

# 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)

## NOTICE OF AGM

**Permaculture Cairns will be holding the AGM on the 19th January 2021 at the Artists at Work Gallery in Sheridan St opposite Rusty's. Please make this date and come help spread the permaculture word.**

**See the bottom of the newsletter for Membership forms and voting forms.**



### **Wishing you all a Merry Christmas!**

**Sadly, I'm unable to organise a Christmas get together this year due to having to go away for work. We are now looking at organising a get-together early in the New Year. We desperately do want to get together and celebrate the good things. Standby for an announcement soon. Until then we wish you a Merry Christmas break.**

**Craig Phillipson**

## *The Tropical Veggie Patch*

*The weather has been kind to us this year.*

*But remember the Rain and Cyclone season starts SOON SO get the weeds under control before the rains start. If you don't it will be difficult to spray for weeds because of the rain, speaking from experience.*

*Raising seedlings will need to happen undercover from heavy rains and if the weather turns really hot, most plants will appreciate some shade. November is traditionally hot and humid but the rain may help.*

*So what to eat in the next 5 months. Here is a list of what can be grown easily in your garden .*

### *Tree food plants also provide shade.*

*Moringa, Pigeon Pea, Banana, Plantain, Paw paw, Citrus, Mulberry.*

### *Shrubs.*

*Ofenga, Aibika, Sweet Leaf (high in protein and a great hedge plant), Asparagus, Tropical Lettuce, Timor Lettuce, Amaranth. Casava for leaf and tubers*

### *Groundcovers for salads.*

*Okinawa Greens, Sambung Greens, Lebanese Cress, Watercress, Timor lettuce, Ceylon Spinach*

### *Groundcovers for cooking.*

*Brazilian Spinach, Okinawa, Sambung, Kang Kong, Ceylon spinach, Sweet potato leaves and tubers,*

### *Root crops*

*Casava, Taro for chips, substitute for potato, Cocoyam substitute for potato, Ginger, Turmeric, Sweet Potato*

### *Vines*

*Wing Bean, Choko, Lima Bean, Snake Beans, Zucchini Tromboncion, Cucumber, Watermelon, Pumpkin*

### *Herbs*

*Mint, Spearmint, Parsley, Tarragon, Thyme, Lemon Thyme, Basils, Bunching shallots, Garlic Chives, Chives all make great additions to salads. Oregano,*

Marjoram, Galangal, Cardamon, Lemon Grass, Pandan and Rosemary. All will grow here in Cairns all year round.

### **Tips on how to cook these plants**

All the greens will be enhanced with butter which also collects any fat soluble vitamins from the juices. Add ginger and garlic to steamed or stirfried greens. A touch of Apple cider vinegar helps. And cooking with Coconut cream transforms a tropical vegetable dish. Add Bunching shallots to egg dishes, stirfries and rice dishes. Give them a try.

**What to plant now** -Direct seed leaf amaranth, corn, snake beans, bok choy, rocket, cucumbers, Darwin and open leaf lettuce, pumpkin, radish, melons. Plant some watercress in a shady moist spot, along with Brahmi the memory herb, Lebanese cress and Rungia the mushroom plant, all great for adding to a mixed salad

**Herbs** - all the basil, Mexican tarragon, mints, garlic chives, saw tooth coriander, parsley, chives, lemon thyme, thyme, oregano and spices turmeric, ginger, galangal, cardamom, Vanilla, and mother of all herbs for pizza and pasta.

**Flowers** for us and the Birds and Bees try these proven lovelies - Angeloina, Cosmos, Coleus, Dianthus, Salvias, Basils, Marigold, Pentas, Ixoras, Callistemon, Golden Candle, Sunflowers, Vinca and Zinnias. This year I grew Queen Anne's lace, it was in a Bee mix as I didn't think it would grow in the tropics but it is beautiful and I will try again next year. Keep learning new things all the time.

More on flowers that make you and the bees happy.

This year I have also spent some time recording and growing an increasing number of trees, shrubs, groundcovers and small plants that flower over a long period during the year. I have three native stingless bee hives so I try to always have flowers for the bees during the heavy rain..

**The trees**, Moringa, Mock Orange, lots Bananas, Cumquat, Lemon, Lime, Mulberry 3, Elderberry, lots Angels Trumpets, 4 Pawpaw, Bottlebrush, 3 Pigeon Pea, Leea, Palm trees and a Happy plant,

**Shrubs**, Ixora, Golden Candle, lots of Coleus, Mother of all Herbs, Salvia varieties, Sunflowers, Tomatoes, Zucchini, Pentas, Pineapple sage, Cosmos, Calliandra, Basil cinnamon which flowers all the time. Rocket, Bok choy, Timor lettuce, Justicia,

**Groundovers and small plants,** Okinawa spinach, Sambung, Brazilian Spinach and lots of Portulaca, Dianthus, Cuphea, Zinnia, Salvia, Sunflowers dwarf, Queen Anns Lace, Thyme, lots Begonias. Brassicas, Cosmos, Capsicum.

My neighbour also have Evodia, gingers and Lillypillies.

It is quite amazing when you take note of the variety of plants that flower. The Queen Annes lace was a surprise, it was in a bee mix otherwise I would not have planted it. The weather has been cool for most of the year so I am assuming it may not grow here in a hot winter, but I will be planting it next year, it is beautiful and the Asian Bees go surfing on the surface of the heads of flowers.

All different sorts of bees love the Angels Trumpet and the perfume is intoxicating early morning and evening.

If you are looking for Tropical Perennial Edible plants as well as Herbs and Flowers, I am selling them through Jonssons Farm Mart at Stockland Earlville. They will take orders if what you want is not on the stand.

Cheers Carol.

PS. We recently revived a couple of gardens at the Manoora Community Garden, they were turned into No Dig Gardens. Watered well, chicken poo added, covered in cardboard and then mulched with wood chips. The only problem is there is lots of Nut Grass and this is going to take a long time to remove. Instead of digging it out which just makes more plants the idea is to shade it out by growing lots of plants as ground covers so they stop the nut grass from getting any light. This will take quite some time but is better than digging. Here are some notes on Nut Grass. Carol





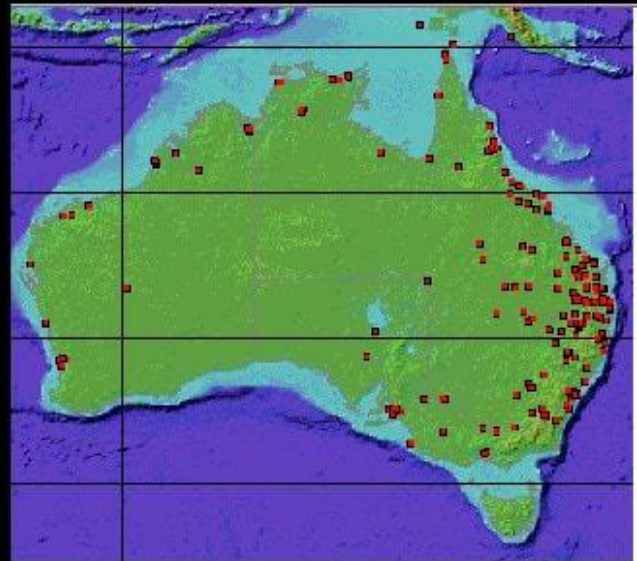
EDUCATE

DESIGN

CONSULT

# Nut Grass

## Cyperus Rotundus



Courtesy of Australian virtual herbarium

**Description:** A sedge with brown seed heads subtended by 3-4 leaves at the top of a triangular stem with basal leaves and a creeping wiry rhizome with underground oval tubers or "nuts".

**As A Soil Indicator:** Low Calcium, Low Phosphorus, High Potassium, High Magnesium, Very high Iron, Low humus in the soil, Compacted soils, Little biology

**Life cycle:** Perennial grass. Seeds germinate in spring and the plant grows over summer forming rhizomes and tubers and flowers in autumn to winter. Tubers shoot in spring and extend to the surface to produce a basal bulb that produces the leaves. These grow over summer producing more tubers and rhizomes and flower in autumn to winter. Under good conditions plants may flower when they are 3-6 weeks old.

**Beneficial:** Grazed to a limited extent by horses and cattle but of little forage value. Fragrant roots used in perfumes. Tubers are edible and were a source of food for aboriginals. Used to bind soil to prevent wind erosion.

**Detrimental:** Can act as a host for nematodes and other insects. Not recorded as toxic

# Nomination Form and Proxy Form for

## Permaculture Cairns Inc. Annual General Meeting 19th January 2020

If you wish to nominate a person for a position on the Management Committee please complete and lodge by email to [info@permaculturecairns.org.au](mailto:info@permaculturecairns.org.au) or with a committee member by the 5<sup>th</sup> January 2021. The proxy form is to allow you to vote, if you are a financial member and would like to vote but cannot be at the meeting. The proxy form must be lodged with the Secretary before the beginning of the meeting. You must be a financial member to vote at the meeting.

NAME: PERMACULTURE CAIRNS Inc. 2021 AGM NOMINATION FORM

I hereby nominate Permaculture Cairns Member ----- for the

position of \_\_\_\_\_ (President / Secretary / Treasurer / Ordinary) in the election of office bearers at the Annual General Meeting of the Society to be held on 21st January 2020 ( or at any adjournment of that meeting).

Name of nominee: -----

Signed by nominee: \_\_\_\_\_ Dated: \_\_\_\_\_

Seconded by: \_\_\_\_\_

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

I hereby agree to accept nomination for the abovementioned position

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

-----

### PERMACULTURE CAIRNS INC. 2020 AGM APPOINTMENT OF PROXY FORM

I hereby appoint \_\_\_\_\_ to vote on my behalf as my proxy at Permaculture Cairns Annual General Meeting (or any adjournment thereof) to be held on 19th January 2021. Should the first proxy referred to above be unable to attend the meeting,

I appoint \_\_\_\_\_ as an alternate proxy.

I confirm that I am a financial member of Permaculture Cairns Inc. entitled as such to vote at the meeting. I also acknowledge that should I attend the meeting and vote in my own right, my proxy is automatically revoked.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

Witness: \_\_\_\_\_ Signed: \_\_\_\_\_

Dated: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Please note Memberships fees for 2021 are due and payable on the 1st January 2021 and you need to be a financial member to vote at the AGM. Membership Fees: Singles \$20 Family \$30

Permaculture Cairns Banking Details: Cairns Penny – BSB 704 966 Account 100009440

Please remember to quote your SURNAME so we know who is paying.

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



## Permaculture Cairns

Membership Form 2020/2021

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:	Craig Phillipson	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.