

In the Shed with Greg

Roll those sleeves up and get the gloves on its gardening time!

Its time to get your new Autumn/Winter garden kick started. Soil health is of prime importance, so lots of healthy biologically rich compost, vermicast, manures and some comfrey, also nettle and seaweed solutions should be on the menu. After all the heavy rains and flooding a great deal of the soil biology has been leached out and given rise to an upswing in fungal activity - noticed all the mushrooms? A healthy winter Brassica garden depends on balanced biology, so getting healthy doses of good bacteria into your soil will help to rebalance the fungal levels and hopefully prevent or stem the onset of white rust and other fungal diseases.

Here are a few simple things you can do to rebalance your garden:

1) Humus rich compost; Adding some rich humus based compost that you have made in your garden is the number one choice. You can go online and read the April 2010 newsletter about 'the old woollen blanket' if you want to do some accelerated composting to finish composting your pile quickly. However if you didn't get any compost put down you can buy some Comcast (a nice garden blend of compost and worm castings) from Tryton in Lismore Ph 66228855, Glen and Leo are there to help local growers with a trailer or truck load.

2) Seaweed drenches; I have found the use of a triple strength seaweed solution (Arcadian, Eco Cweed, Seasol, Mixicrop etc.) as a soil drench most beneficial in assisting to restore soil microbiology. When applying it at 3 times the recommended dosage per litre of water, it will combat rising fungal growth in the garden. NOTE: it should be done once a week for 3 consecutive weeks for lasting results.

3) Fertilizing with mulch; With all the rain the grass is growing too fast, so make good use of your grass clippings by drying them for a week or so till they brown off evenly, then place them in a large water tight container (approx 60 litre capacity, can be a plastic storage box). Add a 10 litre bucket full of cow manure, drench with seaweed solution, and add a generous amount of comfrey, nettle and a couple of Okra fruit (remove seeds first!) if you have them in the garden. Place the container in a shady part of the garden and cover the ingredients in the container with water to about 15cm from top and stir vigorously for 1 minute, repeat the vigorous stirring each time you check the mulch over the next week or so as the solution develops potency. When you are ready to use the mulch give the ingredients a good stirring till the smell subsides, and then drain the liquid through some shade cloth into a container for dilution at the rate of 5 parts water to 1 part drenching solution. The mixture should be stirred vigorously then applied as a drench onto the garden beds a couple of hours before planting. When you've finished planting your seedlings you then distribute the grass clippings as a mulch covering around the plants and fill in the gaps to ensure the entire garden bed is covered. This method yields a very nutritious liquid fertilizer when broken down @ 20:1 and as a soil drench @ 5:1 and slow release mulch that boosts you soils biology as you water while protecting it from solarization.

zNOTE: Do not use grass clippings that have gone to seed, and put down a new box each time you mow because your garden will love eating this mulch quicker than you think.

With Love to Your Garden
Ness & Greg

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
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

Farmer's Choice Organics ORGANIC SEEDLINGS

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THE GROWER'S GUIDE

FEB/MARCH AUTUMN EQUINOX EDITION



**SUN HARDENED
CERTIFIED ORGANIC
SEEDLINGS**



Reliance or Sustainability

The great Aussie backyard food production systems of the 50's and 60's if seen today for the first time would evoke cries of magnificent, model for a sustainable future and would probably even get the nod from most of the new breed of Permaculture aficionados. Folks nothing is new, we just go around and around the same issues in life season after season year after year century in and century out, with each generation convinced that what is happening is unfolding for the first time, not so.

For example when I excitedly told Mum we were developing a new technology to produce Biochar, she told me they made char at the end of each harvest season in simple pits back on her island in Greece, and it had been done that way for many centuries as far as she knew. Then when I informed her about the food shortages after the recent floods and cyclones she added, "This is the same conscious shift as humanity adopted at the beginning of World War II, back then people were encouraged to empty their pots of flowers and plant vegetables and herbs. The time of blind reliance and total dependency on the great (or not so great) supermarket duopoly has come into review, and the wise are looking earnestly at 'self' reliance as the key to sustainability.

Now more than ever it is time to join the food revolution, to help in understanding the coming impacts to life as you currently know it, I urge you to view the documentary "The Power of Community, how Cuba survived peak oil" most video stores have it.

With Love to Your Garden. Ness & Greg

News and Updates

With Love to Carla

A big thanks and much gratitude to Carla Tipping, our regular contributor who now sadly won't be contributing for a while. We miss her already and eagerly await her return with those timeless, tried and tested pearls of wisdom she so lovingly shares. Good luck Carla and see you in the garden.

Farmer's Choice Organics "the grower's resource"

In these times of questionable food security we believe it is better to share information with our grower's so as to give them an advantage over pests in their gardens and inform them about the products we use to ensure them high quality growing results and crop yields.

We have been offered and accepted the position of wholesale distributor of plant foods and pest control products from Organic Crop Protectants Pty Ltd OCP.

Why?

We use a wide range of Certified Organic plant foods to raise our strong healthy seedlings, and let me tell you good quality Certified Organic plant food and protectants are expensive when you buy them at retail outlets, so instead of raising our seedling price from what it was costing to feed our babies, we instead became a wholesale distributor for OCP. We now have access to affordable pricing of bulk supplies of plant foods and protectants, at the same allowing us to maintain our low price policy as part of "The Affordable Organic Food Chain".

What does this mean for the grower?

Most Organic growers are familiar with the BFA approved OCP products from their Eco Organic Gardener range. Organic inputs such as Eco Oil, Eco Neem, Eco Fungicide, Eco Cweed and Aminogro, are just a few of the products that have been developed and produced by OCP to assist the Organic grower. We stock an extensive range of home gardener size Eco Organic products through our market stalls and also deliver OCP bulk products to the farming community.

An example of our Bulk value for money offering is the Certified Organic Arcadian Kelp Meal for livestock at just \$75.00 for a 25Kg bag - only \$3.00 per Kilo. This product is a great nutritional supplement since all the rain has the grasses growing too rapidly, holding no goodness just fibre, leaving cattle and other livestock struggling to hold weight. For home food production we have 500ml Eco Oil and 100ml Eco Neem to stop those grasshoppers in their tracks all for just \$15.00 each, at Farmer's Choice we try to make quality truly affordable.

We discovered KOR 4 compost from Tryton Agri products in Lismore early in our seed raising mixture development days, and in recent times we have added Wormgold to the feeding regime which keeps the babies happy. We use a wide range of products from both of these companies to support the production of strong healthy Organic seedlings for farmers, market gardeners and home food production.



















Blended Biodynamic preparations 500-502-507 for practitioners and those wanting to have the Biodynamic experience in their garden will also be available soon.

We believe Organic food should be affordable! So we are committed to using and also making available to our growers the best Organic Inputs at the best possible price.

Carl is our webmaster; he is currently developing a portal for our website to allow our grower's online access to OCP Eco Organic Gardener products at 30% off, and keen pricing on OCP bulk products for market gardeners and farmers.

Supporting the food revolution, Ness & Greg

MARCH/APRIL GROWER'S CALENDAR

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	18 	19	20	21 	22 	23 
24	25 	26 	27 	28	1	2 
3  	4 	5  	6 	7	8 	9 
10 	11 	12	13   	14 	15  	16 
17	18 	19	20   	21 	PLANTING LEGEND:  Planting Days  Fertilising Foliar Spray  Weeding  Solids  Autumn Equinox 10.21am March 21st in Libra	

Myan Calendar daily Intentions for February March 2011

19. Commune and give thanks to Mother Nature
 20. Ascend to a higher perspective
 21. Sit on a rock
 22. Give thanks to Mother Earth for all her gifts
 23. Spend some time in reflection and introspection
 24. Count your lessons as blessings and your enemies as angels
 25. Ask for the wisdom and continued honoured memory of our ancestors
 26. Open to new beginnings
 27. Send Communications of all kinds
 28. Spend some time contemplating the stars
 1. Plant, make new contacts and re-connect with others
 2. Ask for flexibility and fluidity
 3. Tie all loose ends
 4. Be of service to others
 5. Ask for abundance in all

relations
 6. Offer appreciation for all creation
 7. Enjoy family and friends
 8. Begin anything new in your life
 9. Do some community service
 10. Bless or repair your house
 11. Commune and give thanks to Mother Nature
 12. Ascend to a higher perspective
 13. Sit on a rock
 14. Give thanks to Mother Earth for all her gifts
 15. Spend some time in reflection and introspection
 16. Count your lessons as blessings and your enemies as angels
 17. Ask for the wisdom and continued honoured memory of our ancestors
 18. Open to new beginnings
 19. Send Communications of all kinds
 20. Spend some time contemplating the stars
 21. Plant, make new contacts and re-connect with others.