

Permaculture Cairns Newsletter

EMPOWERING COMMUNITIES WITH SUSTAINABLE SOLUTIONS FOR 10 YEARS



Care for the Earth, Care for people, Fair share the excess

Permaculture Cairns Incorporated Web Site: www.permaculturecairns.org.au

PERMACULTURE CAIRNS SEPTEMBER MEETING

Tuesday 18th September 6pm for a 6.30 start

**Venue: Endeavour Learning and Lifestyle Building
4 Warner Street (on corner with Monk Street) Manunda**

Members free, but bring some nibbles for the cuppa break, non-members \$5

AGENDA

Welcome to new members and visitors

News items – Lots of events coming up, see the newsletter for details, havnt got the newsletter, you can subscribe for free on our website.

Guest speaker to be confirmed

Carol will present Plant of the Month – Tropical Lettuce

Come early and check out the Library, Carol will be there at 5.30pm - Bring along your plants and seeds to trade for bartels/dollars/swap

Carol will bring tropical perennial vegetables/herbs and seedlings for bartels/dollars or swap.

We appreciate members passing on their ideas and methods so talk to Jenny, Craig or Carol if you would like to make a presentation at a meeting, could be a few photos and a short story.

Meeting close and now time for a chat, a cuppa and a snack with like-minded people

All finished by 8.30pm.

Tropical Perennial Vegetables to grow in the Hot Tropics.

Now is the time for growing plants suitable for the coming hot humid weather.

There are lots of plants to grow here and many of them are perennials, meaning they will be there next year as well. Many make great groundcover plants for under fruit and ornamental trees.

So here are a few of the easily grown food crops to get you started:

Amaranth, an annual which selfseeds easily, just remove the ones not needed. There are lots of different varieties but for eating as a vegetable I grow the varieties Tender leaf and Mekong red. Uses -Younger leaves for salads, older leaves and stems for stirfrys with a little garlic/ginger/lemon grass and a dollop of butter

Tropical Lettuce and Tree Lettuce, both freely selfseeding annuals, which grow to 1.2m tall. Remove the plants not needed. There are many tree lettuce varieties, but Tropical lettuce can be distinguished by the deep serrations in the leaf and is sweeter tasting than Tree Lettuce where the leaves are not serrated. The stalk may be cut when about a metre high and the plant will shoot again with more leaves. Use as you would Amaranth.

The Perennials – Sambung, Okinawa and Brazilian Spinach plants all make great groundcovers. Use young leaves in Salads and stirfrys, older leaves in stirfrys with a little garlic/ginger/butter and your favourite sauce for a bit more flavour

Ceylon Spinach the vine for sandwiches, stirfrys and soups. An easily grown small climber for a sunny spot in the garden. Lebanese Cress, Talinum and Kang kong all low growing plants that will grow all year round for salads and stirfrys.

The root crops include, sweet potato, taro, arrowroot and cocoyam, never be short of a root.

Annuals that will need to be reseeded throughout the season

Rocket, bok choy, open hearted lettuce will all grow during the summer time, with some shade.

Snake Beans are great for the hot months, try them pickled.

Pumpkin, peanuts, corn and cucumbers - what more do you need!!!!

Try growing some Kale over the hot weather, I have had the blue leafed Toscana growing for three years now and it is producing more heads to harvest each year. Trying the sweet frilled leaf on this year as well.

It is time to plant some green manure crops as you pull the finished crops from the beds.

Plant as many different crops as possible – mung beans, cow pea, Japanese millet, radish, sorghum, sunflowers and bird seed has lots of different plants in the mix. By replanting your garden beds over the hot wet season there will be a place for the microbes in the soil to keep doing the work of breaking down minerals to feed the plants. Always mulch garden beds, it keeps soil cool and stops heavy rain from washing away the soil.

Happy, healthy gardening. Cheers, Carol

FNQ Community Exchange – LETS: Local Energy Trading System

September Calendar

TULLY - Tuesday 11th September - from 5.30pm Trade & Tostadas. Big undercover carport area. 5.30pm for garden tour and plant-dig-up, trade at 6.30pm, shared Mexican themed meal at 7.30pm. 117 Tully Gorge Rd [3rd drive on left after Syndicate Rd] only 2km from Tully. Bring along something to trade and Mexican food or drink or some fruit to share! Event Host: Michael 4068 3669 or text 0439 729 469 – RSVPs encouraged!

KEWARRA BEACH – Saturday 15th September - 12-2.30pm – Trade Event - Pizza & Mango Smoothies for Bartles! Come along and trade, meet people and find out more about LETS in Cairns. Contact Ilona on 0438 759 711.

REDLYNCH - 15th & 16th September - Aquaponics Gardening Workshop – an organic method to grow fresh organic vegetables using fish waste that acts as plant food. <http://aquaponicgardener.com.au/aquaponicstraining>. Bookings Essential. Cost \$150 + 150B per person. Accommodation available. Contact Rodney 0423 715 504.

PEERAMON – Sunday 16th September - 11am-1pm – Fermented Spicy Carrots - Bring an apron to this session and a container (approx 5L) to the next session in about 2 weeks. \$20 for ingredients + swap your labour (help) for your share of the delicious tangy carrots! Bookings essential - www.trybooking.com/415677 Contact Patti 0439 561 266

ATHERTON – Monday 17th September - 10-11am - CES Workshop: A Beginner's course in LETS - How to use the Online Community Exchange System. The Access Place, Main Street. This course is FREE but please buy something from the cafe if possible. Mini Trade from 11am-12pm – bring smaller quantities of items to trade (eg: one box/basket). Invite your friends! Event Host: Katrin 4096 6755.

What to bring to Trade Events where not specified above: food/drinks for yourself or to share, money at some venues (though 100% Bartles is encouraged), friends, Trading Record Sheet and pen or smart phone to enter trades directly, any goods you wish to trade, table/rug to display them and a chair at some venues, promotional material of any services you are offering if applicable, \$20 if you don't yet have an FNQ CES account (one-off fee).

Contact us if you are unsure about anything! September 15th Deadline for October Calendar Details to fnqces@gmail.com to be included in Calendar, Website, Facebook and other Promotions. fnqces@gmail.com - 4096 6972 - www.fnqces.org - www.communityexchange.net.au

MT. MOLLOY MARKET DAY AND LETS TRADING

Saturday 6th October 8am to 12pm

All welcome to come and buy for Bartles or drop off your items with a trade sheet and everything price if you'd like to leave your goods to be sold by others at the LETS stall and browse the markets.

There are quite a variety of people who trade in Bartles at this market now - look for the signs!

Phone Lyn on 40941431 for further information.



Next events:

Social Gathering at Millaa Millaa Hotel, Main St 15, Millaa Millaa 4886

September 7th, 6.00 pm for Social Night Tea.

RSVP with Lewis O'Farrell 4096 5190

Horn Lifting and Learn to Spray Preparations, Spraying,

Collin's Farm, 709 Kaban Rd, Kaban

Sunday September 16th, 10am - 3.30 pm

Pasture maintenance on Biodynamic Dairy Farm, Managing weeds,

Glen Drury, Hastings Rd., Malanda

Sunday October 7th, 10am - 4pm

MALANDA SMALL FARMS FIELD DAY, BDFNQ stall and some talks,

Malanda Showground

Saturday NOVEMBER 10th, 9am - 4pm

Cairns Seed Savers Meeting



Cairns Seed Savers is an informal group of individuals with a passion for saving seeds and growing fruit, vegetable and other useful plants that have been passed down through generations and are adapted to our local conditions.

WHEN: 10 am Sunday 9th September 2018

WHERE: JCU Community Garden

DIRECTIONS: Drive into the main road - keep going on the main road – past the Bookshop and you will see a turn to the Community Garden – take the left hand turn and follow the road up the hill – plenty of parking at the top.

PHONE: Beth – 0428 190257

WHAT TO BRING:

- Organically grown, non-hybrid seeds for our Seed Bank
- A plate of food to share for lunch and a cooler bag as there is no refrigeration
- Your own chair, plate and cutlery and drinks – there will be no tea/coffee this meeting
- Your spare seedlings, cuttings, plants and produce for the Share Table
- Please wear closed in shoes

AGENDA: 10.00– 11.00 Meet'n'greet, general housekeeping, seed sorting and access to the Seed Bank

11.00 – 12.00 a look around the garden and hopefully one of our members can identify some of the more unusual plants

12 - 12:30 Enjoy a shared lunch

See you there!

SEED SAVER GROUPS IN THE FAR NORTH

FOR LATEST NEWS on these groups, check their facebook page

Cairns Seed Savers

Kuranda sprouts

Johnston River Community Garden

Mareeba Seed Savers

Mount Molloy Seed savers

Ravenshoe Community Garden

Mareeba Seed Savers and Gardening Group Meeting Notice

Our meetings are friendly and informal. It is a time when we meet to share / exchange seeds and plant materials, to swap ideas with and gather knowledge from other gardeners

Our next meeting

**** PICNIC EVENT ****

on SUNDAY 9th September 2018

Come anytime between 10am to 4pm. We will pack, clean and register seeds, share lunch and then wander through the garden, followed by afternoon tea

Venue: Douglas and Maria Gillies 1-3 Robins Street, MAREEBA

For further information contact Maria Gillies on 0421 210 136

Please bring a chair and if staying for lunch, cutlery, mug and plate and lunch / afternoon tea to share, any seeds or planting material you have to share and a gold coin donation. Also, remember your hat and sensible shoes for the garden walk

Special guest speaker at 1pm ~

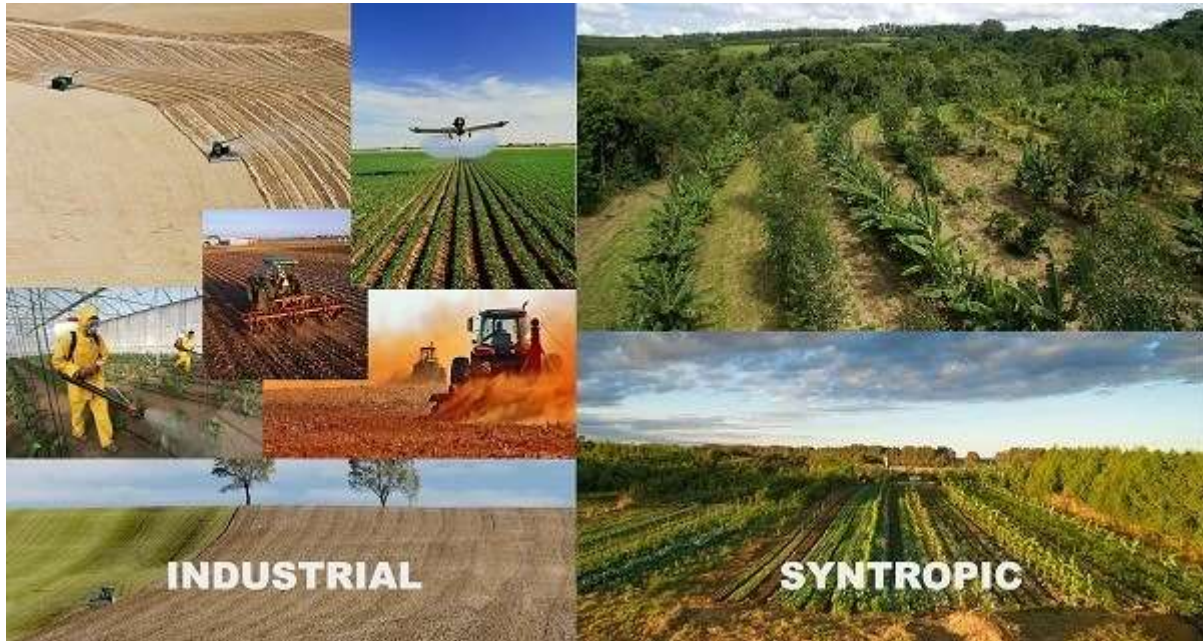
Douglas Gillies

TOPIC: Developing a resourceful, edible food forest

SYNTROPIC FARMING WORKSHOPS

Syntropic Farming Introduction Part 1 8 Sept 2018 9am -12
Syntropic Farming Introduction Part 2– 9 Sept 2018 9am -12

· Hosted by Petals in the Park 0448356937



Details

The Petals Family along with Thiago and Carol Barbosa welcome you to join us for a groundbreaking weekend at the Petals farm in Tolga. This course will be the Introduction into syntropic farming, by designing our agricultural systems to mimic nature, maximize photosynthesis and accelerate succession. Creating systems that require less input over time, produce an abundance of crops and regenerate the earth.

Hey Guys,

Yet again we are building the momentum for the intensive training courses we will be bringing over the Brazilian team to Queensland to train our farmers the true future of farming.

This course is the way to participating in the intensive training next year. We will be giving everybody the introduction to what this all about, as well as an insight into how to create a syntropic garden bed, the base principles of syntropic farming, what the strata system is and how it works.

Love and Abundance, The Petals Family.

Early bird discount ends 17/8

PERMACULTURE
Nature kids
PROGRAM
DESIGN COURSE

**TWO WEEK RETREAT
FAMILY FRIENDLY COURSE**

**PERMACULTURE
DESIGN COURSE (PDC)**

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17th Sept - 2nd Oct 2018
Cairns Hinterland Steiner School, Kuranda

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DIVERSE TEACHING TEAM + TOURS

Food forests + Natural building + Alternative Tech + Renewable energy + Kitchen Gardens + Intentional Communities + Holistic Context + Efficient House Design + Local Economies + Read Landscapes + Mapping + Water Catchment + Bonus sessions.
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ORGANIC MOTION

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ATTENTION!!!!!! PERMACULTURE CAIRNS MEMBERS

Organic Motion is offering you 10% Savings for the Permaculture Design Course (PDC) Retreat. Right now until Aug 17th with the Early Bird Discount, you can save \$456. How?

With the applied coupon PDC10%Saving it = \$1,944 (incl Gst) per person.
The actual Early Bird fee is \$2160

For couples who attend together, we already offer 15% discount, so this Coupon means you will receive 25% in total!

Couples Early Bird fee \$4080 per couple or \$2040 per person.

With the extra 10% discount it = \$3,672 per couple or \$1,836 (inc Gst) per person.

Aquaponic Gardener

DIY Aquaponic Workshops- Learn to grow Fish & Vegetables together with the Aquaponic Gardener



Training Workshops 2018

15-16th September 2018 (CAIRNS, QLD)

Invitation to to learn Aquaponics essentials in using fish as part of your organic gardening.

Imagine growing vegetables and fish together in your backyard and being able to eat both!

Now imagine that there are no weeds, no watering, no fertilizing, no lifting or digging and the plants are growing at table height for easy access.

Sound too good to be true?

Aquaponics is an organic method to grow fresh organic vegetables using fish waste that acts as plant food. It compliments any permaculture or organic garden.

If you can grow vegetables the traditional way with soil or if you have ever had goldfish in a pond or fish tank then Aquaponics is easy for you.

Once you know a few simple secrets the rest is easy.

Go to web site for a more information on the course, and to register.

<http://aquaponicgardener.com.au/aquaponicstraining>.



Just a quick invitation and update:

PARTY AND CAMP-OUT



On the 21st/ 22nd/ 23rd September we will have a party and camp-out at lake-side on Kanjini to celebrate Kanjini's and my own birthdays (and any other September babies).

So please put that on your calendar as I'd love you to come along, whether it is for a few hours or an evening or to camp the whole weekend with us.

Please do not bring any physical presents, instead I'd like to invite you to contribute to everyone's enjoyment of this weekend and the common experience of everyone, whether it is simply by your presence, or by sharing any social games or group exercises, a short meditation or yoga, juggling, fire-twirling, singing a song, live-music, playing some good dance tracks, or any other cool or crazy idea whatsoever, which we can do together and is fun.

On Friday the 21st we will do a didgeridoo meditation at sunset as part of the worldwide solstice and equinox didgeridoo meditations and share a meal afterwards.

For Saturday and Sunday we have an open agenda, but a "Friends of Kanjini" club or association is back in discussion so lets talk about that in circle. We can also have a guided tour of the property for new people. And maybe a working bee on Pauli's veggie garden and/or some other project.

Saturday night I'd like to have a party (anyone can bring some good dance music?).

And Sunday from 2pm until 5pm we will have a skype session again for those who cannot make it in person.

NEWS



Lots of things have happened in the last few weeks and month, so much that I had no time yet to write about them. But I am working on sharing some of these news stories, so expect another email with more details on those stories soon.

Here just a quick list of the bigger ones I can remember now:

- Kanjini survived with relatively little damage the biggest rain and flood event this local area has ever seen in recorded history
- We have just finished all the work to get the second subdivision stage ready for sale.
- A few hundred riders enjoyed our property during several mountain biking events
- We have installed a Solar Pump on the pontoon on the lake and laid over a kilometer of pipe to the houses.
- We have a new slasher and straightened the water tank stand
- Camping is going very well

Please do mark the 21st/ 22nd and 23rd September on your calendar, and please let me know if you can offer to facilitate a small section of that weekend, that would be great.

I'll send a reminder with more news details in a while.

Thanks

Svargo

07-40937755

0499620260

Kanjini Co-Op

www.kanjini.org

2018 Australian Biological Farming Conference and Expo
Gold Coast Campus, Southern Cross University
9th to 12th November 2018

Biological Farming – Science Meets Nature

Major Speakers:

Michael Phillips, Orchardist and author of Mycorrhizal Planet

Jeff Mayer from Rodale Institute USA – No Till and Transitioning to Organics

Prof Carlo Leifert from UK Organic Research, Development, Technology Transfer

www.soilcare.org

**Malanda Small Farms Field
Day-**

**Saturday 10th November
2018**

Farming, the country lifestyle and the great outdoors



Welcome

Due to popular demand, the hugely popular Malanda Small Farms Field Day will be held again on **Saturday, 10th November 2018**, at Malanda Showgrounds from 8am to 4pm – **ONLY \$2** donation at the gate.

Please fill in an entry form when you arrive for a chance to win a great prize.

The Malanda Small Farms field day is about everything country, tractors, motorcycles, irrigation, farm equipment, animals and much more!!

The Field Day appeal to everyone interested in small scale agriculture and livestock keeping, horticulture, and simply producing food in their back-yard. As more consumers develop a

craving for local fresh food, a batch of new small farms is finding innovative ways to meet the demand.

This rural renaissance is producing more varieties of vegetables, raising goats, sheep and buffalo to produce new types of cheese, or finding creative methods of getting it to market, and this is what Malanda Small Farms Field Day is all about.

Chairman of the organizing Committee, Glen Drury said “that the attendance of more than 4000 people at the event last year showed that there was a strong interest in small scale production systems that could be applied to smaller blocks and backyards.

People are very keen to learn more about producing home grown food and fibre for their own use as well as the possibilities for profitable sideline production. We like to keep it simple, so that everyone can enjoy catching up, and finding out about how to grow things better on their block.” he said.

Feedback received from more than 300 people who attended the 2016 event was overwhelmingly positive with the main theme being people wanting more of everything – more stalls, more information, more animals, more food Feedback from the stallholders showed that inquiries and business generated greatly exceeded their expectations. Some had so many sales they had to send runners back to their stores to replenish their stock during the day.

The Committee is using the feedback for planning this year’s event so people attending can expect even more variety and number of stalls, exhibitors, information sessions and food outlets. There will also be more places to sit for those who just want to catch up with other landholders to share information and make new connections.

The Committee is once again inviting organizations and businesses to sponsor the Malanda Small Farms Field Day. Three levels of sponsorship are available and sponsors will receive excellent promotional opportunities in return for their support.

For further information phone Field Day Coordinator: Kirsty Densmore, 0413 010 625

Why are we cutting down large trees in the city of Cairns?????

Save the trees they are saying in Sydney and Canberra from an article in The Conversation

There is an old Native American Indian saying “Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money

Looking out of the window on my morning bus journey from Kensington into Sydney’s CBD, I saw more trees being cut down to make way for the new light rail. This time, it was the historical fig trees that line Anzac Parade.

Trees like these provide a host of important ecological, environmental and aesthetic benefits. I – like [many Sydneysiders](#) – am deeply saddened by their loss. It leaves me wondering, why can't we have a modern transport system but also enjoy a nice view along the way?

In meeting the needs of growing populations across our capital cities, it is vital that we have efficient, integrated public transport, with [enough capacity to meet demand](#). The challenge of retrofitting transport systems into an established urban fabric means difficult decisions are inevitable. But what if building these new transport systems actually leaves parts of our cities more vulnerable to even bigger challenges, such as climate change?

Sydney and [Canberra](#) are [forging ahead](#) with light rail projects intended to reduce traffic congestion and improve accessibility. However, in both cities a significant number of mature trees will be impacted.

In Canberra, the ACT government is set to [remove approximately 860 trees](#). In Sydney, about [1277 mature trees](#) will either be removed or have their canopy or roots pruned.

Of the condemned trees, 871 are classified as trees of significant value. These trees, some of which were 160 years old, provide an array of benefits that make our cities liveable. These include clean air, amenity, [biodiversity](#) and [cooling in hot temperatures](#).

The tree felling has caused [outrage among Sydney residents](#) who are frustrated by the way planning decisions were made. A [controversial amendment to the route](#) to accommodate private commercial interests meant many trees were removed at the end of 2015.

Cutting down cities' natural cooling system

Many places in Australia are going to become hotter with climate change. The number of extreme heat days over 35 degrees is projected to increase.

The impact will be greater in cities due to the "[heat island effect](#)". This amplifies the impacts of heat due to the abundance of hard and dark surfaces.

City	Long term average (1961-1990)	2000-2009 average	2030 projected	2070 projected (low emissions scenario)	2070 projected (high emissions scenario)
Melbourne	9.9	12.6	12 (11-13)	14 (12-17)	20 (15-26)
Sydney	3.4	3.3	4.4 (4.1-5.1)	5.3 (4.5-6.6)	8 (6-12)
Adelaide	17.5	25.1	23 (21-26)	26 (24-31)	36 (29-47)
Canberra	5.2	9.4	8 (7-10)	10 (8-14)	18 (12-26)
Darwin	8.5	15.7	44 (28-69)	89 (49-153)	227 (141-308)
Hobart	1.2	1.4	1.7 (1.6-1.8)	1.8 (1.7-2.0)	2.4 (2.0-3.4)

Extreme heat days in Australian cities. BoM 2013b, CSIRO and BOM 2007, Author provided

The table above shows that, by 2070, heatwaves are projected to nearly double the long-term average in both Sydney and Canberra. This is significant as major heatwaves are Australia's [deadliest natural hazard](#). Extreme heat accounts for 55% more deaths than all other natural hazards combined.

A recent study showed that heat stress on the workforce [costs the Australian economy US\\$6.2 billion](#) a year due to absenteeism, reduced productivity and injuries. This is a problem that has become too big to ignore.



Along with the Moreton Bay figs being felled along Anzac Avenue, the city loses a highly effective urban cooling system. AAP/Dan Himbrechts
However, increasing the amount of green cover in urban areas can help us adapt to extreme heat. Urban street trees provide the only cost-effective way to cool our cities, due to the direct correlation between heat and tree canopy cover.

Trees create their own microclimates through a combination of shading and the evapotranspiration of water from leaves, which reduces ambient temperatures. Removing canopy trees today means those cooling benefits will be gone for at least another 20 years – and that is only if new plantings survive to maturity.

The federal government recently announced plans for [decade-by-decade goals](#) – out to 2060 – for increasing overall tree coverage in our cities. Internationally, cities such as Madrid, which regularly experiences temperatures over 30 degrees and extremes above 40 degrees in summer, are starting to see the serious health implications of heat islands. These cities are implementing bold strategies to increase urban tree cover.

It is clear that to adapt to a hotter climate, we need to retain as many trees as possible. Australia needs to set strong targets to increase urban tree cover.

It could have been a very different outcome in Sydney if the value of the trees had been considered equally in the planning decisions. We could have had a modern transport system and valuable and attractive tree-lined view to enhance the journey.

As someone who works in the area of climate change adaptation, I can see how the loss of these trees will have major environmental, economic and social consequences. As a local resident who has walked and cycled daily under the trees, the loss has a personal cost.

It is imperative that we find better ways to balance the needs of growing city populations, while ensuring the protection of the natural environment we ultimately rely on to survive.

Please PRINT – SIGN – SCAN and RETURN by email to treasurer@permaculturecairns.org.au.

Permaculture Cairns

Membership Form 2018

One year's membership fee - 1 Jan – 31 Dec:

- Household membership \$30 Renewing Member
 Individual membership \$20 New Member



Name(s) of all applicant(s) & DOB if under 18yrs):

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.....
.....

Postal Address:

..... Postcode:

Phone(s):

Email:

Signature:

Payment may be made at Meetings, at Cairns Penny or Online Direct Deposit to Permaculture Cairns A/c at Cairns Penny in Grafton Street. BSB704-966 A/c No. 100009440 please include your Surname as reference.

If you have a Permaculture Design Certificate could you please complete the following survey.

YOUR NAME:

Who was the Course Presenter:

When did you do the Course:

Where did you do the Course:

Enquiries

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