

It's that time of year! (Pic Goshen)

# Next Meeting: Monday, 9th Dec Doors open 6:30 for 7.00pm start



# **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.

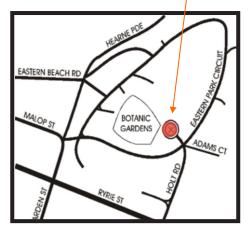
#### DECEMBER MEETING

- Bob's Xmas QUIZ
- Speaker: Judy from Otway Herbs
- Open Forum
- Supper table Please consider baking or bringing something, let's put an extra effort in, as they'll be more time to chat and socialise at our last meeting for the year.
- Trading Table (please bring excess produce/plants to donate to the trading table).

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.



PLEASE NOTE, If you haven't yet renewed your GOG membership, fees are now overdue.

#### 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
- · 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.

Clickable link!

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



# **General Meeting Speakers: Judy from Otway Herbs**

For General meeting Mon 9th December

Judi and Ken Forrester started gardening and tree planting after buying a steep farm in the hills behind Apollo Bay in 1972. Otway Herbs nursery was opened 10 years later, with the emphasis on useful, fragrant, and medicinal plants, and Kens trees using organic methods.

They have been using the Demeter Biodynamic method since 1985. There is a large terraced garden open to the public every day except Xmas, Judi also has a stall at Apollo Bay community Market on the foreshore on Saturday mornings and makes herbal creams and dried herbs from the garden. They try to keep a wide range range of plants available in small numbers, and welcome visitors. ...come and see Judy talk about her garden / business on Monday







# **DIARY DATES 2019/20** Please support these GOG and related events.

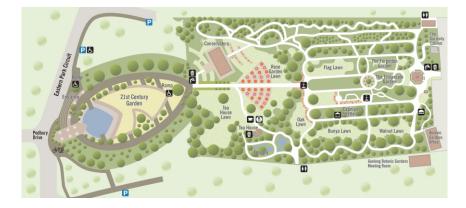
#### It's Xmas?

Monday 9th December	GOG General Meeting @ Geelong Botanic Gardens meeting room
Monday Feb 10th	GOG February Meeting - Botanical Gardens Tour

Feb Meeting is going to be great, as we're getting a private guided tour of the Geelong Botanic Gardens.

#### Monday Feb 10th

Tour leaves 7pm sharp.
There will be no 'formal meeting'; but the meeting rooms will be open for supper / socialising after the walk.
A reminder email with details will be sent to members prior to the event.



# Field Trip Con't - Helena & Gerard's

**By Emily Swanson** 

While Barbara and David's garden was both beautiful and productive, Helena and Gerard's added a touch of whimsy and artistry. One expected a giant bird to come and land on this nest made from an artful arrangement of fallen gumnuts and garden prunings!

he "Dancing Apple Walk", lined with Waltz and Flamenco variety ballerina apples





Gigantic trumpet flowers on the Golden Chalice Vine (solandra maxima) wowed everyone. Flowers the size of your head!



elena uses straw bales to contain her compost piles, but she stores the extras in the children's playground section of the garden where they double as a play structure.

Permaculturists will approve!

elena and Gerard very generously opened their gorgeous historic home to us for afternoon tea. Trish MacKenzie's Spearmint Butter Cake was a huge hit. You'll find the recipe in this newsletter. Great use of garden mint!





Many thanks our generous hosts and to all who attended and made the day such a success.

# Field Trip Report - Barbara & David Peek

By Emily Swanson

Our November field trip to the amazing gardens of Barbara and David Peak and Helena and Gerard Buxton was a great source of inspiration to the record number who attended.

Barbara and David have been working on their garden for 40 years, and the love they have lavished upon was evident in the size of the onions and the abundance of berries about to ripen.

Standouts included their home made solar food dehydrator (right), build from an old packing crate and some glass panes. The hot air rises and flows out the gaps at the top, ensuring a constant flow of air through the holes in the bottom. Fly screen all around keeps pests out.



The next bit of inspiration was the macadamia tree (left), which, at 15 years old, was the size of a large shrub, and gave a heavy crop. Who knew it was possible in Victoria? The nuts are so hard to crack that the birds don't even bother with them, which is a great advantage over almonds.

was also inspired by the way they managed their goji berry plant, supporting it with a column of wire, like a tree trunk, to stop it from spreading too widely. Brilliant!





Barbara does flower arrangements for her local church, and we loved the way she included rows of cutting flowers in her veggie patch, such as Icelandic poppies and sweet peas, as if they were any other crop (left).

Trish brought this cake to our field trip afternoon tea and everyone raved about it. Great use of garden mint!

A traditional butter cake with a minty twist!

Experiment with other herbs such as fennel and basil as butter takes nicely to a wide range of flavours.

#### Ingredients

2 handfuls of spearmint leaves

- 1 1/2 cups (260gm) of sugar
- 1 ½ cups (250gm) of butter
- 4 eaas
- Juice from one lemon
- 1 ½ cups (250gm) of self raising flour
- ½ cup of coconut



#### Method

Place the **spearmint leaves** and **sugar** into the bowl of a food processor. Blitz until you have green sugar; reserve one tablespoon.

Transfer the bulk of the sugar to the large bowl of a stand mixer and add the **butter** chopped into cubes. Beat together until the mixture is pale and creamy. With the beaters on, add the **eggs** one at a time, allowing each to combine before adding the next. Remove from the mix master and stir through the **lemon juice**, self raising flour and **coconut**.

Spoon the batter into a 22cm greased spring-form tin and bake in a moderate oven for three quarters of an hour or until an inserted skewer comes out clean.

Leave to cool for ten minutes before removing from the tin. To serve, sprinkle with the reserved sugar and decorate with extra mint leaves and edible flowers.

"The only thing I changed with the recipe is I reduced the sugar down to one cup not one and a half".

(Trish)

Sorry, scan is a bit fuzzy, hopefully not too bad...

## Gifts from the kitchen

With the festive season just around the corner and barbies being fired up what better than a gift to add a bit of spice as a gift. These rubs are easy to make and you may find that you have most of the ingredients in your pantry.

# Indian Style fish rub

- 2 tablespoons coriander seed
- 2 tablespoons of cumin seed
- 2 tablespoons of ground turmeric
- 2 teaspoons medium- hot curry powder
- 1 teaspoon ground ginger
- 1 teaspoon ground chilli

Place coriander and cumin seeds in a frying pan over medium heat and stir for 40 seconds or until

fragrant. Cool then grind finely in a mortar and pestle or grinder. Stir in remaining ingredients and place in an airtight jar.

Rub over firm white fish or prawns and cook on bbq. Make slashes in a whole fish and rub with olive oil and spice mix. Wrap in foil and bbq or bake.

Veg: You could also try this on potato or tofu.

#### Lamb rub

- 1 tablespoon of whole black pepper corns
- 1 teaspoon of onion flakes
- 1 teaspoon of sea salt
- 2 tablespoons of sumac
- 1 tablespoon of dried oregano
- 1 teaspoon of garlic powder

Pound peppercorns, onion flakes and salt flakes until finely ground. Stir in sumac, oregano and garlic powder.

Store in an airtight jar.

Use on lamb blackstraps or on a slow roasted leg of lamb. This would also work well on eggplant rubbed with oil and spice rub.

If cooking in a frying pan don't have heat too high or spices will burn.

#### **Preserved lemons**

These make a great gift and last for ages. (Best lemons to use are Meyer but others will work if the skin isn't thick)

Wash lemons and cut in quarters but not all the way through. Pack with rock salt and place into a sterilised jar. Continue to pack jar tightly with lemons pushing down on the lemons to release the juice. If the lemons are not covered in juice add some freshly squeezed juice.

You can the add flavourings, I generally add a few cardamom pods, bay leaf and a chilli. Let lemons sit for a few weeks shaking the jar every day to distribute the salt and juice.

The lemons will keep for a year and don't need to be refrigerated. To use rinse off the salt you can remove the pulp if you wish. Use a wooden spoon to get the lemons out.



# **How to Catch and Kill a Coddling Moth**

By Mark Hoffmann

The codling moth is one of my most hated pests in my garden. It tunnels into the core of an apple, pear or quince, eats for 3-5 weeks and tunnels out, leaving damaged fruit. It usually does this to a second fruit as well. I have been making a trap that a few years ago Peter Cundall mentioned to me. Using an old hardwood fence picket that I cut in half leaving me with two lengths of about 75cm, I place one on top of the other and join them together with 2 screws. I leave a gap between them of about 2-4 mm and lay it within and alongside my apple trees. For every tree I have been making about 3 traps, which become a good dry place for the larvae to pupate into a moth making a small cocoon. I then return every week and open the traps and inspect. The codling moth larva are small caterpillars about 5-10 mm long.

I have also been using horticultural glue and two side tape for trapping insects. These may work but it is hard to tell as the larva are so small when they leave the egg that it difficult to see if they are being caught. Another good method is the use of beneficial insects such as lace wing, ladybird beetles and predatory wasps. Trichogramma wasps in particular are micro wasps that lay their eggs inside the caterpillar and consume from within. Praying mantids are also a delight to watch, moving slowly thru trees and shrubs and gleaning anything that moves.

Planting a good selection of flowering plants helps to maintain healthy populations of predatory insects. The use of Queen Anne's lace, cosmos and any of the varied umberlical flowering plants like dill, coriander, carrot and parsnip bring nectar in abundance. There are many 'good bug mixes' that can be planted in and around an orchard thus supplying more colour and more beneficials.

The use of plants is also a great idea as they attract and feed the predator insects allowing them to meet in numbers, mate and their offspring consume our bad insects. A good example of this is the ladybird beetle larva who with their 260 species found in Australia, have the most insatiable appetites. The larva outperform the adult beetle in both consumption and size and rarely sleep as well as they feed daily and with the bright moon also.

I have obtained pheromone traps which have had good success, bought fruit protection bags for next season and have cleaned up any fallen or damaged fruit. I have not yet gone down the path of the use of dipel with a 1% mix of eco oil as a spray. Yes it only effects caterpillars and yes it's less harmful to the environment and other insects, but for me it will be hard to bring myself to this last resort.

#### Mark





ABOVE: Holes in mature apples; note that these apples are still perfectly edible; around 10-30% of each apple being 'bad'. LEFT: A Paling Trap.

PTO For the Coddling Moth LIFE CYCLE Which is critical information to keep in mind when planning your control methods.

# **Coddling Moth Life Cycle**

Info From Global Net Academy (Horticulture course).

Stage headings and emphasis added.

#### STAGE ONE - EGGS on LEAVES

The adult female codling moth lays approximately 60 whitish grey eggs, that are about the size of a pinhead, **on the surface of the leaves** when the average temperature is over 15 degrees in spring and early summer.

#### STAGE TWO - CATERPILLARS, BURROW into FRUITS

Codling moth eggs hatch after 10 days and the small caterpillars emerge to feed on the leaf surface and make their way to the fruit. They burrow into the fruit and head for the core. They will spend about three to five weeks inside the fruit feeding and putting on body mass until they are ready to emerge and find a place to pupate. By this time they are about 20mm long and yellow-red to white-pink in colour.

#### **EMERGE and HIDE**

Codling moth caterpillars look for a place to form cocoons and pupate. They are searching for a crack, crevice, loose bark or tight space to form their cocoons. They may find these spaces on the tree, in pruned branches below the tree, on fences or tree supports or in the ground. The pupae are light brown in a white mesh cocoon around 20mm long.



#### **PUPATE and MOTHS**

Codling moth pupae emerge as moths after 18 to 30 days in summer. **They then go on to repeat the cycle twice more in the season**. The third and final generation of the season delays it's emergence as adults, overwintering and emerging in the next spring to start the cycle again.

Source: https://www.globalnetacademy.edu.au/now-is-the-time-to-control-codling-moth-in-tasmanian-apples-and-pears/

Also see: https://www.abc.net.au/gardening/factsheets/controlling-codling-moth/11230948

# Non Glyphosate Weed Killer?

A member emailed through some information on this (new) product, with the comment: "I pass this info onto you for comment (possible testing?) of this new range of non Glyphosate Weed Eradicators that I saw on Facebook... Over to you as they're too technical for me!"

Well... I also have questions. When I saw things like this on Facebook, with comments such as "It's just vinegar, expensive vinegar". Well, I dunno, is it?

I have other questions too... How safe is it, really?

Is it the same as "Slasher"?

Are councils using it?

If so, great; if not; why not?



So many questions.... some of which I've got partial answers to; at least enough to go and buy some.

They cost me \$120\*. The weeds in some parts of my garden(s) are becoming extremely labour intensive to remove, and are going to seed + spreading before I'm getting a chance to get to them, so instead of losing the battle, I'll give this a go and report back to members in the next newsletter.

\*This is not an ad or promo; I considered asking for some free product, but "editorial standards" and all that...

**The Question below** was posed by 'GM Watch' and answered by Contact Organics. The answer is a roundabout way of saying "we put some pretty special shit in there so the Acetic Acid can do it's job. We won't tell you exactly what it is, but none of the ingredients are very dangerous".

# 3. Your weedkiller is based on acetic acid. Isn't that vinegar? Why don't people just go out and spray vinegar instead?

There are many recipes published on the internet that are based on a combination of vinegar, salt and dish washing liquid. If you prepare such a product and spray weeds with it, the initial result looks promising, but it is not really convincing as weeds regrow quickly and hardier weeds are not touched at all.

Contact Organics' history is in health science and medical supplement development. We are specialists in making active ingredients bio-available through cutting edge technology and delivery systems. We have applied our delivery technology to acetic acid and created our safe range of Weed Terminators that are non-toxic, fast acting, high performance herbicides.



Note that the 'weed terminator' product "Local-Safe" needs to be combined with the 'soil conditioner' for best results. They are sold together. There is also a product called 'Homesafe", which is similar, I think.

# **Barwon Water Annual Water Outlook**

By Goshen

#### Quick update:

- Melb Geelong pipeline is in use.
- Anglesea Borefied began providing additional water in November 2019
- Black Rock Water recyling plant is providing Class A recycled water

**Storage Outlook below** is really interesting. You can see where we are (end of the solid black line), and the different modeled storage levels (and likelyhood of going on restrictions).

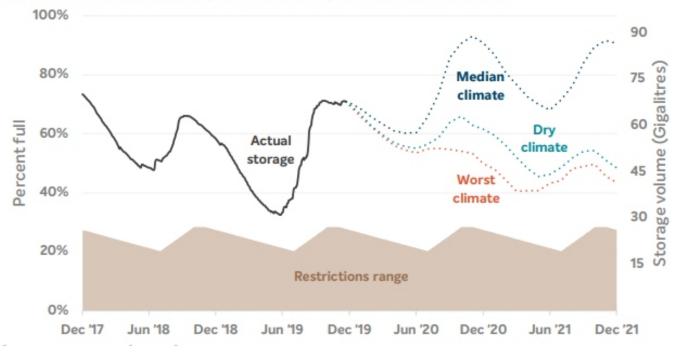


#### **Storages:**

Currently: 69.5% Last Meeting (Oct) 70.5% This time last year 58%

# Storage outlook

The short-term storage outlook shows that even under the worst climatic conditions, water restrictions will not be necessary in the next two years, to November 2021.



https://www.barwonwater.vic.gov.au/\_\_data/assets/pdf\_file/0015/130533/Annual-Water-Outlook-1-December-2019.pdf

# GOG Seedback: Just 50c - \$1 each.

GOG Member Seeds are available at meetings for the bargain price of 50c - \$1ea (funds go towards the club). Thanks to Garielle for organising, and donations are welcome.

# Members seed offer: Just \$3 each.

GOG is very pleased to be able to offer Ben Keon-Cohen Birdland seeds on a regular basis at our meetings. These will be offered at a 50cents discount to all attending the meeting. At just \$3 each, well sized packet with good growing information.

- Seeds are germination tested
- Heirloom and unusual varieties
- 100% Organic and true to type

For the full range, you can visit <u>Birdland Seeds website</u> (although to get the discount, you need to purchase what's available at the monthly meetings).



# **Seasonal Veg Growing Tips** (DEC-FEB)

By Gavin Gamble (from last years, no it's never going to change...)

#### Watering:

A rough rule is to water once a day if no rain and under 25C; 25 to 35 is twice a day. 35 and over is extra again, but avoid watering the leaves direct when the full heat is on. Pots, planted seeds and seedlings need more watering, especially if in full sun or in hot places. You need to keep the soil moist to grow vegetables.

#### Mulching:

Mulch will help keep the soil moist, to break the heavy hose water, to stop the water running off the surface.

If you plant seedlings and seeds direct you need to part the mulch, but be well advised to cover the areas with wire or such like to stop the birds knocking the mulch over the small plants.

#### Shade:

These are some of the food plants that I've found which particularly don't like the hot summer sun and wind: spinach, rhubarb, strawberries, raspberries, tender greens, currants, blueberries, hazelnuts. If they are going to be fried it's worth covering with temporary lightweight shade structures, but the killer days are usually very windy, too.

#### Legumes:

Broad beans seem like they can go on to produce a second crop, but don't try it. Don't forget to leave and collect a number of dried or browning pods for next year. Best practice is to select the beans that matured early and were the best specimens. Unfortunately, they are usually the ones eaten first! So leave a few early maturing beans on the plant for your seed crop.

Climbing beans are great to have on fences. The seven year type are best eaten around three quarter size. Bush beans are highly rewarding to grow and there are many different types, even for sale at GOG meetings and they remain viable for years.



Southern Victoria planting	Dec	Jan	Feb
Beans, Bush	X	x	
Beans, Climbing	X		
Beetroot	20	x	x
Broccoli	X	x	x
Brussels Sprouts	x	x	x
Cabbage	x	x	x
Cabbage Kai & Bok Choy		x	x
Carrots	X	x	x
Cauliflower	x	x	x
Celeriac	x	x	
Celery	x	x	
Chicory	x	x	x
Cress	X	x	x
Cucumber	x		
Endive	X	x	X
Gherkins	x		
Kale	x	x	x
Kohlrabi	x	x	x
Kon Choy	x	x	x
Leeks	x	x	x
Marrow	x		
Melons	X		
Onions, Spring	22	x	x
Parsley	X	x	x
Parsnips	x	x	x
Peas		x	x
Potatoes	x	x	x
Pumpkin	x		
Radishes	x	x	x
Rhubarb, Crowns	x	x	x
Rhubarb, Seed	x		
Salsify	x	x	x
Shallots, cloves	00	x	x
Silverbeet	x	x	x
Spinach		x	X
Squash	X	17	
Swedes		x	x
Sweetcorn	x		
Tomatoes	x	x	
Turnips		x	X
Zucchini	x	x	
	Dec	Jan	Feb

# Foodswaps & Farmers Markets

#### **FOODSWAPS**

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

How they work? Simply bring along your homegrown 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

**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

# 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. 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"

#### 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; West Park, 207 Pakington St.

# 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.

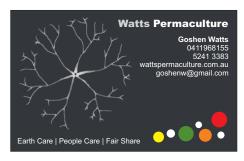
Any corrections or suggestions to the info on this page, please let the ed know!

Support our members gardening related enterprises:





52815115 0410 505 936



#### **GOG Committee**

Chair	Brendan Bolton	0403872676
Treasurer	Rosie Bright	0431 589 179
Vice Chair	Gavin Gamble	0410 505 936
Correspondence & Minutes Sec.	Emily Swanson	0409 658 325
Library	Trish MacKenzie	0400 221 964
Newsletter Editor Contributions:	Goshen Watts goshenw@gmail.com	0411 968 155
General Members:	Steve Findlay	0408 641 458
	Deb Watkins	0408 218 997
	Peter Field	0422 548 871
	Helen De Lange	

## **Biofilter - Wicking Beds**

Available at a discount to GOG members through Brendan's Edible Landscapes business.

GOG Price **\$350**. (Delivery to the Geelong area extra \$10)

Brendan will bring one to the meeting on Monday for members to check out.



# **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

# TATEMENT F 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.

