

Hills Local Permaculture Group

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**NEXT MEETING—
SATURDAY 17TH
JULY**

TO BE ADVISED

**** EVERYONE ****
to bring a small
plate of goodies for
morning tea and a
spare mug if you
have one.

So, what is permaculture—June meeting

"What is Permaculture? The more you know about it, the harder it is to say what it is. And I know a lot about it, so you won't get much satisfaction out of me. "

*Quote by Bill Mollison Sixth International Permaculture Conference & Convergence
Perth 1996*

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At our June meeting we enjoyed rich discussion about what Permaculture means to each of us. I was again inspired by the possibilities of a Permaculture way of looking at life. The Permaculture ethics are so simple yet profound:

- Care for the Earth
- Care for the People
- Share the Surplus.

They encompass much more than growing food in your garden.

Here are some of the phrases used by our group:

Permanent but changing  
Australian Aboriginal the oldest culture here  
It's how we should live  
The opposite to mono culture  
Working with nature, not against  
Eat fresh for goodness and taste!  
We need to learn a sustainable culture  
It's not difficult; you don't have to

be a genius

Permaculture makes sense

We need to look after the soil

Should be allowed to have chooks and roosters in the backyard

Let's talk to our neighbours over the fence

I love Permaculture and its people  
1<sup>st</sup> people on the earth were the 1<sup>st</sup> Permies

Synergy, rather than mastery over  
Life saving Permaculture systems in Cambodia, Uganda, Vietnam etc

Several people talked about the importance and pleasure of a close relationship between growing food and eating it. We also discussed energy/power supply and use, water tanks and more.

It was great to see new faces at the meeting, and ages spanning about 75 years. I was deeply moved by so much wisdom in the group.

Written by Joy Thom



## David Holmgren (co-originator of the permaculture concept)

### A Definition Of Permaculture

Permaculture is a design system based on ethics and principles which can be used to establish, design, manage and improve all efforts made by individuals, households and communities towards a sustainable future.

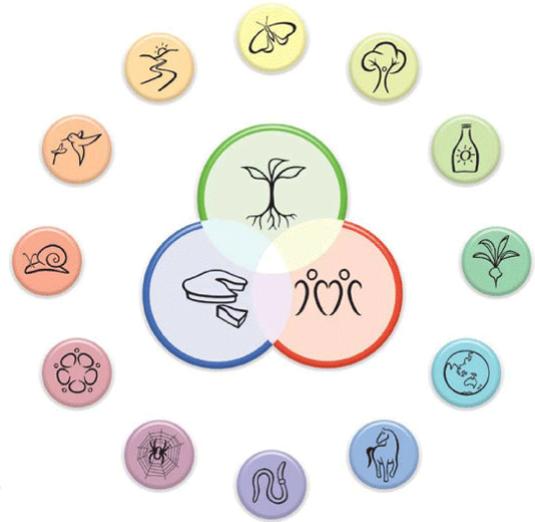
Permaculture is a philosophy based on 12 design principles

The 12 permaculture design principles are thinking tools, that when used together, allow us to creatively re-design our environment and our behaviour in a world of less energy and resources.

These principles are seen as universal, although the methods used to express them will vary greatly according to the place and situation. They are applicable to our personal, economic, social and political reorganisation as illustrated in the permaculture flower.

The ethical foundation of permaculture – Earth Care, People Care and Fair Share – guides the use of these design tools, ensuring that they are used in appropriate ways.

Each principle can be thought of as a door that opens into a whole system of thinking, providing a different perspective that can be understood at varying levels of depth and application.



### Permaculture Ethics

Central to permaculture are the three ethics: care for the earth, care for people and fair share. They form the foundation for permaculture design and are also found in most traditional societies.

#### Care of the Earth

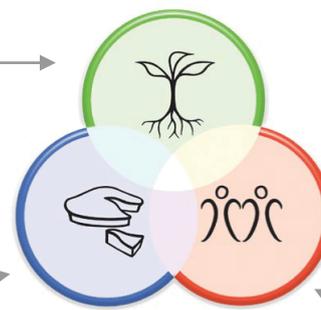
*Rebuild natural capital*

The Earth is a living, breathing entity. Without ongoing care and nurturing there will be consequences too big to ignore.

#### Fair Share

*Set limits to consumption and reproduction, and redistribute surplus*

We are provided with times of abundance which encourages us to share with others.



#### Care of People

*Look after self, kin and community*

If people's needs are met in compassionate and simple ways, the environment surrounding them will prosper.

## The 12 Permaculture Design Principles

### 1. Observe & Interact

By taking the time to engage with nature we can design solutions that suit our particular situation.



### 2. Catch & Store Energy

By developing systems that collect resources when they are abundant, we can use them in times of need.



### 3. Obtain A Yield

Ensure that you are getting truly useful rewards as part of the work that you are doing.



### 4. Apply Self-regulation & Accept Feedback

We need to discourage inappropriate activity to ensure that systems can continue to function well.



### 5. Use & Value Renewable Resources & Services

Make the best use of nature's abundance to reduce our consumptive behaviour and dependence on non-renewable resources.



### 6. Produce No Waste

By valuing and making use of all the resources that are available to us, nothing goes to waste.



### 7. Design From Patterns To Details

By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go.



### 8. Integrate Rather Than Segregate

By putting the right things in the right place, relationships develop between those things and they work together to support each other.



### 9. Use Small & Slow Solutions

Small and slow systems are easier to maintain than big ones, making better use of local resources and produce more sustainable outcomes.



### 10. Use & Value Diversity

Diversity reduces vulnerability to a variety of threats and takes advantage of the unique nature of the environment in which it resides.



### 11. Use Edges & Value The Marginal

The interface between things is where the most interesting events take place, these are often the most valuable, diverse and productive elements in the system.



### 12. Creatively Use & Respond To Change

We can have a positive impact on inevitable change by carefully observing, and then intervening at the right time.



## What is Permaculture?

Permaculture as a systematic method was first practised by Austrian farmer Sepp Holzer in the 1960s and then scientifically developed by Australians Bill Mollison and David Holmgren and their associates during the 1970s in a series of publications.

The word *permaculture* is a blend of *permanent agriculture*, as well as *permanent culture*— a word created by Australian ecologists Bill Mollison and David Holmgren

Permaculture (permanent agriculture) is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter, and other material and non-material needs in a sustainable way. Without permanent agriculture there is no possibility of a stable social order.

Permaculture design is a system of assembling conceptual, material, and strategic components in a pattern which functions to benefit life in all its forms.

The philosophy behind permaculture is one of working with, rather than against, nature; of protracted and thoughtful observation rather than protracted and thoughtless action; of looking at systems in all their functions, rather than asking only one yield of them; and allowing systems to demonstrate their own evolutions.

Information taken from the Permaculture Research Institute of Australia web site (associated with Bill Mollison—[www.permaculture.org.au](http://www.permaculture.org.au), as well as Wikipedia.

Permaculture brings together sustainability sciences, ethics, environmental principles and just plain common sense into one overall guide for living.

The main features of permaculture can be summarised as:

- A system for creating sustainable human settlements by integrating design and ecology
- Synthesis of traditional knowledge and modern science, applicable to both urban and rural situations
- Taking natural systems as a model and working with nature to design sustainable environments which will provide basic human needs as well as the social and economic infrastructures which support them

Encouraging us to become a conscious part of the solutions to the many problems which face us both locally and globally

*Information taken from Rosemary Morrow, Earth User's Guide to Permaculture (1993)*

Demonstration of more than one use for a wheelbarrow



## Explorer's Gardening Class

There are times when teacher's have days that just blow them away and last Friday I had one of those days and would like to share it with you. Truly, great things happen at our school! We have Liz Nicholas who comes along to lead the Explorer's class with their gardening. We also have Sharryn who is from the Local Hills Permaculture Group. Sharryn has been coming to the school all this term to support Liz and help the children and I learn the true value of gardening wisely (well in truth, the children are already fantastic gardeners, so more often than not it is me that is hanging on to every word!) Last week we had decided to have 'Damper Snakes' with our lunchtime soup so in the morning, one group prepared our soup, another dug out the fire pit and the third collected all the necessary materials for the fire. By morning tea, all was ready.



When we started our class, Dipaunka (remember him from the LHPG talk a few weeks ago) came with his partner, armed with all sorts of gadgetry. The first piece he introduced to us was a set of chimes that he played as we meditated on the garden and then Monica played a set of chimes from France that focused on the earth. After our meditative time, it was surprising to hear how several of the children felt they had been spoken to by either the vegetables or there was one tree in particular that had spoken to three or four of the children. Great excitement! Then Dipaunka and Monica said that we were going to get the opportunity to hear the plants in our garden talking to each other! Dipaunka's partner is completing research at ECU on the communication of plants, so she was able to

hook up the receivers to her lap top computer and at first it was really quiet. Dipaunka rubbed the leaves of the Basil and as he did this the plant started to communicate. It was absolutely fascinating. Once the plant was relaxed and used to us being there, the sounds that emanated were like someone playing a musical instrument. Of course what we heard, were the sounds set up on the computer to interpret what the plant was saying. We tried the electrodes on the weeds and then on the potatoes. Each plant had something to say. It was such a beautiful experience to have been a part of. Dipaunka assured us that a return trip next term was on the cards and he would bring two pieces of equipment next time that would allow us to hear the plants communicating with each other. The frequency plants use is beyond human hearing, which is just as well.....can you imagine the noise if we could hear our vegetables in the garden having uninterrupted conversations? I really look forward to next term when we get to experience this further.

After we had eaten our lunch, the children took their green sticks to the fire embers with the damper snakes twisted about them. Their faces were glowing. Not just from fire but from the excitement of cooking outdoors, conversing with the other children about what they thought about the plants talking, how their gardens were growing, what on earth they could do to get rid of the slaters that were living around the base of their plant bed and the how the garlic had in fact grown even though we had mistakenly planted them upside down.

I sat back and watched and listened (and supplied the odd butter and honey for the 'snakes') and realized how lucky I was to have been a part of and witnessed this truly exceptional way we educate children here. The Explorer's thought that the day was great as well as they hadn't been in the classroom at all 'working'. In fact we had covered English, Maths, Technology, Social Sciences, Visual Arts and Health and Physical Education and had great time doing it.

Thank you Liz, Sharryn, Dipaunka and Monica.

What a truly rich experience you gave us all.

Written by Carol Baines, Teacher at Silver Tree Steiner School.



## Time out in nature

Joy and I have recently returned from a four week campervan retreat spent mainly in the South West karri forests. We have often been to this area and always find it healing and nurturing. For many of us the power and beauty of nature is therapeutic and inspiring. What is this quality exactly I wonder? Is it a learned response from childhood holidays, a genetic predisposition or something more mystical due to a heightened awareness of our interconnectivity to the rest of the natural world? Whatever it is, I think it's the same phenomenon that gives us pleasure and satisfaction from growing and eating our own food.

A couple of photos below to illustrate the environment in which we spent four weeks.

Text and photos by Jim Thom

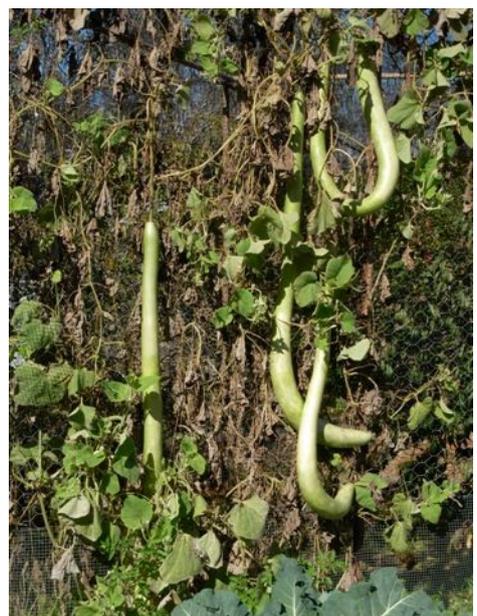


## Snake gourds in the garden

This is a picture of snake gourds in my garden. I planted them last spring and have about a dozen gourds, the longest of which is 81 centimeters long.

I will leave them to dry and in the summer I will varnish and paint them with bright colours as a feature around my garden.

Text and photo supplied by Jacqui Rawling



## Potato Varieties available

Having difficulty obtaining seed potatoes in WA?

Warwick and Gillian recently came across the wonders of the markets in Albany, and in particular, Andrew Bathgate. Andrew provides seed potatoes and is happy to talk with Permaculturists about substantial purchases. This would mean bulking up with family or friends to have order quantities of at least 5kg per variety.

Andrew advises that from June he will have the following varieties:

Kestrel, Delaware, Ranger Russet, Nicola and Eureka.

Costs involved:

Small orders can be mailed for \$4.50/kg plus postage. <10kg.

Andrew can also freight 50 kg sacks for \$110 (including freight).

Contact Andrew Bathgate on 0400 984 118 or [abathgate@optusnet.com.au](mailto:abathgate@optusnet.com.au)

## Australian-grown garlic makes a comeback

By [Prue Adams](#) Posted Fri Jun 11, 2010 6:13pm AEST

Garlic is no longer imported only from China but increasingly from other countries such as Spain and the United States. (ABC TV, Landline)

There was a time when Australia boasted thousands of small garlic growers, but during the 1990s bulbs from China were being imported at a price that local growers could not compete with. The Australian industry subsequently collapsed and imports rose to around 90 per cent.

Garlic is no longer imported only from China but increasingly from other countries such as Spain and the United States. The Australian Garlic Industry Association says if it is imported it has been fumigated with methyl bromide and is often bleached. However, Nick Diamantopolous of Australian Garlic Producers says garlic farming is not as easy as it seems. "It's the unforgiving crop and if you don't do everything at the right time when it's due it will come and bite you at the end," he said. "I think it is one of the hardest crops you can grow in the world."

Mr Diamantopolous, whose company is backed by former Timbercorp chief executive Robert Hance, says he first got into growing garlic in the early 1990s, with mixed success. He and other garlic growers say the main impediment to increasing the amount of garlic grown in Australia is the lack of availability of healthy, virus-free seed stock. Mr Diamantopolous imported his motherstock seed from France.

Roger Schmitke grows garlic as a seed crop on his property in the South Australian Riverland. He speaks on behalf of the small, volunteer-based Australian Garlic Industry Association. "If you grow a pumpkin you put in one little seed and get many, many kilos of pumpkin back," he said. "But with garlic you've got to have one clove, and one clove if you are a good grower will bring back 15 or 16 times what you put in."

He says garlic has been good to him. For 20 years, he and his family have lived off less than two hectares of garlic crop. "In my time, I have seen many people come and go in the industry," he said. "They don't put the effort in and possibly it's in the too-hard basket. The last couple of seasons, consumers are demanding more Australian than the imported stuff. I think that has helped us and I think that is what's going to drive the industry from now on."

*Landline will air on ABC1 on Sunday at 12pm AEST.*

## Growing your own potatoes and garlic

*Some say the greatest treasure brought back to Europe from the New World was potatoes. The Incas grew an extraordinary diversity of potatoes and their civilization thrived. The Irish, before 1845, depended on just one variety (Lumper) but when their one variety of potato succumbed to blight, the starvation of 1.5 million people and the emigration of millions followed.*

*Modern commercial potato growers depend on a huge array of pesticides, herbicides and fungicides to ensure a successful crop, so this means commercial potato crops are drenched in chemicals.*



*Seed potatoes are actually not technically seed, but an identical clone of the parent, just as offset bulbs of daffodils are genetically identical to the parent daffodil. As clones, they cannot evolve or adapt to varying environmental conditions, as seed can. Hence modern commercial potato crops are extremely vulnerable to seasonal and cultural variations.*

*So take out a biological insurance policy, and plant lots of different varieties to ensure a good crop.*

### CULTIVATION

Potatoes are not fussy as to soil, but it does need to be well loosened and should not have grown potatoes for at least 3 years. Adding organic matter will help retain moisture in the soil and this is vital for potatoes, as they demand plenty of water when the potatoes are forming, from flowering time to harvest. Potatoes also enjoy the addition of potash and blood and bone to the soil.

Use certified disease free seed potatoes to lessen the chances of disease, and plant them 10cm deep when the soil temperatures reach 15°C. The healthiest plants come from seed that has been planted whole, rather than cut. Seed can also be sprouted in a warm cupboard, and then planted out.

Hill up the soil or heap mulch around them, as they grow to exclude the light. Remember that all parts of the potato plant are poisonous except tubers that have no green tinge. 'New' potatoes can be dug before the plants wither, or harvest 'old' potatoes when the plants have died down. In frost free areas cut the plants down and cover with straw to stop them resprouting. Leave the crop in the ground for 2-3 weeks before digging so the skins harden, before storing in a dark airy spot. One seed potato should yield 10 potatoes.

### VARIETIES

You can have the right potato for every culinary occasion. Yellow-fleshed waxy potatoes are the choice of chefs and gourmets everywhere.

#### Yellow fleshed potatoes

**Kipfler** – Creamy yellow flesh that is the standard by which other varieties are judged. Great baked or boiled, unbeaten for salads. Yield: 400g/plant.

**Spunta** – A huge oblong potato with yellow flesh and skin. It makes the best chips - just like Pringles without the chemicals. Very high yielder.

**Desiree** – A high yielding Dutch variety with soft pink skin and creamy flesh. Great for all cooking methods, except chips. 130 days to maturity. Yield: 1kg/plant.

**King Edward** – This heirloom potato raised in 1902 has stood the test of time, with creamy flesh and skin dappled pink. Great for boiling, chips and mash. Unbeaten for roasts.

**Pink Eye** – Of unknown origins this beautiful cream and purple potato was first recorded in Tasmania in 1944. The waxy yellow flesh is ideal mashed or boiled as 'new' potatoes.

**Nicola** – Rich, sweet, yellow flesh tastes as if it was already buttered. Ideal for mashing, baking and slicing. Yield: 700g/plant.

#### White fleshed potatoes

**Brownell** – An Australian selection from the 1881 American potato 'Adirondack'. Its pink-brown skin hides firm white flesh best for boiling as 'new' potatoes or mashing when older. Stores for up to 4 months!

**Bison** – One of the favourites in our taste tests with cherry red skin and deliciously smooth, dense, white flesh. Perfect for baking or boiling and makes the tastiest of potato salads.

**Toolangi Delight** – Australian bred.

The chef's favourite for gnocchi with rich purple skin and brilliant white flesh. Also one of the best for chips and mashing.

*Garlic is as easy to grow as potatoes and it helps to deter insect pests, so plant it right through your garden.*

**G**arlic is actually a perennial bulb that almost never sets seed, so it is vegetatively propagated by replanting large healthy cloves. Like its onion relatives garlic is a long day plant that needs more than 12 hours of daylight and preferably 14-16 hours to stimulate bulbing. This doesn't mean that gardeners closer to the tropics without variation in autumn or spring days can't grow garlic, but simply that they haven't the best conditions to produce large healthy cloves.

Asian cooks and gardeners prefer not to grow the cloves, but simply to harvest the delicious and pungent edible green shoots. Indeed the whole plant is used in stir fries, including the bulbils that form on the beautifully curled flower-heads of hard-neck garlic.

Garlic needs to be planted in autumn. It produces roots and leaves in preparation for rising temperatures and increasing day length in late spring which stimulates 'bulbing'. One grower who supplies us is adamant that for maximum sized healthy (100g) bulbs he plants in late March and harvests in late November. Many gardeners, particularly in southern states plant as late as June, which will still produce healthy bulbs, but not as large as those planted earlier.

Soil must be well drained, deeply dug, preferably light and in full sun. Soil must be moist throughout the 8 months growing period or plants won't produce large bulbs. Gardeners need to mulch heavily to eliminate competition from weeds as well as to keep surface moisture preserved. Commercial growers all irrigate when local rainfall is inadequate right up until the last month. At this stage it is vital to harvest bulbs from a dry soil because damp soil and high humidity starts infections that affect the quality of bulbs.

Garlic has evolved into two distinct forms, which are described as either hard-neck or soft-neck garlic.

Rocombole is a form of hard-neck that produces a flowering stem that curls and loops and finally forms tiny bulbils. They can be planted to produce single round bulbs in the first year and segmented cloves in the following year. Most chefs favour using hard-neck top-setting garlics. Their skins tend to be more decorative producing the red or purple clove segments. Hard-neck bulbs have a stem attached to the base and so have fewer cloves per bulb.



Soft-neck garlic, which is easily the most popular form, has no flower stem and the leaves simply die back when the bulb is ready. These leaves are used to braid and hang the beautifully decorative heads.

#### HARVESTING

The timing of harvest is crucial to the quality and storage life of bulbs. When the leaves of the plant start to dry off, harvest when there are 4-5 healthy green leaves left on the stem. The bases of these leaves will form the 'tissue paper' covering of the garlic head. Lift and keep out of the sun and humidity for 14 days. Store in a dry ventilated place at 15-18°C.

#### VARIETIES

Australia is in its infancy with regard to the cultivation of garlic. We have few growers and collectors, and varieties such as French White could also be labelled Californian White or Australian White.

## **Nurture Your Future**

### **Why Bother Saving Seed?**

There are fewer and fewer varieties of edible plants eaten by people today. We are eating only a few kinds of a few vegetables, fruit and cereal. At the same time, farmers need to apply more fertilizer and pesticides to control the plagues that these mono-crops nurture.

Not all Seed survives in seed banks, the seed that survives seed banks is very good at being stored for long periods - it is unlikely to be the best eating, the most highly nutritious, adaptable for a wide of climates or resistant to every different fungi or pest.

The seed we grow in our home system becomes (when we carefully select the best specimens) ideal for our climate and growing medium (e.g. soil type - we use just mulch) and most importantly resistant to pests (we have fruit fly resistant tomatoes now). The seed you buy to grow will most likely be accustomed to another climate or microclimate.

### **Perennialising Annuals**

- Aim to reduce the need for seeds: save all the seed from the fruit and vegetables you buy, e.g. watermelon, rockmelon, tomato, passionfruit, and capsicum.
- Try planting out the soggy left over alfalfa sprouts. Save all the carrot, parsley tops *Umbelliferae* and propagate these on soggy paper or cotton wool (use whatever you have available, don't go out and buy it.).
- Cut eyes out of potatoes to sprout in the cupboard then plant under mulch.
- Buy birdseed and plant it under a layer of shredded paper, straw (one bale will go a long way this way), grass clippings. This will grow to give you more seed, some edible and tasty and your first crop of mulch.

### **Need For Specialised Permaculture Nurseries**

There is a growing need (and therefore, market) for unusual plants, e.g. perennial vegetables such as perennial capsicum, perennial squash, structural and eating bamboos, fruiting palms, cacti and forage species, e.g. Coprosma, Wattle, sometimes it is even difficult to obtain seed for unusual plants such as Ice-cream Bean, native grasses and other species.

### **Why buy from small stockists of non-hybridized seed?**

Supporting small stockists where possible also increases world chances of diversity in seed sold. It is far better for the survival of our food seed species if they are being produced in many different areas across the world.

The green revolution in Asian areas, introduced 'miracle' bumper. This promotion of hybrid, heavily fertilised monocropping resulted in triple ruin

- the soil,
- the farmers. Their profits spent on fertilisers and interest on loans for the hybrid seed which they had to keep buying from seed companies
- their seed heritage, old seed was eaten rather than planted.

### Why YOU should grow heritage or unusual non-hybrid seed.

Given that you are now familiar with the merits of growing a major part of your food supply, there are some reasons why you should be growing **heritage** seed:

- Heritage seed and animals, require just as much work from the designer and gardener, although the produce may be differently shaped, tasting, and require care to get to know needs as these are not listed on the packet.
- Heritage and organically grown seed is free of toxic fertiliser coating.
- Heritage plants./animals have many resistances that suit your situation, e.g. tomatoes for winter that escape fruit fly infestation, frost hardy species and more.
- Heritage plants can give be educational . proving interest in the food you nurture and cook.
- They provide more interesting meals and gourmet cooking becomes a lot less expensive.

### Certified Organic Suppliers

Support organic growers and at the same time, you will have seed that is not dependent on artificial chemical control. Look for organic seed suppliers with BFA (Biological Farmers of Australia) or a similar international accreditation.

### Seed Legislation

New Australian seed legislation.

There are recent restrictions for propagators. Plants can be patented which assumes that the patentor invented the plant or was involved in the development of that species. Most plants have their evolutionary origins in either natural environments (where the propagator happened to find them) OR have been carefully selected and grown for certain traits such as the ability to drop seed quickly when being threshed (grain), or grow massive flowers (*Brassic*as). These plants have been cultivated by hundreds of thousands of people over the centuries. No-one person should have the right to 'own' patents to such collective work. Patents also restrict world supply of plants and therefore world food supplies.

Michel Fanton writes in Seed Savers' Network Newsletter, Spring 94 about the Australian Plant Breeders' Rights legislation.

"The Plant Breeders Rights Act was passed on 24th August 1994. It contains many changes to the 1987 Act and paves the way for more corporate involvement in Australian agriculture."

Prior to this bill, farmers had the right to save seeds on their farms whether they were protected by breeders' rights or not. The seeds could be used year after year, now farmers are required to keep purchasing seed for each crop, therefore the large-scale seed producers have a lot more control (and money for litigation against farmers).

This article has been reproduced with the kind permission of Permaculture Visions  
<http://www.permaculturevisions.com/Seed.htm>

## What can you do to help native species?

Practice responsible pet ownership:

- Cats and dogs do not belong in the bush. To prevent unwanted pets, sterilise cats and dogs.
- Put two bells on your cat's collar. This may alert potential prey to the cat's presence. (Did you know that many cats learn how to move to muffle the sound of a single bell? Two bells overcome this.)
- Keep your cat in at night, as this is when many native species are most active.

Drive carefully. Many animals are killed by cars while foraging near roads and tracks or when crossing roads.

Take your rubbish home:

- Small animals can become caught in plastic bags or fishing line, resulting in injury or death. They may eat bubble gum, used bandaids and pieces of aluminum foil. Native animals need to find food from natural sources.
- Avoid feeding native animals in your area. Animals can become dependent on food left out by people who think they are doing the right thing.

Get involved:

- Become pro-active. Encourage your local council to protect remnant vegetation in your local area or join a community group that is active in on-ground recovery actions such as the revegetation of areas to provide habitat for native animals.
- Volunteer at your local wildlife department or wildlife rescue organisation.
- Grow your own habitat. Grow native trees, shrubs and plants in your garden to help feed the 'locals'. You'll be surprised who visits your garden if it is fauna friendly.
- Take care not to start bushfires.
- Take care not to trample on habitat.
- Control feral pests on your property.
- Protect a remnant area of native bush on or near your property.
- Take care not to spread Phytophthora Dieback disease when travelling through bushland areas.
- Do not remove dead trees or logs from the bush for firewood. Dead trees and logs provide important habitat for many native species.
- Build a frog pond habitat.

Information from the Perth Zoo web site  
<http://www.perthzoo.wa.gov.au>



## Positive side of a snail



When someone tells you that you can't do something...



Look around...



Consider all options...



Then GO for it!



Be creative!



In the end, you will succeed and prove them wrong!



## Word of the day...

### ***Crepuscular***

It sounds like a nasty skin disease but "crepuscular is a term used to describe some animals that are primarily active during twilight, that is at dawn and at dusk ... in contrast with diurnal (day) and nocturnal (night) behavior." (Wikipedia)

Kangaroos, wallabies and wombats etc, are crepuscular and this is why we need to be extra vigilant when driving at dawn and dusk.

Information from the Wildlife Rescuers News – June 2010 edition  
<http://www.wildliferescuers.org.au/>

## Scatter facts

**Cows, rice fields and garbage dumps are the largest producers of methane gas**

### **Excerpts *From the Soil Up***

#### **Glyphosate Poisons Soil Biology**

Glyphosate tolerant (GT) crops and glyphosate herbicide (commercial formulation, Roundup) poison nitrogen fixing and other beneficial soil bacteria, increase fungal pathogens, undermine plant immunity to diseases, decrease plant micronutrients available in the soil, and more.

#### **What Would Nature Do?**

We waste an appalling amount of resources. Our cars waste around 85% of the energy put into them, transmission losses from the power grid are as high as 10% and our industrial processes generate huge amounts of waste such as pollution and heat. The solutions are to be found in the same place we plunder. Nature has been playing the sustainability game for around 3.8 billion years, and has become extremely good at it. Nine basic laws that underpin biomimicry have been identified. Nature runs on sunlight and uses only the energy it needs. It fits form to function, recycles everything, rewards cooperation and banks on diversity. Nature demands local expertise, and taps the power of limits. And, most importantly, Nature curbs excesses from within.

#### **Another Food Inc Review**

The way we eat food has changed more over the past 50 years than in the previous 50,000 years. These are the opening words of what I offer as the most important, and one of the best, films of the year, Food, Inc. See it if you can. Every word in this gripping documentary is from real life, and is about the most basic element of your survival - the food you eat.

#### **Toxic Supermarket Labels**

Supermarket food is at risk of being contaminated by a 'highly toxic' chemical found in the glue of packaging labels. The chemical, which is in the same class of toxicity as mercury, asbestos and hydrochloric acid, can seep through and contaminate food, according to a study.

#### **So How Big are Woolies and Coles?**

The statistics speak for themselves. Perhaps the envy of similar businesses around the world, you are left wondering how we got ourselves into this uncompetitive pickle. Extraordinary when you consider this duopoly affects just about every aspect of our lives.

## UN report urges veganism

Posted on Eco Media 02 Jun 2010 05:00 PM PDT

A report from the United Nations Environment Program's international panel of sustainable resource management is urging people to turn to

meat and dairy free diets. Professor Edgar Hertwich, the lead author of the report, said: "Animal products cause more damage than [producing] construction minerals such as sand or cement, plastics or metals. Biomass and crops for animals are as damaging as [burning] fossil fuels."

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## 2010 on track to be warmest year on record

Posted on Eco Media 02 Jun 2010 04:56 PM PDT

Scientists at the US National Snow and Ice Centre Data Centre have reported that arctic sea ice is now at its lowest physical recorded extent, and that in 2010 it could even break its 2007 record

low.

According to leading climate scientist James Hansen and colleagues at NASA, "Record high global temperature during the period with instrumental data was reached in 2010. It is likely that the 2010 global surface temperature... will be a record."

## Scatter facts

### Snails have teeth

## Ooooby's biodynamic compost bed step-by-step guide

Check out the biodynamic compost bed – step by step guide on the Ooooby web site  
<http://ooooby.ning.com/profiles/blogs/biodynamic-compost-bed-a-step>

Ooooby is an acronym for 'Out of our own back yards.' Ooooby is about connecting communities through local food.

Ooooby exists in two ways.

1. Online as a social network.
2. Onland as a social enterprise.

<http://ooooby.ning.com/>

*Thanks to Di Hill for sending in the link and information.*

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## Darwin tops disappointing sustainability index

Darwin has topped Australia's first sustainable cities rankings, while Perth came in last. Darwin scored highly on biodiversity, household repayments and employment, enough to take it clear despite scoring second lowest on ecological footprint and health indicators. According

to the Australian Conservation Foundation, no city scored well in terms of overall sustainability.

Posted on Eco Media: 16 Jun 2010 02:16 PM PDT

## What's the buzz, tell me what's a'happening?



### Planting in Toodyay—what's happening?

Ross, the Nursery Manager at Men of The Trees (MOTT) in Hazlemere reported that the people on the recovery committee in Toodyay have been inundated with voluntary help. Therefore at this point in time MOTT will just be supplying the trees.

Ross suggested directing any would-be planters to the MOTT planting schedule on their website [www.menofthetrees.com.au](http://www.menofthetrees.com.au)

### City Farm Café open for business

The second City Farm e-newsletter is out.

**News hot off the press !! – The Café will be open for business on Saturday 26<sup>th</sup> June 2010 i.e. the 4<sup>th</sup> Saturday of the Month – Artisan Market Saturday.**

Don't forget to check out the calendar for what's on.

### Profs and Pints

Scitech is pleased to present four free evenings of lively banter and fascinating fun that will engage curiosity, spark debate, and quite possibly blow your mind!

Join a wide range of top thinkers and have your say about science and technology at the Flying Scotsman Velvet Lounge from 6.00 - 8.00pm on the following dates:

Tuesday 15 June

THE GORE DELUSION

*If a sustainable future is a fantasy, what is going to save us?*

Speakers include: Steve Smith (UWA) and Peter Newman (Curtin)

Tuesday 29 June

THE CHANGING FACE OF SECURITY

*How have technology and censorship revolutionised the terror game?*

Speakers include: Rajat Ganguly (Murdoch), Ba-Tuong Vo (UWA) and CyberTechnology

Tuesday 13 July

BLURRED BOUNDARIES OF HUMANITY

*What does it mean to be human when science mixes us with animals and technology?*

Speakers include: Oron Catts (Symbiotica) and Mike Alder (UWA)

Tuesday 27 July

ASTRONOMICAL AWESOMENESS

*Why do we ask why?*

Speakers include: Cheryl Praeger (UWA), Carley Tillet (Scitech), Carmelo Amalfi (Murdoch) and Megan Argo (Curtin)

# INTRODUCTION TO PERMACULTURE



Want to grow your own food with out using nasty chemicals and pesticides?

Want to adopt a more eco-friendly lifestyle?

Want to meet and connect with people interested in creating a sustainable future?

Heard about permaculture and want to know more?

## What is Permaculture?

Permaculture is a world view which opens people up to the vision of a sustainable future. In this introduction you will learn about intelligent organic gardening and design principles as well as issues surrounding sustainable behaviour, both in and out of the compost heap!

Permaculture is much more than just growing your own food, it is about skill sharing, using resources wisely and connecting with your community. It incorporates everyone, and encourages diversity, whilst empowering individuals into self sufficiency and resilience.

Experienced facilitation by:

**Harry Wykman & Brooke 'Sparkles' Murphy**

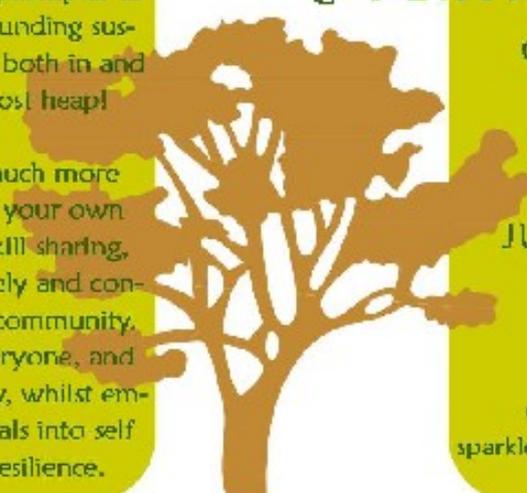
**@ PERTH CITY FARM**



Cost: \$100 / \$80 Conc

**JULY 17TH & 18TH  
SAT & SUN  
10AM — 4PM**

Contact Sparkles on  
0406 449 369 or  
sparklemerchant@yahoo.com.au



## Links

### ***Biodynamic***

Biodynamics2024—biodynamic farming and gardening in Australia  
<http://biodynamics2024.com.au/>

Eden Valley Biodynamic Farm Dumbleyung in southern Western Australia  
<http://www.edenvalleybiodynamic.com.au/>

Highvale Biodynamic Orchard – Pickering Brook  
<http://www.highvale.com/home.html>

### ***Bushtucker***

Bush Food Network  
<http://www.bushfood.net>

Bush Tucker Plants  
<http://www.teachers.ash.org.au/bushtucker/>

Yelakitj Moort Nyungar Association  
<http://www.nyungar.com.au/bushtucker.html>

### ***Community Gardens***

Australian City Farms and Community Gardens Network  
<http://communitygarden.org.au/>

Glen Forrest Community Garden  
<http://groups.google.com/group/glenforrestcomgarden?hl=en>

Growing Communities WA  
<http://www.wacgn.asn.au/>

### ***Compost and Soils***

Eureka Organic Compost  
Address: 4040 West Swan Rd, West Swan, WA, 6055  
Phone number: (08) 92745526

Green Life Soil Co.  
Family business promoting the practical use of Permaculture and Organic Gardening. They have developed several specialist soil mixes designed for improving Perth's impoverished soils

<http://www.greenlifesoil.com.au/index.htm>

178 Farrall Road, Midvale WA  
Trading hours: 8:30 am – 5:00 pm. Closed Wednesday.  
Ph: 9250 4575

From the Soil Up  
<http://www.fromthesoilup.com.au/>



**Herbs**

Dipaunka Macrides—Living as a Herbalist

[www.theherbalist.com.au](http://www.theherbalist.com.au)

[www.groveofpan.com.au](http://www.groveofpan.com.au)

Mobile: 0412180796

Plants for a Future – edible, medicinal and useful plants for a healthier world

<http://www.pfaf.org/index.php>

The Amazon Plants – Tropical Plant Database

<http://www.rain-tree.com/plants.htm>

**Nurseries**

Zanthorrea Nursery

<http://www.zanthorrea.com/>

**Organics**

Aussie Organic Gardening – a gardening blog by Lyn Bagnall

<http://aussieorganicgardening.com/>

Mundaring Organic Growers

<http://www.mundaringorganicgrowers.net/>

The Green House Organic – provides organic seedlings

[www.thegreenhouseorganic.com](http://www.thegreenhouseorganic.com)

The Organic Growers Association of WA – some good links and information

[www.ogawa.org.au](http://www.ogawa.org.au)

**Permaculture / Living simply**

City Farm

[www.cityfarmperth.org.au](http://www.cityfarmperth.org.au)

Down to Earth—preparing for the future by relying on the past

*“I want this blog to take you on a journey inside yourself to discover your passions, uncover your true potential and to help you be the authentic you. Mindless consumerism masks us all. It surrounds us with junk that turns us into curators of merchandise. Free yourself of all that ties you down, be that debt, clutter, stress, envy, or wanting too much. In a world filled with overindulgence, simplicity will liberate you. rhondahetzel@gmail.com”*

<http://down---to---earth.blogspot.com/>

Fremantle Environmental Resources Network (FERN)

[www.fern.org.au](http://www.fern.org.au)

Hills Local Permaculture Group

<http://permaculturewest.org.au/hlpg>



## Links

Peacetreer Permaculture & Edible Landscapes (PPAEL) **NEW**  
<http://www.peacetreerpermaculture.com.au/>

Permablitz Melbourne  
<http://www.permablitz.net/>

Permaculture Design – Pathways to Sustainable Living  
<http://www.permaculturepathways.blogspot.com/>

Permaculture Power – spreading the permaculture word **NEW**  
<http://permaculturepower.wordpress.com/>

Permaculture Research Institute of Australia  
[www.permaculture.org.au](http://www.permaculture.org.au)

Sustainable Alternatives – Bernie and Rose Elsner's web site  
[www.sustainablealternatives.com.au](http://www.sustainablealternatives.com.au)

The Worm Shed – information about worms and worm farms  
[www.wormshed.com.au](http://www.wormshed.com.au)

## Recycling

There is an email list for locals to pass on unwanted items or to find items all for free – Mundaring Shire Freecycle. You have to join the yahoo group to be able to post and receive notices.  
<http://groups.yahoo.com/group/FreecycleMundaringShire/>

## Seed Savers

Diggers Club—heritage seeds  
[www.diggers.com.au](http://www.diggers.com.au)

Seed Savers' Network  
<http://www.seedsavers.net/>

The Drylands Permaculture Nursery and Research Farm  
<http://www.permaculturenursery.com.au/>

Yilgarn seeds in Geraldton—Part of Seed Savers Network

## Suppliers

Greenway Enterprises  
Horticultural, landscape and landcare tools and equipment  
21 Tacoma Cct  
Canning Vale WA 6155  
(08) 6258 0333

Landmark – wide range of products, including multigrow  
<http://www.landmark.com.au/>  
32 Farrall Road, Midvale WA

TassiTrees – specialising in fruiting plants – Fruit Trees

<http://www.tassitrees.com.au/>

***Sustainability***

Environment House—Bayswater

<http://environmenthouse.org.au/index.php>

Perth Solar City

[www.perthsolarcity.com.au](http://www.perthsolarcity.com.au)

***Miscellaneous***

A Frog Pond

<http://afrogpond.com/>

Eastern Metropolitan Regional Council

[www.emrc.org.au](http://www.emrc.org.au)

Ecological Agriculture Australia Association

<http://www.ecoag.org.au/www/>

Silver Tree Steiner School

[http://silvertree.wa.edu.au/index.php?option=com\\_frontpage&Itemid=1](http://silvertree.wa.edu.au/index.php?option=com_frontpage&Itemid=1)

Slow Food - WA

<http://slowfoodperth.org.au>

Soul Tree Organic Store and Café

<http://www.thesoultree.com.au/index.html>

Shop 6, 3-5 Railway Parade  
Glen Forrest

Swan Hills LETS System— Local Exchange Trading System

<http://swanhillslets.org/public/>



# H LPG

## Contact us

Silvia and Rosemary

Email:  
[silviarose88@yahoo.com.au](mailto:silviarose88@yahoo.com.au)

Phone:  
(08) 9252 1237

## Subscription to mailing list

If you wish to **subscribe** to the H LPG mailing list please send an email to us with the word “*subscribe to newsletter*” in the subject heading, and provide your full name and brief message.

If you wish to **be removed** from this email list, please send an email to us with “*unsubscribe*” in the subject heading

Permaculture West

Permaculture Association of Western Australia (PAWA)

<http://permaculturewest.org.au/home>

## Hills Local Permaculture Group (H LPG)

The Hills Local Permaculture Group meets on the 3rd Saturday of the month, 9:30 for 10:00 start and finishing at 12:00.

The H LPG meets at the Silver Tree Steiner School in Parkerville.

Please bring a small plate of goodies for morning tea and a spare mug if you have one.

If you are interested in joining in, or have questions or suggestions, please contact Silvia or Rosemary by e-mail [silviarose88@yahoo.com.au](mailto:silviarose88@yahoo.com.au) or phone (08) 9252 1237.

Web: <http://permaculturewest.org.au/hlpg>

The H LPG meets at the  
**Silver Tree Steiner School in Parkerville**

The school is at **69 Beacon Road in Parkerville.**

If you are coming via **Great Eastern Highway** then turn into Seaborne Street (which becomes Byfield St and then Roland Rd).

If you are coming via **Toodyay Road** then turn into Roland Road.

