

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 17TH SEPTEMBER 6pm for a 6.30pm start

Venue: Endeavour Learning and Lifestyle Building

4 Warner Street Manunda

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

There will be Tropical Perennial Vegetable plants for sale...

AGENDA

Welcome to all and Info on upcoming local events.

Guest Speaker – Neil Fraser is a Native Stingless Bee Keeper and enthusiast. He will talk about the benefits of opening a branch of the Australian Native Bee Association in Cairns and Neil will show us a hive and give a talk on Native Stingless bees.

Plant of the month - Terina on growing Brazilian Spinach

Carol on Kooroorinya Ladies Day and Heather talking on Irlen Syndrome

What's cooking in the kitchen - Using our Tropical Perennial Vegetables cooking demo. Anyone want to have a go, let Carol know at

info@permaculturecairns.org.au???

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

A Australian Native Bee Association. Cairns Branch?.

Neil Fraser keeps Native Stingless Bees and has asked if we could put a notice in our newsletter asking for expressions of interest in forming a Cairns Branch.

The costs and benefits of becoming a member of the ANBA.

The cost of joining the ANBA is \$50 per annum for standard membership payable by credit card or bank transfer. The benefits of joining this association include:

- Networking opportunities and a contact hub to connect beekeepers together to share experiences and information on bee diversity, people, climates, habitats, techniques and ideas,
- Public Liability Insurance for meetings and field days,
- A high quality and informative Newsletter: "The Cross Pollinator",
- Discounts on workshops,
- A discount to the annual native bee conference.

We follow a July to June year. If you join part-way through this period, we automatically reduce the membership fee prorata. For example, if you join in December you will pay only 7/12 of the fee.

Contact details for the Australian Native Bee Association
<https://australiannativebee.org.au>



Gardening in the Tropics

Enjoy the good weather while it lasts. Cheers Carol
So much to eat in the garden right now, lately been having
salads with 13 different greens and herbs. All chopped up and
mixed with pawpaw, tomato, beetroot, onion, fennel, and a good
dressing thrown in.

Corn cobs forming so wont be long, capsicum on the way, various
tomatoes, wong bok so I can make Saukraut and salads.
An egg and cocoyam/sweet potato chips go well with the salad .

What to plant now

Tropical perennial Casava, Taro, Cocoyam, Ginger, Turmeric, Aibika, Arrowroot, Ceylon Spinach, Tahitian Taro, Okinawa Spinach, Sambung Spinach, Brazilian Spinach, Kang kong, Leaf Ginseng, Sweet potato leaf, I am inclined to add Chicory and Watercress to this group as they both have been amazing, but will need some shade in summer.

Annual Greens, Wong bok, Bok choy, Pak choy, Silver beet, Rocket, loose leaf Lettuce, Kale, depends on how fast it gets hot but might be ok with a little shade.

Fruiting Plants. Cucumber, Melons, Pumpkin, Okra, Tomato, Capsicum, Egg Plant, Snake Beans, Sweet potatoes, Daikon radish, Radish, Pigeon pea

Herbs and Spices, Ginger, Turmeric, Galangal, Genovese Basil, Sweet Basil, Italian Basil, Thai Basil, Lemon Basil, Holy Basil, Garlic Chives, Chives, Bunching Shallots, Mexican Tarragon, Mexican Coriander, chilli, Comfrey Rau Ram Or Vietnamese Mint, Anise Hyssop, Watercress,

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

BIODYNAMICS FNQ Inc Field Day Information

Annual Horn Lifting

For Farmers, Commercial Gardeners, Home Gardeners



- **Biodynamic Preparation 500 (soil spray) is the foundation of fertility. You are invited to participate in our annual lifting of the cow horns that we filled with cow manure and buried for the winter. Overwinter the forces have turned raw cow manure into rich energised 'Preparation 500'.**



*Demonstration
of Stirring and
Application of
Preparation 500*

WWW.BIODYNAMICSFNQ.ORG.AU



*Regenerative, ethical
agriculture in tune
with the cosmos*

WHEN

Sunday 15th September
Arrive 9.45am for
10am start to 3.30pm

WHERE

Collin's Farm,
709 Kaban Rd, Kaban
Turnoff Kennedy Hwy right
into Ravenshoe- Tumoulin
Rd., 9.2km to Kaban Rd,
turn right , 1.2km to Collins
farm on right see our
signs.

WHAT TO BRING

Suitable clothes
Covered in shoes
Lunch to share
Curiosity

COST

Non Members \$5
Members Free

CONTACT INFO

Satya 0425 411 545
Tricia 0467 089 458
(for lifts from Cairns)





Hi Carol,

Like me, do you struggle with the lack of Supermarket plastic bags in your home? Yesterday I cut a huge pumpkin in half and had no big plastic bag to put it in. My frustration faded as soon as I pictured the poor turtle with a plastic bag caught on it's flipper, a tea towel did the trick.

We are all striving to create a diversified ecosystem that generates health, fertility and happiness. Nutrition, quality and flavor are very high on our agendas. We also want to take into account the importance of the environment and the ecology of our farms/gardens. Just look at the difference we are making no longer using chemical sprays and fertilisers!

For our **November Field Day** we would like to make some changes to the topic content and cover some of the more "at home" issues of life in the new world of ecologically sound and sustainable living. This could cover every aspect of living, working, gardening, farming, cooking, cleaning, replacing Supermarket shopping bags and crafting just to name a few and not to forget Christmas and all the associated waste. All this sounds very green and noble however, with just a small change to how we do things we can make a contribution to the better.

As a group we can share our knowledge and ideas with or without a short demo of your interpretation of the theme, please make direct contact with a member of the committee or send an email to bdfnq@bigpond.com. Is someone out there with interest and experience to run a workshop/presentation on "Bee Wax Wrap", "Grandma's Paper & String Ideas" and "The Versatile Loofah"? We look forward to an inspirational crafty day!



Upcoming events:

15th September, 10am to 3.30pm

Horn Lifting, Kaban

27th October, 10am to 3.30pm

Soil Food Web, Building Soil Biology, Malanda Hall

24th November, 10am to 3.30pm

Opting for ecologically sound, renewable and natural products to replace plastics

A crafty approach

PIGEON PEA DHAL

Pigeon peas are one of the few things that do well in my dry sandy soil. So last year when I was cutting them back (about this time of the year, when the pods are drying out and the peas rattling inside) I shelled a large jar and put them in the pantry. I found them recently and decided I should actually use them, so I found a Dhal recipe and decided to try it out using Pigeon Peas instead of lentils. It worked fine. The hardest part was getting the pigeon peas soft enough to use. I boiled them in plenty of water for at least 1 ½ hours til they resembled the texture of chick peas. It might have helped to soak them first and a pressure cooker would definitely speed the process.

INGREDIENTS

1 cup pigeon peas cooked til soft
3cm fresh ginger sliced
2 bay leaves
1 cinnamon stick
2 tablespoons (40gm) butter
1 large onion finely chopped
2 cloves garlic crushed
2 teaspoons turmeric
1 teaspoon cumin
½ teaspoon garam marsala
½ teaspoon finely chopped chilli or more to taste
2 tablespoons lemon juice
½ teaspoon salt or more to taste
1 tablespoon chopped coriander leaves or vietnamese mint

Naan bread or papadums to serve

METHOD

Place softish pigeon peas, ginger, bay leaves and cinnamon in a large saucepan with a 1 ½ cups of cold water. Bring to the boil then reduce heat and simmer, stirring for 10-12 mins. Discard spices. Mash pigeon peas, reducing water or adding more to get texture as you like it. Set aside.

Heat butter in large frying pan over medium high heat. Add onion and cook for 3 minutes. Stir in the garlic, turmeric, cumin, garam marsala and chilli and cook for a further minute or until fragrant. Stir in lemon juice and season to taste with salt.

Add the mashed pigeon peas to the pan and mix well. Cook for a further 3 minutes, stirring constantly and adding more water if necessary to get the consistency you like. Stir in coriander or vietnamese mint and serve hot or cold with naan bread or pappadams.

IS GROWING AND EATING ORGANIC FOOD ENOUGH.

By **LEONIE SHANAHAN**

We organic gardeners go to great lengths to create soils full of life which in turn creates the cleanest, healthiest food possible. Keeping our food clean and free of toxic chemicals is so important, but for many people that is the limit of their toxin-free commitment.

Have you considered the chemicals you put on your body every morning? And the chemicals in your home, car and workspace?

Before the average woman even leaves her home each morning, she puts 168 chemicals on her body via personal care products such as deodorant, moisturiser, hair products, shampoo, soap, perfume etc. For men that number is around 85; for example, shaving cream, aftershave and deodorant.

These (usually synthetic) chemicals slowly accumulate in your body and over time will weaken your defence system, disrupt your endocrine system and may lead to cancer or other serious health issues.

You may not be aware of it but wearing artificial scents either as perfume or other products (e.g. make up, moisturiser, sunscreen and shampoos) may cause health-compromised people to experience a serious flare up of symptoms. Even by simply walking past them! Some people may even need to carry oxygen at all times to cope with the ingestion of fragrances, whether it occurs through breathing it in or absorption through the skin. Even taste buds may absorb a smell wafting by, without the product or wearer even touching the person. Scents may also trigger asthma attacks, migraines, headaches and brain fog. It can take days or weeks to recover.

You may think it sounds crazy, but it isn't – in Canada for example, they have a fragrance-free policy for workplaces. Do you have a neighbour who is always grumpy? Maybe her immune system has been triggered (and she is therefore feeling unwell) due to your highly fragrant laundry detergent. This is a real and challenging problem for chronically ill people who may even have to shut up their whole house until the neighbour's washing is dry! Or consider that faint whiff of detergent on your clothes, this might be making a work friend sick!

All of the products below may contain chemicals which travel straight into your brain via your nose as you breath them in. These chemicals will affect your health.

- Air fresheners (instead, open a window please),
- candles,
- cleaning products,
- laundry detergent,
- anti-bacterial soap,
- fragrant hand creams,
- hand wipes/baby wipes,
- plug-in toxic smells,
- fragrances in your toilet bowl,
- deodorisers and fresheners in your car.

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

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!

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:

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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

President:	Carol Laing	info@permaculturecairns.org.au
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Newsletter	Carol Laing	newsletter@permaculturecairns.org.au
Website:		www.permaculturecairns.org.au

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