

# 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)

Contact is via email at [info@permaculturecairns.org.au](mailto:info@permaculturecairns.org.au)

## MARCH MEETING

**Tuesday 16<sup>th</sup> MARCH 6pm for a 6.30pm start**

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

**Venue: Endeavour Living & Lifestyle Building**

**Entrance: 4 Warner Street. Manunda**

There are procedures required for Covid19 which include taking temperatures and recording of names and phone numbers on entry. If you have any flu like symptoms please stay home.

## AGENDA

Welcome

Local upcoming events

Ecofiesta involvement

**Guest Speaker:** Mason Campbell, Botanist with Australian Quarantine Inspection Service will identify weeds for us and perhaps if they are edible.

Bring the weed specimens either growing in pots or between damp newspaper.

Mason will also explain what his position at Quarantine entails.

Mason will give some useful websites for identifying plants.

Tips on dealing with weeds in the garden Carol

Plant of the Month – Tropical Vegetables

Meeting close 8pm now time for a cuppa and a chat with like-minded people

## Report on the February Meeting.

Justin went through the twelve Permaculture Principles, these are used as tools to remind us to think about the job on hand and how best to integrate the best methods and practices.

Moringa was discussed and for more info go to [www.echo.org](http://www.echo.org)

## Workshop Survey Results

Participants were given three sticky spots and were asked to chose a workshop they would like to attend, here are the results

7 Mushroom growing

6 Beneficial insects

5 Tropical Vegetable, Food Preserving & Fermenting

4 Seed Saving & Propagation, Weeds & Pest Management, Garden Design

3 Cheese making, Pruning & Espaliating, Worms, Small Space Garden, Companion Planting,

2 Tropical Fruit, Aquaponics, Verg Planting,

1 Beneficial Plants ie Bamboo, Chickens

Other suggestions Native Bees, Microbes in Soil, Maintaining Soil Fertility, Grafting, Crop rotation, Edible useful wild plants, Australian Rainforest Plants ID key usage

## *The Tropical Veggie Patch*

### *Gardening in the hot, wet, humid Tropics*

**Tropical Perennial Food Plants:** Tropical perennials can give you lots of greens to eat on tap, try growing some ground covers under fruit trees, Sambung, Brazillian, Okinawa, Ceylon spinach and Kang kong, are all good plants to grow all year round. Plants for shaded areas, Rungia, Lebanese cress and Water cress. Taller plants are Sweet leaf grown for the new tips which taste like peas, Tree lettuce, Timor lettuce. The Moringa tree and three variety of Aibika a shrub with edible leaves. Root crops, casava, taro, cocoyam and sweet potatoes.

**Composting:** Compost all kitchen scraps, but be sure to have some hay, dried leaves, wood chips or sugar cane mulch to cover the wet scraps each time you add to the compost bin. Store shredded paper and torn cardboard for when you have nothing else. Turning is possible inside the bin with a Gardenmate or a garden fork. Insert into compost and lift and shake the contents to incorporate air for the microbes. It is possible to turn the contents if it is no longer than 100mm. Worm farms are good for small households with small amounts of waste. Keep mix moist but not wet.

**Wet season soil improvements:** Now is time to plant a green manure crop. This is as simple as planting bird seed which has a variety of plants for cut and drop or cut and incorporating into the soil after about 6 to 8 weeks, before they set seed. Leave to decompose two weeks before planting out.

**What to plant now:** Try direct seeding amaranth, rocket, corn, snake beans, bok choy, gai choy, Asian greens, Green Gem cucumbers, radish, melons, mustards, Timor lettuce and tropical lettuce. Herbs to plant, all the basil, Mexican tarragon, mints, garlic chives, chives, lemon thyme, thyme, oregano and spices turmeric, ginger, galangal, cardamom, vanilla, Pandan and Five in one herb. Most plants will need some shade.

**Grow some flowers for the birds and bees:** salvia, portulaca, marigold, coleus, sunflowers, basil all sorts, dianthus, five in one herb, bees also love flowering native plants, flowers on palm, pawpaw especially the males, bananas, shrubs and trees. I have native bees and they love salvia and portulaca and the butterflies love pentas and Ixoras.

**Seedlings:** It is a difficult time to plant seedlings now, unless there is cover from heavy rain as it can just smash the seedlings into pieces. Advanced plants of Egg plant, Kale and Rosella will survive the heavy falls. But softer leaves could be at risk. Give it a try its only a few seeds and you will learn as you go. Darwin lettuce will germinate now but other types may not as it is too hot. I have planted Bok Choy and Darwin Lettuce. They got a bit knocked around with the rain but are powering on.

I have been growing and selling Tropical Vegetable plants, herbs, trees, spices and flowers for over 10 years, as they are not always available elsewhere.

I have plants for sale at most times of the year. If you wish to visit my permaculture garden and nursery please message me on Facebook Carol Laing.

### *Our Permaculture Cairns Patch Manoora Community Garden*

We planted Pigeon Pea seeds in December and they are now over a metre tall, we pruned some to grow straight and tall for shade and others to grow bushy to shade out the prodigious nut grass.

The last get-together was on the Last Tuesday of the month in January where a group of us got to removing the nutgrass again and planting some basil, sweet potato vine and moringa seedlings. Si kindly placed some pavers strategically through the patch. The gaps will be filled with wood chips on the next visit.

The previously planted cuttings of Sweet Leaf are growing, the Arrowroot going well, the Brazilian spinach really going great, the Okinawa and Sambung greens were suffering from the sun but will pick up in the shade of the pigeon peas eventually.

The planting of Aibika, Ginger and Turmeric from the month before were all growing nicely.

If you are in the patch at any time you are welcome to remove any nutgrass. Endeavouring to reduce or remove it by shading and continual removal of top growth.

The garden is open everyday until approx. 4pm.

Our next visit will be on the last Tuesday of March at 4pm to whenever we finish, we will organise the shutting and locking of the gate on that day.

# Biodynamics FNQ

presents

## Stirring BD 500 & BD 501

(The Heart of Biodynamics)

### Kuranda's MARCH Stirring Circle

4.15pm Shared stirring of BD 500 & 501



**Optional Extra:** Small Experiential Training on Biodynamic or Horticultural topics. Each costs \$20 extra



5.15pm - 6.15pm

March Topic: Cincturing and Marcotting

You will have the opportunity to see practical application of the techniques, demonstration and then with guidance practise these for yourself.

Since October 2020 we have held monthly  
"Stirring Circles"

in Kuranda, Mareeba, Mossman, Malanda/Atherton/  
Tolga, Herberton, East Palmerston & Japoonvale.

[WWW.BIODYNAMICSFNQ.ORG.AU](http://WWW.BIODYNAMICSFNQ.ORG.AU)



*Regenerative, ethical  
agriculture in tune  
with the cosmos*

### WHEN

4pm arrival for  
4.15–6.30 pm activity

Tuesday 23rd March

### WHERE

KURANDA

TEXT Satya to  
reserve your place on  
0425 411 545

### WHAT TO BRING

Afternoon tea to share  
Curiosity  
Prepare for potential  
wet weather.

Chair  
Hat for a sunny day.  
2x 2 liter Containers  
Your secateurs, prun-  
ing saw and grafting  
knife or equivalent.

### COST

Non Members \$20/\$40

Members \$10/\$30  
inclusive of 500 and 501 to  
take home.

### ENQUIRIES

Satya 0425 411 545

UPCOMING KURANDA CIRCLES  
4.00pm –6.15  
Tuesday 20th April



## ORGANIC MOTION

### TROPICAL PERMACULTURE DESIGN COURSE RETREAT (PDC)

Gain the skills to design and grow sustainable edible landscapes & connect to a growing network of earth stewards seeking abundance with nature.

Join us for this 2 week live-in retreat to explore Permaculture to gain a deep understanding of this ecological science, the practical strategies and principles of sustainability and the 'how to' methods of design.

DATES: June/July 2021 School holidays (exact dates to be confirmed).

This course covers the 72 hour intensive nationally recognized curriculum plus many practical workshops to embody the theory of the lecture based and creative process sessions. A diverse team of local teachers will be presenting various subjects and workshops throughout this course. \*Family Friendly Course - Parents can learn while children attend the 'Nature Kids Program' alongside the PDC within the school.

For more information <https://organicmotion.com.au/permaculture-design-course-pdc/>

## ORGANIC MOTION

### Nature Kids Permaculture Program



### All the resources you need for a year of Nature Play, Permaculture & Adventure!

The Nature Kids Permaculture Program is for families to connect, nourish & grow together with a whole year of earth-based activities + adventure.

### All The Tools You Need To Easily Facilitate Nature Play!

We have taken the guesswork out! We've made so easy for you, with activities for after school + adventures for weekends, no matter rain, hail or shine.

This will complement any homeschool curriculum as well!

Even if you are stuck indoors, there is an opportunity to learn skills for sustainability and connect deeper with the natural cycles of life.

This online platform is for adults to learn the permaculture principles to embody a healthy lifestyle ~ we teach you how to facilitate ways to connect, nourish & grow with the children you care for.

### **Journey with us to explore:**

- The 12 Permaculture Principles as life skills for sustainability.
- Earth wisdom & ethics for regenerative living.
- Your own Book of Kin ~ a family legacy.
- How to design & embody the permaculture lifestyle with nature play.
- Seasonal living - eight celebrations that honour the earth & sun movements.
- Moon phase connection - cycle through the month program in tune with the moon.
- Monthly kids yoga, movement & mindfulness.
- Zero waste challenges for creative arts & healthy habits.
- A year of Animal Totems & Plant Allies.
- Prizes for members every month!

### **Plus +++**

- Online Access for our 12-month program with all the resources to print & play!
- 96 Activities + crafts for homeschoolers or after school & weekend adventure fun days.
- Suits any climate (both southern & northern hemisphere) ~ wherever you are in the world.
- Whole family inclusion (one membership fee - no matter how many children/family members you have).
- Private Facebook Group to connect with earth-loving members.
- 4x live coaching videos with Q&A to support your participation.
- Monthly interviews with inspiring change-makers.
- Awesome Prizes for member engagement every month.
- Your choice to self-pace or journey with us & other members throughout the program.
- Lifetime access...no recurring yearly fee, ever! Once you join, you can access your program anytime & join us year in and year out as your family grows!

This is not just for kids, it is just as much a journey for adults to learn skills for sustainability & is suitable for anyone ~ you do not need to have your own children! *Let your own inner child come out & embody permaculture through play!*

JOIN NOW for only \$239 to save 50% off the Nature Kids Permaculture Program (valued \$479) or choose our \$40 per month subscription (cancel anytime) and let's get playing!

30 Day Money Back Guarantee. (*EDITOR - What a great idea, thank Toneille*)

# Australasian Permaculture Convergence 2021

*Celebrating Nature's Abundance*

Monday 12 April to Thursday 15 April 2021

at Camp Kindilan, Redland Bay, Queensland.

The 2020 Australasian Permaculture Convergence has been postponed to April 2021 due to the COVID19 pandemic. We plan to keep the program as close as possible to the one included here and will make minor changes as necessary by mid January 2021.

The Convergence is being organised by [Northey Street City Farm](#) on behalf of [Permaculture Australia](#). The **program** will include talks and workshops covering topics relevant to the three ethics of Permaculture, which are Earth Care, People Care and Fair Share. We feel it is important to explore the bigger picture of what true sustainability entails. Earth Care is obviously essential, however without People Care and nurturing healthy, sustainable relating, the task of coming together and working as a community can be greatly hindered. Finally, if attention and conscious intention isn't given to the economic sustainability of communities, and the distribution of resources isn't managed equitably, then communities may struggle to be truly sustainable in the long term.

As well as thought-provoking **keynote speakers**, the daytime **workshops** will each be 90 minutes long to allow for more participation and hands-on activities. There will also be opportunities for some **10-minute presentations** or project reports one evening, and a **project poster display area** to share your projects with everyone at the Convergence. Keynote speakers confirmed so far include Starhawk, Stuart Andrews and Robyn Francis.

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



## Permaculture Cairns

Membership Form 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:	Carol Laing	<a href="mailto:info@permaculturecairns.org.au">info@permaculturecairns.org.au</a>
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You can join online and pay into our account or join at our meetings, third Tuesday of the month.