

# 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](http://www.permaculturecairns.org.au)

## PERMACULTURE CAIRNS OCTOBERE MEETING

**Tuesday 15TH OCTOBER 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 and upcoming events  
Local food growing information**

**Hands on Propagation Session - swap, share and learn.**

**Terina will lead a swop, share and learn session on best propagation techniques for different plant types. "What works for me in the tropics - What works for you"**

**Please bring at least 3 plant pots and we will do some propagation during the meeting. Also bring any cuttings of plants, bulbs or plants for division that you can share, or that you would like to learn to propagate. Or maybe you can even demonstrate "what works for you". For example, you may have a favourite plant like Terina's Brazilian Spinach that you would like to learn to propagate. Or you may have learnt a nifty propagation trick that you can share with us all.**

**What's ON in the kitchen – Yujong will be making a delicious fruit salad. Anyone else interested in showing a skill or recipe, let Carol know at [info@permaculturecairns.org.au](mailto:info@permaculturecairns.org.au)**

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

## *Gardening in the Tropics*

*It's time to clear out the veggie patch, trim the shrubs, mow the lawn and rake the leaves. All these wonderful recyclable materials make great compost.*

*When removing the veggies, cut them off at ground level to leave the roots in the soil. Save the seeds for next year, by gathering the cut stems to make a bunch and hang upside down in a covered area to dry. Once dry place seeds in small airtight jars or plastic/paper bags and keep in airtight containers in refrigerator. Seeds last for years if kept cool and dry*

*By saving the seeds each year and growing the next crop from these seeds the plants becomes adapted to your climate..*

*Convert the garden trimmings, kitchen waste, brown leaves, shredded paper, cardboard and mulch hay into a rich garden compost. Build layers of brown materials and green leafy materials/kitchen scraps in a heap or compost bin. Make a layer of green materials 2cm thick and top with a brown layer of 6cm and keep moist. Even if you don't turn these materials they will break down and make a great addition to the garden or a worm farm. A Bokashi bin is a good substitute for a compost heap.*

### *What to plant now*

*Tropical perennials Casava, Taro, Cocoyam, Ginger, Turmeric, Aibika, Arrowroot, Ceylon Spinach, Tahitian Taro, Okinawa Spinach, Sambung Spinach, Brazilian Spinach, Kang kong, Leaf Ginseng, Sweet potato leaf, Chicory and Watercress.*

*Annual Greens, Bok choy, Pak choy, Silver beet, Rocket, loose leaf Lettuce, Kale, Chicory, Watercress shade necessary in the really hot part of the day.*

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

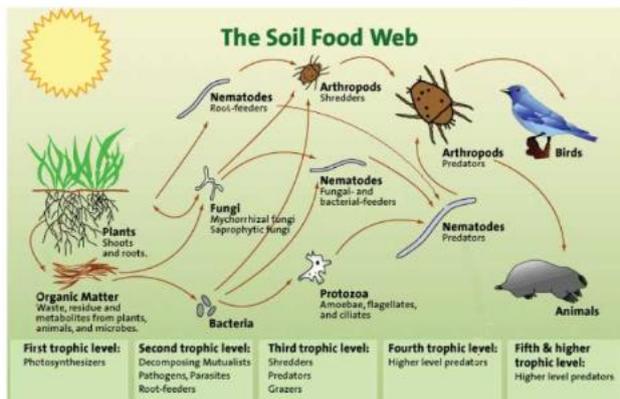
*Herbs and Spices, Ginger, Turmeric, Galangal, Genovese Basil, n, Thai Basil, Lemon Basil, Holy Basil, Garlic Chives, Chives, Bunching Shallots, Mexican Tarragon, Mexican Coriander, Comfrey, Rau Ram Or Vietnamese Mint, Anise Hyssop.*

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

# BIODYNAMICS FNQ Inc

## Creating a Good Relationship with The Soil Food Web

For Farmers, Commercial Gardeners, Home Gardeners



This is an Interactive Presentation – bring some of your soil, worm juice, compost, liquid seaweed /equisetum , kefir or kombucha to put under the microscope to discover for yourself (a) Is it alive? (b) The proportion of bacteria to fungi.

- The Importance of the fungal / bacterial relationships, and Biodynamic Preparations in a Biodynamic Soil
- Gain an understanding of fungi, bacteria and other microbes. Why they are important in your soil and which you want dominant?
- Answer questions like “Can this sample of my forest soil be used to inoculate my ... “
- Meet a portable microscope and see its potential! (Bring your own microscope if you wish.)
- Q and A And much much more.

**WWW.BIODYNAMICSFNQ.ORG.AU**



*Regenerative, ethical  
agriculture in tune  
with the cosmos*

### WHEN

**Sunday 27th October**  
Arrive 9.45am for  
10am start to 3.30pm

### WHERE

**Patrick English Pavilion  
(small hall- supper room)  
Malanda Showgrounds  
Thomas St, Malanda**

Look for our signs.

### WHAT TO BRING

**Lunch to share  
Curiosity  
Notebook**

### COST

**Non Members \$5  
Members Free**

### CONTACT INFO

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



# BIODYNAMICS NOVEMBER FIELD DAY



Hi Carol, At our **November Field Day** we would like to raise awareness of “at home” issues of life in the new world of ecologically sound and sustainable living. This covers every aspect of living, working, gardening, farming, cooking, cleaning, replacing Supermarket shopping bags and crafting. As outlined in an earlier email we are looking for people wanting to actively participate.

Is this something for you? Is someone out there with interest and experience to run a workshop/ short presentation on “Grandma's Paper & String Ideas” and “The Versatile Loofah” or anything else? If your answer is yes, we look forward to hearing from you.

Let's 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](mailto:bdfnq@bigpond.com).



## Upcoming events:

**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

**ANYONE INTERESTED IN BEING PART OF THE BIODYNAMIC FIELD DAY, LET ME KNOW –  
Carol at [info@permaculturecairns.org.au](mailto:info@permaculturecairns.org.au)**



## OCTOBER CALENDAR

**TULLY - Tuesday 15<sup>th</sup> October from 6.30pm – TRADE & Tostadas!** Big undercover carport to set up trade. Shared Mexican-themed meal at 7.30pm. 117 Tully Gorge Rd [3rd drive on left after Syndicate Rd] only 2km from Tully Post Office. Bring along something to trade and food to share! **Event Host: Michael 4068 3669 or text only 0439 729 469 – RSVPs encouraged!**

**MALANDA - Saturday 19<sup>th</sup> October from 6am - Garage Sale** with additional LETS trade 12-2pm. Katrin's place 33 Park Avenue, Malanda. It's in the open, so weather permitting. Please contact Katrin if you like a garage sale stall for the whole day and can be there by 7am. **Event Host: Katrin 0490413581**

**RAVENSHOE - Sunday 20<sup>th</sup> October 1.30-3.30pm – Trade Afternoon.** 1 Ascham Street. Bring your items to trade, or just come along to catch up and spend some Bartles! Optional: bring some food to share. Tea & coffee available. **Event Host: Starr 0467 090 207**

### **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!**

## **October 15<sup>th</sup> Deadline for November Calendar**

Details to [fnqces@gmail.com](mailto:fnqces@gmail.com) to be included in

Calendar, Website, Facebook and other Promotions

[fnqces@gmail.com](mailto:fnqces@gmail.com) - 4096 6972 - [www.fnqces.org](http://www.fnqces.org) - [www.communityexchange.net.au](http://www.communityexchange.net.au)





**kuranda-  
sprouts  
seed  
savers  
20<sup>th</sup>  
october  
2019**



*at frances and tony's lovely garden  
95 speewah road, speewah*

*(any time from 10am~4pm)*

*follow the signs ~ (phone 40 93 0660)*

we'll be sorting our seeds for the seedbank in the morning, hey ~ shout-out to everyone growing organic, (non-hybrid, non-gmo), heritage and heirloom food plants that can save some seeds for our seedbank, it is a good time of the year to do so, hope to see you here at the meeting : )



after sorting our seeds we will share our gardening, seedsaving and syntropic stories and have a share lunch, followed by a walk with our wonderful hosts in their beautiful garden... please share this information

wherever you can, saving our locally grown seeds helps create community resilience...

we hope to see you there, for more info please email [seedsavers@kurandaregion.org](mailto:seedsavers@kurandaregion.org)





## **Want to learn about Permaculture as a design tool to create sustainable landscapes for efficiency and abundance?**

Its more than just growing organic food! This 2-day beginners course is an exploration into permaculture with a practical approach. No experience necessary. Bring your family!

Join us at the James Cook University Community Gardens, Smithfield, to gain the grounding techniques and strategies + empowering ideas for what you can do right now in your everyday home life to live sustainability. This will be an overview of the permaculture fundamentals – ethics and principles as the framework to design your own abundant edible landscapes!

See practical examples of permaculture in action, with useful gardening techniques for sub/tropical climates. You will walk away with some design and gardening strategies to apply in your landscape, all aligning with the theory presented in this intensive weekend.

Whether your landscape is a balcony, home, garden or farm, you will gain a solid understanding of the permaculture principles to apply sustainable design to your environment.

In this time of great transition, we come together to share some solutions that aid in personal and community stability, and empowering pathways for action.



## What is Irlen Syndrome?

Irlen Syndrome is a visual processing problem which appears to be caused by a defect in one of the visual pathways that carries messages from the eye to the brain. This defect causes a timing fault in processing visual information. It is as if the brain was a... **Read more...**



### Signs and Symptoms of Irlen Syndrome

There are a variety of signs and symptoms of Irlen Syndrome including: Light Sensitivity Issues, Reading Difficulties, Print Distortions, Spelling Problems, Concentration and/or Behaviour issues, Writing Challenges, Depth Perception Difficulties, Eye Strain,...

## Signs and Symptoms of Irlen Syndrome

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- Sensitivity to Light
- Reading Difficulties
- Distortions with Print
- Spelling Problems
- Delayed Learning
- Concentration Difficulties
- Behaviour Problems
- Frustration
  
- Handwriting Problems
- Find Copying Difficult
- Depth Perception Difficulties
- Eye Strain / Visual Stress
- Headaches and Migraines
- Fatigue after School or Work
- Low Self Esteem
- Anxiety

For more information go to -<https://aaic.org.au/irlen-syndrome>

# - Making a DIY clip-together Bathtub Aquaponics System



## The basics of this DIY bathtub aquaponics setup

There's not actually a whole lot to this setup – it's very simple, and it works really well to produce healthy herbs all through crazy summer heat.

In this context we used a pond for the fish, but you could use another bathtub for the fish tank just as easily. Go with whatever suits your situation, budget + needs.

The bits:

- 1 metal bathtub
- 1 small aquarium pump
- 1 bell siphon (description and how to [here](#))
- some sort of pond (could be another bathtub)
- pebbles or clay beads for growing medium
- pipes cut to size of bathtub dimensions
- fence fittings [like these](#) to clip the pipe frame together

Once all the bits were acquired, this aquaponics setup was constructed on the morning of our first planting day at the 107 rooftop garden, by Floyd Constable; fab teacher, bush mechanic and aquaponics nut.

For the complete story and more information go to [Milkwood.net](http://Milkwood.net)

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



## Permaculture Cairns

Membership Form 2019/2020

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

- |  |                       |                 |                       |
|--|-----------------------|-----------------|-----------------------|
| <input type="radio"/> Household membership \$30  | <input type="radio"/> | Renewing Member | <input type="radio"/> |
| <input type="radio"/> Individual membership \$20 | <input type="radio"/> | New Member      | <input type="radio"/> |

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

President:	Carol Laing	info@permaculturecairns.org.au
Secretary:	Craig Phillipson	info@permaculturecairns.org.au
Treasurer:	Jenny McGrath	info@permaculturecairns.org.au
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.