

# GGGYO 2025 ALMANAC



**Russell Talbot's tree at Unley Community Centre**

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## About Us

The *Grow Grow Grow Your Own* (GGGYO) group consists of Anne Wharton, Pat Wundersitz, Anne Wilson, Ashley Campbell and Peter Croft with strong support from Nolda Beynon, Pauline Muir, Kat Ryan, Abby Ward; and Di Salvi, Emma Sandery and Maria Zotti 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 13 years and all of our wonderful workshop presenters.



Peter, Annie, Ashley, Pat, and Nolda



Anne, Pauline, Kat and Abby



Maria, Di, Emma

## 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.

2025 was the thirteenth 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.

# Introduction to each workshop: sample

## GGGYO session on 18 May 2025

Welcome to this session on *Encouraging beneficial insects into your garden for pollination and pest control*

**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.

**We wish to begin by acknowledging** that we are meeting on the traditional Country of the Kaurna 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 Kaurna and Peramangk people living today. And we also extend that respect to other Aboriginal Language Groups and other First Nations.

**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.

**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.

### **About today's workshop:**

Pollination is a key issue for most fruit trees and many vegetables. Without it: limited success in the food garden. Pest control is a perennial issue too - particularly from insects.

In this workshop, Beck Stevens will walk you through exactly what you need to both encourage beneficial insects into your garden to help with pollination plus pest control.

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.

**At the end of the presentation, mention:**

1. Seeds available with Anne Wilson at future workshops? 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. Look out for the flyers in your email every six weeks. Next session is on 7<sup>th</sup> July with Koren Helbig on Permaculture in a small garden.

*Grow, Grow, Grow Your Own  
First of the 2025 free Workshop Series*

*Presented by Steven Hoepfner*

*Pruning fruit trees: summer pruning*



Summer Pruning: Organic Gardener Magazine

**2.30 pm on Sunday 9<sup>th</sup> February  
at Morrie Harrell Reserve, Ramage Street Unley  
Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## ***Workshop details***

Many gardeners have been used to pruning their fruit and nut trees in winter, when they are largely dormant. However, pruning trees in summer, just after they have fruited, can help with encouraging more fruit **next** season.

Our first workshop will be on “Pruning fruit trees; Summer pruning” and presented by Steven Hoepfner. 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. He has enormous experience in growing food and, for many years, ran Wagtail Farm on a houseblock in Mitchell Park. He will share his knowledge with us in this workshop. The Unley Council has generously agreed for a fruit tree at the Morrie Harrell Reserve to be pruned by Steven in the workshop.

If you have questions that you would like to submit in advance please send them to [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com) and we will pass them on to Steven. If you have any excess produce to share, bring that too!

**Note: if the day is excessively hot, we may move to the Unley Community Centre.**

***Future Workshops:*** We have a terrific program planned for 2025.

Look out for the flyers 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](mailto: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 report on Pruning fruit trees: Summer pruning**

We had about 36 attendees on a hot day at Morrie Harrell Reserve. Steven did a shady tree prune, so we were not in the sun. Then moved onto other trees in the park. Steven did demonstrations then asked questions. He said that was a good way to have people remember his advice.

Steven chose this tree as he could explain summer pruning and the 30% to be removed in the winter to lessen the top growth. If it were more than 30% to be cut, that would have to wait until the following season.





Steven uses this tree wound dressing on apricots only, as they are so susceptible to gummosis. He advised against doing any work on apricots in the cooler months, as the spores are in the air. Not so much in the hotter weather.

He talked of Nitrogen and potassium, the former for leaves and the latter for fruit. Watering deep once per week, leaving off a fortnight before fruit is ripe to increase the sugars and thus the flavour. That applies to stone fruit particularly.



*Grow, Grow, Grow Your Own*  
*Second of the 2025 free Workshop Series*  
*Presented by Nat Giffney*

*Growing from Seed: Hands-on workshop*



**2pm on Sunday 6<sup>th</sup> April**  
**at the Goody Patch, 12 Surrey Street, Goodwood.**  
**Register at [patwundersitz@gmail.com](mailto: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 several Grow Grow Grow Your Own workshops and ran a very successful Growing from Seed workshop in 2024.

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.

## ***What to Bring***

**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.**

***Future Workshops:*** Our next workshop will be on 18<sup>th</sup> May with Beck Stevens on “Encouraging beneficial insects into your garden for pollination and pest control”. Look out for the flyer in your email.

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*Sustainable Communities SA – Unley groups*





## Workshop report on Growing from Seeds

A perfect day for a Seeds workshop: 24 plus us at the Goody Patch. A very well received session.

Nat took us through the basic steps:

- Ideally, start off with a tray with holes so water can drain
- Use a newspaper-rolled seed container or a toilet paper roll to hold the soil
- Get some seed-raising mix e.g. sand, coir (or perlite) and compost which has been thoroughly wet (e.g. in a bucket) and fill the holder to the brim. Ensure that it then settles
- Add one or two seeds, then cover with a centimetre of soil (bigger seeds) or a light sprinkle (for smaller seeds)
- Cover with vermiculite to hold water
- When seeds germinate then it is time for fertiliser

Choices of seeds:

- Chives, spring onions, tomatoes and parsley - very resilient and can be planted in a tray.
- Pumpkins, spinach and carrots don't like roots being disturbed
- Autumn and spring offer the most options for growing. Know your season!

Some tips:

- Bigger seeds need depth for the roots. For example, use tube stock containers to get the extra depth
- Hard seeds like peas: soak overnight in warm water then plant in toilet rolls a centimetre deep to prevent insects from eating.
- Another approach is to set corn starch or equivalent on some absorbent towel paper and keep wet. When germination occurs, plant the whole towel in the soil.



*Grow, Grow, Grow Your Own*  
*Third of the 2025 free Workshop Series*

*Presented by Beck Stevens*

*Encouraging beneficial insects into your garden for  
pollination and pest control.*



Beck Stevens

**2.30 pm on Sunday 18<sup>th</sup> May**  
**at Unley Community Centre 18 Arthur Street Unley.**  
**Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## ***Workshop details***

Pollination is a key issue for most fruit trees and many vegetables. Without it: limited success in the food garden. Pest control is a perennial issue too - particularly from insects.

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If you have questions that you would like to submit in advance please send them to [patwundersitz@gmail.com](mailto: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. Our next workshop will be with Jenny Deans on Soils and Fertilizers on 29<sup>th</sup> 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***

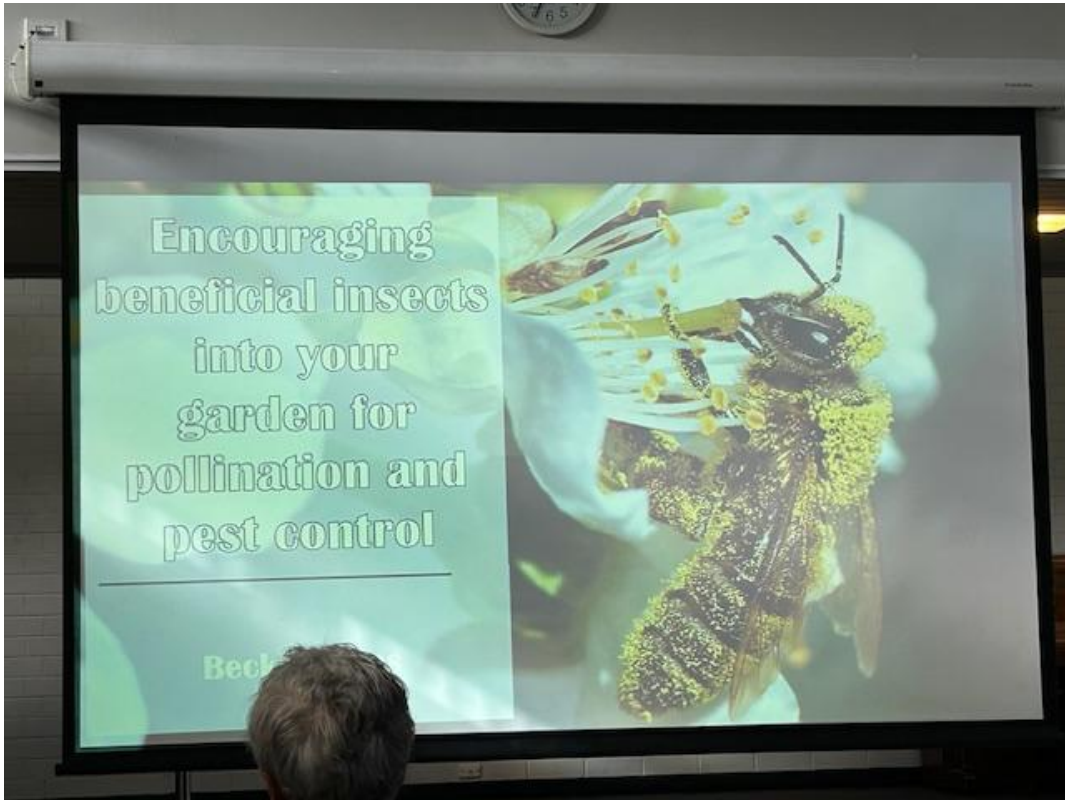
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*Sustainable Communities SA – Unley groups*

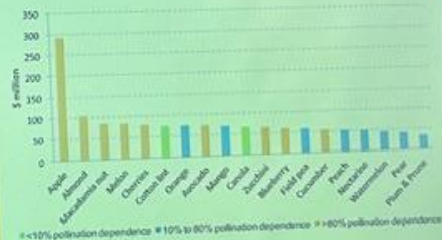




# Why do we need pollinators?



## 20 pollination dependent crops



# Beneficial insects: Pollinators



European honeybees  
(*Apis mellifera*)



Blue banded bees  
(*Amegilla* spp.)



Furrow bees  
(*Lasiosglossum* spp.)



Green and gold Nomia bees  
(*Lipotriches australica*)



Hoverflies  
(Diptera: Syrphidae)



Flies (Diptera)  
(e.g. *Calliphora dubia*)



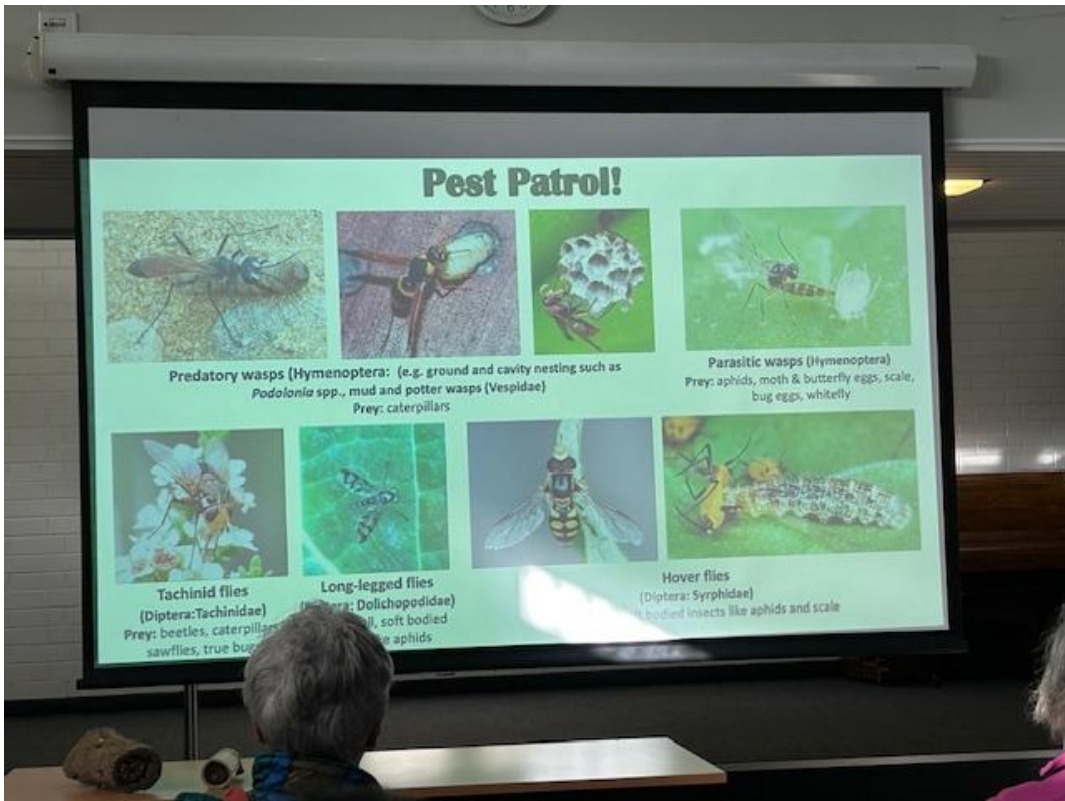
Butterflies & moths  
(Lepidoptera)



Beetles (Coleoptera)  
(e.g. ladybirds)



Wasps  
(Hymenoptera)



## Pest Patrol!



**Lacewing (Neuroptera: Chrysopidae)**  
Prey: aphids, but also attack scale insects, mealybugs, leafhoppers, thrips, psyllids, whiteflies, caterpillars, moth eggs



**Mantids (Mantodea: Mantidae)**  
Prey: aphids, grasshoppers, crickets, bees, wasps, cicadas, flies, moths



**Minute pirate bug (Orius spp.)**  
Prey: aphids, thrips, caterpillars



**Wasp parasitoid (Cotesia glomerata)**  
Prey: cabbage white caterpillar



**European earwigs (Forficula auricularia)**  
Prey: soft bodied insects like aphids



**Assassin bugs (Diptera: Dolichopodidae)**  
Prey: small, soft bodied insects like aphids



**Robber or assassin flies (Diptera: Asilidae)**  
Prey: grasshoppers, moths, flies, ants, wasps, crickets, lacewings

## Pest Patrol!



**Ground beetles (Coleoptera: Carabidae)**  
Prey: caterpillars, slugs, snails



**Red and blue beetles (Coleoptera: Melyridae)**  
Prey: eggs & larvae of aphids & moths



**Rove beetles (Coleoptera: Staphylinidae)**  
Prey: aphids, mites, snails, slugs, thrips, moth & fly eggs, nematodes



**Ladybirds (Coleoptera: Coccinellidae)**  
Prey: aphids, scale, mites



**Fungus-eating ladybird (Ilexis galbula)**  
Target: Powdery mildew on cucurbits



**Mealybug ladybird (Cryptolaemus montrouzieri)**  
Prey: mealybugs and soft scale

## Pests and their natural enemies

| Pest  | Natural enemy  | Indicators/ actions   |
|---|--|---|
| Whitefly<br>Vegetables (brassica, cucurbit, eggplant, tomato, citrus)             | Parasitic wasp ( <i>Encarsia formosa</i> )<br>commercially available, hover fly larvae | Look for black parasitized nymphs, lacewings, ladybirds &   |
| Soft brown scale<br>(Citrus, fig, passionfruit)                                   | Parasitic wasp   | Exclude ants<br>Lacewings, ladybirds (esp. <i>Cryptolaemus</i> )<br>Remove small infestations with knife, toothbrush or pruning |
| Earwig (Soft vegetables, strawberries, stone fruit)<br><b>BUT also a predator</b> | Birds, native earwigs  | Rolled up corrugated cardboard rolls to check for presence  |
| Green loopers ( <i>Chrysodeixis</i> spp.)   | Trichogramma wasps, lacewing larvae, ladybirds, assassin bug, parasitic wasps          | Remove weeds to reduce breeding sites   |
| Cabbage white butterfly ( <i>Pieris rapae</i> )<br>Brassicas, nasturtium          | Parasitic wasps, ladybirds, lacewing larvae, assassin bugs                             | Exclude using fine mesh<br>Control weeds such as wild mustard and radish  |

## What can you do?

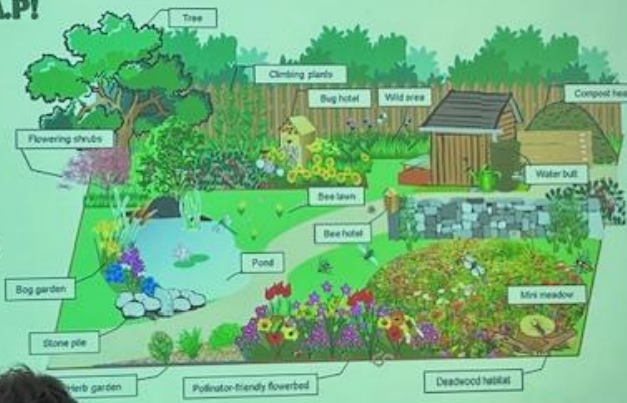
Provide S.N.A.P!

**Shelter**

**Nectar**

**Alternative food**

**Pollen**







## Workshop on Encouraging beneficial insects

35 present, including us.

Beck talked about the role of insects in the food garden: *Insects: the little things that run the world* - Wilson 1987: e.g. nutrient recycling

Key points:

- There is a big decline in insect populations - around 40% in last decade. We need insects for biodiversity and human health. Pollination is essential for food. There are many pollination-dependent crops especially apple and almonds. Anything with a seed needs a pollinator.
- Urban environments are critical for survival of insects
- European honeybees are a key pollinator but there are many other species- particularly smaller insects. Blue banded bees, also a generalist such as European honeybees. Blue banded bees very effective. Any of our native bees will go to native trees rather than exotic trees. Flies are better pollinators of avocado than Honey bees!
- Beneficial insects will reduce but not eliminate bad bugs otherwise there will be no food source for the good bugs. Need to tolerate some bad bugs in the garden.
- Parasitic wasps are very important: very small and can be noticed on roses as little white shells which used to be aphids – where the wasp baby ate the aphid from within.

Things to do to encourage beneficial insects:

- Ideally five flowering plants in flower in the garden from spring to autumn. In winter, insects are less active
- Bee hotels are effective but need good resources too. Bee hotels need to be in shade and have different resources for nest building such as bamboo and cardboard and shelter from rain and near food resources
- Plant a diversity of plants: less exotics!
- Connected corridors are very important to allow insects to move.

# Grow, Grow, Grow Your Own

## *Fourth of the 2025 free Workshop Series*

*Presented by Koren Helbig*

*Creating a permaculture design for a small urban garden*



Koren Helbig in her garden

**2.30 pm on Sunday 6<sup>th</sup> July**  
**at Unley Community Centre 18 Arthur Street Unley.**  
**Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## ***Workshop details***

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

Koren presented wonderful workshops on Food Forest Gardening and Edible Weeds in 2023 and 2024. This workshop builds on that material and introduces the idea of a design for a garden built around permaculture ideas.

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

***Future Workshops:*** Our next workshop is on 10<sup>th</sup> August with Jenny Deans on Soils and Fertilisers. 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 as we plan for 2026.

## ***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](mailto:peter.croft@mmc.com.au).

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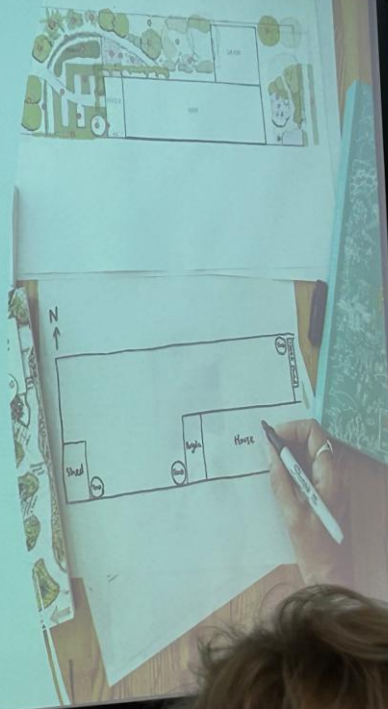


## Record observations on a simple garden map

Known as 'sector mapping' or 'sector analysis' in permaculture.

Common approaches:

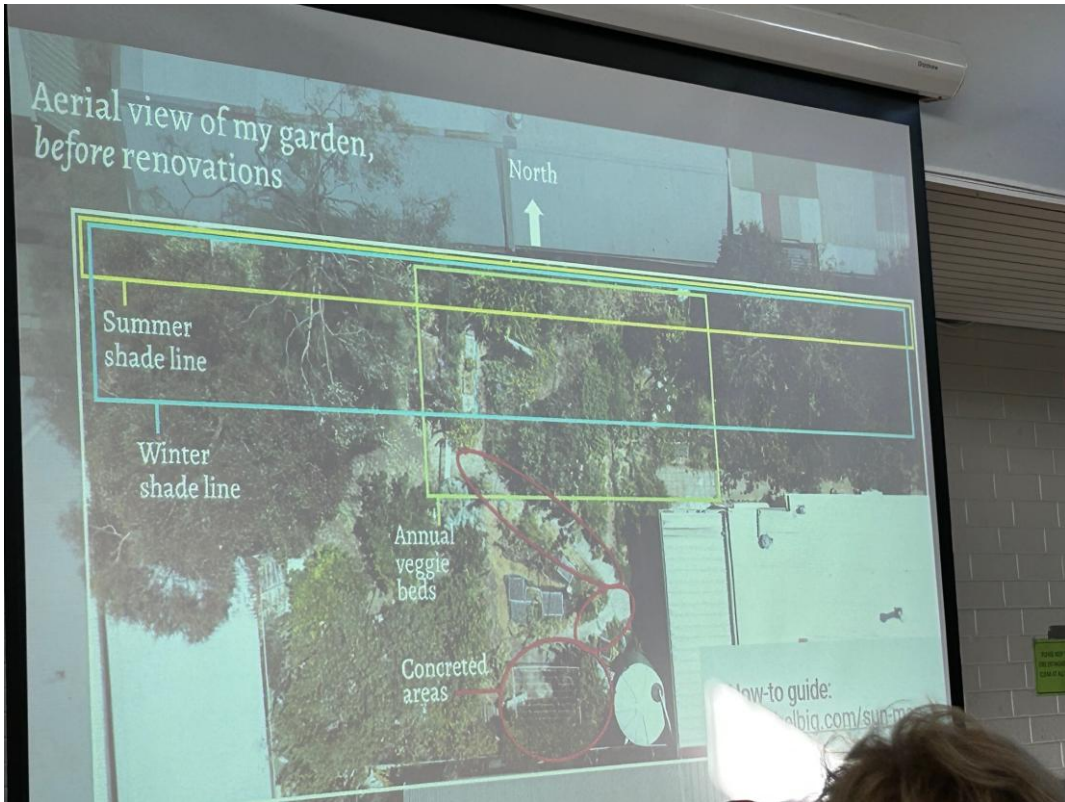
- Hand sketch a map
- Print a Google Earth map
- Take photos each season
- Take notes in a garden journal
- Create a designated sit spot



## What to observe and record when sector mapping



- \* The direction of north on your map.
- \* Where wind and rain usually come from.
- \* Hot spots in summer and shaded areas in winter (sun mapping).
- \* Opportunities to catch and store water – rainwater or greywater.
- \* Your soil type – use a jar test to check it.
- \* Which plants thrive vs which need extra care.
- \* Views – both pleasant views to highlight and unattractive ones to screen.
- \* Areas with high foot traffic vs parts of the garden you rarely use.



## Use permaculture 'zones' to map details

Once the broad brushstrokes are decided, start to plan your garden's finer details.

Zones are a clever system for working out what goes where.

Place things you use often or tend daily closest to your house (in zones 1 and 2), and things you rarely need further away (in zones 3 and 4).

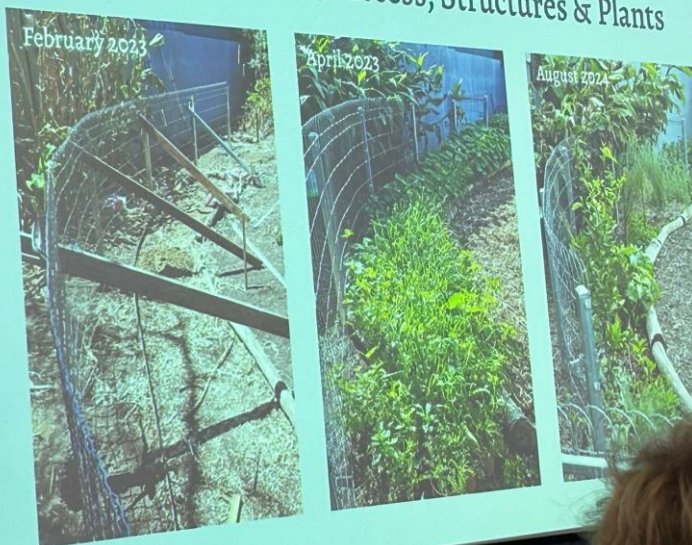


## Use 'WASPA' when building your garden:

Denotes the best order to  
implement your plan for  
ease and flow.

- Water
- Access
- Structures
- Plants
- Animals

## WASPA step 2, 3 & 4: Access, Structures & Plants





## Workshop Report on design an edible garden using permaculture

Around 45 in attendance.

Koren gave an excellent presentation on permaculture in a small garden, based on her own property which has approx. 480 sq. metres and is in a semi-industrial area.

She views permaculture as a design framework for life as it embodies three principles against which any action can be measured: Earth care, people care and fair share.

Why use permaculture in city gardens: it leads to the best use of small areas, cooler and greener spaces, water smart, provides a simple way to grow healthy local foods, and aims for the least effort to maintain the gardens.

She structured her presentation around four key stages (which draw together the many more components of formal permaculture design): observe, design, implement and iterate. Most effort is in the first two stages. Koren recommended **observing** the existing land for a year to experience all four seasons before making permanent changes. In the interim, Koren grew vegetables in straw bales. This is outlined on her korenhelbig website.

Then **Design** the layout of the garden with a “backbone” of key elements e.g. where the vegetable garden is (needs sun), where the key trees are (to break wind and provide shade) etc. Koren also used a vertical lattice on the north side of her house to grow tromboncini to cool her house in summer.

Then implement the garden (use the acronym WASPA) to define the sequence of actions (e.g. W for Water first)

For further references: connect with Koren via Instagram or subscribe to her newsletter via her korenhelbig website and see book by Aranya

# Grow, Grow, Grow Your Own

*Fifth of the 2025 free Workshop Series*

*Presented by Jenny Deans*

## *Soils and Fertilisers*



<https://www.ars.usda.gov/oc/facebook-events/tips-for-healthy-soil-in-your-backyard-garden/>

**2.30 pm on Sunday 10<sup>th</sup> August  
at Unley Community Centre 18 Arthur Street Unley.  
Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## ***Workshop details***

As gardeners, we know that it all starts with the soil – the key source of nutrients for our food plants. And we have all had a go at improving our soil, putting in fertilisers and various other inputs.

In this workshop, Jenny Deans will help us to step back and look at what might work best in our garden for our soil. As in 2024, there will be very practical demonstrations as part of her presentation.

Jenny Deans is 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](mailto:patwundersitz@gmail.com) and we will pass them on to Jenny. If you have any excess produce to share, bring that too!

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*Sustainable Communities SA – Unley groups*

# Soil: ... the 'home' for plants

Earth 

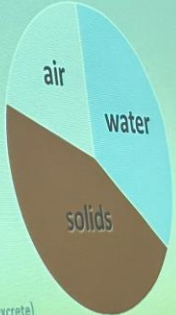

- Physical**
  - Texture
  - Structure
- Chemical**
  - pH
  - Minerals (and cation exchange capacity)
- Water and Soil interactions**
  - Permeability, drainage, water holding capacity
  - Hydrophobic soil
- Hidden surprises**
  - Legacy issues, Phosphorus
- Soil life**
  - Organic Content
  - Pathogens
  - Beneficial Fungi, Microbes and Bacteria (eat and excrete)
- Soil Amendments**
  - Clay/sand/gypsum
  - Lime/sulphur
  - Compost/seaweed/biochar/mycorrhizal fungi/fungal inoculants/microbes

# Soil = Home

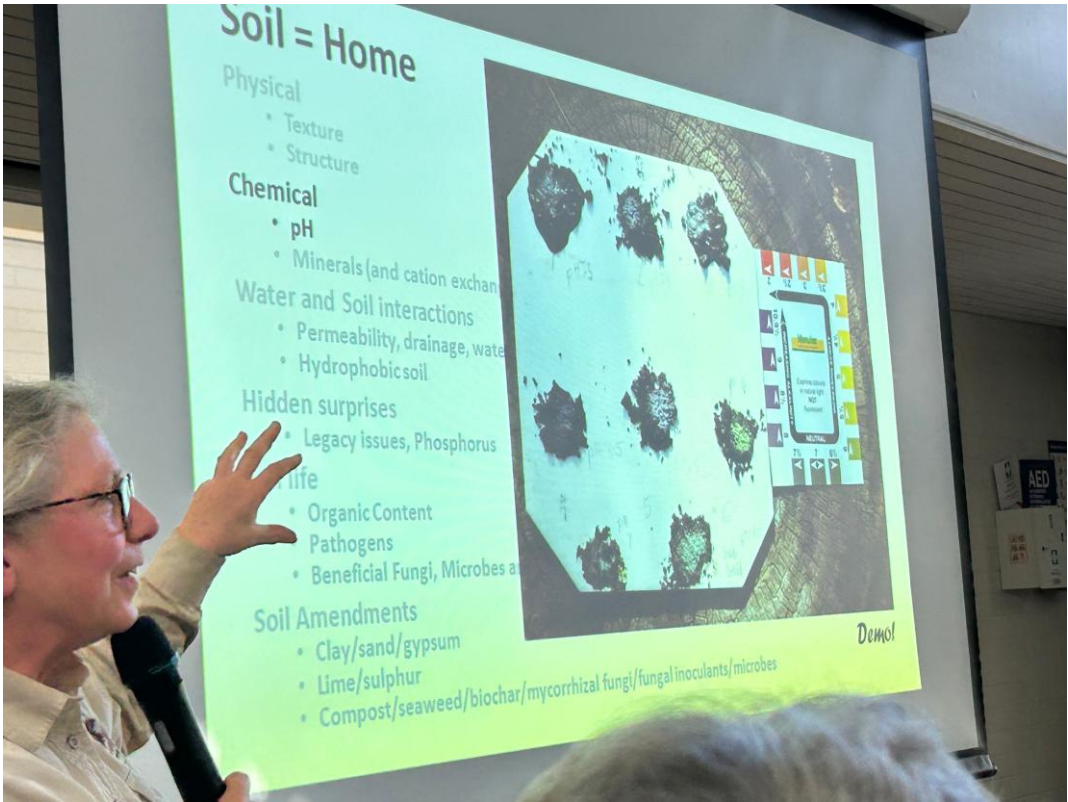
vegetable garden soil

- Physical**
  - Texture
  - Structure
- Chemical**
  - pH
  - Minerals (and cation exchange capacity)
- Water and Soil interactions**
  - Permeability, drainage, water holding capacity

and excrete)

...microbes

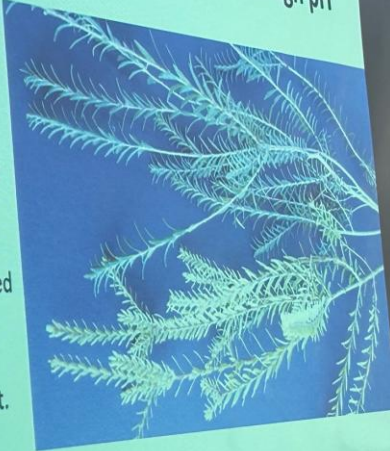


## 'Nutrient deficiency' symptoms due to high pH

Acidic-soil loving plants can look like they have nutrient deficiencies as they are unable to absorb key nutrients (Fe, Mn) when growing in high pH alkaline soils

This is called 'Lime-induced Chlorosis'

Eg Gardenia display plant.



## Soil = Home

**Physical**

- Texture
- Structure

**Chemical**

- pH
- Minerals (and cation exchange)

**Water and Soil Interactions**

- Permeability, drainage, water
- Hydrophobic soil

**Hidden surprises**

- Legacy issues, Phosphorus


**Soil life**

- Organic Content
- Pathogens
- Beneficial Fungi, Microbes

**Soil Amendments**

- Clay/sand/gypsum
- Lime/sulphur
- Compost/seaweed/biochar

### Legacy issues in soils



<http://www.globalsoilbiology.org/blog-beneath-our-feet/2022/3/2/what-where-and-how-soil-animals-eat-and-why-do-we-need-to-know>

## FEEDING INTERACTIONS AND FUNCTIONING OF SOILS

**DETRITIVORY**  
Large soil animals shred and transform all kinds of dead organic matter (leaves, roots, wood, castings, dung), regulating soil organic matter and forming soil structure.

**MICROBIVORY**  
By feeding on fungi and bacteria, soil animals change the number and composition of microbial communities, thus regulating nutrient cycles in soil and plant growth.

**PREDATION**  
Soil animals are a food resource for many terrestrial invertebrates and vertebrate predators. Predators control animal populations, and thus support biodiversity and stability of soil communities.

**HERBIVORY**  
Soil herbivores can reduce plant growth by consuming roots, stems, and leaves. They also help with nutrient dispersal.

### Organic Content

Includes 'things that are living'

- Soil macrofauna such as worms, slaters, mites, larvae
- Soil microfauna such as nematodes, tardigrades, bacteria, fungi, archaea, actinomycetes, protozoa, viruses

## Keep adding compost and mulch!

energy flows in direction of arrows (25 mm = 1 in)

1<sup>st</sup> = first-level consumers  
2<sup>nd</sup> = second-level consumers  
3<sup>rd</sup> = third-level consumers

<http://www.globalsoilbiology.org/blog-beneath-our-feet/2022/3/2/what-where-and-how-soil-animals-eat-and-why-do-we-need-to-know>

# Soil = Home

## Physical

- Texture
- Structure

## Chemical

- pH
- Minerals (and cation exchange capacity)

## Water and Soil interactions

- Permeability, drainage, water holding capacity
- Hydrophobic soil

## Hidden surprises

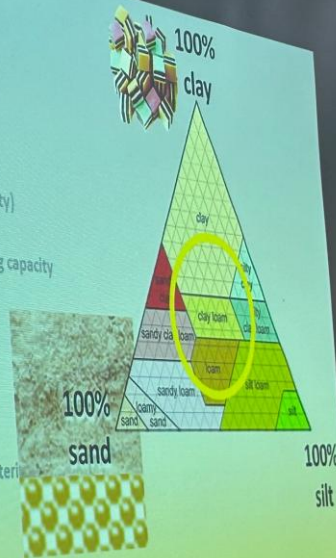
- Legacy issues, Phosphorus

## Soil life

- Organic Content
- Pathogens
- Beneficial Fungi, Microbes and Bacteria

## Soil Amendments

- Clay/sand/gypsum
- Lime/sulphur
- Compost/seaweed/biochar/mycorrhizal fungi/fungal inoculants/microbes



# What you can do now!

- Cover the soil eg with mulch, groundcovers, green-manure or cover-crops
- Water deeply and occasionally so that air gets into the soil between watering
- 'Feed the soil, not the plant', ie build soil organic matter & life, (add compost)
- Plant a variety of plants - each has its own set of beneficial soil-life
- Support soil biology and structure - don't over-dig or over-compact the soil





## **Workshop Report on Soils**

Jenny's key point was that Soil is the home for plants and is living. If you want to grow well, then feed the soil and the plants will then thrive.

She examined Soils from three viewpoints: their physical, chemical and biological aspects and had demonstrations at many points throughout the workshop.

In Physical aspects, she looked at whether soil was sandy or clay or loam and demonstrated a range of soil types. The ideal soil is less than 50% solids and contains 30% water and 20% air.

In Chemical aspects of soil, Jenny talked about pH and used the Manutec test kit to examine soils from a variety of sources. Clay particles are very small and tend to be in layers: silica and alumina primarily plus other minerals. Sand is mainly silica but without many nutrients unlike clay which contains many minerals, but which are often locked up. pH can be the key to how well plants grow and can access nutrients.

Soils can also reflect legacy issues: too much fertiliser, compaction, salinity and imported soils (and thus imported problems).

In Biological aspects of soil, Jenny concentrated on the amount of organic materials: our soils are normally 1 to 5% organic whereas commercial potting mix is almost 100%. These proportions affect how long they can sustain growing. There is a sweet spot: aim for a clay/loam. If very sandy soil: add a little bit of clay. If very clay, add compost.

Overall, keep in mind that soil is living so add compost and keep up the water!

# Grow, Grow, Grow Your Own

*Sixth of the 2025 free Workshop Series*

*Presented by Kate Hubmayer*

*Visit to a Black Forest home garden  
& remnant Grey Box Eucalypts*



**2.30 pm on Sunday 21<sup>st</sup> September**  
**Meet at Forest Avenue Reserve, Black Forest**

**Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## ***Workshop details***

The workshop will commence with a walk around a special patch of remnant Grey Box trees in the Forest Avenue Reserve at Black Forest followed by a close look at a suburban productive and ornamental garden (Kate's).

This workshop is presented by Kate Hubmayer, keen gardener and author of 'Nature Crafts for Aussie Kids' and 'Nature Crafts with Common Plants'. Kate has worked with school and community gardens and her home garden featured in the SA Open Garden Scheme. She currently enjoys working for the Diggers Club in its garden shop in the Adelaide Botanic Garden.

***Future Workshops:*** Our next workshop is on 9<sup>th</sup> November. 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 as we plan for 2026.

## ***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](mailto: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 Report for Visit to Black Forest Home Garden and Remnant Grey Box Eucalypts**

On a wet and rather cold day, about 20 of us met at Forest Reserve, Forestville to look at 2 remnant Grey Box (*Eucalyptus macrocarpa*) on the Reserve. Grey box were the inspiration for the suburb's name when first founded in 1850.

Fortunately the weather gods were kind, and we had a delightful and informative walk, rain-free! The piece of land with the grey box was bought about 3 years ago by the State Government to add to the Reserve to be enjoyed by Black Forest Primary School and the wider community. The trees are estimated to be at least 300 years old. One of them is not terribly healthy looking but the other one looks beautiful and both of them look much improved after the recent rains.

Kate Hubmayer who lives close to the Reserve was our guide and gave us a little potted history of the original "black forest" which is written about in detail in "Pre-European Vegetation in Adelaide" by Darrell Kraehenbuehl, a significant and compelling campaigner for native flora and conservation throughout his life. Kate has planted 2 more grey box in the Reserve which were grown from seeds from the remnant trees and are doing really well.

Kate then took us to her very productive and ornamental garden. She has a chook yard and magnificent big trees in her back garden so has turned her front garden into the veggie patch where she is currently experimenting with growing raspberries.

All the rainwater is collected and kept on her property. Overflow from her rainwater tanks runs into a small swale with rocks in it and surrounded by native plants.

We then went to the street in front of her house, where she has done much guerilla gardening! Kate started with her own verge and this idea has spread so that now all the verges are full of hardy and beautiful plants of many kinds.

Thanks to Kate for her generosity in showing us the remnant grey box and her own wonderful garden as well as the surrounding verges.

# Grow, Grow, Grow Your Own

*Seventh of the 2025 free Workshop Series*

*Presented by Grace*

*Fruity Ferments for Summer*



Picture from Grace

**2.30 pm on Sunday 9<sup>th</sup> November  
at Unley Community Centre 18 Arthur Street Unley.**

**Register at [patwundersitz@gmail.com](mailto:patwundersitz@gmail.com).**

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

## *Workshop details*

Grace will demonstrate how to make some sweet and sour ferments with a particular focus on waste utilisation. There are many ways to make use of the peels, cores and even the seeds of the summer fruits we enjoy eating from our gardens.

Our workshop will be led by Grace who is a Food Educator with a particular interest in fermentation and gut health. Grace has been presenting workshops on cooking, preserving, fermenting and home cheese making for over 35 years. She started preserving as a child with her mother and her market-gardening grandparents in the Adelaide Hills. Grace worked in restaurants on the Fleurieu & in Melbourne before spending many years working with Australian Artisan Cheesemakers. Grace is a popular presenter at our workshops and is noted for the practical examples of every topic on which she has presented.

***Future Workshops:*** We are developing a terrific program for 2026, starting in early February. Look out for the flyers in your email.

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 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](mailto: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*



## HONEY FERMENTED FRUIT RECIPE

RAW HONEY - this has not been pasteurised so it contains live yeast, unfiltered is best

SEASONAL - New season sweetness & HIGHER moisture levels Vs late season

FLAVOUR - So many different flavour profiles to play with

If the fruit is delicate then use a delicate flavoured honey - something like leatherwood would overwhelm most fruits.

If you are buying from the bee keeper at a farmers market they will be able to guide you to which are lighter or richer in flavour.

## RECIPE

Use fresh fruit to optimise the liveliness of the microbes

Wash and prepare the fruit, removing any damaged parts

Place fresh fruits, diced or sliced if needed, into a very clean glass jar

Pour in the raw honey

- Try 1 part honey:3 parts fruit for moist fruits - e.g. Berries, Cherries, Citrus, Pineapple (peeled) try
- Try 1 part honey:2 parts fruit for firmer fruits cut into bite-sized pieces - eg underripe mango & papaya, firm peach, plums & nectarines
- For drier produce like garlic, woody old ginger or rose petals you will have to use enough honey to completely cover them from the beginning

Place a weight on top of the fruit if needed

Ferments all need quite a bit of head room at the top, so never overfill

Cover with a lid - A swing top lid is fine for a short ferment. Air locks are great as they allow gas to escape as the ferment bubbles

At this stage, all produce may not be submerged - Leave on bench overnight, so the honey can draw moisture out of the fruit and the liquid level rises to cover the fruit.

If not add a little more honey and allow a little longer

I like to swish, shake or flip the jar a couple of times to see if there is still some undissolved honey in the bottom of the jar.

It is important to do this without opening the jar - this saves the risk of attracting local yeasts and moulds from the surrounding environment and also allowing more oxygen into the mix.

Once the fruit is submerged under the now runny syrup you can leave it on the bench to ferment.

### BRINED CHERRY TOMATOES

250gm cherry tomatoes, not over ripe

15gm salt - salts vary in strength and you want about a 3% brine (seawater)

500ml water

Aromatics: options include - garlic, mustard seeds, peppercorns, herbs ( basil)

Place tomatoes in a clean glass jar

Add aromatics of your choice

Dissolve salt in water

Pour brine over leaving 1" head room (between top of brine and lid)

Place a leaf (vine or cabbage) on top - to prevent any small bits floating to the top

Place a weight on top

Seal lid on jar or use a jar with an airlock

Allow to ferment at room temp until flavour suits

Remove airlock, if used, and place in a smaller jar that is full

Place lid on and seal

Store in fridge

#### For Tomatoes only

You can reserve the brine liquid for your next couple of batches but add little more salt

After a couple of reuses this liquid is delicious in a soup or pasta sauce for a flavour boost

#### THIS BRINING TECHNIQUE CAN BE USED FOR:-

carrot sticks (with thyme & ginger)

whole beans (with dill & mustard seeds)

cauliflower (with garlic & chilli)

Pickling onions (with mustard seeds & chilli)

etc etc etc

## GUT INTUITION

2

When the ferment is bubbling well, taste to assess the flavour  
When the flavour balance is to your taste place in the fridge to slow fermentation

For sweet soft fruit ferments, I would often refrigerate after just 2 days  
The longer the fermentation time the more the flavour will change  
Taste every day  
Temperature will affect the time it takes  
Store in the fridge but over time it may become too tangy or bitter to enjoy.

The flavour change can take you by surprise but adding a little more raw honey back in can bring back a ferment that might have started to become a little too bitter or sour for your liking.

Other produce like garlic or ginger will be weeks or even months  
These longer ferments also need to be tasted from time to time but will last out of the fridge for ages if you have a suitable in a dark cool place

### HONEY FERMENTED FRUIT FIZZ

Place fruit fermented in honey into a larger jar  
Combine well with filtered water and honey to taste - the amount varies depending on the sweetness and flavour of the honey you are using  
Place in a jar with an air lock or a swing top seal but remember to burp it

Leave on the bench to ferment or a few days, checking for bubbling to indicate fermentation is happening  
If bubbles are evident have a taste to see if it has fermented to your taste  
When you're happy with the flavour  
Strain and pour into a bottle that has an airtight seal - to trap the carbon dioxide being produced by this second fermentation process  
Leave on the bench at room temp for 1 day, or maybe 2 in cold weather,  
Be sure to check and if it's fizzy - Open lid to check/release gas build up  
Drink now or refrigerate for use in the next few days - and the pressure will still need to be checked and released daily  
It does not last-long - over time the flavour can become unpalatable, even in the fridge

Home made fizzy drinks are full of living probiotic microbes - so start with small amounts.  
A few sips with meals to start with if your not used to living fermented foods.

## APPLE SCRAP VINEGAR - AEROBIC FERMENTATION

250gm Apple skins, cores  
500ml Water  
50gm Honey

Mix all together in a glass jar leaving a good inch of head room at the top of the jar  
Place a weight on to keep fruit submerged under the liquid  
Cover with a cloth held on with string or rubber band  
Leave on the kitchen bench but out of direct sunlight

Check daily - Is it bubbling?

Have a sniff to monitor the change from sweet to sour

Stir it every couple of days

Smell & taste frequently until it is sour enough for your tastes

Strain the fruit out at this time and put into a bottle with a lid that can seal but just placed lightly on top - I find pasta bottles good

If the bubbling stops it is time to seal the lid on and store in dark cool cupboard

A vinegar mother may have formed at anytime during this process at which point you may choose to stop stirring so as not to disturb this natural process

It usually takes about 3 weeks total but this will vary depending on the time of year

## VARIATIONS

Use cores from Pears or Quinces or a combination

I also use the plum centres including stones - I just cut the cheeks off each side of the plum to make my plum sauce each year

I have also make grape vinegar using the same process

If you have a vinegar mother from a previous year it will hasten this process quite considerably but may make a more acidic vinegar in the long run

Commercial vinegars are usually pasteurised to stop vinegar mothers forming in the bottle

## Workshop Report for Fruity Ferments

About 33 plus 5 of the group attended on a cold November afternoon. Grace explained that her technique was aimed at keeping fresh food to last longer plus use whatever scraps were around. She used a variety of techniques involving fermentation based around brine or honey fermentation. The aim was to preserve rather than create alcohol.

The starting point is to have:

- Clean glass containers (including Fowler's with airlock).
- Water - but not chlorinated to avoid killing the various microbes which will create the fermentation and the micro-biome
- Salt too without a caking agent or iodine e.g. Murray River sea flakes. Similar concentration to sea water- 2.5 to 3%.
- Fruit or vegetables which are washed
- A consistent temperature between 14 and 24 degrees – ideally 18 to 22 degrees.
- Being ready to taste frequently: most of the ferments are only a few days to a week or two in length.

We tasted brine fermented tomato- cherry tomatoes plus clove of garlic plus aromatics such as basil or peppercorns etc. Then add 15 ml of salt with 500 ml of water. Leave a couple of centimetres of headroom. Add a weight on top. Will fizz over next few days. Taste after end of first day. Also works with any firm textured vegetable. Eg carrot or cauliflower. The end product will last several months. Doing this encourages microbes to thrive and lactic acid to form.

Grace demonstrated Honey fermentation : honey added to lemon. Even within an hour, honey extracts lots of moisture (water not needed). Burp it daily. Will keep for months. Tasting was for lemon at two weeks. Note that honey fermentation is very different to brine . Use raw unfiltered honey. Get from the Farmers Market. Honey doesn't have enough moisture to ferment as not enough water. Once over 20% water, it will start to ferment. Don't add sugar

Grace gave many other examples: Ginger and honey and Rose petals in honey. She also showed how to make a very low alcohol (0.5-2%) – excellent for mulberries or rhubarb.

Constant tasting required!

There were many questions. A terrific interactive session!

Grace left us with four sheets of recipes - above.

## The Pool Room (dedicated to Russell Talbot)

**From:** "Jellings, Peter (AGD)" <[Peter.Jellings@sa.gov.au](mailto:Peter.Jellings@sa.gov.au)>  
**Subject:** RE: workshop  
**Date:** 28 March 2025 at 1:46:04 pm ACDT  
**To:** 'Pat Wundersitz' <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Thanks Pat appreciate you and all and the good work that the team do.

Kind regards

Pete

-----Original Message-----

**From:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>  
**Sent:** Friday, 28 March 2025 1:43 PM  
**To:** Jellings, Peter (AGD) <[Peter.Jellings@sa.gov.au](mailto:Peter.Jellings@sa.gov.au)>  
**Subject:** workshop

Peter and Loretta, I have had to start a wait list as our numbers are limited to 30 at the Goody Patch. I have put you on the list and have asked everyone to notify me if they are unable to attend.

I will let you know as soon as a vacancy comes up, as you are first on the list.

Pat

I sent a photo to Cate, and here is her reply. P

Begin forwarded message:

**From:** Cate Quist <[cate52w@gmail.com](mailto:cate52w@gmail.com)>  
**Subject:** Re: thoroughly absorbed  
**Date:** 8 April 2025 at 10:19:58 am ACST  
**To:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

😊🌻 Many thanks Pat. It was a most enjoyable, interesting afternoon , very much appreciated.

🐝🌻 Cate

PS. I am having an ongoing battle with what I think must be a possum. He or she has eaten the tops off nearly all my previously planted spinach and my mature parsley plants. I am into sharing, but the possum is testing my patience.

😬

**From:** Cate Quist <[cate52w@gmail.com](mailto:cate52w@gmail.com)>  
**Subject:** Sunday workshop  
**Date:** 15 May 2025 at 4:35:18 pm ACST  
**To:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Good afternoon Pat

My apologies but sadly I will not be able to attend the workshop on Sunday.

I did enjoy the last one very much so disappointing to miss this one . Hopefully I will get to the one after.

My seeds I planted on that day are growing.

Thank you and all the best

Cate

**From:** Diane Salvi <[Dsalvi@unley.sa.gov.au](mailto:Dsalvi@unley.sa.gov.au)>  
**Subject:** RE: Glen Osmond Creek  
**Date:** 25 August 2025 at 4:22:54 pm ACST  
**To:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Hello Pat,

Thank you so much for taking the time to share this message. What a delight to read it and I'm very pleased that you enjoyed the signs.

This was a fun project to work on with an author who really brought our ideas to life. I knew the signs have arrived but wasn't aware that they'd been installed so I'll have to go visit them this week.

I've passed your comments onto Peter.

Kind regards,

Diane Salvi  
Climate & Sustainability Lead

Climate & Sustainability  
City of Unley  
Kaarra Country

-----Original Message-----

From: Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Sent: Monday, 25 August 2025 3:47 PM

To: Diane Salvi <[Dsalvi@unley.sa.gov.au](mailto:Dsalvi@unley.sa.gov.au)>

Subject: Glen Osmond Creek

Good afternoon

This morning a friend and I took a morning walk from Fergusson Ave near Urrbrae Road into the path along Glen Osmond creek. The old signs had gone.

In their stead were some splendid signs, which gave me joy to read. I was impressed by the way messages were interpreted to the public, encouraging care of the waterways, the reasons why they are so important, photos of local plants and the names of the species at the bottom of each sign. Equally impressive were the observations from the primary school children of the importance of caring for the waterways and natural areas.

In other words, a great shout out to the designers of these signs. They carried messages of encouragement and care in a way I have not seen before. I loved them and couldn't wait to walk on to the next one .

Well done and thank you for making my morning walk one of joy.

Pat Wundersitz, Avenue Road .Highgate.

**From:** Debra Robertson <[debraarobertson@gmail.com](mailto:debraarobertson@gmail.com)>

**Subject: Fwd: REMINDER: Grow Grow Wkshop, Fruity Ferments for Summer with Grace, 2.30pm, Sun 9th November**

**Date:** 8 November 2025 at 10:45:02 pm ACDT

**To:** Pat Wundersitz <[patwundersitz@gmail.com](mailto:patwundersitz@gmail.com)>

Hi Pat,

I can't make tomorrow's GGGYO session because it clashes with the AGM for a community group I'm involved with. I hope it goes well.

Disappointingly, this year I've had clashes with every session except for one. But I just wanted to send a message to say thanks to all of you for everything you do, I've enjoyed the workshops I've attended so far and fingers crossed I can get to more next year! Speaking of which, do you know when the date for the next one (Feb 2026?) will be announced?

Regards,  
Debra Robertson