

PERMANEWS

For Sustainable Gardens Energy Knowledge

FEBRUARY 1995

Welcome to our first Newsletter. We hope that you will find the articles and information written by our members and by other sources enjoyable and useful.

Contributions and suggestions are always welcome.
Pass them on at the monthly meetings.

RICE BEAN - *Vigna Umbellata*

The Rice Bean originates from temperate areas in the Himalayas and Central China and is a small sprawling bush, growing up to 75cm in height with vining branches reaching 2m long. Its trifoliate leaves grow 5-10cm and offer a dense coverage over the bushes' hairy stems thus offering protection from insect pests.

The Rice Bean is usually grown as a ground cover, but in limited areas for gardening Rice Bean can be grown on trellis. If the Rice Bean overgrows onto trees or pathways, it is easily removed by pulling down or controlled by doubling it back over itself.

By planting the Rice Bean in a warm climate such as Queensland's, it is possible for pods to mature within 60 days from planting, thus making the Rice Bean useful as a soil improving nitrogen fixing green manure rotation crop.

Germination rate of the Rice Bean is very high and seeds stored in a sealed container away from heat keep for five years and are not bothered by weevils.

When propagating, sow the seed in spring and early summer directly into the soil after heavy rain as sufficient moisture in the soil provides for germination and prompts early growth. Flowering occurs after 50 to 100 days and young green pods picked and steamed are great when added to a stir-fry, soup or stew. Once the pods mature turning from yellow to brown, pick immediately, because as soon as they are quite dry, the pods shatter. So by picking the pods on time and storing, the pods will self shatter in the container. The best time for picking the Rice Bean seeds is in the morning, when the pods are moist from dew and thus reducing the risk of shattering. If not picked the Rice Bean will self seed for the next season.

The dried Rice Bean seeds soaked and boiled are versatile enough to be added to most cooked dishes like soups and casseroles. In fact Rice Bean can be used to replace rice in any recipe, and the young green leaves of the Rice Bean can be used as a vegetable. They are also useable as fresh bean sprouts - this takes 3-4 days in summer and longer in colder weather. (Mark Fry)



PERMACULTURE
NOOSA
INC.

Information - Services - Products

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PERMACULTURE NOOSA HISTORY

19-2-95

As founding members Geoff and I have been elected to write a brief history of Permaculture Noosa's beginnings, and "WOW" haven't we come a long way as a group. The credits must be shared between a core group committed to a common ethic.

Having its beginnings in 1991, after Geoff and I attended the National Permaculture Convergence and Conference at Crystal Waters, the need for a local group became obvious. As active Permaculture Consultants of the group, and with the help and support of three close friends, sharing skills and energy, we planned and promoted our first Permaculture Meeting.

The venue was the Noosa Nippers Club and the rent was minimal enough for Geoff and I to be able to finance, with donations for cups of tea, coffee and biscuits, which we supplied. Only two meetings were held at the Nippers Club, but during that period we held a Garden Walk and Composting Demo at our rented property with its Budget Permaculture Garden at Lake Weyba Drive, Noosaville. For our third meeting we moved to the Tewantin C.W.A. Hall which became our regular monthly meeting location. The next major event was a group project to install a food forest garden at Palmwoods "Koorawatha" with the materials supplied. A group of nearly 20 people completed the initial mulching and planting of some 500 square meters. The job was coordinated by Alan Atkinson, a keen activist since our second meeting. Shortly after Koorawatha's food forest installation, Geoff and I left on a three months trip to Sweden and

Denmark to attend the International Convergence and Conference. We also visited permaculture projects in England and New Zealand. While we were away the group continued to grow with Alan's coordination of the monthly meeting.



THERE THERE - MUMMY'S DADDY
HAVE JUST POPPED OUT
TO SWEDEN ON A
LITTLE TRIPSY WIPSY.

Returning from such an informative trip, and sharing literally world permaculture news, gave our monthly meeting increased appeal. It was at this time we were contacted by "The Friends of the Butter Factory", and their aim to create a community resource for Arts and Environmental Education with the possibility of a permanent office space, appealed to our aims and objectives. At this stage we formed a core group and agreed to take the Butter Factory office space, and work towards Incorporation as a Non-profit Community Group, with the office set up for Permaculture Education and Information, Services and Products Networking. During these activities Geoff was invited to teach a Permaculture Design Certificate Course in the Ecuadorian Amazon in South America. We seized the opportunity, with both of us working on many Ecuadorian Projects in a large variety of climates and taught many Two Day Workshops as well as the main 2-Week Course over a three months period.

cont.

In our absence the Butter Factory came into function and the core group coordinated Permaculture Workshops as part of the Noosa Aqueous Festival as well as installing the display garden between the Butter Factory and the railway. When we arrived back a One-Day Workshop was scheduled and ran by core group members with all profits being returned to funding our group. Around this time we were invited to contribute design principles and strategies to the Cooroy Streetscape as a theme for the town. A great opportunity for everyone. In October 1994 Geoff began teaching the first Permaculture Design Certificate Course through Permaculture Noosa. On the 1st of December 1994 Permaculture Noosa became incorporated with Geoff as Secretary, Steve Pead as President, Gerry Gallop as Vice-President and Alan Atkinson as Treasurer and a core

group of six supporting members. On the 20th of December the group organised its first social event in the form of a Christmas Party with live music, licensed bar and plenty of home made organic food. Official occupation of our office started in the first week of February 1995 and at the same time TAFE moved in to the adjoining office. Even today as I write this, a Hands On One-Day Workshop is being held to cater for the requests of people who could not be accommodated in last Sunday's Workshop. So our history goes on and in 15 days Geoff and I fly to South America to teach courses in Peru and Western Brazil as well as working on Projects in North West Ecuador. Eight weeks away than back in May and hopefully we will then teach the second Design Certificate Course through Permaculture Noosa Inc. Love and friendship Ngaire and Geoff.

SNIPPETS

The seed exchange has just sprouted. Members who donate seeds are entitled to a fair and reasonable exchange of seeds in stock at any time. Packets of seeds will also be exchanged for postage stamps at a rate of 2 stamps for members or 4 stamps for non-members. Donations are gratefully accepted however, we can only accept non-hybrid varieties of known origin.

NEWSPAPER is freely available at Cooroy tip. This resource was set up by members of Permaculture Noosa. Please use it but please keep it clean.

Permaculture Noosa recycles all envelopes. We need more.

Try this proven recipe from Gizelle's kitchen

SWEET POTATO PIE

1 unbaked short crust pastry shell
1 1/2 cups rich milk (1 cup milk 1/4 cup cream)
1 1/2 cups cold mashed sweet potato
2 tablespoons melted butter
2 tablespoons grated orange rind
1/2 cup brown sugar
1/2 teaspoon each salt, ginger, nutmeg
1/4 teaspoon ground cloves
1 teaspoon cinnamon
2 beaten eggs

Preheat oven to 220 C.

Beat all ingredients together and pour into the unbaked pastry shell. Bake for 10 minutes, then reduce the oven temperature to 160 C and bake for a further 30-40 minutes or until set. Serve warm. (Gizelle)



Cooroy Streetscaping Update

The good news as you've probably read in the local papers, is that Noosa Shire Council approved the draft plan prepared by the Cooroy Streetscaping Committee.

On this draft plan it was mentioned that all landscaping would be done according to Permaculture design principles. This means a wonderful opportunity to recreate Cooroy as a Permaculture village with herb gardens and legume shade trees in the main street and fruit trees and edible flowers through the parks.

An engineering plan has been completed and at present there is further community

consultation regarding traffic movement through town and other issues raised by the streetscaping plan. Construction is expected to begin in August.

It's important for Permaculture Noosa to continue to show interest in planning for the new look Cooroy township. At the moment the Streetscaping Committee is interested in sourcing mature trees that may have become too big for people's gardens. These will be transplanted to key spots in the town where vandalism may be a problem.

So, if you have a tree that needs a new home, please let us know. Exotic species like figs, flowering shade trees and fruit trees would be suitable. (Sally Price)

Notice

A seminar on

SUSTAINABLE FORESTRY IN SOUTH-EAST QUEENSLAND

is conducted on

8th April 1995 (Saturday)
9:00 am - 5:00 pm

Maleny Community Hall
Maple Street Maleny

Price: Seminar and Tour Fee - \$10

Keynote Speaker is Michael Pilarski, founder of Friends of the Trees Society (U.S.A.)

For more information call
Jeff Michaels at Green Harvest
52 Crystal Waters Permaculture Village
MS 16, Maleny, Qld. 4552
Ph: (074) 94 4676 Fax: (074) 94 4578

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Planting Guide for March

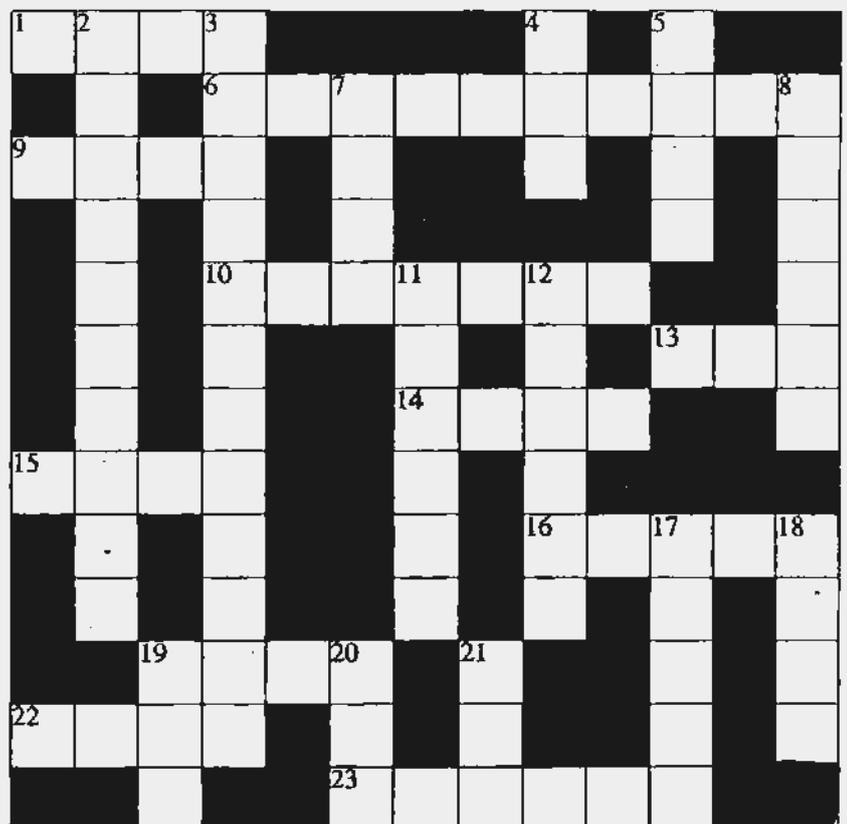
| Optimum Days | 8-9 | 11-12 | 13-14 | 15-16 |
|-----------------|--|---|---|---|
| Vegetables | Beet Turnip Carrot Potato Onions | | Cabbage Cauliflower Broccoli Lettuce Silverbeet | Pumpkin Squash Zucchini Beans Peas |
| Herbs & Flowers | | Borage Calendula Chamomile Lupin Marigold Nasturtium | Basil Coriander Marjoram Oregano Parsley Thyme | Coriander Caraway Dill Fennel |
| Seeds & Grains | | | | Amaranth Buckwheat Oats Sorghum Sunflower |

Mark's Brain Teaser

CLUES

- Across**
 1 Aromatic Plant
 6 Native
 9 Earth
 10 Circle Garden
 13 Honey Insect
 14 Salvia (Latin)
 15 Rind
 16 Ground Covering
 19 Body of Water
 22 H₂O of Sky
 23 Perform Photosynthesis

- Down**
 2 Energy Cycles
 (intereliant system)
 3 Permaculture Founder
 4 Morning Vapour
 5 Area
 7 Break of Day
 8 Ditch and Mound
 11 Create
 12 Nitrogen Fixer
 17 Earth Surface
 18 Poultry
 19 Orange Seed
 20 Guacamole
 21 Yam



Herbicide Tolerant Crops

Herbicide-tolerance has a green ban on it worldwide by organic growers and environmentalists. Critics see it as an immediate escalation of the chemical treadmill. 40% of the hundreds of US field trials of engineered organisms of herbicide-tolerant crop plants, developed by the makers of herbicides. Some have been already approved. In Australia, although the neutral CSIRO has created a 2,4-D-tolerant cotton, the not so neutral Monsanto has chipped in with its Roundup-tolerant cotton! A Basta-tolerant lupin is also on the books at Grains Research & Development Corporation.

Now the Dept. of Primary Industries and Energy is planning a workshop in March '95 to discuss the whole matter and it looks as if it is trying to keep the general public from knowing too much about it. In fact, Richard Hindmarsh of Griffiths Uni. is boycotting the workshop until it is more widely publicised and speakers against herbicide-tolerance invited in to air their views.

For info. about the workshop contact Dr. George McLean at 106212724752.

Source: *The Gene File*, Nov. '94.

New Resource for Paper

The American Global CPR Magazine was printed on 100% tree-free KENAF plant paper.

Kenaf is an ancient plant from Africa that produces a paper that is superior to most wood-based papers. Related to cotton and okra, it can grow to a height of 15 feet in five months and yield 6-10 tons of fibre per acre - five times as much pulp as an acre of trees.

More than 40% of the world's timber harvest goes to supply the paper industry. Using plant based paper not only saves trees, it can save whole forests.

Kenaf thrives in the Southern US, which makes it a perfect substitution crop for tobacco farmers.

For a sample seed packet and a "Kenaf Growers' Guide" send \$3 to Earth Island's Green Pages Fund, 300 Broadway, #28, San Francisco, CA 94133. Proceeds are used to plant trees in the Third World.

CHLORINE FREE - TREE FREE
GUILT FREE

A New Energy Source?

The technology to obtain power from hot granite rock deep underground is pretty simple and clean and has attracted worldwide interest. More than \$405 million has been spent on research, mainly by the USA and Europe. In Australia, however, we have an edge on the others because of the nature of our overlying sediments and our particular geological stresses.

So says a recent study by the Australian Geological Survey Organisation which adds that sources in SA. and Qld could keep us going, energy-wise, for the next 830 years without greenhouse emissions!

The method is to drill into hot bodies of granite at 4.5 kms. deep and shatter them with high pressure water. This water is converted to steam at the surface for electrical turbines or converted into hydrogen gas and piped to urban areas. The economic studies have been favourable.

Source: *Weekend Aust.*, Dec. '94.

NEEM The New Wonder Oil

Trees and oil extract is now available from Nth Qld. CSIRO and Qld. Uni have tested Neem for termite infestation and it is a good non-poisonous insect repellent in the garden. Furthermore, it is also a fungicide against rust and powdery-mildew. Neem has been described as "a tree to solve many global problems". In this regard, apparently it is a good spermicide to aid in population control! Would the Pope and the Muslims approve? The scientists think that the population of the planet will rise to 3.2 billion by 2025 and given adequate research, Neem oil might help to reduce unwanted pregnancies - especially as perhaps two thirds of this number will occur in regions where it can be grown.

Oil for experimental purposes can be obtained at 1 litre \$25 from NEEM PEACE, Box 236, Edge Hill, Qld., 4870. Phone: 070 535 614.

Soot's Signature.

Believe it or not, but there is now a technique for "fingerprinting" soot from large factories so that the culprits can be tracked down. According to researchers in the US and the UK soot is a dangerous cocktail that could be responsible for 10,000 deaths a year in Britain alone! The scientists magnified particles through an electron microscope and compared their digitally enhanced images with originals of diesel, wood, fuel oil, gas, etc. They hope later to identify types of engine and even particular factories making the emissions. They should also have the means to work out how much soot comes from different sources - engines, factories, fires, etc. - so as to be able to tackle the problem in each city.

Source: *New Scientist*, No. 1948.

