

# Permaculture Cairns June 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)

**August Meeting – 17<sup>th</sup> August 6pm for a 6.30 start**

**Endeavour Living & Lifestyle Building  
37 Hoare Street Manunda**

**Please be aware of the latest Covid 19 rules and regulations for an indoor meeting  
before entering the building**

Guest Speaker will be Alan Louis from Ergon. Alan has been coming to our meetings for a number of years. He has kept us informed and up to date with the Solar scene.

Alan for Ergon has been doing trials on Household Storage Systems for Solar energy in Townsville and Cairns over a number of years. He will give us the latest news on these trials and on solar batteries.

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## **SOME CHANGES COMING TO PERMACULTURE CAIRNS MEETINGS**

*After 13 years of having night meetings we are moving to Sunday daytime meetings/gatherings. So on the 19<sup>th</sup> September the meeting/gathering will start at 10am with the latest news, a guest speaker or workshop then a shared lunch and more information shared activities in the afternoon.*

*Learn how to compost, keep worms and use their castings, wicking beds, raised beds, growing tropical food gardens!!!!!!!!!!!!!!!!!!!!!!*

*Watch this space and on our Facebook pages for more info.*

*This change will allow more people to attend our meetings especially those with children who they wish to introduce to Permaculture as well as those that are unable to come at night or are just too exhausted to come at the end of a long day.*

*We are looking for good people who can come and share their skills, knowledge and ideas, so please contact us at [info@permaculturecairns.org.au](mailto:info@permaculturecairns.org.au) if you wish to join in spreading the knowledge.*

*Thinking of joining? go to our Website, join and subscribe to our newsletter which issues each month just before the next meeting. [www.permaculturecairns.org.au](http://www.permaculturecairns.org.au)*

*We are also opening up a proposal to have a **Permies at the Pub** night, a Friday for dinner and a drink of your choice so we can meet in a social setting. Everyone at the last meeting gave it a thumbs up so lets set a date, time and pub to get it going - the meals at the Balaclava are good and it is in walking distance from home and seeing I cant drive lets make it there on*

***Friday 21<sup>st</sup> August at the Balaclava Hotel on Mulgrave Road.***

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**Our July meeting with Rodney Ingersoll-** <https://www.facebook.com/groups/gardeningforprofit>

At the last Permaculture meeting I promised to let you know when my next workshop was. I can now report that my first 2021 Aquaponics Workshop will be on 4th September 2021 in Redlynch.

If you have ever wanted to learn more about Aquaponic Gardening Now is the best time. Aquaponics combines the best traits of traditional aquaculture, hydroponics & permaculture. It uses waste fish water as a nutrient to grow two food products- both vegetables and fish.

If you can grow vegetables with Permaculture or if you have ever had a goldfish in a bowl then Aquaponics will be easy for you. You just need to know a few simple aquaponics design tips that ill teach you.

Its relatively maintenance free (once set up) and can be made from recycled or reused materials you likely already may have laying around the home. I'm here to help you get started growing fresh vegetables quickly using backyard aquaponics.

Aquaponics workshops include classroom theory & a tour through my seven DIY backyard & commercial Aquaponics systems.

If you would like to get started fast- consider joining me in person: 4th September- Cairns, QLD.

Workshop participants will each receive: a certificate of participation & hand out materials, morning tea, Lunch & afternoon tea. If you have any questions I'm here to help! EARLY BIRD DISCOUNTS still apply!

To Book your early bird price see: <https://www.aquaponicgardener.com.au/workshop>

## *Our Permaculture Cairns Patch Manoora Community Garden*

Our first garden was started in December last year it was a fresh patch with weeds removed, after the first lot of rain the NUT GRASS came through the cardboard and mulch. The garden was started by removing weeds, applying dynamic lifter, watering well and covering the bed with cardboard topped with wood chips. The nutgrass had germinated under the cardboard and come right through in great luxury on the dynamic lifter. All nutgrass was pulled and removed. The decision was to take on the nutgrass challenge and try planting heavily with groundcovers, shrubs small and tall and lots of Pigeon Pea, some pruned to grow straight up and provide shade and some pruned to become bushy and shade out the nutgrass.

At the moment the garden is looking good. The plantings have done a great job of shading out the nut grass and with the cool months it will die down. The plantings need to be trimmed and perhaps thinned so other plants can get to the sun. Two new fruit trees were planted a Jak fruit and a Soursop. Si kindly placed some pavers as stepping stones strategically through the patch, the gaps will be filled with wood chips. The Brazilian spinach is going great guns along with the Sweet leaf and Sambung.

If you are in the patch at any time you are welcome to remove any nutgrass. The garden is open every day until approx. 4pm.

## *Tropical Veggie Patch*

Gardening in the cool, hot, wet, humid Tropics

By Carol Laing

How are the tomatoes going, some have died from the Bacterial Wilt but some just next to the them are doing well. I have plants Black Russian, Scorpio, Yellow pear, Tommy Toe and a small Rome Egg tomato so hoping for some to dry and some to blend for the freezer.

I have lots of salad plants including lettuce, rocket, bok choy, wom bok and lots of herbs to add to salads ie Coriander, Chives, Garlic Chives, Shallots, Lebanese cress, Mint, Tarragon, Thyme and Lemon Thyme, Parsley.

Tarragon goes fabulous in cooked rice with slow cook onion. Nice with green salad, love rice cooked with some chicken stock. Capsicum starting to fruit and lots of Cucumbers to pick.

For dessert we have lots of beautifully sweet Pawpaws with a little ice cream. Bananas soon.

**Starting some more veggies?** Improve the soil first by adding a bag of manure and a bag of compost to a one and a half square metre area of garden bed. This adds nutrients and microbes, which feed the worms and the plants. If not using all the bed space right away plant a green manure crop. This is as simple as planting bird seed which has a variety of plants for cut and drop or cutting and incorporating into the soil after about 6 to 8 weeks, or before you are ready to plant. Leave to decompose two weeks before planting out.

**What to plant now:** Still three more good growing months so try direct seeding or seeding into pots for later planting out. amaranth, bok choy, pak choy, Darwin lettuce, rocket, corn, beans, Asian greens, cucumbers, radish, melons, mustards, Timor lettuce, tropical lettuce, watercress. Herbs to plant, all the basil, Parsley, tarragon, mint, garlic chives, chives, coriander, lemon thyme, thyme, oregano and spices turmeric, ginger, galangal, cardamom, vanilla, Pandan, shallots bunching shallots and Five in one the substitute for Oregano. Seedlings are best started in full sun, but protected from heavy rain.

**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 Garden mate or a garden fork. Insert into compost with a screwing motion 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. **Tropical Perennial Food Plants:** Tropical perennials can be plants all year ground in Cairns and district. These will give lots of greens to eat on tap, try growing some ground covers under fruit trees, Sambung, Brazilian, Okinawa, Ceylon spinach, 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.

**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. Tropical vegetable plants, flowers and beneficial plants.

I have been a bit constrained this month as I had an operation on my shoulder to reconnect the tendons and muscle aback on to my bone. Just 24 more days in the sling to go. Just found I can type again, not very well but useful enough.

For those interested in the operation, it wasn't as bad as I had heard, not a lot of pain the pills worked wonders but after a week no pain. The sling is a bother as it is to be worn at all times except when showering. 24 more days only.

So glad I planted lots of greens, tomatoes, cucumbers and egg plant a month ago.

Cheers Carol Laing,

# Whats on this weekend!!!

## FNQ biodynamics

Open Gardens Douglas Shire is presented by Biodynamics FNQ Inc and supported by Douglas Shire Council and Mossman Botanic Garden.

The event is open to the public and has a \$10 entry fee. Registration is essential and guests are encouraged to [pre-register here](#).

If you are a green thumb and interested in volunteering for the event please contact Monika Prins at [prinsmo@outlook.com](mailto:prinsmo@outlook.com)

**Anyone looking for inspiration or appreciation for the art of growing and harvesting food at home is in for a treat at this years' Open Gardens event.**

Everyone from expert gardeners through to novice green thumbs should keep the 14th and 15th August free as a dozen of Douglas Shire's best food gardens will be on display and open to the public for the annual event.

This year's Open Gardens event in Douglas Shire is all about inspiring, sharing, and appreciating the art of growing and harvesting food in your own backyard.

This year's event also carries a clear message from the organisers; just start!

Residents from Wonga, Cooya, Mossman, Cassowary, Oak Beach and Port Douglas will be opening their gates for the event, taking guests on a journey of discovery and inspiration through their gardens as tips and tricks are shared, and innovative practices showcased.



And there is more

## **Biodynamics Basics**

**Learning the fundamentals of Biodynamics for Beginners.**



### **Program**

- **What is Biodynamics?**
- **How to work with Biodynamics in your home garden.**
- **Developing fertility in your Soil.**
- **Dealing with weeds.**
- **Making a Biodynamic Compost Heap**
- **Making Biodynamic Seaweed Tea**
- **Stirring of Preparations & putting out preps.**



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



*Regenerative, ethical  
agriculture in tune  
with the cosmos*

### **WHEN**

**10 AM TO 3 PM  
SUNDAY  
29TH AUGUST 2021**

### **WHERE**

**Tropical North  
Steiner School  
78 Foxtan Rd  
Mossman**

### **WHAT TO BRING**

**Lunch to share  
your cup plate etc.  
Curiosity  
notebook & pen  
Chair  
Hat for a sunny day.**

### **COST**

**Non Members \$10  
Members Free**



# Let's HELP each other!

our next event for the

## Tablelands Organic Garden Energy Exchange

A non-commercial network of like minded people committed to assisting each other on a regular basis, to establish or maintain ORGANIC FOOD GROWING areas.

Working bees to exchange labour, resources and knowledge occur on a rotational basis, for two to three hours once a month.

The group begins in the garden, followed by a relaxing shared meal, a short workshop to share valuable skills and then some fun music.

Is scheduled for  
**\* Friday 27th August \***  
at WALKAMIN starting at  
~7:30am ~

For further information and address details for the event contact  
m: 0421 210 136 OR email: [margil66@inet.net.au](mailto:margil66@inet.net.au)

You can join online at [www.permaculturecairns.org.au](http://www.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"/> |                       |
| 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. 10009440 please include your Surname as reference.

**If you have a Permaculture Design Certificate and would like to help us keep Permaculture Cairns going for another 13 years with interesting meetings, fascinating events and Educational workshops please come and join in the fun, we need you.**

**IF YOU HAVE A SPECIAL SUBJECT YOU WOULD LIKE TO PASS ON PLEASE SPEAK UP**

### Enquiries

President:	Carol Laing	<a href="mailto:info@permaculturecairns.org.au">info@permaculturecairns.org.au</a>
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Website:		<a href="http://www.permaculturecairns.org.au">www.permaculturecairns.org.au</a>

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