

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 AUGUST MEETING

Tuesday 21st August 6pm for a 6.30 start

**Venue: Endeavour Learning and Lifestyle Building
4 Warner Street (on corner with Monk Street) Manunda**

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

AGENDA

Welcome to new members and visitors

News items – Lots of events coming up, see the newsletter for details

Guest speaker to be confirmed

Len Specht will demonstrate various ways to make Wicking beds. Len can supply you with materials for making wicking beds. A great way to save water and grow food.

A person from the Banana branch of Biosecurity yet to confirm will give us a talk on growing Bananas and info on the various disease to look for to safeguard our commercial crops.

Come early and check out the Library - Bring along you plants and seeds to swap
Carol will bring tropical perennial vegetables/herbs and seedlings for bartles/dollars or swap.

We appreciate members passing on their ideas and methods so talk to Jenny, Craig or Carol if you would like to make a presentation at a meeting.

Meeting close and now time for a chat, a cuppa and a snack with like-minded people

All finished by 8.30pm.

Tropical Perennial Vegetables to grow in the Hot Tropics.

Hello, my name is Carol Laing and I have been a member of Permaculture Cairns since incorporation in 2007. I am presently the Treasurer and plant person and Newsletter Editor.

In 2009 I became interested in collecting, growing, eating and promoting tropical perennial vegetables because they are an excellent source of vitamins and minerals especially folic acid. There are many medicinal properties attributed to these vegetables, including, lowering of cholesterol, regulating blood sugar levels and controlling high blood pressure. Lots of information online.

I use these tropical vegetables in two ways.

The young leaves are great in salads, mix them up with what you have in the garden, rocket, bok choy, add some homegrown herbs, eg mint, parsley, Vietnamese mint and a good salad dressing.

The older leaves, steam or stir fry, with a little butter, garlic/ginger and a tiny amount of either Hoisin, Black Bean or Oyster sauce, or just cream and you have a delightful nutritious addition to a meal.

Another idea is to simply add some chicken/meat/cooked rice for a full meal.

None of the following plants have the slimy property that people attribute to all tropical greens. Those plants that have this property such as the Ceylon Spinach are excellent on sandwiches or when added last thing to soups or stir fries.

I would like to introduce you to some of the Tropical perennial green vegetable plants that grow in my garden. These plants have been grown and eaten in tropical countries for centuries. They will grow all year round in Cairns and are mostly pest free. Use them in garden beds or as a living mulch under fruit trees.

Brazilian Spinach aka *Alternanthera sissoo*.

- Grows to about 300mm in height and forms a thick clump, great for filling corners and on edges. Will grow in sun, but the leaves are more succulent if grown in some shade, fed organic matter and kept moist.
- Tips ok in salad but older leaves are best cooked.
- Stir fry, steamed, casseroles, frittatas,
-



Sambung aka *Gynura procumbens*

- Grows to 300mm in height and makes a great groundcover under fruit trees
- Likes some shade and moisture
- A great fresh green veggie.
- Use tips in salads and stir fries and Older leaves are steamed, used in frittatas, pies and soups.



Okinawa Spinach aka *Gynura crepioides*

- Grows to 300mm in height and makes a great landscape plant. The more you tip prune the bushier it will become. Grows best in a little shade. Leaves are green on top and purple underneath, orange flowers attract butterflies.
- Use tips in salads and stir fries, older leaves used for steaming, in soups or frittatas.



Kang Kong aka *Ipomea aquatica* or water spinach

- This is a low growing nutritious plant that loves water, will grow in a bog. Has a mild nutty flavour. Grows in full sun. A world class vegetable. Can be eaten raw in salads or used in stir fries, steamed with a little butter and ginger/garlic and a twist of lemon.
-



Colocasia gigantea - aka Tahitian Spinach

- This easily grown plant is grown for the leaves and stems.
- Grows best in part shade in a moist spot. Highly resistant to pests, diseases and nematodes. Widely used in Asian cooking as a celery substitute.

- Provides, protein, calcium, phosphorus, iron, potassium and vitamins A, B and C.
- The large leaves are used to wrap food for steaming, as in the dish, Paulsami.
- Must be cooked for 30minutes at least to remove the oxalic acid.



Aibika aka Abelmoschus Manihot an edible of Hibiscus family

- Has dark green highly nutritious fleshy leaves with edible yellow hibiscus flowers. Leaves - high in Vit A and C and moderately rich in protein and fibre.
- Leaf shape varies, from large fleshy leaves as shown in photo to narrow strappy leaves. All have a nice mild flavour, with a mucilaginous texture.
- Will grow to 2m, if not pruned. Large leaves used to wrap food for steaming. Narrow leaves added to stir fries for a few minutes before serving.



Sweet Leaf aka Sauropus androgynus aka as Katuk

- Sweet Leaf is a tropical perennial shrub originally from the rainforest, which will grow tall and lanky if left to itself. Pruned frequently it will grow with many stems and produce crunchy delicious pea flavoured tips and leaves. Seeds are edible as well.
- Mostly pest free. Is easily grown in sun or part shade, like it moist and organically fertilised. Delicious. High in protein and if grown to about 1m it can be easily gathered for salads or stir fries. Young leaves can be used to make pesto. Here it is growing in front of the Queensland Arrowroot.



Plants may be purchased at Permaculture Cairns meetings, which are held on the third Tuesday of each month. Next meeting will be on the 21st August at 6pm. Meetings are held at the Endeavour Foundation Living and Lifestyle Building, 4 Warner Street. Manunda.

This article appeared in the Cairns Sun in June. Written by Carol Laing, Treasurer and Tropical plant collector and grower at Permaculture Cairns.

The above are only a few of the Tropical Perennial Vegetables I grow in Cairns, here are a few more to keep you in food all year round..

Greens- Ceylon Spinach, Lebanese Cress, Rungia the mushroom plant, Brahmi the memory herb, Tree Lettuce, two varieties at least, Bok Choy selfseeds, Rocket grows all year, some Kale will grow all year. Loose leaf lettuce will grow in the summer as well as winter

Roots – Taro lots of varieties, Cocoyam, Arrowroot, Sweet Potato, Chinese Potato

Herbs – Basils lots of varieties, Mexican Tarragon, Vietnamese Mint, Mint, Parsley, Coriander for the cooler months. Ginger, Turmeric, Pandan, Galangal and Cardamon.

Beans, Snake or Yard long for summer, Vitalis or Blue Lake climbing for cooler months.

Then there are the vines, melons, pumpkins, Zucchini – try the vine zucchini Trombonica on a trellis.

Grow your own food for health and wellbeing. Microbes in the soil are believed to be able to make you smarter or perhaps gardeners are already smarter.

Carol

FNQ Community Exchange – LETS: Local Energy Trading System

August Calendar

MOUNT MOLLOY – Saturday 4th August – 8am-12pm - Market in Mount Molloy. Please supply a trade sheet and everything priced if you'd like to leave your items to be sold by others at the LETS stall and browse the markets. Phone Lyn 4094 1431 for further information. There are quite a variety of people who trade in Bartles at this market now – look for the signs!

RAVENSHOE – Saturday 18th August - 1-3pm – Trade Afternoon at 796 Wooroora Rd, Millstream. Bring tables or mats, chairs, marquee if you like, bring a plate to share. Contact Chantelle on 0402 667 522.

ATHERTON – Sunday 19th August – 11am-1pm – Workshop: Grow, Harvest, Eat your Garden at Irene's Edible Garden, 17 Evans Street. Tour, taste and locavore lunch included. Cost: \$5 + 10B per person – children free. Bookings essential. Event Host: Irene wheellee@gmail.com or text 0439 914 876.

YUNGABURRA - Saturday 25th August - 12-2pm directly after the markets – Trade Event - 115 Mather Road. Look for a sign at the drive way, there is plenty of parking round the house. Bring a table or blanket to display your wares. Event Host Melitta: 4095 2340.

YUNGABURRA – Saturday 25th August 12-2pm – Kids' Scrapbooking Workshop – at the above Trade Event. 5B per participant. Kids will make small gifts and cards. Can bring along photographs to personalise these. Contact Gloria: 0468 394 611.

ATHERTON – Monday 27th August - 10-11am

CES Workshop: A Beginner's course in LETS

How to use the Online Community Exchange System

The Access Place Cafe, 20 Main Street. Don't know how to place an Offer or to look something up on the Wants list? No clue where to find your account statement? Or how to find other users?

This course is FREE but please buy something from the cafe if possible. Mini Trade from 11am-12pm – bring smaller quantities of items to trade (eg: one box/basket). Invite your friends! Food donations to the Community Pantry are welcomed. Event Host: Katrin 4096 6755.

SPRING LETSTRAVAGANZA - RAVENSHOE

September 1 2018 - 11am-2pm Community Centre Youth Shed - Bolton Street, Ravenshoe

100% Bartles trading, kids' corner, 100% Bartles catering, music to listen to & join in ... and more!

Contact Bel 40966972 or email fngces@gmail.com.



**We look forward to a great day on
19th August 2018, 10 am - 4 pm
THE BIODYNAMIC MARKET GARDEN**

**Where: Simon & Lisa's, 834 Tully Falls Rd. Ravenshoe, 8.4 kms off
Kennedy Highway turnoff**

Lisa Price explains how to best raise seedlings, she shares tips and her experience using the Calendar. If you have an Astro Calendar, bring it with you. Cheryl Kemp will go through the basics of use.

If you haven't got the CALENDAR 2018 yet, there are still a few available to purchase.

OUR BIODYNAMIC SEED BANK is up and running. We are excited to announce that seed exchange is open to BDFNQ Inc. members for the first time at this Field Day.

The ever popular share and buy/sell table is available for your produce to display.

Remember **to bring** a chair, lunch to share, your calendar, BD Information Booklet (or other to take notes); be sensible about your choice of footwear as we go for a garden walk.

Do you need preps? Order them beforehand, so they are ready for you on the day. Available for purchase by calling Max Brandenberger 4097 7893.

Upcoming events:

10th August 6pm, Social Evening Gathering with Friends of BDFNQ, Paradise Palms, Clifton Beach

RSVP with Lewis 4064 5190 - For carpooling from Mossman area, call
Monika 0422 700 904

16th September 10 - 4pm, Horn Lifting, Collins Farm, KKaban.

COMMUNITY GARDENS



CAIRNS JCU COMMUNITY GARDEN
TUES 7 TH AUGUST, 2-5PM



Holloways Beach Community Garden

Notice of Annual General Meeting Saturday 11th August 9:00am at the Community Garden, Raintrees Park, Holloways Beach. All are welcome, please come down and have a look at the wonderful progress in the garden and hear the plans for the year ahead and have your say.

Bungalow community garden



Our next meeting will take place on Sunday the 12th of August at 10 am. Our president has decided to leave the agenda open for this meeting. See you all at the garden.

All the plants around the outside fence are for the garden community there to share, and harvest when they visit. — at [Bungalow Community Garden](#).

Seed Saver Groups

Mareeba Seed Savers and Gardening Group Meeting Notice

Our meetings are friendly and informal. It is a time when we meet to share / exchange seeds and plant materials, to swap ideas with and gather knowledge from other gardeners

Our next meeting

**** PICNIC EVENT ****

on SUNDAY 9th September 2018

Come anytime between 10am to 4pm. We will pack, clean and register seeds, share lunch and then wander through the garden, followed by afternoon tea

**Venue: Douglas and Maria Gillies
1-3 Robins Street, MAREEBA**

For further information contact Maria Gillies on 0421 210 136

Please bring a chair and if staying for lunch, cutlery, mug and plate and lunch / afternoon tea to share, any seeds or planting material you have to share and a gold coin donation. Also, remember your hat and sensible shoes for the garden walk

Special guest speaker at 1pm ~

Douglas Gillies

TOPIC: Developing a resourceful, edible food forest

For info on these groups, check their facebook page

Cairns Seed Savers

Kuranda sprouts

Johnston River Community Garden

Mount Molloy Seed savers

Ravenshoe Community Garden

Waste reduction from a permaculturist's point of view

I am convinced the very first thing we need to do is to reduce the amount of plastic waste coming from the corporate world. If this doesn't happen we will always be in a catch-up situation. However, that is not going to happen for some time. Public pressure works best, governments are always catch up agents.

Deposits on products made from glass have proven effective in other parts of Australia, why not in Queensland?

If plastics were collected in regional areas and a mobile shredder used to reduce the volume, it might prove to be economical to ship sorted and shredded plastic to a major centre for recycling into plastic products such as house blocks, road materials, garden and playground equipment.

We can all recycle/reuse items that end up in our households, these are a few of the products I recycle or reuse.

Green waste has been composted for 20 years with the use of small compost bins and a large compost bin made from a roll of wire and a long length of slotted irrigation pipe. This makes at least 25 wheelbarrow loads of compost a year. Stationary compost bins also make compost for fruit trees. A banana circle is also used to compost larger green waste and results in bananas all year. A Permaculture Practice called Chop and Drop is used to recycle green vegetation in the garden to provide soil microbes with materials to maintain nutrients in the soil.

Cardboard is collected for use in composting, in worm farms, and on pathways which are then covered with wood chips or mulch. Can also be used to stop weeds from growing until time allows a better solution. Shredded office paper collected from three sources and my private office papers are used in making compost. Newspapers are also used to shade out weeds in pathways then covered with mulch, this creates soil.

Coffee grounds are used in composting, worm farms and in the garden for nutrients. Kitchen waste maintains four worm farms and two ongoing compost bins with wire underneath to stop vermin entering the bins.

All used batteries and mobile phones are collected for recycling.

Printer toner cartridges go to Officeworks for recycling. They also take computers, and parts if product has been purchased in store.

Yellow top recycling bin goes out once a month when it is full.

Article written by Carol Laing, Permaculture Cairns for the Committee for Reduction of Waste Newsletter.



Sunday 26 Aug

**Mt Molloy School Garden
10am onwards
BYO: Cup, Bowl, Cutlery +
Lunch to Share**

Prizes for the fruitiest costumes!

Tropical Tucker Day

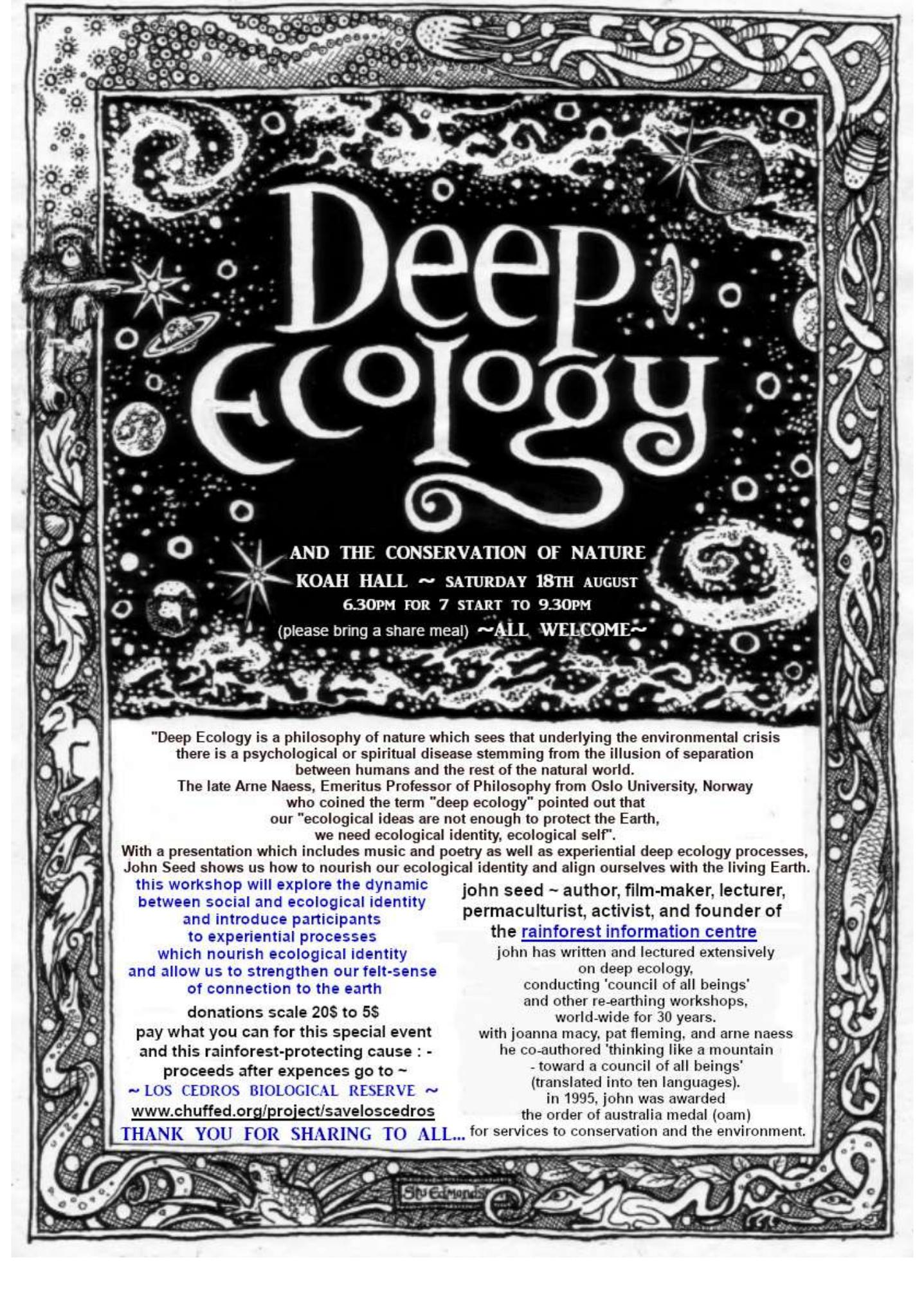
Sauerkraut / Kimchi - Cassava Flapjacks -
Arrowroot Chips - Garden Soup - Green
Smoothie - Madagascar Baked Beans - (!)

Demonstrations & Tasting

Keynote: Seed Saving with intent (Ulla)

Bring your stories, seeds & planting material for swap!





Deep Ecology

AND THE CONSERVATION OF NATURE

KOAH HALL ~ SATURDAY 18TH AUGUST

6.30PM FOR 7 START TO 9.30PM

(please bring a share meal) ~ALL WELCOME~

"Deep Ecology is a philosophy of nature which sees that underlying the environmental crisis there is a psychological or spiritual disease stemming from the illusion of separation between humans and the rest of the natural world.

The late Arne Naess, Emeritus Professor of Philosophy from Oslo University, Norway who coined the term "deep ecology" pointed out that our "ecological ideas are not enough to protect the Earth, we need ecological identity, ecological self".

With a presentation which includes music and poetry as well as experiential deep ecology processes, John Seed shows us how to nourish our ecological identity and align ourselves with the living Earth.

this workshop will explore the dynamic between social and ecological identity and introduce participants to experiential processes which nourish ecological identity and allow us to strengthen our felt-sense of connection to the earth

donations scale 20\$ to 5\$

pay what you can for this special event and this rainforest-protecting cause : - proceeds after expences go to ~

~ LOS CEDROS BIOLOGICAL RESERVE ~

www.chuffed.org/project/saveloscedros

THANK YOU FOR SHARING TO ALL...

john seed ~ author, film-maker, lecturer, permaculturist, activist, and founder of **the [rainforest information centre](#)**

john has written and lectured extensively on deep ecology, conducting 'council of all beings' and other re-earthing workshops, world-wide for 30 years.

with joanna macy, pat fleming, and arne naess he co-authored 'thinking like a mountain - toward a council of all beings' (translated into ten languages). in 1995, john was awarded the order of australia medal (oam) for services to conservation and the environment.



community
foods

Crowdfunding Campaign

SAVE THE CAIRNS
COMMUNITY FOODS CO-OP

Official launch

Tuesday night,
14th of November

Cairns Community
Kitchen

The German Club Cairns
57 Winkworth St

WHAT IS COMMUNITY FOODS?

- Non-profit and volunteer-run for 20 years
- Unpackaged natural and organic foods
- Awesome nuts, dried fruit, grains, local honey, chocolate
- Eco-friendly cleaning products and toiletries
- A minimal-waste shopping environment
- reuse your own containers!

WHAT ARE WE CROWDFUNDING FOR?

- Upgrade of kitchen to enable in-house production of fresh food products, including possible expansion to vegan cafe
- Expansion of product range, including fresh bread, raw vegan slices, fresh produce, etc.
- Upgrade of website & I.T. systems, allowing 'Click & Collect' ordering
- Expanded opening hours

HOW CAN I HELP?

- Donate now
- Share & spread the word
- Follow our campaign
- Contact us to volunteer!

 UPLIFTCAIRNS.ORG



-  Phone: 07 4041 5335
-  Email: shop@comfoods.org.au
-  Facebook: [communityfoodscairns](https://www.facebook.com/communityfoodscairns)
-  Instagram: [communityfoodscairns](https://www.instagram.com/communityfoodscairns)

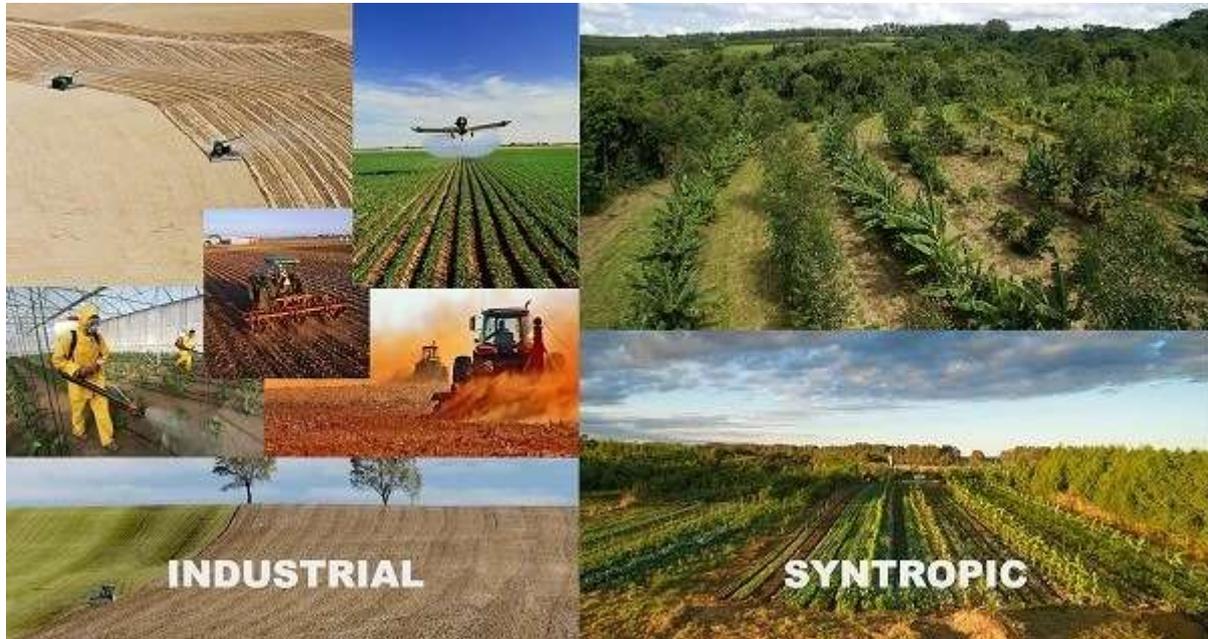
Address: 74 Shields St, Cairns QLD 4870

LET'S MAKE IT 20 MORE YEARS , HELP US GROW !

SYNTROPIC FARMING WORKSHOPS

Syntropic Farming Introduction Part 1 8 Sept 2018 9am -12
Syntropic Farming Introduction Part 2– 9 Sept 2018 9am -12

· Hosted by Petals in the Park 0448356937



Details

The Petals Family along with Thiago and Carol Barbosa welcome you to join us for a groundbreaking weekend at the Petals farm in Tolga. This course will be the Introduction into syntropic farming, by designing our agricultural systems to mimic nature, maximize photosynthesis and accelerate succession. Creating systems that require less input over time, produce an abundance of crops and regenerate the earth.

Hey Guys,

Yet again we are building the momentum for the intensive training courses we will be bringing over the Brazilian team to Queensland to train our farmers the true future of farming.

This course is the way to participating in the intensive training next year. We will be giving everybody the introduction to what this all about, as well as an insight into how to create a syntropic garden bed, the base principles of syntropic farming, what the strata system is and how it works.

Love and Abundance, The Petals Family.

Early bird discount ends 17/8

PERMACULTURE
Nature kids
PROGRAM
DESIGN COURSE

**TWO WEEK RETREAT
FAMILY FRIENDLY COURSE**

**PERMACULTURE
DESIGN COURSE (PDC)**

.....

17th Sept - 2nd Oct 2018
Cairns Hinterland Steiner School, Kuranda

.....

DIVERSE TEACHING TEAM + TOURS

Food forests + Natural building + Alternative Tech + Renewable energy + Kitchen Gardens + Intentional Communities + Holistic Context + Efficient House Design + Local Economies + Read Landscapes + Mapping + Water Catchment + Bonus sessions.
IncrEDIBLE meals by Arohanui Living Foods.

Gain the skills and know how to design edible landscapes

**LIMITED PLACES AVAILABLE
BOOK NOW 0422068995
www.organicmotion.com.au**

ORGANIC MOTION

Scan me

ATTENTION!!!!!! PERMACULTURE CAIRNS MEMBERS

Organic Motion is offering you 10% Savings for the Permaculture Design Course (PDC) Retreat. Right now until Aug 17th with the Early Bird Discount, you can save \$456.

How?

With the applied coupon PDC10%Saving it = \$1,944 (incl Gst) per person.

The actual Early Bird fee is \$2160

For couples who attend together, we already offer 15% discount, so this Coupon means you will receive 25% in total!

Couples Early Bird fee \$4080 per couple or \$2040 per person.

With the extra 10% discount it = \$3,672 per couple or \$1,836 (inc Gst) per person.

Aquaponic Gardener

DIY Aquaponic Workshops- Learn to grow Fish & Vegetables together with the Aquaponic Gardener



Training Workshops 2018

15-16th September 2018 (CAIRNS, QLD)

Invitation to to learn Aquaponics essentials in using fish as part of your organic gardening.

Imagine growing vegetables and fish together in your backyard and being able to eat both!

Now imagine that there are no weeds, no watering, no fertilizing, no lifting or digging and the plants are growing at table height for easy access.

Sound too good to be true?

Aquaponics is an organic method to grow fresh organic vegetables using fish waste that acts as plant food. It compliments any permaculture or organic garden.

If you can grow vegetables the traditional way with soil or if you have ever had goldfish in a pond or fish tank then Aquaponics is easy for you. Once you know a few simple secretes the rest is easy.

b

Go to web site for a more information on the course, and to register.

<http://aquaponicgardener.com.au/aquaponicstraining>.



AUSTRALIA NEW ZEALAND 2018 BIOCHAR CONFERENCE ANZBC18

BUILDING VIABLE BIOCHAR INDUSTRIES

AGRICULTURE, BIOENERGY, BUILDING, MINERALS & METALS PROCESSING,
WASTE MANAGEMENT, WATER FILTRATION AND ENVIRONMENTAL MANAGEMENT.

14-16 AUGUST 2018

SOUTHERN CROSS UNIVERSITY, GOLD COAST CAMPUS, BILINGA, QLD



PROUDLY SPONSORED BY



The second Australia New Zealand Biochar Conference (ANZBC18) will be held at Southern Cross University Gold Coast Campus on August 14, 15 & 16. It is a 3 Day Networking event designed to Build Viable Biochar Industries in ANZ.

<https://anzbc.org.au/>

View this email in your browser

(Bookings closed on 31st July but you may get into the Live Stream section or become a member and get the recordings.)

2018 Australian Biological Farming Conference and Expo **Gold Coast Campus, Southern Cross University** **9th to 12th November 2018**

Biological Farming – Science Meets Nature

Major Speakers:

Michael Phillips, Orchardist and author of Mycorrhizal Planet

Jeff Mayer from Rodale Institute USA – No Till and Transitioning to Organics

Prof Carlo Leifert from UK Organic Research, Development, Technology Transfer

www.soilcare.org

Bastardisation of our Food – The Daily Bread Story

30 July 2018

Sometimes, I shake my head in disbelief at the level to which we have messed with our food. We flounder in an ocean of degenerative disease, most of which we created, and most of which can be countered (74% of what kills us most commonly is based on diet and lifestyle).

We Are What We Eat - Diet, Disease and Decisions

Despite our lofty creations, our concrete mega cities and digital delusions, we are, essentially, the same physical beings that foraged and hunted for our food just a few blinks back. That food was direct from its natural source, unprocessed, fresh and often raw. **Whole foods** are simply what we were designed to eat and the embrace of fresh, unspoiled food can be truly regenerative. We must recognise that we have never, ever improved any food through processing. We may have extended the shelf-life and profit potential of that food, but we have always bastardized the original, often to the point that it becomes a shadow of its former self. A classic example of this denigration involves the most popular food in the western world – **bread**.

Our Daily Bread

When we take wholemeal flour and convert it to white flour, we remove 80% of the nutritional value of this food. The bread then technically becomes an “**anti-nutrient**”. The most energy-intensive process in the human body is digestion, and this process is fueled by nutrients. When there is so little remaining nutrition in a food, but it must still be digested, there can actually be a net loss of nutrition. We are literally taking more than we gave! **89%** of bread sold in Australia is white bread, and it is the staple ingredient in our children’s lunch boxes. This is a sad story when we recognise that these children are the first generation in the history of mankind that will live for a shorter period than their parents.

However the bastardisation of bread doesn’t stop there. There are five other indignities we have forced upon our favorite food.

1) A demineralised mutant

The hybridized, green revolution grains, upon which most of our modern bread is based, attracted a Nobel prize for Norman Bourlag. It can be easily argued that his slap on the back should probably have been a kick in the rear. He did not use traditional hybridization techniques to create this more squat variety, which was much less prone to lodging. Instead, he irradiated the original wheat varieties and selected a **mutant** that became our main food. The mutant solved the problem related to the yield loss linked to the difficulties in harvesting wheat that had fallen over in the wind (lodged). However, the compromise was a massive loss in nutrient density. In fact, the wheat varieties we largely consume today take up 50% less iron, 30% less calcium and magnesium and 20% less trace minerals than the original, open pollinated varieties. There is one mineral that this compromised cereal can no longer

uptake at all. This is the rarely-considered trace mineral, **cobalt**. You might assume that this loss of cobalt in our diet is insignificant in the big picture. However, you would be wrong! Cobalt is the building block for an incredibly important nutrient called **vitamin B12**. A key reason that many of us are now lacking this energy vitamin relates to the loss of cobalt in our most popular food.

2) The soy flour folly

Ingredients in all food must be listed in order of their component percentage, present in that food. Check the labels on your supermarket bread and you will find that the second listed component is **soy flour**. It often comprises 30% of the loaf, but it is not soy flour grown in Australia. The Roundup Ready GM soy flour, imported from the US, is much cheaper, and it keeps the costs down for bread producers. Australia's own soya bean crop is exported or turned into soy milk. This imported GM soy has been sprayed two to three times with **glyphosate**, because it has been genetically modified to survive this toxic herbicide. We have drenched a food crop with a chemical that is now often called "the new DDT". Glyphosate has been directly linked to autism, Alzheimer's, autoimmune diseases, kidney and liver failure. It has recently been identified as both a carcinogen (WHO research) and an endocrine disruptor. It may well prove to be the single most serious contaminant in our environment. It is the world's most widely used chemical and it is in your child's lunchbox, if you are buying the cheap soy-loaded, supermarket bread.

3) Stabilising stupidity

I will never forget my attendance one year at an Acres USA conference in the US, when the wonderful father of regenerative agriculture, Charles Walters, took to the stage. In the solemn tones of a southern baptist preacher, Charles suggested that he would like to deliver "The Lord's Prayer". He then proceeded to deliver a wake-up call, via Christianity's most famous missive. Here is that thought-provoking version:

"Give us this day our daily bread, and forgive us dear lord for calling this stuff bread."

Charles was, of course referring to the lunacy of food processing, where multiple additives and stabilisers are now added to our food. You really need to become a label Nazi when feeding processed, packaged food to your family, because when you research those three digit numbers adorning the reverse side of the packaging, you are often in for a nasty surprise.

4) Compromising core minerals and precious enzymes

The two most common mineral shortages in the Western World are magnesium and zinc, and it is important to understand the root causes of these ubiquitous deficiencies. There is a major link to our massive overconsumption of bread. Cereal grains contain a natural acid called **phytic acid**, which can bind to both minerals, effectively rendering them impotent. Zinc phytate and magnesium phytate are both insoluble and they are typically excreted rather than absorbed. Phytic acid is not a contaminant, it is a natural component of cereals and legumes. In fact, soy flour has a higher percentage of this acid than cereals.

The second compromising aspect of both the wheat and soy in your beloved loaf relates to the presence of **enzyme inhibitors**. We now understand that we are all gifted a unique, inherited capacity, enabling our pancreas and liver to produce a certain number of digestive enzymes during our lifespan. When we have exhausted this predetermined supply, our **metabolic enzymes**, responsible for every bodily function, from breathing to thinking, step in to fill the gap. This is a pretty handy phenomenon because we can't do much without digestion. However, this stand-in workforce is no longer performing the specialised tasks for which they were designed. The wheels fall off shortly thereafter, and this is often a base driver of degenerative disease. When you understand how this system works, it becomes abundantly clear that we should be avoiding enzyme inhibitors like the plague. Think about the cereal and toast to start your day followed by cakes, biscuits, rolls and sandwiches for various meal breaks throughout the day. Then we often conclude that flood, with pasta for dinner. No organism was designed to eat this much cereal grain and we are paying a price for this with **enzyme inhibition** and **mineral deficiencies**.

Many of us are obsessed with bread and at this point, may be thinking "is there any way I can eat bread without paying this price? Can I have my cake and eat it too?" The good news is that you can! The massive spike in demand for **sourdough bread** reflects a nutrition awakening. A growing group of nutritionally-aware folk now recognise that the much longer, yeast-free, sourdough fermentation effectively removes these issues. The microbes at work here don't only predigest the grains to increase their bioavailability, but they literally eat the enzyme-inhibiting biochemical, and they consume and neutralise phytic acid. If you soak your muesli overnight in water (Bircher muesli), you activate the multiple species of Lactobacillus found in the grains. If you were to soak that muesli in our popular probiotic drink, **Bio-Bubble™**, then that whole process is dramatically magnified. Here, the huge number of diverse probiotic organisms multiply overnight, and your breakfast cereal literally becomes a DIY probiotic medicine by morning. You can even make a yeast-free **Bio-Bubble bread**, a unique sourdough which is really something special. Many of you who have attended our **4-day course** will remember breakfasting on this delicious probiotic treat.

5) An acid-forming life shortener

Our acid/alkaline balance is much more important than many realise. There is compelling research suggesting that most of us are too acidic, and this condition is a recognised precursor to disease. There is often a misunderstanding amongst the medical community regarding this issue. They will rightly claim that blood acidity is self-balancing, because there is little room for movement, if the organism is to survive. This issue of metabolic acidity is a completely different story. It is measured via saliva and urine, not blood. Both of these bodily fluids should have an ideal pH of 6.4, first thing in the morning. The vast majority of people are below pH 6 and as a result, they are significantly more vulnerable. There are a variety of factors creating this **acidity epidemic**, including stress, a lack of fruit and vegetables, overconsumption of protein, a deficiency of the most alkalising mineral, magnesium, and an oversupply of refined carbohydrates, the most acid-forming of which are refined sugar and **bread**.

Conventional bread impacts three of these determinants. It is highly acid-forming, and it ties up the great alkaliser, magnesium, which is also the most powerful stress-reducing mineral.

One of the most alkalising of all substances is **chlorophyll**. Part of the reason for the prolonged popularity of **green smoothies** relates to the alkalising impact of these chlorophyll and magnesium-packed drinks (magnesium is the dominant mineral component of chlorophyll). I formulated **Green Defence™ (from NTS Health)** to be a chlorophyll-packed, enzyme-rich, nutrient dense alkaliser. It is a powdered concentrate containing gently dehydrated, organic sources of wheatgrass, kelp and spirulina in a probiotic base. When monitoring saliva and urine with a pH strip, I find this to be one of the most effective tools to reclaim alkalinity.

The Solution – Bake your own Spelt Bread

Sometimes, the only path forward is to reclaim responsibility for your own health, One way to escape the treadmill of a glyphosate-contaminated, acid-forming, chemical-packed, nutrient-depleted food staple is to make your own. It is absurdly simple. If you invest \$200 in a bread maker, you can spend two minutes before bed scooping the ingredients from their containers into the bread maker, setting the timer and forgetting about it. The next morning you may stir to the sounds of the mechanical beating of the dough. More importantly you will awaken to a house filled with one of the most delicious of all smells, freshly baked bread. You can skip the issues relative to wheat by selecting organic spelt grain, which is now available in most health food shops in canvas or paper bags. **Spelt** is an ancient grain, which has never been messed with. It is higher in protein than wheat and it is one of the very rare cereals that is actually **alkalising**. It is also much more nutrient-dense than its mutant sister, and it has significantly less **gluten** content. It is rare to see a freshly baked spelt loaf uneaten beyond lunchtime. You can even make a **sourdough** base by hand and place it in the bread maker to ferment overnight. In this case you will skip the dough making cycle, and wake to the smell of freshly baked sourdough bread. Now the loaf won't make it past the morning tea break!

In Conclusion

It is not that difficult to escape bastardised food, but it is an essential strategy if we aim to thrive and survive in this strange, commodified world. The percentage of processed food in your supermarket trolley is often a direct indication of your good health and longevity. We are designed to consume whole foods and when we embrace natural eating, it is inevitable that we are much more likely to experience food as medicine.

Graeme Sait

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