- Y2 broccoli, in small florets
- Y2 capsicum, chopped fine
- 1 small zucchini, in half circles
- 2 cups cooked brown rice
- 1 egg
- 1 cup wheatgerm
- A dash of milk

Method

Mix peanut butter with tomato paste and herbs.

Saute onions in butter.

Chop vegetables very finely and add to onions, cook until soft. When cooked, mix this into the peanut butter mixture.

Add cooked rice, then beat in the egg. (If the mixture needs stiffening, add wheatgerm).

Form into patties. Dip in egg/milk then wheatgerm to coat.

Fry in lots of butter, gently pressing down each pattie when you first put it in the pan.

Reprinted with kind permission from 'You can have your Permaculture and Eat It Too' by Robin Clayfield www.dynamicgroups.com.au

Bellbunya Sustainable Community & 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, or allow us to host your next conference, retreat or workshop.



Learn with us by doing and sharing, or participate in a course - permaculture, yoga, holistic health, sustainable design, alternative economics, group processes and more.

Upcoming Events:



YOGA RETREAT RETURNING
by popular demand - Relax and Rejuvenate with Glenda Hartley of Suncoast Yoga Centre

Friday to Sunday, 29 April -1 May, 28-30 October
(OCTOBER DATES TO BE CONFIRMED) For more information on Bellbunya, visit the website: <http://www.bellbunya.org.au/home> or telephone: In Australia: (07) 5447-018 International callers outside Australia: +617 5447-0181

Our Address:

114 Browns Road, Belli Park, Queensland 4562 Australia



Are you interested in working with young people in a hands-on environmental projects at Bellbunya?

To explore the possibility, you can visit Bellbunya for a couple of days or more during May 28 to June 10, June 25 to July 8 (not weekends) this year. We have the ISV (International Student Volunteers) teams of 10-14 undergrad, mainly US, students here for 2 x fortnight stints each year when they do mainly revegetation work along the creek line. They have an Australian team leader and we supply "house parent" (cooking coordinator) and on-the-ground team leader, who works with the team daily, managing and coordinating activities. These are paid positions (not all that much, but worthwhile).



This second role has been very ably filled by Kestrel for 4 years. She's coming back from The Netherlands to do it this year and won't be doing it again as she's living over there now.

Our plan is to get as many "possibles" for the role next year, 2017, to come by for two or so days this year, for some experience of what the job entails. I guess you could see it as the beginning of an interview process, or maybe it's just fishing around on our part! On the following page is this year's summary that is sent to applying students.

Please let me know if you're interested in a non-committing look! We'll organise an appropriate time.

For the earth,
Joan

contact@bellbunya.org.au / ph 5447 0181

Sustaining spirit, people, environment & resources



Bellbunya Sustainable Community Sunshine Coast Hinterland, Queensland

Introduction:

ISV has been supporting the conservation activities of the Bellbunya Community since 2012. The Bellbunya Eco-Retreat and Sustainable Community seeks to be an eco-village demonstration center for sustainable living. It runs on 100% renewable energy, employs permaculture principles in food growing and land management including works on habitat regeneration of native bushland. Listed on the Land for Wildlife Register, the property is owned by the Association for Sustainable Communities and is supported by funding through council grants, community members and by the on-site conference center. Bellbunya is a member of, and collaborates with the Sunshine Coast Environment Council, the Australian Koala Foundation and Permaculture Noosa.



Bellbunya is built on the site of a 40 acre (16 hectare) former dairy farm amongst rolling hills that back onto natural forest. It is set along a ridge amongst subtropical landscaped gardens in the Sunshine Coast Hinterland (1 ½ hours north of Brisbane).



Project Goals and Tasks:

For this project, Bellbunya is partnering with the Mary River Catchment Care Committee and the Sunshine Coast Regional Council to restore important habitat on the property. The long-term goals are to protect and enhance vital habitat for various rare and endangered species located in the area as well as to create a wildlife corridor linking the State Forest (to the west of the property) to the Mapleton National Park (to the south-east).

ISV volunteers will be working with native plant species in providing and protecting habitat for both plants and animals. The restoration of this riparian

zone (creek edge) area impacts on fish and frog habitat, including native gudgeons, rainbow fish, glass perch; a multitude of frog species including several listed as endangered or vulnerable that are known to inhabit this tributary (cascade tree frog, tusked frog, giant barred frog). It will provide a corridor for native animals including sugar gliders, micro-bats and various bird species. This is also regarded as koala habitat, and appropriately revegetating this area will help extend their corridor to increase their range in Southeast Queensland where currently they are in danger of local extinction.

Some project activities may include: plant and animal surveying, site preparation (pre-planting), weeding previous plantings, tree planting, plant propagation/nursery work, walking track maintenance/repair, and facilities construction, painting and maintenance. As well, there may be opportunities to visit downstream neighbors and support them in some similar work on the same creek system on their properties. This furthers the overall objective of creating a wildlife corridor.

Project Highlights:

An on-site presentation by an outside expert on the ecology of the area and significance of this work in the larger frame of the region will be given. This will be halfway through the project so volunteers will have a personal context for it.

On the property itself is a large lagoon surrounded by water lilies, where platypuses have been seen, as well as in the creek along whose banks you'll be working. Each morning of your stay you'll hear – and see, if you're lucky – the elusive Whipbird. Yellow Robins also are vocal in the very early morning, along with Kookaburras.

www.isvolunteers.org

International Student Volunteers

During the day you could well see Willy Wagtails, huge Black Cockatoos flying overhead and Wompoo Pigeons in the forest. Wallabies can often be seen at dawn and dusk, particularly near the entrance to the property where the grass is tasty.

The Sunshine Coast is renowned for its diverse and beautiful landscapes. Bellbunya is within driving distance of several delightful, historic small towns as well as the Pacific coast and mountain scenery. Eumundi has a deservedly famous street market every Wednesday and Saturday, with great food, art and craft, as well as live music and street theatre. Noosa beaches and the National Park encompassing the beaches, bush walks and ocean outlook, also are adjacent to thriving resort areas.

Learning Outcomes:

This project addresses the United Nation's [Sustainable Development Goals](#) directed at environmental sustainability. Volunteers will learn about the meaning and value of sustainability, within the context of the interrelated areas of the economy, society and the environment. The project will explore and critically reflect upon the local sustainability issues and opportunities within Australia, and relate these issues to global sustainability concerns. In particular, volunteers will explore the issues relating to habitat loss and fragmentation, human encroachment through population growth and agricultural intensification, wildlife management, the role of reserves in protecting biological diversity, and much more.

ISV supports the use of discussion groups, reflective journal writing and the facilitation of focused activities to maximize the many learning opportunities. Depending on the interest of the volunteer participants, ISV's project leaders can introduce certain activities to achieve more understanding specifically in wildlife conservation and environmental management.

Accommodation and Meals:

You will stay in the Bellbunya Conference Facilities. Rooms are shared with one or two other team members and include a toilet and usually a shower. There are separate shared facilities if your room doesn't have a shower. You do NOT need to bring a sleeping bag as bedding is supplied.



A Bellbunya member will coordinate (mainly vegetarian) meal planning and preparation, however you and your fellow team members will be able to contribute input so that likes and dislikes will be catered for. Breakfast will consist of foods like cereal, fruit, yoghurt and toast... with or without Vegemite! Vegans are accommodated. The group will contribute to meal preparation and clean up according to a roster.

Testimonials:

"The two weeks I spent volunteering at Bellbunya were life changing. I've gained a whole new appreciation for the importance of living a sustainable life and I'm leaving Bellbunya with a better understanding of how I can contribute to environmental conservation." **Shannon Currie, University of Southern California**

"Bellbunya has changed my life forever. I will never forget the people, community and memories I made here." **Miranda Christina Lynch, State University of New York**

"I've become a more knowledgeable, more self-aware, more conscientious and most importantly a much happier person thanks to my ISV experience. The relationships I've built and the lessons I've learned are priceless and things I will treasure always." **Linh Nguyen University of Oklahoma**

IMPORTANT! The full details of your project, including the packing list, banks, internet and other important information will be included in the [ISV Project Overview](#), which will be sent to you approximately 30 days prior to your departure.

International Student Volunteers.

4848 Lakeview Ave. Suite 100-A Yorba Linda CA 92886 USA

Phone: (714) 779-7392, Fax: (714) 777-4647 Email: info@isvolunteers.org

Website: www.isvolunteers.org



Yandina Community Gardens OPEN DAY

Sunday 15 May 2016

Scrumptious food, plants for sale, live music and coffee



Program

9:00 AM	Gardens Open
9:30 AM – 10:00 AM	Official Opening
10:00 AM – 11:00 AM	Jerry's Talk
11:30 AM – 12:00 PM	Anne Gibson – Quick Easy Micro Gardens for Busy People
12:30 PM – 1:00 PM	Elizabeth Fekonia Pulsing the Permaculture Edibles
1:30 PM – 2:00 PM	Morag Gamble Waste Not – Sustainable Living
2:30 PM – 3:30 PM	Jerry's Talk ... At the RSL Hall
3:30 PM – 4:00 PM	Jerry's Wanderings ... At our Gardens

Featuring Jerry Coleby-Williams

Jerry is a down-to-earth gardening expert with a wealth of knowledge on all things horticultural, a passionate conservationist, organic gardener, seed saver and writer, an inspirational example of sustainable living and gardening, as well as a well-loved TV host.

We are excited to have Jerry visit our beautiful gardens and share his knowledge.

A great day for everyone from backyard gardeners to serious Permaculturalists!

Where: "The Blue House", corner North and Farrell Streets, Yandina

Entry: \$10 pp, free for children under 16 yrs.

Come along and enjoy!

YANDINA COMMUNITY GARDENS OPEN DAY featuring Jerry Coleby-Williams Sunday, 15th May 2016

Come along to Yandina Community Gardens (YCG) Open Day and be educated and inspired!

On Sunday 15th May we are opening our gates for a celebration of sustainable, organic, healthy living and gardening – bringing together like-minded speakers, community groups, and businesses. YCG Open Day is a family-friendly event with stalls, activities, live music, and scrumptious food, plants, gardening and sustainable living products for sale.

Gardening Australia presenter, **Jerry Coleby-Williams** will be the main speaker for the day – presenting 2 talks and leading a 'garden wander'. We are excited to have Jerry visiting YCG. Jerry is a down-to-earth gardening expert with a wealth of knowledge on all things horticultural, a passionate conservationist, organic gardener, seed saver and writer, and an inspirational example of sustainable living and gardening.

Our Open Day will also include local speakers, demonstrations and garden tours – something for everyone from the balcony gardener to the serious Permaculturist, and everyone in between! **The Micro Gardener, Anne Gibson**, will show busy people how to grow nutrient-dense food in small spaces; **Elizabeth Fekonia from Permaculture Realfood** will explore legumes – nature's gift to humanity; **Morag Gamble from SEED International** will share her passion and tips for reducing waste to live more sustainably.

Stalls will showcase sustainable, environmentally-friendly products and services, and YCG will be selling **plants** propagated from our gardens, as well as **seeds and gardening products** (e.g., books, tools, fertilisers). In our Permaculture gardens we cultivate plants that are easy to grow, hardy and well-suited to our climate, both edibles and support species – come along and see them growing before you purchase for your own garden.

Scrumptious, **homemade food**, cakes, **tea**, and barista **coffee** will be available for purchase on the day, along with a **sausage sizzle**. **Vegetarians** and **vegans** will be catered for. Foods made from subtropical Permaculture produce will be available.

This is a fun, family-friendly day out. **Live music** will be provided by local group Az.U.R. and there will be **free garden activities** for the young and young-at-heart (e.g., basket weaving). Visitors will be able to make their own pedal-powered smoothie.

This event is possible due to the generous support of the Sunshine Coast Council Grants Program and our sponsors (see poster on left).

Please come along and support us. For more information please see our Poster, our Facebook Page, or email us at info@yandinacommunitygardens.com.au.

Gold Sponsors | Silver Sponsors

Bronze Sponsors

Yandina Community Gardens is proudly supported by the Sunshine Coast Council's Grants Program.

www.yandinacommunitygardens.com.au Yandina Community Gardens

Brie and Sourdough dough making workshop

Learn how to make your own delicious brie cheese from cow's milk as well as easy to make delicious sourdough bread. Both of these fermented foods are made on the spot with samples for taste testing for all attendees. Hands on participation from the class volunteers will show how to make brie cheese, and sourdough bread from scratch.



Handouts and recipes included.

Haloumi cheese, cultured butter, ghee, yoghurt, kefir and sour cream making workshop.

Learn how to make Haloumi cheese, cultured butter, yoghurt, kefir and sour cream. In this three hour workshop you will see how easy it is to make Haloumi cheese and put the life back into pasteurised milk and cream to make healthy life giving dairy products. Class participation is encouraged and tasting of topics covered on the day will be available.



Sunday April 10th workshops are \$60 each or \$110 for both. Please email Elisabeth Fekonia info@permacultureproduce.com.au / 0432 180523 for more info and bookings.



Home Cheesemaking & Everything Dairy DVD

- Learn how to make Cheddar & Brie cheese as well as cultured butter, ghee, yoghurt, kefir & sour cream.
- Also tips on how to milk a cow and a goat including organic livestock care.
- \$35 from Elisabeth Fekonia on info@permacultureproduce.com.au

Ferment Your Way to Good Health



Is your digestion playing up? Do you feel bloated and uncomfortable after a meal? You will most likely be short on the friendly bacteria that are naturally found in the human gut. I've just written a new book on how to ferment your own food so that you can introduce all these friendly bacteria into the food you love to eat. Fifty recipes aimed mostly at the beginner with a few challenging ones for the adventurous. This could open up a whole new world for your wellbeing when you begin to ferment your own food. It's also a great way to extend the season of the vegetable garden and use up surplus veggies. How does kimchi cucumbers sound to you? How about your own sauerkraut, Korean kimchi, fermented bean paste and miso! You will be surprised at how easy it is.

For \$25 a copy this will be the best investment for your health and wellbeing.

See Elisabeth Fekonia for more info. <mailto:info@permacultureproduce.com.au>

Sunshine Coast Council Libraries

The Sunshine Coast council libraries are holding FREE talks on various sustainable living topics. See the website

<http://aus.evanced.info/sunshinecoast/lib/eventcalendar.asp>

for booking details

Topics include:

- Bush Tucker
- Wildlife Guardians
- Don't Waste Your Waste



NOOSA LIBRARY SERVICE

Check out the website <http://noosa.evanced.info/eventcalendar.asp> for details of activities at Noosa Libraries.

Topics include:

- Organic Gardening - Chemical Free Techniques

Positions Vacant!

Assistant Newsletter Editor/s and Assistant Publicity Officer/s for Permaculture Noosa are needed.

Do you enjoy researching interesting topics on permaculture, gardening, sustainable agriculture and other subjects which the membership may find interesting? And/or do you enjoy writing articles, formatting etc. Maybe you see a future for yourself in publicity? To find out more, contact Bill Berry on 07 54745192 or <mailto:permanews@permaculturenoosa.com.au>

My Thai Capers Thai Cooking School & Catering

- * Learn how to cook authentic Thai dishes in your kitchen or our specially designed Thai cooking school.
- * We have individual & group classes.
- * Vegetarian/Vegan/GF and Meat dishes available.
- * We regularly host workshops at Noosa Forest Retreat on the Sunshine Coast & Brisbane.
- * Well priced and affordable.
- * My Thai Capers Catering has catered for parties, events incl. Noosa Permaculture 21st Anniversary Dinner.
- * We can offer you an affordable solution to your next event or party.
- * We can even host your event at our cooking school on the Sunshine Coast.



For further information and bookings: Ph 075485 4014 / 0437 741 741

e: mythaicapers@gmail.com

permaculture noosa contact information

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Secretary	Ian Trew	5409 7508/ 0400 803 393	secretary@permaculturenoosa.com.au
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Other supporters:

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Website	Elisabeth Fekonia	0432 180 523	info@permacultureproduce.com.au

Positions Vacant - interested members, please apply!!!

- Assistant Publicity officer: please contact Vic Bateman 0449 900 248/ vicepresident@permaculturenoosa.com.au
- Assistant Newsletter Editor: please contact Bill Berry 07 5474 5192 / permanews@permaculturenoosa.com.au