



# GROWING NATURALLY



Toowoomba Community Organic Gardens Association Incorporated

August 2019

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## SOCIAL GARDENING

Wednesdays 8.30-11.00am

Come along and join in the fun!

Sundays 8.30-11.00am

All Members & Visitors  
Welcome

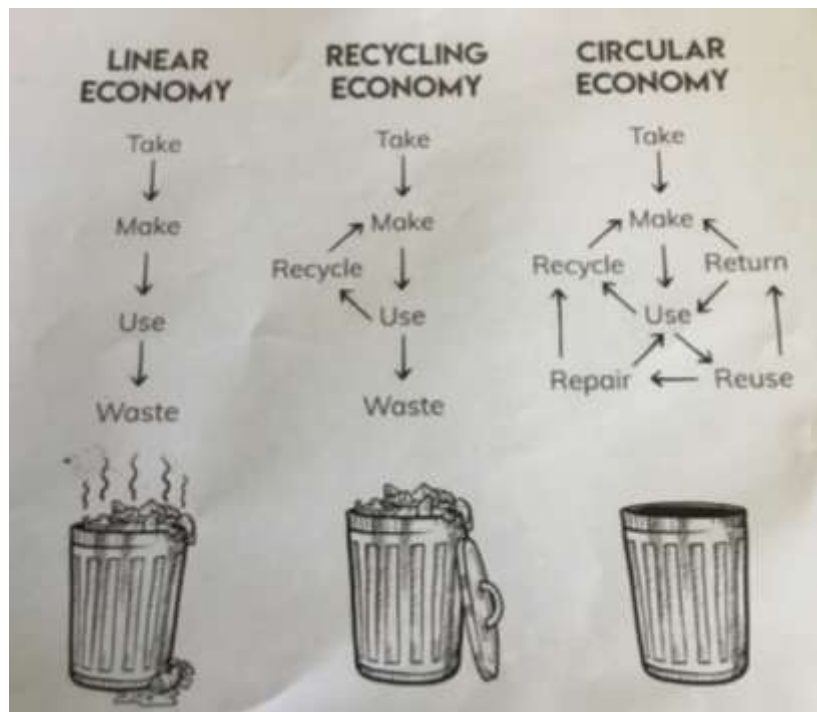


## What's Happening at The Gardens

We had a lovely visit from the Crows Nest Organic Gardeners Club this month. Thank you for coming to see our gardens. Thank you to Ken with his expertise, plus the added muscle power of Andrew and Mike working on the new tank stand. We are grateful to the Toowoomba Regional Council for the gutter guard for the shed and sleepers for the new shed. Thank you. Also, thank you to the many volunteers for all their hard work recently. All welcome at the AGM on Sunday 1 September.

## Let's Tread Lightly Upon the Earth

Which one applies to you?



I hope you ticked the Circular Economy. Gardeners know all about recycling and reusing as we do this every time we make compost and start a worm farm or make our own garden beds from old timber or old baths or just dig up a patch. Here are a few tips about making your household a circular economy.

1. Shop at those shops which allow you to take your own containers
2. Use your own cloth bags to buy fruit and vegetables
3. Do not buy tinned food: instead, buy fresh and then preserve by freezing in your own containers
4. Start a worm farm and a compost bin. Worms will eat any kitchen scraps, though they do not like onion skins or citrus peel, so put those in your compost bin.
5. Grow as many fruit and vegetables as possible and only eat those foods in season. If you have excess, then swap with friends and neighbours.
6. Hunt out repairers or learn to sew or buy a hammer and a screwdriver!

I hope you think about where you are in the chart and write down what you can do in your household. It is not difficult.  
Thanks to Emilio for providing the chart.

## Jobs for August

\* If you have a warm sunny spot inside, you can start spring seeds in punnets ready to plant out when the ground warms up, including:

Capsicum  
Chilli  
Eggplant  
Tomato  
Watermelon

\* Clean out spent vegetables and fertilize and compost your garden beds ready for your spring seedlings once danger of frost has passed

\* Liquid feed your winter vegetables regularly

\* Prune deciduous fruit trees like figs, apples and apricots

\* Lift and divide Yacon and replant.

\* Prune straggly Cape Gooseberries down to the base where new shoots are starting

\* Clean and sharpen your gardening tools

\* Rake up the last of the autumn leaves and put in the compost.



## Growing Tomatoes

Maybe you're planting your seeds now to raise tomato plants for later transplanting. We encourage members of The Gardens to plant small varieties of tomatoes like Tom Thumb, Sweetie etc which crop beautifully and seem to be resistant to fruit fly. The bigger varieties and capsicums can be a problem to grow without them becoming infested. Tomato seeds will germinate in temperatures between 12 and 30 degrees Celsius. Plant them out when they have four sets of leaves to ensure a satisfactory survival rate.

Tomatoes like full sunlight and don't like we feet, (hardly a problem recently!). They are a sub-tropical fruit and don't like frosts at all. Always remember to rotate your crops and try to plant your tomatoes in a new area each year. Soil preparation is the key to success as tomatoes are gross and constant feeders. They respond best to a slow availability of just enough nutrients. Composted, or well-rotted animal manures should be dug into the soil at least six weeks prior to planting, three months would be even better, otherwise use only a well-made garden compost immediately prior to planting. Blood and bone can also safely be used at planting time but you will need a source of potassium which can be derived from composted poultry manure or liquid seaweed.

Transplant seedlings deeper than they are in the pot as extra feeding roots will grow from the stem and the deeper root system will aid drought resistance and hardiness. Water in thoroughly!

## What to Plant in August

### Herbs

Alfalfa/ Lucerne	Fennel Fenugreek	Nasturtium Oregano
Angelica	Feverfew Hyssop	Parsley Salad Burnett
Anise Hyssop	Lemon Balm	Salad Rocket
Borage	Marigold	Sage
Calendula	Marjoram	Thyme
Caraway	Mustard	Vetch
Catnip		Watercress
Camomile		
Chervil		
Chickory		
Chives		
Chives Garlic		
Coriander		
Dandelion		
Dill		
Echinacea		
Endive		
Evening		
Primrose		

Common Vetch



### Vegetables

Artichoke	Lettuce	Rhubarb
Beetroot	Mizuna	Salsify
Bok Choy	Mustard	Shallots
Broad Beans	Greens	Spinach
Broccoli	Peas—	Spring Onion
Cabbage	Climbing,	Strawberries
Cape	Snow & Dwarf	Swede
Gooseberry	Potatoes	Tomato
Carrots	Radish	Turnip
Celeriac		
Celery		
Jerusalem		
Artichoke		
Kale		
Kohl Rabi		
Leek		

Echinacea



## Permaculture at its Best!

Permaculture is all about growing plants where they like to grow. Consider when they self-seed from something you left in the garden last year that went to seed, or when you put your compost around and seeds in the compost find the perfect conditions to just germinate and hey presto, you have healthy thriving plants. But modern day permaculture is also about a designed ecology based on natural principles, looking at the garden as a whole integrated community. It harmoniously weaves together plants, animals, wind, frost, soil, structures, sun and harnesses their potential so that they do the majority of the work for you.

Good design minimises weeds, pests and the need to water while improving the soil. The garden is zoned to reduce work and produce more, with plants and structures recognised to have many uses. More is recycled and less brought in. A basic premise of permaculture is that most things in the garden should serve at least three purposes making the garden significantly more useful.

Permaculture favours perennial plants because annuals open the garden up to weeds and require a lot of water. Perennials have a deeper root system enabling them to access water and nutrients more efficiently and create long-term micro-climates. Some annuals can be integrated as well for variety.

Dividing the areas of the garden into zones numbered according to their proximity to the house cuts down effort while achieving maximum return. Closest to the house will be plants that are used most often such as herbs, lettuces and cherry tomatoes. Next would be plants like lemons, strawberries and other fruits. Next might be a shade tree and bush foods with edible, or fruiting ground covers, then on to larger fruit trees and a barrier of natural vegetation. The lie of the land and aspect in relation to the sun will determine plantings within each area. If the land is sloping, contours may need to be created to ensure plantings have maximum access and retention of natural rainfall.



Diversity in plantings ensures interesting food choices all year round. With careful placement plants can work together to protect one another from weeds, frost, heat and wind. Grow more unusual plants that you enjoy and are either unavailable in the shops, or cost a lot commercially as well as your dietary staples.

- *Smart Permaculture Design by Jenny Allen*



Coriander & Kale have self-seeded in the cracks in the driveway...who said vegetables are difficult to grow?

### Quick Notes for Your Calendar

**Sunday 4 August—Botanical Bazaar**—Country Paradise Parklands, 231 Beaudesert-Nerang Road, **Nerang**

A community garden festival where naturally wild, urban gardening and nature lovers of all ages connect. The festival will educate and inspire novice to avid gardeners. Showcasing urban and organic gardening, a variety of plant sales, medicinal herb and health hut, botanical homewares and sustainable living concepts.

[botanicalbazaar.com.au](http://botanicalbazaar.com.au)

**Sunday 1 September 9.30am —TCOGA AGM at The Gardens**

Please come along to the meeting and consider joining the committee, it's great fun to be involved

**Saturday 31 August 8.30am to 3.00pm —Ipswich Home Gardener's Expo**

Admission: \$5.00 per person

Cnr Green Street & Glebe Road, **Booval**.

Presented by the Glebe Garden Club (Ipswich).

Large variety of exhibitors. Special guest speakers Paul Plant, Claire Bickle, Jerry Coleby-Williams, Kate Wall. Food, refreshments, entertainment. Car parking in Cameron Park \$2.00

[expo.glebegardenclubipswich.com.au](http://expo.glebegardenclubipswich.com.au)

**Saturday 12 October—TCOGA Fundraising Sausage Sizzle at Bunnings North**

## Broccoli Stir-Fry

These bright green and orange vegetables are appetizing and contain a wide range of nutrients as well as being quite plentiful at the moment.

### Ingredients

2 tbsp soy sauce  
2 tsp cornflour  
2 tsp sugar or honey  
1 tbs apple juice or sherry  
1 tbs rice wine vinegar  
2 tsp olive oil  
6 shallots or 1 onion thinly sliced  
2 cloves of garlic thinly sliced  
3.5 cm piece of fresh ginger  
2 thinly sliced carrots cut into matchsticks  
450g broccoli florets  
450g finely chopped mixed vegetables such as broad beans, fennel, asparagus, Chinese cabbage or whole beansprouts  
100g unblanched almond and sunflower seeds  
2 tsp sesame oil

### Method

1. Combine the soy sauce, cornflour, sugar, juice and vinegar in a measuring jug and mix until smooth. Add water up to 250ml, stir and set aside.
2. In a large frying pan or wok, heat the olive oil until hot, add the shallots and garlic and stir fry for 3-4 minutes.
3. Add the ginger, carrots and broccoli. Then add the mixed vegetables ensuring the leafy vegetables, like the Chinese cabbage and beansprouts are added last. Stir-fry for 4-5 minutes. If the mixture looks too dry, cover and reduce the heat for 1-2 minutes.
4. Add the almonds, sunflower seeds and sesame oil and stir-fry for 30 seconds.
5. Pour over the sauce, stirring steadily until the mixture is boiling. Cook for another minute and serve at once.

**Toowoomba Mower Centre**  
**Supplying & Servicing**



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**Toowoomba Mower Centre**  
**Supplying & Servicing**



2018—2019 COMMITTEE

PRESIDENT: Andrew Hawke

VICE PRESIDENT: Vacant

SECRETARY: Mike Knight—tcoga.secretary@gmail.com

TREASURER: Andrew Hawke (Acting Treasurer) —tcoga.treasurer@gmail.com

COMMITTEE MEMBERS: Oliver Rook, Jane Knight, Chris Walpole

#### Coordinating Volunteers

Garden Plot Coordinator: Joanne McClelland

New Member Coordinator: Joanne McClelland

Grants Coordinator: Linda Mangubhai

Communications & Marketing Coordinator: Oliver Rook

Newsletter Editor: Carlene Gardiner

Project Coordinators: Andrew Hawke & Jeanette

Newsletter of Toowoomba  
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