

GGGYO 2017 Almanac – This Is The Year That Was



Kelly. Always our mascot.

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ABOUT US

Our Grow Grow Grow Your Own (GGGYO) group consists of Nolda Beynon, Lizzie Button, Ashley Campbell, Peter Croft, Pauline Muir, Russell Talbot, Anne Wharton, Anne Wilson, Pat Wundersitz with the active participation and lots of support from Kat Ryan of Unley Council.

We also acknowledge the generous assistance of Steven Hoepfner, Diana Bickford (Bickleigh Farm), Mitre 10 Unley, and SA Composters.

We are actively supported by Sustainable Communities SA that provides financial, publicity and governance assistance. GGGYO is a member group of Sustainable Communities SA.

In our inner-Adelaide Council area (City of Unley), the Grow Grow Grow Your Own group has been granted funds in funding rounds from Unley Council over the past five years to help the community grow more of its own food. This we have done principally through running workshops and installing verge and raised bed gardens.

The group has broadened its connections with Council on many fronts – including its Tree strategy, building community connections, linking with the Active Ageing and Youth strategies of Council, and conservation of pre-European trees.

We have found that Council staff and elected members are keenly interested in engaging with the community and have responded favourably to issues that we raise. A key element for us has been a commitment to engaging with the people and processes of Council and being prepared to spend time in doing so.

The almanac highlights our key activities during the 2017 year. It contains sections on Verges and Workshops – the main components of our work.

In late November 2017, we received advice from Unley Council that we have been successful in applying for a three-year grant under which we have committed to continue with a workshop program – of larger and smaller (hands-on) workshops – and install raised garden beds for community use. We will have a particular orientation to those on low incomes, including refugees. This will be an exciting next phase for the group.

VERGE GARDENS

This year we installed verge gardens at 13 Byron St, Black Forest (on 22/12/2016), 65 Third Ave, Everard Pk (on 13/4/2017) and 26a Wellington St, Fullarton (on 20/6/2017). Details of the email exchange around the 13 Byron Street verge garden beds are attached as an example of our interactions.

In total, in the past three years we have installed 13 verge gardens in Unley, Malvern, Everard Park, Fullarton, Clarence Park, Goodwood, Black Forest and Myrtle Bank and 5 raised bed gardens in Fullarton, Wayville and Unley.

With Kat's funding and assistance, most of the verge gardens now have signage indicating the purpose of the verge gardens.

We spent considerable time this year examining the use of wicking beds as our design for verge gardens and raised garden beds. Almost all of our verge garden beds are based on a wicking bed design because of the low level of water usage – particularly handy for verge gardens which can generally not easily be plugged into a garden watering system. To avoid possible future issues, we modified our original design to include a drainage plug.

We worked with several of our verge garden bed hosts who had reported that they had experienced theft of plants or of the crop from their verge garden beds. We have worked with the verge garden hosts to develop a list of plants which is likely to be less subject to theft (listed in Appendix 2).

We also held a verge gardens get-together on 30 April 2017 to share problems and solutions.

Familiar sights at a Verge Garden installation



Kids (& spectators) helping. It really *is* a great way to foster community.

Grow, Grow, Grow Your Own – Almanac 2017



The truck



All in



The classic pose

Email invitation to Verge garden get-together

Hello - to all our current and prospective verge gardeners!

At our last meeting we decided it was time to act upon our last year's intentions, and gather recipients of raised verge beds for a 'get-together'; a happy social and (mutually beneficial) information-sharing session.

We'd really like to get your feedback on this occasion – all of it, good and bad. Some of the joys and disappointments you've experienced wouldn't have been yours alone, and we'd like you to share them with us. In that way we can all benefit from your experiences, while simultaneously enjoying some good food and drink!

We're offering you a choice of two dates, and of course we'd like to think that all of you will be available on both of these, but because we all have commitments this is not often possible. So we'll need to choose the date that suits a majority of you.

So would you be available for: Sunday 9 April and/or Sunday 30 April? It will be held at our local community garden (which has an undercover space), The Goody Patch in Sussex St, Goodwood.

In the meanwhile I'll keep my fingers crossed for a 100 percent roll-up!

Cheers

Anne (for the GGGYO-ers)

Summary of Verge Gardener's Meeting at the Goody Patch, 30 April 2017

Present: 4 verge gardeners, 2 Goody Patch (1 also a verge gardener), 6 GGGYO members (Ashley, Russ, Annie, Pat, Pauline, Anne)

Plants mostly grew well, and owners gave examples of swap-and-share. But plant theft and over-harvesting was a major setback.

Restormal Ave

- Zucchini and strawberries were unsuccessful due to insufficient sunlight. Tomatoes, kale and broccolini were too large, taking up disproportionate bed space.
- Tomato plants were too large for the single beds, taking up too much space
- All mini-eggplants were taken before maturity.
- Lettuces grew well but all were pulled out or cut off at the base.
- Nasturtium flowers were all taken.
- Herbs were retained in one area.
- It was thought best to focus on herb varieties in these beds, and plant such seedlings as baby spinach, spring onions and similar. A suggestion was for less easily recognisable and perennial food plants, e.g., Brazilian spinach, Malabar spinach, Warrigal Greens (N.Z. spinach), Lebanese cress, Sweet potato (leaves are edible).

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Black Forest

- A complete heirloom basil plant was taken, and herbs taken out as small plants. So the owner is now taking cuttings and buying inexpensive plants to save on replacement costs. This bed has a small Council sign. Other small individual signs were removed.

Goody Patch

- Has signs about sharing, but many seem to think it's an indication to take whole plants.

Discussion brought suggestions:

Education

- Letterbox drops, explaining the philosophy and purpose of the beds as a community facility, hosted by a household for the benefit of the near community, with all the advantages of interaction and sharing that such a facility can bring.

Publicity

- A feature in the Eastern Courier on the beds and their intended purpose and benefits (we have had one of these with Nolda in 2016, but another would be beneficial).
- Online storytelling – Facebook etc

Signage

- Wording such as 'This bed is hosted by...for...'

'Letting go'

- A difficult concept which wasn't explored, but is perhaps an 'essential' in coming to terms with plant loss. The trick is to do it without stopping caring.

Some tips and advice shared about wicking beds:

- Q. How often do you change the soil? A. Don't, but when one re-plants take off and replace the top layer, and add compost.
- Q. Metal sides – problems with heat. Solutions:
 - Run them North/South if possible (to minimise north face).
 - Grow eg. salt bush, on northern face to screen/shade it.
 - Shadecloth

Thank you to all the participants: for the refreshments they provided, for sharing their positive and negative experiences, and for their time and persistence in this experimental community initiative.

Comment from a GGGYO group member:

“The get together was productive. If nothing else, it gave some reinforcement to the two Helens who have experienced some excess “help” in their patches. It is moments like these that make it all worthwhile”.

Where to from here?

We now plan to suspend the verge garden program for a while until we better understand whether the theft issue is a continuing one. Our preference for the future is to consider raised garden beds on sites which are off the verge e.g. in blocks of flats or at shared facilities. Or, if we resume the program, to target Living Smart course participants as a pool to choose from in future.

WICKING BED DISCUSSION – eventually decided to stick with the concept, but add a drainage plug to the design

On 14 Dec 2016, at 6:23 PM, Anne Wilson wrote:

Hi All

Annie, Pauline and I tossed wicking bed ideas and various plans around this afternoon. We came to the conclusion that experimenting with the verge beds is probably not a good idea. Adding too many different factors into these smaller beds has the potential to complicate the project to the extent it could become messy.

So we came full circle, and thought for Trish’s that

1. we should go back to Nolda’s original design, but with the outlet pipe added, and
2. we could offer Trish a choice of 2 wicking, or 1 wicking and one non-wicking if she prefers. (If we buy for 2 wicking beds and there are materials left over, they’ll be used for a later verge bed).

We know there’s a lot of interest in wicking beds. We’ve gathered a lot of information over the last year, and some are very good. So we thought it would be worth considering, as a group, installing one of these larger ones some time as a prototype, for public education/information. This would be a totally separate project from the verge beds, and installed in a public space e.g. a Community Garden or similar, with construction details attached (and perhaps also available on the Council website). Something to think about for next year’s meetings, perhaps? It wouldn’t be a big project.

Please let me know ASAP if you have any objections to this as I need to let Nolda know tomorrow so she can order the materials.

Cheers

Anne

From: Anne Wharton

Sent: Wednesday, December 14, 2016 9:59 AM

To: Andrew Gara ; Peter Croft ; Anne and Graham Wilson ; Nolda Beynon ; Pat Wundersitz ; Kat Ryan ; Lizzie Button ; Russ Talbot

Subject: Re: wicking beds

Hi all

You can rely on me being the "cat amongst the pigeons"! I reluctantly agreed to gravel at our last meeting. Have done more thinking about it since, especially prompted by Sophie Thomson's model. With my wicking bed on the verge, my own experience was getting 6 bags of gravel home here and seeing how impractical it was cos it was so heavy.... that was why I sent the gravel back and changed to scoria which was much easier to handle. If we ever have to dig these out, I agree with Pauline's friend - its too much work.

Another big concern I have is that our beds are not deep enough to be wicking beds. All the experts, Sophie Thomson included, say the bed needs to be about 50-60cm high (ours are 40cm), allowing 20-30cm for the water reservoir and 30cm for the soil. Again, even mine at 45cm I felt didn't give enough space for a decent well and 30cm of soil.

Anything added to the bed, e.g. double layer of plastic or cardboard will reduce the depth in the bed.

I still think we don't know enough about this system and I don't want us to be digging out these verge beds in a few years' time. I certainly hope I'm not digging mine out in 2 or 3 yrs time.

I'd be happier for us to revert to a non-wicking bed, but agree with Pauline - if we go ahead, probably better to go back to our original model of sand.

Nolda needs to know for ordering by Friday.

Cheers
Annie

Workshops Overview

This year we held eight workshops:

1. Growing from Seeds
2. Sustainable House, Sustainable Garden
3. Raised Garden Beds
4. Fruit and Nut Trees: pruning, planting, growing and harvesting.
5. Urban foraging
6. Pest management and beneficial insects
7. Preserving your excess crop: bottling, drying, pickling, making jam
8. Grafting Fruit trees

Continuing and building on the success of past efforts, the workshops were again extremely popular and well attended.

We also ran a small Unley Council-sponsored session on 20 March 2017 entitled “Let’s talk about growing food”.

In addition, Pauline Muir and Anne Wilson ran numerous smaller workshops on growing food, with a particular focus on low-income groups. Some were held in the City of Adelaide. The success of these workshops has encouraged us to include these as a key part of our forward program. Our thanks to Pauline and Anne for their generosity of spirit.

WORKSHOP 1: Growing from Seeds

5th March (2.30 to 4.30) - Sunday

Venue: Unley Community Centre

Attendance: 60

A terrific workshop to start the year: almost 60 participants gathered to hear Pauline Muir and Anne Wilson outline key issues associated with growing from seed. Pauline talked about the differences between heirloom and hybrid seeds and how to value them: quite different from genetically modified seeds. Anne gave an excellent summary of the direction that corporate ownership of seeds and the associated fertilisers and weed killers is taking us, including the political and social impact.

Pauline's recipe for growing seeds: good seed-raising mix in a container with drainage; add seeds (not too many or over-competition ensues); then add a light dusting of seed-raising mix. Dampen the soil – e.g. by a quick exposure to water in an ice-cream container – and regularly spray water gently to keep the soil moist. Keep the containers in part-shade until seedlings emerge then gradually introduce more sun. Plant out the seedlings when well established.

Every participant was able to take seeds – over a dozen on offer – and lots of seedlings and vegetables were given away too. A great start to the workshop year.

Pauline's subsequent email:

Very gratifying that so many people are registering considering other distractions about at this time of year.

I've ordered more seed from the Italian Gardener owner, Geoff Hudson, and he is planning to come to the workshop, and thanks Anne for getting more envelopes.

I'm also collecting produce from my garden, mostly heirlooms, and if anyone has some attractive veg like yellow toms or striped zucchini (Pat do you have any?) please bring them along for a beautiful display.

I also have some giveaways for questioners, curry leaf trees, strawberry guavas and Siberian cucumbers seedlings that are just popping up right now.



Anne showing how to dry tomato seeds onto tissues then plant from squares cut from the paper



Seeds set out for distribution (one of two tables)



Part of the packed house

Flyer

Grow, Grow, Grow Your Own

First of the 2017 free Workshop Series

Growing from seeds



Pauline's cauliflower

3pm on Sunday 5th March 2017
at Unley Community Centre, 18 Arthur Street Unley.
Please register to attend this workshop at peter.croft@mmc.com.au to
ensure your place.

Grow, Grow, Grow Your Own – Almanac 2017

There are lots of tasty reasons to grow vegetables from seeds. The taste of your own herbs, tomatoes or greens, fresh from your garden, can't be beaten.

Our presenters are Anne Wilson and Pauline Muir – very experienced gardeners and workshop presenters and co-founders of Grow Grow Grow Your Own – who successfully grow from seed. The workshop will cover heirloom, hybrid varieties and open-pollinated seeds. Anne and Pauline will show how, where and when to plant seeds. As usual we will have a Q and A session to help answer your questions.

Every participant will be able to choose some free seeds thanks to a generous Unley Council grant:

If you have any excess produce to share, bring that too!

We have a big program of workshops this year including sustainable house and garden, raised garden beds, all about fruit trees, urban foraging, pests and preserving the crop so make sure that you are on our email list for details on each workshop.

Verge gardens: We recently installed two more verge gardens in Black Forest. Have a look at these and others in Unley, Malvern, Everard Park, Clarence Park, Goodwood and Myrtle Bank. Let us know if you are interested in hosting a verge garden in the Unley Council area.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



Pat's melons

Sustainable Communities SA – Unley groups

SPECIAL WORKSHOP: “Let’s talk about growing food”

Monday, 20 March 1pm

Unley Community Centre

Attendance: 6, plus us

BLURB IN COUNCIL'S COMMUNITY CENTRE FLYER:

Share your experiences of growing vegetables, herbs and fruit trees and get answers to your questions from our experienced gardeners

Invited by Unley Council to run a one hour workshop as part of their series of free information sessions at the Unley Community Centre, we put together an informal – friendly and relaxed, as is our trademark style – interactive session we imaginatively titled "Let's talk about growing food", gifted marketeers that we are. Ok, I'll give you a break, enough self-praise.

The workshop ran as a conversation about problems that each participant had been experiencing in growing food: varying from “possums eating my mangoes”, “why won't my brassicas grow”, to “how should we set up our vegetable garden”. Plus solutions of course.

A Sri Lankan couple talked about the various exotic trees that they had in their garden and raved about the uses of the curry leaf tree which grows well in SA: “once you have tasted curry leaves in an omelette you will never go back”.

We tasted, smelt or felt Chinese date (Jujube), tarragon, lemons, cherry guava, and kaffir lime leaves.



Conversation

The conversation was free flowing, with questions put to the group and answers, contributed by anyone, eagerly gobbled up by hungry ears.

Some tips passed on by Peter about Raised Garden Beds:

- The important thing to do is work out your microclimate
- Not "What do I want to grow?", but "What will grow well in these conditions?". Caveat being there's no point growing something you don't like to eat!
- His 5 recommended suppliers (from his experience):
 1. Dingo Tanks
 2. *Soil*: SA Composters (Lonsdale)
 3. *Irrigation* Plasflow
 4. *Fertiliser*: Neutrog 'GIGANIC'. He gets it in bulk from Magill Grain Store
 5. *Seedlings*: Diana Bickford. Get at Wayville Farmers Market

WORKSHOP 2: Sustainable House, Sustainable Garden

Saturday, 22 April (1.30 to 3.30)

Venue: Unley Community Centre

Attendance: New Record! 100 registrants! We stopped counting at 110 attendees. Including our group, there were at least 120.

An excellent workshop. John & Chris gave as professional a presentation as we've seen – their well-oiled tag-team was beautiful to watch. And extremely interesting, in fact captivating is a better word.

After the free-for-all-grab-all-you-can shenanigans of Workshop 1, our new system, of awarding a prize for a good question (we weren't terribly discriminating about 'good', but it was a good thing to put in their minds) worked well. We learned from our experience, which proves we're grown-ups if nothing else.

Anne Wilson opened with advice on what to plant in the garden right now.

Chris Bryant took us through their garden at Felixstow - the swales (no water leaves the property), the techniques for watering trees (partial drying of the root area) and the enormous variety of trees and vegetables they grow on 1000sq. metres. John Boland outlined the changes they had made to the house - some forced by necessity (white ants meant that most of the cladding and some of the inner walls had to be replaced - hence an opportunity to put in large amounts of insulation), their use of gully breezes and verandahs with gaps to allow air flow plus solar systems etc.

There were many questions. We will need to discuss a follow-up session - perhaps one concentrating more on specific designs/challenges that the audiences are contemplating. Chris and John are certainly interested in coming back.

A great session - thanks to Pauline for her suggestion and to the whole group (plus Viv and Vince) for a really good afternoon. Well done to Pat and Ashley for managing the sharing economy – ensuring that everyone got some of the items available for sharing.

Grow, Grow, Grow Your Own – Almanac 2017



Chris



John's turn



What a polished double act!!! They interchanged like tag-team wrestlers!

The packed house(!):



And more at the back



Share table

Flyer

Grow, Grow, Grow Your Own

Second of the 2017 free Workshop Series

Sustainable House, Sustainable Garden



All pictures from John Boland and Chris Bryant

**2pm on Saturday 22nd April 2017
at Unley Community Centre, 18 Arthur Street Unley.**

Please register to attend this workshop at peter.croft@mmc.com.au to ensure your place.

Living more sustainably is a real challenge. Where to start? How to do it? Two people who have made their house more sustainable and grow a lot of their own food are giving this workshop.

John Boland is Professor of Environmental Mathematics at University of South Australia, specialising in modelling of renewable energy and water supply systems. His PhD was in modelling heat flows in houses, which led him on a path towards work in energy efficient housing. Chris Bryant is a part time research assistant, former registered nurse, and an accredited Permaculture Designer. She has been in charge of the garden design features that will be focussed on in this workshop.

Together, they produce 30% of their food from their garden which also acts as climate control, habitat for frogs, birds and lizards, sanctuary and place for enjoyment. On the side, they also manage a rural property in Monarto, where they are custodians for several rare and threatened plant species, including one on the nationally endangered species list. Over thirty years, they have made it into a private conservation park.

Thanks to a generous Unley Council grant: this is a free workshop.

If you have any excess produce to share, bring that too!

We have a big program of workshops this year, including raised garden beds, all about fruit trees, urban foraging, pests, and preserving the crop, so make sure that you are on our email list for details on each workshop. People on the email list also get priority for places at the workshops.

Verge gardens: We recently installed two more verge gardens in Black Forest. Others are in Unley, Malvern, Everard Park, Fullarton, Clarence Park, Goodwood and Myrtle Bank. Have a look, and let us know if you are interested in hosting a verge garden in the Unley Council area too.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



WORKSHOP 3: Raised Garden Beds

Sunday, 28 May (3 to 4.30)

Venue: Unley Community Centre

Attendance: 65 attended plus the group, making it over 70 attendees.

This workshop was held amidst intermittent rain which reminded us all that winter is here.

Nolda described her experiences as a gardener in a number of countries then highlighted the two verge garden beds (constructed as wicking beds) at Dover Street for which she is host. She talked about choices of species for the verge garden beds (native edibles and herbs particularly) then told how she constructs raised garden beds for her home use - using heavy-duty plastic, agricultural pipe, builders sand and geotextile.

Ashley entertained us with models of raised garden beds at large, medium, small and very small scales - all made from discarded or cheap materials. His water level attachment plugged into the lowest part of a pot was ingenious - able to tell the water level in a wicking bed or to drain the bed.

Peter described his garden and the role that four raised garden beds play: asian greens, herbs, salad greens and (in the future) asparagus. He gave details of the main suppliers that he has used: Dingo Tanks, SA Composters, Magill Grain Store, Bickleigh seedlings and Plasflo. He highlighted some of his mistakes (growing tomatoes several times in the same spot) and difficulties (working out a continuous growing regime for leafy greens).

John and Maggie Cecchin - hosts of a verge garden in Restormal Avenue - described the great parts of being a host (eg. getting to know neighbours much more) and some of the downsides (a few people not understanding the need to share the produce).

And Wendy Sutton from Living Smart sought participants for the next Living Smart course.

Lots of questions. A great session.

*

In our subsequent debrief, we liked having several presenters each approaching the topic from a different point of view.

Grow, Grow, Grow Your Own – Almanac 2017



Flyer

Grow, Grow, Grow Your Own

Third of the 2017 free Workshop Series

Raised garden beds



Nolda's verge garden bed, Dover Street, Malvern

**3pm on Sunday 28th May 2017
at Unley Community Centre, 18 Arthur Street Unley.**

Please register to attend this workshop at patwundersitz@gmail.com
to ensure your place.

Grow, Grow, Grow Your Own – Almanac 2017

Some gardeners prefer growing vegetables and herbs in raised garden beds – especially if there is competition from nearby trees for soil nutrients, or the quality of the soil in the garden is low. The extra height above ground also means that there is less bending to sow, weed or pick.

Our presenters are Nolda Beynon, Ashley Campbell and Peter Croft who have experimented with raised garden beds to grow their vegetables and herbs. We also plan to have two of our verge garden hosts talk about their experiences of growing on their verges.

As usual we will have a Q and A session to help answer your questions.

If you have any excess produce to share, bring that too!

Our next workshops will be about fruit trees (8 July), urban foraging (20 August), pests (1 October) and preserving the crop (12 November) so make sure that you are on our email list for details of each workshop.

Verge gardens: We recently installed two more verge gardens in Black Forest. Have a look at these and others in Unley, Malvern, Everard Park, Clarence Park, Goodwood and Myrtle Bank. Let us know if you are interested in hosting a verge garden in the Unley Council area.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.



Peter's raised garden bed, Young Street, Parkside

Sustainable Communities SA – Unley groups

WORKSHOP 4: Fruit and Nut Trees: pruning, planting, growing and harvesting.

Saturday 8 July

1.30 pm at Morrie Harrell Reserve

then

2.30 pm at Unley Community Centre

Attendance: Just over 50 people registered

Steven Hoepfner bought and brought a fruit tree to prune in case it was too wet.



Limbering up. Or maybe a new kind of dance. Stephen enjoyed himself anyway! And so did the crowd – lots of laughter throughout!



"Another gem from Stephen".

"What lovely photos, especially the limbering up ones. I wonder if the Eastern Courier would publish one. I thought yesterday's session was really good, I think Stephen is improving with age and experience.."

Flyer

Grow, Grow, Grow Your Own

Fourth of the 2017 free Workshop Series

**Fruit and Nut Trees:
Pruning, planting, growing and harvesting**



Saturday 8th July

**1.30 pm at Morrie Harrell Reserve, Ramage Street Unley
then**

**2.30 pm at Unley Community Centre, 18 Arthur Street. Register at
peter.croft@mmc.com.au or 0401122547.**

Workshop details

Our fourth workshop will be held on Saturday 8th July, in two parts:

At 1.30 pm at Morrie Harrell Reserve, Ramage Street Unley for pruning.

At 2.30 pm, walk around the corner to the Unley Community Centre, 18 Arthur Street, Unley for afternoon tea and advice on selecting, planting, growing and harvesting fruit and nut trees.

The workshop will be conducted by Steven Hoepfner, an experienced orchardist and local garden developer (<http://www.earthright.com.au>). In the picture overleaf, Steven is pruning to create an espalier fruit tree.

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

Thanks to a generous Unley Council grant:

Cost: free.

If you have any excess produce to share, bring that too!

Future Workshops: Our next workshops will be about urban foraging (20 August), pests (1 October) and preserving the crop (12 November) so make sure that you are on our email list for details of each workshop.

Verge gardens: We recently installed two more verge gardens in Black Forest and one in Forestville. Have a look at these and others in Unley, Malvern, Everard Park, Fullarton, Clarence Park, Goodwood and Myrtle Bank. They show the wide variety of food that can be grown locally.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

Sustainable Communities SA – Unley groups

WORKSHOP 5: Urban foraging

Sunday, 20 August (3.00 to 4.30)

Venue: Fullarton Park Community Centre

Attendance: 60

This was a terrific workshop: 55 registered and 60 came (plus our group) including several who had come from Ballywire - a farm near Edithburgh in Yorke Peninsula.

Anne Wilson led with a lively Q and A session. Kate Grigg then took us for a tour of the grounds of Fullarton Park. Within 15 metres we were into our first edible weed - chickweed. Followed within metres by dandelions, milk thistle, shepherds purse (a brassica), prickly lettuce, mallow, flick weed, nasturtiums, peppercorns from the pepper tree and smooth mustard. All edible.

A lively and interested (and generally younger) audience who want a follow-up session. May next year is mushroom time so that might be the best time.

Some positive feedback about the Sustainable House workshop earlier this year. Possible for next year too?





Flyer

Grow, Grow, Grow Your Own

Fifth of the 2017 free Workshop Series

Urban Foraging



What local plants and fungi are edible?

Sunday 20 August

**3 pm. at Fullarton Park Community Centre
411 Fullarton Road Fullarton.**

**(the corner of Fullarton Road and Fisher Street, Fullarton.
Onsite parking accessed from Fullarton Road)**

Meet at the Parkview Room

**Register at patwundersitz@gmail.com
or 0407608345.**

Workshop details

Our fifth workshop will be held at the Fullarton Park Community Centre and run by Kate Grigg – a qualified horticulturalist and conservationist.

Kate has a large following across Australia through her facebook groups: Foraging South Australia and Mushroom Foragers of South Australia. Kate is the go-to person for many Australian chefs, professional and amateur foragers, and keen nature-lovers who want accurate identification of plants and fungi they have found. Kate regularly hosts events for Councils, wineries and the food industry.

Note that the workshop will involve walking around the grounds of Fullarton Park Community Centre.

Thanks to a generous Unley Council grant:

Cost: free.

If you have any excess produce to share, bring that too!

Future Workshops: Our next workshops will be about Pests (7 October) and Preserving the crop (12 November) so make sure that you are on our email list for details of each workshop.

Verge gardens: We recently installed two more verge gardens in Black Forest and one in Forestville. Have a look at these and others in Unley, Malvern, Everard Park, Clarence Park, Fullarton, Goodwood and Myrtle Bank. They show the wide variety of food that can be grown locally.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

Sustainable Communities SA – Unley groups

WORKSHOP 6: Pest management and beneficial insects

Sunday, 1 October (2.30 to 4.30)

Venue: Unley Community Centre

Attendance: 50+

This was a terrific workshop. One of our best, with around half of the audience taking notes and many questions. 35 registered for the session but in the end we had around 50 plus our group!

Anne Wilson led off with a Q and A about tomatoes. Pauline advised using mustard grown to about 40 centimetres to reduce nematodes. Harry said that ‘branches’ on tomato plants which are not carrying flowers can be nipped off and planted successfully.

Although the focus was very much on pests, Harry took us on a guided tour around gardening in general with many useful tips. The tips I took away from the workshop included:

- **get the habitat right.** We use too much nitrogen fertiliser: **too much nitrogen** encourages lots of rapid growth, which means that the cell walls of plants will be thin, which implies that pests (such as aphids or whitefly) can attack the plants more easily. We also tend to use **too much mulch**: mulch (in addition to its water-saving properties) provides habitat for pests. In winter, a centimetre of mulch is about enough. In summer, around 3 centimetres is enough.
- **with pests, assess the size of the problem.** Stand back and check that we **understand what the pests actually are** (check them out at night when the bulk of damage occurs and look for their droppings to identify them) and how the tree or plant is coping. We may **not need to kill all of the pests** (some help in other ways) and many plants can handle a few pests. We need to keep the beneficial insects alive (so avoid Yates Success or spinosad which will kill beneficial insects too).
- **be smart about planting.** For example, consider **planting vegetables in pots first** then plant out when much larger and able to withstand pest attacks. **Aim for diversity** in a garden: the greater the mixture of plants in a garden, the higher the chance that not all will be attacked and that beneficial insects will be attracted too. **Consider sacrificial plants** in the garden: these will attract pests **plus** beneficial insects which will help with garden more broadly.
- **Tree size affects the birds that you attract:** if you **grow big trees**, you will get birds such as parrots. If you **grow smaller plants**, you will encourage smaller birds which will eat many of the pests.

Some specific points:

- *for chewing bugs, put topless plastic containers around the plant. This will deter most of the pests*
- *for cabbage moths; use netting as a physical barrier*
- *for aphids, use pyrethrum*
- *for ants: use citriclean (from Beaumont Tiles) or fipronyl as Ant Sand (from Mitre 10)*
- *for gall wasps: no choice but to cut off galls*
- *don't let compost dry out or it loses its fertility. If it's dry or yellow (e.g. peastraw) it has no nitrogen value to the plant.*

Grow, Grow, Grow Your Own – Almanac 2017



Flyer

Grow, Grow, Grow Your Own
Sixth of the 2017 free Workshop Series

Pest management and beneficial insects



Everyone's friend



Pauline's borage and bee

Saturday 7th October
at
2.30 pm at Unley Community Centre, 18 Arthur Street.
Register at peter.croft@mmc.com.au or 0401122547.

Workshop details

Our sixth workshop for 2017 will be held on Saturday 7th October at 2.30 pm in the Unley Community Centre. Our presenter is Harry Harrison.

Harry Harrison, President of the Rare Fruit Society of South Australia, is a well-known presenter of organic gardening courses and horticultural skills in community gardens. His presentation will focus on pest management and beneficial insects – very timely in the lead-up to the summer growing season.



Harry Harrison – grafting a tree.

Thanks to a generous Unley Council grant:

Cost: free.

If you have any excess produce to share, bring that too!

Future Workshops: Our next workshop will focus on Preserving your crop (12 November) so make sure that you are on our email list for this and the 2018 series of workshops.

Verge gardens: We recently installed more verge gardens in Forestville and Fullarton. Have a look at these and others in Unley, Malvern, Everard Park, Clarence Park, Black Forest, Goodwood and Myrtle Bank. They show the wide variety of food that can be grown locally.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

Sustainable Communities SA – Unley groups

WORKSHOP 7: Preserving your excess crop: bottling, drying, pickling, making jam

Sunday, 12 November: (3.00 to 5.00)

Venue: Unley Community Centre

Attendance: 40

Our seventh workshop of the year attracted 40 participants - without our normal reminder email!

Lee Lelliott from the Country Women's Association spoke about the key issue in preserving the crop: excluding air and thus avoiding bacteria, yeasts and mould.

She took us through the main techniques: drying, bottling (and canning), freezing, jam and jellies, pickling and salting, plus fermentation (especially bread-making) in a very interesting and lively session. Some examples:

- *drying parsley: microwave for a few seconds, and check, then repeat several times until dry then put the dried parsley into a sealed container - should last for six months.*
- *freezing quandongs: put into a sealable bag, remove as much air as possible then freeze.*
- *pickling: add vinegar to vegetables and meat our sugar syrup to fruit.*

Lee also mentioned that she is a judge at the Australian Marmalade competition run by the National Trust (yep – there is such a thing). Many references on Google including listings of winners!

Pat Wundersitz then demonstrated various techniques for drying fruit and vegetables, starting with a simple tray with airflow and some mesh (e.g. from a vegetable bag) to prevent fruit from falling through. She explained the technique of salting tomatoes while drying (to keep ants and birds away), then flushing the salt when the tomatoes have been dried before a final drying. A very practical demonstration of how to do it. Great work.

Lots of questions during and after the workshop.





Flyer

Grow, Grow, Grow Your Own

Seventh of the 2017 free Workshop Series

**Preserving your excess crop: bottling, drying,
pickling, making jam**



Pat's preserves

Sunday 12th November

at

3.00 pm at Unley Community Centre, 18 Arthur Street.

Register at patwundersitz@gmail.com or 0407608345.

Workshop details

Our seventh workshop for 2017 will be held on **Sunday 12th November at 3.00pm in the Unley Community Centre**. Our presenters are Lee Lelliott from the Country Women's Association and Pat Wundersitz – a co-organiser of the Grow Grow Grow Your Own group.

Pat is well-known to frequent attendees of our workshops. Lee Lelliott grew up in Jamestown with her grandparents and says “My grandmother was a great cook, and my grandfather ran a nursery and chicken farm. They taught me to preserve food and use what is available from the land to be able to survive. Grandma used to preserve all of the orchard fruits, and the vegetables that my Grandfather grew to sustain us for the next year. We had a cow, so milk, butter and cream were available as were eggs from the chooks. Grandma baked her own bread, cakes, biscuits and scones. Since retirement, I have entered many country Shows in the cookery sections, with some success. I still preserve my own fruits, make jams, pickles and the like, and also make my own bread!”



Pat's preserves

Thanks to a generous Unley Council grant:

Cost: free.

If you have any excess produce to share, bring that too!

Future Workshops: Our next workshop will be in early 2018 so make sure that you are on our email list for this and the 2018 series of workshops.

Verge gardens: We recently installed more verge gardens in Forestville and Fullarton. Have a look at these and others in Unley, Malvern, Everard Park, Clarence Park, Black Forest, Goodwood and Myrtle Bank. They show the wide variety of food that can be grown locally.

Questions and problems: we are always keen to help you to grow your own vegetables. Please contact Pat on 0407 608 345 if you need help.

Sustainable Communities SA – Unley groups

WORKSHOP 8: Grafting Fruit trees

Saturday 25th November: (10.30 to 11.30am)

Venue: Goody Patch, 12 Surrey Street, Goodwood.

Attendance: 25

The Goody Patch again offered us the use of their covered pergola (thank you Goody Patch for your ideal teaching space!) for a grafting workshop – this time on a warm November Saturday.

Sally Osterstock, experienced grafter and expert teacher, gave the workshop, and you could have heard a leaf drop! Sally has a wealth of both theoretical and practical knowledge, so participants were fully engrossed with absorbing all she had to offer.

We learned how to produce a rootstock, select an appropriate scion, how to nurture the scion, and when to graft. Although some fruit trees (e.g. Elberta peach, apricots and old-fashioned nectarines) will grow true from seed, some stone fruits need to be grafted (e.g., plums, cherries, persimmon).

Grafting in many cases allows for a wider choice of varieties (especially when multi-grafting a single tree) and speeds up delivery time: as Sally puts it, by ‘putting a young head on old shoulders’ the tree will have an established root system, so will fruit earlier. Rootstocks can be grown from avocado and mango seed (some mangoes can be grown from seed as most polyembryonic mango seed will produce normal fruit). We were shown how to do this. Sally made it look easy.

Grafting the scion to the rootstock was a more delicate technique. Sally’s fascinating demonstration of a cleft graft and T-budding enticed some participants to stay back for a hands-on attempt using Sally’s materials. We left wanting more – sign of a successful workshop – so hope to see a lot more of Sally in 2018.



‘How to do it’ –hands on, with close and expert supervision from Sally (L)



Flyer

Grow, Grow, Grow Your Own

Hands-on Workshop

Grafting fruit trees



Sally's Fruit Salad tree with six different fruits

10.30 to 11.30am on Saturday 25th November
at Goody Patch, 12 Surrey Street, Goodwood.
Register at peter.croft@mmc.com.au or 0401122547.

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

Workshop details

We are holding a **hands-on** workshop for **no more than 20 participants** at the Goody Patch – a Community Garden located at 12 Surrey Street, Goodwood at 10.30am on Saturday 25th November.

Sally Osterstock will lead the workshop. She is an experienced teacher and propagator of fruit trees and a member of the Rare Fruit Society of South Australia. She describes herself as a “Compulsive grafter of fruit salad trees for small backyards, balconies & courtyards. Passionate about teaching others to grow their own sustainable, organic & unusual food crops & sharing knowledge & produce. Having downsized to a very small corner block, my jungle spills over onto the extensive verge for neighbours to enjoy & pick flowers, herbs & fruit, including apples & pears from the now multigrafted Manchurian pear street tree. Profits from my hobby help provide education for children in impoverished situations.”



Sally's grafted avocados

Sustainable Communities SA – Unley groups

FIELD TRIP! Aldinga Eco-Village

Ashley organised a terrific site visit to the Aldinga Arts Eco Village on 31 July where we were escorted by Chas Martin (well known as a conscientious objector during the Vietnam War) and Rae (the farm coordinator). The village occupies about 17 hectares of accommodation and a similar amount for a farm plus orchard. It is managed via community title (roughly equivalent to strata title with a large amount of community-owned land and buildings).

Over 160 houses and 300 occupants in the Village in a wide variety of accommodation which all maximises the north light and solar power generation. The farm contains a range of ventures operated under licence: a market garden which looked its best with its winter vegetables, an orchard with about 400 fruit trees (plum, apricot etc) under netting (used to make fruit leather), an olive grove and a number of hen tractors. This is complemented by a woodlot, wastewater plant, several dams and swales and a natural burial ground.

The nearby bakery was a great place to end the visit.

An impressive place: with a clear strategy and executed over 15 years thus far.

This visit was suggested & organised by Ashley. This marked the start of Russ' unexpected plunge into cancer, and as a result he couldn't go (and was very disappointed, having been looking forward to it since day 1).

As it turned out, it wasn't a bad day to miss. The weather was unkind, the ground sodden – Russ would've found it difficult. He contented himself with googling, reading and hearing reports, living vicariously, and Ashley's gift/memento, Ashley the frog



(Remarkable coincidence they've both got the same name, isn't it?)

Grow, Grow, Grow Your Own – Almanac 2017



Grow, Grow, Grow Your Own – Almanac 2017





Pool Room (Feedback)

Rotary on Verge Gardens

From: Anne Wilson

To: Wendy Andrews

Subject: Re: Rotary donation to Unley Sustainable Communities group

Dear Wendy,

We've spent some considerable time looking for a suitable recipient for a verge bed subsidised by your generous donation, and are at last delighted to be able to tell you that we found one.

We've installed two raised beds just inside the driveway at the Salvation Army complex between Marion and Maud Sts, at the Maud St end, with volunteers willing to take care of them. The food grown in them will supplement the hot meals they provide on Mondays for their regular visitors throughout the year. These beds are therefore providing not only the pleasure of tending the plants for the volunteers, but also fresh vegies and herbs for the cooks, and tasty ingredients for the diners. The Army were so very pleased to be offered them.

Would you please convey our thanks to Rotary for their generosity? It's particularly fulfilling when groups of volunteers can combine to share resources, and in doing so benefit yet another group interested in enhancing the community.

With thanks again,

Anne Wilson (for Unley Sustainable Communities' *Grow Grow Grow Your Own* Group)

From: Wendy Andrews

To: Anne Wilson

Subject: Re: Rotary donation to Unley Sustainable Communities group

Dear Anne,

Thank you for letting me know about the verge gardens at the Salvation Army, a very worthy recipient. We know the good work they do as well as the Monday lunches, they provide over 120 Christmas lunches for the for the homeless or lonely, and we help them financially with this. If you come across another worthy recipient we maybe able to help. Please let me know. No promises, but I will certainly put it to the committee.

If you or any of your members would like to be a guest at one of our meeting you would be very welcome. Just let me know for catering purposes. We meet at Damiens on Fisher St at 6 for 6.30 Tuesdays and we are a very informal group. At the moment we are providing food hamper for the Carers Association, breakfast for a year at Ceduna School and, have an exciting project under way in Peru. Presently we are getting quotes to turn a derelict shed in the back garden of a residential facility at Edwardstown that is a refuge for homeless children between the ages of 14 and 18 to provide a place where they can hang out, watch movies, and use exercise equipment. We have just finished help refurbish 4 units at Catherine House. These are just some of our projects We raise our money via our Thrift Shop on Unley Road and a BBQ at Bunnings every 4th Monday.

Again thank you for installing the gardens. I am sure all concerned will be delighted especially Reno who is one of our members.

Best Wishes with your Grow your Own.

Wendy Andrews
Director of Community Services
Rotary Club of Unley

Salvos and Louise Place, 15/12/16

Salvos: that garden will be killed by kindness!. Nick has fallen and is using a walker, but not to matter, John the Italian has taken over the job of watering.

The herbs are enormous, things are running to seed too I noticed, and the tomatoes are big as well. Flowers, though I only found one fruit, but they look healthy. I tickled the flowers to bring on more of a set.

Then to Louise Place. I filled two wheelie bins with seed heads. Cut everything back, and there were the tomatoes, some with fruit setting, a zucchini and eggplant and very healthy spring onions. The bottom bed has a beautiful tomato , and seeding lettuce and coriander.

I have left some seeding plants there for flowers and seed. Gave everything fertiliser and a good water. Found some mulch mix they were using, and spread that around. I told the staff to use the onions and please water, as the caps. are starting to send out new leaves and there was one tiny parsley plant. Amazing.

Flourishing on neglect!

Pat

Miscellaneous

Verge Garden Blackforest (Trish)

From: "Jon & Trish Evans"

I'm thrilled to be involved with the verge garden. It's giving us all lots of joy and continuing to help our little community to grow and remain strong.

Cheers,
Trish

Email from Ellen Male

Hello Peter,

I would love to attend your next workshop at Unley Community Centre on 22nd April. This sounds really exciting to me. Thank you and your colleagues for all you do in making these workshops available – I so appreciate it.

Ellen Male

Email from Shannon Harrison

On 30/04/2017 8:59 PM, Shannon Harrison wrote:

Hi Anne

I saw at the last workshop you were asking for ideas for future workshops. I have loved the workshops where you feature a whole garden/gardener (like the couple last weekend, and also the woman last year with the garden in Warradale). It's great to see what other gardeners are doing, as there are some people doing some really interesting things out there. I'm also interested in ideas to improve soil quality.

Kind regards,
Shannon

Email from Ellen Male

From: "Ellen Male"
Subject: 4th July workshop

Hello Peter,

I would like to attend your pruning workshop. Many thanks for all the work you and your colleagues do in putting these informative workshops together.

Ellen Male

Response of one of our registrants who had to decline after being the first person to register!

From: Steph Kronic
To: Peter Croft
Subject: Re: Grow grow registration

Hi Peter

I'm very very disappointed that we have a clash with family commitments and I won't be attending the seed-growing workshop this weekend on the 5th.

I hope this news makes someone's day and they can skip from the waiting list to the attendance list.

All other dates are in permanent marker on the calendar and I WILL BE THERE!

Thanks, Steph

Email conversation with Jan McClelland

From: Jan McClelland
To: Anne Wharton
Subject: The session today

Hi Anne,

I found this session on seeds very helpful. Many thanks to you and the team for enabling struggling people in the community like me to come up to speed with issues such as these. Lists of suppliers etc, practical demonstrations, tips on growing seeds were invaluable. I can see that the members go beyond the call of duty, even providing seedlings to take away. I always thought that I was great on growing cuttings, but hopeless with seeds. I hope that I will become good at planting seeds.

My query on membership was to see if I could make a contribution, as most groups like yours depend on membership to fund efforts. I am glad that Unley Council has given a grant to facilitate your work and will continue to do so.

I realised that I wasn't really aware of the difference between organic and heirloom seeds, but as my daughter is very fussy about the seeds she gets I was nearly sure that they were OK. She purchases hers from Eden Seeds. I am glad that the background information shared by Pauline and Anne helped me to become more aware and enlarged my knowledge astronomically.

Thank you to Pauline and Anne for graciously receiving my small gifts. I realised afterwards that it was probably better only for members to contribute seeds, etc to ensure the purity of donations. I hope that if I, or others donated offerings that were inappropriate, that these things would quietly disappear before being offered to others.

Thank you also to the other Anne who responded to my email questions prior to the event.

I am very happy that you have all volunteered your time and effort in such a positive way to help others and the sustainability of the planet. Best wishes and thanks to all.

Jan

From: Anne Wharton
To: Jan McClelland
Subject: Re: The session today

Hi Jan

Thanks so much for your lovely email. It makes it all worthwhile when we get emails like this! I will pass your email on to the group. We don't have membership fees as such; we just have an email list which goes out every time we have a workshop. Our funds come from our Unley Council grant and then the group members volunteer their time to make it all happen. We are fortunate to have some very skilled gardeners in the group (I'm not one of them!).

Thanks for being such an enthusiastic participant!

Cheers, Anne Wharton

Grow, Grow, Grow Your Own – Almanac 2017

From: Anne Wilson
To: Jan McClelland
Subject: Re: The session today

Hi Jan

It was lovely to meet you yesterday, and talk face-to-face about your seeds. Thank you for your contributions of beetroot seed. We're always grateful when participants bring along their garden produce, and have no strict criteria - as long as they're pest and disease free, we love people to bring their produce along.

I'd like to second Anne's words about your very special and beautifully-expressed email. It certainly makes our efforts worthwhile when we get such encouragement.

Please feel free to email any time you're having success or disappointment with your seed-raising, and we'll do our best to help.

I hope we've encouraged you to become one of our 'regulars'. And Anne, by the way, is a much better gardener than she admits to!

See you next time, Anne

From: Jan McClelland
To: Anne Wilson
Subject: Re: The session today

Hi Anne, Thank you for this encouragement about my poor offerings. I realised later that I didn't get round to getting my tomatoes out of the bags and put them on the plate. Maybe I was beginning to feel that I was a bit forward in bringing stuff without asking if that was OK.

You people are doing such a good job. I am wondering whether Sustainable Communities have a membership system? I feel the need to financially help someone's efforts.

I am happy to plant some of the seeds I picked up yesterday and make a contribution to future meetings.

All the best, Jan

From: Anne Wilson
To: Jan McClelland
Subject: Re: The session today

Hi Jan - and Sustainable Communities would be delighted to have you as a member! Monica's our treasurer, Rosalie Day our Secretary.

Here's the link to our website:
<https://sustainablecommunitiessa.org.au/about/>

I don't know your address, and whether you'd prefer to join a group local to your area, but if you'd like to join the Unley group you'd be most welcome!

And it's a lovely and generous thought, to grow our seeds into seedlings to bring back for others. Thank you!

Cheers, Anne

Email from Mary-Rose Alfonsi

From: Mary-Rose Alfonsi
To: Peter Croft
Subject: Re: July workshop

We love the sessions your group offers. Hope to see you soon at a gardening workshop.
Cheers MR

Email conversation with Dani Wilson

From: Dani Austin
To: 'Anne Wilson'
Subject: Handouts coming

Hey Anne and Pauline,

The emails ended up coming through overnight – email is funny sometime.

Thank you both again for the amazing session last night. Melissa has the feedback forms and I'm sure the feedback would be fantastic, in fact I saw over some peoples shoulders that they loved it.

Melissa said the council may be able to make a donation to Sustainable Communities SA as a thank you if that's ok? I imagine about \$50-75 (I'm guessing). I am happy to liaise with Monica O'Wheel about this if you like?

Thanks again,

Dani Austin

NRM Education Support Officer (Central)

From: Anne Wilson
To: Dani Austin
Subject: Re: Handouts coming

Hi Dani

Pleased to hear that email is now doing what it's supposed to do!

We thoroughly enjoyed last night's session – the time just flew by. The group was warm and responsive, which makes it very fulfilling for us. And your comment about the feedback is the icing on the cake!

Thank you for your support, and particularly for the printing, as it makes our input much less costly.

A donation to Sustainable Communities would be a lovely gesture, and I know any amount would be appreciated. Yes – please liaise with Monica first, but I think Rosalie Day is now treasurer rosaliehday@gmail.com.

And your well-chosen gifts are already in use - I just love Green & Black's, and am now about to enjoy a morning cuppa of elderberry and echinacea.

Best wishes

Anne & Pauline

Email conversation with Michael Hewitson

"Pauline MUIR" wrote:

Hi Michael you asked a question about root knot nematode at the last GGGYO workshop. I did a bit of research on the problem last year and wrote it up see below. This may be helpful.

Regards

Pauline Muir

ROOT KNOT NEMATODE (RKN)

Another problem which can arise in the garden is root knot nematode or eelworm. It mainly attacks the roots of tomatoes, eggplant, capsicum, but also spinach, lettuces, celery, carrots, potatoes, cucumber, pumpkin and radishes. Generally you can tell that something is wrong if the plant does not produce much fruit and looks a bit yellow and stunted. Infected plants also tend to wilt in the heat.

To identify RKN properly you have to pull up the plant and examine the roots which will be covered with bead-like nodules. Sometimes it is easy to confuse the nodules with nitrogen nodules which are good for the plant. Generally there are only a few nitrogen nodules, while, if infected with RKN, there are many large irregular nodules. Although many of the nematodes are removed with the plant, nematode eggs left in the soil can persist for 12 months.

How to deal with it

When you pull out the infected plant also take some of the soil and dispose of them in the green bin. Do not put them in your compost.

Increase the organic matter in the soil which will help introduce predatory nematodes. Watering the area with worm juice can help too.

You can plant vegetables and herbs which do not harbour the nematode such as asparagus, onions, corn, strawberry, cauliflower, cabbage, kale and other Brassicas. Some herbs are resistant, such as peppermint, oregano, marjoram and marigold. While some susceptible plants have cultivars which have been bred for resistance to RKN: try beefeater, improved Apollo, and Mighty Red tomatoes.

You can leave the soil fallow for several months, keeping it clear of any weeds that can harbour RKN.

Another approach is to solarise the soil in summer by laying a piece of clear plastic over the infected soil, tethering the plastic by burying the edges in soil and leave for 4-8 weeks. This will kill many of the nematodes.

Some plants suppress the nematode. In summer grow cow pea and French marigold, in winter grow canola, marigolds, mustard. These plants actually release a nematode killing gas if chopped up and dug back into the soil. Jeremy Colby Williams from Gardening Australia sowed infected soil with mustard seed. When it had grown to

about 45 cm high he dug it back into the soil and this was effective in killing off the nematodes.

From: Michael Hewitson
To: Pauline MUIR
Subject: Re: root knot nematode

Thank you Pauline,
A detailed and informative response
Michael

From: Michael Hewitson
To: Anne Wharton, Anne Wilson, Peter Croft
Subject: FW: root knot nematode

Dear Grow Grow Grow Annes and Peter

We have some extraordinary talent in our group.... look at Pauline's helpful and unsolicited email (above). I will grow a mighty red this year alongside those I have raised from diggers seed.

With my best wishes,
Michael

Email from Michael Hewitson

From: Michael Hewitson
To: Anne Wharton
Subject: Re: REMINDER: Our first workshop for 2017 - Sunday 5th March, 3pm - Growing from Seeds

Thanks Anne,

Just planted Amish lettuce seeds into toilet rolls.... A trick I learnt at grow grow grow I d tried to plant direct and when my back was turned during the day they were all eaten.

Unfortunately I am committed next Sunday afternoon at a birthday celebration

Please pass on my apologies.

Michael

APPENDIX 1: How to dry tomatoes and surplus fruit.

Need

- old fly screen, refrigerator tray, oven tray. Use a net or split onion or fruit bags stretched over wire to prevent drying fruit from slipping through.
- Cooking salt and tomatoes- Romas, or any small variety with firm flesh.

Split the smaller tomatoes in half and lay on trays, with skin down. For larger ones, cut in quarters.

Sprinkle the fruit with salt and place tray in the sun preferably off the ground as one needs airspace under the trays. Should the day be a 'scorcher', move tray to a shaded spot. In dry weather, I leave trays outside overnight, but should there be dew or any moisture, move to a sheltered position.

Check fruit with fingers for traces of remaining moisture after a day or two. It is not necessary to turn fruit.

Small beads of moisture are visible in fleshy parts. Some of the fruit on tray may be dry, and may be taken in.

Arrange' not yet dried' fruit in one area. Pour boiling water over the dried fruit in a colander. Place this fruit back on the trays, in the sun to dry off again. (The dried fruit is still pliable in the fingers, but feels dry like a dried apricot.)

When satisfied that the tomatoes are dry, pack in sterilised jars, maybe with a clove of garlic. Push down in jars, and fill to the top with **olive oil**. Seal. These will keep a couple of years if not eaten quickly, as the PH of tomatoes is about 4.6, and is the only fruit stored safely this way.

Use them. I love putting these tomatoes into pasta, along with stir fried capsicum, onions, garlic, fennel, any greens, often some green ginger, may be small tin of fish. Good too in Cous cous mixtures.

For those who have arthritic conditions, the dried tomatoes may be more useful than fresh tomato, as members of the Solanum family should be eaten sparingly.

Sterilising jars.

I wash jars and lids well and place out in the hot sun for a few hours. This is a sustainable method not using manufactured heat.

Other dried products

I have thinly sliced oranges, (Valencias as well) eggplant and zucchini successfully dried in my pantry.

All of these are packed into airtight glass jars and keep for a very long time.

I use the method above, omitting the salt and the final boiling water stage.

Keep a close watch on the drying fruit. You may need to turn these occasionally.

If there is a surplus of nectarines or peaches cut these in half and lay skin down on the trays. If the fruit is large, run an extra cut through the half to allow quicker drying.

They take about 3/4 days depending on the temperatures.

If ants or flies are taking an interest, cover with fine net or split onion bags over the trays.

Cucumber Pickles

Need

- 3 to 4 green cucumbers thinly sliced
- 3 thinly sliced white onions
- 3/4 cup cooking salt
- 1 cup water
- 3 cups white wine vinegar
- 2 1/2 cups sugar
- 2 tbsps celery seed (optional)
- 2 tbsps mustard seed.

Arrange Cucumbers, onion in layers in stainless steel bowl sprinkling each layer with salt.

Cover and stand for 3 hours. Drain off liquid.

Combine remaining ingredients in large saucepan and bring to boil. Stir until sugar dissolves. Boil 3 minutes.

Add cucumber and onion. Bring to nearly boiling point. DO NOT BOIL.

Place in hot sterilized jars and seal. Turn jars upside down for a minute or two, to sterilise airspace in jar top.

Store in your pantry, to enjoy on sandwiches, with meats etc.

Pat Wundersitz

APPENDIX 2:

ALTERNATIVE EDIBLE PLANTS FOR VERGE GARDENS

These have been chosen because they are not vegetables everyone is familiar with, but they are tasty and useful and maybe could grow unrecognised and untampered with.

Sweet potato leaves - can eat the leaves. Plant sweet potato leaves in spring, can buy bunches in spring from Asian shops and put in as cuttings. Dies down in winter.

Malabar spinach - can eat the leaves. This grows as a vine but can be established by simply planting lots of the black fruits which appear in autumn. Can survive winter in a warm spot.

Warrigal spinach - grows as vines along the ground. Needs blanching before eating.

Okinawan spinach - attractive edible spinach with half green half purple leaves. Usually steamed or blanched. Might die down in winter but is perennial and should reshoot in spring.

Lebanese cress - ferny salad veg tastes a bit of carrot, does not need blanching, perennial.

Amaranth- eat the leaves and seeds, highly nutritious. Comes in red, green and yellow forms.

Olive herb - has strong olive taste, very hardy, definitely does not look like a vegie. This is perennial and may be found at Bunnings.

Cape Gooseberry - eat the berries when yellow orange colour. Also known as inca berries. Shrubby perennial plant bearing little lanterns which enclose the berries. Perhaps passersby will not catch on what they are!

Peruvian desert tomatoes - tiny cherry tomatoes, great tasting and prolific. Simply squash a tomato into the soil and many seedlings will come up. Often grows throughout winter.

Saltbush - often large and spreading. High in sodium so use sparingly.

Parsley - throw in lots of seeds in winter.

Oregano, mint and marjoram - might be possible to build up a ground cover of these herbs.

Winter tarragon - aniseed flavour has marigold flowers in autumn.

Buckwheat - plant lots of seeds in summer, can eat the leaves, adds nutrition to the soil.

Native plants like **karkala (pigface), muntries, appleberry, native parsley**

Plant lots of flowers to distract the eye such as calendula, daisies which might give the impression that the beds are flowerbeds, but will also help the insect population.

From: Pauline MUIR
Sent: Thursday, May 25, 2017 7:03 AM
To: Peter Croft
Cc: Anne Wilson; Anne Wharton; Pat; Kat Ryan; Russ Talbot; Arnolda Beynon
Subject: Re: Agenda for Grow Grow Grow group meeting on Wednesday 24 May at 2pm

Hi All

I've been thinking about the verge problems and wondered if, say, with the Restormal group we suggest that each host plant just 2 or 3 types of plants in their raised bed using the new range of plants we talked of yesterday.

So one, for example, might hold lebanese cress and warrigal spinach and mint. Another might grow sweet potato and Okinawan spinach and Malabar spinach. Another saltbush, appleberry and amaranth and so on.

Some of these are spreading kinds of plants (not the Okinawan spinach) which might compete with one another BUT surely noone would dig up one whole spreading plant. I mean I find lebanese cress quite difficult to dig up and clearly the thieves are taking little plants and seedlings.

There could be some real benefits i.e. the group needing to cooperate more and pick from each other's beds. I thought if this worked it could make a good newspaper article: 'GGGYO and vergers beat the plant thieves'. (Hopefully thieves wouldn't read the article.)

There are 5 beds so in the other two could have cape gooseberry, brahmi, oregano, then the last one parsley (throw in lots of seed) lemon grass, peruvian desert tomato. They wouldn't look like conventional vegie garden beds but might look quite unusual and attractive.

Just thought of buckwheat too - you can eat the leaves of while it adds nutrition to the soil.

Pauline

On 25 May 2017, Anne Wilson wrote:

Excellent, Pauline! I'll write something to the Restormal group separately, and attach the list of suggested plants, as well as sending a general note with plant list to all participants. Thanks, everyone, for yesterday's support. Life would be so much less without all of you!
Anne

APPENDIX 3: VERGE GARDEN: Byron St

December 12 2016 9am.

13 Byron St, Black Forest

The first verge garden we set up in 2017 we actually set up in 2016. This is because while a calendar year runs from January to December and a Financial Year runs from July to June, a GGGYO year runs from almanac to almanac.

So, 2017's first verge garden installation, was at 13 Byron St Black Forest, on Thursday 22/12/16 (followed by installations at 65 Third Ave Everard Pk on 13/4/17 and at 26A Wellington St Fullarton on 20/6/17), before we suspended the program. Our timing was impeccable – a beautiful day after a week of terrible weather leading up to it, and the day after Byron St was reopened following the completion of roadworks.

Free lemonade was provided, courtesy of Trish's son, who set up a Lemonade Stall.

We installed two raised garden beds. Trish paid for one.

And attracted a very interested crowd of spectators, including councillor Don Palmer.

CAPTION FOR A PHOTO WE MUST REMEMBER:

"Madman with a mattock (Pat's description of Ashley)"



Email Thread:

ORIGINAL EMAIL ENQUIRY FROM TRISH:

From: Jon & Trish Evans:

To: Peter Croft

Subject: Verge gardens - Byron Road Black Forest.

Hi Peter,

I heard you speak this evening at the Clarence Park Community Centre. Thanks so much for your talk. We are interested in being “hosts” with raised garden beds on the verge.

I’d love to make a time with you and Kat (she’s asked to be cc’d into this email however I don’t have her email address) to come and have a look at our verge and see if it’d be suitable.

We live next door to a housing trust property – 7 units and I’m keen to have something on our verge to promote community, inclusion, to give the tenants next door the opportunity to pick fresh herbs and vegetables and all the good stuff you promoted tonight.

I look forward to hearing from you.

Kind Regards, Trish

SOME RESPONSES (An example of the exchange which not atypically happens)

From: Peter Croft

To: Jon & Trish Evans

Subject: Re: Verge gardens - Byron Road Black Forest.

Trish

Thursday 22nd December would work for us.

We will be there (13 Byron Road Black Forest) around 9 am and the soil should arrive by truck around 10 am.

We were thinking of doing it as a wicking bed - less watering involved

We may have some seedlings - I’m not sure if you have any specific plans in that area

We would like to have another tour of your garden if that’s possible too

Hope that’s all ok with you

Regards

Peter Croft

From: Peter Croft

To: Jon & Trish Evans

Subject: Re: Verge gardens - Byron Road Black Forest.

Trish

There will probably be some extra soil left over - SA Composters normally over deliver

Any spot where the rest could be left?

Regards, Peter C

On 14 Dec. 2016, Jon & Trish Evans wrote:

Hi Peter and everyone!

The raised garden beds arrived yesterday. Thanks so much.

What time shall I ask other locals to arrive to assist with planting?

Do we need to provide protection like masks, gloves and hand sanitizer to protect against spore borne nasties?

Our lovely local councilor Don Palmer would like to come and have a look at the work as it's being done too ☺ And maybe take some photos, Facebook and Blog it.

Also is there a sign you guys place on the verge gardens to let people know what they are and they're free to pick and contribute?

Cheers and many thanks for this opportunity,

Kind Regards,

Trish

On 14 Dec. 2016, Peter Croft wrote:

Trish

Great to hear that the beds have arrived

We will turn up at about 9 and the lovely soil should be there around 10. We will be installing the wicking bed facilities at around 930. Planting immediately after the soil is in the beds

Useful to wear gloves for those doing planting

Very happy to have Don Palmer there. Hi Don!

In terms of signs, I will copy Kat Ryan on this email. She has developed signs for other raised garden beds

Regards

Peter Croft

Sent from my iPhone