

MARCH MOON PLANTING GUIDE

MON	TUES	WED	THURS	FRI	SAT	SUN
1 ○	2	3	4 🌱 🚿	5 🌱 🚿	6 🌱 🚿	7
8 ◐	9 🐄	10	11	12 🚫🌱	13 🚫🌱	14
15	16 ●	17	18	19 🌱	20 🌱 ☀️	21
22	23 ◐	24 🌱	25 🌱	26	27	28
29	30 ○	31 🌱 🚿				

Thanks to Gisela and Iris
www.moontimediary.com.au

GARDENER'S KEY

Planting Days



Fertilising Foliar Spray



Solids



Weeding



Autumn Equinox

March 20, 11:44 (AM) GMT



SEEDLING DELIVERY SCHEDULE

MONDAY AM

Mullumbimby Rural Co-op
Fundamental Foods, Byron Bay
Santos, Byron Bay
Lennox Head Garden Centre
FoodWorks Bangalow
Wards Landscape Supplies Mullumbimby
Mullum Herbal, Mullumbimby
Uncle Toms, Mullum Gateway
Brunswick Health Foods

MONDAY PM

True Value, Ocean Shores
Fresh Wholefoods Murwillumbah
Wray Organic Palm Beach

TUESDAY AM

Lismore Organic Farmer's Market
Fundamental Foods, Lismore
Precious Plants Lismore

WEDNESDAY AM

Fundamental Foods Paddington Brisbane

THURSDAY AM

Mullumbimby Rural Co-op
Fundamental Foods, Byron Bay
Santos, Byron Bay
Lennox Head Garden Centre
FoodWorks Bangalow
Wards Landscape Supplies Mullumbimby
Mullum Herbal, Mullumbimby
Uncle Toms, Mullum Gateway
Brunswick Health Foods
True Value Hardware Ocean Shores

Farmer's Choice Organics ORGANIC SEEDLINGS

625A Myocum Road NSW 2481
PO Box 287
Brunswick Heads NSW 2483

Ph: 0411 207 072

email: seedlings@farmerschoiceorganics.com.au
www.farmerschoiceorganics.com.au

ABN: 36 585 255 173

THE GROWER'S GUIDE

March 2010

Farmer's Choice Organics

ORGANIC SEEDLINGS



With Love to Your Garden



PRINTED ON 100% POST CONSUMER PAPER

Who is Farmer's Choice Organics?

Farmer's Choice Organics is a locally owned and operated Organic vegetable and herb seedling nursery, based in Byron Shire in the northern rivers of NSW, and is the first nursery facility in Australia to be certified by the certifying body, Australian Certified Organic (ACO), and thus be granted permission to display the Bud Logo, which signifies "your guarantee of product integrity". This was quite an intense process that took some 7 months of close and continuous work with ACO, developing systems that met all the requirements as set down by AQIS, the ultimate authority in Organics in Australia.

And what's in the yellow punnet?

The yellow punnet is the highly visual branding of Farmer's Choice Organics seedlings; along with the unique spiral logo on the propagation tag, forming an easily recognizable assurance to the home gardener that they are purchasing a robust, sun hardened Certified Organic seedling.

The yellow punnet holds 8 plants in healthy hand blended organic soil, and as well as being visually attractive has been manufactured to a higher standard allowing it to be reused by our gardeners in their home potting shed or recycled through our many supporting outlets in the northern rivers. We are able to clean them and reuse them many, many times over, thereby reducing the excessive manufacturing of, and incidence of plastic build-up in our landfill depots. Only one of the yellow punnets returned to us has ever failed to be reused, and that was chewed up by a puppy visiting the nursery! We have looked at other forms of packaging including; corn starch, cardboard, cocoa fibre and many more, none have come up to the same effectiveness in energy, resource and environmental management as producing a quality Australian made punnet that is recyclable back to the nursery to be reused many times over.

At Farmer's Choice Organics we strive to procure organic seed for the most robust, nutritious, flavoursome and interesting of vegetable varieties to meet the needs of gardeners who have taken up the challenge of home food production. To assist our loyal gardeners in producing sufficient quantities of vegetables to sustain their family we will be presenting informative pieces from a variety of local well informed sources. Regular spots will be presented by Carla Tipping, owner operator of Precious Plants Nursery in Lismore. Carla is an Accredited Permaculture Teacher and the Site Manager of the Lismore Community Garden.

Planting dates and tips for garden activities planned by the moon will be presented by Gisela co-author of the moontime diary.

Each month special guest writers will be covering a wide variety of subjects in Organics and Biodynamics and sustainable home food production, and local identities will share their favourite recipes from the garden.

This month Carla gives an easy guide to the "No Dig" garden, for those wanting to try this simple approach to establishing a vegetable patch, so grab a cuppa and retreat to the garden to enjoy the read.

With Love to your Garden,

Ness & Greg - Farmer's Choice Organics

WHAT IS CERTIFIED ORGANIC?



Organic can be explained by the phrase "Healthy soil for healthy plants for healthy people and a healthy planet."

The need for people to know what Organic is led to formalised written Organic Standards in 1988. This gives a bottom line to what are permitted inputs and practises, and is accompanied by a third party on site inspection and verification audit. This is to provide confidence to the consumer of a Certified Organic product that they are supporting an environmentally sound production system. This is displayed by the use of the certifiers' logo and a certification number. There are many links in the supply chain so input products for growers can also be certified Organic. This helps complete all facets of the production cycle.

People who buy certified Organic are helping to grow an alternative to industrial food production based on non renewable resources, chemical fertilisers and pesticides. The outcomes of certified organic farming have been shown to minimise soil erosion, protect water quality and promote biodiversity. All the agro-chemical pesticides and the chemical fertilisers are fossil fuel energy expensive to produce and transport. Certified organic keeps chemicals out of your family's food and water. There is a huge body of evidence of chronic toxicity from agro-chemicals. If you buy from local Organic producers you will get fresher, more nutritious food, with low "mileage". This supports a real economy, not incurring hidden costs of environmental repair, health costs, soil repair and climate change.

Dave Forrest - Dip App Sci (Hort), Grad Dip Ed, TROPO President, Certified Organic farmer, TAFE Organic Agriculture Teacher

www.organicforrest.com

In the Garden with Carla

Hello Fellow Organic Gardeners. What a summer! I don't know about you but working outside everyday can take its toll. I've been daydreaming of siestas and floating in a nice cold mountain stream. Unfortunately for me I have an obsessive compulsive gardening disorder which "fortunately" will always keep me working outdoors in most types of weather and reaping all the benefits of an active life. Studies have shown that the one thing that centenarians in the world have in common is the fact that they are gardeners. So I'm probably going to grow to a nice old age with any luck, if the humidity doesn't get me first!

This summer has been pretty hard on our gardens too and most people have struggled to keep things alive. Often when it's really hot we have a tendency to over water and in this kind of humidity it will end up having a detrimental effect on your plants which can die from either root rot or a fungal disease.

Thankfully we are nearing the end of summer and are now getting our beds ready for our winter gardens. So pull out anything that's beyond help, plant out the new, break open the seaweed solution and treat your garden to a health tonic.

I'm looking forward to planting some of my favorites like Broccoli, Cauliflower, Brussel sprouts, Peas, Mustards and Asian greens. I've also had success the past couple of years with growing yellow cherry toms throughout the whole of winter. The secret was having a northerly open sunny spot and keeping the soil temp right with mulching.

Carla's TIP!

Make a start, plant a no-dig garden, clean out the chook pen, make some compost tea and get your moon planting chart ready. Oh and don't forget the seaweed!

A simple No-Dig recipe	
Ratio	
25	Carbon (dry brown waste) e.g. STRAW
15	Green waste-e.g. LUCERNE, fresh garden pruning's
10	Manure -e.g. COW, SHEEP, CHOOK
6	Sheets of wet newspaper on the bottom
	Mulch, compost, potting mix, worm casts and water.

Method

Mow grass and leave on ground and cover with wet newspaper

(If you are building on a hard surface like concrete you will need to put down a layer of either gravel and/or sticks, branches and rubble first (at least a minimum of 20cm).

Layer the materials 3 times, like a lasagna, making sure you water in each layer.

You can add some compost or comfrey to promote activation in the heap as well as some worm casts.

On the top layer is your mulch and this is what you plant your seedlings in to. Your heap should end up about 50-60cm high. This will break down over time like a big compost heap and will effectively feed your plants for up to 10 months. You will still need to foliar feed every two weeks with a liquid fertilizer/seaweed solution. (Make a compost tea from your weeds!)

Next make a pocket in the mulch, add a double handful of organic compost and potting mix blend (50/50) and plant your seedling into this mix. Water in well with a seaweed solution to help give it the best possible start. Don't forget to companion plant to help assist in plant growth and confuse pests.

Add some diversity to your garden, mix in some flowers and herbs with your veges.

More on that next time! Try to stay cool and support local! Yours in the Garden!

Carla Tipping

Accredited Permaculture Teacher

Site Manager (Lismore Community Garden)

Owner Precious Plants Nursery - Conway St Lismore **Ph: 6622 8177**