

permanews

Permaculture news and articles

Month: January 2016

Permaculture Noosa January 2016 Monthly Meeting

When: Thursday 21st January 2016

Time: 7pm for 7.30pm- 9pm

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

Theme: Guilds

Permaculture Noosa monthly meetings are held on the 3rd Thursday of each month. Arrive at 7pm for a market place where we share surplus, home grown produce and plants by giving, exchanging or selling. Entry is a gold coin donation for non-members. The meeting begins at 7.30pm and the night is complete with a bring a plate, shared supper at 9pm. Cooroy State Primary School Hall, Elm Street, Cooroy. All welcome.

With the success of the November meeting where we trialled a new format, the January meeting on Thursday 21 January 2016 will follow on with the theme of Guilds. A selection of plants grown together to support a primary or climax plant (usually a fruit tree) while supporting each other. Insects and animals are included, all working together. Mimicking nature. To learn more you are invited to

come along.

The meeting will be interactive where people will have an opportunity to discuss their experiences and examples. What has worked well and what they have learned. Those that are new to the idea can ask questions and learn from others.

/ 23/01/2016 / Permaculture Noosa Meetings, Uncategorized / Leave a comment

Seed Savers Meeting- 9.30am Thursday 11th February



Come One, Come All to the next Seed Savers Meeting...

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.

AND YOU CAN BUY A CUP OF TEA OR COFFEE!

Because – Seed Savers is held at.....

'Noosa Namaste'

2 Memorial Avenue, Pomona.

Depending on how carried away we get, it will end sometime after 11.30am.
Hope to see you all there.

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January Open Garden • Kin Kin

When: Sunday 24th January, 2016

Time: 9.00 am – 11.00 am (stay on for a cuppa)

Where: 68 Main St, Kin Kin. (straight opposite the pub, 1st driveway on the left)

Contact: Jason Davies Ph 5485 4901 (there is no mobile coverage in Kin Kin)

Cost: \$2 donation (goes to Permaculture Noosa)

Jason Davies changed careers from chef to horticulture, without ever thinking about where the food he cooked came from, what chemicals and fertilisers were used to grow it, or the potential damaging long-term effects.

After studying Permaculture and Urban Permaculture, Jason realised that he could make plants grow without contaminating soils with herbicides, insecticides, synthetic fertilisers and other nasty chemicals, and he and his family are now experiencing the health benefits of growing and eating their own produce.

Jason is brave, holding his Open Garden in January when the weather can be so unpredictable, but he believes that it can be beneficial to view someone's garden when it is suffering in the heat or swimming in the mud, not just when the weather is optimal "We have a nice ornamental garden with mowed lawns that slips into Permaculture style gardens out the back, a food forest and a semi productive vegetable garden using chickens in tractors."

Permaculture Noosa invites you to come along and see Jason's Open

Garden.

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President's Message



Entering into the New Year as part of PCN

Last night the first rain of the year fell in the Noosa Hinterland and quenched the thirst of the land nurturing all life that depend upon it. As I watched the rays of sunshine through the trees this morning I had a feeling of gratitude for being part of this life.

My wish for 2016 is for each of us to look after ourselves by living a healthy life and finding balance in our choices in life. Co-operation and compassion for others will follow.

As the Permaculture Noosa group let's continue to support one another by sharing our ideas and knowledge, working together to implement our

objectives as a permaculture group. There are opportunities for everyone to contribute in some way to inform the community of ways to live a more sustainable life while protecting the environment. Let's make the most of this year by organising events, workshops, open gardens and permablitz days in which we can invite the public to attend. Many topics of interest have been mentioned for our monthly meetings and some may best be demonstrated in the outdoors.

In order to achieve these aims, volunteers are needed for a couple of hours to attend to the PCN stall at events. Australia Day will be the first one. There is also an opportunity for someone to help with the organising of a proposed workshop on grafting. Are you interested in assisting in any way? Please contact me to express your interest.

Those of you with a flair for words, communication, publicity, marketing, websites and social media, your skills and interest will be appreciated if a group of you work together to reach the community and share what we do as a group!

Maria Page, President, Permaculture Noosa

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Permaculture Gympie Email List

Wendy Strathearn explains.....

Dear Members and Friends

For the past 6 years, the Permaculture Gympie Group has been kept updated on a wide cross section of information, upcoming workshops, meetings, farm walks etc, as well as having a conduit to offer their wares, livestock, produce and ideas, for exchange, sale, or to simply to give away something no longer needed, through subscribing to the group email listing.

Subscribers, at no cost to themselves request to be added to the listing, and conversely, can request at any time to be removed. Privacy of personal details is paramount and the list is kept confidential and emails are always sent via BCC to the group. Members can request the contact details of other recipients, however, these are only given, with that persons' approval.

The committee has had some discussion on offering to open the listing to include PC Noosa members & Non-Members, so if you would like to subscribe please contact me initially on email at wendy.strathearn@suntel.net.au.

Cheers

Wendy Strathearn

Treasurer

Permaculture Noosa

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Links

Eliot Coleman and Barbara Damrosch: <http://www.fourseasonfarm.com>

Living Web Farms: <http://www.livingwebfarms.org>

Permaculture Global <https://permacultureglobal.org>

Permaculture Research Institute <http://permaculturenews.org>

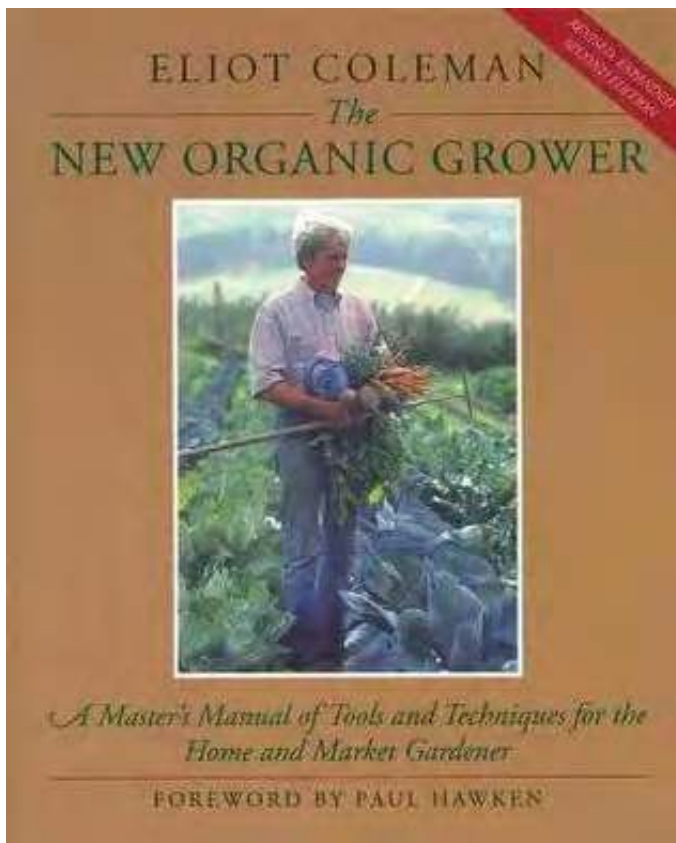
Yandina Community Garden <http://yandinacommunitygardens.com.au>

Bellbunya <http://www.bellbunya.org.au>

Country Noosa : <http://www.countrynoosa.com>

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The New Organic Grower



The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener

by [Eliot Coleman](#), [Sheri Amsel](#) (Illustrator)

With more than 45,000 sold since 1988, *The New Organic Grower* has become a modern classic. In this newly revised and expanded edition, master grower Eliot Coleman continues to present the simplest and most sustainable ways of growing top-quality organic vegetables. Coleman updates practical information on marketing the harvest, on small-scale equipment, and on farming and gardening for the long-term health of the soil. The new book is thoroughly updated, and includes all-new chapters such as:

Farm Generated Fertility—how to meet your soil fertility needs from the resources of your own land, even if manure is not available.

The Moveable Feast—how to construct home-garden and commercial-scale greenhouses that can be easily moved to benefit plants and avoid insect and disease build-up.

The Winter Garden—how to plant, harvest, and sell hardy salad crops all winter long from unheated or minimally heated greenhouses.

Pests—how to find “plant-positive” rather than “pest-negative” solutions by growing healthy, naturally resistant plants.

The Information Resource—how and where to learn what you need to know to grow delicious organic vegetables, no matter where you live.

Written for the serious gardener or small market farmer, *The New Organic Grower* proves that, in terms of both efficiency and profitability, smaller can be better.

sourced from [goodreads](#)

Permanews Editor’s Note: You can download (part of) the kindle or pdf version for free. I decided to buy the complete kindle version, which I believe is extremely useful. Despite the fact that Eliot Coleman lives in Maine, which has very cold winters, much of the advice contained in the

books is equally applicable to our climate.

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Robin Clayfield's Recipes • Salads



Cashew Mung Marinade

2 cups mung bean sprouts

1/2 small salad onion, finely sliced and cut in half circles

1 cup cubed carrots

1 cup cashews

1/4 cup capsicum, cut in 3cm strips

1 tsp fresh sage leaves, finely chopped

2 tsp fresh golden marjoram leaves, whole

1/2 tsp fresh ground black pepper

1-2 cloves garlic, finely chopped

4 sprigs parsley, finely chopped

2 tbs tamari

1 lemon, juiced

1 orange, juiced

1/4 cup macadamia oil

Method

Mix all the ingredients together.

Leave to sit for several hours, stirring every now and again.

It is a good idea to make this the night before serving

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

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Chilacyote Preserve



by Maria Page

Adapted from a Guatemala recipe – Chalacayote

Ingredients

1 chilacyote (mature 4kg size containing black seeds)

1 – 2 kg Sugar of choice

Fresh ginger, spices, lemon juice

Method

Cut in quarters, then cut each quarter in half. Skin very hard; used a cleaver.

Peel skin off, scoop out the seeds and soft fruit. (Save seeds for planting or eating; soft fruit can be cooked and eaten)

Weigh the remaining firm fruit.

Weigh sugar to half the weight of fruit. (eg 2kg fruit : 1kg sugar)

In a large pot place fruit and sugar. Leave for 8 hours. Liquid forms.

Bring to the boil and simmer for 1 hour.

Leave for 8 hours. Starts looking transparent.

Simmer for another hour.

Place in hot sterilised jars. Put lid on and invert to sterilise the lid for few minutes then turn upright. When cooled the lids will 'pop' and seal.

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Cooking Classes with Zaia



WHEN: Sunday 24 January 2016, 9am – 2pm

WHAT: Includes morning tea and lunch, and dinner to take away

HOW MUCH: \$150, please bring takeaway container for dinner.

WHERE: Cooking classes are held at “Maungaraeeda”, 93 Golden Gully Road, Kin Kin QLD, home of the Permaculture Research Institute Sunshine Coast.

Get involved in the kitchen with Zaia, learn how to cook wholefood dishes from scratch. There will be a short kitchen garden tour, followed by cooking morning tea, lunch and dinner. Morning tea and lunch will be eaten together, please bring a container to store your dinner in, which you can take home.

Zaia has researched diet and health for 20+ years. She has been a vegan, a raw food vegan, a vegetarian, eaten paleo, primal and scd, and has come to the conclusion that a healthy diet is one with lots of variety and consisting of organic homegrown (where possible) whole foods. She is a health coach, wholefood cook and musician, and co-founder and administrator of PRI Sunshine Coast and PRI Luganville. Cooking class participants will receive the recipes in PDF format and a printout on the day. To book and for further information, please go to <http://cookfoodforhealth.com/cooking-classes/>.

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Cheese and fermented food

workshops by Elisabeth Fekonia



There will be 2 x three hour workshops presented on Saturday the 20th of February and Sunday the 10th of April. All workshops will be held at the Nambour Community Centre.

The Saturday morning workshop will be on how to make your own brie cheese and sourdough bread. The afternoon workshop will be on making a feta cheese and fermented lactic fermented vegetables, fruits and beverages, including sauerkraut, kimchi cucumber pickles and fermented mango chutney. The Sunday morning workshop will be a repeat of the Brie and Sourdough class and the afternoon will be on making haloumi cheese and various fermented dairy products such as cultured butter, ghee, yoghurt, kefir, kefir cheese and sour cream.

All the foods made on the weekend will be available for taste testing and handouts are also included with sourdough starter. Workshops cost \$60 for one, \$55 each for two, \$50 each for three.

Cheese cultures will be available as well as my fermenting book and home cheese making DVD.

Let me know if you have questions or would like to make a booking on replying to this email.

Kind regards,

Elisabeth Fekonia.

info@permacultureproduce.com.au

0432 180523

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Mary Valley Country Harvest Co-op – Summer School





**Jerry Coleby-Williams, Qld
Tammi Jonas, Vic**





Mary Valley Country Harvest Co-operative

SUMMER SCHOOL

Kandanga Hall

February 9 & 10 | 9am - 5pm

The Business of Small Area Farming

Mary Valley Country Harvest Co-operative presents Jerry Coleby-Williams (Gardening Australia) and Tammi Jonas (Australian Food Sovereignty Alliance). They join a team of experienced guest speakers offering two days of best practise information for rural landholders. + food ethics + growing sustainably in an ever changing climate + closing the loop on the food supply chain + methods of market gardening + agri-tourism + record keeping and finance + seed saving + localisation + landcare

Tuesday evening Harvest Dinner with panel discussion \$20 only

Full two day program (includes meals and Harvest Dinner) \$95

Member Masterclasses - Bookings essential (additional fee)

Enquiries: maryvalleycountryharvest@gmail.com

0459 225 399

www.maryvalleycountryharvest.com



National
Landcare
Programme



This workshop is supported by the Burnett Mary Regional Group through funding from the Australian Government's National Landcare Programme. The Regional Landcare Facilitator Program is an initiative of the Australian Government Department of Agriculture.

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The Organic Gardener



uses Permaculture Principles to create and maintain:

Organic Edible Gardens/Food Forests/Chicken Tractor Systems/Composting/Worm Farms/Market Gardens

Consulting if required

We also grow and supply Permaculture Support Species tube stock plants from our small productive organic nursery (open to members only). It is now open every third Tuesday of the month from 12.30pm for 3-4 hrs.

We will also take any surplus seedlings, old pots or anything that you have growing at home that can be reproduced and grown on, these can be sold back to members for a small cost to cover pots and organic potting mix. We are also happy to exchange cuttings/bulbs/seedlings for our plant seedlings.

Jason Davies

Qualified Horticulturalist

Permaculture Design and Urban Permaculture Design

H – 5485 4901

M – 0438 740 078

www.facebook.com/theorganicgardener.com.au

<https://instagram.com/jasontheorganicgardener>

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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](tel:0754854014)

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Robin Clayfield's Courses



Robin Clayfield is an internationally acclaimed facilitator, educator, author and social change practitioner who regularly facilitates courses in Australia and overseas. She is best known for training and coaching a diverse cross-section of leaders, facilitators and educators to effectively engage their audiences through creative, interactive processes and innovative learning models.

‘Dynamic Groups, Dynamic Learning’ Creative Teachers Facilitation Course 21st to 26th August at Crystal Waters Permaculture Village – for Permaculture People and others wanting to gain more skills and confidence to present, teach, train, facilitate and lead groups. This is Social Permaculture in action for a better world.

‘Crystal Waters Permaculture Eco-Village’ Tours. Any time by appointment. 1 1/2 hour general tour or 2 1/2 hours specialist tour suited to your interest of the 640 acre property and gardens, businesses, house designs... .

Contact robin@earthcare.com.au or www.dynamicgroups.com.au

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The Twenty Sixteen Theme. permanews / Blog at WordPress.com.

Permaculture Noosa Contact Info

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