

Grow, Grow, Grow Your Own - Almanac 2015

GGGYO 2015 Almanac - This Is The Year That Was

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Grow, Grow, Grow Your Own – Almanac 2015

ABOUT US

2015 was the third year that our group – drawn from Sustainable Communities SA Unley members – had received a generous grant from Unley Council to encourage the community to grow more of their own food.

Our reason for embarking upon this program is based on the following:

- the growing and transportation of food is one of the major consumers of energy in our society. By growing more of our own we reduce our overall energy consumption
- as climate change progresses, there will be an impact on the ability of our existing food systems to produce as much food. By growing more of our own, we build up our food security
- by 2050, the world's population is predicted to grow from its present 7 billion to 9 billion. Given a finite stock of land and water on our planet, the cost of food is likely to rise, also placing more pressure on food security
- by growing more of our own food, we are able to choose heritage varieties of plants, and support the genetic diversity of productive plant species. We believe that maintaining this biodiversity is essential to a sustainable future
- growing food locally can strengthen community connections – we share experiences, seedlings and excess food.

The 2013 project focussed on providing starter kits – comprising planter boxes, seedlings, soil and fertiliser – to over 60 members of the community. Feedback from those who took part was very positive and most participants said that they would value regular workshops on topics related to growing food locally.

In 2014 we began a program of workshops tailored to the needs of gardeners at varying times of the year. The program proved very popular – typically 40 to 50 people attended each workshop.

Associated with the workshops program, we worked with Unley Council to identify sites where raised garden beds might assist low-income groups. One such site was developed in 2013 (and updated in 2014) and a further site was developed in 2014.

In 2015, we continued with a similar program of workshops – eight in all. It was again well received and attended. We also continued to support the two sets of gardens for low-income groups.

Our guiding principles with workshops are to be practical, target specific issues and timely – not just general information, but things you can/should do immediately. Each workshop session begins with a Question and Answer session. This helps us all to clearly understand the issues that each gardener is dealing with and to focus presentations on practical solutions.

Also in 2015, we developed a new program, complementary but independent, of creating Verge Gardens, with the twin objectives of encouraging food security and fostering community. Community members can nominate to host a verge garden on the verge in front of their house. The intent is to encourage the community to 'own' the produce and to be a part of community conversations about food.

In 2015, we strengthened our connections with Unley Council: with Alyssa Hill on community development, Kat Ryan (and Mayor Clyne) on the environment, Erin Thompson on digital communications, Trevor Stein on landscape and tree matters and Councillors Hughes and Hewitson on sustainability. We won recognition in the 2015 Australia Day awards for our 2014 workshop program. Council also involved the group as a stakeholder in several developments of parks and public land in Unley. We encouraged Council to include productive plantings of fruit and nut trees in their planning and are delighted to see that these ideas have been taken up in its draft Tree Strategy.

We were also delighted to receive additional funding from the Rotary Club and Sustainable Communities SA to supplement the Unley Council grant.

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2015 also saw the evolution of our group into a well-oiled machine with each member adopting roles so that the necessary things just seem to happen: now more of a checklist in running workshops and installing verge gardens rather than assigning tasks from scratch.

As with our other efforts, it has just evolved: food security, community connections, our landscape and trees, responding to climate change and sustainability are all linked. We love working together, people enjoy the interactions, there is a snowball effect and, by osmosis, people want to join in and give back.

Expect to see more of us in 2016.

Team Members

Nolda Beynon
Ashley Campbell
Peter Croft
Vince and Vivian Curro
Pauline Muir
Russell Talbot
Anne Wharton
Anne Wilson
Pat Wundersitz

During the year, Jenny Macintosh resigned.

with the generous assistance of Steven Hoepfner, Diggers, Mitre 10 Unley, SA Composters and Sustainable Communities SA.



WORKSHOP: Loving Your Soil, with Sophie Thomson

Saturday, 21 March 2015 2-4pm

Fullarton Park Community Centre, Fullarton.

Attendance: 130

This was our first seasonal workshop for the year and our biggest to date. Anne Wilson opened with a question and answer session, about the issues being faced by gardeners, and how many were trying to grow organically (almost 1/3), revving up the crowd with her usual polished performance (we've come to expect nothing less).

Sophie Thomson, from Gardening Australia, was the main speaker. She discussed the different types of soil and emphasised the need to build up the organic content of garden soil. Typically, Adelaide soils have an organic content less than 1%. An ideal amount is closer to 20%. At this level, the soil has excellent water-holding capacity, will provide all the nutrition needed by the plants and will create strength to resist pests and diseases.

Sophie also discussed the various types of composting and worm farms. For aerobic compost, a rule of thumb is to have one part green to one part "brown" (i.e. dry materials). She highlighted the use of Bokashi Buckets – anaerobic and non-smelly: these use a fermentation approach.

Sophie also suggested that now was the time to plant brassicas, cabbage, leeks, spring onions and Asian vegetables (although these can be planted all year round. She suggested that we always try a few new vegetables each season – tomatillos, New Guinea beans etc.

Finally, she ran a quiz based on her talk and gave away 15 tools, fertilisers, and kits of various kinds.

Anne Wilson's lime cordial helped a great question and mingling time.

Flyer

Grow, Grow, Grow Your Own

First of the 2015 Workshop series

Falling In Love With Your Soil



Sophie Thomson at Sophie's Patch, Mount Barker

**Saturday 21 March 2015, 2pm
Fullarton Park Community Centre
411 Fullarton Road, Fullarton
(corner Fisher Street and Fullarton Road)**

Grow, Grow, Grow Your Own - Almanac 2015

If you want to grow lots of vegetables and herbs this year, getting your soil right is the place to start. Our first workshop, **Falling in Love with Your Soil**, will help.

The workshop will be given by well-known gardening presenter and writer **Sophie Thomson** - seen on Gardening Australia and in the *Sunday Mail*, and author of *From the Ground Up - A Complete Guide for South Australian Gardeners*. As with all of our workshops, the emphasis will be on the practical.

The Unley Council has generously provided a grant to support this workshop as part of a series of workshops to help the local community grow more of its own food.

Cost: optional gold coin donation.

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

You will need to register to attend this workshop as places are limited: at peter.croft@mmc.com.au or call Peter on 0401 122 547.

Edible Verge gardens: a number of our fellow growers have started to garden on their verge. We would like to help more verge gardeners get started. We will seek Expressions of Interest for future verge gardens in the Unley Council area in the next few months. Contact Peter at peter.croft@mmc.com.au if you are interested in exploring the possibilities further.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 8271 0052 or 0407 608 345 if you have questions about growing vegetables and herbs before the workshop.

Sustainable Communities SA - Unley groups

From The Advertiser 21 March 2015



FALLING IN LOVE WITH YOUR SOIL
March 21, Fullarton Park Community Centre
Sophie Thomson will teach participants how to prepare their garden's soil to grow lots of vegetables and herbs. 2pm, 411 Fullarton Rd, Fullarton (enter from southern entrance), gold coin donation, bookings essential, phone Peter on 0401 122 547.

From Eastern Courier, 18/3/15, "What's On" section:

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and eastern classical, jazz and folk. Elder Hall, University of South Australia, North Tce, Adelaide, doors open 12.30pm. Tickets: \$10. Details: 8313 5925

SATURDAY

"Falling In Love With Your Soil"

Green and not so green thumbs can get gardening tips from Sophie Thomson. Fullarton Park Community Centre, 411 Fullarton Road, Fullarton. (Enter from southern entrance), 2pm. Cost: Gold coin donation,

bookings essential. Details: Peter on [0401 122 547](tel:0401122547)

SUNDAY

The Little Voices Live in Adelaide

An afternoon of entertainment for all ages. See performances by Lyca Gairanod, winner of *The Voice Kids Philippines* and runner up Darren Espanto. Food and drink available for purchase before the performance. Norwood Concert Hall, 175 The Parade, Norwood, venue open from

Photos



Grow, Grow, Grow Your Own - Almanac 2015



WORKSHOP: The Kitchen Garden, with Andrew Skinner

Saturday, 16 May 2015 2-4pm

Unley Community Centre.

Attendance: 60

Our second workshop was the first occasion where we relied almost entirely on our own mailing list built up over two years to advertise the workshop: the Eastern Courier has changed its format over the last six months and does not appear to now promote as many local events. Nonetheless, 67 people registered and, on the day, approximately 60 attended.

Andrew Skinner, an experienced Adelaide backyard farmer – see adelaidegardeners.blogspot.de/2012/05/tales-of-backyard-farmer-why-this-book.html – with the assistance of his wife Claudia described the large kitchen garden they have developed at Magill. Entirely organic, with chooks as a source of fertiliser/spreader of mulch/destroyer of insects, the garden uses no chemicals.

Andrew outlined 25 tips for developing a kitchen garden and highlighted the value of a great kitchen garden as a basis for connecting with others in the community – swapping produce and using garden produce as gifts. He also emphasized (as his first tip) that if there was one thing that one could do to move to a more sustainable life, growing food would be it.

Afternoon tea ran at both ends of the workshop (a first) – lots of mingling, questions, sharing of produce and connecting up.

Another first was the sight of one of our gardeners (who first attended in 2013 as a beginner gardener) bringing her own seedlings to the workshop to share!

In discussion afterwards, the idea was raised of a workshop (in late summer?) where we could encourage people to describe their own recipes, and demonstrate how they preserve food – drying, pickling, bottling etc.

Flyer

Grow, Grow, Grow Your Own

Second of the 2015 Workshop Series

The kitchen garden



2pm Saturday 16 May 2015
Unley Community Centre,
18 Arthur Street, Unley

Grow, Grow, Grow Your Own - Almanac 2015

The workshop will be conducted by Andrew Skinner, an experienced Adelaide backyard farmer - see adelaidegardeners.blogspot.de/2012/05/tales-of-backyard-farmer-why-this-book.html

In his book *Tales of a Backyard Farmer*, Andrew says "This small book is about a view of the world as seen from a veggie patch. I'd set out to see for myself if it was possible to grow my own food without pesticides, herbicides, fungicides, soluble fertilizers and all that other expensive and poisonous stuff used in the modern veggie patch, but which Mother Nature seems to get by without. Will healthy soil produce healthy plants, leading to healthy food and healthy humans?"

After a while, I was healthier than I had been for years. No doubt eating nutritious food was good for me, but it wasn't that. All the bending, lifting, pulling, tugging, twisting and kneeling was also good aerobic exercise, but it wasn't that. Rather, it's that the garden allowed me to reconnect with a pre-television childhood that was spent outdoors, where I experienced the passing of the seasons, the colour of the sky and the sight of birds and beasts at first-hand.

I suspect many of us feel isolated from we-know-not-what. A small plot of vegetables, some herbs and fruit trees, a few chooks, a rainwater tank and a handful of basic tools down one's own backyard is simply a good place to be. Food for the soul as well as for the table..."

Cost: free

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

If you have a good gardening tip, let us all know at the workshop.

You will need to register to attend this workshop as places are limited: at peter.croft@mmc.com.au or on 0401 122 547.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 82710052 or 0407608345 if you have questions about growing vegetables and herbs before the workshop.

Edible Verge gardens: a number of our fellow growers have started to garden on their verge. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in exploring the possibilities further.

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SA - Unley groups

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Photos



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Feedback

Hi Anne,

Thank you for your workshop on Saturday. I can't tell you enough how much we enjoyed Andrew Skinner's entertaining talk. It was so much fun and great to hear his perspective on his growing experience and his purpose.

I noted that you were asking for feedback from those with requests and after listening to Andrew it made me think in regards to my own scale of growing, i.e. no help from grown up "strapping" sons, time and available finances and how to chip away with improving soil bit by bit.

I wanted to share with you that the single most inspiring book I have read this year has been the Lola Houbein book One Magic Square. I don't usually buy books because of finances but I first noticed it at your Sofie Thompson workshop and was drawn to it.

This book has helped me so much on many levels, including time and the way she approaches jobs that need to be done in a methodical and quick way. Of course, she also starts off small and because of the ways she introduces her 'plots' one quickly learns about new seeds including stir fry Chinese vegetables which I personally have always wanted to know how to deal with. And one learns bit by bit by bit on one magic square metre bits of earth. But, as I have said, there are many levels of learning in this one book.

I therefore thought that you may be able to invite her as a guest speaker to put a whole different slant on the vegetable growing experience and we might be lucky enough that she accepts.

Thank you again for your efforts. I am one of your first attendees who has learnt to sow her own seeds with success from your first workshop.

Kind regards,
Lisa Trinne

WORKSHOP: Pruning fruit trees (session 1)

Saturday, 31 May 2015 2-4pm

Morrie Harrell Reserve, Ramage Street, Unley.

Attendance: 35

Unley Council gave permission for the pruning workshop to be run at Morrie Harrell reserve using fruit trees planted by the community and Council in 2013.

35 participants attended this first pruning session - also our first Sunday session. A terrific turnout given the weather.

Steven Hoepfner explained the tools used for pruning and emphasised the importance of cleaning and sharpening tools before their use. He explained the purpose of pruning to remove dead, diseased and dying sections of trees as the first step in pruning. Then, as a second step, shaping the tree, following its natural form, and balancing its growth.

Steven then demonstrated the technique on an apricot tree at the Reserve and answered many questions.

Flyer

Grow, Grow, Grow Your Own

Third of the 2015 Workshop Series

Pruning fruit and nut trees



**2pm on both Sunday 31 May 2015 and
Saturday 13 June 2015**

**Morrie Harrell Reserve,
Ramage Street, Unley**

Grow, Grow, Grow Your Own - Almanac 2015

This workshop is for growers who want to grow fruit and nut trees and get a productive crop.

The workshop will be conducted by Steven Hoepfner, an experienced Orchardist and local garden developer (www.earthright.com.au). The particular focus will be on pruning trees. However, Steven can also help in with advice on choosing, planting and shaping trees. In the picture overleaf, Steven is pruning to create an espalier fruit tree.

The Unley Council has generously agreed for several fruit trees at the Morrie Harrell Reserve to be pruned by Steven in the workshop.

Cost: free

We will have a Q and A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers. If you have a good gardening tip, we would also like to hear from you.

You will need to register to attend this workshop as places are limited:
at peter.croft@mmc.com.au or to 0401 122 547.

Edible Verge gardens: a number of our fellow growers have started to garden on their verge. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in exploring the possibilities further.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 82710052 or 0407608345 if you have questions about growing vegetables and herbs before the workshop.

***Sustainable Communities
SA - Unley groups***

Grow, Grow, Grow Your Own - Almanac 2015

Photos





Feedback

Email From: Loretta Condoluci

Thank you for organising the pruning session. Steven was excellent.
Loretta

Grow, Grow, Grow Your Own - Almanac 2015

WORKSHOP: Pruning fruit trees (session 2)

Saturday, 16 May 2015 2-3pm

Morrie Harrell Reserve, Ramage Street, Unley.

Attendance: 25

25 participants attended the second pruning workshop held on a gorgeous warm winter day.

Steven Hoepfner covered similar issues as at the first workshop and carried out a demonstration pruning on one of the apricot trees. He emphasised that a key purpose of pruning is to help the tree develop for strength – hence consideration of removal of weak, dying, diseased and dead branches, and appropriate shaping.

Steven also suggested that we consider doing the next pruning workshop in summer – just after harvesting. This will encourage the trees to put more of their spring growth into fruiting rather than simply getting larger.

Photos



Grow, Grow, Grow Your Own - Almanac 2015



WORKSHOP: Pest Control in vegetable gardens

Saturday, 25 July 2015 2-3pm

Unley Community Centre.

Attendance: 24

We set this workshop up as a Q&A session: a very hands-on and practical interactive session between an engaged audience and a panel of in-house experts – Ashley Campbell, Pat Wundersitz and Vince Curro.

We again relied mostly on our own mailing list. The Eastern Courier gave us a mention in the edition of that week, but did not include a phone number, so we were unable to anticipate the response. Before the workshop 25 people had registered but on the day, due to inclement weather, we thought we'd get fewer than that. However, all but turned up, which was pleasing.

Ashley demonstrated his great all-round skills by assisting Anne Wharton in registering attendees before the workshop, acting as master of ceremonies in getting the workshop started, chairing the expert panel, and participating as one of the experts. We were going to get him to wash the dishes as well, but he was too busy signing autographs.

The workshop itself was, as hoped, lively and satisfying. Vince used a whiteboard to compile, and in some cases composite, questions, to ensure all questions were answered and dealt with efficiently. There is a very nice 'comfortableness' now at workshops, with all participants happy to freely engage, share and contribute.

Not just verbally. There were a number of 'giveaways' provided at the workshop. Pauline brought two boxes of lemons and limes for people to help themselves to, and also a number of plants, ranging from herbs to 'tough' tomatoes – a drought resistant variety she's uncovered. A highlight was the 'Eau de Cologne' mint. The name says it all.

Nolda created sprays of white butterflies to give out, enough for one each. Cut out from plastic milk bottles and mounted on a 20cm span of florist wire, the idea is that placed in a cabbage patch they will deter cabbage moths – because cabbage moths are territorial and will go elsewhere if they see another in the area. Nolda being Nolda though, these butterflies were not just functional, they were gorgeous. They might end up attracting more suitors than they dissuade!

But then on top of all that, we were delighted when one of our participants brought in a pile of mint and parsley seedlings to give out, each neatly packaged in an alfoil 'pocket'.

This comfort, easy exchange and sharing is entirely consistent with our ambitions. We are seeing the behaviour of a community.

Flyer

Grow, Grow, Grow Your Own

Fifth of the 2015 Workshop Series

Pest control in vegetable gardens



Cabbage Moth caterpillar



Aphids

**2pm on Saturday 25 July 2015
Unley Community Centre,
18 Arthur Street, Unley**

Grow, Grow, Grow Your Own - Almanac 2015

All vegetable gardeners experience the frustration of seeing our special plantings and seedlings eaten by pests. How can we save our food and prevent losses?

The workshop will be conducted by Ashley Campbell, Pat Wundersitz and Vince Curro - experienced vegetable gardeners in Unley. Pat has kindly provided the pictures on this flyer.

This will be a very hands-on workshop. Please talk to us about your experiences or bring along examples of problems or pictures if you can. We will share our knowledge in managing pests and work out solutions together.

Thanks to a grant generously provided by Unley Council, **Cost: free.**

You will need to register to attend this workshop as places are limited: contact Anne at annewharton@smartchat.net.au or Pat on 0407 608 345.

Future workshops: we have a program of further workshops planned for the next few months - on growing seedlings and microgreens, container gardening, and native bees. Everyone on the mailing list will be sent a flyer advertising these workshops beforehand.

Edible Verge gardens: a number of our fellow growers have started to garden on their verge - see 80 Cremorne Street Unley and 44 Dover Street Malvern. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in promoting local growing of food by hosting a verge garden.



Cabbage White attack on cabbage leaves

***Sustainable Communities SA -
Unley groups***

Grow, Grow, Grow Your Own - Almanac 2015

Photos



WORKSHOP: Seed germination and minigreens



Saturday, 29 August 2015 2-3pm

Unley Community Centre, Arthur Street, Unley.

Attendance: 45

Grow, Grow, Grow Your Own - Almanac 2015

Our registration technique has changed over the last year. Approximately 20 people registered shortly after the email and printed invitation went out for this workshop. Then the workshop was advertised on the Unley Council media and both the Botanic Gardens and Sustainable Communities SA websites. We also tried to repeat the invite to those on our mailing list. One attendee had been contacted by her daughter in Fiji who had told her mother that she should come. International coverage now!

Pauline Muir covered the topic of attracting bees (purple, blue, yellow and white flowers work best) and sprouting from seed e.g. fenugreek. She handed around bottles of sprouted seeds. Then she displayed seed bombs and showed how to make one – clay, with compost and mixed seeds. Finally she discussed the difference between micro greens and minigreens (minigreens are cut above the two early leaves and will regrow). Lots of examples of minigreens and kits. Minigreens are particularly suitable for people with small spaces or reduced mobility.

Viv Curro talked about seed germination and had many examples of recycled materials to help with germination and then transplanting seedlings. She handed out a sheet on seed germination tips, including temperatures for particular plants. Viv also touched on seed saving – to ensure that open pollinated seeds continue to exist.

Then Viv and Pauline dealt individually with many questions and gave away items that they had made during afternoon tea.

Flyer

Grow, Grow, Grow Your Own

Sixth of the 2015 Workshop Series

Growing seedlings and microgreens



Pauline's microgreens

**2pm on Saturday 29 August 2015
Unley Community Centre,
18 Arthur Street, Unley**

Grow, Grow, Grow Your Own - Almanac 2015

This workshop is for gardeners who want to grow seedlings - some for summer vegetables and some for eating directly as minigreens. Minigreens are particularly suitable for those who can't manage a garden but who still want to grow their own food and have a sunny spot available.

The workshop will be led by Vivian Curro and Pauline Muir - experienced seed savers and gardeners in the City of Unley.

Thanks to a generous Unley Council grant: **Cost: free.**

You will need to register to attend this workshop as places are limited: at peter.croft@mmc.com.au or on 0401 122 547.

We will have a Q & A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

If you have a good gardening tip, let us all know at the workshop.

Future workshops: we have a program of further workshops planned for the next few months - on container gardening, and native bees. Everyone on the mailing list will be sent a flyer advertising these workshops beforehand.

Edible Verge gardens: a number of our fellow growers have started to garden on their verge - see 80 Cremorne Street Unley and 44 Dover Street Malvern. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in promoting local growing of food by hosting a verge garden.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 82710052 or 0407608345 if you have questions about growing vegetables and herbs before the workshop.

***Sustainable Communities SA -
Unley groups***

Grow, Grow, Grow Your Own - Almanac 2015

Photos



Feedback/Comments

Great workshop and lots of material. Perhaps enough for two future sessions?

*

Feedback from within the group:

Well done for the great workshop. So much material!

Thank you Pauline and Viv for your generosity in giving away samples of your gardens.

regards, Peter C

*

Hear, Hear! A really good session. I'm inspired!

Lovely workshop, Viv and Pauline. You both covered so much material, from the basic 'how to do it' (and particularly for beginners, in containers that would otherwise be 'binned'), through to new ways of planting in lightweight, portable containers for a continuing supply of fresh, tasty greens.

And I'm going to have another go at sprouts again.

Anne

*

Yes, well done. The attendees really liked it.

Hetty took home a box and spent the morning planting her own seeds in it Pauline,(lettuce, beets, mizuna).

I am going to borrow an idea from the Launceston project and make packets of seeds for the participants of the next session.

I am going to make the packets out of old papers. Little job while watching Four Corners or somesuch.

Pat

*

Hello Peter

I absorbed a lot of information on Saturday and am appreciative of the work that goes into these workshops.

Verge plantings will begin on Birks Street at some stage soon. I was excited to know that I could create a butterfly garden in this little patch but after Saturday's workshop, I will include bee plants as well. I had been deterred because a friend said folk might get stung. Not now!

So, please thank the team.

Kind Regards, Katie

WORKSHOP: Growing in containers of any kind

Saturday, 26 September 2015 2-3pm

Unley Community Centre, Arthur Street, Unley.

Attendance: 48

Gee we do a good show now. Pat worked the room with the ease and aplomb of a veteran TV talk show host. Anne engaged the crowd like they were friends she was hosting for dinner. And Pauline wowed everyone her modest presentation of extraordinary things as if they were ordinary.

It's footy finals time. That means teams sucking it in and struggling through injuries, and in keeping with the occasion we did our bit. It began on the previous Monday, when Ashley was knocked off his bike by a car, copping a fractured pelvis. After a couple of days in hospital he'd progressed to a walking frame, but despite his optimism failed a fitness test and was ruled out.

Then on Wednesday Annie badly sprained her ankle; so badly that we knew early on she was no chance to appear. But we reckoned without her superhuman healing powers and determination. Despite obviously limping she declared herself available, and hobbled into her customary position behind the Meet-n-Greet table.

This workshop came about when we asked "what if we only had ten containers – what would we grow?" It's for containers – small and large, pots, old wheelbarrows, Styrofoam inserts from fruit boxes, hanging baskets, leaky buckets, even old boots.

In summary: Great teamwork, great atmosphere and splendid to be a part of it.

Some highlights:

- ❖ Pat gave a remedy for earwigs, or perhaps a recipe. She recommended setting up pots containing a mixture of oil and honey – earwigs are attracted into them then can't get out. And what to do with your harvested earwigs? Give 'em to your chooks. Honeyed earwigs, mmm... – chooks love 'em!
- ❖ Everyone got a packet of seeds. Some longstanding participants got seedlings and various others also got seedlings and one person got a Pauline wicking bed. As Pat said, with a grin: "People love to go home clutching their little gifts".
- ❖ If there was a course on creative gardening, this would have to be a core subject; it's inherently stimulating. The range of possible containers is only limited by your imagination. The examples included spent toilet rolls, rubber boots, an egg carton, and even the bathtub Vince was washed in as a baby.

Flyer

Grow, Grow, Grow Your Own

Seventh of the 2015 Workshop Series

Growing in containers of any kind



Milk Carton containers



Even boots

Acknowledgement to Glen Osmond Primary School

**2pm on Saturday 26 September 2015
Unley Community Centre,
18 Arthur Street, Unley**

Grow, Grow, Grow Your Own - Almanac 2015

This workshop came about when we asked fellow growers “what if we only had ten containers - what would we grow? It’s for containers - small and large, pots, old wheelbarrows, Styrofoam inserts from fruit boxes, hanging baskets, leaky buckets, even old boots.

The workshop will be led by Anne Wilson and Pat Wundersitz - green thumbs and experienced gardeners in the City of Unley.

Thanks to a generous Unley Council grant: **Cost: free.**

Please register to attend this workshop at peter.croft@mmc.com.au or on 0401 122 547

We will have a Q & A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

If you have a good gardening tip, let us all know at the workshop.

Future workshops: our next workshop will be on native bees. Everyone on the mailing list will be sent a flyer advertising this workshop beforehand.

Edible Verge gardens: four more verge garden beds were installed on 7 September. Have a look at 1 Fourth Street Everard Park, 80 Cremorne Street Unley, 44 Dover Street Malvern and 21 Urrbrae Avenue Myrtle Bank. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in promoting local growing of food by hosting a garden on your verge.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 82710052 or 0407608345 if you have questions about growing vegetables and herbs before the workshop.



***Sustainable Communities SA -
Unley groups***

Photos



Grow, Grow, Grow Your Own - Almanac 2015



Grow, Grow, Grow Your Own - Almanac 2015



Vince pretending he was ever this little

Feedback/Comments

Pat, Anne and Pauline enjoyed the workshop with three presenters. They felt that the attendees were learning more and planting more. Pauline reported that one of the growers had success with her seed bomb and Annie said that another had been impressed by her eggplants and that had motivated her to grow veges.

*

Email From: [Katie Verco](#)

Subject: Saturday's workshop

Hello Peter,

Last Saturday's workshop was awesome. Well done to the team.

I too decided I could grow a blueberry. Here is what I tried:

Variety: Northland x 1 (fruited for months - just kept on picking).

Where: grown in an old round wash trough scored off the verge in Highgate. Have two others waiting for blueberry plants.

These are in a greenhouse covered in green shade cloth (scored from someone I was gardening for that didn't want it anymore).

Did not protect blueberry in any other way. There were some strawflowers growing on the north side of the shade house - not sure if that helped.

Soil: commercial acid mix was not sustainable. My next try is 2:1:1 of peat:SA Compost:soil > good so far but think ratio does not hold enough nutrients so pondering delightful version tips from workshop.

I give it tea bags, and a cup of tea a week. :)

So ... again ... thank you.

The workshops are real proof that one gardener cannot have all the answers, but coming together for these workshops can be very inspirational and productive.

Regards

Katie

WORKSHOP: Native bees in your garden

Saturday, 24 October 2015 1-2.30pm

The Goody Patch, 12 Surrey Street Goodwood

Attendance: 60(!)

Our eighth workshop was on Native bees and was run in conjunction with the Goody Patch's 10th birthday celebrations. 43 participants registered - but 60 turned up! A lovely spring day, and a terrific atmosphere at the Goody Patch.

Jenny Deans - our presenter - was formerly a coastal engineer in the State Environment department, where she saw firsthand the early indications of climate change. She gave an excellent talk on native bees - their number (over 500 varieties in SA), their nature (solitary rather than in hives), their importance (pollination), the threats (habitat loss and harmful chemicals), the plants they like for food (anything with white, blue and yellow flowers such as herbs and brassicas gone to seed), where they like to live (fine holes in the ground and in trees) and what we can do to provide habitat (bee hotels and bee bundles).

Jenny brought along a large table full of materials to construct bee hotels and attract native bees. She was surrounded by interested participants after her talk.

Flyer

Grow, Grow, Grow Your Own

Eighth of the 2015 Workshop Series

Native bees in your garden



Bee Hotel

Acknowledgement for photos to Bowman Park, Crystal Brook

**1pm on Saturday 24 October 2015
The Goody Patch, 12 Surrey Street
Goodwood
Just behind Goodwood Primary School**

Grow, Grow, Grow Your Own - Almanac 2015

Learn to identify our beautiful (magnificent) native bees and where and how they live. It is a revelation (exciting, intriguing, inspiring) to discover their role in pollination (nature) and to encourage and observe them in your garden.

Our presenter is Jenny Deans (deansyorath@internode.on.net). Jenny has been very successful in planning a community garden in Stirling focused on bees with bee hotels, bee food and information boards - inspirational to the community.

Thanks to a generous Unley Council grant: **Cost: free.**

Please register to attend this workshop at peter.croft@mmc.com.au or on 0401 122 547

We will have a Q & A session too - so bring along questions you have about your garden and we will (collectively) work out a solution. No one grower has all the answers.

Future workshops: we will have a new set of workshops in 2016. Everyone on the mailing list will be sent a flyer advertising these workshops beforehand.

Edible Verge gardens: four more verge garden beds were installed on 7 September. Have a look at 1 Fourth Street Everard Park, 80 Cremorne Street Unley, 44 Dover Street Malvern and 21 Urrbrae Avenue Myrtle Bank. We would like to help more verge gardeners get started. Contact Peter at peter.croft@mmc.com.au if you are interested in promoting local growing of food by hosting a garden on your verge.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 82710052 or 0407608345 if you have questions about growing vegetables.



Sustainable Communities SA - Unley groups

Photos





Grow, Grow, Grow Your Own - Almanac 2015





Feedback/Comments

Feedback from within the group:

Oh what a lovely day you must have had! I wish I hadn't missed it!

I think we should do at least one a year with the Goody Patch. And perhaps Fern Ave?

Cheers, Anne

*

60 attendees that's terrific and what a lovely day. I did speak to Rhonda and she said it would be great to do it again next year. Also offered the garden as a place to hold workshops. I thought Jenny struck just the right note, people scribbling notes madly around me. And did anyone watch Bill on setting up a wicking bed, that was excellent. He's at a school where they have completely converted beds to wicking beds and 60% saving in water usage. I'm busy converting many of my pots to wicking pots, see how far this wicking thing will go.

Pauline

*

It was a lovely day. The people from our workshops greeted each other like family. Very good esprit de corps.

Thank you to the photographers. There are some really good photos in there. I loved the bowl of native plants and grasses.

I came home and made bee hotels. I will take one to the kitchen garden. As a matter of fact the Meet on Mondays dementia group is going into the sensory garden, near UCC so we can put up the hotel while out there.

Pat

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Email from Bob Schnell:

Subject: Goody Patch

Hi Peter

A fabulous presentation yesterday by Jenny on building native bee hotels. I'll make mention in my next report to Council.

I will be building a hotel.

Thanks

Regards
Bob Schnell (Deputy Mayor of Unley)

*

Dear Grow Grow Grow Group...

On behalf of The Goody Patch we would like to convey our thanks for working with us and holding your workshop as part of our 10th Birthday celebrations! I had many many conversations with people that hadn't come to The Goody Patch before and there were excellent synergies...I do apologise that shade was a bit of an issue but think I rallied enough umbrellas before people melted as that hot 1pm sun kicked in (I hope you didn't get too much negative feedback)...

It would be great to keep the partnership going and look at dates to collide again in 2016 - we aim to keep running an Open Day once a year...we had 375 people through the gates (40 of those were due to your workshop!)

I had a wonderful chat with Jenny and she seemed to be a really engaging presenter...

I spoke to Anne W on the day about including wicking beds INSIDE the actual Goody Patch and would love to chat through the idea further (since we are limited on the verges there)...

ALSO just keen to get the details of the next beds locations as the newsletter I am working on here won't come out till early December - I really want to profile your project as an example to other councils...

Thanks again and let's keep the partnerships growing.

Warm regards
Christy and for The Goody Patch Gardeners

VERGE GARDENS

Introductory Article written by Peter:

Edible Verge Gardening

Edible verge garden beds are starting to pop up around the City of Unley.

We might have called them nature strips in years past but the new emphasis is on growing food - often in raised garden beds.

It's all about becoming more self-reliant and secure as a community when it comes to our food.

The City of Unley is a leader in Australia in food-growing initiatives in urban communities: we are starting to see fruit trees in public parks - over 60 at the Morrie Harrell Reserve near the Unley Shopping Centre and over 30 at Fullarton Park. Unley also has Community Gardens (Fern Avenue and the Goody Patch), food cooperatives, and free food-growing workshops. Then there is the Farmers Market at the Showgrounds each Sunday!

The first edible verge gardens demonstrate what can be done with a suitable verge. Talk to Anne at 80 Cremorne Street Unley and Nolda at 44 Dover Street Malvern about their verge garden and what can be grown. Two more are going in shortly - at Everard Park and Myrtle Bank.

There are practical issues to think about in planning a verge garden - setting them up so that they don't interfere with car and pedestrian access, ensuring that the soil is rich and clean, and planning a watering system. Nolda's verge garden uses a wicking bed system (in-built water reservoir) to reduce water usage, and is based on edible bush foods. All the plants are labelled and there is Braille signage around the edge of the raised garden bed. Anne's verge garden grew tomatoes, herbs, zucchini, lettuce, pumpkins and the Australian native warrigal greens over last summer.

1. DOVER ST, MALVERN

30 March 2015

Our first verge garden was installed on Dover St, Malvern. And that's how we (except for Annie) met Nolda, who was its host. Nolda immediately impressed us, for her enthusiasm, knowledge, personality, spirit, and most particularly because she'd prepared a morning tea for us which included home-made cinnamon scrolls. So when she expressed interest in joining the team, well... shut up. You had me at "morning tea".

Annie's SCSA Blog Post

A new verge garden for Unley

Posted on [14 May 2015](#) by [Dinali](#)
written by Anne Wharton

Our Grow Grow Grow Your Own Group recently put a new raised bed on the verge on the corner of Dover St and Cambridge Tce, Malvern. Nolda who is maintaining the verge garden is particularly interested in bush foods. All the plants in the bed are native bush foods and have either edible leaves or fruits. Hopefully this will give neighbours some new ideas of what plants to try and grow in their own gardens and how to incorporate them into some tasty meals. More and more of our native foods are already appearing in some of the best restaurants.



The bed is a wicking bed and should not need too much attention. All the plants are labelled and there is also braille signage around the edges.

The Grow Grow Group are hoping to establish more verge gardens in the Unley Council area later in the year.

Nolda's Note To Neighbours

Nolda made this note, and letterboxed her local community, to let them know what the verge garden was all about:

Dover Street Bush Garden Bed

Hello neighbours,

The **Grow, Grow, Grow Group** for sustainable gardening together with **Unley Council** has put a new raised garden bed on the corner **Dover Street /Cambridge Terrace**.

All the plants in there are native bush foods and have either edible leaves or fruits. Although it might be optimistic to feed everyone in **Dover Street** with these it hopefully gives you some new ideas of what plants to try and grow in your own garden and incorporate them into your tasty meals. More and more of our native foods are already appearing in some of the best restaurants!

The bed is a wicking bed and should not need too much attention. All the plants are labelled and there is braille signage around the edges.

For more information and some wild food recipes have a look at **Neville Bonney's book Knowing, Growing, Eating:Edible Wild Native Plants for South Australia**.

Palya! (as the locals say in Pitjantjatjara)

Eastern Courier Article

On the verge of gardening breakthrough

Josephine Lim

MOVE over lawn – fruit and vegetable gardens on front verges are experiencing a growth spurt in Unley.

Unley gardening group Grow Grow Grow Your Own is helping to establish a number of vegetable verge gardens in the district.

Group co-ordinator Peter Croft says the popularity of vegie verges comes as people realise how much energy is used to transport food.

Malvern resident Arnolda Beynon, also a botanist/illustrator, has transformed her front verge to include native edible plants including finger limes, apple berries and native raspberries.

“People can try and have a nibble,” Ms Beynon says.

“I’ve handed out a leaflet around the street.”

Grow Grow Grow Your Own Group will hold a workshop on pest control tomorrow.

Contact Peter Croft on [0401 122 547](tel:0401122547).



Arnolda Beynon has been growing an edible-native verge garden in Malvern.

Picture: STEPHEN LAFFER

Photos



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2. VG (Verge Garden) Day

(Fourth Ave, Everard Park; Urrbrae Ave, Myrtle Bank; & Dover St, Malvern)

7 September 2015

On 7 September 2015, in keeping with the aptly named season we'd just entered, another four verge gardens sprung up in Unley. Two on the corner of Fourth Ave and Everard Tce, Everard Pk, one on Urrbrae Ave, Myrtle Bank, and another to join the outrageous success of the one we installed a few months previously in Dover St, Malvern.

The gardens consist of a raised bed frame, set up as a wicking bed, filled with brilliant dirt from SA Composters, and the well-oiled efforts of our group. True, some members might seem to do more than others but it's important to stand around giving them encouragement, talking to spectators and neighbours, taking photographs and forcing down the morning tea grateful (and excited!) recipients always want to provide. (We all must do our bit...)

We've got the process bedded (please excuse the pun) down well now, and combined with military-level logistical pre-planning it all ran like clockwork. Enabling us to finish together, after co-ordinated splintering of the group to do the multiple locations, for a shared lunch (are you seeing a pattern here?). One of the prime aims of the gardens, along with food security, is fostering community. To do something good, have fun doing it, make so many people happy, and get fed too... sometimes life is almost too good.

Program

This event was a masterpiece of logistical planning. It was like watching the opening credits of *Game Of Thrones* as everything whirred into place and went exactly as intended. Here, because it deserves to be recorded for posterity, is the plan by The-Artist-formerly-known-as-Peter:

Prior to 7 September:

- Nolda to order the wicking bed materials
- Peter to inform Unley Council that we are having a verge garden day on 7th September so they can observe if they want.

3 September:

- Delivery of, the raised garden beds, to:
 - 1 Fourth Street Everard Park (2 beds),
 - 44 Dover Street Malvern (1 bed) and
 - 21 Urrbrae Avenue Myrtle Bank (1 bed in woodland grey).

7 September:

8.20am:

- Anne&Graham and Nolda meet at Mitre 10 to pick up wicking bed materials

9.00am:

- We all meet at 1 Fourth Street, set out the two raised garden beds and install the wicking bed materials

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10.00am:

- Anne&Graham plus Nolda and Anne Wharton go to 44 Dover Street and install wicking bed materials
- Viv and Vince plus Ashley go to 21 Urrbrae Avenue and ensure that the raised garden bed is in position and is level

10.30am:

- Anne&Graham go to 21 Urrbrae Avenue and help Ashley and Viv&Vince set up the wicking bed
- Soil arrives at 1 Fourth Avenue Everard Park: Pat, Pauline, Russ and Peter help Christy guide the soil into the beds. Then clean up site

10.45am:

- Truck goes to 44 Dover Street. Nolda and Anne Wharton guide the soil into the beds. Then clean up site

11.00am:

- Truck reaches 21 Urrbrae Avenue. Ashley, Viv&Vince and Anne&Graham guide the soil into the beds. Then clean up site

12 noon

- We all meet up at Pat-a-Cake in Duthy Street for eat/drink

Messenger Article:



Christy Spier (second from left) and her new raised garden bed installed by Peter Croft, Anne Wharton and Nolda Beynon from the Grow, Grow, Grow Your Own group. Picture: MARK BRAKE

Vegies on the verge

James Hetherington

PETER Croft is on a mission to transform front verges from wasted space to vegie patches bursting with fresh produce.

This month, Mr Croft and a team of keen gardeners have helped install four new verge garden beds in Everard Park, Unley, Malvern and Myrtle Bank, the latest in a series across the district. The idea is to promote people growing their own food, particularly produce that can be shared such.

"With verge gardens, people can see that you can grow your own food and that

it is not hard," Mr Croft says. This Saturday from 2pm, residents are invited to Unley Community Centre for the Grow, Grow, Grow Your Own gardening workshop.

The day will focus on teaching how to use containers, anything from leaky buckets to old boots.

Experienced gardeners Anne Wilson and Pat Wundersitz will lead the session.

"These gardening workshops can get people started," Mr Croft says.

To register, see sustainablecommunitiessa.org.au/events

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FOURTH AVE, EVERARD PARK

Photos





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URRBRAE AVE, MYRTLE BANK

Photos - On the day







Feedback: Christening

Following our very successful and enjoyable day installing these verge gardens a fortnight later, we were delighted to receive these letters and pics from Karen and Amanda, the hosts of the garden at Urrbrae Ave, Myrtle Bank.

Hi Anne,

Well we had our little street gathering for the christening of the garden bed yesterday, and it was wonderful success. It really was a wonderful opportunity to catch up and share some food and bubbles with neighbours and friends that we don't always make the time to do. It was brilliant! We had 3 lots of people wander down from the war veterans home, which i was really pleased about as i see them walking a lot but don't necessarily get to talk to them, so it was good to share stories and get to know each other a little better.

We also sold some produce to raise money for fertilisers and seedlings which everyone seemed to love. (i think i now have regular customers for my marmalade). Amanda provided the most gorgeous selection of herbs and silverbeet for people to purchase, but as my husband said, we are not very good business women as we gave more away than we sold. We have also encouraged people to use it like their own garden, so a few are providing the herbs that they want to eat, which is fabulous. All working as it should. People also put their hand up to look after the maintenance of the bed any time I'm away, which is a big relief.

So thank you for providing the opportunity to help make this little street a friendlier more connected community. I hope all the others are having the same success. We will keep you updated with pics of the bounty.

Cheers, Karen.

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Hi Anne,
Following on from Karen's update on Monday, sending you through a copy of the invitation and a few pictures from our 'garden gathering' at Myrtle Bank on Sunday. Thanking you and the wonderful Sustainable Communities Group and The Unley City Council for making our edible verge garden possible now our community will make it grow and flourish!
Cheers Amanda

*



INVITING ALL GREEN THUMBS & FRESH PRODUCE LOVERS..... IT'S A

GARDEN GATHERING

TO WELCOME THE ARRIVAL OF OUR UNLEY COUNCIL SUSTAINABLE COMMUNITY EDIBLE VERGE GARDEN

SUNDAY 20TH SEPTEMBER
3PM ON THE VERGE

21 URRBRAE AVENUE
MYRTLE BANK

Please join us to welcome Spring & our edible garden bed. Come along with ideas of what you would like to grow & pick. Also take the opportunity to purchase our fresh organic produce & marmalade to raise funds for more seedlings/worms/fertilizer etc. P.S brainstorming is thirsty work, so feel free to bring a drink to 'whet' the garden!

FOR MORE INFORMATION CONTACT: KAREN 0468 415 417 OR AMANDA 0419 440 946

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The 'Garden Gathering' invitation



Lovely getting to know our neighbours from the War Veteran's Home!



We received donations (but mostly gave away) our fresh produce & preserves to raise funds for a worm tower & worms for our verge garden.



Youth, elderly & those in between all dropped in to our garden gathering!

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Pets too of course!

*

On 11/10/2015 9:28 PM, Karen Flynn wrote:

Hi Anne, thanks for that email about the worm lady, much appreciated. We were discussing the worm tower the other day and im a bit concerned that the wicking bed may not be suitable for the tower as the worms may drown due to the shallow bed and the tower reaching the water trough. Have you heard of anyone using this system in the raised beds? I think a little more research is needed. Apart from that, the herbs and veges are thriving and people regularly pop over to check the progress of their contributions. It's wonderful. Thanks for thinking of us. Cheers, Karen.

On 11 Oct 2015, at 10:34 am, Anne Wharton wrote:

Hi Karen

We got this lovely email from one of our Sustainable Communities members Monica. So I am putting you two in touch so that you might be able to get some worms from Monica. Hope the verge bed is going well.

Kind regards

Anne Wharton

(Grow Grow Group, Sustainable Communities SA)

----- Forwarded Message -----

Subject: Worms

Date: Wed, 7 Oct 2015 19:03:56 +1030

From: Monica O'Wheel

Hi Anne

I just read the article on the blog about the new verge garden in Myrtle bank. They said they were raising money to buy a worm tower and worms. I have worms they can have, I usually sell them on Lets but I'd love to have a part in your wonderful project, so they can have them if they don't have another source.

Cheers

Monica

Feedback: Xmas Gathering

Karen and Amanda went on to prove they were stars. They are the benchmark and model for Verge Garden hosts. Leading up to Christmas they were at it again, and we were delighted again to receive this letter, flyer and photos. As Anne said in reply to their letter to us:

You're amazing! Absolutely wonderful! You're champions at this - an example to all verge gardeners. It's a truly wonderful thing you're doing for your neighbours, so no wonder they're responding to your goodwill. And it's such a perfect location for a street gathering, with your wide verge and shady tree.

I can't tell you how happy this will make all of us. Thank you so much for all you're doing - for your neighbours, and for our efforts in verge gardening. Your achievements encourage us more and more.

Our very best wishes always,

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Anne and the GGGYO Group

Karen's letter:

Hi Anne, Well, we are extremely pleased to inform you, and the group, that we have held another very successful gathering on the verge to celebrate our community and to provide a garden update. Also an excuse for a street xmas get together to have some drinks and nibbles of course. 🍷

We had around 30 of our neighbours, including their children, that came along to celebrate and get an update on the garden, a lot more than we thought would attend, which was fantastic. Amanda, who i must say was a champion at being the photographer for the day, will be sending through a whole lot of photos to show what a fantastic day it was.

I think one of the over-riding conversations i had during the afternoon, was how pleased people were to be meeting and putting names to the many people who live in the street. Something that many had never done in all the years they had lived here. How incredibly special is that, especially in this time of global unrest when fear of strangers is becoming the norm. Not so in Urrbrae Avenue!!!! 🍷🍷🍷🍷

So my gardening friends, once again the power of a few herbs has done its magic and created a very special community that we know will continue to grow long after the snails and bugs have taken said plants to the big garden in the sky.

We are planning to do seasonal gatherings around the verge garden. The next one will be along the lines of: sitting around with a mug of mulled wine, soup, knee rugs and hot water bottles, on a chilly autumn day. That, we can't wait for!

We hope you all have a wonderful holiday and we will be in touch soon.

Cheers, Karen and Amanda.

*



**Tis the Season to
Celebrate our Community
Garden & Share
Some Christmas Cheer**

JOIN US

ON THE VERGE

**Sunday November 29th
From 3:00 pm
21 Urrbrae Avenue, Myrtle Bank**

**Bring nibbles to share, some
cheer & a chair**

*Growing Friendships,
Cultivating Sustainable Communities*

Karen: 0468 415 417 Amanda: 0419 440 946



3. RESTORMAL ST, FULLARTON

Wednesday, 28 October 2015 9am

By now we could just about do this in our sleep. Which was very convenient as I'd had a late night. Having survived our Due Diligence we were delighted, yet again, to set up a verge garden here. John & Margie were perfect candidates. Upon completion they treated us to morning tea on deck of their stunning property, Margie impressing us, cake connoisseurs that we are, with her Lemon Polenta cake served with cream that needed to be cut with a knife.

The installation was originally suggested for the previous Wednesday, but was put off for a week after Nolda told us she couldn't make it because "I am away trapping wallabies in the APY lands that week". Best. Excuse. Ever.

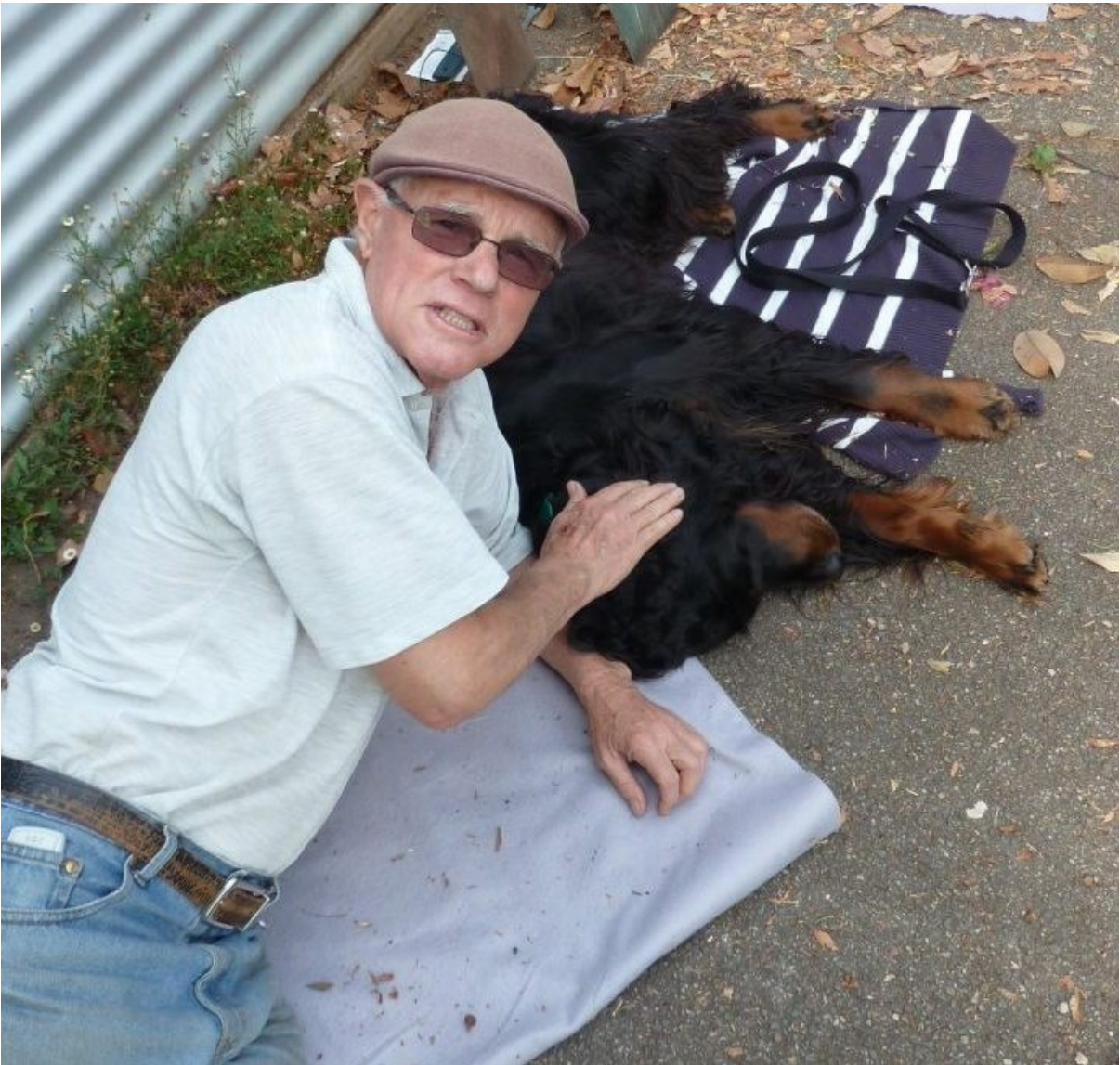
Photos



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Well, someone's got to keep the kids happy



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Feedback/Comments

John and Maggie commented on what a great bunch of people they thought we were!

*

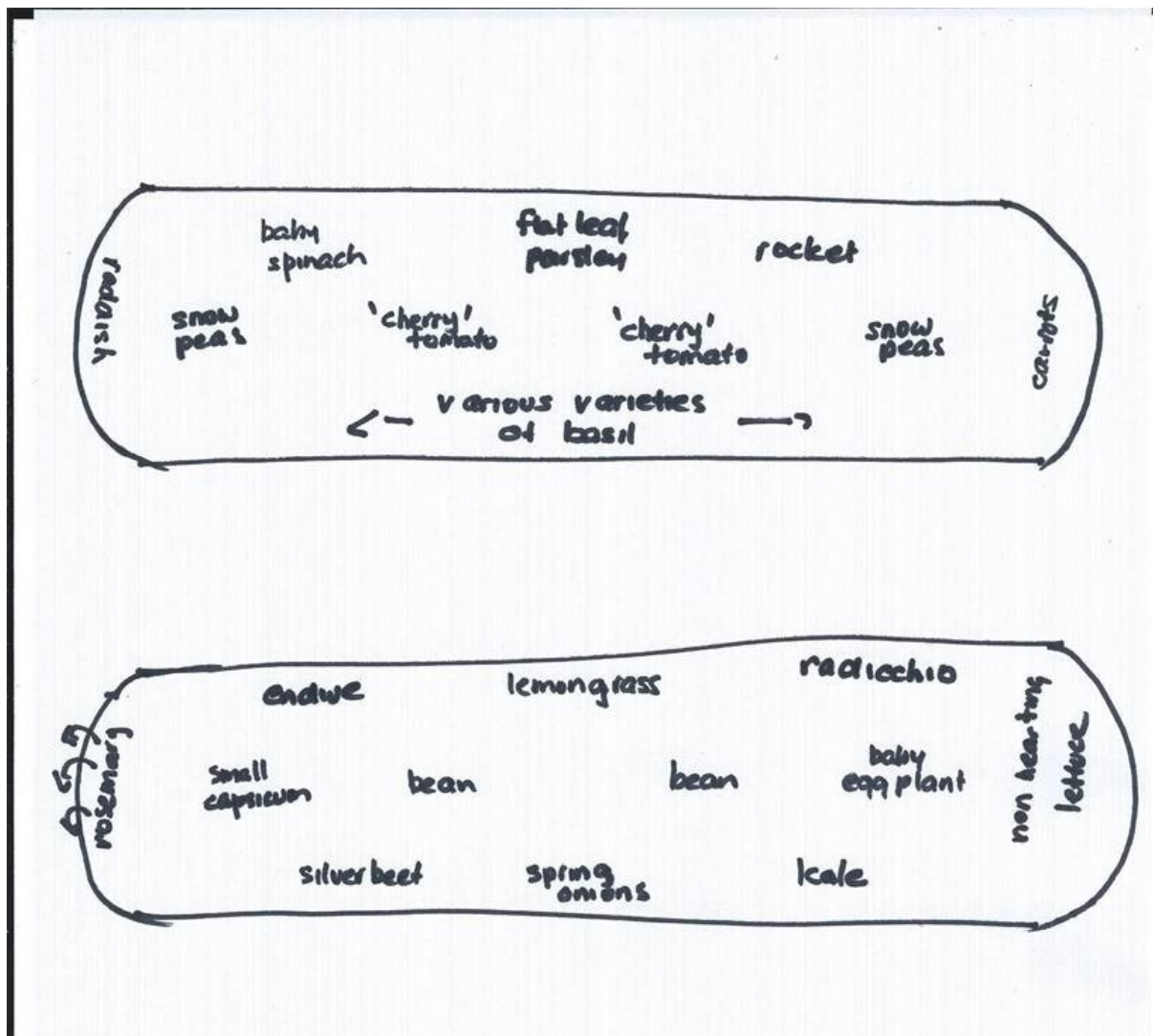
Hi Anne

The gardens are doing well. We have had 1 unknown person comment that we are 'destroying the pavement'; (*on the other hand*) one neighbour called in and commended us on our bold venture and they will consider doing the same for their verge. Thank you to your group of friends who helped to establish this community garden.

We letterboxed the street letting them know what the gardens were about and have very positive responses, this thrills us and is a great encouragement to us

Regards John and Maggie

John and Maggie's 'mudmap' garden plan



MAI KURUNGKA

Unley Council subsequently installed raised community garden beds on the ramp outside the Council building. They called the resultant garden *Mai Kurungka* (the suggestion that its name has any resemblance to Bart Simpson's catchcry is scurrilous and should not be perpetuated). This is the sign they made for it, inviting people to share the bounty. Well-written, so recorded here for our reference. The last sentence in particular.

Mai Kurungka

A Kurna phrase, meaning 'Food in a Box'

This edible garden includes foods which are indigenous to **Tarntanya Wama** (the Adelaide Plains). The name for Adelaide derives from **tarnta** (male red kangaroo) and **kanya** (rock).

Close by are two remnant veteran **karra** (eucalyptus *camaldulensis*, or River Red Gum trees), which were part of a forest which stretched from the hills to the Adelaide parklands.

Young people from the community are involved in maintaining

this garden. We invite you to take some of the produce home, leaving some for others to enjoy.



APPENDIX 1: Seed-raising Workshop handout notes

This workshop has been designed to offer you more options for planting seed alongside the traditional ways of growing seedlings in trays and punnets. Many people may have very little garden or physical limitations which don't allow them to establish a proper vegetable garden so some of these techniques may be helpful to you.

DIRECT SOWING OF VEGIES SEEDS

Many of you will be busy growing vegie seedlings in punnets and seedling trays, but you can sow seed directly in prepared ground when it's warm enough; at the end of September the soil is about 15 degrees. (Want to pass around the photos of the woman whose lawn was seeded with lettuce). Plants often develop deeper root structures when sowed directly and this enables them to survive drought or heat much better. You need to prepare the soil just as you would for transplanting seedlings, you can make furrows and then sprinkle seed along the furrow and rake soil lightly over the seed. The seeds need to be planted about twice the depth of their size, then watered in. There is a whole host of vegetables and herbs which can be established this way: silver beet, celery, asian vegetables, rocket, brassicas, carrots, radish, beetroot, coriander, parsley, other root vegetables and then large seeds like peas, beans and corn do better planted directly. One disadvantage is that seedlings grown in punnets will be more advanced by the end of September, while sowing directly seedlings will come up later.

I've had great success directly sowing beetroot, corn salad (self-seeded this winter), radish, parsnips, spinach, peas and beans (autumn) and corn and beans (summer). We had some beautiful corn last summer. You plant it in clusters to facilitate cross pollination. So I planted a couple of seeds in one spot, then about 14 inches away another two seeds, then a couple of weeks later I planted some more seeds. But don't plant more than one type of cultivar together or you will end up with tasteless cobs.

DIRECT SOWING OF FLOWERS AND HERB SEEDS

Extending this idea you can sow flower and herb seeds directly in the garden also. Apart from adding to the beauty and diversity of plants in your garden, flowers and herbs attract beneficial insects, they confuse unwanted pest insects and, especially important, they attract bees which pollinate your vegies, flowers and fruit trees, and tend to increase the yield and quality of your harvest.

Honey bees are responsible for 70% of the pollination of all fruit, flowers and vegetables and you may know that as a species it has been suffering colony collapse disorder around the world. In the UK and USA hive honey bees have declined by about 50%, that is billions of bees have died, and in some parts of China they hand pollinate their fruit trees because there are no bees at all. The causes are thought to be the varroa mite which carries many destructive viruses which kill the bees, it amazingly hasn't reached Australia yet, and pesticides, particularly those containing neonicotinoids. In the UK experiments show that if flowers strips are planted alongside fields of cereal crops, yields improve and bee numbers increase. It

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has been proven that feeding on flowers is really important for the health of bees.

So one way to look after our bees is to grow lots of flowers. There is a tropical flower called *Clusia grandiflora* which coats visiting bees in a resin impregnated with powerful antibiotics, this is maybe why the bees chose certain plants e.g. lavender. The antibiotics taken back to the hives and nests are thought to help protect the bees and their young.

What to put in and what works well? I have lots of calendula, parsley, rocket, artichoke, borage, all of which were sown directly and now self seed. Best way is to poke a few holes in the soil and sprinkle some seeds in the holes. I've got other plants like heartsease, poppies, cosmos, lemon balm, salad burnet and, combined with perennials like ornamental sages, that's lots of flowers. In fact we should be aiming to have flowers all year round. It is especially important to have flowers in summer when the heat can kill about 30% of the honey bees. They prefer blue, purple, yellow and white flowers and simple flowers not complicated blossoms where it's difficult for them to access pollen. In fact simple flowers produce more pollen, while some cultivars of, for example, holly hock, produce virtually no pollen. I did a survey of my garden one wintery day and found bees on the flowering borage, blueberries, snowdrops, lavender, yellow calendula and rocket even though it wasn't yet 14 degrees. Blueberries are white tinged with pink and are shaped like this, hard for them to get in the flower head, nevertheless they were persistent. They ignored pink, red, orange flowers like calendula. (demo of simple and complex flowers).

But they love all sorts of herbs and many types of flowers: phacelia, alyssum, sunflowers, asters, dandelions, clovers, lilac, wisteria, cosmos, honeysuckle, cornflowers, hellebore, lavender. And they will feed off native plants, they were all over my bottlebrush in spring and autumn and will feed on gum trees, grevillea and leptospermum and so on. They are a highly adaptive species.

SEED BOMBS

You may have heard of seed bombs, they've been adopted by the guerilla gardening movement who go out at night dispersing seeds and plants. (Show them a seed bomb and describe it.) Seeds are mixed with a little compost then wrapped in a thin piece of clay to protect the seeds until the rain washes away the clay or the bomb cracks open. You can throw them or bury them in the soil surface. It's not a new idea - the Am indians used to plant their corn seeds in a handful of mud to protect them from insects. Then a Japanese farmer developed this idea for farming, making seeds mixed with clay; he called them clay dumplings. He maintained it was important to the soil structure by not turning over the soil constantly and called it natural farming. They have also been used for seeding remote and inaccessible areas of degraded land. You can first drop a pioneer species, presumably from a helicopter, then once that's established you drop more species and create a succession of species to build up the ecosystem. I've made some for you to take one or two away and try them in your gardens or elsewhere. They've got parsley, marigold, borage, basil, lemon balm, garlic chives, rocket, endive, phacelia, calendula.

SPROUTING SEEDS

I'm sure many of you have grown sprouts at one time or another. You don't need a

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garden for these, you can do it at home in your kitchen.

Growing sprouts may be as old as 1000BC. A description has been found in an ancient Chinese pharmacopeia the Shennong meaning the Heavenly Husbandman which describes the benefits of eating mung bean sprouts: good for muscles and joints. The point about sprouts is they are highly nutritious, they have been used to stave off scurvy in famines because they are so high in vit C, Captain James Cook used to make a kind of brew from barley sprouts for his sailors before the introduction of limes, none of them got scurvy on a 3 year journey.

Very easy to grow. otherwise You can use a whole range of beans and seeds for sprouting, but you must use food grade seeds,. Buy microgreen packets which have thousands of seeds in or buy from health food shops, supermarkets. Small seeds like fenugreek, alfalfa and quinoa need about 4 hours of soaking, while bigger seeds: mung beans, adzuki, fava need 12 hours soaking. Then they are put into a jar with a piece of muslin over the mouth of the jar and preferably kept at an angle to drain in dim light and at about 20 degrees. They must be rinsed at least twice a day, maybe three times a day in summer, and a few days later will sprout little shoots and leaves. There are beautiful multi tiered sprouters which allow you to grow more, some are automatic so you don't even need to remember to rinse them. I found it good to grow individual types of seeds separately, it didn't work to try and grow them together.

GROWING MINIGREENS OR BABY LEAF VEGETABLES

You can grow baby leaf vegies or minigreens in polystyrene boxes if you don't have a garden or want something to supplement what you already gather from your garden.

I first want to make a distinction between microgreens and minigreens. You may have seen in the seed racks on sale at nurseries packets for growing microgreens. The idea is to grow tiny seedlings then cut them off below the seed leaves. This means that the seedlings will not regrow. If you let them go a bit longer and allow them to develop some true leaves, this is what I call minigreens or baby leaf, then you can simply trim them and come back a few days later for some more. However the packets sold for microgreens have loads of seeds in them, Diggers also have an interesting array of seeds, both vegies and flowers.

One way of doing this is to construct a small wicking bed in a polystyrene box, so I'm going to show you how to do this. These are broccolini boxes which I scrounged from central market. I place some shallow plastic containers in the bottom, cover them with a piece of geotextile, this creates the water well. (Demo box hand around) Geotextile lets water through but no soil, so it stops soil from percolating down and clogging up the water well. You need an overflow and a pipe to top up the water well. Fill the box with about 3 inches of compost and one inch of seed raising mix and plant your seeds. Arrange seeds in rows, I found if I mixed up taller faster growing species they overshadowed the slower growing seedlings. You can fill up the water well with some liquid organic fertiliser from time to time to keep everything going (I have added dilute worm juice to mine). You can plant celery, carrot, cabbage, beetroot, chervil, coriander, peas, corn salad, bok choy, basil, spinach and so on.

APPENDIX 2: Pruning tips from Steven Hoepfner

Some of the tips and heuristics Steven came out with were gold. Some of the points we noted were:

- prune a tree to ensure its strength: the tree will look after the fruiting by itself
- trees are solar collectors: affects the extent to which one opens up a tree through pruning to the sun
- when shaping a tree, imagine looking down on the tree from above: ideally, the tree should have the shape of a wagon wheel with five or six spokes
- when pruning, cut off buds pointing down, retain the buds pointing upwards. As the tree grows in the direction of the highest bud on a limb, check that the direction of the bud is upwards and outwards
- when to prune: just after harvesting: the weather is still warm and the tree will adjust to the pruning. If pruning occurs in winter, when the tree is "asleep", the tree, upon awakening in spring is likely to be "alarmed" that it has lost a lot of its limbs and will put much of its new season energy into regrowing limbs, rather than into fruiting. Winter is for tidying up dead, dying and diseased parts of the tree.
- aim to normally cut back half of this year's growth (check what is this year's growth by the colour of the bark)
- aim to help wounds heal: prune on dryer days, earlier in the day rather than later, and prune back to the collar - close to the branch. Leaving stalks means that the real healing will take some time and the (dying) stalk will act as a potential source of infection.
- summer prune for fruit, winter prune for growth'.

APPENDIX 3a: Vince's pest control tips

GARDEN PESTS — ORITE !!

OBSERVE - Watch plants for damage

RECOGNIZE - type of damage

- where does it occur?
 - growth habit
 - leaves
 - stems
- what does it look like?
 - discolouration - yellowing
 - chewed - holes, edge of leaf.

IDENTIFY - what could be causing damage

- nutrient deficiency (leaf colour, stem)
- disease (fungal, bacterial)
- parasitic (mistletoe, gall)
- insect (chewers, suckers, cutters, curlers)
- birds + mammals (rats, possums)

TREATMENT - specific to problem

- grow plenty (enough for self + pests
chewed leaf can be eaten)
- grow diversity (esp. flowering plants
among vegies)
- allow beneficial insects to do the job
- physical (.pick off + squash
 - set up barriers eg. nets
 - scarers - territory taken)
- insecticides (last resort
fungicides etc specific to pest or
problem)

EXPERIENCE - remember what works

- share with other gardeners.

APPENDIX 3b: *Seeds for Health* – Organic sprays

Seeds For Health

Organic Gardening "Friendly Sprays"

Bug Juice ~ Milk ~ Molasses Spray ~ Vinegar Spray ~ Vegetable Oil ~ Chamomile.

Bug Juice

This is a project to do when you are the only one around. Collect by hand the nuisance pest, bug, grub or snail from your garden. Place the bug(s) into a blender, cover with fresh water and switch on. **DON'T FORGET THE LID.**

Then strain, dilute 1 cc to 20 litres of water into a spray bottle. Spray the juice on the underside of the leaves as well as on top. This is a warning to all bugs, this could happen to them. (Keep off!)

Milk

Milk is effective against a range of mildews on peas, pumpkins and cucumber leaves. Use equal parts milk and water and spray every couple of days until the mildew is under control. If the mildew is out of control remove the affected leaves to avoid the mildew from spreading and do not water at night, try watering in the mornings.

Molasses Spray

Is a good deterrent spray, (a sticky spray)

Ideal for cabbage moths and grubs on brassicas.

Blend 1 tablespoon of molasses with 1 litre of hot water until the colour of weak tea, then mix in one teaspoon of detergent, which will help the molasses to stick to the leaves, spray top and under side of the leaves. You could also add vinegar to this brew to make it more potent

Vinegar Spray

Also ideal for cabbage moths and grubs on brassicas

Blend 26% vinegar with 75% of water, then mix in 1 teaspoon of detergent, which will help the vinegar to stick to the grubs, bugs and leaves of the plant, spray top and under side of the leaves. This brew is deadly to the grubs and bugs. You could add molasses

Vegetable Oil.

1 tablespoon of dishwashing detergent & 1 cup of vegetable oil. Mix together and store in an air tight bottle. When required add 1 to 2 1/2 tea spoons of brew to 1 cup of water in a spray bottle, spray on plants covering all leaf and stem surfaces.

Chamomile.

Chamomile tea is a mild fungicide. pour boiling water over a chamomile tea bag, leave to steep for ten minutes, when cool use as a spray.

Or you could try picking the bug or grub off the plant and throw it on the ground, jump up and down on it till its quite dead. (most plants will survive an insect attack.)

With diseased or eaten plants, if not recoverable with tender loving care, I would put the plant out its misery by up rooting it and throwing it in the rubbish bin. (don't recycle a diseased plant it could spread disease throughout your garden.

APPENDIX 3c: *Seeds for Health* - Herb sprays

Seeds For Health

"Herb Sprays"

Garlic Spray.
Pyrethrum.
Chilli Pepper.
Wormwood.
Rhubarb.

Herb Sprays are PESTICIDES and will Kill all Insects. So be carefull and aware and what you are doing. Late afternoon is the better time for spraying.

Garlic Spray.

Recipe. Chop 90 grams of garlic, cover with mineral oil let soak over night, strain, add 1 litre of soapy water and store in a glass jar with a sealed lid.

Dilute one part garlic to 50 parts water for use in spraying.

Pyrethrum.

(Harmless to animals and humans) Recipe. Two heaped tablespoon pyrethrum flowers, stand in one litre of hot soapy water for one hour, strain and use (the soap will help the spray to stick on the plants). Do not inhale the fumes as they are toxic.

Chilli Pepper.

Recipe. Blend fresh chillies in water, add pure soap, strain and spray. Acts as a stomach poison and can be used against caterpillars. Spray along ant trails or kitchen shelves as an ant repellent. Used by beekeepers to keep ants from hives.

Wormwood.

Recipe. Cover leaves in boiling water, infuse several hours. Dilute 1 part brew 4 parts water, use as a spray. It has very pungent qualities which makes it useful against soft bodied insects. good aphid and fly spray. General repellent for fleas, flies, housemoth, ants and snakes.

Rhubarb.

A spray made from rhubarb leaves is harmless to bees and breaks down quickly, but it is harmful to humans, so be sure to keep it out of the reach of children.

Recipe. Boil 1 kilogram of leaves in 3 litres of water for half an hour, strain, add some soap. Dilute with equal parts of water before spraying.

Or you could try picking the bug or grub off the plant and throw it on the ground, jump up and down on it till its quite dead. (most plants will survive an insect attack.)

With diseased or eaten plants, if not recoverable with tender loving care, I would put the plant out its misery by up rooting it and throwing it in the rubbish bin. (don't recycle a diseased plant it could spread disease.

APPENDIX 3d: Sustainable Landscapes Project - Pest Tips



Simple Solutions & Recipes!

Besides companion planting, there are some relatively harmless ways to get rid of particular pests. However always be careful to target carefully.

Insecticidal soap spray will kill aphids, spider mites and whiteflies. Mix 2 tsp soap flakes (not detergent) with 2L warm water. Dissolve soap flakes and spray on infested plants every 5-7 days. Do not use too much soap or leaves will burn.

Milk has anti-fungal qualities and can control mildew on grapes, the cucumber family (Cucurbitaceae) and the begonia family (Begoniaceae). Mix 1 part milk to 10 parts water, spray on both sides of leaves when mildew appears. Repeat weekly and after rain.

Espresso coffee - caffeine causes snails and slugs to die from heart failure. Mix 1 part strong espresso coffee to 10 parts water, spray immediately on leaves and on ground around young plants. Repeat weekly and after rain.

Vinegar can be used to control algae in greenhouses and on fences and to control weeds on paving and lawns. Mix 1 part vinegar to 3 parts water, spray onto weeds or algae. Repeat every 3 weeks and after rain.

Garlic spray is a general purpose insecticide. Soak 90g chopped garlic in 2 tsp vegetable oil for 48 hours, dissolve 30g grated pure soap (not detergent) in 600ml warm water, add to garlic, filter well and store in a sealed plastic or glass container. Dilute using 1 part solution to 99 parts water and spray.

Beer attracts and kills slugs and snails. Part fill a jar with beer and bury it tipped on its side so the lower lip is at ground level. Slugs and snails will crawl inside to drink. Clean and refill the jar regularly.

Onion (Allium species) helps control mites, aphids, thrips and scale. Mix 1/2 kg chopped onion with 250ml boiling water, stand for 24 hours. Strain, then dilute with 10L water. Pour 500ml around each plant. Repeat every 10-14 days until pests have disappeared. This works systematically; it is taken up by the plant roots and transported through the plant.

Baking soda is a natural fungicide that helps prevent blackspot and mildew. Mix 2 tsp baking soda with 2L warm water, add 2 tsp soap flakes. Remove any dead or affected leaves then spray solution to both sides of remaining foliage to prevent reinfestation.



Produced by the Sustainable Landscapes Project, a collaborative partnership between the Botanic Gardens of Adelaide (Department for Environment and Heritage), Land Management Corporation, Adelaide and Mount Lofty Ranges Natural Resources Management Board, Innovations and Economic Opportunities Group (through the Mawson Lakes Economic Development Project) and SA Water.

The project demonstrates and promotes appropriate park and garden design, plant species and material selections, and sustainable horticultural practices for South Australian environments including effective, efficient and appropriate water use.

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Government of South Australia

Botanic Gardens of ADELAIDE



ADELAIDE MOUNT LOFTY RANGES WITTENGA

Department for Environment and Heritage

Land Management Corporation

Adelaide and Mount Lofty Ranges Natural Resources Management Board

SA Water

Mawson LAKES

References and useful resources

The organic gardener's handbook of natural insect and disease control
Edited by B.W. Ellis, F.M. Bradley (1996) published by Rodale Press

Natural garden remedies
by J.C. Williams (Nov/Dec 2008) in 'Organic GARDENER' magazine

Companion Gardening
by B. Flowerdew (1995) published by Hodder Headline Australia Pty. Ltd.

Organic Gardening, A complete Guide to Growing Vegetables, Fruits, Herbs and Flowers

by J. Fedor (2001) published by Frances Lincoln Ltd

TafeSA training packages

Sustainable Gardening Australia: www.sgaonline.org.au

www.abc.net.au/gardening/factsheets/pests_diseases_weeds.htm

www.figtree.org.au/growing_guide.html

www.environment.sa.gov.au/botanicgardens/programs/landscapes.html

Brochure prepared by Sheryn Pitman.

Special thanks to Carol Girardin for research and assistance.

APPENDIX 4: Kerbside Edibles Planting Guide

Some variables to consider:

- Width of the nature strip
- Reasonable access to water
- The amount of sunlight

Plants that once established require minimal ongoing maintenance:

1. Perennial Herbs: Rosemary, Oregano, Sage, Lemon Verbena, perennial Basil, Salad Burnet, parsley, Olive Herb (1), Sea Parsley.
2. Nut Trees: Walnut, Pecan, Almond, Macadamia.
3. Fruit: Citrus (2) (especially lemon), persimmon, Fejoa, Guava, Pomegranate, Loquat, Carob, Crab Apple, Edible Pears grafted onto Manchurian Pears.
4. Others: Capers, Chillies, Curry Leaf Tree, Pig Face, Native Grasses.

Other Edibles:

Depending upon space most other herbs and vegetables are possible. NB It is highly recommended they be planted in raised beds if the verge is wide enough. Wicking beds (3) are a very water efficient form of raised bed.

Flowers:

Some hardy flowers (especially companion plants like marigolds) could be planted with edibles.

Recommended to avoid:

- All stone fruit because of losses to birds
- Plants like Olive Trees which can lead to longer term problems

Notes:

(1)Olive herb can be purchased at some nurseries.

(2)Citrus need regular watering when young and in hot dry times

(3)Perhaps council could have a leaflet about wicking beds (Sustainable Communities Unley group can help with this).

Also:

We believe that a good, encouraging first sentence for the Guide eg 'Council encourages the creative use of verge areas to provide attractive, edible plants, fruit and nuts for the community to share'. Photos of good examples would also help.

Also, the Adopt a Tree program could be publicised more and extended to fruit and nut trees.

APPENDIX 5: Ideas for future workshops

At the 'Container Growing' workshop, several people pinned Pauline down on growing blueberries (more and specific details) and strawberries and kiwi fruit. Also what other plants could be grown in a watery bog. What struck her was that people wanted detail. Her suggestion: have a workshop where each of us chooses something that we have grown well, worked out the conditions for etc and talk about it for 5-10 minutes. We could have a veggie one and a fruit one.

We did once talk about having something on preserves and drying where attendees take part as well, swap recipes etc celebrate our harvests.

*

Future workshops ideas:

- invite Michael Mobbs (Chippendale) to talk?
- compost/worm farms - Alan Shepard?
- fruit trees - Harry Harrison?
- open up some of our gardens to show our successes and not-so-successes?

*

Just a thought I want to lodge. Not a whole workshop but I reckon it'd be worth discussing explicitly at the next 'Pest Control' (or similar) workshop.

On pg 11 of the Spring 2015 issue of *South Australian GARDEN & OUTDOOR LIVING* magazine is an article by 'Stuart Pettigrew' on beneficial insects. Apparently it's now even possible to buy lace wings, native ladybirds, predatory mites and parasitic wasps in home garden packs.

He makes the point that these are 'the good guys', and that once established you'll never again have to 'ply your plants with pesticides'.

When I came to this house, I had no idea about gardening at all. To look after the established roses, the previous owner wrote down for me 'instructions', which I followed dogmatically - and blindly. One of the instructions was about spraying aphids with Yates "Bug Gun". I did this for a few years, until one day I heard Jon Lamb talk about predatory wasps, and balance in particular - problems always arise when things are out of balance. In balance, nature looks after things efficiently.

Until then I had no idea that there were such things as 'predatory wasps'. When I'd looked at clusters of aphids, I'd been attentive enough to notice that some were green, some pink and some had wings. I'd assumed they were just different types or perhaps different stages, and sprayed them all. What I learnt is the green ones were aphids, the winged ones were wasps, and the pink ones were devoured carcasses. I immediately stopped any spraying. As Jon Lamb had said, it meant I had to go through a period of pain, while the balance restored itself, but within 2 years the wasp population was balanced with the aphids and I've had no problems since (the occasional outbreak sure, which I deal with with fingers and/or the hose, being careful not to harm the wasps, but before I'd be spraying at least weekly, which besides anything else was v expensive).

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At the end of the article it recommends a reference book called *Backyard Insects*. It also says:

"The Bug Central website contains extensive details of how to establish predator insects in your backyard."

www.bugcentral.com.au

And

"Stuart Pettigrew runs Bug Central, an Adelaide based company supplying horticulturalists and home gardeners with insect predators to control a range of insect pests."

Maybe he could be a guest speaker, or contribute in some way. Anyway, just something to add to our mix to think about.

*

Another idea for a workshop: divide the people who come into small groups and we each take half a dozen people and find out what they want to know, their problems and which workshops have been the most helpful. Then try and summarise it. Could be part of a Q and A as well.

*

Someone asked what a verge garden is. I drew diagrams, but I wondered about a workshop which describes, illustrates verge gardens in more detail and links it to food security issues and other things we are doing. Refer to people like Michael Mobs' work in Chippendale and what has been achieved elsewhere. In fact we could invite Michael Mobs over to give a talk....

Several people were pinning me down on growing blueberries (more and specific details) and strawberries and kiwi fruit. Also what other plants could be grown in a watery bog. What struck me is that people wanted detail and we could have a workshop where each of us chooses something that we have grown well, worked out the conditions for etc. and talk about it for 5-10 minutes. We could have a veggie one and a fruit one.

