

PermacultureWest: sharing the permie news

DJERAN, APRIL/MAY 2011

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TO CONTRIBUTE

The eNews is actively seeking articles. We welcome anything you'd like to share with the community, articles and event details.

Themes for June/July Issue:

1. Use & value renewable resources & services
2. Produce no waste.

Please contributions send to
enews@permaculturewest.org.au
or contact Rachel on 0411 478 424

DJERAN

The Noongar people of the SW Coast of WA recognised six seasons. During Djeran (April-May) the cooler weather begins. Native fruits appear and tubers and bulbs are ready for collection. Look out for flowering Stinkwood, Couch Honey-pot and Cockie's Tongue.

An unregulated yield

This issue of PermacultureWest's community contributing eNews takes the two Permaculture Design Principals 1) Obtain a yield and 2) Apply self-regulation & accept feedback as its themes. As this bountiful collection of articles illustrates, a yield can take so many forms. Our perspective on our environments, our needs and our community colours the nature of the yield we hope to obtain. With a little astute self-regulation and some feedback we might see the potential for yield in a whole new light and at times even start to look for a different type of yield. As Mark O'Connor eloquently illustrated in his discussion on Australia's population growth a little self-regulation can go a long way!

In Harry's column a coppiced woodland illustrates how yielding a regulated wood can be and the Plant Hope Garden illustrates how yielding a suburban block can be. The Launch of the Seed Saver initiative inspires us to apply a little self-regulation to our yield to enable a next generation. The Permaglitz at South Fremantle High School and the story of the wilderness classroom illustrate how the transfer of knowledge can be the most inspiring yield and how lots of self-regulation and feedback are needed for it to succeed. Adam and Mishi's experiences in the Eco-village highlight how bountiful the yield of an open and adventurous mind (and heart in their case) can be! And the Food Connect story illustrates the how empowering and yielding a system can be when an effective feedback system between the producer and the consumer is in place.

So enjoy the buckwheat pancakes and take a moment to share *your* story with the PermacultureWest community. We'd love to have it in the next eNews due out for June/July 2011.

Wishing you a bountiful yield, Rachel
Permaculture West eNews Coordinator



Obtain a yield

'you can't work on an empty stomach'



Accept feedback and apply self-regulation

'the sins of the fathers are visited on the children of the seventh generation'

POL-E-CULTURES III: COPPICE

Harry Wykman

Last month, I caught the train from Oxford to West Sussex, rode my bike over rather more undulating country than I was anticipating and eventually made my way to Prickly Nut Wood amongst the historic Snape Copse. I had come to the home of Ben Law, woodsman and permaculture practitioner to learn about coppicing. Coppicing is the practice of regularly cutting a tree right back to its stump, then allowing it to regrow. A copse is woodland which has been regularly coppiced - some copses are hundreds of years old. Coppicing has a regenerative effect on trees such that they live much longer than can be otherwise expected.

So, why coppice? I learned from Ben that there are many answers to this question and Ben was practicing most of them at Prickly Nut Wood. Ben began with 8 acres about 20 years ago. In order to get this area into shape, a lot of the standing wood went into charcoal production (for use as biochar, artists charcoal and fuel). 20 years on, Ben has 100 acres of mostly chestnut trees (hence "Prickly Nut") with some beech, hazel, larch and oak with the possibility of some black locust to come.

When chestnut coppice is cut after say 4 years it is said to be on a 4 year rotation. Short rotations like this produce wood for things like walking sticks (until recently a major use of West Sussex coppiced chestnut). A five year rotation might produce bean poles or picket fence posts where a 30 year rotation might be used for post and rail fencing. Rotations of upwards of 30 years become useful construction timbers. And that's just chestnut. Each tree has its different suitability's. For example, hickory is used to tool handles requiring rigid strength and ash for handles requiring flexible strength, willow is used to make cricket bats and black locust is said to last "a year longer than stone" in the ground or in the weather.

Having begun with charcoal as a kind of pioneer strategy while bringing derelict coppice into production, Ben still produces charcoal with wood of insufficient



Ben explains cleaving



Harvest and Standards amongst coppice



Coppice ready for sale



Charcoal kiln



Lichen on Coppice



Mushroom logs

quality for other uses. This way nothing is wasted. Coppice products besides poles, timber and charcoal include logs for mushroom growing and firewood. An Australian study has shown that coppice that is used for fire-

wood locally has a net sequestration of carbon per unit of energy produced in burning (around 0.06kg CO₂ / kWh) - that is, it actually reduced carbon emissions. Given efficient stoves and local use, burning firewood from coppice is a more efficient heating fuel than gas or electricity.

There are also yields from bees, animals in the woodland, fungi and increased biodiversity. Ben is actually managing his woodland in an area which must be managed to preserve the mosses and lichens growing on the coppice stands. Coppice management is very amenable to conservation, especially if it includes about a 10% canopy cover provided by uncut trees - this is called "coppice with standards." Coppice with standards increases wildlife habitat and the overall stability of a system.

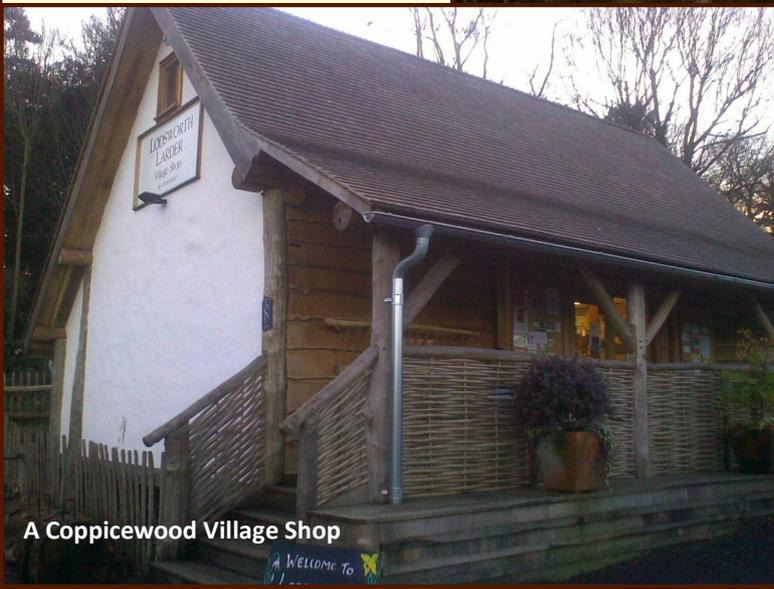
I felt very lucky to learn from such an experienced woodsman with an understanding of permaculture and I gained a greater appreciation of the place of coppice in a permaculture. Not everyone can be a woods-person, crafts-person and marketer like Ben and make a living from stewarding a woodland but coppicing can also be used as a management strategy in suburban forest gardens or in animal fodder systems, amongst other things. Coppice offers one of the best ways of capturing the sun's energy to meet many of our needs for fuel, fibre, fodder (and fungi).



A Coppiced timber House



A Coppicewood Compost Toilet



A Coppicewood Village Shop

Any correspondence will be welcomed
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<http://www.peacetreepmaculture.com.au>

Harry Wykman
 Travelling Permaculturalist

Permablitz Update

South Fremantle High School Permablitz – Blitz #2

Charles Otway and Brook Sparkles Murphy



Finally, what we have been waiting for, the start of the 2011 Permablitz calendar, another school blitz to allow more larger numbers to attend and build up some momentum again. And what a bloody awesome event, again, these school Blitz's really can bring a big group of people together to achieve a lot of work, a bit of learning and localized networking in one place in a few hours.

A large group made up of Permablitz List, Fremantle Residences, School Teachers and Parents and lots of PermacultureWest members and Trained Permies came down to support and learn. We are also getting people coming up from Mandurah, Pinjarra, down from Northam, a great commitment by those people but also shows the great appeal of the Permablitz program.

In this case we were helping the school, and supporting a school and community that is the first in the state to be funding formal (curriculum) permaculture education in school. Great work !!! The big bonus here is we wanted to launch a local Freo permaculture group, from this event we now have 15-20 people that are keen to be involved, so there is the start of your group Freo.

Attendance was great, somewhere around 50 people came through. Big thanks to Peter for the short notice, material deficient and first time compost workshop. Thanks also to Brad and others who took the initiative in helping organize people, offer what knowledge they had, and get things done efficiently. I also met 3-4 PDC grads today expressing interest in a design guild and mentor based skill development program to support the blitz's. A focus will thus be on developing the Permablitz Design and Workshop Guild, as we move forward this year.

The before and after photos don't really do the effort justice this time, activities included, topdressing the 40 or more tear drop beds, planting fruit trees and fast growing nitrogen fixing shade and host trees to nurture them, an autumn seedling planting of veggies and herbs, construction of a lattice from locally harvested weed bamboo, and other small composting and planting jobs. Plus lots of watering to get it all wet.

I see the true future of Permablitz as a suburb based, becoming street based, self help and local education mechanism, a formalized/comfortable way meet the neighbours and share the love. While schools are not in the street, they are bringing these randomly located/connected people from the street and gradually building this network, "top down", which in turn will be grown and nourished from the ground up in future years. This effort we put in now is to grow the roots, the shade, and fruit of these trees will come in time.

Special thanks goes to not only the community of South Fremantle High School for the immense support, but also to HotRock for sponsoring the project and for giving launch to Perth's first official permaculture lessons for senior school curriculum.

Fremantle local permaculture group meetings are held on the last Thursday of the months at FERN community garden on the corner of Montreal and High St. Everyone welcome!



Plant Hope Project Tour and Local Group Minutes

Charles Otway, a multitasking permaculturalist

This multipurpose report on the two Permaculture Local Group meetings at my place in Innaloo is designed to achieve multiple aims in true permie style. Hills group and NAPEs meeting "minutes" and as an article on the meetings in the Enews. It might make oddish reading for that reason, not because I am illiterate :)

And so it began again, the Hills Group, the last bastion of old Permaculture association in WA came back to town. And it was good!!!! Jokes and seriousness aside, it was wonderful to see the Hills Permaculture and the new NAPE's at my place in Innaloo, I am very early in my Edible Permaculture Gardening journey, and what I have to show is more a crazy ecologists experiment than a vegie patch but I guess that's part of the fun.

As I mentioned in the tour I have 100 plus edibles and herbal plants going in the back yard, and my seed and gene bank is pushing 400 varieties these days. So plenty to keep trying and testing those best suited to Perth and its crazy weather. To me Perth represents a Mediterranean location with a Drylands/Arid rainfall pattern and Sub Tropics humidity and Heat seasons. This presents a difficulty in edible plant choice as we must be almost unique, so other than using native noongar food species its hit and miss with European and Americas and Asian species. My evolving thoughts have us sitting in a Sub -Tropical suited plant group, that is, by managing carefully our very scarce water supplies we can use this plant group in the heat of spring/summer/autumn unlike others.



Charles sharing his Plant Hope Project



The group explore the Plant Hope Project Garden, Innaloo

We discussed raised wicking beds, ground level wicking beds and open in ground beds (liners) to hold and channel water to desired locations and away from SuperSix fences etc. There are certainly many ways of "farming your water" I suggest, Rainwater Harvesting by Brad Lancaster Vol 1.

So let me try and remember the garden tour, ranting and note down the species we discussed. There will be lots of links posted at the end of the post covering in more detail plants, concepts and other resources you might find helpful. There is the intent to get

all this material on the PermacultureWest website under a local and excellent resource section. As I mentioned there is a lot out there so the slow process for us is sifting through all these sites and either linking the best or adapting and condensing to produce our own Perth Based material/information.

So we started looking at two small Moringa Trees (Horseradish or Drumstick Tree), these produce an edible foliage high in nutrients and naturally perennial salad greens. If you keep it hedged you should always have fresh reachable growth, you can let the tree grow up and then you have Pods to harvest, but you can't reach the foliage then so a couple of trees are worth having. Then I talked about a vine that had been growing in Summer producing vine based Zucchini substitute fruit, actually a gourd, the New Guinea Bean is worth trying if you have a nice big trellis space. These spaces are highly demanded though with Choko's, Trombochino, Yam Bean, Lab Lab, Winter Mellon, Passion fruit but in my mind it earned its space. Also consider running wires laterally over (8ft) were you walk, open space,

etc, tie wire is cheap enough and easy to work with. You can run wires between two point and train up vines and sweet potatoes and other plants that want to run, when you having nothing on the wires you won't even see them (if you use thinner tie wire).

In the in ground plastic lined beds I had Paw Paws (seedlings and bisexuals), QLD Arrowroot and yarrow. This is a very sunny spot, so the short term solution was to put the liner in while I develop a canopy and stacking of plants to become nutrient and water self-cycling. To aid this on the edges of the plastic I put Albizia (Julibrissin Rosea), a nitrogen fixing tree, and Pecans. The two will race each other to 4 meters, but finally the 6-8m canopy will be Pecan. Some management over the next 5 years will be required to prune back the Albizia and let the Pecan through but it will be manageable. Before all this happens the Arrowroot will have been providing chop and drop green mulch/biomass for composting, and the Pawpaws and annual food crops will be providing fruit and vegies.

Further along I had some Ashwaganda (Indian Ginseng), this seems well suited to sand alkaline free draining coastal sand, so for those looking for a heath tonic easy grow medicinal herb it is a good option. On that note everyone should also have 3-4 Aloe Vera plants, they get more potent over time so having your own plants growing away quietly in a dappled shade, semi-dry location should keep you in good supply for occasion use.

Nearby a vine, Climbing Malabar spinach, provides a leafy green even in the hottest summer days, it is semi succulent so can handle full sun 36 plus degrees. It will scramble but like to climb to light. If you want to extend the leaves pick off seeds, it produces those prolifically. So it's one of those plant once plants, even if you lose the 'sub tropic perennial' due to rot or frost in winter its minions will return as soon as it can grow.

The shade cloth sided wicking bed was described as a way to allow excessive rainfall to drain away quickly. Not really suited to Perth this design is more for Pemberton or tropics. In Perth our number one design consideration is water, every part of the garden and design must be based around effective and efficient use of available water. Did you know the only time that precipitation exceeds evaporation is June and July? That means for 10 months of the year unless you have very wisely designed the water holding capacity of your soil you will need to water your garden. That effectively makes us Arid Desert. Normally we wouldn't inhabit this kind of land, but its Perth, it's not getting any better, and we still all have to eat and more importantly green the globe. So all I am saying is spend the most time in your gardens designs figuring out clever ways to direct rainfall, drains, waste water and tap water and bores into above ground (tanks) or below ground water holding systems.

The Sweet potato was popular, the whole plant is edible, and it loves Perth summers. The running orange varieties provide a great rampant ground cover (living mulch), it is prolific but its free biomass, eat it, cooked as a spinach substitute, it has a coconut milk flavour in stir fries and curries. So throw it back cut it back, trellis it up to create "shade cloth" use that vigour as an asset. Its great in "orchards" as it provide much less surface nu-

Ashwaganda Indian Ginseng



Black Taro, *Colocasia esculenta*



Sweet potato, clumping type, living mulch



Queensland Arrowroot (edible Canna) and Pawpaw in an Inground Wicking bed



Midyim



Devils Fig, Tomato Eggplant, Tree Rootstock



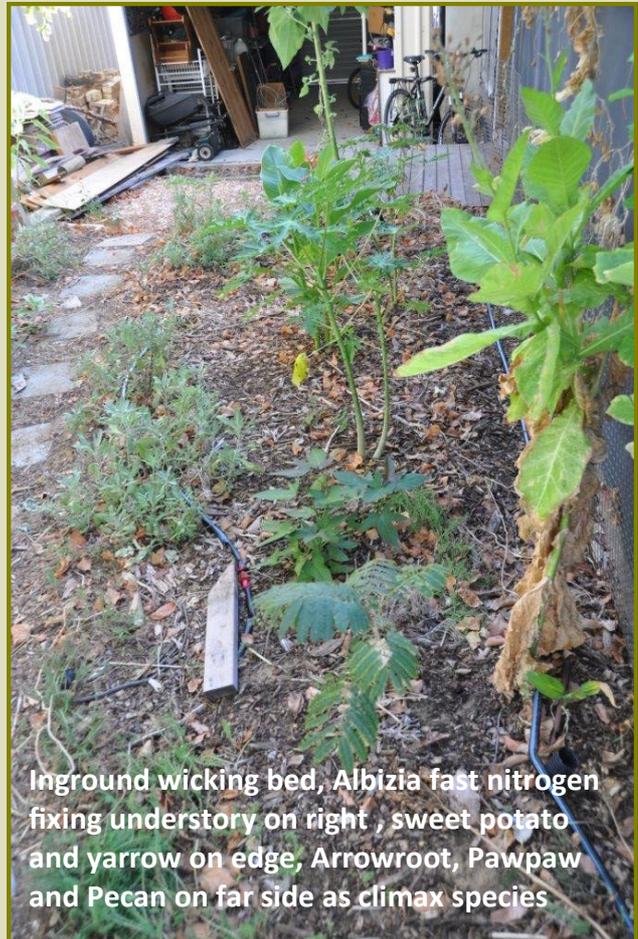


Neem, with shade-cloth backdrop

trient completion compared to grass and can actually smother grass etc. The plants can be easily grown from a sprouting sweet potato from the shop, but I suggest you take cutting and start new plants. Sweet potatoes are essentially food storage vessels for the plant, if you plant it with an old tuber from the shop that is likely to get bigger but it might not set as many new tubers. I know of 3 freely available varieties in the shop, orange skin orange flesh, purple skin white flesh, and white skin purple flecked flesh. There are also some "native" varieties; I think we should have a couple of those available next year.

The strawberries are doing very well in their wicking bed; they seem to love wet feet and the mid-

day shade from the Box Gums. If you do have big trees consider a wicking bed for a solution to gardening underneath them, regardless of the reported alleopathy of gums, directly under them is generally full of roots and very dry, so not much good for conventional beds anyway. Back to the strawberries, while the Gauntlet and other mainstream varieties are growing and producing well they are tasteless when compared to Japanese Hokawasee and the small Alpine Strawberries. I will be progressive replacing my conventional varieties with these two. In the bed I had Sun Rose succulent ground cover in the bed as a living mulch. In spring summer I put in a couple of Borage given the reported good companionship, hard to comment on how that went but the Strawberries are very happy so it might have contributed. One thing to think about is in a wicking bed you are controlling the access/soil available to the plant so nutrient accumulators like Borage, Comfrey, Dandelions, Yarrow, Chicory and others won't be as effective. I would suggest planting these species next to an open in ground wicking bed where they can still get a drink but mainly mine minerals outside the "wet zone". You then harvest those nutrients back to the bed with whatever means you choose, feed them to the chooks, liquid fertiliser, mulch, compost activator etc.



Inground wicking bed, Albizia fast nitrogen fixing understory on right, sweet potato and yarrow on edge, Arrowroot, Pawpaw and Pecan on far side as climax species



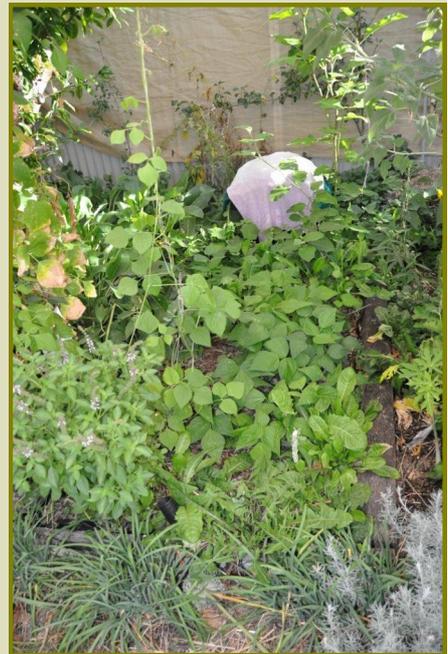
Edible Pond starting out, it includes Black Taro, Arrowroot, Water Chestnut, Water Parsely, Kang Kung and Water Cress

Some of the trees of interest came from Julie Firth - Drylands Permaculture in Geraldton, Yilgarn Seeds and a local tree nursery. Rarities in tree and veg can be found like Murualla, Neem, Moringa, Sorrel, Open Pollinated Corn - Aztec, Miniature Chinese Popping and Mexican Maize. So if you don't have some decent corn open pollinated she is a good but limited source. Corn is a hard one to seed save as unless you have a large 20m/20m block the genetics is likely to weaken. Hence its one for the hobby farmers to supply us urbanites back for something in return.

Then we passed the Chooks, I have 4 High-

line Brown (or similar 'battery' egg breed) these lay a good 300 eggs a year each. They are kept in their run but do get a lot of greens, and all our food scraps (meat included) every day. There are lots of schools of thought on chooks, so I will just say we have ours for eggs>scraps recycling loop>manure>compost/pets. The egg laying breeds are worn out after 3 years, so that's when mine go under a tree (with much thanks and appreciation) I am a farm boy background so knocking something off is not daunting, but even I don't want to eat a scrawny old egg chook, but the trees love the blood and bone. I say scrawny, they are healthy but if you laid a 80gram egg every day (had a child everyday) I doubt you would be to fat either :)

The rest of the garden is full of one sleeper high wicking beds, this is my preferred design as it uses low amount of materials to construct a bed, 2 sleepers and 2 bits of barge board offcut from the house rebuild. Then I excavate inside the rectangular bed, about a sleeper deep than ground level, get it flat, put in a liner, put in the water holding media and the feeder/distribution pipe, and pile on the soil. All these beds were experimenting using street tree prunings (free on Mulchnet) as the water holding media, and not bothering with a barrier between the media and soil. These beds are only going



Crimson Broadbean

to be good for 2-3 years at most but it should leave me with great organic rich beds when I reconstruct. Wicking beds were discussed at some length, there are a lot of good sites out there already so I will link those. The one issue that needs to be discussed though is using bentonite or any clay material as a liner in the bottom of the beds instead of plastic. This is clear much more environmentally friendly and may turn out to be permanent solution. As with all trials in the garden there are pros and cons of each design or trial. Please feel free to try the clay or something else water proof. The basics and principles as covered in waterright and easygrow are always the same it's just a case of customising to make the best use of your location, purpose, recycled material etc.

Well thanks for the opportunity to show my Plant Hope project to you all. Please ask for cuttings and seeds, I am happy to say yes or no depending on availability. I certainly will let you know where I got my original seeds from and add you request to a "that will be available when" type list.

And on that note I encourage you all to keep an eye out for the WA Seed Saver Collective that we will be launching soon under the wider community development umbrella of PermacultureWest. Local groups like ours will be a primary building block in taking edible plants and food security to the wide state of WA, many hands make lighter work, and repairing the damage of the loss of 70% of our food varieties will be some heavy work, but work worth doing.

Some Links

(Not many but please feel free to ask specific questions I have hundreds of good sites in my favourites from months of research)

Nyoongar and Bush Tucker - <http://www.petercoppin.com/> - Go to Fact Sheets - Then Edible Gardening - Also have a look at other fact sheets some very handy stuff there.

Local Seed and Gardening Supplies and Food Gardening Knowledge - Look at the links on my blog -<http://plantinghopetrees.blogspot.com/>

Wicking Beds - <http://waterright.com.au/>, <http://scarecrowsgarden.blogspot.com/p/wicking-worm-beds.html>, <http://www.easygrowvegetables.com/>

*Cheers,
Charles Otway*

Plant Hope WA Seed Saver Collective - <http://plantinghopetrees.blogspot.com/>

PermacultureWest - Treasurer and Memberships - <http://permaculturewest.org.au/>

Northern Active Permaculture Enthusiasts Local Group - <http://permaculturewest.org.au/community/local-groups/napes>

WA Seed Saver Group Launch

Seed saving within local groups is the easiest and most common form of seed sharing it happens every gathering and is highly encouraged. A WA Seeds Saver Collective offers an organized central optimisation team deciding on the most effective ways to increase the diversity, keep the purity, and ensure viability and turnover of the seed and plants. This will mean individuals and local group coordinators will be requested to take on specific species for production of fresh pure seed production/turnover, certainly we will be open to discussions on what is preferred and possible on a personal level, and that will be one of the key roles of the local coordinator. The local group coordinator will try and evaluate and discuss the capabilities of each seed saver and advise the 'optimisation team' accordingly.

We will endeavor to keep enough records to allow; tracing of varieties, pre-order investigation of suitable conditions and growth habits, keeping track of seed age, propagation material availability times and

the location and original source for knowledge/skills with the species if needed. All this information adds a level of usefulness to the seed database allowing easier investigations and searching.



The intent of this collective will be to take seed saving, food crop diversity and "how too" education to local gardening groups, community gardens, school gardens and any other place where we can educate a focus group and get them involved. We will encourage individuals that want to be a part of the collective to find their local group and get involved through that group. This allows for peer support, skill sharing, and local group seed sharing. As we come to terms with the seeds, we will move into perennial herb and vegetable plant gene/material sharing and on to Fruit and Nut Tree crops and Utility trees with a seed, gene pool and database.

As you will have discovered through reading this document and more on the website, we are in our infancy, but something that is so right and fundamental for the food sovereignty and security in this state can no longer be forgotten. Join us in regaining your rights, growing your future and that of generations to come. We have lost 75% of our food crop seed Diversity in the last 50 years, let's not loose anymore.

On the following page is the WA Seed Saver Collective Grower Information sheet and an example Seed Saved "Batch" report to accompany any seed donations is below. There will be one for each plant family, perennials, and various tree groups.

They can be downloaded from the website, www.permaculturewest.org.au, and electronically completed and emailed or printed, filled out manually mailed to PermacultureWest or handed in to you local group Seed Saver rep. If there is any issues please email seedsavers@permaculturewest.org.au and we can help you out.



WA Seed Saving Collective - Grower Information Sheet	
Full Name:	Code:
Local Group:	
Date:	
Role:	Grower <input type="checkbox"/> Local Group Coordinator <input type="checkbox"/> Seed Collective Management <input type="checkbox"/>
Address:	
Post Code:	Phone:
Email (required for all members):	
Soil Type and Conditions :	
Years Gardening Experience:	Zone:
Years at Address:	Garden Watering Method Mains <input type="checkbox"/> Bore <input type="checkbox"/> Rain Water <input type="checkbox"/>
I use organic practices:	Yes <input type="checkbox"/> No <input type="checkbox"/> Number of years using:
Seed/Plants Offered	Spring <input type="checkbox"/> Summer <input type="checkbox"/> Autumn <input type="checkbox"/> Winter <input type="checkbox"/>
I understand the principles of organic growing, and I pledge to learn the basic principles of seed saving before I give or trade seeds to others. I also accept the conditions described in the joining information.	
Signature:	_____
Your email address, will not be shared outside the Group Membership, please note it is the primary means of contact, if you wish to use phone as your contact please state it below. Personal and address details are to be communicate within the group at your discretion. These database sheet details are also available to a handful of dedicated volunteers that have access to this list when needed.	
Please make my phone number available to others as I do not have an email address or net access. <input type="checkbox"/>	

Seed Information Sheet		Alliums (Chives, Garlic, Onion etc)	
Latin Name			
Common Name			
Information Links			
Type	Garlic <input type="checkbox"/> Shallot <input type="checkbox"/> Onion <input type="checkbox"/> Leak <input type="checkbox"/> Scallion <input type="checkbox"/> Chives <input type="checkbox"/> Other Perennial <input type="checkbox"/>		
Visual Description:			
Growth Pattern:			
Bulb Size :			
Use (leaf, grain, root etc):			
Seed Source / History	Viability Tested	Y / N	
Length of ownership	Generation(s)		
Taste :	Purity / cross Likelihood		
Resistance or Pest Predisposition:	No. Plants Seed collected from	Autumn <input type="checkbox"/> Winter <input type="checkbox"/>	
Seed Offered	Spring <input type="checkbox"/> Summer <input type="checkbox"/>	Autumn <input type="checkbox"/> Winter <input type="checkbox"/>	
Bulbs Offered	Spring <input type="checkbox"/> Summer <input type="checkbox"/>	Autumn <input type="checkbox"/> Winter <input type="checkbox"/>	
Contact Name	Member No		
Preferred Contact Method & Details			
Additional Information / Pictures :			
WA Seed Saving Collective does not accept liability for the contents of this packet.			

6 Months In An Eco-village – Life on Kibbutz Lotan

Adam Linden

Hi perma-people! Recently my fiancé and I returned from an inspiring six months in the Southern Israeli desert, living in a permaculture-designed eco-village where we studied sustainable living and a number of sustainable technologies. Since our arrival back home in Oz, we've found ourselves inspired to continue our journey toward a permaculture lifestyle, and we'd love to share some of our experiences with you.

I never thought I would spend time in the Middle East, until I fell in love with a beautiful Jewish girl. We made a trade-off, initially – if she came with me to Arnhem Land for six months (I'm a high school teacher by profession), then I would travel to Israel with her for six months. We both found so much more than we were looking for, and the inspiration started the very second we arrived at Kibbutz Lotan (Arnhem Land was pretty amazing too, but that's another story for another time...).



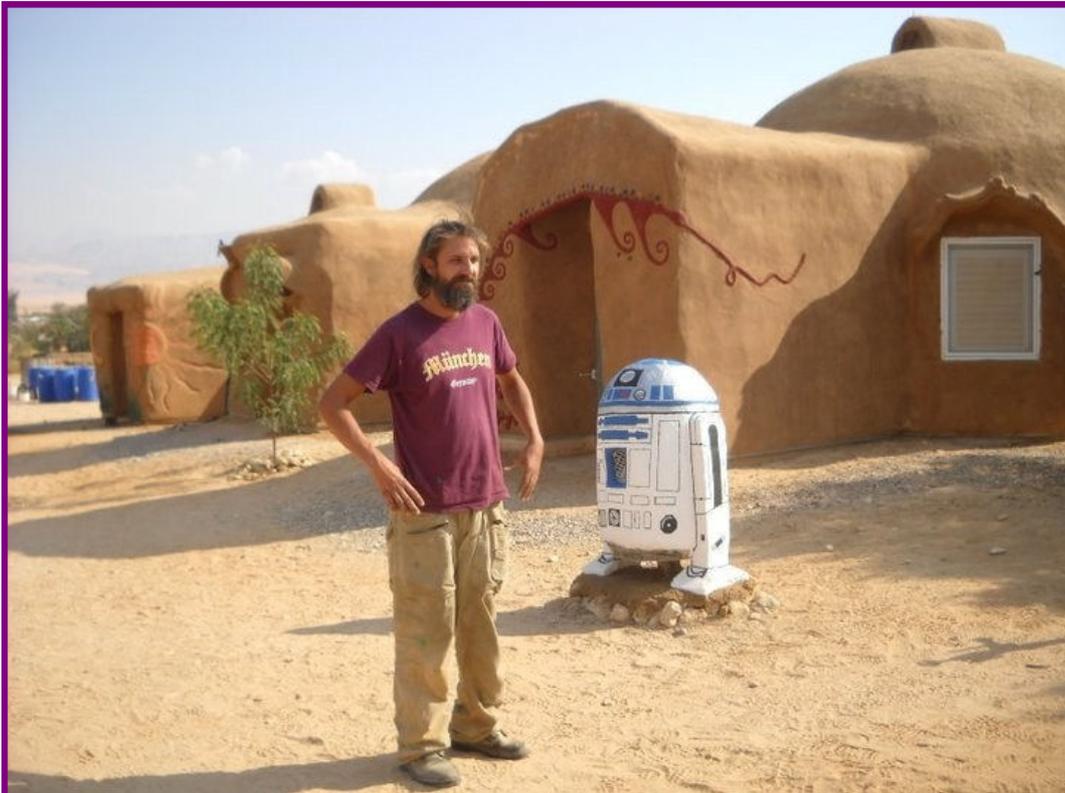
Mishi and I with the solar ovens that we built, using recycled materials including an ammunition box (bottom left, green – I like food more than I like bullets).

The first thing we saw as we entered was a collection of crazy, Star-Wars inspired mud domes to the left of the entrance. The kibbutz itself is quite small, 150 people living in the middle of a true desert in the Arava valley. Temperatures reach over 50°C every summer, and annual rainfall is between 2mm and 20mm per year. With this in mind, we learned that the domes we were to live in for the next 6 months were geodesic (modified V3 domes for those with an interest), covered with straw bales and rendered with mud produced from local and waste materials. The domes are incredibly efficient; we had air-conditioning and used it for only two hours per day in the daytime, which kept the dome cool for the entire day.

The eco-village itself housed 20 people, either students or interns studying a set program known as the Green Apprenticeship, a complete course on sustainable living, or through one of two organisations: An American program called Living Routes, and an international humanitarian eco-volunteer organisation known as Go Eco.

The Bustan Neighbourhood (as the eco-village is known – Bustan means 'orchard' in Hebrew) had 4 composting toilets, three showers that all used directed grey water systems, and a kitchen that comprised a small organic garden, a solar oven, a parabolic cooker and a mud oven (taboon). Twice a week we would cook a large communal pot luck meal and share delicious vegetarian food. By the end of our stay, Mishi and I had built another six solar ovens (box cooker type), several cardboard panel cookers, and a number of mud-and-trash night lights.

The third night we were there we watched the amazing documentary by Michael Reynolds, Garbage Warrior, and realised that our dream of learning to build our home could very well become reality. We became tour guides, immersed in the technology we were employing every day, guiding other people through sustainable living and how it could be employed in their homes, even if it meant simply recycling or reusing waste more productively.



This is an R2-D2 light that I built using mud and trash, powered by a PV solar array that powered all the lights in the neighbourhood, the kitchen, and the showers and toilets. You can also see the beautiful domes we lived in!

Every resident took data on the energy use in their dome, contributing to research on the efficiency of the houses. We found that this connected us with a greater imperative, one that would help us with our own data compilation as we prepared our projects for our PDCs. What we were doing mattered, and I can honestly say I have never felt so connected to my environment as I did in that wonderful place.

We also studied organic farming and food production, and I must stress that our organic garden was not permaculture designed, but did rely on some permaculture techniques, including companion planting for maximum yield and diversity. When our Autumn crop came in, we set up a food stall and gave away many vegetables for free to residents of the kibbutz.

We studied, over the course of our time at Lotan, geodesic dome construction, straw bale construction, mud rendering, soil testing for earth building, solar ovens and cookers, composting toilets, constructed wetlands for water purification (the entire kibbutz has a massive wetland that filters ALL grey- and black-water waste produced), organic agriculture and farming, permaculture design, mud oven construction and passive solar heating and cooling for architecture.

If you have any questions at all about any of the above topics, please feel free to email us on either **stray-cat_underdog@yahoo.com.au** or **mishfox@hotmail.com**. We're happy to answer any questions you may have, and we're looking forward to meeting some of you in the flesh when we arrive in Freo in April!

All the best with your quest, Adam Linden (and Mishi Fox)

If you have any interest in studying in Israel (regardless of your political beliefs, as it's a secular country and we taught both Palestinian kids and Israelis, Jordanians and Egyptians), I would strongly urge you to head to www.kibbutzlotan.com and look at possible study programs, they provide one of the most comprehensive sustainable living education programs in the world, and while I am happy to spruik for them, this is not meant as an advertisement, but an endorsement of people that really care about the future of our planet.

One love!

A journey toward a sustainable wilderness classroom: Part 2

Kendall Clifton-Short



Last newsletter I spoke about the journey I have been on since leaving Perth to live on a working farm in the middle of a national park in remote Victoria that aims to education young women on sustainability concepts. Currently in the process of re-designing the agricultural precinct with a Centre for Sustainable Design as the hub, we visited the Southern Cross Permaculture Institute (SCPI) to observe what they are doing and see whether it would cement or modify our thoughts on our particular landscape. And we walked away with heads full of new ideas and viewpoints, yet another re-think of our design and a new appreciation about how the principles: Obtain a Yield and Apply Self Regulation and Accept Feedback could be applied to our setting.

For example, currently our vegetable scraps are emptied into black compost tubs sitting on the soil. Each group of girls manages their own bin and is rewarded for keeping a roughly correct ratio of wet to dry material and aerating the decomposing matter appropriately. Challenges with a system that values the educational outcomes more highly than the resultant product are obvious, and means some bins are cosy homes to resident mice. These mice attract the snakes and snakes are a problem for the girls as they empty their scraps. Perhaps the solution is a raised compost bin that is spun around on a daily basis?

- It prevents the need for small girls to be turning it with a pitchfork;
- It prevents mice from making it their home and therefore prevents the snakes and
- It reduces the amount of shovelling required as the compost simply sets poured into a wheelbarrow.

Thinking it would be a good idea to test this solution prior to implementing it full scale, our two trial compost tumblers have not been the neat solution we were hoping for, but in the spirit of accepting feedback, we are now considering retro fitting them and evaluating the education outcomes while keeping transfer of learning to an urban setting at the forefront of our minds.



Staying with the waste management and pest control theme, our second big rethink is how we feed our chickens. Currently, they are fed regular, small quantities of food scraps that come out of student houses and large quantities of good quality food scraps from the kitchen one day a week as a communal meal is prepared. Walking into the chookshed at the SCPI we were immediately struck by the lack of smell. Talking this through, it seems our plump chooks are too well fed and should actually be fed amounts small enough that all the scraps disappear within 10 mins. This in turn, will prevent the mice, rats and possums and the lizards and snakes that follow and steal the eggs. Perhaps we need to change the paradigm around feeding

the chickens and limit the quantity they receive at any one time and actually have more go to the compost? We were already considering digging in our perimeter fence and putting a hotwire across the top to prevent vermin, but perhaps pests can be managed in a much more cost effective way? While we may end up utilising all three control ideas, making the space less attractive to pests is a great place to start.

Applying the feedback gained over the past 20 years we were encouraged to rethink (yet again) the location of the orchard. Currently fruit fly is a big problem, compounded by the fact the fruit all ripens in the school holidays and the chooks only graze under the trees when there is enough man power to round them back up every night. By letting go of the desire to maintain some of the more viable, vigorous trees and accepting that we cannot design the space round them, we have relocated the orchard to the most practical location, enclosed it within a much larger chicken run (to prevent the need for one caretaker to chase 100 chooks into bed at 4.00pm as he leaves for the day), and started fresh with varieties that can be selected specifically to ripen in the four terms and not over the holidays.



Similarly, currently the garden is largely neglected by the students unless they are working in it, while they visit the herb spiral daily. Is this because they like herbs more than the vegetables? No, it is because they are forced to walk past the herb spiral every day as they empty their compost and thus the herbs are forced into their consciousness. If we apply these lessons we move our garden and have students walking through it to enter the whole precinct. If we place the draw cards, such as baby, hand reared cows, furthest from the village it both minimises the pests they encourage being drawn to living spaces and entices the girls into the space via the garden. Hopefully, our garden will become more like our herb spiral currently is: girls will naturally notice and look after plants that require attention, pull weeds as they walk past, utilise more of the produce grown on site, become more in touch with the seasonality of their food and leave inspired with the simplicity with which one can grow and maintain a garden.

These are just a few of the bigger picture ways our visit to the SCPI encouraged us to accept feedback, apply self regulation and consider not only obtaining a yield, but how to best utilise that yield.

The building is well underway and we are excitedly waiting for all the ideas, vision and planning to develop into a really meaningful, tangible classroom that does more than provide girls with a farm experience...

If you have found this article interesting, stay tuned for our progress in the next newsletter!



INSPIRING IDEAS

Food Connect

A Community Supported Agriculture Enterprise

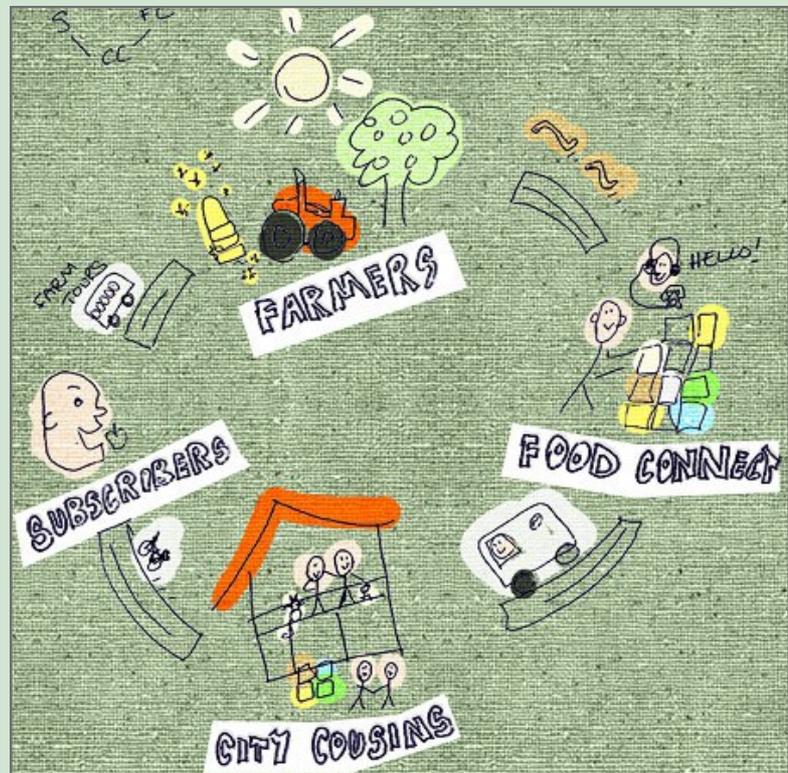
www.foodconnect.com.au

Food Connect was founded in May 2005 by Robert Perkin, an ex-dairy farmer, as a Local & Fair Food Company based in South East Queensland. In early 2010, Food Connect was been replicated in Sydney and Adelaide, with new branches planned in other Australian cities. *Whilst Food Connect don't yet have a presence in Perth, there are several box schemes in operation including a CSA box scheme run from Mimsbrook Farm (<http://www.biodynamic-food.com>).*

Food Connect Brisbane is an award winning social business that works in collaboration with brilliant local farmers around South East Queensland to deliver the best food in the world efficiently, affordably and equitably. Our delicious seasonal produce comes from local farmers living within a five hour radius of Brisbane who are paid a fair price for their hard work and who are encouraged to farm using the most sustainable methods possible. Our subscribers know where their food comes from and are invited to see for themselves on regular farm tours.

How it works

- Seasonal food is sourced from local farmers
- The harvest is delivered fresh to the Food Connect Homestead each week by the farmers and small freight companies.
- It's packed into various sizes of fruit and veggie boxes.
- The boxes and 'extra' products are delivered to a network of City Cousins (families, schools or community centres)
- Subscribers collect their boxes from their local City Cousin and get the chance to meet like-minded neighbours for a chat.
- Once you become a Food Connect Subscriber, you can view your account balance, change orders and renew your subscription online.
- There are regular farm tours to connect city folk with their fantastic growers.



Community Shared Agriculture

So what is Community Shared Agriculture (CSA) and why is it important?

- It is an innovation in the growing and distributing of food that has emerged in the past few decades.
- It seeks to address the problems (environmental, social and cultural) associated with industrial agriculture.
- CSAs are about participating in a shared commitment to local and regional food systems that provide fair financial returns to small family farms, which in turn helps the farmers to look after their land.
- People who get their fresh food from a CSA operation typically eat with the seasons and eat a wide variety of foods.
- City people involved in CSAs usually have a greater connection with the land and the people who grow their food.
- Farmers generally grow food for the 'faceless masses'. CSA farmers, on the other hand, often have a greater familiarity with the people eating their food. They really appreciate this connection.

Why?

The bigger picture of farming is really about culture not industry. Food Connect is passionate about ensuring that diverse and ecological farming systems are preserved and encouraged.

- Ecological farming is more about principles and values, not rules and regulations. Food Connect wants to build a model where farmers and consumers equally participate in grappling with those principles and values. This includes defining the consequences for behaviours or actions that are not aligned with this system.
- We view our subscribers as 'co-producers' rather than consumers. We see Food Connect not as a retailer but an organisation that facilitates a trading relationship between farmers and subscribers. This involves eye-balling the producers of our food, visiting their homes, watching their plants grow, participating in the highs and lows of the seasons, celebrating their harvests and understanding their challenges.
- To date, there has been no dialogue regarding the decline in the number of organic farms in Australia. In 2001 there were 1859, and in 2006 there were 1691. This is due to pressure on small farmers to become 'big' as a result of the industrialisation of the organic movement. The downside of this is the lack of opportunities for small, highly diverse farmers in finding an accessible market, ostensibly removing any way for them to be part of the original vision of organic pioneers. With the PFA, we hope to reverse this situation.



One of the last farmers left in the Brisbane suburbs, Franco Cencig, admiring his crop

Participatory Farmer Assessment (PFA)

In 2009, after an initial survey of farm practices, Food Connect formed a group to rate our farmers by means of a peer-assessment system. The assessment group is formed of Food Connect staff, several farmers, City Cousins and subscribers and their mission is to work out a system to evaluate our farmers on an ecologically holistic foundation. The Participatory Farmer Assessment (PFA) group will assess our farms in several areas, initially focusing on the safety and nutrition of food and the use of synthetics. This process will strengthen the original intentions of the organic movement whilst importantly opening the door for small local farmers to be included.

While we are waiting for the PFA group to visit and assess each farm, we have given our farmers an initial rating based on certificates and information supplied to Food Connect by our farmers about their farming practices and the knowledge that we have gained during farm tours over the past years.

The four areas we have identified for assessment are:

- Safety and nutrition of food (and farmer)
- Landscape & environment
- Use of resources
- Values and ethics

Farmers will be rated AA, A, B and C in each of the four areas above. In the first area that we will turn our attention to, the 'safety and nutrition of food & farmers', the meaning of the grades is:

AA Organic plus; exemplary farmers in all facets

A Mixture of organically certified and uncertified farmers

B No use of chemical sprays directly on the crop and no use of prohibited chemicals

C Farmers not used by Food Connect but in transition to our standards

The produce we will use will come from the AA, A and B farmers whilst the C farmers will be encouraged to meet our standards as soon as they can.



Young Dougall Pekin with his mates on a farm tour to Mal & Helen Smith's farm up on top of the Queen Mary Falls near Killarney

A fair go for farmers

At Food Connect, we feel passionately about supporting small farms and giving farmers a fair go. The unique thing we do is ask the farmers themselves how much they would like to get paid and then we set a flat price for the whole

season. This makes it easy for both of us to budget and plan. Other things we do are to help farmers set up other direct marketing arrangements so they can get more for what they work tirelessly doing. We severely reduce the packaging costs for farmers and we also where possible consolidate and pay the freight for farmers from the same areas. But probably the best thing we do for farmers is give them hope! With our unique social business model we give farmers confidence that we will be around for the long haul. We will trade fairly, have transparent finances and we are fair dinkum about fundamentally changing the way food distribution will be done.

So why choose Food Connect?

Great tasting local produce—and by local we mean really local not just Australian and this can help you cut your greenhouse emissions by reducing food miles!

As fresh as can be

We play fair with our farmers

We use way less packaging

You don't have to go to the supermarket—a better idea than you might realize!

We help reduce the amount of food wasted

You experience new varieties

We can help save you time, pick up at your City Cousin on your way home

You can go for country drives with us



Rob Perkin, Food Connect Founder

Food connect Brisbane, Sydney and Adelaide

Food Connect vision is to be a leader in making ethically grown food from local farmers accessible to any household. **Healthy food that supports local sustainable farmers.**

Every box from Food Connect supports farming and local communities as it is:

- **Fair** : 40-55c in every dollar goes back to the farmer
- **Organic** : 100% of the produce is sustainably produced and is certified organic or chemical free
- **Local** : average food miles of around 250-300km
- **Direct** : 90% of the produce is bought direct from the farmer
- **Community driven** : Local communities come together at their City Cousin, over 30 local pickup points

If only all our suppliers took the Food Connect approach...

Some wonderful transparency about the realities of farming...

“Each week we confirm what our local sustainable farmers have available (after weather, bugs and other vagaries of nature) and fill the box till we reach the price of the box. This means that the quantity in the box fluctuates based on the price of produce. It also means you are getting only what is in season.

Currently prices are high (and box weights lower than usual) because of the after effects from heatwaves and floods. It takes time — weeks to months — for farmers to replant and get produce ready for harvest again. In the meantime, every box you buy supports farmers and in the lean times you are supporting them at their time of greatest need.”

This issues Inspired Ideas was triggered by an article on <http://permaculturepathways.blogspot.com/> a great permaculture blog from Queensland. Pictures and text above are taken with permission from the Food Connect website www.foodconnect.com.au

If this has you interested check out the ABC radio interview with Robert Pekin, CiEiO of Food Connect Its about how Food Connect responded after the devastating floods we had recently here in Brisbane. Its a wonderful example of how permaculture principles do create resilience. How a small-scale, diverse, decentralised, localised system worked when the big guns didn't.

Buckwheat Pancakes - Gluten Free

Charles Otway

Ingredients:

3 eggs
500ml Milk
3 Tbsp Sunflower Oil
1 cup Buckwheat Flour
1/2 Cup Arrowroot Flour (can be substituted for Tapioca Flour)
1/2 Black and Red Quinoa Flour
(Provides nutrients, colour and flavour, can be substituted or left out if you have to)
1 tsp Baking Powder



Mixture:

To a thin edged bowl add, eggs, milk, oil, on top add dry ingredients, remembering the Baking power. Mix for a minute, scrap down bowl and scrap base else you will have lumps. Mix again until you aerate the mixture a bit might take 1-2 minutes.. I.e. Volume to about one and a half times what it was prior to whisking. Best not to do this by hand.

Mixture should be thick but still runny, so you pour it out of the bowl (thin edged bowl creates less drips/ mess), into the pan.

Cooking:

While the mixture is mixing the second time, get a non-stick frypan (I have 2 Scan Pans and do 2 pancakes at the same time). Oil it a little, the first pancake is a little oily but if they start sticking you basically have to start again, so apply a thin coating.

Add as much mixture to the pan as you want, start small, no more than a 1/4 cup of mixture at a time.

Pour into centre of pan, lift pan, gentle swirl so it spreads to cover more of the pan.

Cook on Medium heat element, you should see lots of bubbles coming up, like a crumpet (but thinner), when the edges start to crisp and brown, or the top wet mixture look becomes "cooked" looking, flip it.

I use a spatula to flip as these are light, thin and if the mixture is done well, prone to not holding in one piece as they are flipped. You get the hang of it after a few. Quick steady rotation of the spatula once you have the pancake loose and the spatula under the middle of the pancake.

Makes/Use For:

This should make around 12-20 pancakes. Depending on thickness and width.

As you get better they get thinner, thinner ones are easier to roll, less prone to cracking when rolled later as a wrap, kids lunch box 'scroll' etc.

You can use the same mixture on a lower heat to make quick pizza bases, the mixture might make 4-5 pizza bases to be frozen for later.

Discussion:

There is plenty to go wrong, leaving out the Baking powder, or forgetting the oil is a disaster, that said you notice on the first pancake so just add it remix, clean the pan and you should be ok.

While these are the easiest, quickest most forgiving Gluten free equivalent of Bread they take a while to master. I can now make 20 in 15 minutes, which I do every second day. They are used for Indi's lunch every day and Breakfast on the day of cooking. What's



Buckwheat

left over is used for making toasted cheese sandwiches in the sandwich press for lunch. Think Waffle Cheese Sandwich.

3-4 eggs is fine, these are adding sticking power, rising power and protein to your pancakes so less than 3 makes things harder. Also you should have your own chooks so eggs are free and healthy and needing to be used.

500 ml Milk, this can be any kind of milk, I have not tried Kefir cultured milk yet but sour milk works fine, you can even use water, but once again, this is our "daily bread" so they need to be filling and nutritious. The milk/cream content also helps keep them moist. If using water you might add extra oil to achieve this moistness. I have non processed milk, and I often end up putting the last milk/cream slightly turned bit in the pancakes, makes it nice and rich. Too much cream makes the pancakes fall to bits, stops them sticking together.

Oil, I have ended up using pure Sun flower oil, as its cheap, Australian made, I know it's not GM and while it's not as good as Olive or Macadamia, it gives me a cheaper, less flavour dominating option. Please don't use 'blended vegetable oil', or rape seed 'canola' for your own sakes. These will not be GM free or healthy. Rice Oil might be ok, but I doubt it's made in Australia. I also make homemade chips and I vary between olive oil and sunflower oil in the deep fryer depending on which I can buy in bulk at the time.

Buckwheat, this stuff is great (note some people are allergic to it), in my opinion the best wheat flour substitute, but it is moist and heavy so you need to mix it, note it is not a grain but a seed and as such has a higher nutrient value. I buy mine from Kakulas Brothers in Northbridge (by Horseshoe Bridge) it is cheap there and fresh. I prefer to buy Buckwheat 'grain' if its available (already husked), this stays fresher, as I mill it with a Kenwood Chef (plus mill attachment) as required. The other bonus of this is the seed is viable if planted, so I have enough grain for a field of Buckwheat if this goes pear shaped. Lots of people have a ThermoMix now so it mills, mix, etc well also.

Arrowroot/Tapioca/Glutinous Rice flours, these are very fine starches, not really flour, they are the gluey element that binds the pancakes and keeps them moist again. Some people might use gums (Xanthum or Guar) but these flours are good enough as you are not going to keep your pancakes more than a day or two. These starches are nutrient poor so only add as much as you need, as they won't keep you 'fed'.

Quinoa Flour - I buy mixed (colour) Andean Quinoa seed from Kakulas and mill it as required (it can be milled quite coarse/quickly), you might struggle to find flour. This stuff is very good for you, you can add more but it's about \$12 a kilo for seed and that's a cheap price, buckwheat is 1/3 that price, with similar nutrition. Again buying this mixed grain gives me 4 different species of quinoa, and seed amaranth (always a bit in there for some reason) if I need to grow it some time to survive. It's also viable. These seeds (Quinoa and Amaranth) are also easy to process/dehusk unlike wheat and even Buckwheat, so it really can be a serious home crop if necessary.

Baking Powder, used to rise the pancakes, this takes them from being flat and rubbery to airy and crumpert-ish. I imagine one can make a sour dough or yeast based mixture as they do in eastern countries but I am not that organised yet, so have not tried.

Experimentation, You could try adding anything else, Millet and Amaranth are strong dominant tastes if you like them, Corn Meal will give you a Mexican flat bread type texture. You could add chia flour in small amounts. The rest of the experimentation is up to you, they are a little temperamental, so I have tried to explain what each element does to aid in substitution trials.

Storage, I store pancakes in a A4 sized ziploc bag in the fridge (out of fridge is ok but if they sweat they will go mouldy in 1 day, so I suggest leaving the bag open and turning then after a few hours), once they have finished sweating, if you are in a rush just don't ziplock the bag until later.

Hope that is helpful, happy to have comments. Enjoy !!

Cheers,
Charles Otway
Treasurer and Memberships - PermacultureWest

PERMACULTURE COMMUNITY NOTICES

Be a part of the Mandurah Community Garden



Community members and Community Development officers from the City of Mandurah have been working together since 2008 to research and establish a community garden.

A parcel of land located at Coodanup Community College has been identified as a great place for a community garden. Now that this location has been chosen, the project is entering a very exciting stage where this space can begin to be prepared and infrastructure developed. This will mean that Mandurah will soon have a fully functional community garden.

The team are currently planning and designing the garden and are looking forward to making it a friendly and inclusive environment. We are very keen to grow the team and are looking for people who are interested in being involved with a community garden. Anyone interested in the project can contact Tim Williams at the City of Mandurah on 9550 3274

Working with Waste at the Lockridge Community Garden

Tash Levey, Lockridge Community Garden

I am pleased to announce that the Lockridge Community garden has been approved for a Zero Waste WA grant of \$9830 under the Community Grants Scheme. Our Working with Waste idea will be implemented in future local Lockridge Permablitzes.

The Working with Waste project will run in conjunction with the Lockridge Community Garden's Permablitz program. The project aim is to educate and enable residents in the community to eat healthy, home grown fruit & vegetables and to reduce & recycle their own household waste back into usable products for the garden. These are some of the principles of Permaculture design.

It is aimed at local residents in the 6054 City of Swan area that would like to have an edible and sustainable Permaculture based garden. The Lockridge Community Garden provides the people & support network to enable this project. We do the site assessment, design, follow up and organise the volunteer labour to implement the garden all for free and in one day. Working with Waste will be the crucial sustainable element of the overall project that empowers householders to reduce, manage and implement their own waste strategies in their own backyard.

The project will address the following waste management principles:

- **Avoidance** - To avoid the creation of waste
- **Disposal** - To responsibly manage waste into the environment
- **Recovery** - To efficiently re-cover, re-treat and re-use all wastes

If you would like any more information on the Lockridge Community Garden please contact Tash Levey on 0414 230 571 or at lockridgecommunitygarden@gmail.com

Strawtegic Concepts

Straw Bale Building

www.strawtegicconcepts.com
Call Dave 0417 994 988

West Australian Straw Bale Building Company are holding workshops in May, June and July 2011. We can help you from the ground up!

Terra Perma Design will be holding two Introduction to Permaculture & Sustainable Living courses on 4-5th June, and 24-25th September, along with a full Permaculture Design Course (PDC) running 27th June through 8th July.

Facilitators for the courses will be Tod Smith, Natasha Levey and Charles Otway. Please view the flyer for additional information. <http://permaculturewest.org.au/news/terra-perma-pdc2011-v3.pdf>



What's on....

Events, Courses and permaculture related community activities

Permaculture West

For an up-to-date list Permaculture Courses and details of events around Perth in the Permaculture world please visit the Permaculture West website:

Events/Courses : <http://permaculturewest.org.au/events>

Permablitz news: <http://permaculturewest.org.au/community/permablitz>

Balingup Small Farm Field Day

Balingup Town Sports Oval, Fri 16th April 2011

Adapting to a Changing Climate is the theme of this year's Small Farm Field Day. Over 300 trade and market stalls will be present along with a wide range of farm machinery equipment, agriculture and nursery supplies, With a range of growers and gardeners specialising in everything from organic fertilizer to unusual fruits and vegetables you will be able to learn the basics of growing and preparing your own backyard produce. PermacultureWest will have a presence. Admission \$10 Adults, \$5 Children, \$25 Family (2 adults, 3 children).

For more info see: <http://balingupsmallfarmfieldday.com.au>

Perth Sun Fair

Oak Lawn UWA, Crawley, Sun 10th April 2011, 9am to 5pm.

Renewable Energy and Sustainable Living Fair. The fair demonstrates that sustainable lifestyles are environmentally sound and cost effective and are very much an attainable reality.

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

Research Seminar on Carbon and Biomass and Oil Mallee Conference

Perth, 14-15th April 2011

A seminar on agroforestry and mixed species plantings for carbon and biomass and a conference on the progress of the Oil Mallee Industry and prospects for future development.

For conference program, registration and more info see www.oilmallee.org.au

Fairbridge Festival

Fairbridge Village, South West Highway, 29th April –1st May 2011

Fairbridge Festival is an annual family friendly celebration of world and folk music in a self-contained bushland site. PermacultureWest will have a presence at the festival.

Cultivating Sustainability Workshop

Perth Tues 10th May 2011

Cultivating Sustainability is a 1-day workshop which provides sustainability advocates with insights, models and practical tools to support their behaviour change efforts. Anybody who has taken on the challenge of influencing others to live and work more sustainably will find this workshop a valuable addition to their skills. For profit \$275pp, Not-for-profit/Govt \$225pp, Individuals/Community Groups \$140pp

For details and to register see: <http://awake.com.au/services/workshops/cultivating-sustainability>

If you have an event, activity or course you would like added to our next e-news (June/Jul 2011) please send an email with details to enews@permaculturewest.org.au by May 25th.



THE TRUST ORGANIC FESTIVAL IN PERTH IS AN INITIATIVE BY THE ORGANIC FEDERATION OF AUSTRALIA AND THE ORGANIC ASSOCIATION OF WESTERN AUSTRALIA TO SHOWCASE THE ORGANIC AND BIODYNAMIC INDUSTRY IN WESTERN AUSTRALIA. SPECIAL GUEST SPEAKER ORGANIC FEDERATION OF AUSTRALIA CHAIR, ANDRE LEU.

TRUST ORGANIC FESTIVAL PERTH • 2011

SUBIACO FARMERS MARKET

SUBIACO PRIMARY SCHOOL, BAGOT ROAD, SUBIACO. APRIL 2ND 2011 8AM – 1PM

Come and see what Organic and Biodynamic is all about!



THERE WILL BE:

Bread, Clothing,
Meat, Plants, Soil,
Fresh Seasonal Fruit
& Vegetables and
much more.

**DONT FORGET TO
BRING YOUR SHOPPING
BASKETS AND BAGS!**

PANEL DISCUSSIONS:

9am: *Why Organic?*

Why is Organic Really Better for Me and the Planet? Is it Really Better? How Can I Afford It? How Do I know that what I am getting is really organic? Organics and Climate Change.

10am: *Cooking Demonstration With Jude Blereau*

Reducing your food costs with seasonal organic food.

11am: *GM and Organics in WA*

Andre Leu (Chair of the OFA and Vice – Chair IFOAM), Hon. Lynn Mac Laren (Greens spokesperson on GMOs), Louise Sales (spokesperson for Just Food), Janette Liddlelow (Canola farmer). This is a unique and valuable opportunity to take part in an informed and up to date discussion about the threats genetically modified crops pose to food and agriculture in WA and what you can do about it.



LEARN • EAT • LIVE • GARDEN • PLAY



WWW.OFA.ORG.AU



WWW.OGAWA.ORG.AU



Permaculture West

Permaculture Association of Western Australia

The Permaculture Association of Western Australia aims to help people learn and use permaculture in their lives. The Association provides the opportunity for members to obtain information and build skills to implement permaculture designs, by:

- Disseminating permaculture information and resources
- Promoting the design and construction of permaculture systems
- Providing opportunities for interested people to meet
- Seeking contact with any other related groups

Permaculture Ethics



Care of the Earth



Care of People



Fair Share

& Design Principles



1. Observe & interact



2. Catch & store energy



3. Obtain a yield



4. Apply self-regulation & accept feedback



5. Use & value renewable resources & services



6. Produce no waste



7. Design from patterns to details



8. Integrate rather than segregate



9. Use small & slow solutions



10. Use & value diversity



11. Use edges & value the marginal



12. Creatively use & respond to change



permacultureprinciples.com



HOLM DESIGN SERVICES
www.holmdesign.com.au

Join a local permaculture group

Belonging to a local permaculture groups can provide inspiration, motivation, hands on practical help and opportunities to share equipment, and plant resources.

They also provide a great sense of comradeship and connectedness. There are several active local groups around Perth.

Check out their websites to see what the groups are up to and how to join:

The Hills Local Permaculture Group (HLPG)

Contact:

Silvia Rosenstreich

silviarose88@yahoo.com.au or

Rosemary Taylor (08) 9252 1237

The Northern Active Permaculture Enthusiasts (APE's)

Contact Charles at

permaculturewest@gmail.com

The Lockridge Group

Contact Tash at

lockridgecommunitygarden@gmail.com

The Fremantle Permaculture Group

Contact Sparkles at

sparklemerchant@yahoo.com



PermacultureWest

Permaculture Association of Western Australia

Earth Care, People Care, Surplus Share,
Limits Aware

PO Box 164, Innaloo, WA, 6918 Phone: 0406 449 369

Email: info@permaculturewest.org.au

Web: www.permaculturewest.org.au

Welcome New & Renewing Members!

Membership fees enable us to offer:

- You a financial contribution toward social change, and building a better environment and future.
- Newsletters, magazines and regular email updates on relevant WA issues and events.
- Involvement and engagement with the Permaculture community. Permaculture brings together sustainability sciences, ethics, environmental principles and just plain common sense into one overall guide for living.
- Local permaculture and gardening groups, Permablitz and other skill development workshops.
- Access to and training to be part of an effective WA Seed Saver Collective.
- An avenue to volunteering your expertise to be the change you wish to see in others.

<p><u>MEMBERSHIP AND DONATIONS</u></p> <p>To join, renew and support PermacultureWest please complete this registration form & send, email or hand it to us via the details above with your membership fee.</p> <p>Thank You For Your Support</p> <p>Your email address, phone & mailing address are never shared, and only a handful of dedicated volunteers have access to this list when needed.</p>	Name(s):	
	Full Address:	
	Postcode:	Phone:
	Email:	
	Membership* \$30 annual [] 1/2 year [] Corporate/Business - annual \$100 []	
	Renewing Member [] New Member []	
	Cash [] Cheque [] Bank Transfer [] Website Credit Card [] Banking: BSB: 633-000 Acc: 111195988	
	<input type="checkbox"/> Donation \$ _____	
Stay informed by ensuring you notify us of any changes to email, and contact details.		

*Memberships are due July 1st annually. New members joining after Jan 1st can pay a ½ year rate of \$15.

*Time/skill rich, cash poor? Please ask us about membership in lieu of services rendered.

PLEASE CHECK THE VOLUNTEER GROUPS AND COMMITTEE POSTITIONS BELOW AND MARK WHICH ONES YOU ARE INTERESTED IN AND SUBMIT WITH MEMBERSHIP. ALL POSITIONS ARE MENTORED.

<input type="checkbox"/> Co-Convener and Executive <input type="checkbox"/> Treasury and Finances <input type="checkbox"/> Memberships and Communication <input type="checkbox"/> Decision and Policy Committee Member <input type="checkbox"/> Permablitz Group <input type="checkbox"/> Events Coordination and Planning <input type="checkbox"/> Media Communications <input type="checkbox"/> Social and People Care Committee Suggestions:	<input type="checkbox"/> Enews and Magazine Team <input type="checkbox"/> Stall/Booth Volunteer for Events <input type="checkbox"/> Seed Saver Coordination <input type="checkbox"/> Seed and Plant Saver <input type="checkbox"/> Demonstration Home, Garden or Farm <input type="checkbox"/> IT and Technology Integration <input type="checkbox"/> Website maintenance and Design <input type="checkbox"/> Photographer Suggestions:	
OFFICIAL USE ONLY:	Receipt Given and Processed By:	Member Number: