

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 MAY MEETING

Tuesday 18th June for a 6.30 start

**Venue: Endeavour Learning and Lifestyle Building
4 Warner Street Manunda**

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

There will be plants for sale, so bring a some change to spend..

AGENDA

Welcome to all and info on upcoming local events.

Guest Speaker: Murrumu of Walubara

Murrumu of Walubara is the sovereign Yidindji government's Foreign Affairs and Trade Minister. He will be talking about Native Foods of North Queensland, and Food Sovereignty.

Carol will demonstration how to start more blocks of Oyster Mushrooms on kitty litter from a block that has already fruited twice. Grow your own supply of Mushrooms.

Meeting closes 8.30pm now time for a chat, a cuppa and a snack with like-minded people

Gardening in the very wet Tropics

The bathtub gardens are powering ahead, lots of greens, and herbs. The first tub has been harvested for a month, so I have started another tub and it is just about to harvesting stage. Remember to keep them coming. I also have three moveable wicking beds and they are producing small tomatoes, coriander, chicory, bok choy and water cress. Watercress really like the wicking beds and I am sure you could grow it all year round with some shade for the hot months.

The raised beds have been cleared of last season crops of turmeric, ginger, Chinese potatoes and rejuvenated with a forking over to break up compacted soil to allow air and water to penetrate but not turned over and an addition of homemade compost and then mulched. I have planted Tomatoes - Black Russian, Tropic, Scorpio and Roma at different times so should have lots of toms if the Bacterial wilt doesn't get them. The beds with tomatoes have not grown tomatoes for some years so they should be ok. Also in these beds are watercress, chard, basil, garlic chives, Italian basil, broccolini, flowers, coriander.

The Chinese potatoes didn't produce very many large (golf ball size) potatoes, so we need to look at the nutrients they need to make them grow larger. The small ones are tasty, give them a try. It has been noted that you probably should not eat too many of them at once as they are a little difficult to digest. My theory is they had too much rain and that most likely washed a lot of the nutrients out of the soil. It is only the second year for this crop so we need to keep notes and try again, they are worth the effort.

What to plant now

Tropical perennial greens- Aibika, Arrowroot, Ceylon Spinach, Okinawa Spinach, Samburg Spinach, Brazilian Spinach, Kang kong, Leaf Ginseng, Sweet potato leaf

Annual Greens Chicory, Wong bok, Bok choy, Pak choy, Silver beet, Rocket, Lettuce, Kale, Broccolini, broccoli, watercress,

Fruiting Plants. Cucumber, Melons, Pumpkin, Okra, Tomato, Capsicum, Egg Plant, Beans,, Guada bean, Sweet potatoes, Daikon radish, Peas, Radish

Herbs and Spices, Coriander, Genovese Basil, Sweet Basil, Italian Basil, Thai Basil, Lemon Basil, Holy Basil, Garlic Chives, Chives, Bunching Shallots, Mexican Tarragon, Mexican Coriander, Shallots, Turmeric, Ginger,

Galangal Comfrey Rau Ram Or Vietnamese Mint, Anise Hyssop, Watercress, Parsley, Spring onions

Flowers for the birds and bees Cosmos Marigold, Dianthus, Sun jewels, Sunflower, Calendula, Gerbera, Pentas, Golden Candle, Zinnia, Basil All Sorts, Australian natives.

Moon Planting times for June. Ideal time for Sprouts 16 to 19th June, .Root crops 20th and 21st. Dormant period 22nd to 26th, Root crops 27th and 28th, Time to prepare soil 29th and 30th.

Moon planting times for July, Prepare soil 1 to 4, Time to sow above ground crops from 5 to 15, Eleven days of prolific growth. Sprouting time 16 to 19. Sow root crops 22 and 21. Dormant period prepare soil 22 to 26.. Sow root crops 27 to 28, Prepare soil 29 to 31.



Callout for Support...

Hey permaculture teachers, designers and doers - the mighty **Tropical Permaculture Guidebook** is finally available in print form! But only once they receive 100 pre-orders. This is where YOU come into the picture.

So this fantastic community resource has been available for years in a 'pay what you can' model, making the PDFs of this incredibly detailed and useful guide available for free to communities who needed it. Now, the print version is finally ready - but since it's a big three books, the TPG team need to generate 100 pre-orders before they can confidently send it to print.

So if you're a teacher or designer who wants this resource available for your students or study (and you really should want it, just to be clear) - please make the

jump and [sign up to the pre-order list here](#). Thank you.

This page is from the Milkwood newsletter <hello@milkwood.net>



Regional Events



WONGABEL – Saturday 22nd June – 11am-2pm – BIG WINTER TRADE!

Wongabel Stables "treehouse" area – follow the signs to the Stables for parking.
Sheila Tait's, 148 Deep Creek Road.

Catering by Chelsey and Patrick from Octopi Garden.

Lots of winter-themed trade - recycled winter clothes and shoes, blankets, yummy food & drinks, local produce, books, games & DVDs, some live entertainment, weaving demonstration, kids corner, and more - all for 100% Bartles!

Contact Bel 0419 760 759 to enquire and to offer assistance.

MALANDA - Saturday 29th June, 1.30-4.30pm Fermented foods and drinks workshop, Uniting Church Hall, \$35 + 35B per person. Bookings Essential.

Contact Jayne 0403 208 551.

WALKAMIN - Saturday 29th June from 11am. 6 Hibiscus Street. Garage sale plus trade. Shared lunch. **Contact Gloria 0468 394 611.**

Big Winter Trade
(winter solstice)

Saturday 22nd June 2019

11am - 2pm

**Sheila Tait's
Wongabel Stables
148 Deep Creek Road
Wongabel**

Follow the signs to the stables - the event will be at the treehouse area. You'll see us!

Catering by Chelsey & Patrick from Octopi Garden in Ravenshoe.

Lots of Winter-themed trade - recycled winter clothes, shoes, blankets, yummy food & drinks, local produce, books, games, DVDs, some live entertainment, weaving demonstration, kids corner and more! Bring along your items to trade and a table/rug to display them on if possible.

Contact Bel on 0419760759 or email fnqces@gmail.com.

*** If you can assist with packing up from 2-3pm for a 20B payment, please let Bel know!**

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!

Do you want to host a workshop, working bee, trade event, film night, market stall, or other Community Exchange event? Contact us soon to discuss the possibilities!

June 15th Deadline for July 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

kuranda-sprouts seedsavers

sunday

23rd june

38 tapiola road

(1.5k past clohesy bridge
on koah road on the right)

koah

at jo's family garden...
after being involved in
starting & running
cairns seedsavers
from some years back
and hosting many a
wonderful meeting at
their beautiful garden
at clifton beach,
jo and her family
have moved to
koah community,
and are combining all
they have learned over
their years in that
amazing garden to
create an awesome
edible landscape on a
larger scale...
there will be talks on
~seedsavers journey~
celebrating
engagement in and
importance of
seedsavers networking



for more info please contact seedsavers@kurandaregion.org or phone jo on 0478 611 518

Information items

How to get the nutrients you need without eating as much red meat

This article is from The Conversation newsletter

If you're a red meat-eater, there's a good chance you're eating more of it than you should. At last count, Australians [ate an average of 81 grams](#) of red meat per day.

The [planetary health diet](#) was [developed by researchers](#) to meet the nutritional needs of people around the world, while reducing food production's environmental impact. It recommends reducing our red meat intake to around 14g a day. That's around 100g of red meat a week.

Read more: [How to feed a growing population healthy food without ruining the planet](#)

[Australia's dietary guidelines](#) are more conservative and recommend limiting red meat intake to a maximum of 455g a week, or 65g a day, to reduce [the additional cancer risk](#) that comes from eating large quantities of red meat.

So, what should you eat instead? And how can you ensure you're getting enough protein, iron, zinc and vitamin B12?

Protein

Animal sources of protein provide essential amino acids, which the body uses to make muscle, tissue, hormones, neurotransmitters and the different cells and antibodies in our immune system.

The planetary health diet offers a good blueprint for gaining enough protein from a variety of other animal sources. It recommends eating, on average:

- 25g of chicken per day
- 28g of fish per day day
- 1.5 eggs per week
- 200g of milk per day day
- 50g of cheese per day.

In addition to the 14g of red meat in the planetary health diet, these foods would provide a total of 45g of protein per day, which is around 80% of our [daily protein needs](#) from animal sources.

The remaining protein required (11g) is easily met with plant foods, including nuts, legumes, beans and wholegrains.



Nuts are a good alternative to meat. Eakrat/Shutterstock

Iron

Iron is essential for many of the body's functions, including transporting oxygen to the blood.

Iron deficiency can lead to anaemia, a condition in which you feel tired and lethargic.

Read more: [Why iron is such an important part of your diet](#)

[Pre-menopausal women need](#) around 18 milligrams a day, while men only need 8mg. Pre-menopausal women need more iron because of the blood they lose during menstruation.

So, how can you get enough iron?

Beef, of course, is a rich source of iron, containing 3.3mg for every 100g.

The same amount of chicken breast contains 0.4mg, while the chicken thigh (the darker meat) contains slightly higher levels, at 0.9mg.

Pork is similarly low in iron at 0.7mg.

But kangaroo will provide you with 4.1mg of iron for every 100g. Yes, kangaroo is a red meat but it produces [lower methane emissions](#) and has one-third the levels of saturated fat than beef, making it a healthier and more environmentally friendly alternative.

Plant protein sources are also high in iron: cooked kidney beans have 1.7mg and brown lentils have 2.37mg per 100g.

If you wanted to cut your red meat intake from the 81g average to the recommended 14g per day while still getting the same amount of iron, you would need to consume the equivalent of either 50g of kangaroo, 100g of brown lentils or 150g of red kidney beans per day.

Zinc

Zinc is an essential mineral that helps the body function optimally. It affects everything from our ability to fight bugs, to our sense of smell and taste.

Zinc [requirements](#) are higher for men (14mg a day) than women (8mg a day) due to zinc's role in the production and development of sperm.

Of all meat sources, beef provides the most zinc, at 8.2mg per 100g.

Chicken breast provides just 0.68mg, while the chicken thigh has 2mg.

In kangaroo meat, the levels of zinc are lower than beef, at 3.05mg.

The richest source of zinc is oysters (48.3mg).

Beans such lentils, red kidney beans and chickpeas all provide about 1.0mg per 100g.

To meet the shortfall of zinc from reducing your red meat intake, you could eat 12 oysters a day, which is unlikely. Or you could eat a combination of foods such as 150g of red kidney beans, one serve (30g) of zinc-supplemented cereals like Weet-bix, three slices of wholegrain bread, and a handful of mixed nuts (30g).

Vitamin B12

Vitamin B12 is important for healthy blood and nerve function. It's the nutrient of most concern for people cutting out meat products as it's only found in animal sources.

[Requirements](#) of vitamin B12 are the same for both women and men at 2.4 micrograms (mcg) a day.

Beef and kangaroo provide 2.5mcg per 100g serve, while chicken and turkey provide about 0.6mcg.

Dairy products also contain vitamin B12. One glass of milk would give you half your daily requirement (1.24mcg) and one slice of cheese (20g) would provide one-fifth (0.4mcg).

Vitamin B12 can be found in trace amounts in spinach and fermented foods, but these levels aren't high enough to meet your nutritional needs. Mushrooms, however, have consistently higher levels, with [shiitake mushrooms containing 5mcg](#) per 100g.

To meet the shortfall of vitamin B12 from reducing red meat intake, you would need to eat 75g kangaroo per day or have a glass of milk (200ml) plus a slice of cheese (20g). Alternatively, a handful of dried shiitake mushrooms in your salad or stir-fry would fulfil your requirements.

Don't forget about fibre

A [recent study](#) found fibre intakes of around 25 to 29g a day were linked to lower rates of many chronic diseases such as coronary heart disease, type 2 diabetes, stroke and bowel cancer.

Yet most Australian adults currently have [low dietary fibre levels](#) of around 20g a day.

By making some of the changes above and increasing your intake of meat alternatives such as legumes, you'll also be boosting your levels of dietary fibre. Substituting 100g of lentils will give you an extra 5g of fibre per day.

With some forward planning, it's easy to swap red meat for other animal products and non-meat alternatives that are healthier and more environmentally sustainable.

SOILS FOR LIVE



MAY NEWSLETTER

Check out the latest news, videos & partnerships from the last month.

Soils For Life - Catalysts for Change

WELCOME

From Major General Michael Jeffery, Founder of Soils For Life:

The new Morrison Ministry demonstrates encouraging signs that the Coalition Government will focus on the issue which emerged as top of mind during the election campaign - climate change. It was abundantly clear that young voters placed it high

on their agenda, and it is our responsibility, as their leaders, to clearly define the problem, explain the solutions and take action on their behalf. The appointment of the first female Agriculture Minister the Hon. Bridget McKenzie, and splitting the previous portfolio should allow her to focus squarely on the future of agriculture. The new Cabinet also enables the former Minister, the Hon David Littleproud, to focus on the equally important issues of water resources, drought, rural finance, natural disaster and emergency management. The climate change imperative was also acknowledged with the appointment of the Hon Angus Taylor as Minister for Energy and Emissions Reduction. Former farmer, the Hon Sussan Ley, is our new Minister for the Environment.

It is apt that all four Ministers have, or still have, an interest in agriculture, and I will continue urging them and the Government to adopt carbon sequestration in our soils as a major policy driver. Properly managed and coordinated, sequestration will regenerate the health of our agricultural landscape and in the process could neutralise our 550 mt per year of industrial CO₂ emissions and possibly those arising from the processing of our coal, gas and oil exports. Our argument is that "farmers have the answer

You can find my proposal and media release [here](#).



A message from our CEO, Rod Chisholm:

“This month I turned my attention to Western Australia where, as many of you know, huge tracts of land are in use for all manner of agricultural enterprise. Soils depletion and landscape degradation in WA are very real problems faced everyday by rural communities and especially by producers. I witnessed some truly inspiring efforts by farming families and agricultural companies who have started to turn the tide of land degradation with innovation, insightful ecological understanding, wise land management and lots of hard work. WA seems to have the benefit of a State Government interested in the further adoption of regenerative agricultural practices. In discussions with the ministerial staff and the Department we see tangible willingness to engage and strong support for collaboration with, for instance, Soils For Life and Re-Gen WA. We look forward to more and collaborative case studies in WA together with renewed emphasis on soil carbon measurement.



SEE NICOLE MASTERS IN ACTION

In the town of Bombala on the Monaro high plains of New South Wales, renowned agroecologist, Nicole Masters, captivated a large audience with her graphic descriptions of how soils function, before a hands-on examination of the soils on two local properties. Nicole spent the morning going deep, literally, into how our soils work, what they need and how regenerative agriculture can play a big role in restoring and maintaining a healthy landscape.

You can find our video of Nicole's day in the Monaro [here](#).



AGRICULTURE'S ROLE IN SUCKING UP CARBON

One of the country's foremost experts on genetics, plant biology and now studying soils, Professor Justin Borevitz from the ANU's School of Biology, says Australia can take a leading international role in sequestering carbon, and farmers can play a big part.

In the latest interview in the Soils For Life video series, Professor Borevitz says Australia can "first - stop digging. However we suck almost as much carbon out of the air as we have dug up to clean up our mess. It's in the order of giga tonnes. We can smash it, no problem".

You can see the interview [here](#).

FANTASTIC FIELD DAY AT "ILLAWONG"

As an octogenarian, and after 20 years of single handedly regenerating two paddocks of clapped out land near Albury NSW, Bryan Ward has turned "Illawong" into a showpiece.

At a field day attended by more than 70 people on May the 8th, Bryan took

pride in hosting visitors through his rejuvenated and lush pastures, which produce premium pure grass fed beef for the top US market. You can find our video of the field day [here](#).

Bryan's rolling green hills...



BLOGS: Welcome Back Alan!

In this new blog, Alan argues that controlling kangaroos is essential to increase carbon flows.

He says any animal that is eating grass when it is trying to grow immediately after rain is reducing the flow of carbon into the paddock. This results in reduced ground cover and lowers potential production. If the grazing pressure is excessive it can reduce paddock health. This is why removing sheep and cattle from pastures whenever possible after rain is a good idea, but kangaroos are an animal that we can't manage when they are present. Find Alan's blog [here](#).

Visit our Soils For Life DISCUSSION GROUP on facebook - open to participants from all countries

Log on here: [Soils For Life Group](#) to join the discussion about healthy soils and learn from those who've made the change. Our Group is only new, but has more than 1400 members from all over the world. Our new Group members over the past month hail

India, Uruguay, Norway, Pakistan, Ethiopia, Guyra, Launceston, Brisbane and Newcastle. Many of our members tell us that they're just starting out in regenerating their landscapes, and they are talking to each other daily. Posts include the magic of fungi, how drones are helping to plant trees, and the first regenerative agriculture curriculum to be introduced in Australia.

Join up now and have a chat...



**FABULOUS POSTS!
"LANDLINE" ON BOARD**



We watched and enjoyed the May 19th episode of the ABC's "Landline" featuring outstanding regenerative and organic farmers, including the man who added the red tip to his bananas!

Find it [here](#).

REGENERATIVE AGRICULTURE: SO HOT RIGHT NOW!



"Regenerative Agriculture is rapidly becoming the most talked about new concept in food, farming and climate circles. Media coverage, both mainstream and alternative, has increased exponentially."

Find it [here](#) on the Regenerative International site.

Membership form on next page

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

Permaculture Cairns



Membership Form 2019

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:

.....

.....

.....

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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You can join online and pay into our account or join at our meetings, third Tuesday of the month.