

GGGYO 2024 ALMANAC

This Is The Year That Was



Photo from Grace

Why we are here

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.

2024 was the twelfth year that our group – drawn from Sustainable Communities SA 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.

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 12 years and our wonderful workshop presenters.

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Introduction to each workshop: sample

GGGYO session on 10 November 2024

Welcome to this session on

Preserving your Harvest: Pickling, Sauerkraut, Jam, and Drying Fruit and Vegetables.

1. **I'm from Grow Grow Grow Your Own.** Other members include: We run free workshops every six weeks from February to November to help the community grow more of its own food. We also strongly support growing trees and extending tree canopy to help the community adapt to climate change. We see climate change as the biggest challenge that our community is facing over the long-term.
2. **We wish to begin by acknowledging** that we are meeting on the traditional Country of the Kurna people of the Adelaide Plains and Peramangk people of the Adelaide Hills and pay respect to Elders past and present.
We recognise and respect their cultural heritage, beliefs and relationship with the land. We acknowledge that they are of continuing importance to the Kurna and Peramangk people living today.
And we also extend that respect to other Aboriginal Language Groups and other First Nations.
3. **We would like to acknowledge the great work of Unley Council** in the area of Trees and its financial support of our group: they have supported us for all of our twelve years.
4. **We are a fellow traveller** with Unley Voices for Climate Action in helping the community cope with climate change. Come and see us if you would like to know more about this opportunity.
5. **About today's workshop:** Do you ever find yourself with an over-abundance of home grown produce but have run out of creative ideas on how to use it all? Ever wonder how nice it would be to enjoy your produce for the whole year? Preserving it is the answer. And there are lots of ways to do it.
6. 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. She is a highly regarded presenter and very popular at our workshops.
7. In this workshop Beck will walk you through exactly what you need to get started preserving your own food, safely; provide you with tips and tricks, and answer all your questions so that you can confidently start your own food preservation journey and enjoy your harvest all year round!
8. **We hope to finish by around 3.30.**

At the end of the presentation, mention:

1. Seeds available with Anne Wilson. Anne to say a few words?
2. If you are potentially interested in being a member of the organising group come and see one of us: we meet fortnightly at a local coffee shop. Great opportunity.
3. You're always welcome to join us at La Scala afterwards for coffee
4. We have a terrific program planned for 2025 starting in February. Look out for the flyer.
5. **We need help to pack up.**

GROW, GROW, GROW YOUR OWN

First of the 2024 free Workshop Series

Presented by Grace

Gardening for a Gut-healthy Mediterranean Lifestyle



Photo from Grace

**2.30 pm on Sunday 11th February
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com**

Workshop details

The topic of Gut Health has received a lot of coverage in the past few years: lots of books on the topic, plenty in the media and speakers at Writers Week.

This workshop looks at what we grow in our gardens from a different angle: how can we improve our gut health, by what we grow, as part of a Mediterranean lifestyle.

Our workshop will be led by Grace who is a Functional Nutrition Consultant with a special interest in gut health. Grace has been presenting workshops on cooking, preserving, fermentation and home cheese making for 30 years. She started preserving as a child with her mother and her market-gardening grandparents and went on to work in restaurants and the cheese industry. Grace is well-known to our group as a regular presenter.

If you have any excess produce to share, bring that too!

Future Workshops: We have a terrific program arranged for 2024. The second workshop will be on Sunday 24th March. Look out for the flyer in your email.

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 and fruit and nut trees. 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.

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Sustainable Communities SA – Unley groups





Workshop report on Mediterranean gut health with Grace

60 + people

The Gut is a microbiome home. Diversity is the key for the gut. Grace emphasised this point throughout the workshop. Hippocrates said all health begins in the gut. We know that too with modern medicine.

The Mediterranean diet is more about **lifestyle** than a specific diet.

Key principles of this way of eating:

- . Quality of food
- . Diversity
- . Moderate portion sizes
- . Moderate amount of meat
- . Easy to follow
- . No off-limit foods

What to grow: avoid expensive food or those in the “dirty dozen”: blueberries, strawberries spinach etc. Different coloured vegetables and legumes are essential. Eat the rainbow - different polyphenols.

From Grace’s garden, she grows (and recommends):

Turmeric - beautiful flowers - in pots. Then dried with galangal and ground, Edamame - easy to grow, Chinese cabbage – red, Burdock- ugly root vegetable, Capers, Pumpkins - seeds roasted, Cornichons - like miniature gherkins, Persimmons , Grape vine leaves in brine for wrapping dolmades, Thai eggplant- prolific, Haricot and other beans, Artichokes – prolific, Chillis, Figs, Lemongrass, Zucchini, Green tomatoes as well as coloured ones, Fennel, Potatoes – various, Broad beans, Cauliflower, Kefir with flower petals on top, Use lots of herbs to add diversity

She showed a demonstration of briny and fermented food. Fermentation has a major effect on bio-availability of nutrients to the body. Effectively the fermentation pre-digests food. Lots of pickled vegetables are good to start a meal with (like antipasto in Italian restaurants).

Grace handed out recipes for fermented beans and a meal with 45 ingredients! One was particularly mentioned: for socca - besan flour with water then in skillet with lots of olive oil- she uses it as toast in the mornings.

Grow, Grow, Grow Your Own

*Second of the 2024 free Workshop Series
Presented by Ben Seamark and Alan Halsted*

*Answer your questions about
Shade and Fruit tree gardening*



Peter's backyard

**2.30 pm on Sunday 24th March
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com. You are also welcome to submit any
questions in advance to Pat.**

Workshop details

Trees are vitally important to our health and our communities – particularly at a time of climate change. Living with them and maintaining them can be a challenge through extreme weather events.

We have asked two presenters to help on this important topic:

1. Ben Seamark will guide us on our shade trees and their canopy.
2. Alan Halsted will guide us on our fruit and nut trees.

Our presenters are Ben Seamark, City Arborist for the City of Unley, and Alan Halsted, well known in our workshops particularly for his knowledge of citrus trees.

We have allowed a longer time for this workshop as we anticipate many Questions. If you have questions that you would like to submit in advance please send them to patwundersitz@gmail.com and we will make sure that our presenters get them.

If you have any excess produce to share, bring that too!

Future Workshops: We have a terrific program arranged for 2024. The third workshop will be on Sunday 19th May. Look out for the flyer in your email.

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

Questions and problems

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Sustainable Communities SA – Unley groups

Workshop report on Shade and Fruit Tree Gardening on 24 March 2024

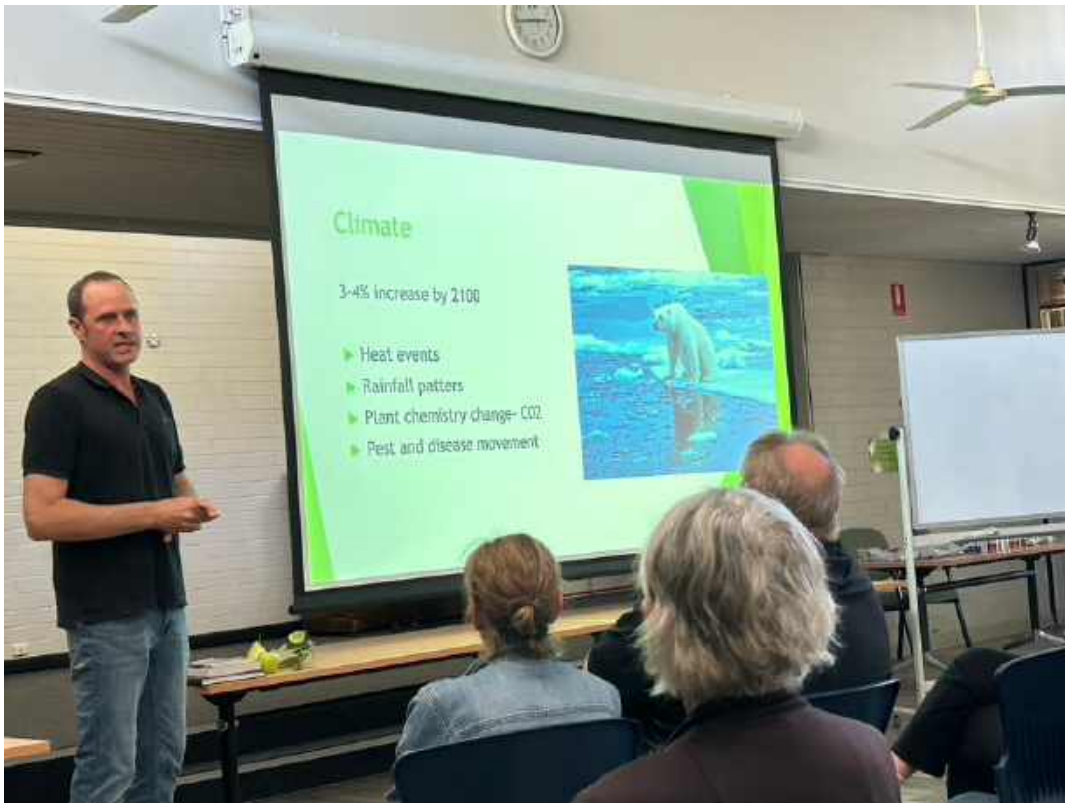
Ben presented on trees and started with a beautiful E. regnans then outlined the Unley Tree Strategy and listed the challenges- space, climate, diversity and people. He touched on many pests including shot hole borers currently in WA : affects plane trees and jacarandas and there is no cure. He also hears that trees are messy and dangerous every day. Tree inlets in streets were invented in SA and used everywhere now.

Alan then presented a list of issues to think about:

- What fruit do you like. Good trees for Adelaide: citrus, plums, mulberries, apples and pears, guava, avocado.
- Do you have room – no more than about 1.5 metres diameter for disease protection
- Water is an issue
- Fertiliser- most fruit trees are heavy feeders - Seamungus is an all rounder
- Patience is key
- Maintenance: water, fertiliser, shade
- Pruning, pest control and mulch all year round

Questions and answers were mc'd by Ashley: topics covered included:

- Presentation of mangoes by one of the attendees: 400 per tree.
- What about trees and neighbours: they need to specify what danger is caused. There is a book: trees and the law. Arborist can inspect tree and give a written report which protects against Acts of God. However, if the tree causes problem because of roots and leaves, you can be held liable. Best to take reasonable steps.
- Avocado and sun protection - shade for first year or two
- Native frangipani or pittosporum are very suitable as evergreens for small areas.
- Cumquat tree doesn't get gall wasp
- Ben recommends planting two trees in the one hole. And limit your pruning
- Bauhinia tree: pick seeds and easy to plant
- Criteria for selection of trees: look for trees grown nearby
- Check insurance policies re trees shedding branches







Grow, Grow, Grow Your Own

Third of the 2024 free Workshop Series

Food Forest gardening and edible weeds

Presented by Koren Helbig



Koren Helbig in her Food Forest

**2.30 pm on Sunday 19th May 2024
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com**

Workshop details

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

Koren presented a wonderful workshop on Edible Weeds in 2023. This workshop builds on that material and introduces the idea of layered gardening (or food forest gardening) with edible weeds as part of the system.

If you have any excess produce to share, bring that too!

Future Workshops: We have a terrific program arranged for 2024. The fourth workshop will be on Sunday 30th June. Look out for the flyer in your email.

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

Questions and problems

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Sustainable Communities SA – Unley groups

Workshop report on Koren Helbig's Food Forest Gardening and Edible Weeds 19 May 2024

65 plus people on a cool, late autumn day

Koren's aim for the session was on how to grow an urban edible food forest (using permaculture principles as a guide) based on her suburban block of 478 sq metres as an example - but can do it at any scale: by reducing the number of permaculture layers. Even at the level of a large pot: Rosemary, garlic chives, then oregano: three layers.

She made the point that cities are food deserts. There are significant climate resilient benefits of food forests. Layers provide cooling shade for soil beneath

Step one: choose your site and map where the sun falls - need six hours a day for vegetables for example. See her blog for sun map.

Step two: prepare your soil. See her blog for green manure section

Step three: plant your tallest food forest storey: e.g. pomegranate, self-pollinating Stella cherry. (See *Grow A Little fruit tree* by Ann Ralph- excellent resource). Plant them close together to stunt their growth a bit so that they fit into the space.

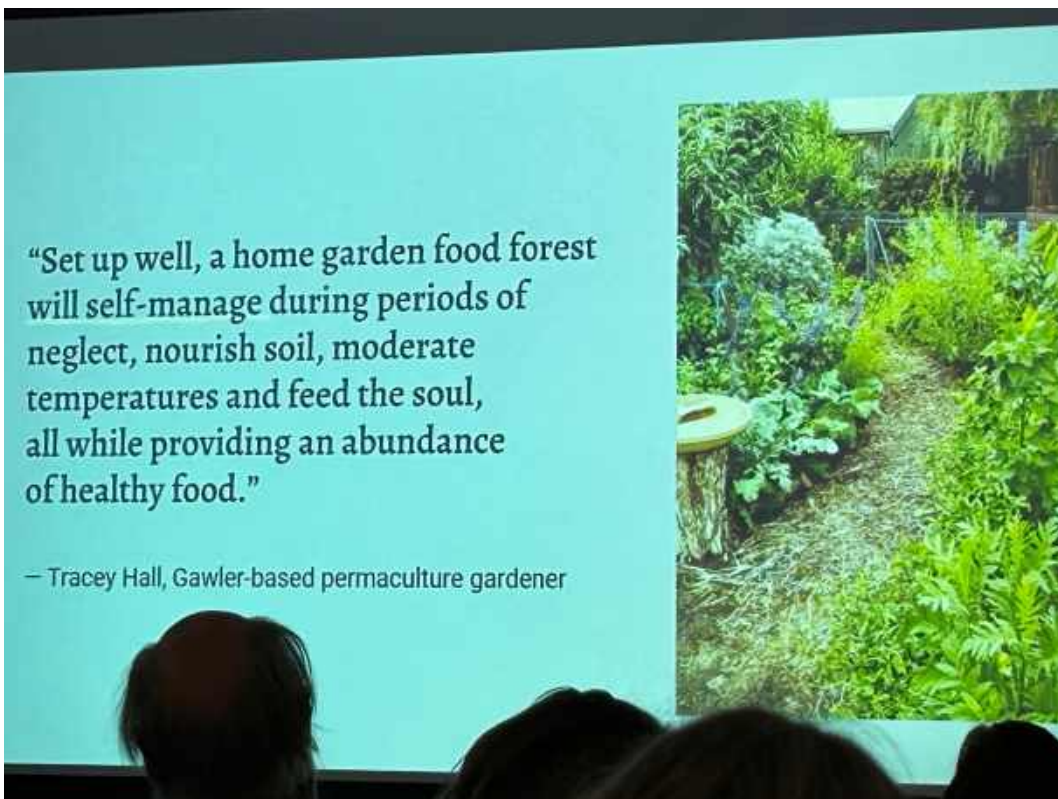
Step four: plant the understoreys:

- . Ground cover: thyme, marjoram, greens, strawberries
- . Herbaceous: asparagus, rhubarb, sorrel. lemon balm etc
- . Root crops: comfrey (deep roots) carrots, chicory

She highly recommended a book called *How you can use herbs in my daily life*.

Bonus step 1: consider stacking functions: introduce chickens

Bonus step 2: allow weeds to grow and eat them. E.g. Farmers friend weed plus purslane - a weed in some places but actively cultivated elsewhere
- chickweed, mallow with its cheese wheel seed, nasturtium and fennel.



The 7 layers of a traditional food forest

1. A canopy layer of large fruit trees.
2. A mid-storey layer of smaller fruit and nut trees, or those on dwarf rootstock.
3. A vertical layer of vines and climbers, such as peas and beans.
4. An understorey layer of shrubs such as currants and berries.
5. A herbaceous layer of perennial veggies and herbs.
6. A ground cover layer of living mulch, such as warrigal greens.
7. A rhizosphere or underground layer of root crops such as carrots.

On a smaller scale, you reduce the number of layers

At my place, for example:

1. A canopy layer of large fruit trees.
2. A mid-storey layer of smaller fruit and nut trees, or those on dwarf rootstock.
3. A vertical layer of vines and climbers, such as peas and beans.
4. An understorey layer of shrubs such as currants and berries.
5. A herbaceous layer of perennial veggies and herbs.
6. A ground cover layer of living mulch, such as warrigal greens.
7. A rhizosphere or underground layer of root crops such as carrots.



STEP TWO:

Prepare your soil

Grow a green manure to fertilise soil cheaply and organically.

Sow a mix of certain seeds, grow for a couple of months, then chop it all down and let those nutrients decompose into the soil.

Full details:

big.com/green-manure



STEP THREE:

Plant your tallest food forest storey

I started with the mid-storey canopy – four fruit trees:

- Pomegranate
- Self-pollinating dwarf Stella cherry
- Mulberry
- Orange tree grafted with two varieties (Valencia and Washington Naval)



STEP FOUR:

Plant the understoreys

Beneath my fruit trees, I created three lush edible layers:

- Herbaceous (perennial veg & herbs) – asparagus, rhubarb, artichoke, sorrel, lemon balm, echinacea, calendula
- Ground cover – strawberries, warrigal greens, marjoram, thyme
- Rhizosphere (root crops) – comfrey, carrots, chicory, murnong yam daisies

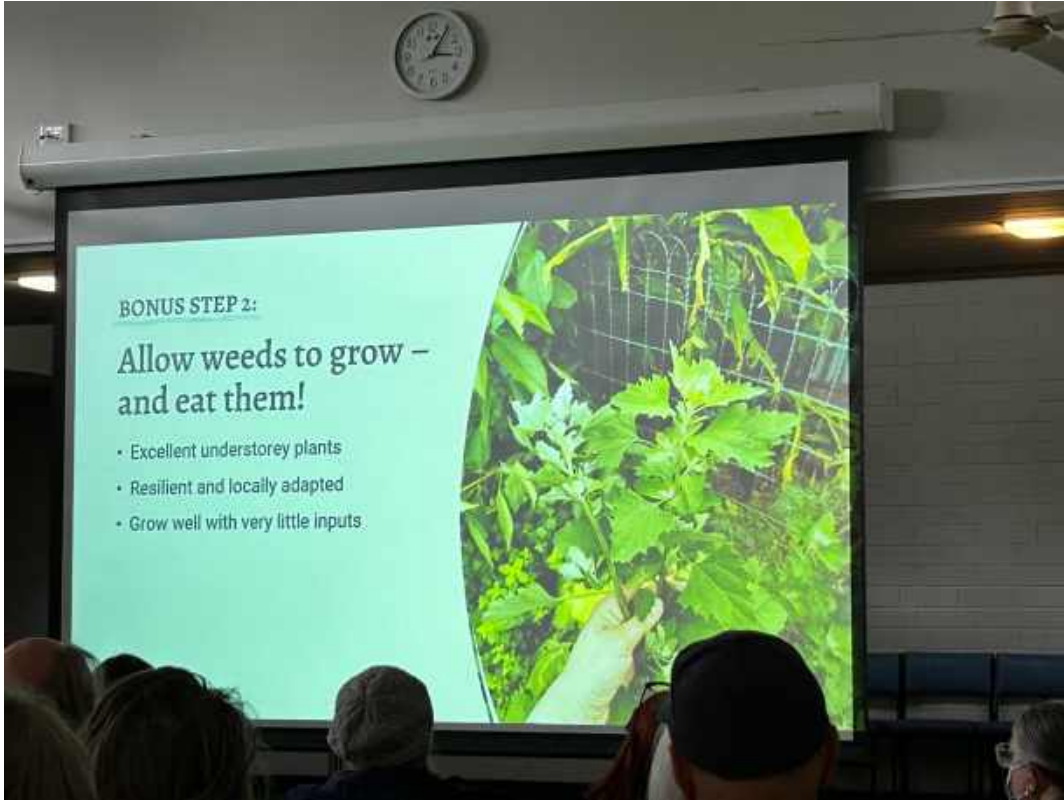


BONUS STEP 1:

Consider 'stacking functions'

- Permaculture concept – you gain multiple functions from elements within your food forest.
- Eg: my chicken run design allows my hens to forage food forest greens through the fence.





Grow, Grow, Grow Your Own

Fourth of the 2024 free Workshop Series

Subtropical and Native Edible Plants

Presented by Mark Henley



Reed Avocado Daleys Fruit Nursery

**2.30 pm on Sunday 30th June 2024
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com**

Workshop details

Many people have told us that they are looking for food-growing plants that would do well in a warming climate. This workshop is about sub-tropicals and bush foods which fit that bill.

Our 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 and subtropical plants – and cooking with them.

Mark has previously presented to our workshops and we are delighted to have him back.

If you have any excess produce to share, bring that too!

Future Workshops: We have a terrific program arranged for 2024. The fourth workshop will be on Sunday 11th August. Look out for the flyer in your email.

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

Questions and problems

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Sustainable Communities SA – Unley groups

Workshop Notes: Mark Henley on native and subtropicals 30 June 2024

35 including us

He made the point that Kaurna knew a great deal about plants, and we are relearning

Four methods of propagation: seeds in ground, stick in ground, sticks with roots in ground, stick with stick (grafting)

Many questions from the floor. The main topics covered:

- Avocados: grafting works best then cover the grafted plant. Mid-spring is best time to graft when they are starting to grow. Type A and Type B trees open up at different parts of the day. Very moisture sensitive: to dry conditions
- His favourite trees: depends on the season. Currently native citrus hybrids e.g. Sunrise lime or Australian blood lime. Also likes the new Hybrids of finger limes. Finger limes grow really well here. Easy to propagate from seeds. Great for a warming climate.
- Mangoes grow well from seed in summer. Grow true to type. Propagate in warm spots. Mangoes are a dry tropic plant. Protect them from dry hot winds and boggy clay soils.
- Mulberries are tailor made for hot climates. In last 20 years we now have shatoosh Asian varieties. Good deciduous shade tree.
- Yam Daisy grew widely through South Australia. Edible tubers. Grow really well from seed
- Dragonfruit grow quite successfully here. Like a fruiting cactus- only grow from branches which are facing downward. Night pollination. The dark fleshed fruit is very tasty.
- Cherimoya: custard apple. Grows in Adelaide from seed.
- Bower spinach (from Outback Pride) supply some nurseries. Can be eaten raw.
- Saltbush (also from Outback Pride) is relatively high in protein.
- Native basil and thyme are members of prostanthera – a very big genus but only very few are edible. Strong flavoured but don't taste anything like the European plant. Also native mint and sea parsley and sea celery grow easily from seed
- Figs will cope well with climate change.





Grow, Grow, Grow Your Own

Fifth of the 2024 free Workshop Series

Presented by Steven Hoepfner

*Preparing for summer vegetables - especially
tomatoes*



Istock Getty Images

**2.30 pm on Sunday 11th August
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com.**

**You are also welcome to submit any questions in advance to
Pat.**

Workshop details

Summer time is when we hope to grow many of our vegetables for the year: eggplant, lots of herbs and salad vegetables, pumpkins, cucumbers, and, of course, **tomatoes**. All this without hurting your back.

Steven Hoepfner has enormous experience in growing vegetables in the suburbs and, for many years, ran Wagtail Farm on a houseblock in Mitchell Park. He will share his knowledge with us in this workshop on **Preparing for summer vegetables - especially tomatoes**.

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.

If you have questions that you would like to submit in advance please send them to patwundersitz@gmail.com and we will pass them on to Steven.

If you have any excess produce to share, bring that too!

Future Workshops: We have several more workshops planned for the rest of 2024. The sixth workshop will be on Sunday 22nd September. Look out for the flyer in your email.

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

Questions and problems

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

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Sustainable Communities SA – Unley groups

Workshop Notes: Growing vegetables with Steven Hoepfner on 11 August 2024: 33 including us

Steven talked with us about the key factors in getting vegetables (and other plants) growing well using his experience at Wagtail farm. The factors include:

- **Access to sun** – ideally 10 hours+ per day. In Steven's own garden - he has lots of trees and shade so has no expectations of fruit - just greens
- **Watering is key:** pull plant away to check how far the water has gone into the soil. Steven now favours flood irrigation instead of drippers . At Wagtail farm: 90 minutes twice a week
- **Timing of planting:** ideally in late afternoon and evenings to reduce plant shock. Then water them in. He favours peat pots to grow seedlings as it reduces transplant shock and really helps their development.
- **Good soil:** the structure is the key. Roots need air. He talked at length about ways of reducing compaction of the soil: not turning soil over: just sticking fork in and tipping it back 30 degrees to create gaps in the soil profile.
- **Apply a fertiliser:** nitrogen makes leaves grow. Potassium makes fruit to grow. For tomatoes: a high nitrogen fertiliser initially but later use potassium fertiliser in hole to produce fruit e.g. Gyganic. Nematodes are an issue. Note: Tomatoes are originally a rainforest plant. They grow best between 17 and 27 degrees. Wicking beds are great for tomatoes as they provide consistent water access (Steven uses a pond liner to make his wicking beds from a firm in Allenby Gardens). Note that only the top metre of the tomato plant is where growth is happening
- **Bugs:** restrict physical access e.g. Vaseline around the bottom of a container
- **Microbes:** need microbial activity for good soil. Bactivate is like a probiotic to help. Or incorporate humus but mix it under the surface
- **Plants need space:** as soon as roots from competing plants interact they will be stressed. Seamungus: humus in a bag: in dry crumble or pellet form. Add each month until tops of leaves turn brown then dial it back







Grow, Grow, Grow Your Own

Sixth of the 2024 free Workshop Series

Presented by Jenny Deans

*Heat protection for summer food-growing –
Mulch, watering, shading and plant selection*



**2.30 pm on Sunday 22nd September
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com.**

You are also welcome to submit any questions in advance to Pat.

Workshop details

Summer time is when we hope to grow many of our vegetables for the year: eggplant, lots of herbs and salad vegetables, pumpkins, cucumbers, and, of course, **tomatoes**. Summer is also a major challenge when weather extremes threaten our crops.

Jenny Deans will talk to us about ways of protecting our crops – including mulching, watering, and shading. Plus the selection of our plants.

Our presenter is Jenny Deans, a very experienced horticulturist, land-carer and backyard vegetable grower. Jenny has been a frequent and popular presenter at our workshops.

If you have questions that you would like to submit in advance please send them to patwundersitz@gmail.com and we will pass them on to Jenny.

If you have any excess produce to share, bring that too!

Future Workshops: Our next workshop is on 10th November, and we are busily planning 2025's workshops. Your suggestions would be most welcome.

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

Questions and problems

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Sustainable Communities SA – Unley groups

Workshop Notes for Jenny Deans talk on Beating the heat - summer gardening for growing food 22.9.2024 attended by around 40 people including us.

A lively talk with lots of practical demonstrations.

The most important thing is to think like a plant: which way is up, and which is down, water, sun, temperature and food, which way is north (affects pattern of sun movement. **In summer, plants grow best in the morning not afternoon**)

Use vertical gardens and different levels and cram plants in (if root systems at different heights). Aim for comfy temperatures and add humidity if you can

Mulching is important but only after soil is warm.

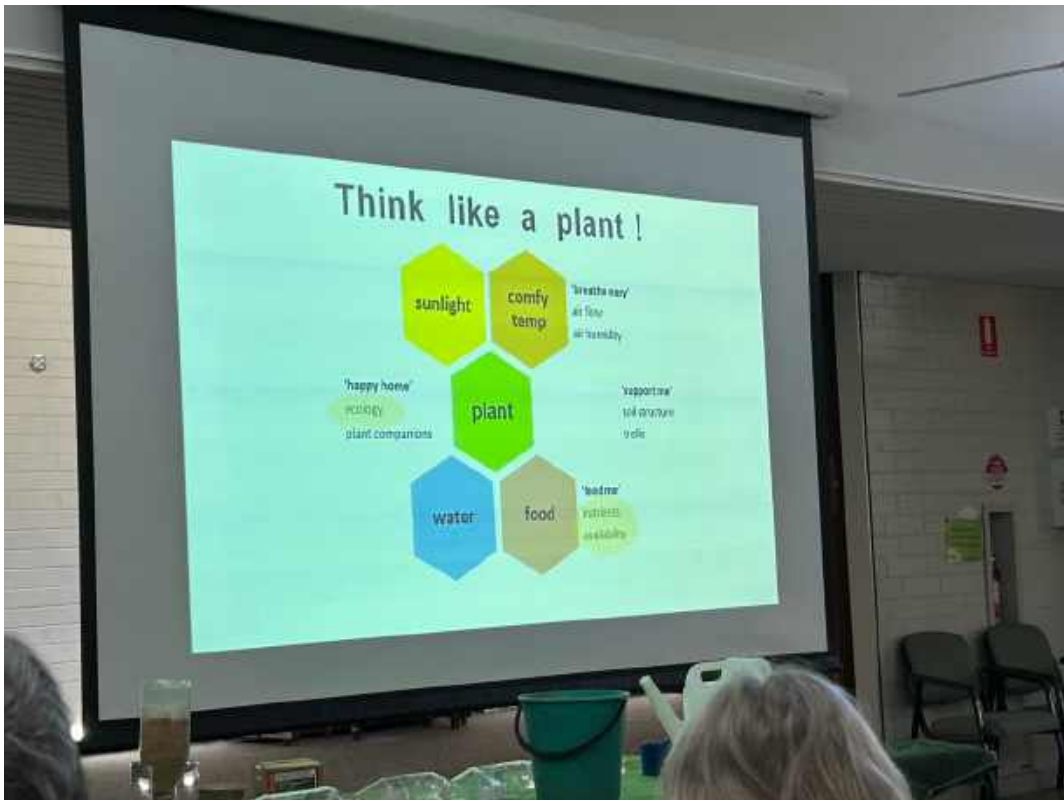
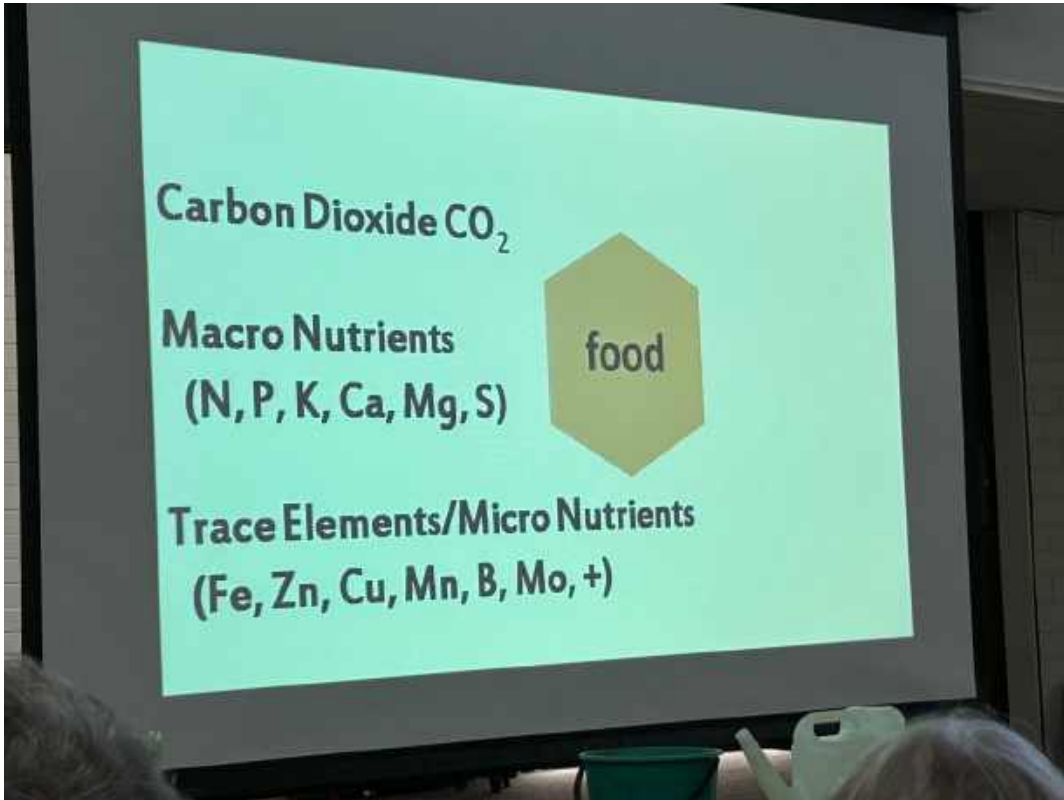
Best time to water is in the early morning. But plant in evening. Only water as frequently as needed. Hydrate the plants in advance of heatwaves. Jenny encouraged us to use an “echidna train of watering cans” – a line of cans containing water and set up around the garden so that any plant which needs water can get it as one wanders around the garden.

Jenny conducted some experiments to show how water percolates through the soil and made the point that we frequently under water (e.g. - use a third of a bucket of water for a tomato plant each time). Some additional points:

- Sandy soil requires much less water than loam or clay (1/4 to 1/5 as much) but needs water much more frequently.
- Gypsum helps clay particles to stick together and become crumbly and let water run through
- Brown dripper hose only waters 4 litres per metre per hour! So very little water actually comes through in say a 20-minute cycle

Food and nutrients: can the plant access them? A lot of Adelaide soils are very alkaline and thus plants can be low in iron and manganese. Lots of creatures in soil eat the compost and organic matter and excrete which then make nutrients available to plants.







*Grow, Grow, Grow Your Own
Growing from Seed: Hands-on workshop: limited
numbers only!*

Presented by Nat Giffney



**2pm on Sunday 13th October 2024
at the Goody Patch, 12 Surrey Street, Goodwood.
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.

This workshop will help us plant seeds and get vegetables going, led by an expert - Nat Giffney – who has presented to our Grow Grow Grow Your Own workshops in the past year.

Bring along any seed trays that you may have, some newspaper and/or used coffee cups to hold seedlings, some labels, seeds if you have them, and a chair for you.

We will provide soil, compost, coir and sand and more seeds. When you leave, you will have potted-up seeds and seedlings, ready to go at your place.

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 a lover of compost, soil health, organic food production, soil microbes, ecology and sustainability.

Future Workshops: Our final workshop for 2024 will be on Sunday 10th November: *Preserving for Hard Times* with Beck Stevens. Look out for the flyer in your email.

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 and fruit and nut trees. 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.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this continent which was never ceded. We acknowledge the traditional custodians of the lands where we live and learn and pay our respects to Elders past and present.

Sustainable Communities SA – Unley groups

Workshop Details:

It was a highly successful afternoon.

Making newspaper pots: Fold a sheet off newspaper and roll around a core (PVC pipe sections, toilet rolls, or suitable cylinders). Slide out the core once paper is all used and fold in the base to hold the soil mixture .

Making potting mix: Equal measures of sand (beach sand has too much salt), fine coir, which is bought in a block and teased out in water, add good quality compost, dampened. Mix well and fill tubes. Fill the pot or tube to near the top the pot, as the soil tamps down when watered. Plant 1 big seed per pot, or 1/2 for smaller seeds.

Viability of seeds: Store purchased seeds and any saved seeds in a dry, cool place. They may germinate after years if carefully stored. Aged seeds may not germinate if the storage has been inadequate.

What to do after you've planted the seed in their little paper pots:

- You can put a little Vermiculite on top of the soil - this helps prevent the soil from drying out.
 - Place the little seed pots all together in a seed tray and put them somewhere you will see them! This will ensure they get watered as moisture is critical.
 - It might be under a tree where there is dappled light. Or somewhere with good light but not hot.
 - Seeds don't need any extra nutrients to germinate - all the nutrients are in the seed.
 - Plant out the seeds in their little paper pots when they have their first 2 leaves (cotyledons) (these generally don't look true-to-form).
 - Once you've planted them out, Nat loves Charlie Carp, an organic fish fertiliser which uses pest fish.
 - Beans, zucchini, pumpkin seeds germinate fast. The smaller seeds, like tomatoes, may take longer.
 - It is critical to keep them damp.
- you plant out when they have their first 2 true leaves, not the first cotyledons

Grow, Grow, Grow Your Own – Almanac 2023



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Grow, Grow, Grow Your Own

Seventh of the 2024 free Workshop Series

Presented by Beck Stevens

Preserving your produce –

Pickling, Sauerkraut, Jam, and Drying Fruit and Vegetables.



**2.30 pm on Sunday 10th November
at Unley Community Centre 18 Arthur Street Unley.
Register at patwundersitz@gmail.com.**

You are also welcome to submit any questions in advance to Pat.

Workshop details

Do you ever find yourself with an over-abundance of home grown produce but have run out of creative ideas on how to use it all? Ever wonder how nice it would be to enjoy your produce for the whole year? Preserving it is the answer. And there are lots of ways to do it.

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.

In this workshop Beck will walk you through exactly what you need to get started preserving your own food, safely; provide you with tips and tricks, and answer all your questions so that you can confidently start your own food preservation journey and enjoy your harvest all year round!

If you have questions that you would like to submit in advance please send them to patwundersitz@gmail.com and we will pass them on to Beck.

If you have any excess produce to share, bring that too!

Future Workshops: We have a terrific program planned for 2025 starting in February. Look out for the flyer in your email.

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 and fruit and nut trees. 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.

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Sustainable Communities SA – Unley groups

Workshop Details:

Terrific workshop with Beck. 40+ people attended. Lots of questions – particularly from those who had tried some of the techniques previously and had encountered problems.

Beck talked about pickling, fermenting, jam making and dehydrating food, and shared samples from an extensive collection. She stressed food safety throughout her presentation.

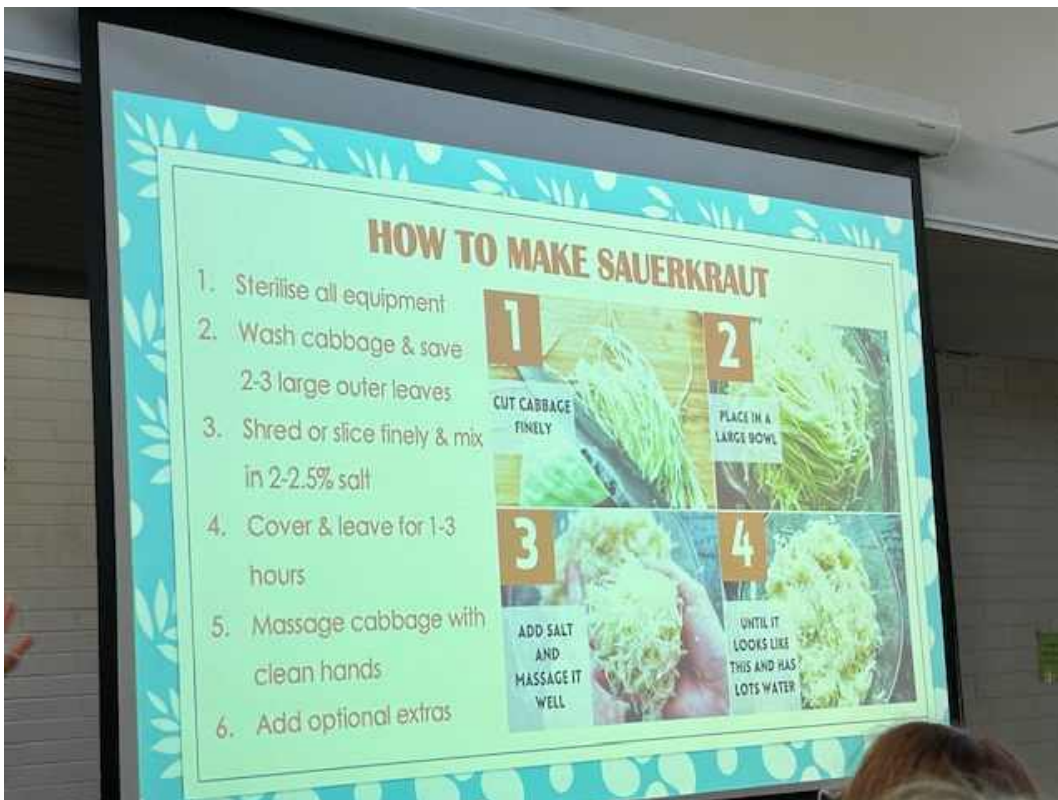
Pickling: the easiest: need 5% vinegar in the recipe but Australian vinegar is normally 4%: use vinegar, sugar herbs and water so the ratio is 50:50 water to vinegar. Short cooking of the fluid first then let it cool to room temperature before putting in vegetables.

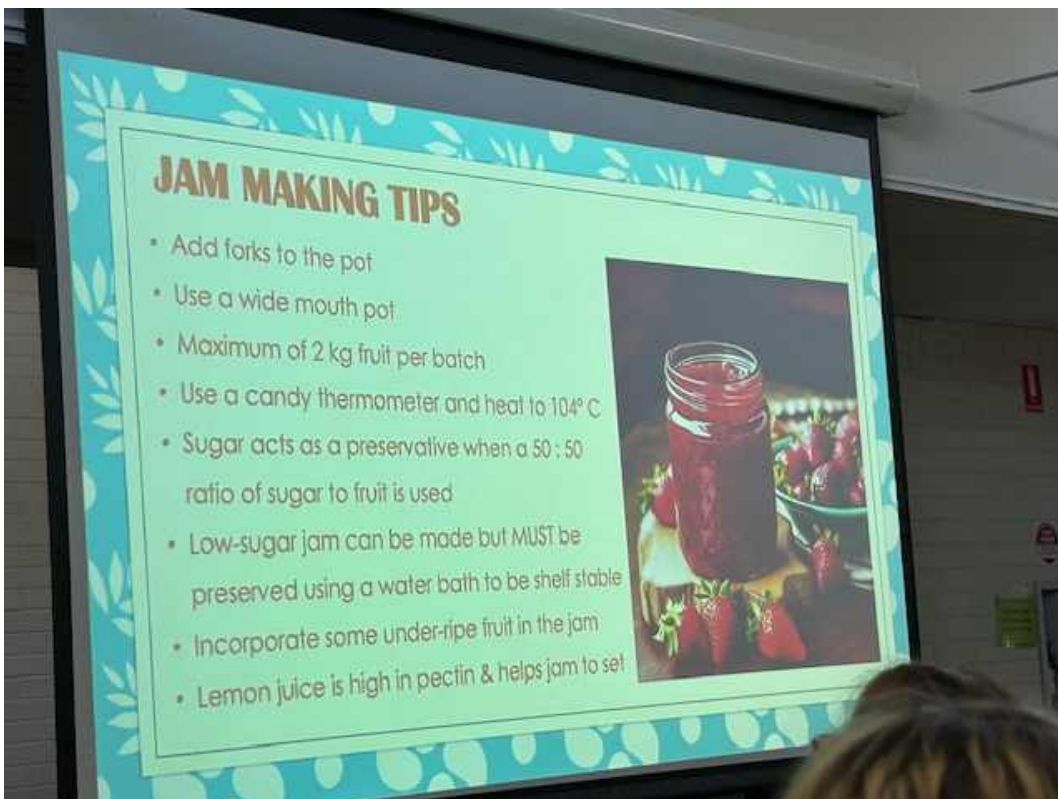
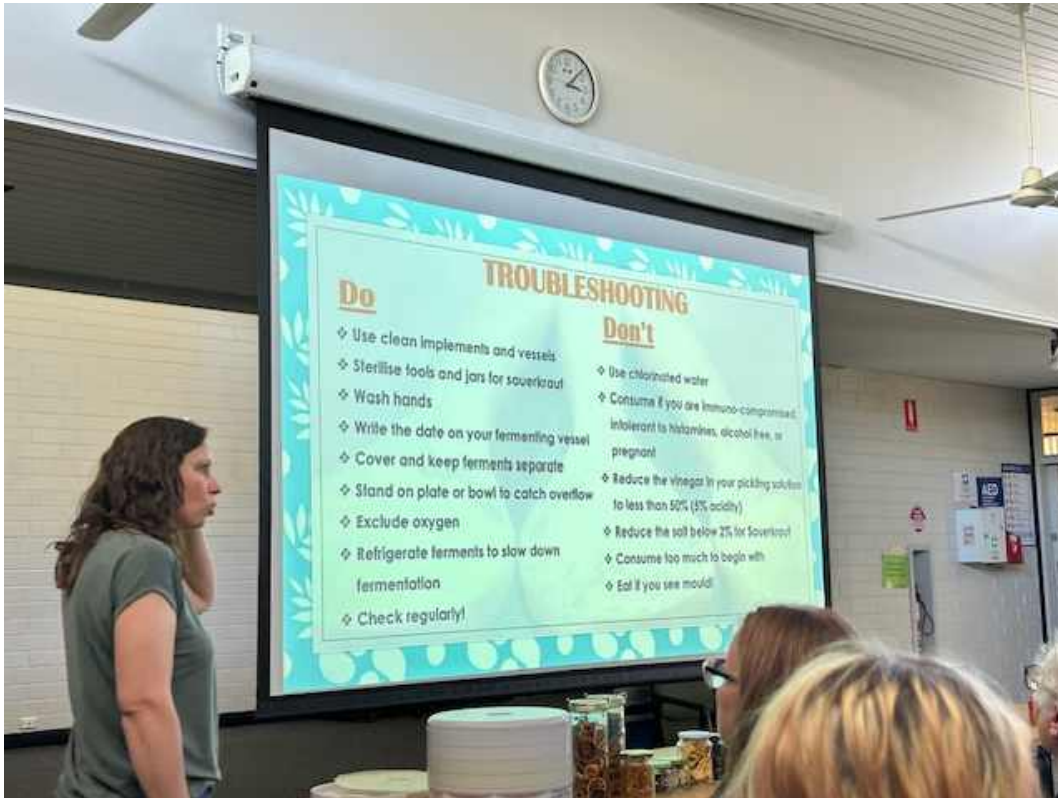
Fermented foods: not everyone tolerates but very positive health benefits for gut. Try a little bit at a time. Need 2 to 2.5% salt as key ingredient. Everything needs to be clean!

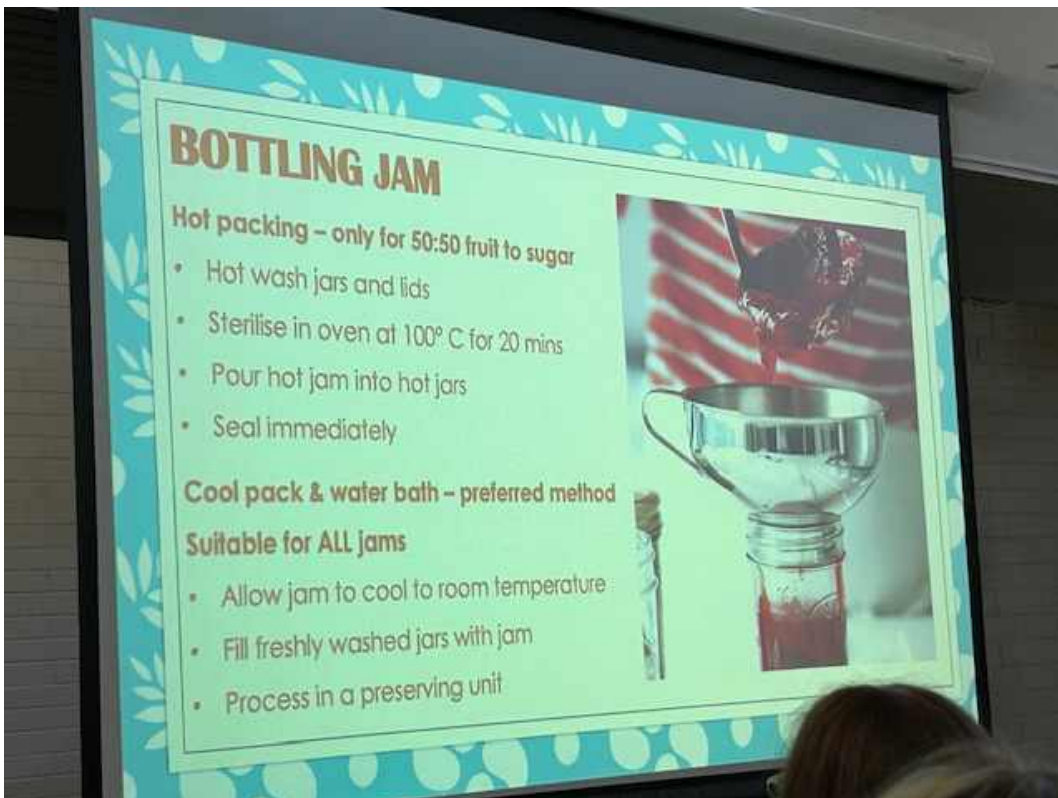
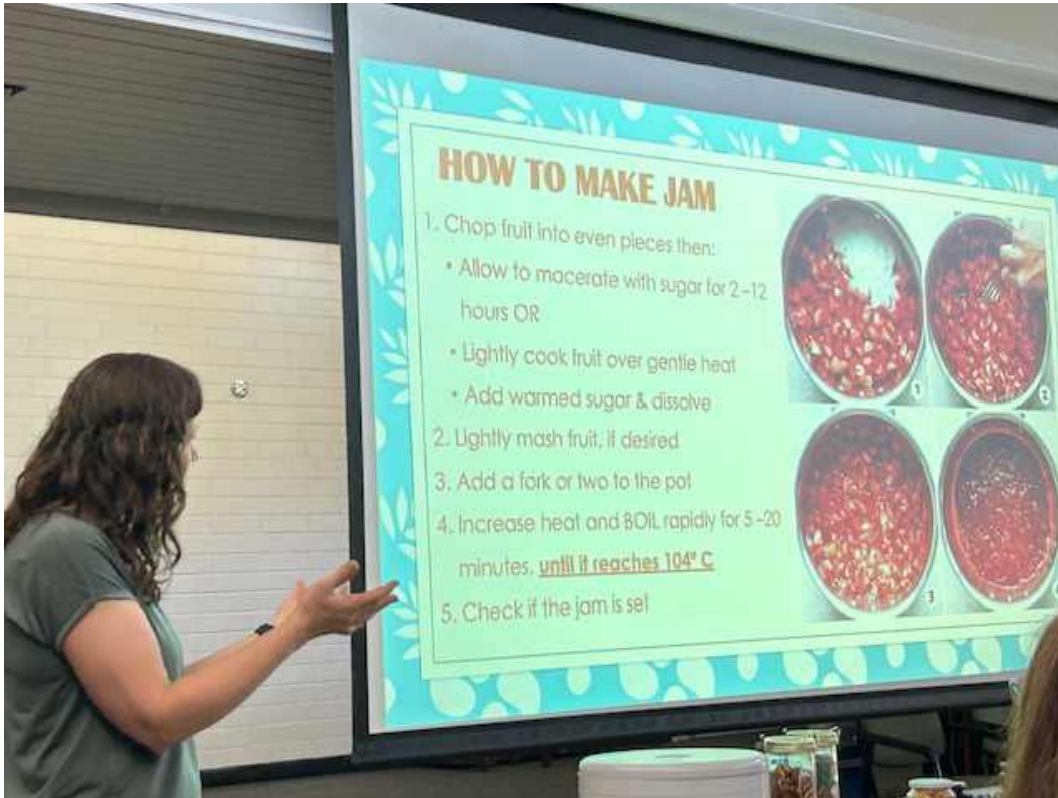
Jam making: 50:50 fruit and sugar or use Fowler's bottling. Cook quickly to avoid sticking to the bottom of the pan. Use a digital thermometer to 104 degrees. For the best jam use slightly underripe fruit which contains more pectin than overripe fruit. Add forks to the pot to prevent it sticking to the bottom!!

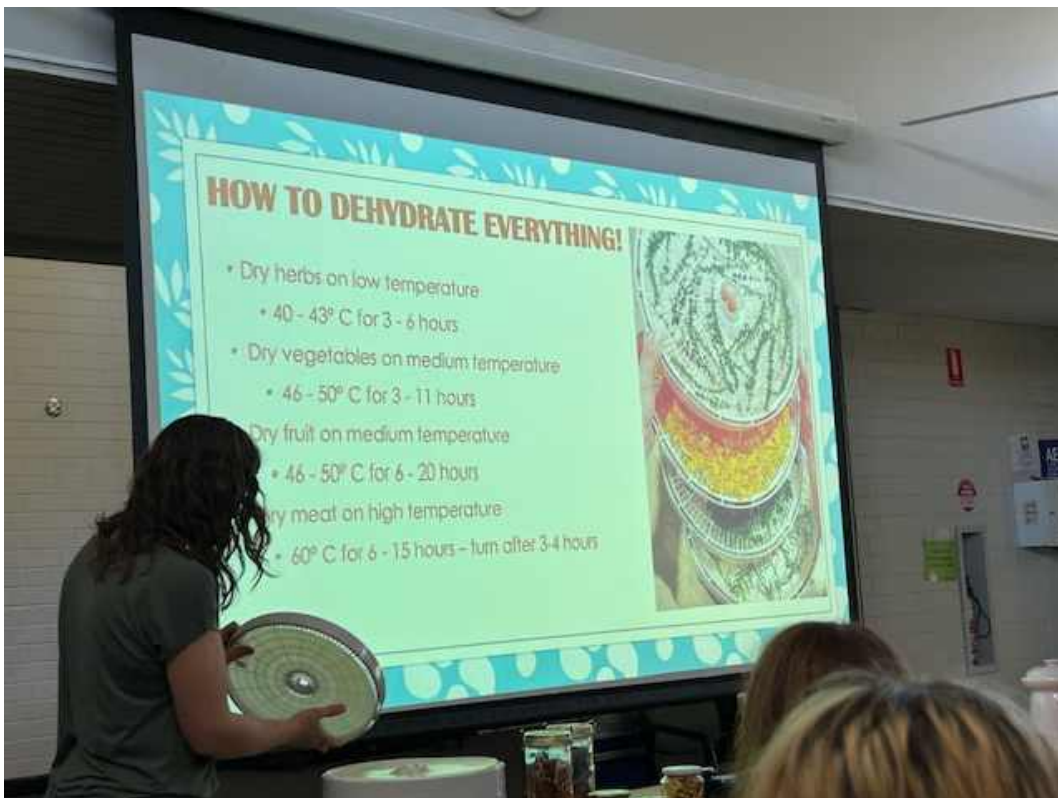
Dehydration: Beck showed her dehydrator and shared examples of her art.













The Pool Room

From: Debra Robertson <debraarobertson@gmail.com>

Subject: GGGYO Feb 11 session

Date: 22 January 2024 at 11:36:35 pm ACDT

To: Pat Wundersitz <patwundersitz@gmail.com>

Hi Pat,

Could you please put me down for the Feb 11 session? And also my Mum, Margaret Robertson?

She came to the one in November about gardening on a budget and, despite being a gardener for many years, was still talking about the presentation and some of the things she learnt several weeks later.

Also, would you like a hand setting up the chairs again?

Regards,

Debra

:-)

From: Jan Kalnins <janice.kalnins@gmail.com>

Subject: Re: Growing from seed workshop

Date: 23 September 2024 at 11:45:57 am ACST

To: Pat Wundersitz <patwundersitz@gmail.com>

Yes I enjoy all the workshops any info is appreciated thanks 🙏

On Mon, 23 Sep 2024 at 11:45 AM, Pat Wundersitz <patwundersitz@gmail.com> wrote:
Jan, Done. It was a good workshop yesterday too. Pat

> On 23 Sep 2024, at 10:27 am, Jan Kalnins <janice.kalnins@gmail.com> wrote:

>

> Hi can I please book 2 spots for this workshop 13/10

> Thanks

> Kind regards

> Jan Kalnins

From: Sharleen P <sharleen.pereira@gmail.com>

Subject: Thank you

Date: 13 October 2024 at 10:47:24 pm ACDT

To: Pat Wundersitz <patwundersitz@gmail.com>

Pat, apologies for not saying goodbye to you. I had to get to the supermarket.

Grow, Grow, Grow Your Own – Almanac 2023

Big thank you to you and the committee for a fantastic event today. I gained a stronger insight and surrounded by positive girls.

Much regards

Sharleen

From: Helen Robinson <hmr.os8349@gmail.com>

Subject: Re: workshop

Date: 20 October 2024 at 5:11:17 pm ACDT

To: Pat Wundersitz <patwundersitz@gmail.com>

Thanks - I love these afternoons

Sent from my iPhone