

Geelong Organic Gardeners



JUNE 2019

Editor: Goshen Watts

Next Meeting: Monday, 3rd JUNE*
Doors open 6:30 for 7.00pm start

**A week earlier than normal due to Queen's Birthday w/end*

JUNE MEETING

- Winter Pruning Discussion / Demo.
- Deb will demo some winter recipe ideas.
- Goshen will discuss June harvests in the garden.
- Question and Answer session
- Trading & Supper Table.

As always, please bring excess produce/plants to donate to the trading table, and supper contributions: (homemade, bought, or fresh from the garden!)



'Self sewn' Garlic

Coming to the meeting?

A Friendly Reminder list:

- Please return library books.
- Bring something for the supper table.
- A list of seeds, produce, some money and a bag/box.
- Surplus plants, seedlings, fruit or veg - it's a great tradition in GOG to share.
- Helping with the setting up and packing up is always appreciated.
- Please park as closely as you safely can to the next car, to allow room for more cars in the car park.

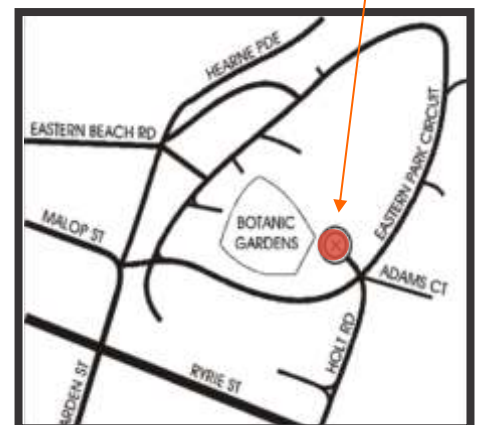
Please note: As we are in the grounds of the GBG, please bring any plant material in a closed bag.

Geelong Organic Gardeners Inc.
Reg: A0012071C

"GOG" is a diverse group of people sharing the common interest of gardening organically - working with nature, not against it.

Field trips are generally held in odd numbered months (except Jan)

Meetings are held at 7:00pm on the second Monday of the even numbered months (rescheduled if this falls on a public holiday) in the Geelong Botanic Gardens meeting rooms.



Clickable link!

Geelong Organic Gardeners
PO Box 3023
Waurin Ponds, 3216
www.gog.org.au





Hemp Building Workshop

Only \$195
Full Day
9am-4pm
Morning Tea
and Lunch
Provided

Learn how to build a comfortable and sustainable hemp house while building a bird hide at Freshwater Creek Steiner School.

Hemp houses are the way of the future....

- High thermal insulation
- Up to 80% energy savings
- Fire, Termite, Mould & Pest Resistant
- Breathable walls
- Design flexibility
- Negative carbon footprint
- Healthy living environment
- Inherently Airtight
- High acoustic performance

Saturday June 15th
52 McIntyres Road
Freshwater Creek
10mins from Geelong

For More Information Contact:
David Brian 0407 775 336 Email: david@southernhemp.com.au
Mary Rose Coleman 0419 004 656 (can also help with accommodation)

Flyers for two upcoming events in June:



INTRODUCING HILARY KEARNEY

The Geelong Beekeepers Club is excited to announce Hilary Kearney will be our guest speaker at our June meeting.

Hilary Kearney founded Girl Next Door Honey in 2012 in her home town of San Diego, California after graduating from UC Santa Cruz with a degree in Fine Art.

Girl Next Door Honey focuses on bee-centric programs such as natural beekeeping classes, apiary management, classroom presentations, beehive tours, live bee removal and more!



When?

Friday 21 June 2019, at 8.00 pm

Location:

Belmont Masonic Centre,
25 Regent Street, Belmont.

Tickets:

Cost: Entry is free for financial members of Geelong Beekeepers Club. The discount code will be emailed to members prior to the event.

Non-members \$10.00 plus booking fee.

Seats are strictly limited. To book your seat, please go to:

<https://www.trybooking.com/504254>

PODCAST

Ingrid sent in a link to a podcast series by Mark Hyman that talks about the food system, health/wellness and politics.

"We are seeing an ever-increasing burden of chronic disease, primarily driven by our food and food system. This is perpetuated by agricultural, food and health care policies that don't support health. We need to rethink disease and reimagine a food system and a health care system that protects health, unburdens the economy from the weight of obesity and chronic disease, protects the environment, helps reverse climate change and creates a nation of healthy children and citizens"

<https://podcasts.apple.com/us/podcast/the-doctors-farmacy.....>

Note from the Editor

RAIN!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

New Comm Members Required GOG AGM August 12th

A few key committee positions have or are becoming vacant, and it is critical that GOG find replacements for these important roles.

In particular:

- General Secretary (Vacant)
- Treasurer (Vacated after August)
- Membership Secretary (currently filled by Peter, also the treasurer!)

Peter has done an amazing job keeping the books and membership ticking along (thankyou so much!), but has important family commitments coming up this year.

Christy and Lachie are getting very busy with The Farm Next Door, and are unable to continue on their roles on the committee. We thank them for their contributions.

If you would consider yourself for either of these roles, please get in touch!

DIARY DATES 2019

Please support these GOG and related events.

Monday 10th June	GOG General Meeting @ 7pm
Friday 21 June 2019	Hilary Kearney - Girl Next Door Honey presentation at the Geelong Beekeeping Club
Monday 8th July	Soup / film night to be confirmed (keep an eye on your email)
Monday 12th August	GOG AGM and Ben Shaw presenting on Permaculture / Garden Design and more...

GOG May Field Trip Report

Goshen W... May 2019

I was late to the scene, but it was a delight for members to visit the two different gardens of Frank / Antionette's, along with their neighbours Lesley and David.

I thought I'd repeat a few words from Steve, which captures the essence of these gardens:

Frank is a keen recycler, not one for waste, and has used some clever ideas throughout his garden (the use of old fence palings – very clever indeed). Frank is also a keen aviary bird exhibitor. Not only will he be showing us about their garden but also quite happy to inform us about the lovely hobby of keeping budgies, canaries and Gouldian finches, etc.

Only having to walk next door to Lesley and David's is certainly a bonus, we were greeted by a semi formal Japanese themed front garden and then down an inviting side walk, opening onto a very productive multi layered veg and fruit tree backyard.



Make Your Own Leaf Mould Seed Mix

By Mark Hoffmann

At this time of year we may find a little extra time in the garden. I use it plan out the new seasons vegetables, gathering seed for those new plantings, and once every couple of years make leaf mould. Leaf mould is a soil conditioner that can be used to start seeds off, is low in nutrient content, will be ph neutral and can be essential in soil to maintain moisture content. And a bargain as well, all it takes is to gather some deciduous leaves and store them for a year or so.

To make leaf mould, gather as many leaves as you can. Parks are often cleaner than beside roadways, but any blown in rubbish is easily removed (take it out with you, don't leave it). The best leaves to use are oaks and beech trees but most deciduous leaves will do. Rake them into piles and gather them into large containers. Once at home I use an old compost bin, the ones that sit in your yard and take years to breakdown the stuff inside. It has a lid on top and has no base at the bottom. Frames made from wire and wood would also be fine. Or five pallets, one for each side and one affixed to the top; (but they tend to dry out easier).

Now just wet the leaves.... and wait. What's now happening is fungal in origin, a slow breakdown over time by many fungi of different types. The leaves will slowly turn a dark brown colour and look frail. Now when your ready to start off your seedlings in (the following) spring, just grab a few handfuls and rub them together over a bucket. They will break down with ease, add to good home made compost and you have some of the best humus to sow seeds in. You may also like to spread a little around your newly planted seedlings as a fine mulch.

Mark.



Editors note: I think the key takeaway here is to put some damp leaves in corner or container of some sort and forget about them for a long time. Your editor finds that rather easy to do... :-)

Want it faster? Run over leaves with a lawn mower (which will also pickup a few lawn clippings); and pee on it a couple of times! Make sure it's moist, and covered the following summer, and by late summer (10months?) it should be broken down enough to use.



The longer you can forget or "not get around to it", the better the end result. The pic here is of leaf mould collected about 2 years ago from leaves that had already broken down by natural processes, then was left for ANOTHER 12months in a wheelbarrow (not ideal); but the stuff is stupendously good.

Watermelon Rind Pickle

This is the one we tasted at the last meeting, great on cheeseboard.

250g watermelon rind
4 cups water
25g coarse cooking salt
95ml apple cider vinegar
80 sms caster sugar
1 chilli (if you don't like the heat remove the seeds)
1/2 tsp black peppercorns
1 star anise
3 tablespoons extra water
1/4 teaspoon coarse cooking salt

METHOD:

- 1 Remove the tough green skin from the white rind.
- 2 Cut rind into long strips
- 3 Bring water and salt to the boil add rind and cook for 5 minutes
- 4 Drain and put rind into a sterilised jar
- 5 Combine vinegar, sugar, chilli, peppercorns, star anise, extra water and extra salt in a saucepan. Stir over high heat without boiling until sugar is dissolved
- 6 Bring to boil then pour over rind. When cool store in fridge.

LIME PICKLE



My Lime tree is bursting with beautiful limes and this is a favourite. Wonderful with curries, seafood, and fried eggs, You can even mix it through yoghurt to make a marinade.

1kg limes
80ml vegetable oil
500g thinly sliced onions
3-4 cloves garlic crushed
375 ml white vinegar
110gms sugar
1 tbsp salt
1 tsp fenugreek seeds toasted and ground (Toast the spices separately as the will take different times)
2 tsp cumin seeds toasted and ground
2 tsp coriander seeds toasted and ground
1-2 tsp chilli flakes
1/4 tsp ground turmeric
6-8 curry leaves

Method

Simmer limes in 3 litres of water over medium heat until soft.

Strain limes, leave too cool. When cool cut into strips and put in a bowl with all the lime pulp.

Heat vegetable oil in a large pan and sauté onion over a medium heat until soft and sweet.

Add garlic and sauce for another minute or two until fragrant.

Turn the heat down low and add the limes,

vinegar, sugar, salt, spices and curry leaves and stir. Simmer for about 15mins, or until sauce has thickened. Stir often so it doesn't stick to the bottom of pan. Don't let it dry out too much as you need moisture to cover the limes in the jars.

Fill into hot sterilised jars, remove any air bubbles and seal. Leave to cool then store in a cool dark place for up to 6 months. You can extend shelf life for 2 years if you heat process. Refrigerate after opening.

Feature Article - Life in Dry Soils

By Goshen (Paper by Josh P Schimel)

Question:

Given a really dry summer and autumn, we gardeners water our veggies, important plants and often fruit trees. But what about the soil health generally? Are soil organisms (bacteria, fungi, microbes) wiped out when soil dries out completely?

And if so, what steps do you need to take to get the soil back to good health? Surely you don't need to water the garden to keep your 'soil alive' as well as your precious plants?

So I thought I'd look it up, and found a very interesting research article on just this question.

With the permission of the GOG committee, I downloaded the full research article for a small fee, and will attempt to interpret the findings here, and also for some future articles. The original PDF file (Life in Dry Soils, 26pages) is available to members on request - just send an email to the editor, or the gog.geelong@gmail.com address.

Annual Review of Ecology, Evolution, and Systematics

Life in Dry Soils: Effects of Drought on Soil Microbial Communities and Processes

Joshua P. Schimel

Summary (of the Article Summary):

In this review, I discuss how dry conditions affect microbial life and bio-chemical processes in soil, exploring how the different effects manifest. I start with the ways in which water (or the lack of it) influences the soil environment and then evaluate these influences on microbial systems.

A teaspoon of soil with a good amount of organic matter "A single teaspoon (1 gram) of rich garden soil can hold up to one billion bacteria, several yards of fungal filaments, several thousand protozoa, and scores of nematodes, according to Kathy Merrifield, a retired nematologist at Oregon State University"



The soil under here is bone dry; yet plenty of organic matter for the soil community to rebound when it rains.

Some Key points from the paper (selected text copied)

- Soil communities seem more tolerant than plants or animals are to water stress—the main effects, in fact, on soil processes appear to be limited diffusion and the limited supply of resources to soil organisms.
- As soil dries out, microbial cells are challenged; to avoid losing water to their environment and dehydrating, they must accumulate solutes to match the water potential of the surrounding soil. To avoid this [losing water], they may form impermeable cell walls, but then they cannot readily take up other resources [see dormancy, below].
- Water as Solvent. The second way in which water controls microbial activity in soils is as a solvent. With few exceptions, the substrates that microbes use as energy sources are water soluble.
- Water as Transport Medium: Water in soil not only is a vital resource and solvent but also is the fundamental transport pathway for solutes and microorganisms.

Dormancy

Many microorganisms go dormant when conditions become unfavorable. Endospores, may be the epitome of stress survival mechanisms, but there are other forms of dormancy. Dormancy is an effective evolutionary strategy for surviving resource and physical stressors, particularly when stress occurs regularly, such as in Mediterranean ecosystems that regularly go without rain for six months or more.

Rewetting

It has long been recognized that re-wetting a dry soil causes a pulse of CO_2 (the Birch effect), and the rewetting pulse following first rains release microbes from stress, redissolve and drive mass flow of resources through the soil.

Con't

Life in Dry Soils (Con't)

This diagram shows the interaction between soil moisture, soil and soil microbes.

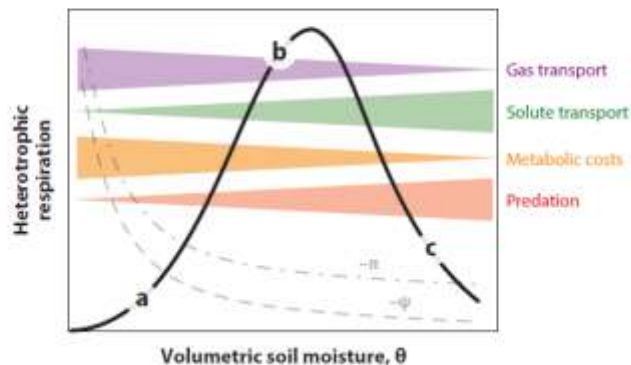
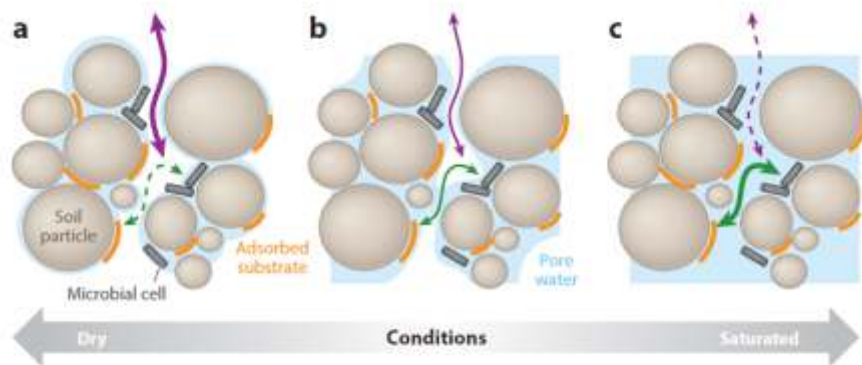
The diagram here shows the interaction between soil moisture, soil and soil microbes... and although it's a bit academic, I think I get the gist of it.

Basically, as I understand it:

- **Gas transport** is Co₂ and Oxygen etc - more water = less gas transport, hence why waterlogged is bad for soils.
- **Solute Transport** are the minerals and other solubles essential for both plants and soil organisms, increases with soil saturation.
- **Metabolic Costs** I don't understand enough!
- **Predation** is the predatory organisms that consume bacteria and other organisms. There's a war going on down there in the soil! One note about this was that drier soils tend to favor a bunch of smaller soil organisms and bacteria as predation is reduced as the soil dries.

Incidentally, (I looked it up):

Heterotrophic respiration (the black line) refers to the carbon lost by organisms in ecosystems other than the plants (the primary producers) themselves.



Flush of life on dry soils following rains

Hopefully I can do some more interpreting of this information in future newsletters... If any members out there have a scientific background and can provide their own take on the article, that'd be great too!

As any gardener knows however... you can water as much as you like; but nothing compares to a good natural soaking with natural rainfall.

Soil is a complex system, and something happens down there in the soil that is hard to explain. I'll leave the last word to Schimel:

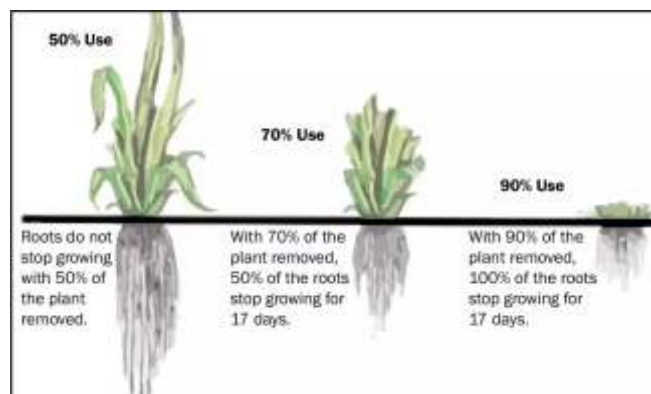
"After working through what we know (and think we know) about how soil microbes and microbial processes respond to drought and rewetting, the answers to a number of major questions remain that are either uncertain or simply unresolved."

Soil Restoration: 5 Core Principles

Soil quality can improve dramatically when farmers and gardeners maintain constant ground cover [your Ed disputes this as a "golden rule" but more a general principle], increase microbe populations, encourage biological diversity, reduce the use of agricultural chemicals, and avoid tillage.

- 1) Green is good — and year-round green is even better [the above article, and our water availability might dispute this].
- 2) Microbes matter
- 3) Diversity is indispensable
- 4) Chemical use can be dangerous
- 5) Avoid aggressive tillage

This article too has some good information for gardeners, and is a little easier to digest than the paper in the previous article.



Growth of both tops and roots is significantly impaired if more than 50 percent of the green leaf is removed in a single grazing event (10).

<https://www.ecofarmingdaily.com/soil-restoration-5-core-principles>

Seed Sowing Guide: June to August

It's still going...

A good list should include: Broad beans, broccoli, cauliflower and cabbage (some varieties better than others), onions (earlier ones, whilst brown storage onions are best planted mid July), spring onions and shallots, peas (all types) spinach, turnips, radishes, kale, rocket, mustards, cress and lots of leafy greens.. lettuces but not chard (silver beet).

It's too early for potatoes in June and even in July (unless you have a warmer location for them). You could still put in garlic but leek seedlings are likely to run to seed quickly with the spring weather so better to plant extra seeds in spring, especially as they are such long season vegetables.

Plan ahead and dedicate large and fresh (crop rotation) areas for green manure crops and later on incorporating composts and manures for all those fast growing, rapacious summer vegetables. All the best growers are big on this.

It's also a good time to move around or obtain tuberous root perennials such as horseradish, asparagus, hops (for the brewers amongst us) rhubarb, and both types of artichokes.

Winter vegetables need maximum light, especially sunlight, and don't let the weeds get away on you. A stitch in time saves nine with weeding. Five minutes a day with a dutch hoe is all it takes plus a bit of hand-weeding around the stems.

Gavin Gamble



Posted to Facebook is a good concise GUIDE TO WINTER GARDENING (link below) by the folks at the Little Veggie Patch Co. Could be a helpful addition to planning your winter.

<https://littleveggiepatchco.com.au/blogs/news/guide-to-winter-gardening>

<i>Southern Victoria planting</i>	Jun	Jul	Aug
Artichoke, Globe suckers		x	x
Artichoke, Globe seed			x
Artichoke, Jerusalem	x	x	x
Asparagus crown	x	x	
Beans, Broad	x	x	
Beetroot			x
Broccoli*	x	x	x
Brussels Sprouts		x	x
Cabbage	x	x	x
Capsicums			x
Carrots	x	x	x
Cauliflower	x	x	x
Celery			x
Chives			x
Cress	x	x	x
Endive	x	x	x
Garlic, cloves	x	x	x
Kohlrabi			x
Leeks	x	x	x
Lettuce	x	x	
Melons			x
Onions	x	x	x
Onions, Spring	x	x	
Parsley			x
Parsnips			x
Peas	x	x	x
Potatoes	x	x	x
Pumpkin			x
Radishes	x	x	x
Rhubarb, Crowns	x	x	x
Salsify		x	x
Shallots, cloves	x	x	
Silverbeet			x
Spinach	x	x	x
Swedes		x	x
Tomatoes			x
Turnips		x	x

Foodswaps & Farmers Markets

FOODSWAPS

Fantastic for swapping excess garden produce, and fruit from overlaid trees. Also valuable for building local community, sharing of skills and resources

How they work? Simply bring along your home-grown produce, put it on the swap table and take whatever you think is a fair exchange. It works on an honour system so there is no money needed. If you don't have much veg to bring, then consider things like jam jars, seeds, seedlings, or even bake something.

Geelong & District Foodswaps

Cloverdale Food Swap - 3rd Sat, 9.30-11am
167 Purnell Rd, Corio.

Norlane, Last Fri each month, 3 - 5:30pm
Norlane Community Centre

Manifold Heights - 1st Sat, 9.30-11am
Manifold Heights PS, Strachan Ave, Liz Hines 0418501998

East Geelong - 1st Sat, 9.30-11am at Eastern Hub, 285A
McKillop St, East Geelong.

Grovedale - 3rd Saturday, 9.30-10:30am
Grovedale Community Centre, 45 Heyers Rd

Highton - 4th Saturday, 9.30-10:30am
Vitality Café, 229 Roslyn Rd

Belmont - Please note Belmont is currently NOT operating.

Bannockburn - 4th Saturday, 9.30 - 10.30am
Station Café carpark (near railway line).

Bellarine Foodswaps

Drysdale Harvest Basket Food Swap, 1st Sat.
Springdale Neighbourhood Centre, 17-21 High St Drysdale.

Port Produce Swap 2nd & 4th Sat, 11-12pm (Apr-Aug)
Portarlington Neighbourhood House

Queenscliffe Produce Swap, 3rd Saturday of the month,
10am - 12pm. Tobin Dve Queenscliff, Carolyn Williams 5258 3367

St Leonards Food Swap 4th Saturday of the month,
9:00am - 11:00am. Progress Association Hall, Murradoc Rd
St Leonards 3223 VIC Australia Tina Grimes 0407 529 409

FARMERS MARKETS

Make sure you try and support these local markets, which often encourage sustainable and organic growing practices.

Geelong Farmers Market

2nd Sat, Little Malop St

South Geelong Farmers' Market

1st and 3rd Sundays, 9am-1pm, 200 Yarra St Geelong

Highton Farmers' Market (was Newtown FM)

4th Saturday of every month, Barrabool Rd

Pako Farmers' Market

2nd Sat of every month; Ashby Primary School, Lawton Ave.

Golden Plains Farmers' Market

Bannockburn, 1st Saturday 9am - 2pm

Bellarine Community Farmers' Market

Ocean Grove. 3rd Saturday 9am - 1pm

Drysdale Community Market

3rd Sunday (October through to May each year)

Portarlington Market

Last Sunday of the month all year round.

Torquay Farmers' Market

Every Saturday, 8.30am-1pm, Surf Coast Shire offices carpark, Merrijig Drv

Winchelsea Farmers Market

1st Sunday of every month, 8am-12pm, Winchelsea Bridge.

Ballan and District Farmers Market,

2nd Sat, 92 Inglis St.



MAKERS / GROWERS

Geelong Waterfront Makers and Growers

First Sunday of the month - all year round.
10:00am - 2pm

The Farmer's Place - Farmers' Market

Last Sunday of the month; all year round.

Other regular weekly markets are worth checkout too:

! **Beckley Park Saturday Market**

! **Geelong Showgrounds Sunday Market**

! **Belmont Sunday Market**

Also try these websites for the latest info:

<http://farmersmarkets.org.au/markets>

<http://www.mymarketsvic.com.au> +App available.

Any corrections or suggestions to the info on this page, please let the ed know!

CLOVERDALE FOOD & PLANT SWAP
Home of Geelong Seed & plant swap

THE CENTER HAS HAD AN UPGRADE!
We are around the back 😊

Checkout the new digs!

SWAP anything homegrown or homemade.
All homemade food must be labelled and ingredients listed due to the center's health regulations.

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Swap is held third Saturday of every month. 9.30am - 11 am

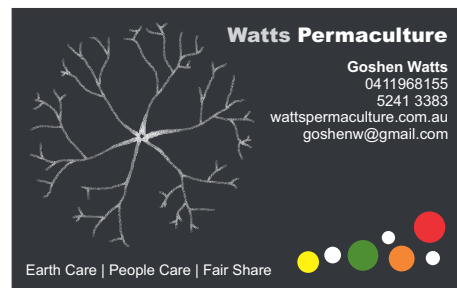
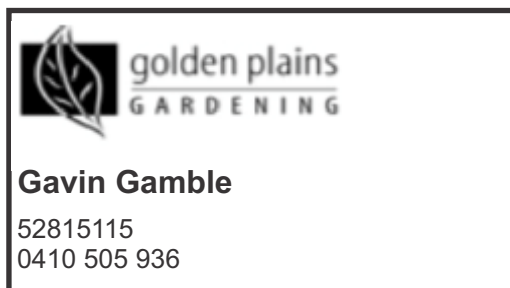
Call 52 754 415 or 0417435492 for more info

Checkout our group on facebook "Geelong seed & plant swap"

End Page

Content welcome! Please email a week or so prior to the general meetings.

Support our members gardening related enterprises:



GOG Committee

Chair	Brendan Bolton	0403872676
Treasurer & Membership Sec.	Peter Field	0422 548 871
Vice Chair	Gavin Gamble	0410 505 936
Correspondence & Minutes Sec.	(Vacant)	
Library	Trish MacKenzie	0400 221 964
Newsletter Editor	Goshen Watts (email below)	0411 968 155
General Members:	Steve Findlay	0408 641 458
	Deb Watkins	0408 218 997
	Emily Swanson	0409 658 325



Confused much? I think this ornamental grape is. There's two shades of amazing autumn colour (sorry the pic isn't full page); but yet it's also showing fresh new green and even a flowering stem poking through if you look closely...

Membership and General Info:

Membership Fees are due on 1st of September, payable at the August meeting each year or via direct deposit.
\$24 General / Family and \$12 Concession

Memberships can be paid electronically to Geelong Organic Gardeners at Bendigo Bank (BSB 633000 A/c: 102186137). Don't forget to add your name when paying and also complete a membership form for our records.

New members can join on a prorata basis, bringing them in line with the annual membership date. Members receive 6 newsletters a year and are entitled to use our library, sales tables and to attend all the meetings and field trips. Library Members are entitled to borrow from the Geelong Organic Gardeners shelves up to 3 books per meeting, one current magazine and an unlimited number of past editions. **These must be returned by the following meeting.**

Friends Of The Botanic Gardens books, and those of other groups sharing the library area, are not for loan but may be referred to on meeting nights. Please return them to the correct position on the shelves.

Meeting Sales Tables

Members donate excess produce plants and seeds to raise funds for the club. These are sold after the meeting has ended. (Please price all items before placing them on table!).

Commission Sales and Discount Seeds

Members may bring their produce and home made products (no commercial items) to sell, giving 10% commission to the club.

Normal process: goshenw@gmail.com

STATEMENT OF PURPOSE

The Geelong Organic Gardeners aim to provide resources and a social and educational network to maximise the practice and the enjoyment of organic gardening; both for our members and to encourage and promote organic gardening practices in the wider community.

Geelong Organic Gardeners promote sustainable horticulture and a sustainable lifestyle concentrating on generating expertise in urban agriculture. We seek to work with allied groups in the interests of a healthy and positive future for people and the environment.

To this end we do not support:

- the use of non-organic pesticides and insecticides
- the use of synthetic fertilisers and other products derived from non renewable sources
- the farming or consumption of genetically engineered foods.

The Geelong Organic Gardeners define "organic" consistent with the Australian Organic Standard.

