

## In the Garden with Carla

Spring is here and once again we will be blessed with lush new growth and beautiful blooms. The critters will be doing their thing preparing for the breeding season, making nests and sourcing food. The good, the bad and the ugly will grace our gardens with both delight and in most cases as a benefit to us all. But some of them will need to be controlled such as the ever loyal fruit fly that returns without haste to spoil our fare.

A few strategies come to mind, like managing fruit fly by hanging out your baits and as soon as you see those first signs, get cracking on your treatment. I prefer to use a bait that is organic, and easy to use such as Eco naturelure. You can spray or set up a very sophisticated bait system made from a yellow plastic plant pot tied on its side to either a fence post or tree. The yellow colour is known to attract insects and being put on it's side will stop the bait being washed away from rain. I like to put mine somewhere that I walk past everyday and is at eye level. I simply use a paint brush to apply the bait inside the pot or you can spray it on with a spray bottle. Remember to pick up any spoiled fruit that drops on the ground and put it in a plastic bag and leave to "cook" in the sun for a couple of days. Do not throw it straight in the compost heap.

A not so common other form of pest control is to use microclimate exclusion nets. This will let in 80% of light and moisture but will exclude all pests, including bats. Just remember to cover only after flowers have been pollinated and fruit is beginning to form. For fruit trees I use 4 star posts and cover posts with poly pipe to form an igloo and then cover with the net. I secure it at the base with some bricks. The microclimate exclusion fabric comes in bags for covering tomatoes etc or small to larger size sheets to cover trees. It is available from Green Harvest, check em out on-line. A great place to get your organic resources. You can also get down to your local nursery for some helpful advice and products. If you are after organic advise for pest and disease control, companion planting, no-dig gardens, composting and lots of "how to" knowledge on doing things more sustainably, I would call around to see who specialises in this area. Not all garden centres have the knowledge or the products to be of any organic assistance.

This is the main time of year for getting our beds ready for the new spring vege garden so here are a couple of tips for you to beat the heat and to help prepare your garden for the hot summer days ahead.

It's best to plant as early as possible and establish some nurse plants. A good example of this is planting a paw paw tree on the west side of the vege garden to help create some shade. This is a great spot to grow some more delicate species such as lettuce. Just keep up the nutrients when growing large species in the vege garden.

When designing your beds, if possible put your bed facing the north-easterly aspect to maximise the morning sun and maybe plant something that will create some shade/protection from the hot westerly summer sun. Tomato stakes and some 70%+ shade cloth will do the same job.

### **Mulch, mulch, mulch! What more can I say.**

The benefits are enormous. My other favourite tip is seaweed. When you first plant out and/or if we suffer extreme weather temperatures or long periods of wet or dry, this is when seaweed is of most benefit. It acts like a health tonic for plants and is safe to use on everything in the garden. They can't overdose on it either. It will make your plants tough! I'm looking forward to getting down and dirty over the next few weeks, and I'm excited about sharing my knowledge on how to do it organically. So go on, get lost in the garden somewhere!

**Carla Tipping - Horticulturalist, Permaculture Teacher,  
Owner - The Good Bug Nursery, Ballina**

## MARKET CALENDAR

### SATURDAYS

Blue Knob Farmer's Market (Weekly)

### SUNDAYS

Lismore Carboot Market (1st Sunday of the month)  
Channon Market (2nd Sunday of the month)  
Uki Market (3rd Sunday of the month)  
Lismore Carboot Market (3rd Sunday of the month)  
Bangalow Market (4th Sunday of the month)

### TUESDAYS

Lismore Organic Farmer's Market (Weekly)

## FRESH SEEDLINGS AVAILABLE @ THESE OUTLETS

Eden @ Byron Garden Centre  
Mullumbimby Rural Co-op  
Santos, Byron Bay  
Lennox Head Garden Centre  
Wards Landscape Supplies Mullumbimby  
Mullum Herbal, Mullumbimby  
Brunswick Health Foods  
True Value, Ocean Shores  
Fresh Wholefoods Murwillumbah  
Wray Organic Palm Beach  
Lismore Organic Farmer's Market  
Currumbin Valley Harvest, Currumbin  
Leaf and Colour Nursery, Lawrence  
The Good Bug Nursery, Ballina

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# THE GROWER'S GUIDE

September/October 2010

SPRING EDITION



With Love to Your Garden

## SUN HARDENED CERTIFIED ORGANIC SEEDLINGS



### Spring has sprung!!!

How easy it is to not to take action in the moment, but oh how difficult it is to live with the residual feelings of our procrastination and inaction as the moment evaporates.

### Do not let this Spring pass your garden by.

Well Spring is now in full swing, finally! And boy is there lots to do if you want to ground the spring energy into your garden to maintain its life force right through to next winter.

Understanding that a lot of what we grow originates from elsewhere should trigger ones thirst for inspirational insights as to how to recreate their favourite microclimates in your garden, and thereby be able to meet the growing requirements of each plant and thus allow them to grow into a sweet, tender, nutritious and delicious fruit or vegetable.

To make this happen requires proper garden bed orientation, design and growing structures, these are but a few of the key elements to grounding a constant stream of spring growing energy into your chosen place of joy.

# SEPTEMBER OCTOBER GROWER'S CALENDAR

**The new Grower's Calendar:** The Grower's Guide has altered in format for the spring 2010 calendar; this is so as to stay in step with the planting season rather than the Financial/Tax calendar. We will instead run by the moon/zodiac cycle from month to month, this helps bring an ease to planning garden activities. To help you to focus in your garden and bring more grace to your activities, we have included the daily intentions from the Mayan calendar, all of which fit more closely with the natural cycles experienced in the garden than the 500 year old Gregorian tax calendar. The fully detailed and easy to use Mayan calendar is available at [www.mayanmajix.com](http://www.mayanmajix.com).

**News and Updates:** Landshare Australia will be launched in the northern rivers before being promoted in every corner of the country. The fully functioning website is expected to be online mid to late October. In the meantime, you can make enquiries via Phil's website [www.phildudman.com](http://www.phildudman.com)

**Brissy!!** Farmer's Choice Organic seedlings are at the Cleveland farmer's market in Brisbane's bay area. Danita Nixon and Catherine Matthews of 'GROW. LIVE. ORGANIC' are at the market in Bloomfield Street, Cleveland fortnightly on Sundays, next date is 10th October. And at the Annual Brisbane Organic Grower's Spring Fair on the 3rd October 9am-3pm at 102 McDonald Rd, Windsor. So let your Brissy gardening friends and relatives know and go support our newest team members of Farmer's Choice Organics. You can contact Danita on 0450 959 581 & Catherine on 0410 076 574. Also new outlets and markets are delivering a wider choice and greater stock availability, for details check out the back page.

**In the Shed with Greg:** Creating the microclimates required by our leafy greens can also create points of interest in the garden. A half a dozen star pickets or tomato steaks, a pack of large cable ties, some shade cloth, some poly pipe and an old security screen door or similar mesh panel (from a tip shop or recycling depot) will create great structure for your beans and other climbers to cover over and bring relief from the Midday sun for your salad greens planted on the south side of it. Method: creating 2 beds out of one by dividing a 120cm wide bed down the middle gives you 2 beds, they should be oriented east west and be as long as you want them. Solidly anchor your structure (security screen) between the 2 beds onto close fitting star pickets or stakes and cable tie them together tightly. Next fix the ends of some 2.50 meter lengths of 50mm poly pipe to your structure with cable ties approx 120cm above the soil in the bed, the other end of these pipes should be secured to the ground by placing a picket or stake 30cm outside the edge of the bed and sliding them over the stake or cable tying them together. This will give you a series of half bows that when covered with shade cloth look like a tunnel on the south side of your garden bed. The north side is perfect for planting beans, cucumbers, tomatoes, eggplant, capsicum, melons, or anything else that enjoys hot days in full sun. As these plants grow they create dappled shade for the southern garden, and with the addition of shade cloth tied onto the back of the screen and clipped to the bows and cut to finish 60cm above ground level. (Use large dog clips approx \$0.80each; for easy removal to get in to play or harvest) Now you have a living breathing ever flowing microclimate that is ideal for sweet, tender succulent lettuce, matter of fact all your leafy greens plus coriander and rocket just to name a few that will do extremely well in this cool southern environment. A word of caution: do not plant directly under the bows as they cause drip lines from rain or watering and can damage more tender leaf matter. Also during times of prolonged wet weather you can add a sheet of clear plastic over the bows to prevent over watering of tender varieties and reduce the incidence of fungal diseases setting into your greens. And on the northern side you have happy full sun plants that are having fresh air flow drawn across them as the thermosiphon effect kicks in from the cool southern garden bed, hot and cool beds back to back. The finishing touch must be the bird baths, you can't have enough of them, we have them all over the nursery and the fairy wrens and other small birds love coming to work everyday to keep the pad insect free. So set some up because this season is going to be big for insects.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
23  	24	25	26  	27  	28  	29
30 	1  	2 	3 	4	5	6
7	8  AM  PM	9  AM  PM	10  	11  	12	13 
14  	15  	16	17	18 	19 	20 
21	22	23  	<b>PLANTING LEGEND:</b>  Planting Days  Fertilising Foliar Spray  Spring Equinox October 23rd 1:10pm  Weeding  Solids			

**Mayan Calendar Daily Intentions:** (The numbers are the dates).

23. Ask for Wisdom & honour memory of ancestors.  
 24. Open to new beginnings. 25. Send Communications of all kinds  
 26. Spend time contemplating the stars. 27. Plant, make new contacts and reconnect with others. 28. Ask for flexibility and fluidity. 29. Tie all loose ends. 30. Be of service to others. 1. Ask for abundance in all relations  
 2. Offer appreciation for all creation. 3. Enjoy family and friends. 4. Begin anything new in life. 5. Do some community service. 6. Bless or repair your house. 7. Commune, give thanks to Mother Nature 8. Ascend to a

larger perspective. 9. Sit on a rock. 10. Give thanks to Mother Earth for all her gifts. 11. Spend time in reflection and introspection. 12. Count your lessons as blessings and your enemies as angels. 13. Ask for Wisdom & honour memory of ancestors. 14. Open to new beginnings. 15. Communications of all kinds. 16. Spend time contemplating the stars. 17. Plant, make new contacts and reconnect with others. 18. Ask for flexibility and fluidity. 19. Tie all loose ends. 20. Be of service to others  
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