

GGGYO

2023

Almanac

This Is The Year That Was



Lola's verge garden, 2A Machin Street, Woodville

Why we are here

Grow, Grow, Grow Your Own – Almanac 2023

Climate change is happening now. It will fundamentally affect our lives. It will affect the security of our food supplies. It will lead to more extreme weather and hotter summers.

As climate change progresses, there will be an impact on the ability of our existing food systems to produce as much food. By growing more of our own, we build up our food security.

This is the context that informs GGGYO. Our prime, defining goal is to help the community grow more of its own food. A consequential outcome is 'Fostering community'. Growing food locally can build and strengthen community connections – we share experiences, seedlings and excess food.

Building resilience in food and connections between people will also assist the community navigate through current and future pandemics.

We also advocate for and strongly support growing trees and extending tree canopy to help the community adapt to climate change.

2023 was the eleventh year that our group – drawn from Sustainable Communities SA Unley members – has received a generous grant from Unley Council to encourage the community to grow more of their own food.

We feel greatly encouraged by the community response to our efforts and Unley Council's commitment to funding food-growing projects. Thank you.

Us

The *Grow Grow Grow Your Own* (GGGYO) group consists of Nolda Beynon, Ashley Campbell, Peter Croft, Pauline Muir, Kat Ryan, Abby Ward, Anne Wharton, Anne Wilson, and Pat Wundersitz, with support from Di Salvi of Unley Council. During 2023, Chris Adams and Jan McClelland went onto other commitments and projects. Thank you for your enthusiastic contribution over many years.

We are actively supported by Sustainable Communities SA, which provides financial, publicity and governance assistance. GGGYO is a member group of Sustainable Communities SA.

We also acknowledge the generous support of Unley Council over 11 years and our wonderful workshop presenters.

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Grow, Grow, Grow Your Own

First of the 2023 free Workshop Series

Anna's Productive Garden

Presented by Anna Polias



Anna Polias's garden

**10 am on Sunday 29th January
at Anna Polias's garden
46 Gladys Street
Clarence Gardens
15 places only**

Register at patwundersitz@gmail.com

Report from the Workshop at Anna's Garden

Anna Polias has exhibited her beautiful garden 5 times in the Open Garden Scheme. Growing up in Mt Gambier, she learnt about growing plants in her mother's garden. Later, after retiring from teaching, she began to grow much of her own fruit and vegetables and gathered many ideas about form and colour by visiting gardens here and overseas.

"I am concerned about my carbon footprint and love knowing what I'm eating. I was born on the Greek island of Rhodes and grow fresh salad vegetables - lettuce, tomatoes, capsicum, cucumbers and herbs - turning them into delicious Greek food such as spanakopita and moussaka. 16 fruit trees supply fresh food, jellies, marmalade and other preserves. The taste of home-grown fruit is divine."

This is a spectacular productive garden. In this workshop, Anna will share tips and solve problems especially when making compost (she has 8 bins) and discuss planning, design and siting plants in relation to light and shade. She believes good compost is one of the most important ingredients for good soil. Bring some lunch if you wish.

Please note there are no toilet facilities.

Questions and problems

We are always keen to help you grow your own vegetables. Please contact Pat on 0407 608 345 if you have questions or problems. Or email through some photos of the growing problems that you are facing. We will try and help.

Contact us on peter.croft@mmc.com.au.

Thank you to Unley Council for its generous grant to support these workshops.

Sustainable Communities SA – Unley groups

Workshop report

15 people registered to attend (plus us). We received the following email from Grace – a former presenter – who said:

Subject: Re: Grow Grow Wkshop - Anna's Productive Garden - Sunday 29th Jan, 10am at Anna's Garden

Date: Sun, 29 Jan 2023 15:44:36 +1030

From: Grace <graceculinary@gmail.com>

To: Grow Grow Grow Your Own <gggyo@sustainablecommunitiessa.org.au>, Pat Wundersitz <patwundersitz@gmail.com>, Pauline MUIR <catland@optusnet.com.au>

Hi Anne, Pat & Pauline,

I was one of the lucky ones able to attend "Anna's Garden workshop" today and I reckon it's the best gardening workshop I've been to in a very very long time and I've been to a few.

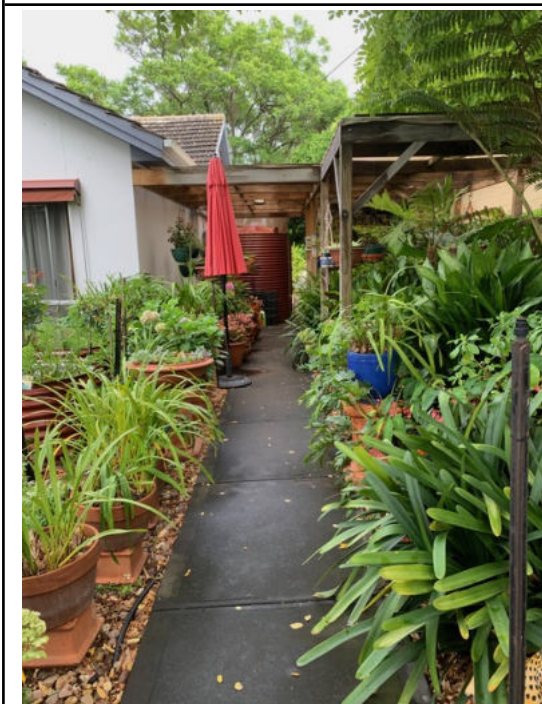
I learnt so much but more importantly I am now inspired to create a much better garden space at home.

Congratulations and thank you all for the work you do to make it all happen.

Cheers

Grace

Grow, Grow, Grow Your Own – Almanac 2023



Grow, Grow, Grow Your Own
Second of the 2023 free Workshop Series
Edible Australian Plants
Presented by Mark Henley



Native Spices; Mark Henley



Sunrise Lime Tree: Mark Henley

**2.30pm on Sunday 12th February
at Unley Community Centre
Arthur Street, Unley**

Register at patwundersitz@gmail.com

Workshop details for Edible Australian Plants

This workshop will explore some of the native Australian plants that have culinary use and can be grown in Adelaide / Adelaide Hills.

Noted botanist Tim Low, a specialist in edible native plants, says that the southern dunes and adjacent land has the second most diverse range of food plants of anywhere in Australia – second to Kakadu region, yet beyond Aboriginal communities, very little is known about this botanical richness by South Australians. Fortunately, awareness is growing and some edible native plants are available from selected nurseries and can be propagated.

Topics covered in the workshop will include:

1. An overview of edible Australian Plants growing in and around Adelaide
2. How to grow some of these plants
3. Propagation
4. Examples of culinary application.

The workshop will be interactive, so bring your questions.

Presenter is Mark Henley, an economist! Mark is a life member of the Rare Fruit Society of SA and current vice President with a longstanding interest in growing edible native plants – and cooking with them. He is an enthusiast rather than an expert.

The Unley Museum is launching an exhibition entitled Indigenous Garden, starting on 9th February (three days before this workshop) and running to 29th April. You may be interested in having a look. For more information, refer to

<https://www.unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Museum/Exhibitions/Indigenous-Garden>

Questions and problems

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Grow, Grow, Grow Your Own – Almanac 2023



Report from the workshop with Mark Henley on native food

50 people attended including us.

Mark started off by talking about the way that the First Nations people have propagated and improved plants over many years, based on his exposure to Ngarrindjeri cultural practices through Tom and George Trevorrow. Yam Daisy was one of those plants widely cultivated and propagated

Then he went through some of his favourite and recommended plants and offered taste/smells of many. Accompanied by numerous questions. Top plants included:

- Native parsley or sea parsley: similar family to European parsley. Grows easily from seed in spring. Can buy from State Flora
- Native mint *Menta australis*. Use just like any other mint. They clump. Get secateurs and cut through roots and plant in coolish spots. Use as you do ordinary mint e.g. in creme brûlée or savoury dishes. River mint and slender mint too
- Muntries: small berry which forms along leafy branches. Taste like apple and great in a salad: *Kunzea pomifera*. Occur naturally along southern sand dunes. Great groundcover. Fruit around Easter time. Can buy them from *Something Wild* in the Central Market. Probably best grown in pots with sandy soil on the Adelaide Plains
- Warragul spinach, blanch then use in side dishes. Bower spinach is a relative but does not require blanching
- Native wattle seed: wonderful coffee type flavour. Golden wattle and . *Acacia victoriae* recommended. Very tasty. To propagate: pour boiling water on them then put in seed mix
- Native pepper leaf: need lots of molly coddling but taste very well. A favourite. Pepper berries can be ground
- Finger limes: can take some years to crop. Growing conditions: subtropical so need drainage mulch and water. Very prickly plants. Squeeze out the pearls once cut. Use on fish
- Citrus *glauca* May have been the first ever citrus from Gondwanaland. Have been hybridised to *sunrise lime* and *red centre lime*: have *glauca* and finger lime quality. Get some seeds dry them and use seed raising mix
- Lemon myrtle: goes in absolutely everything: two or three leaves in cakes, tea, seafood etc. Evergreen and grows in pots. Very high priority culinary wise. Cinnamon and aniseed myrtle are relatives
- Quandong which has great tasting fruit. It's semiparasitic and therefore needs a companion plant like myoporum or other natives. Propagation: soak the nuts then expose to heat for a couple of days then plant.

Overall, an excellent workshop with great enthusiasm from the audience.

Grow, Grow, Grow Your Own

Third of the 2023 free Workshop Series

Kombucha, Kefir and fermented foods

Presented by Beck Stevens



Beck Stevens in her garden

**2.30pm on Sunday 26th March
at Unley Community Centre
Arthur Street, Unley**

Register at patwundersitz@gmail.com

Workshop details

In this workshop Beck will walk you through exactly what you need to get started in preparing and using kombucha, kefir and other fermented foods, provide you with tips and tricks, and answer all your questions so that you can confidently start your own fermented food journey.

Beck Stevens is a health and food educator, horticulturalist and Agricultural Scientist with a passion for building strong, resilient, and sustainable communities that are linked with their food sources and have a sense of environmental stewardship through sustainable and regenerative land management practices. She is a founding member and coordinator of ‘Happy Patch Community Garden’ and ‘The Happy Pantry Community Food Co-operative’, both located in Aberfoyle Park.

Beck presented on the topic of *Preserving your Produce* in November 2022 to an enthusiastic audience.

Questions and problems

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Contact us on peter.croft@mmc.com.au.

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Grow, Grow, Grow Your Own – Almanac 2023



Report from the Workshop with Beck Stevens: Kombucha, Kefir and Fermented Foods.

Anne Wharton introduced the workshop with Welcome to Country, and gave a brief outline of the work GGGYO has been able to do for the past 10 years, made possible by Unley Council's ongoing generosity.

The day was drizzly and overcast, but Beck kept all 30 attendees engrossed. Her previous presentation on preserving with the Vacola method was so well-received that we're now certain that anything we throw at her will be nothing short of both entertaining and expert!

Beck has been experimenting with fermentation of food and drink for 10 years, so she was able to not only explain the method in clear detail, but also highlight the pitfalls, as she demonstrated each stage. Seeing the process, its constituents and results, made understanding clear. Today, she gave a thorough presentation solely on drinks, open to questions throughout.

Fermentation is culturing food and drink under anaerobic (i.e. without oxygen) conditions. Sugar is converted to alcohol, CO₂ and organic acids by microorganisms. The resulting food/drink adds diversity to gut flora, helping to build a healthy gut microbiome, and has been shown to have positive links to human health. Ingesting a little, but often, is the key to its use. And fermentation is also used for food preservation – vegetables (eg. sauerkraut), bread (sourdough), yogurt, kefir, and cheddar cheese are all produced by fermentation.

Kombucha is made with tea – green or black – and sugar, water, vinegar and SCOBY (Symbiotic Culture Of Bacteria and Yeast) – a living fungal production. SCOBY floats on the top. The yeast colony suspended below eventually sinks to the bottom of the container. The white part on top is the new SCOBY, which has a life of approximately 2 months, so needs to be activated every 6-8 weeks. It is fed with 2 substrates – caffeine for nitrogen production, and good quality white sugar. The water used should be free of chlorine (tap water should be boiled, or left open for 24 hours to dispel the chlorine), but spring, filtered, or rainwater is best, and mineral-free water is preferred. There are 2 fermentations – primary, which takes about 4 days, and the kombucha should be tasted before starting the secondary fermentation. This is done in sealed, cleaned bottles, leaving space for carbonation. These are left for 24-48 hours before refrigeration.

Water kefir is made with water kefir grains, produced from a cactus. It has minerals added; salt, bicarb.soda, the pure water as before, raw sugar, molasses, and sultanas. It is mixed with non-metallic implements, and is fermented as with kombucha, in two stages.

People didn't want her to finish. She was besieged at the end, and we had to pack up around her, and her group of enthusiasts!

Grow, Grow, Grow Your Own

Fourth of the 2023 free Workshop Series

Helping children grow food

We invite parents and grandparents to bring your children/grandchildren to this workshop focusing on getting children excited and involved in growing food.

Presented by Steven Hoepfner



SouthEast Agnet

**2.30 pm on Sunday 14th May
at Unley Community Centre
18 Arthur Street Unley**

Register at patwundersitz@gmail.com

Workshop details

We invite parents and grandparents to bring your children/grandchildren to this workshop focusing on getting children excited and involved in growing food.

Alternatively, take some of the seedlings and seeds home for them to plant.

Presented by Steven Hoepfner of Wagtail Farm and a father of a young son, this workshop will engage with children and adults in a playful and informative manner to show how you can turn even a tiny space at home into a vegetable garden.

Steven is a regular presenter at Grow Grow Grow Your Own workshops having presented on many topics - especially fruit trees over the past ten years.

Questions and problems

We are always keen to help you grow your own vegetables. Please contact Pat on 0407 608 345 if you have questions or problems. Or email through some photos of the growing problems that you are facing. We will try and help.

Future Workshops:

- 25th June - All about growing citrus
- 13th Aug - Collecting and cooking weeds
- 24th Sept - Growing berries
- 12th Nov - Budget gardening.

Contact us on peter.croft@mmc.com.au.

Thank you to Unley Council for its generous grant to support these workshops.

<i>Sustainable Communities SA – Unley groups</i>
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Report from the workshop

Attendees: 9 kids and 13 ‘grownups’. A smaller number than usual because of Mother’s Day.

As usual, Steven had us totally engaged – enthusiasm, witty comments and lively body language plus lots of interaction with the group. It was a great reminder that young children can be constantly focussed on one person for one hour.

Steven talked about photosynthesis and the trading of oxygen and carbon dioxide between plants and animals.

As it was Mother’s Day, the urgent need for us to respect and care for Mother Earth was highlighted.

Lots of information and ideas were exchanged as Steven asked questions about growing food. Most of us learned things that we had not heard before. Points that he made included:

- Adequate spacing is important when planting brassicas. They tend to bolt if their roots touch the roots of the mate next to them.
- Oranges and brassicas (including kale) get sweeter after the first frost
- The skin of green fruit photosynthesises like leaves. This is one reason why fruit picked early for long distance travel is not as good as fruit picked ripe in home gardens
- The fungi family is closer to animals than plants
- “You can eat anything once”: check before trying new foods especially fungi

Because there was not a lot of us, we could sit in a circle and watch the children respond to Steven – sharing their knowledge and questions.

At the end the children got their hands dirty planting Ngampa (Yam Daisies) and broccoli seeds.

Ashley

Grow, Grow, Grow Your Own

Fifth of the 2023 free Workshop Series
Presented by Alan Halsted

Citrus, Fruit trees, Pruning, Winter plantings



Photo: Ernest Porzi

2.00 pm on Sunday 25th June
at Unley Community Centre 18 Arthur Street Unley.
Note that this will start at **2pm** not **2.30 pm** as normally

Register at patwundersitz@gmail.com

Workshop details

Winter. It's that time of year to take stock of your fruit trees, including citrus, to undertake pruning, and to think about winter plantings.

In particular, citrus trees are in many Adelaide gardens. Lemons, limes, oranges, mandarins and many more. What is the best way to plant, grow, fertilise, harvest and prune them? How should we handle their pests? This workshop is an interactive workshop for you to ask **your** questions.

Our presenter is Alan Halsted, well known in our workshops – particularly for his informative Question and Answer sessions.

Alan is a professional organic local gardener with a specialty in home vegetable and fruit gardens - especially citrus. He is passionate about encouraging people to be more connected to their own gardens, not just productively but also aesthetically. Your garden is also your sanctuary! He is involved in community gardens, community markets and a committee member of the Rare Fruit Society of South Australia.

Future Workshops: Our next workshops are:

- 13th August - Collecting and cooking weeds
- 24th September - Growing berries
- 12th November - Budget gardening.

As always, we are interested to hear about topics of interest to you.

Questions and problems

We are always keen to help you grow your own vegetables. Please contact Pat on 0407 608 345 if you have questions or problems. Or email through some photos of the growing problems that you are facing. We will try and help.

Contact us on peter.croft@mmc.com.au.

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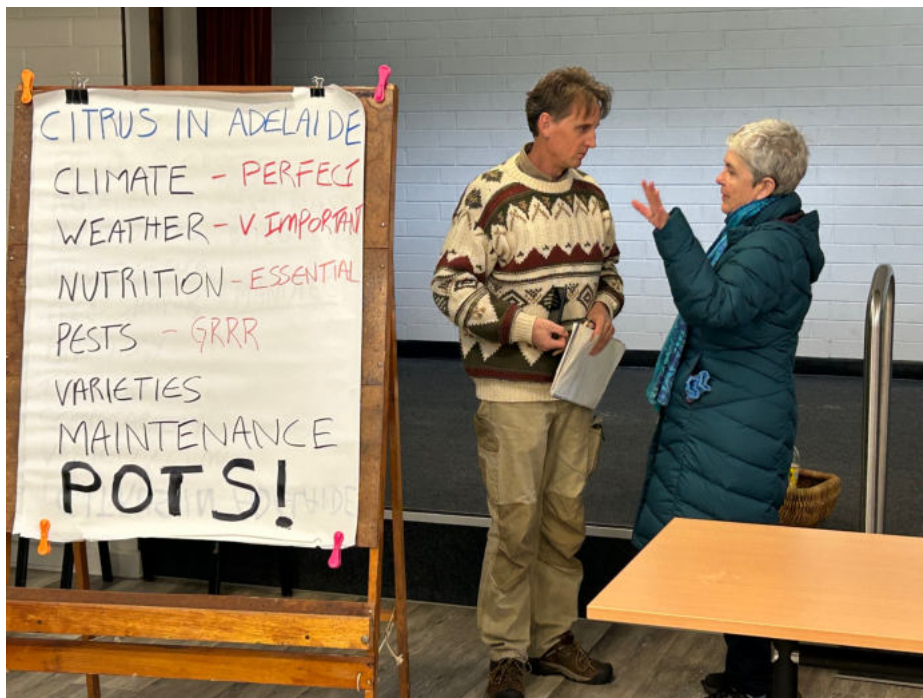
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Report from the workshop with Alan Halsted on winter gardening

60 people attended on a cold wet day to hear the master of Q and A. Many questions.

Many points raised as a result of questions with a particular focus on citrus in winter: a time when limes are falling down, lemons are ripening, and trees are relatively dormant but getting ready for spring:

- We don't want too much vertical growth with citrus. Turn into growth of fruit by making branches horizontal
- It's a good time for fertilising citrus now especially if in pots: Seamungus crumbles each month if in pots but less often for trees in the ground
- Add some Gogo juice or worm juice to stimulate microbes and fungi in the soil. Any time is good except in very hot weather. Straight into soil not on leaves
- Citrus doesn't like western sun
- In response to a question re pots; Alan uses big pots: terracotta plastic pots. Wine barrels will rot within a few years. Terracotta pots are attractive but soak up too much water, and retain the heat in summer.
- Gall wasp: cut them out. They like most citrus except orange and cumquat. Then paint over the cuts with white paint. Dispose of gall infested wood in green bin
- Never prune in the wet as the tree wound can't dry
- Citrus leaves turning yellow: add Epsom salts first. Older yellow leaves will drop off. If not successful: then iron chelates
- Citrus leaf miner: works when leaves are soft and new. Use eco oil on top and underneath leaves.
- Trees which grow well in afternoon sun: pomegranate, guava
- Prune tree so that canopy is not too wide (1.5 metres radius) and fruit not too high for us to reach



Grow, Grow, Grow Your Own – Almanac 2023



Report from the Fruit tree grafting workshop at the Goodie Patch Saturday July 29th

The morning drizzle dispersed and the sun came out in time for the workshop. Prior to the workshop I took 6 people to my garden to show them some grafted apple and pear trees, now about 4 years old. I wanted to show them the graft points on the branches and how to distinguish fruiting and leaf spurs. It's a good idea to mark the graft points with white acrylic paint so that grafted branches don't get pruned off accidentally. (I did this once).

Rhonda, coordinator of the Goodie Patch introduced Sally Osterstock. After this, prospective grafters lined up for a superb workshop with Sally. She first asked participants why learn to graft:

Reasons:

- You can have one tree with more than one variety on it, this is great for patios, courtyards and small gardens.
- Commonly grafting stimulates the tree to fruit earlier than it might otherwise. One example is avocados.
- You can have varieties which you can't buy at markets since some types of fruit don't travel well. Examples are White Anzac peach and Doyenne de Comice pear.
- Often fruit varieties ripen at different times, for example apple, so the eating season is extended and you can avoid a deluge of fruit at harvest time. This is very relevant to food security issues.

With climate change you would be able to regraft more heat tolerant varieties onto your trees if need be. It also preserves genetic diversity. Sally belongs to the Rare Fruit Society which aims to preserve many heirloom fruit trees and retains a plot of several hundred fruit trees at Kanmantoo.

Sally talked about the care of grafting knives and how to sharpen them. Then about rootstocks and how to collect scions from young growth. Grafting apples, pears and stonefruit is best done in mid to late winter; this is when buds are beginning to swell.

Choosing the right varieties is important so that you end up with those which cross pollinate. Also it is a good idea to graft on Granny Smith and Crab Apple because they pollinate many different apple varieties, while a Williams pear will pollinate many pear types.

Sally described the different grafting techniques; cleft, side and whip and tongue are the main ones. And then demonstrated these techniques.

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Participants first practised on Manchurian pear wood to gain confidence before choosing a rootstock, mostly apple or pear, and deciding which scions to graft onto them.

I had plenty of help putting out and clearing away chairs thanks to a Goodie Patch member. Thanks to Jethro and Gita

Everyone enjoyed the workshop

Pauline

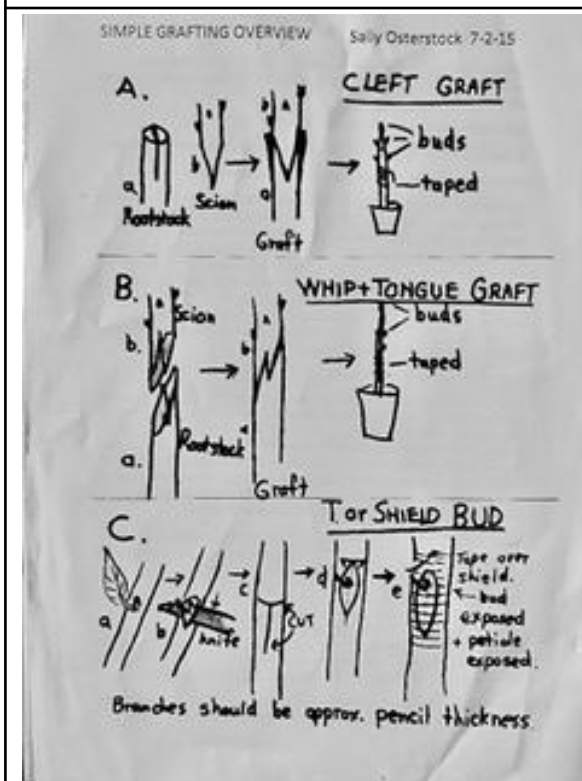
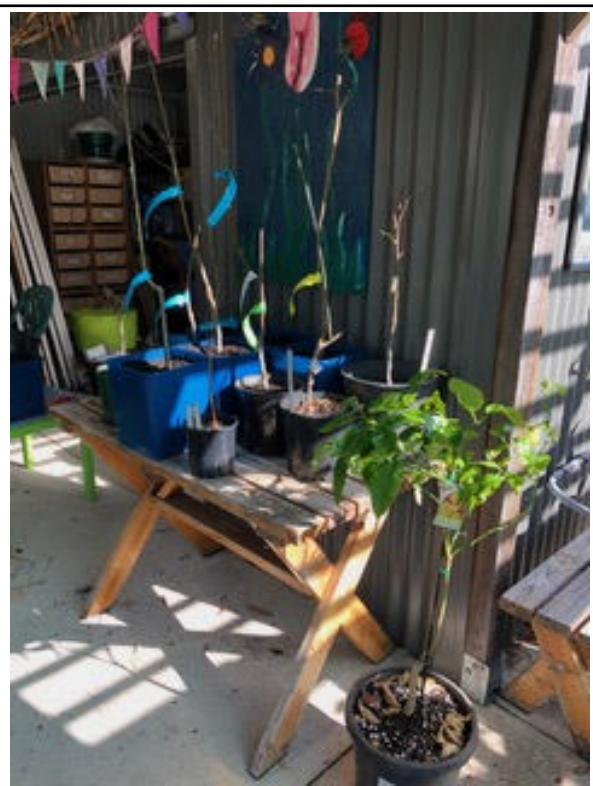
One participant wrote:

I went to the afternoon workshop and was blown away by Sally Osterstock's preparation and detailed knowledge and skill! I now have an apple tree with 3 apples on it and I learned there are 20,000 types of apples. Sally has a tree with 26 on it! Who knew??

Thank you Pauline for organising.

Olivia Coombe





Grow, Grow, Grow Your Own

free food gardening workshop series

How to Forage & Identify Edible Weeds, Flowers & Wild Fruits

Presented by Koren Helbig



Learn how to supplement your diet and save money using nutritious and easy-to-find wild foods growing freely all around you.

Discover how to identify common Adelaide weeds and wild herbs, and turn them into delicious home-cooked meals. Learn how to forage mushrooms, brine street tree olives, and turn sour plums and other wild fruits into tasty drinks and snacks. Plus, master simple low-energy techniques to preserve your harvest year-round.

This workshop is presented by Koren Helbig, an Adelaide-based permaculture gardener, biodynamics practitioner and ABC organic gardening columnist.

When & where:

2.30pm, Sunday 13th August Unley Community Centre, 18 Arthur St, Unley

Book your free spot: Email Pat on patwundersitz@gmail.com

Report from the Foraging and Edible Weeds workshop with Koren Helbig

70 people attended and many more were unfortunately unable to attend through lack of room.

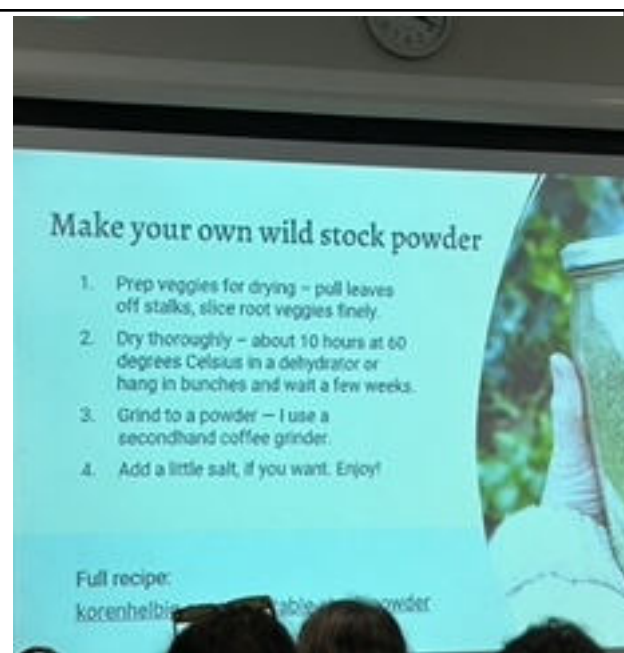
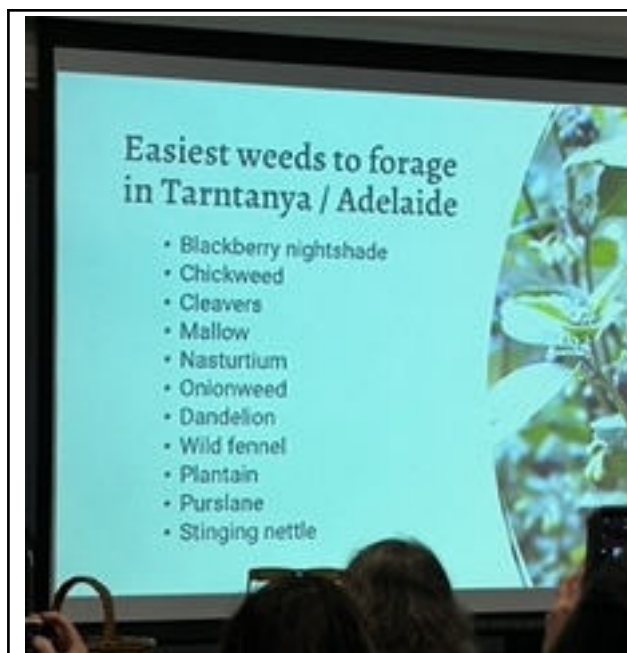
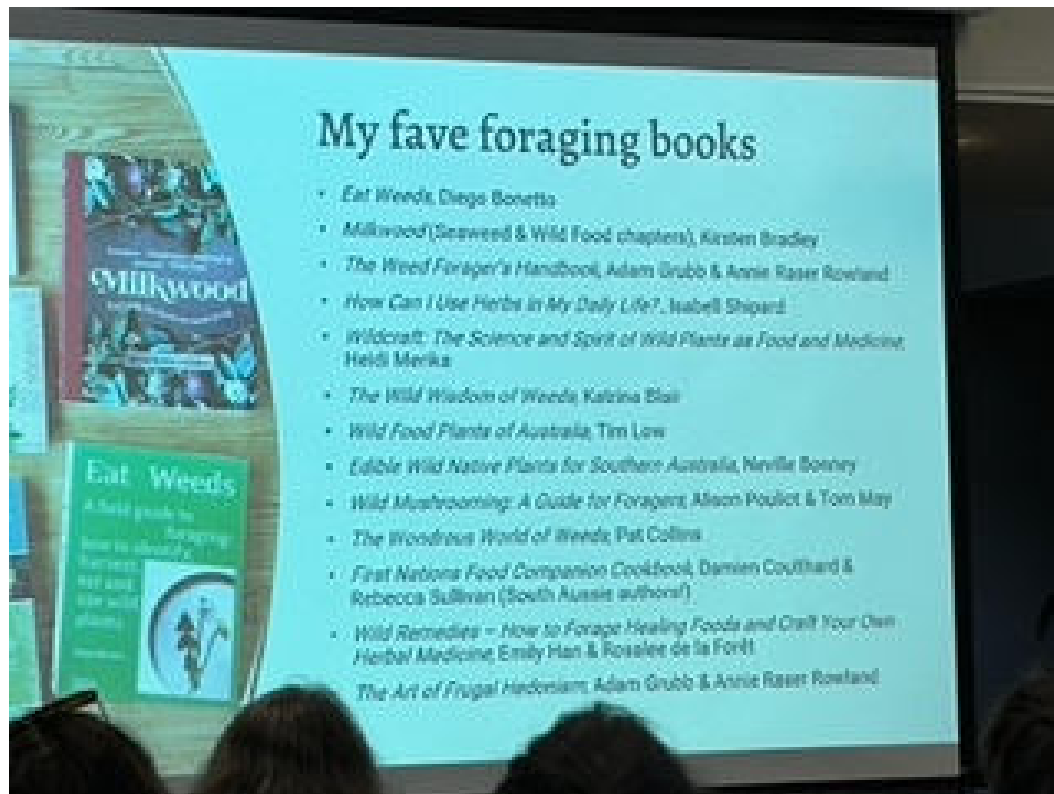
Koren has a strong permaculture background and drew upon this throughout her presentation: foraging is permaculture in action. Climate change figured strongly throughout too: edible weeds tend to be tough and survivors, plus they are locally adapted.

She said that nature abhors a vacuum so if there is very bare ground it may be due to poisoning. So the best place in which to forage is one's own backyard plus verges which have successful plantings.

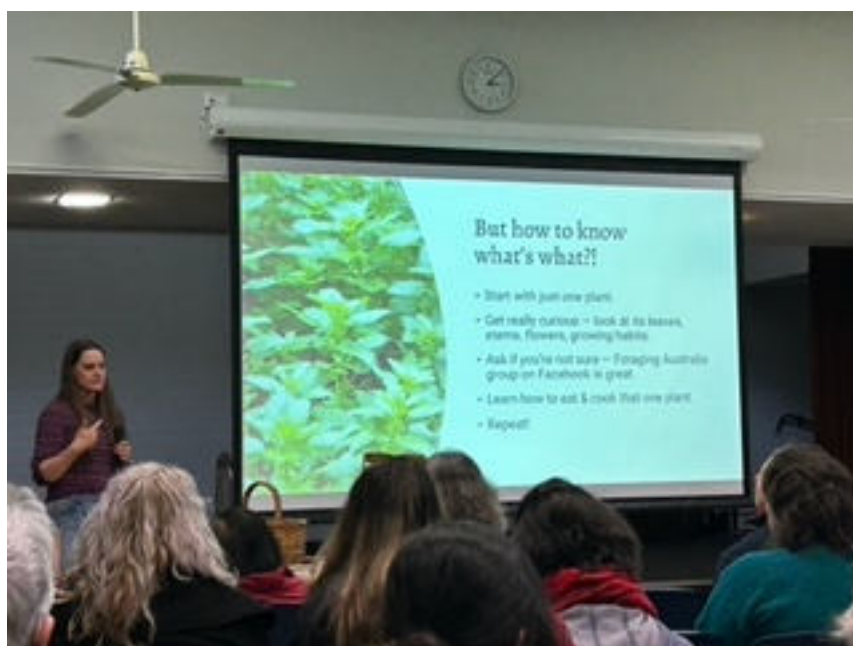
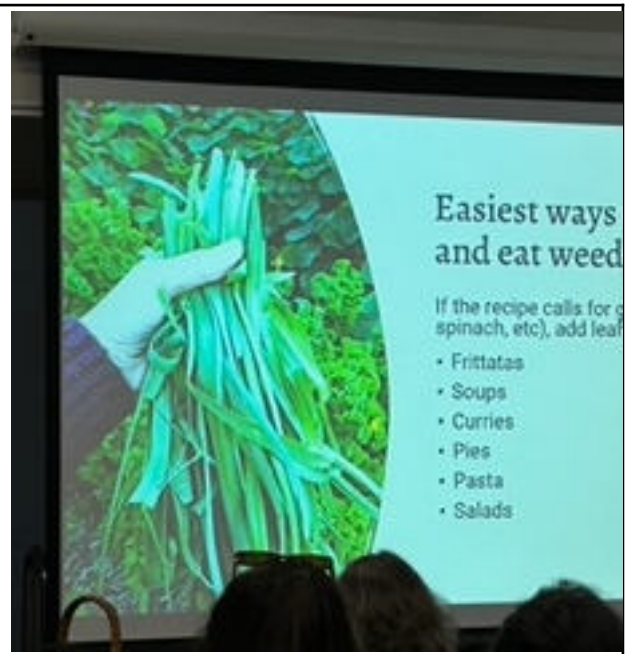
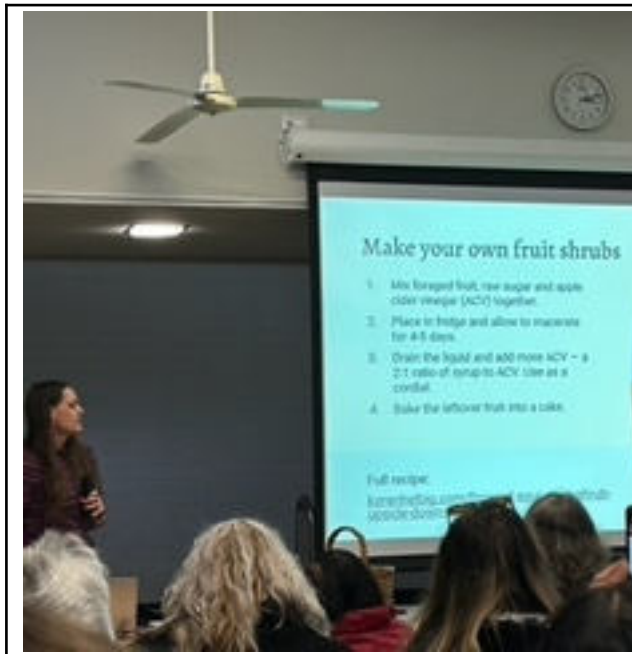
Some of the edible weeds she mentioned included chickweed, mallow, cleavers, nasturtiums and stinging nettle - her favourite. Some can be used for fruit shrubs to make a cordial/ tonic, salads, wild stock powder, a salve for eczema (chickweed plus olive oil)

Where to start: with one variety of plant, learn about it (e.g. through books such as Eat Weeds by Diego Bonetto or the Well Gardened Mind or the Foraging Australia Facebook group) then gradually expand from there

A terrific session - one we hope to repeat.



Grow, Grow, Grow Your Own – Almanac 2023



And a word from one of the attendees

From: Vaishali Sharma <contactvaishalisharma@gmail.com>

Subject: Re: Workshop.

Date: 13 August 2023 at 7:53:30 pm ACST

To: Pat Wundersitz <patwundersitz@gmail.com>

Hello Pat,

Can't thank you enough for including me in this wonderful workshop.

It was awesome.

Thanks and Regards
Vaishali Sharma

Grow, Grow, Grow Your Own

Seventh of the 2023 free Workshop Series

Growing Berries and preserving them

Presented by Beck Stevens



Beck Stevens in her garden

**2.30pm on Sunday 24th September
at Unley Community Centre
Arthur Street, Unley**

Register at patwundersitz@gmail.com

Workshop details

In this workshop, Beck will walk you through how to grow berries and preserve them. This will include blackberries, raspberries, mulberries, elderberries and strawberries.

Beck Stevens is a health and food educator, horticulturalist and Agricultural Scientist with a passion for building strong, resilient, and sustainable communities that are linked with their food sources and have a sense of environmental stewardship through sustainable and regenerative land management practices. She is a founding member and coordinator of ‘Happy Patch Community Garden’ and ‘The Happy Pantry Community Food Co-operative’, both located in Aberfoyle Park.

Beck has previously presented on *Preserving your Produce* and *Kombucha and Kefir* an enthusiastic audience.

Questions and problems

We are always keen to help you grow your own food. Please contact Pat on 0407 608 345 if you have questions or problems. Or email through some photos of the growing problems that you are facing. We will try and help.

Contact us on peter.croft@mmc.com.au.

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Report from the workshop on Berries given by Beck Stevens

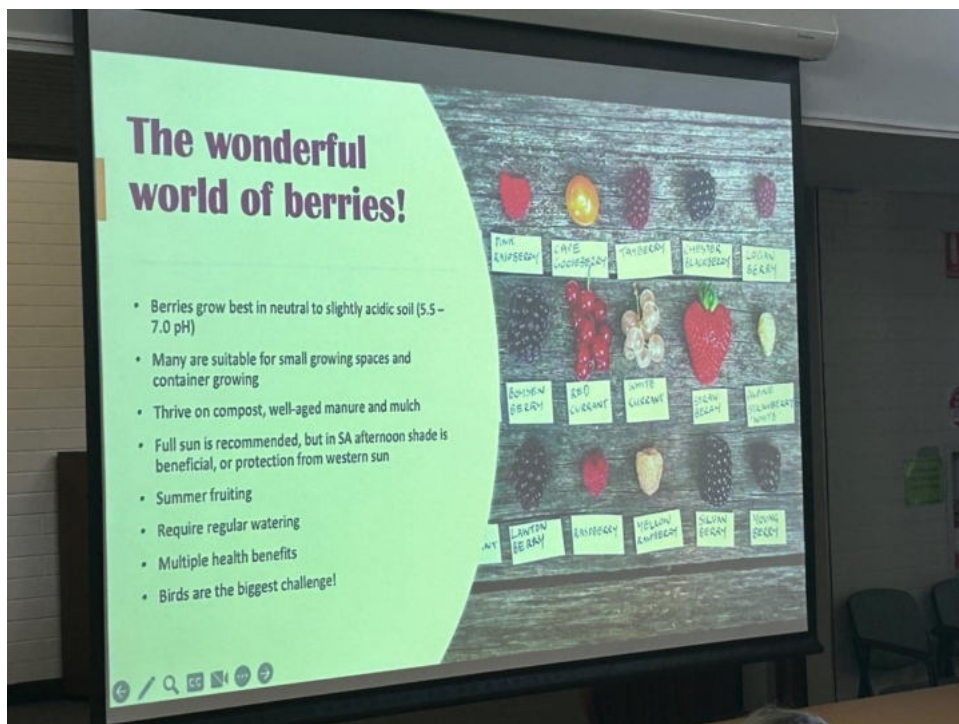
A lovely spring day and a very engaged audience of 55 most with notepads ready to go. Beck gave a fantastic presentation – very dense with information - and answered the many questions in detail and succinctly. Most of Beck's talk was illustrated by pictures from her own garden.



A few key messages:

- All berries should get compost and mulch in spring and autumn. But not chook manure or mushroom compost as it increases PH of the soil (i.e. makes it more alkaline). Of the Neutrog products: Gyganic and whoflungdung are very strong and she recommended adding less than recommended on the bag
- Pruning is a key strategy for those berries based around canes (Blackberries and raspberries particularly). It is essential to know where fruit grows (often on second-year canes) and to prune off the dead canes (often the third-year canes)
- Raspberries and blackberries tend to be very vigorous so must be managed tightly or they can spread across the garden and onto neighbours' property

Other points:

- Blackberries: declared a weed for thorny variety. Can buy a thornless variety. Need trellis with wires. Fruits grow on side shoots.
- Raspberries: not as invasive as blackberries but roots spread widely. Tendency to sucker.
- Mulberries: very soft and rarely found in shops. Very drought tolerant trees. Takes years to start producing fruit but last a long time. Shatoot mulberries recommended.

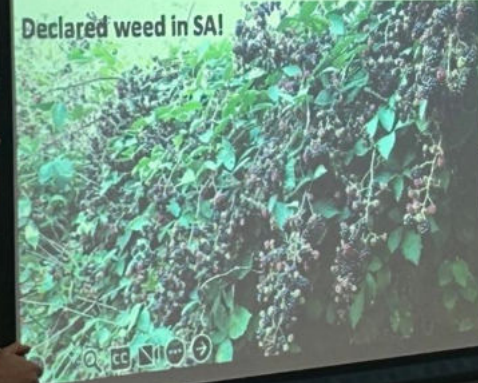




Blackberries (*Rubus fruticosus*)

- Many varieties
- Very vigorous
- Can be highly invasive
- Thornless varieties available (ie. 'Waldo' & 'Chester')
- Prefers slightly acidic soil
- Grows easily from cuttings
- Requires trellising for best results
- Moist, well-drained soil
- Summer-autumn fruiting
- Full sun, but afternoon shade in SA is beneficial
- Fruits on floricanes (2nd year canes)

Declared weed in SA!



Training Blackberries

Allow primocanes to grow over spring to summer, tying canes to trellis as you go

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Tip prune these canes in mid-summer to approx. 1.2m

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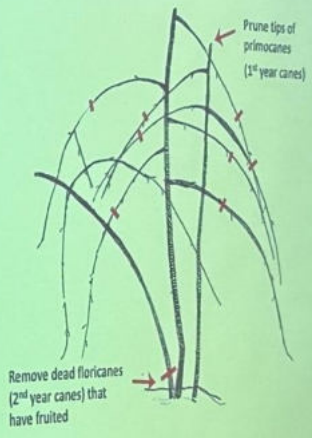
In winter, prune the laterals back to 30-40cm

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Remove dead canes that have previously fruited and laterals below 40cm from ground

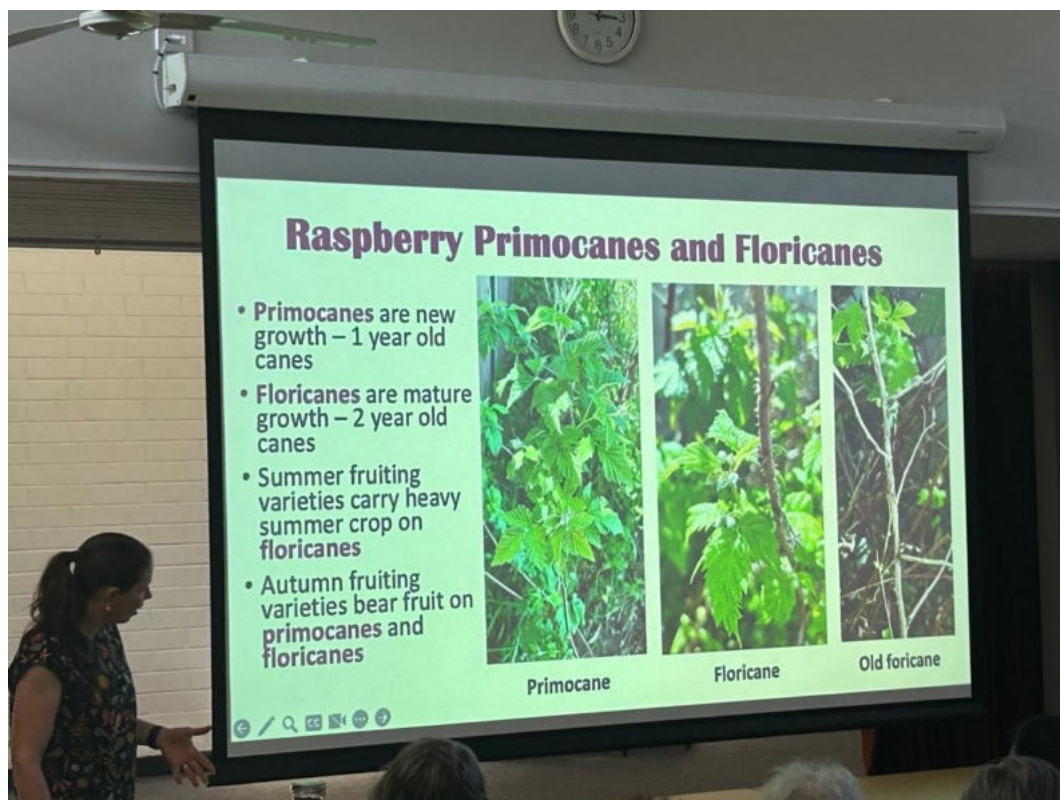
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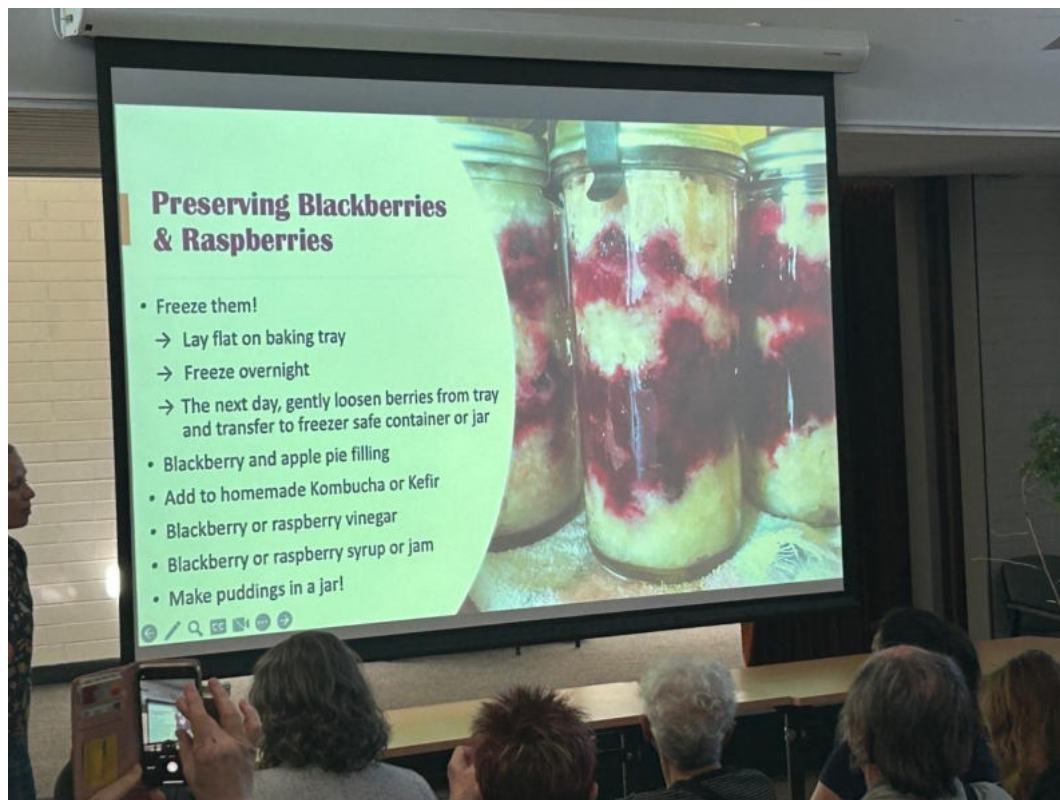
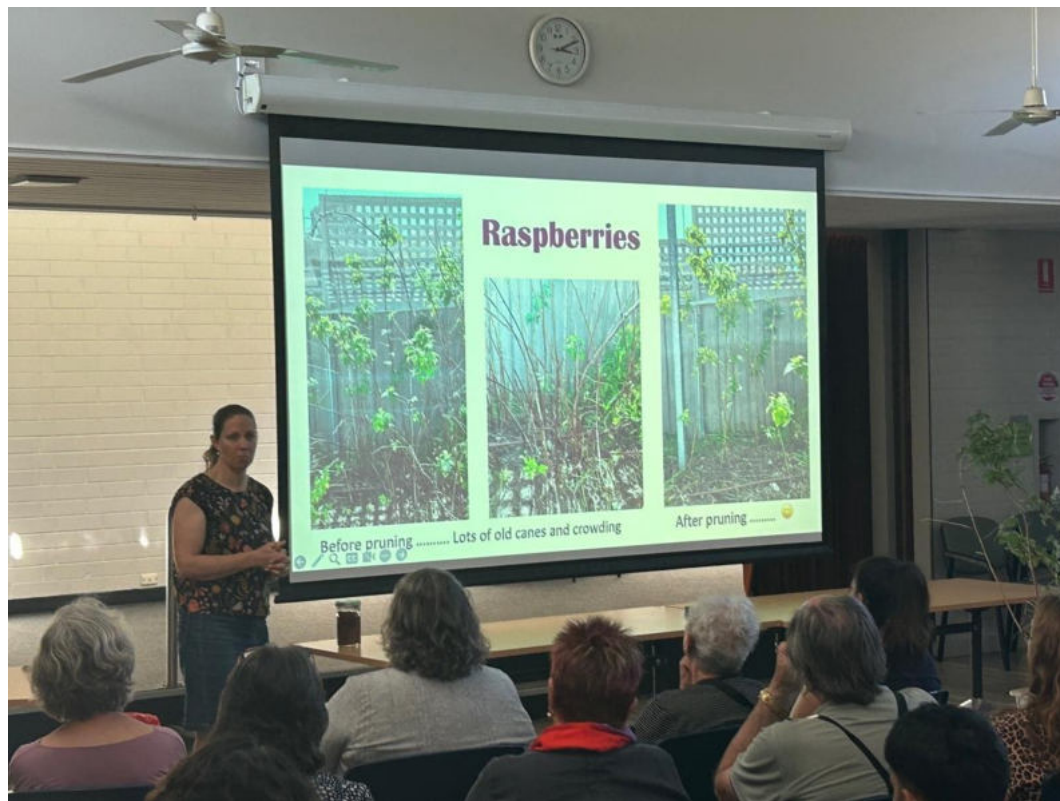
Feed with compost and mulch in spring

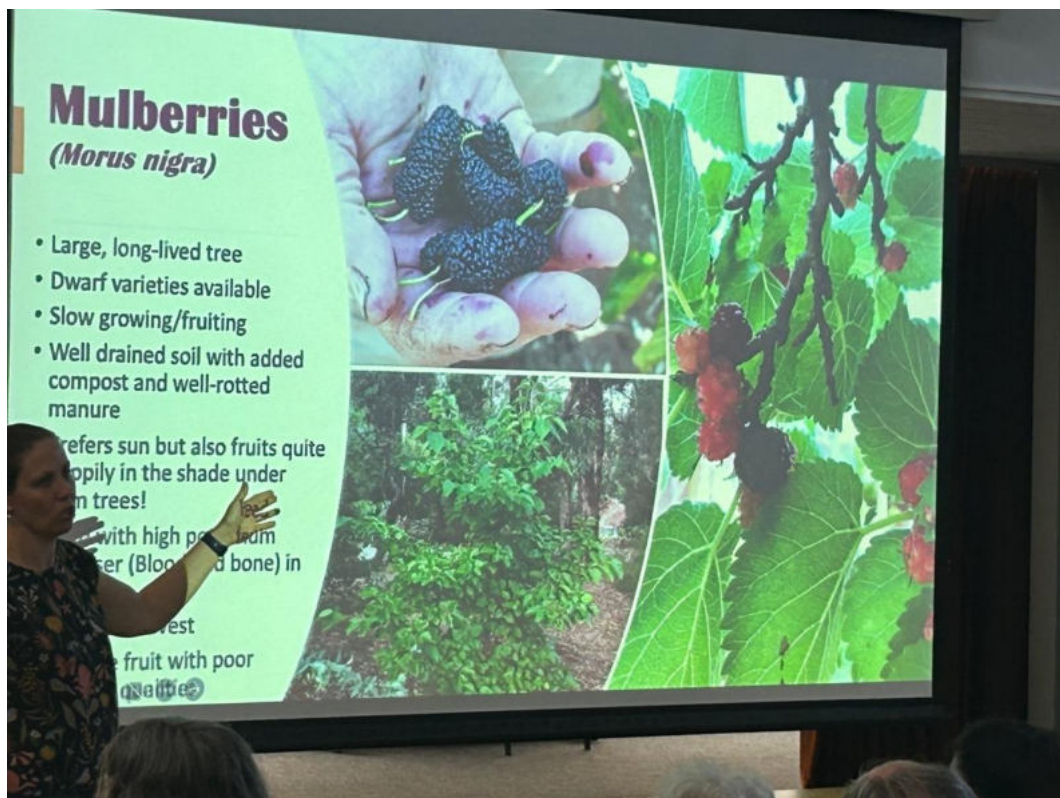


Prune tips of primocanes (1st year canes)

Remove dead floricanes (2nd year canes) that have fruited









Feedback from Attendees

From: kay mitchell <colnkmitchell@gmail.com>

Subject: Re: Beck Stevens berry workshop

Date: 24 September 2023 at 8:53:09 pm ACST

To: Pat Wundersitz <patwundersitz@gmail.com>

Hi Pat

THANK YOU so much for giving me space for today's presentation by Beck Stevens. It was a thoroughly enjoyable and informative experience.

I also very much appreciated being able to get a packet of heirloom tomato seeds - they look very much like some tomatoes I've had in Italy! Delicious.

Wishing you all the very best for the next presentation.

Thank you again.

Kay

More feedback

Susila Palani made this dish for dinner from items at workshop. Good session as usual and passed on thanks to you as well were her comments. Pat



Grow, Grow, Grow Your Own

Eighth of the 2023 free Workshop Series

Presented by Nat Giffney

Budget Gardening



**2.30 pm on Sunday 12th November
at Unley Community Centre 18 Arthur Street Unley.**

Register at patwundersitz@gmail.com

Workshop details

The cost of living has soared in the last year. Food is expensive. But we still need to eat good food to keep healthy. We also need to consider the effect of climate change on our gardens and how we can mitigate its effects.

This workshop will delve into the many ways we can garden on a budget and have access to fresh, healthy, organic food at our fingertips no matter the size of our gardens.

Nat is an active committee member of Permaculture SA, co-coordinator of the Unley Repair Cafe and works for Green Adelaide in the Resilient Communities team.

She is an educator and lover of compost, soil health, organic food production, soil microbes, ecology and sustainability.

She is passionate about the role soil can play in climate change mitigation and the links between soil health and human health.

Future Workshops: This is our last workshop for 2023. We have a terrific program arranged for 2024 starting in February. Look out for the flyer for the first workshop: should be sent out in late January 2024.

As always, we are interested to hear about topics of interest to you. Please let us know.

Questions and problems

We are always keen to help you grow your own vegetables. Please contact Pat on 0407 608 345 if you have questions or problems. Or email through some photos of the growing problems that you are facing. We will try and help.

Contact us on peter.croft@mmc.com.au.

Thank you to Unley Council for its generous grant to support these workshops.

Sustainable Communities SA – Unley groups

Report from the Workshop with Nat Giffney on Budget Gardening: 50 present including us.

At the start, Nat asked us to chat to a person next to us about the main expenses that we are concerned about when growing food. These concerns were then shared with the whole group. A variety of issues were raised. Nat then worked her way through all of these after she emphasised the importance of building up healthy soil: if we want a good garden and healthy people, we need good soil.

Nat agrees with most of us that SA Composters makes excellent compost. Buying by the trailer load significantly reduces the cost per kilogram and eliminates packaging. Group purchases are a great way of sharing costs/savings. The group could include neighbours or friends living close by.

The cost of seedlings can be a big hurdle for some people. Group seed sowing sessions are a good way of learning skills, sharing in a wide variety of seeds and minimising costs. Nat is helping start a Sunday Seed Sessions group which meets once a month.

Nat likes to grow many perennial plants (like her fellow permaculture practitioners). Some vegetables (e.g. kale, capsicum and 7-year beans) have long lives and save us time and costs.

The importance of mulch in reducing garden water consumption was emphasised.

The cost of drip irrigation systems can be bypassed sometimes if the local Buy Nothing group has the right items on offer. Some people use old hoses to make drip irrigation systems. Wicking bed construction costs can drop significantly if recycled materials are used e.g. old tanks cut into sections, baths etc.

If any of our rainwater flows out onto the street, we are losing good water that could help our garden. Healthy soil is a good “rainwater tank”. Trenches, sumps and/or ag. pipe can be used to feed water into the soil.

Pat reminded us that solar fruit and veggie drying/dehydrating is a cheap and easy way of preserving surplus produce.

Nat concluded with a quote” gardening is cheaper than therapy and you get tomatoes”. Win – win activity.

Ashley Campbell



Grow, Grow, Grow Your Own – Almanac 2023







Feedback from an attendee

From: Kathleen McGeever <kathleen_mcgeeever@hotmail.com>

Date: 13 November 2023 at 8:19:57 am ACDT

To: Pat Wundersitz <patwundersitz@gmail.com>

Good morning, Pat, I hope this note finds you well. Just a note, thank you very much for that wonderful workshop yesterday with Nat, I did not get to thank her but if you would pass on my thanks that would be much appreciated. I learnt a great deal and it was very inspiring.

You all do a wonderful job at Grow your own food.

I hope you have a good day.

Kathleen McGeever

Site visits

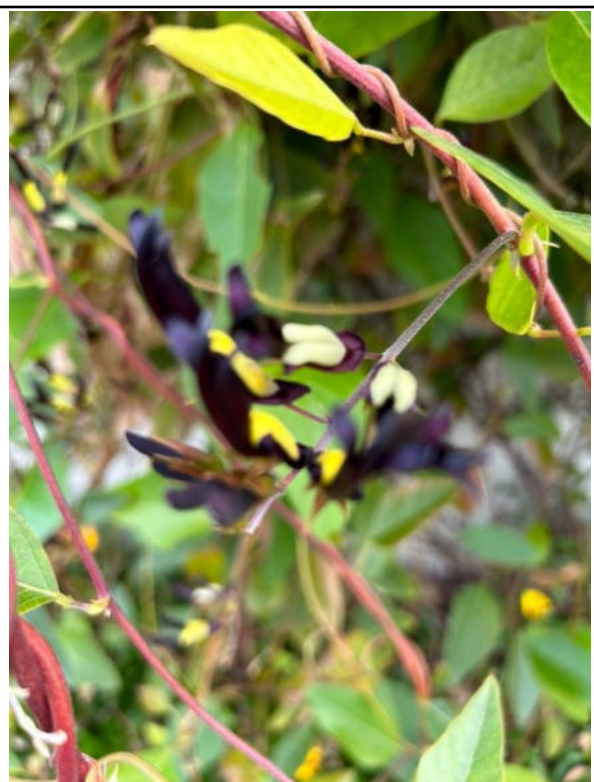
On 26 June, we looked at the verge garden in front of Lola's place at 2A Machin Street Woodville. The garden has been designed to attract native butterflies. Lola was very generous with her time and explained the species that she had planted and her use of fine woven Ikea Kitchen equipment to grow butterflies. Impressive. Ashley helped Lola plan her book giveaway stall. We plan to go back in October to see the garden in flower.





We repeated the visit to Lola's garden on 18 September to see it in spring. Again Lola generously gave of her time and gave us paper daisy plants. Lola pointed out a blue-banded bee amongst the eremophilas.





Naming a street in Unley: a very rare opportunity. A selection of the email trail between Luke Doyle (Unley Councillor) and Grow Grow Grow Your Own follows:

Hi Peter and friends,

At Monday night's council meeting, council voted by majority to endorse the name Karra Way for the new street.

If this name is not endorsed by the Kaurna naming committee in the required timeframe for this development, it will be named Redgum Way.

Many thanks to you all for your input and contributing to something which we don't get many opportunities to normally. It is a privilege.

Kind regards,

Luke Doyle

From: Peter Croft <peter@lmmc.com>

Sent: Wednesday, July 26, 2023 1:39:28 PM

To: Luke Doyle <ldoyle@unley.sa.gov.au>

Cc: Peter Croft <peter.croft@mmc.com.au>; Anne Wharton <whartonne@gmail.com>; Anne Wilson <wilsons@kern.com.au>; Abby <abby@abbygrace.com.au>; Arnolda Beynon <arnoldabeynon@hotmail.com>; Pat Wundersitz <patwundersitz@gmail.com>; Pauline MUIR <catland@optusnet.com.au>; Sonja S <sonja1356@gmail.com>

Subject: Re: Unley flora

Hi Luke

I think our top two would be Karra Place and Redgum Place. As stated below, Karra Place would be our top one due to the site being adjacent to a remnant river redgum, and acknowledging the Kaurna as traditional owners of the area.

I appreciate that the alternative names reflect the names of people who lived in and were active in Unley in the early days. Acknowledging the Kaurna is in the same spirit

Regards

Peter Croft

From: Peter Croft <peter.croft@mmc.com.au>

Sent: Monday, July 24, 2023 7:29:02 PM

To: Peter Croft Self <peter.croft@mmc.com.au>; Luke Doyle <ldoyle@unley.sa.gov.au>

Cc: Anne Wharton <whartonne@gmail.com>; Anne Wilson <wilsons@kern.com.au>; Abby <abby@abbygrace.com.au>; Arnolda Beynon <arnoldabeynon@hotmail.com>; Pat Wundersitz <patwundersitz@gmail.com>; Pauline MUIR <catland@optusnet.com.au>; Kat Ryan <kryan@unley.sa.gov.au>; Sonja S <Sonja1356@gmail.com>

Subject: Re: Unley flora

Luke

A final suggestion as Annie and Pat from our group have recently visited the site between Mary and Arthur Streets and noted the River Red Gum adjacent to the development: we suggest **Karra Place**. Karra is the Kaurna name for the River Red Gum. We felt that this name would acknowledge the Kaurna traditions and the trees that are still, in part, in the area

Regards

Peter Croft

On 18 Jul 2023, at 3:34 pm, Luke Doyle <ldoyle@unley.sa.gov.au> wrote:

Hi all ,

Thank you for your interest in this idea.

The site is a large development site between Thomas and Arthur St. The location of the street has not been confirmed yet but it on the large site. You are welcome to visit the site externally to see whether there is any flora which jumps out at you (but not enter the site).

Great ideas so far. Let me know what you come up with.

Luke

From: Peter Croft <peter.croft@mmc.com.au>

Sent: Tuesday, July 18, 2023 11:21:59 AM

To: Luke Doyle <ldoyle@unley.sa.gov.au>

Cc: Anne Wharton <whartonanne@gmail.com>; Anne Wilson <wilsons@kern.com.au>; Abby <abby@abbygrace.com.au>; Arnolda Beynon <arnoldabeynon@hotmail.com>; Pat Wundersitz <patwundersitz@gmail.com>; Pauline MUIR <catland@optusnet.com.au>; Kat Ryan <kryan@unley.sa.gov.au>; Sonja S <Sonja1356@gmail.com>

Subject: Re: Unley flora

 Luke

Thank you for this delightful opportunity.

I have asked the Grow Grow Grow Your Own group which I am part of (we run the free food growing workshops) and members have come up with a number of suggestions with a couple of favourites. However, they have also suggested that a useful approach might be to have some of the group visit the street in question and look for the plants local to the area so that the street name fits better.

Favourite names thus far:

Grow, Grow, Grow Your Own – Almanac 2023

- Chocolate Lily lane
- River Redgum road

Other names of native plants that could be considered:

- Wattle way
- Kangaroo paw parade
- Bulbine lily boulevard
- Correa crescent
- Hibiscus highway
- Eremophila street
- Saltbush road
- Acacia alley
- Yam daisy drive
- Goodenia lane.
- Chloris close or Chloris crescent,
- Windmill grass street,
- Wallaby grass street
- Old Man Saltbush street
- Dianella Drive
- Karkalla street (would be great to erase the pigface name)
- Lemongrass lane

The group also suggests that *Grevillea* is not quite appropriate to Adelaide region. We only have one local *Grevillea*, and that grows in the Adelaide hills area - the little pink flowering *Grevillea lavandulaceae*.

We are very happy to help further with the naming process, including a visit to the street to look for the local plants (and, hence, suggest names)

Regards
Peter Croft

On 17 Jul 2023, at 9:52 pm, Luke Doyle <ldoyle@unley.sa.gov.au> wrote:

Hi Peter,
Council has the opportunity to name a new street in Unley and I am looking for a native tree/flower/shrub name that might be suitable.
Have you got an idea or can suggest someone to ask?
Thanks, Luke