



# Hills Local Permaculture Group

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**MARCH 19TH  
MEETING  
CHARLES OTWAY'S  
GARDEN  
COME & BE INSPIRED**

**RSVP REQUIRED**  
Email Silvia  
silviarose88  
@yahoo.com.au  
by 12 March

## Permaculture West—powering along

Permaculture West Co-Convenor, Sparkles Murphy, came to share with us what Permaculture West is up to at our February gathering. Last year the organisation moved forward in leaps and bounds thanks to the energy and passion of a number of volunteers committed to reinvigorating Permaculture West.

E-news is now being sent out to members with the second instalment full of inspirational articles from a variety of contributors.

Permablitz is alive and kicking off at South Fremantle Senior High School. Interest was overwhelming after the first permablitz last year. Through the coordinated planning of the permablitz team, participants were able to see a school garden transformed in one day through a combined group effort.

Permaculture West's web site has been revamped and is now on Facebook. Community blogs will be available on the site to create community and find out what other people are up to in their gardens. So check out the web site [www.permaculturewest.org.au](http://www.permaculturewest.org.au)

Jason Nicholls, the website coordinator, also came along to the meeting and was happy to discuss the changes and what is in store.

A number of Permaculture West members are now qualified Permaculture Design Course (PDC) teachers and will be running courses at various times throughout the year. Keep an eye on the web site to find out about the courses.

There are now several local permaculture groups already formed or in the midst of forming. Local groups provide skill sharing, resources and tools.

Permaculture West provides an outreach through events, education, courses and workshops.

The Visioning workshop held in February provided valuable feedback from members as to the future of the organisation. More on that at a later date.

The Seed Saving Network is in process of being set up.

Feel inspired. Why not join up  
<http://www.permaculturewest.org.au/about/joining>

There's never been a better time to join the groundswell of interest in permaculture.

Thanks Sparkles and Jason for coming along and sharing the news.

## Common Forms of Community Food Systems

### 1. Food box systems

Food box systems provide members with a weekly box of seasonal vegetables and fruit, plus other locally produced food such as honey, preserves, bread, eggs and dairy products. The most common and easiest system to manage is the standard box system which offers a mix of season produce.

Many people appreciate this as it helps them to understand the local growing cycle, to eat in season and also try some unusual foods and varieties. When there is a glut of one particular food or unusual items, the box system manager often includes interesting recipes. It is possible to order different sized boxes depending on household size.

Some larger and more complex groups offer an ordering service whereby the consumer can choose types of foods and quantities they prefer. This is a more consumer-oriented approach, whereas the standard box system is more farmer-oriented - consumers accepting what the farmer can produce.

The ordering system is preferred by some as it overcomes the unpredictability of meal planning that arises with the standard box system. It also avoids wastage of food when items arrive that no-one in the household likes. Generally orders are placed for the following week when the box arrives. Some groups now offer internet ordering.

Box systems support and encourage farmers to become more chemical free and polycultural. To generate the diversity required to meet consumer needs, often products are sourced from a number of local farmers. Food box systems can be coordinated by an individual, a cooperative, or a farmer.

The boxes are distributed weekly either directly to members or to a distribution node. Members can also arrange a roster to pick up the boxes directly from the farmer. This is one of the simplest community food systems to establish.

### 2. Subscription farms

Subscription farms are also commonly known as CSA (community supported agriculture) systems. Members of subscription farm systems sign up for a season (or a year) and pay up-front for that period. Each week a box is delivered to the subscribers either directly or to a distribution node.

The core difference between this and the food box systems described above is that the consumers pay up front for at least season and also share the financial responsibility of the crop's success or failure. In this system the farmer has a stable income and a guaranteed market for the crops. There is also reduced administration, marketing and packaging required. Some subscription farms have open days to allow members to see how the food is grown, to meet the farmers and to discuss food preferences for next season. Since essentially members have a share in the crops, the process of deciding what to grow is more participatory.

Other subscription farms develop eco-agricultural tourism facilities to enable members (and non-members) to holiday at the farm either as a working holiday or simply to relax in a rural environment. Members can attend or organise educational workshops at the farm, and programs for schools are common. Members can be called in to help on the farm at busy periods and in emergencies. Some offer discounts on the subscription fees in exchange for labour inputs.

The economic commitment by members generates greater levels of commitment and responsibility for the success of the crop. This system does require a high level of communication, commitment,

cooperation and involvement from both producer and consumer, and if a crop fails it is the loss is shared by all. Such losses can be overcome by having funds set aside (perhaps from the sale of excess produce to non-members) to buy produce from other farms.

### **3. Community food cooperatives**

Community food cooperatives can take many forms - cooperative farms, producer cooperatives, consumer cooperatives and cooperative shops. Community food systems cooperatives are operated according to the 7 international principles of cooperatives.

#### **3.1 Cooperative farms:**

A local community cooperative buys a farm and farms/manages together, sharing the produce equitably in relation to member input of money or labour. The cooperative may also choose to employ a farm manager and farm labourers, and use member labour at busy times to reduce costs.

#### **3.2 Producer cooperatives:**

Local farmers form a cooperative to bulk purchase inputs they require and to coordinate the marketing and distribution of their produce. In a community food system this is usually distributed to an urban cooperative, a box system, farmers markets or local organic restaurants.

#### **3.3 Consumer cooperatives:**

In the simplest form of consumer cooperatives, urban consumers work together to source and bulk-buy local chemical-free produce. Members take turns each week in collecting the produce and take turns for several months at being the organiser. At collection times, members come to the organisers house, or a common meeting point to share out the food together. Many groups use this as an opportunity to have shared community meal and discussion forum.

#### **3.4 Cooperative shops:**

Cooperative shops are owned and operated by a local community to meet local community need of fresh healthy food. Many cooperative shops include other items such as natural medicines, natural cleaning agents and locally made soaps, books, seeds and seedlings. The cooperative sources organic foods from the region and sells to members while also being open to the public, discount prices are offered to members who have bought shares and contributed to the capital needed to organise and maintain the cooperative. Further discounts are available to those who offer labour inputs. When profits are generated, they are circulated back into community. Some cooperatives aim not to make a profit beyond that needed for the cooperative development fund in order to keep the prices of the local organic food affordable. These shops become important community meeting places, display community notices and arrange educational events and farm tours.

### **4. Farmers markets**

Fresh food from the local region is sold directly from farmers to the consumers. Farmers markets focus on fresh produce, but also include cheeses, herbs, honey, breads, eggs, meat, preserves and other value added products. Some include local arts and crafts and natural fibre clothing. At the markets, farmers meet the people who eat their food and gain direct feedback. Consumers meet the people who grow their food and are able to find out more about it. This connection gives deeper meaning and satisfaction to both.

Farmers markets become social events - a weekly gathering of the community - including live music, street theatre, community and environmental stalls and street cafes. Some cities close central streets for this event, others have dedicated areas. The more centrally located the better. Organic

farmers markets are generally held once a week, although sometimes more often. Consumer preference is for more frequent markets however it is difficult for small farmers to manage more than one day a week at the market. To overcome this limitation some farmers have formed cooperatives to share the market time, but this reduces the directness of the connections which make farmers markets so valuable.

Farmers markets are one of the most popular forms of community food systems. There is a market renaissance happening around the world with a focus on establishing new organic markets and re-vitalising old markets that have existed continuously for hundreds of years, but that no longer sell local or chemical free produce.

## 5. Community gardens, allotment gardens and city farms

In these community food systems the consumers are the producers. These systems bring food production much closer to home and actively engage urban neighbourhoods in the production of food. It is not often that all food needs are able to be met in these gardens, but a large proportion of fruits and fresh greens, herbs and vegetables needs are produced. Other forms of community food systems are regularly linked with, or organised from, these projects to supplement food needs. Many city farms and community gardens play important community and environmental education roles. The awareness raised by these groups supports the establishment of other regional community food systems.

In all of these systems, members of a local neighbourhood work together to create food gardens in public spaces - parkland, schools, railway easements and other vacant or open space. These gardens are best located in and around towns and cities, away from main vehicle thoroughfares but with easy pedestrian, bicycle and public transport access.

Most systems are initiated by the community in response to an identified need. Others are started and supported by local municipalities as a community health or community development initiative. Food scraps from the members homes and neighbourhood are processed in community composting and worm farming systems to be used as soil and natural fertiliser in the gardens. Below is a brief description of each:



### 5.1 Shared community gardens:

The community garden is maintained collectively by a group, and produce is shared equitable among members. Resources and funds required are sourced together.

### 5.2 Allotments:

The community garden is divided into allotments which are each maintained separately and for which a nominal rent is paid. The individual members (or groups of friends) harvest and consume the produce they grow themselves. Trading often occurs between the allotment gardeners. In many European countries small cabins are constructed for weekend stays. Composting and orchards are usually managed together in shared spaces.

### 5.3 *City farms:*

When animals are included in these community gardening systems they are generally known as city farms. City farms are also more focussed on education and demonstration of sustainable urban living and are therefore found in highly visible locations. The elements generally found in city farms are: community managed gardens, allotment gardens, demonstration gardens, education programs, schools programs, plant nurseries, community seed banks and plant material exchange networks, animals, community recycling centres, shared tools, community composting, community food forests/orchards, community wood lots, picnic areas and/or community cafe, community festivals and markets, and playgrounds. City farms provide a focal point, a meeting place for local neighbourhoods. They often occupy larger areas than community gardens and hence members generally work together cooperatively achieving more than they could by working alone. This also provides opportunities for sharing skills and experience. The social and educational aspect of city farms is what attracts most people to them. City farms have also provided contact with animals and a 'rural' environment for inner city children that have never before had such an experience. The integrated nature of city farms enables them to become platforms for positive change within a neighbourhood.

### 5.4 *Weekend/holiday farms:*

This system is becoming increasingly popular in Asian cities where most people live in apartments and access to land is not available in the centre of the city, or is too polluted and contaminated. Farmers in close proximity to the city rent small plots of land to urban residents. Members come on the weekend to farm, relax and socialise with other gardeners. During the week the farmer waters the plots and prepares seedlings for the gardeners to plant to following week. The farmer also provides storage for tools, meeting and eating areas, educational workshops and school visits. In Hong Kong, the added income generated by this system has enabled small organic farmers to survive.

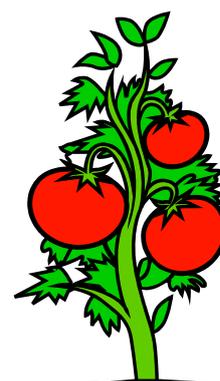
## 6. **Land trusts**

A farm near an urban area is held in trust by a charitable organisation established and managed by local community members. The land is leased to members or others from the region for variety of sustainable agriculture and related businesses (fruits, vegetables, herbs, livestock, forestry, teaching, crafts, dairy, etc). Some are land leases, others are activity leases. Usually 10% of net profit is returned to the land trust's maintenance fund or a revolving loan fund for the development of new leases.

Land trusts provides easier access to land for small businesses wishing to establish themselves and further reduces cost through the sharing of marketing and administration. The collective nature of the group of enterprises makes it a more interesting, vibrant and viable venture than all working alone. It also facilitates the integration of activities where the waste from one becomes the inputs for another. The aim is for the whole project to operate like an ecological system.

Land trusts are able to protect and maintain agricultural land in growing urban areas.

Researched and written by Morag Gamble August 2003  
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## Box Schemes - Part of the slow movement

Box schemes have gained popularity in the last 10 years and are becoming more and more common, especially in urban areas. If you are a member of a box scheme you will have a 'box' of fresh, seasonal fruit or vegetables delivered to you at regular intervals.

Box schemes are organised by the farmer, a wholesaler, or by someone in the community who connects directly with a farmer or wholesaler. Box schemes usually operate at the local community level but some are regional and occasionally there may be one that is coordinated at the state level, supplying local food to local people in each area where the scheme operates. The smaller the box scheme the more of the food dollar stays in your local area and the greater connection you feel for your food and your local area.

Just like other kinds of community food systems, the local box schemes make the connection between the farmer and the consumer closer, and this close connection does more to increase the guarantee of quality produce. It also helps the farmer get to know what consumers want.

Box schemes like other forms of community food systems support the slow movement and its emphasis on a connection to what is local. Box schemes contribute to, and support, the local economy in many ways. Producers who use a box scheme to sell their produce usually have more employees per hectare, and provide livelihood for farm families on a much smaller area than do conventional farming and distribution systems. And prices compete favourably with supermarket prices because there are fewer middle-people and fewer overheads.

Box schemes encourage social responsibility and increase the understanding of farming issues amongst consumers. Producers increase their understanding of consumer needs, which usually results in greater diversity in the farmed landscape.

### So what exactly is a 'box scheme'?

Despite its name a box scheme may not use boxes – it may use bags, or other containers. You order produce and products you want from a list or in some cases the contents of the box is determined by the producer depending on availability. The box is delivered at regular intervals, usually weekly.



When the contents of the box are determined by the producer or the operator of the scheme, and are subject to seasonal availability, the box scheme operator usually offers small, medium and family size boxes to meet different household needs.

The box scheme system of selling was developed by producers to shortcut the extended food supply chain and so sell their produce direct to local consumers. There are a number of variations to the box scheme around and there are an increasing number of home delivery businesses that buy produce from farms and wholesalers. Many box schemes also sell dairy produce, meat, wines and wholefoods.

Box schemes reduce transport costs to the environment and reduce packaging – the boxes are used over and over again.

Just as you would if shopping in other retail outlets, if you want organic, make sure the goods are certified.

### Will a box scheme meet my needs?

A box scheme will not suit all people. Because it is a delivery based system you need to make sure there is somewhere the box can be delivered that is suitable to both yourself and the scheme operator. Sometimes this is not possible. Drop-off points can often be your home, work, a neighbour's, or a central point where several other people also pick up their boxes. If you choose delivery to your home and you are not always home you need to arrange delivery to a protected spot eg in the shade of a tree or in a garden shed.

### What are the different attributes of a box scheme?

In some areas, customers are fortunate enough to have several box schemes to choose from. The following points may help you in your decision making:

- Is the produce certified?
- Does the box size suit your needs?
- Can you specify the produce?
- Is the produce local?
- Is the scheme locally owned and operated?
- Is information about the produce available to you?
- Is packaging kept to a minimum and reused?
- Is there a newsletter covering topical issues eg GM?
- Does the producer have farm walks or open days?

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### Local Food Movements matter

TIME magazine, article of February 15th 2011 reports on the rise of local food movements. They suggest that amongst other things, the reason for the food movements sprouting so rapidly is because food is about pleasure and it should taste better. “There are thousands of community-supported agriculture programs around the country, with more than 6,000 farmers markets and chefs like Alice Waters have become national superstars, sourcing local food has become fashionable, and even the Department of Agriculture has got into the sustainability game with its “Know Your Farmer, Know Your Food program”, which connects consumers to local producers.

Read the full article – *Foodies Can Eclipse (and Save) the Green Movement*  
<http://www.time.com/time/health/article/0,8599,2049255,00.html>

JOAN Dye Gussow, the Mother of the Sustainable Food Movement, emeritus chair of the Teachers College nutrition program at Columbia University, author of many books, the latest “*Growing Older, A Chronicle of Death, Life and Vegetables*” is also encouraged by the rise in the local food movements. Joan is a valuable member on the Slow Food USA Advisory Board.

Interviewed by Paula Crossfield in “*Civil Eats*” Joan says she is encouraged by the many experiments happening, amongst which are Slow Money (<http://www.slowmoney.org/>) which is putting money into agriculture and the food system. Slow Money’s goal is to see a million people investing 1% of their assets in local food systems... within the decade. Business Week called Slow Money one of the big ideas of 2010.

On February 24, 2011, in the nose, by pauline  
From Slow Food Perth web site: <http://slowfoodperth.org.au>

## Community Supported Agriculture - share in the harvest

*It's the next best thing to having your own vegetable garden*

**When you participate in the Mimsbrook CSA box scheme you will not only enjoy the freshest organic and biodynamic produce straight from certified farms but you will also directly support the farmers who grow it.**

Like farmer markets, Community Supported Agriculture is a growing worldwide phenomenon that allows consumers a closer connection to the land and people who grow the food that they eat.

CSA systems provide mutual benefits for consumers and producers by developing a regional food system, a strong local economy and a sense of community. CSAs encourage care of the land and acknowledge the experience of growers and producers on smaller farms.

Consumers who take advantage of the Mimsbrook CSA box scheme help farmers by financing farming operations through upfront payments for produce. This allows farmers to focus their efforts on the quality rather than quantity of food.

It also means that farmers of small operations can become viable in a system which favours corporatised and industrialised agriculture and all the negative effects that has on our food.

Why should you participate in our CSA box scheme?

- *You will be eating fresh organic and bio-dynamic food*
- *You will save money - CSA boxes are great value*
- *You'll know exactly where your food comes from*
- *You can get to know the people who grow your food*
- *Learn more about food production*
- *By helping small farms become more viable you help stop the loss of food-producing land to urban development and help with food system resilience*
- *Buying direct from farmers reduces the amount of packaging required for your food*
- *Buying food in season means reducing the environmental impact of the food you eat*

The greatest long-term benefit goes to the land itself. Community Supported Agriculture encourages sustainable farming practices which do not degrade soil or water.

Community Supported Agriculture can provide healthier organic food to more people for less money while at the same time sustaining the earth on which we live.

The contents of the boxes in our CSA scheme are fresh seasonal produce that we choose for you from Mimsbrook Farm and from other certified organic producers.

Our boxes are full of beautiful seasonal produce. While the mix of produce in a seasonal box will vary from week to week and some produce may not be available at some times during the year, by eating seasonal produce your food will be fresher, tastier, healthier and more nutritious.

You will also be helping the environment as most non-seasonal produce is kept in storage or transported great distances before it is sold.

We are now offering those who share in our harvest even greater food value and variety with a box for every type of household.

### ***Community Supported Agriculture at Mimsbrook Farm***

In 1994, Carmel Bainbridge took ownership of Mimsbrook Farm, a picturesque 12 acre farm located on the southern outskirts of Perth, Western Australia (35 minutes from the CBD). Biodynamic farming practices commenced on the farm in 1996 and Demeter certification was awarded in 2001.

Mimsbrook Farm held a public forum in late 2003 to gauge levels of interest in establishing a Community Supported Agriculture project and the first CSA project in Western Australia was launched in response to overwhelming community support.

The CSA at Mimsbrook Farm has grown and evolved, and in early 2006 we opened Mimsbrook Food Store in East Victoria Park.

As well as being a source of local, environmentally sustainable produce, Mimsbrook Farm Community Supported Agriculture also holds regular training workshops and public lectures.

### **Purchase and pick-up times are as follows:**

- From the shop at 65C Etwell St, East Victoria Park, from 10am to 5pm every Thursday and Friday, and from 9am to 3pm every Saturday and Sunday for box pick-ups of internet pre-orders and purchase of fresh available produce (includes milk, meat and dry goods).
- From the farm on Fridays from 10am to 1pm for internet pre-orders. All internet orders should be submitted from this website by 8pm on Tuesdays.

For enquiries regarding grocery deliveries or for further information about volunteering, please send us an email.

**For supplies of fresh biodynamic / organic fruit and vegetables, visit us at our shop in East Victoria Park.**

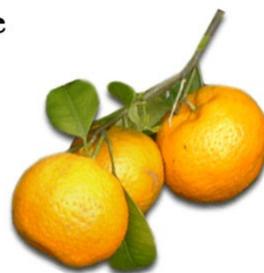
**Our farm is at:**

65 Keenan Street  
Darling Downs (near Armadale)  
Western Australia 6122

Phone (61 8) 9497 1412 | Fax (61 8) 9497 1582  
Email: Carmel Bainbridge at [carmelb@q-net.net.au](mailto:carmelb@q-net.net.au)  
Web site: [www.biodynamic-food.com](http://www.biodynamic-food.com)

### **Mimsbrook Biodynamic Community Supported Agriculture**

*Invest in  
your  
family's  
health*



Enjoy biodynamic/organic fresh local produce direct from the farm

You can access a large box of seasonal, fresh, certified biodynamic / organic produce that will easily feed a family of four for as little as \$60 per week. We even have box options for couples starting from just \$47 per week.

You can order your box right now from this website or you can place online orders for different fruit, vegetables, meat and other groceries.

If you prefer, Mimsbrook Farm's biodynamic and organic foods are available Wednesday to Sunday for shoppers at the Mimsbrook Farm biodynamic/organic food store in East Victoria Park.

Mimsbrook Farm is a bed and breakfast farmlet in Darling Downs near the Perth southern suburb of Armadale.

## Hot flushes may be a sign of good heart

Hot flushes are the bane of many menopausal women's lives, but they may have an upside, say US researchers.

Hot flushes at the onset of menopause may be linked to a reduced risk of having a heart attack or stroke, according to a new study published in the online edition of *Menopause*.

"While they are certainly bothersome, hot flushes may not be all bad," says Dr Emily Szmuiłowicz, the paper's lead author.

The researchers followed over 60,000 women with an average age of 63 who were enrolled in the Women's Health Observational Study for 10 years, to determine the relationship between menopause symptoms and vascular disease.

The women were grouped into four categories - women who experienced hot flushes and night sweats at the onset of menopause, later in menopause, during both time periods and not at all.

"We found that women who experienced symptoms when they began menopause had fewer cardiovascular events than those who experienced hot flushes late in menopause, or not at all," says Szmuiłowicz, an endocrinologist at the Northwestern Memorial Hospital in Chicago.

Hot flushes are caused by the dilation of blood vessels in the skin in response to perceived body temperature changes. Around 40 per cent of Australian women experience some symptoms during menopause and between 20 - 25 per cent experience severe symptoms.

While the mechanism is unclear, research over the last decade has linked hot flushes to an increased risk of heart attacks and strokes.

"It is reassuring that these symptoms, which are experienced by so many women [at the time of menopause], do not seem to correlate with increased risk of cardiovascular disease," says Szmuiłowicz.

### Late menopause symptoms up risk

Women who develop hot flushes in late menopause, however, may be at greater risk of cardiovascular disease and death, the research shows.

The ability to predict the risk of heart attack and stroke may vary with the onset of hot flushes at different stages of menopause, say the researchers, but more research is needed to understand the relationship between hot flushes and late menopause.

The authors add that the study is limited by the retrospective self-reporting of symptoms, and some of the women may have been taking hormone replacement therapy, which may mask the symptoms and is also linked to a greater cardiovascular risk for women over 70.

Professor Henry Burger a consultant endocrinologist to the Jean Hailes Foundation says the US study "adds to the information base" but is limited by its design.

"The relationship between heart disease and symptoms remains somewhat confusing."

One practical implication of the late symptom risk is that it should make women who experience late menopausal symptoms, and their doctors, more alert to taking preventative measures to stop them having heart attacks, he says.

Genelle Weule  
ABC  
Friday, 25 February 2011

## Toxoplasma blamed for Woylie decline

**MURDOCH University researchers are bidding to save an iconic WA marsupial from extinction, by embarking on the biggest study of parasites ever conducted in Australia.**

The project is focused on a struggling population of critically endangered Woylies near Manjimup in the Upper Warren region, which are riddled with behaviour-altering parasites.

The species is critically endangered with just a few hundred left in the wild, including the Upper Warren Woylies which are now infected with *Toxoplasma gondii* – a parasite that is known to cause rats to lose their innate fear of predators.

Researchers fear that the Woylies could be suffering the same effect, making them easy prey in the wild.

Murdoch University parasitologist Andrew Thompson says that more than half of the declining population is also infected with a novel species of *Trypanosoma* – a parasite similar to those that cause the deadly Chagas disease and sleeping sickness in humans.

A healthier population of Woylies living at Karakamia Wildlife Sanctuary in Chidlow (one hour east of Perth) are completely free of *Toxoplasma gondii* and has a *Trypanosoma* infection rate of only 10 per cent.

“There is literature and experimental evidence to show that two parasites together are worse than having the parasites singularly,” Prof Thompson says.

Prof Thompson and his team plan to study more than 24 Woylies, from both the healthier Chidlow population and the ailing Upper Warren group, at a new \$126,000 rehabilitation facility for small mammals in Malaga.

The facility was built using a LotteryWest grant, and for the first time allows researchers to study the Woylie in a controlled environment – crucial for watching the animal's behaviour while gaining an understanding both of Australian parasites and their role in the demise of native species.

They want to find out how the parasites are transmitted, if the parasites are changing the Woylie's behaviour, and what can be done to save the Woylies.

He believes the parasites are gaining a foothold in the Upper Warren group of Woylies, because the Woylies are already stressed by predators and lack of food.

*Toxoplasma* is common in most WA marsupials and normally occurs without causing illness. But in stressed animals the parasite can be lethal, researchers say.

“The parasite may have been naturally associated with the woylie, but there are other factors that have come along that are stressing the Woylie,” Prof Thompson says.

“It could be environmental stress, or food stress, or predators or habitat loss, but when the Woylie is under stress this can suppress its immunity and allow the parasite to become more virulent.”



Woylies are losing their fear of predators. Image: D. Mitchell

From Science Network Western Australia  
Written by Narelle Towie  
Wednesday, 16 February 2011

## Food Waste In Australia

Wilted lettuce leaves, milk past its use-by date, last night's leftovers - who isn't guilty of tossing these types of things in the rubbish every now and then?

While it might not feel like much at the time, collectively, Australians are wasting \$5.2 billion worth of food each year.

This concerning finding was revealed in an Australia Institute survey into the amount of food Australians throw away uneaten and reasons why, including their behaviour around meal planning, shopping and food waste.

The survey found that Australians are throwing out \$1.1 billion worth of fresh fruit and vegetables every year. A similar amount is spent on restaurant and takeaway food that is ordered and then not eaten. A further \$872.5 million worth of meat and fish is thrown away along with bread, pasta and rice valued at \$570.7 million and another \$512.3 million in dairy products.



As a nation we're throwing away more food than the amount we spend on digital equipment such as flat screen TVs.

Queenslanders are the worst (or the most honest) performers, throwing out \$678 per household per year, 10 per cent above the Australian average. New South Wales and the Australian Capital Territory are also wasting more than average.

At the other end of the scale, South Australian households are throwing away the least amount of food, around \$517 worth annually, which is 16 per cent below the Australian average. Victorian and Tasmanian households are also wasting less than the Australian average.

The environmental consequences of such waste are huge. Scarce water resources are wasted and unnecessary greenhouse gas emissions are generated through wasted production and decomposition in landfills. The methane that decomposing food produces has a greenhouse gas equivalency twenty-five times higher than carbon dioxide.

The benefits of reducing food waste for the environment seem obvious, however it is the household budget that is seen as the biggest incentive for doing so. According to respondents to the food waste survey, it is the potential financial savings that are more likely to motivate them to reduce their waste. Environmental reasons were identified as a motivating factor at only half the rate of the potential personal or financial savings to be gained.

One reason for the low priority attributed to environmental motivators may be the seemingly ambivalent concern Australians hold about food waste as an important issue. The majority of households reported being only *somewhat concerned* about their household's level of wasted food.

The challenge for government policy aimed at reducing levels of household food waste lies in the contradictory behaviour of Australians. For example, householders who believe that only buying food that will be eaten is the best way to reduce food waste indicated that they usually plan ahead, take a list and only buy what is on the list when grocery shopping. However, the same people also agreed that they often buy things on the spur of the moment.

In order to reduce food waste, Australians need to be reminded about how much food is being thrown away uneaten and how small behavioural changes when buying and using food, including those promoted by the Do Something FoodWise campaign, who The Australia Institute has partnered with, have the potential to achieve large reductions in the amount of food waste in Australia.

Written by David Baker, a Research Fellow at The Australia Institute and is the report co-author of *'What a waste - an analysis of household expenditure on food'*  
Policy Brief no. 6, November 2009. Written by David Baker, Josh Fear and Richard Denniss.  
Available at [www.tai.org.au](http://www.tai.org.au)

### **Household bins contain over 5 kgs of food waste**

Studies in metropolitan Sydney showed that the average household bin contains 11kg of garbage, with 5.8 kgs of that compostable waste. 95% of this compostable matter was food waste.

### **We're not alone**

Food waste is a problem in many countries. In the UK, the Waste Resources and Action Programme (WRAP) estimates that a third of the food bought is thrown out. If that food waste was eradicated, it would be equivalent to taking one in five cars off the road.

### **Australian households bin \$616 of food per annum**

Research by The Australia Institute shows that Australians throw away about \$5.2 billion worth of food every year. This includes \$1.1 billion of fruit and vegetables. The Institute estimates that the average Australian household throws away \$616 worth of food per annum.

### **We waste close to 3 million tonnes of food a year**

Australians waste close to 3 million tonnes of food per annum. That's equivalent to 136 kilos per person per annum (2006-7 figures from Sustainability Victoria show that Victorians alone waste 700,000 tonnes of food waste per annum).

### **Food waste in landfill generates methane**

When food rots in landfill, it gives off a greenhouse gas called methane. This methane is 25 times more potent a greenhouse gas than the carbon pollution that comes out of your car exhaust.

### **Greenhouse gases are released throughout food production**

When you throw out food, what you see in the bin is not the only waste. You're also throwing away the massive amount of resources it took to get that food all the way from the 'paddock to your plate.' That includes all elements of production, processing, storage, refrigeration, transportation and cooking.

### **Food produces 11.4 million tonnes of emissions a year**

Using 'paddock to plate' calculations, WRAP in the UK estimate that one ton of food waste generates 3.8 tons of CO<sub>2</sub> equivalent emissions. Using the same figures, food waste in Australia is responsible for 11.4 million tons of CO<sub>2</sub> equivalent emissions every year.

### **A kilo of beef waste costs 50,000 litres of water**

Wasting food also wastes the water that went into its production. According to CSIRO data, dumping a kilo of beef wastes the 50,000 litres of water it took to produce that meat. Throwing out a kilo of white rice will waste 1,550 litres.

### **Supermarkets waste significant quantities of food**

Tens of millions of kilograms of safe edible fresh food and groceries are discarded every year. This is due to changed labelling regulations, end of season excess stock, production line changeover items, out-dated packaging, discontinued product, as well as slight label or weight inaccuracies.

Taken from [FoodWise.com.au](http://FoodWise.com.au)

## ‘Citizen Scientists’ walk the ClimateWatch trail

A GROWING number of people are taking part in scientific research through ‘citizen science’ projects.

ClimateWatch is an initiative of the Earthwatch Institute of Australia aimed at people of all ages to join forces in gathering data to aid scientists in their research on climate change.

The first ClimateWatch trail at Piney Lakes Reserve was launched in November 2010 and the second, a follow-up summer observation, in February 2011.

Penny Musgrove, City of Melville’s Environment Officer, opened the summer ClimateWatch trail at Piney Lakes Environment Education Centre, which is a purpose-built, sustainable, solar passive designed building.

“We are not connected to the power grid, instead we use solar and wind power with a back-up generator. We collect all our own water in rainwater tanks totalling 60,000 litres, and our toilets flush with groundwater. We have a hybrid toilet system with our own anaerobic sewerage system,” she says.



Bobtails are among 12 species under observation at Piney Lakes

Ms Musgrove introduced ClimateWatch program manager, Rich Weatherill, who outlined the ClimateWatch initiative as a world-wide response to collect data on biodiversity, to inform policy making, as well as sustainable land management practices.

“ClimateWatch is a not-for-profit organisation promoting sustainability by engaging people in science-based conservation,” Mr Weatherill says.

“The Piney Lakes ClimateWatch trail has 12 species which may be observed each season to gather data on any changes. In this way it can be determined if temperature increases are affecting the timing of flowering or nesting,” he says.

“The species selected are easy to identify and there’s more information about them on the ClimateWatch website.” The species includes Native Wisteria, Banksia, Magpies, White-cheeked Honeyeaters and Bobtail Lizards.

Observations are recorded in ClimateWatch trail pocket-guides which participants then input to the website. Recording involves ticking a choice of several descriptions accompanied with images such as: end of flowering, calling, and bird feeding young.

The ClimateWatch website details the 12 species under observation at Piney Lakes, however participants are able to enter more observations from their backyards.

ClimateWatch has plans to increase the number of species under observation to give a clear indication of climate change.

To register to become a ClimateWatcher go to [www.climatewatch.org.au](http://www.climatewatch.org.au)



## Splendid Fairy-wren

*Malurus splendens*

### Appearance:

- **Colour:** The male is unmistakable in full breeding varying from cobalt-blue in the east of its range to violet-blue in the west with a pale blue head. Wings and long tail are brown with a blue wash. In non-breeding plumage, called eclipse, he is very similar to the female, being pale brown above and white underneath although he retains the blue wash on wings and tail. The young look like the females.
- **Size:** 14cm

### Behaviour:

- **Call:** A rapid series of slightly metallic, high-pitched pips that blend into an "undulating" call.
- **Diet:** Mostly insects and other small invertebrates. They live in groups which forage together on the ground and in shrubs.
- **Flight:** A series of jaunty hops and bounces
- **Breeding:** The female builds an oval domed nest usually near the ground in thick cover. Materials include grass, bark, spider webs and down. The female is the only member of the group to incubate the eggs, but all members of the group feed the chicks. The female lays 2-4 white eggs speckled reddish brown. The female incubates the eggs for 14-15 days. After hatching the nestlings are fed by the group for 10 -13 days.

From Climate Watch website

*Photos by Chris Tate—male (above) and male in eclipse (below)*



## How to make a Worm Tower

*Use the free services of resident earthworms to make one of nature's most potent fertilizers*

Vermicompost, or compost made mostly by earthworms, is seven times richer in plant nutrients compared to compost created mostly by fungi and bacteria, and recent studies suggest that small amounts mixed into soil suppress diseases, slugs and insects. Numerous studies have shown that when only 10 percent of the volume of potting soil used to grow seedlings is vermicompost, a huge range of plants simply grow better — from carrots to tomatoes to zinnias. It's easy to entice earthworms to work their magic right in your garden, or you can make vermicompost in enclosed bins, or both! In addition to improving soil chemically with their castings (a mixture of manure and slime emitted through the worms' skin), earthworms improve it physically by opening airways and drainage holes as they travel. *(Info from Barbara Pleasant of Mother Earth News, 2008)*

A worm tower is a simple and effective way to take any garden bed from average yield to gloriously abundant. Simple to build, with materials you probably already have, a worm tower is the perfect addition to any garden bed, in any climate.

It will bring increased fertility to your plants, improve your soil, make every living thing very happy and process organic waste to boot.

We've been adding worm towers to garden projects for a couple of years. We love them because they are so simple to make, are energy efficient and they are so beneficial. Who came up with the idea originally we do not know, but it's a darn good one.

Essentially a worm tower is an in-garden worm farm that allows the worms and their nutrients to interact directly with the surrounding garden bed. It consists of a vertical pipe, placed half-submerged in a garden bed, with holes drilled in it.

The pipe contains a bunch of compost worms, and you periodically feed the worms with handfuls of organic matter (kitchen scraps, leaf litter, weeds, etc).

The worms do their wonderful wormy thing and convert that organic matter into rich worm poo and worm juice. The worm juice leaches out the holes and into the surrounding garden, bringing increased soil moisture, microbiology, fertility and in turn yummy vegies, for very little effort on your part.



The worms can venture out into the soil of the garden bed if they choose, and come back to feed (compost worms will tend to stay put, though, which is fine). Every 6 months or so you can clean out the worm tower and harvest the rich, fertile worm poo, using it as you choose on your garden.

You will also have created a bunch more worms (they double in number every month, usually), which you can then distribute to other worm towers, or give to friends.

It always amazes me how much little nudges of fertility can benefit an entire system. It's that whole 1% rule, yet again. And though you do need to keep feeding them, a worm tower is an incredibly effective and low energy-input way of increasing the goodness in your garden, and they're very easy to get going and to maintain.



### To make your own worm tower, you will need:

1. A piece of wide plastic pipe (150mm wide or thereabouts) about 50cm long.
2. A drill, to make holes in the pipe
3. A saw, to cut the pipe to your desired length
4. Compost worms! 50 would be plenty
5. Newspaper and water
6. A terracotta pot (or similar) to fit over the end of the pipe



### And here's how to do it:

1. Give the pipe a wash, and drill it with holes which are at least 5mm in diameter
2. Choose a spot in your garden bed for the worm tower. Allow for easy access (for adding organic material) and for maximum benefit to the plants around it.
3. Decide how deep you want the worm tower in your garden bed. This will depend on your soil and how you've made the bed. Let's say 30cm deep.
4. Cut your pipe so its entire length allows for your desired depth plus 20cm above the surface of the bed.
5. Dig a 30cm deep hole, a bit bigger than the diameter of your pipe, in your chosen spot.
6. Place your pipe in the hole, and fill in around it so the pipe stands steadily. You should have roughly 20cm of pipe above the surface.
7. Add a thick layer of dry carbon material (straw, dry grass etc) in the bottom of the pipe, to a depth of 10cm
8. Tear your newspaper into strips and soak in a bucket of water (or use some other carbon-rich material for this step – straw, dead grass, etc).
9. Place a thick bedding of wet newspaper strips in the bottom of the pipe, maybe 15cm deep.
10. Add your worms!
11. Add another layer (5cm) of wet newspaper to bed the worms down, and help them get over the excitement of becoming worm tower residents.
12. Place terracotta pot on top of the pipe, as a lid to exclude rain and keep critters out of the worm tower.
13. In a couple of days, start adding handfuls of organic matter, and off you go!



Now that you've got the hang of it, make another 5 worm towers and scatter them throughout your garden beds.

You will soon get a feel for how often to add more organic material to the worm tower – the worms will process the material at different rates depending on the season and temperature. So sneak a peek every couple of days, and add accordingly.

One of the other great things about this system is that, because the worm tower is half submerged in the soil, its ambient temperature is relatively stable – something the worms appreciate greatly. They will soon be munching away, breeding up and creating highly nutritious soil food for your garden.

Another great thing about worm towers is depending on what sort of lid you use, they can be a very discreet and aesthetically integrated addition to any garden, unlike a worm farm, which usually looks like a big black box.

A worm tower takes no more than half an hour to construct and install once you have all the bits, and will bring significant and lasting fertility to any system. We plan to use them extensively in the Milkwood Farm kitchen garden, and every garden we've seen one installed in has always been blooming marvellously.

Yet another example of slow, small solutions adding up to provide complexity, stability and abundance.

From Milkwood website <http://milkwood.net>



“We happen to have worm & compost expert [Nancy Klehm](#) staying with us this weekend, and she explained to us that this particular technology (a worm tower) makes a lot of sense for hot, dry climates (note the video comes from Australia), because it's sunken and it allows the worms to distribute themselves in the cool soil during the day.

From Root Simple blog 26 February 2011

Watch the Youtube video on *How to make a worm tower.*

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



## Making the connection to life through natural rhythms

Natural rhythms guide all that we do – our very existence. Our breath and heartbeat are constant reminders of life's pulsing rhythm that moves within and around us.

Our lives are orchestrated or guided by the rising and setting of the sun and the moon, the changes in temperature from day to night and from season to season, the tidal ebb and flow, and by our own internal rhythm. These rhythms guide our daily activity.

Not only are there external rhythms and cycles, there are also rhythms and cycles in our own lives. Women, more than men are affected by the daily and monthly cycles that guide our energy, moods and sleep. When our rhythms are in sync, life flows easily – we have more energy and tend to view things more positively, and we are more socially connected and find life more satisfying.

The body rhythms are called circadian rhythms. These signal and affect every aspect of our life, for example, they govern when to wake up, to sleep, to be active and they determine how much energy we have. They play a role in our socializing – they influence how we socialize and how we feel.

These circadian rhythms are as predictable as clockwork – that is why we are said to have a body clock.

Our life has a rhythm of its own and the stages of our life from babyhood, through childhood, adolescence, adulthood, parenthood, and aging, show us that we have a life cycle of which birth and death are a part. The slow movement is about being aware of, and connecting to, these rhythms and cycles, and working with them instead of against them or in ignorance of them.

Many people live their lives cut off from the natural rhythms and cycles of nature and of their own bodies. They no longer get up with the sun, and they may stay up till the wee hours of the morning. Their pace of life is such that it is inconsequential whether it is night or day or winter or summer. The phases of the moon go unnoticed. Even the stages of their own life go unnoticed. This plays havoc with their body clocks. Their erratic stressful lives are in a state of arrhythmia. Arrhythmia is a term used to refer to the disorders of the regular beating of the heart, for example wild erratic beating, slow uneven beating.

For people with arrhythmia of life their bodies and lives are out of sync with the natural world and the natural rhythms that govern all life.

For many young people growing up today, they only know life arrhythmia. For them, this state of deviation from nature appears normal. They have not experienced living in tune with the natural rhythms.

Traditionally all cultures have lived in harmony with the natural rhythms and cycles and have included celebrations, festivals and outdoor events to reinforce their occurrence. Most of these are now lost to our current consumeristic, success oriented lives.

We can bring these traditions back by marking them with some activity. For example, we could hold an organic dinner party for friends to mark the solstices and equinoxes. A way to notice and be in tune with the seasons and diurnal rhythms is to start a veggie garden. Not only will you connect to your food source, you will connect more easily with these life rhythms.

More than ever before our children and ourselves, need to be part of the slow movement and live in tune with the natural rhythms and cycles that have guided our evolution for the past 2 billion years. We need to connect to life.

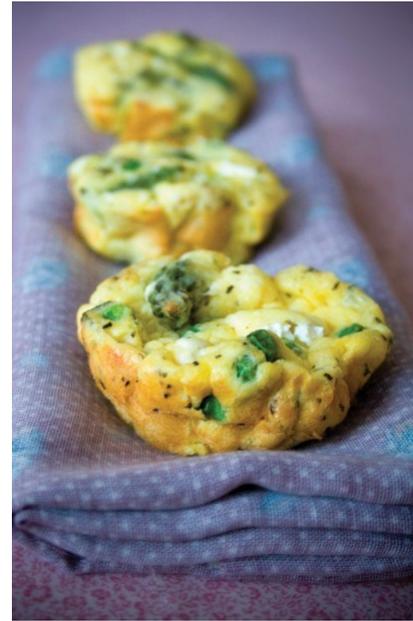
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From Slow Movement website <http://www.slowmovement.com>

## Mini Asparagus and Mint Frittatas

### Ingredients

- 1 bunch asparagus
- 1/2 Tbsp oil
- 8 eggs
- 1 cup green peas
- 1/4 cup self raising flour, sifted
- 2 Tbsp roughly chopped fresh mint
- 1/2 cup grated tasty cheese
- 200g feta cheese, cubed
- 1 tsp salt
- black pepper, to taste
- cooking spray, to grease



### Method

1. Preheat oven to 180°C. Snap woody ends off asparagus, discard ends and cut stalks into quarters.
2. In a small pan, heat oil over a medium heat and cook asparagus pieces for 5 minutes or until bright green and tender.
3. In a large bowl whisk together eggs, add cooked asparagus and remaining ingredients and stir through.
4. Grease a 12-hole muffin pan with cooking spray, spoon mixture evenly into each hole and bake for 15-20 minutes, or until cooked through.

## Pearl Barley Salad

### Ingredients

- 1 cup pearl barley
- 2 handfuls baby salad leaves
- 10-12 cherry tomatoes, halved
- 2 Tbsp sunflower seeds
- 2 Tbsp extra virgin olive oil
- 3 Tbsp white wine vinegar
- 100g goats feta
- salt and pepper, to taste



### Method

1. Cook barley in 6 cups of boiling water for 30-35 minutes or until tender. Drain, rinse with cold water and set aside to cool.
2. In a large salad bowl combine barley, salad leaves, tomatoes and sunflower seeds. Pour over olive oil and white wine vinegar, crumble in feta, season with salt and pepper and mix through.

## Red Quinoa & Fennel Salad with Lemon and Mint Dressing

### Ingredients

- 1/3 cup olive oil
- juice of one small lemon
- juice of one lime
- 2 tablespoons of chopped fresh mint
- salt and pepper, to taste
- 1 cob of corn
- 1 cup red quinoa
- 2 1/2 cups water
- 1 fennel bulb with stalks and fronds, thinly sliced
- 1 medium cucumber, sliced diagonally
- 1 green capsicum, chopped
- extra chopped mint (optional)
- avocado (optional)



### Method

1. To make the dressing, put olive oil, lemon juice, lime juice, mint, salt and pepper into a screw top jar and shake to combine and thicken. If you have time, this is best made a few hours beforehand to allow flavours to develop.
2. Shuck the corn (remove husks and snap off base). Use a sharp knife to cut off kernels. Set aside.
3. Rinse quinoa and place in a medium sized pot with water and a pinch of salt. Bring to a boil, reduce heat, cover and simmer for 15 -20 minutes or until water has been completely absorbed and the germ ring has separated from seed.
4. During the last five minutes of cooking quinoa (just before the ring separates), add corn kernels to a steamer and steam above quinoa for five minutes. Alternatively, skip this step if you prefer raw corn.
5. Allow quinoa and corn to cool.
6. In a large bowl, combine remaining ingredients, pour over salad dressing and mix through. Top with extra chopped mint or avocado.

### Hints & Tips

Cooked red quinoa holds its shape much better than white quinoa, therefore is ideal for salads. It also has a slightly stronger, nuttier taste and can be bought from most health food stores. However, white quinoa, brown rice, couscous or even pasta can be used if more readily available.

Recipes from Ceres Fair Food website  
Martha Goes Green, Melbourne  
[www.ceresfairfood.org.au](http://www.ceresfairfood.org.au)

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



## Waste Watchers in the Hills

Most of the techniques and strategies applied by 'Weight Watchers' can be applied to another problem of excess that is really 'stacking it on' in an environmental sense - the huge excess of waste that we generate through our present unsustainable lifestyles.

This presentation will:

- show you how to significantly trim your waste profile
- save money and feel better by doing the right thing by the environment
- explain how some countries actually bill people for waste

**We have a real vision for this to work and have begun a dialogue with the Shire of Mundaring.**



**7:30pm Monday March 14**

**St. Cuthbert's Church Hall on the corner of Darlington & Hillsden Roads, Darlington.**

Plus "The Story of Stuff" a brilliant short animation about consumerism gone mad and a five minute documentary about an endangered plastic bag.

### **A HILLS SUSTAINABILITY GROUP PRESENTATION**

For more information phone Keith 9299 7025 or Patrick 9295 4080

**Gold Coin Donation – light refreshments provided.**

## Carnaby's cockatoo documentary to take flight



*Mother Maggie with her baby chick during filming of On a Wing and a Prayer.*

**A DOCUMENTARY following the life-cycle of the endangered Carnaby's cockatoo and the determination of DEC Senior Wildlife Investigator Rick Dawson to protect them is currently in post-production for ABC TV.**

Sea Dog Films Company Director Leighton De Barros intensively followed one particular family of Carnaby's for six months of filming and hopes the resulting documentary—*On a Wing and a Prayer*—will generate awareness of the plight of one of Australia's most loved, but critically endangered birds.

"We wanted to tell people about the amazingly unique story of the Carnaby's struggle to survive. I wanted to capture their behaviour and showcase the special nature of these beautiful birds, which up until

now had never been captured on film," Leighton said.

"I also wanted to tell people about the incredible work that Rick Dawson is doing. So I wrote this great story and worked very hard to get it funded.

"I have dedicated every hour of every day over the past six months to achieving this, but it's all paying off and I think we are going to have a wonderful film.

"The documentary will be broadcast in prime time, Sunday evenings on ABC TV and it will be sold around the world by ABC Distribution—so we are hoping that millions of people around the world will see the film and discover more about Carnaby's cockatoo."

Leighton said his passion for the cockatoo developed while producing

another DEC-related and award winning documentary—*Whale Patrol*.

"I met Rick Dawson while making *Whale Patrol* which focused on the work of Doug Coughran and DEC's whale disentanglement team," he said.

"Rick spoke of his work with Carnaby's and invited me out on a couple of jobs to see first-hand what he did. I was hooked almost immediately on these magnificent birds and their amazing story.

"I thought it was a story that Australia and the world needed to know, so we got together with Screenwest, ABC TV and ABC Commercial to make it happen."

You can view previews and follow the latest developments of the *On a Wing and a Prayer* documentary by visiting [www.wingandaprayer.com.au](http://www.wingandaprayer.com.au).



Photo from Water Corporation web site—[www.watercorporation.com.au](http://www.watercorporation.com.au)

# PERMACULTURE INTRO COURSE

*March  
19 & 26*



**Interested in growing your own food?**

**Already grow your own & want bigger or better harvests?**

**Does the phrase "I'm just not a green thumb" sound familiar?**

**Want to learn new skills & share ideas with likeminded people?**

In this introduction to Permaculture you will learn a set of transferrable skills and design principles that will help you grow amazing vegetables, maximise your yields and help you design not only better patches but also community projects.

---

**Venue: Lockridge Community Garden**

**Presenters: Brooke "Sparkles" Murphy & Joshua Hobby**

**Cost: \$220/\$180 (unwaged)**

We will be covering the basics of permaculture design, philosophy and garden skills to complete your permaculture system. We will be exploring global and local issues and their solutions in a permaculture paradigm. Our course includes a forest garden site visit and a composting workshop in the local community garden. Two days of wholesome green fingered fun and inspiration!

**For more info contact Sparkles:**

**[sparklemerchant@yahoo.com.au](mailto:sparklemerchant@yahoo.com.au) / 0406449369**

## Introduction to Permaculture

A practical hands on approach to designing and building productive and beautiful gardens presented by:

Susan Hartley and Karen McKenzie

Interested in growing nutritious, organic veggies? How to select and care for chickens? Want to reduce your power and water bills? Need to know how to build healthy soils? Want to be a part of a more connected community creating a higher happiness index!

Then a short Introduction to Permaculture Course is for you. We promise you will build personal resilience, learn new skills, meet great people and be inspired.

Re-scheduled Dates

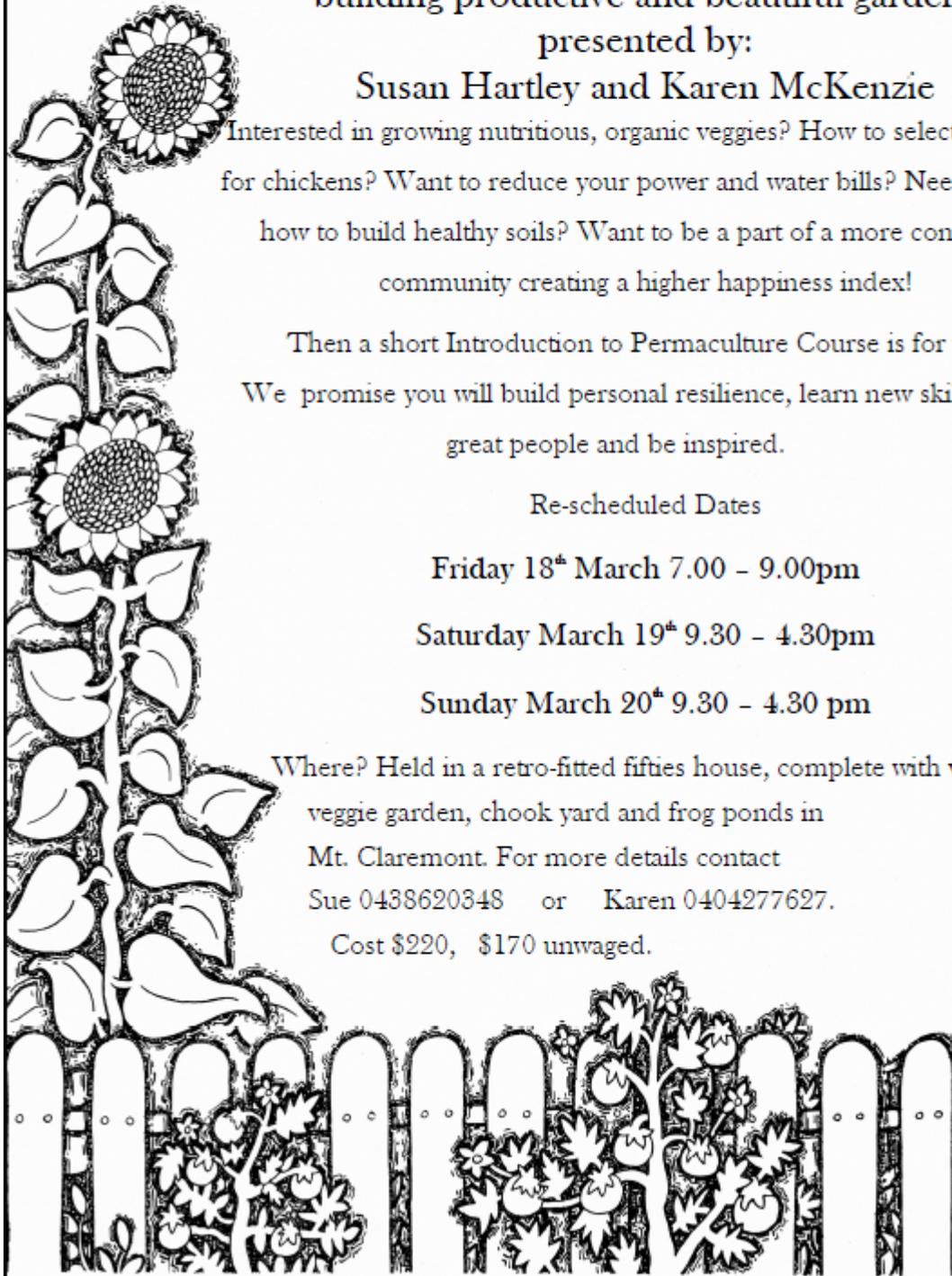
Friday 18<sup>th</sup> March 7.00 - 9.00pm

Saturday March 19<sup>th</sup> 9.30 - 4.30pm

Sunday March 20<sup>th</sup> 9.30 - 4.30 pm

Where? Held in a retro-fitted fifties house, complete with verge veggie garden, chook yard and frog ponds in Mt. Claremont. For more details contact Sue 0438620348 or Karen 0404277627.

Cost \$220, \$170 unwaged.



Mout Helena Whim Festival, Western Australia



**The Whim Festival** is a celebration of Mount Helena that aims to build on our sense of community. *The spirit of the Whim is personal well being in a healthy, inclusive and sustainable environment.*

The committee provides the facilities and support for a family event in a central place where we may enjoy a Sunday in spring. We are looking for people interested in joining us to make it happen.

### Building Connections

The Mount Helena community provides and uses all manner of goods and services. We are often unaware of the existence of the performer, artist, producer, service provider or community group or, from the other perspective, potential member, audience or customer. Under the umbrella of the Mount Helena Residents and Ratepayers Association, the Whim plans to bring all of these groups together in a pleasant setting

### Venue and Facilities

Pioneer Park Mount Helena will be set up with:

- a large covered stage plus small stage with sound equipment and technician
- shaded seating
- electricity
- shaded market area
- food and drink stalls.

### Who

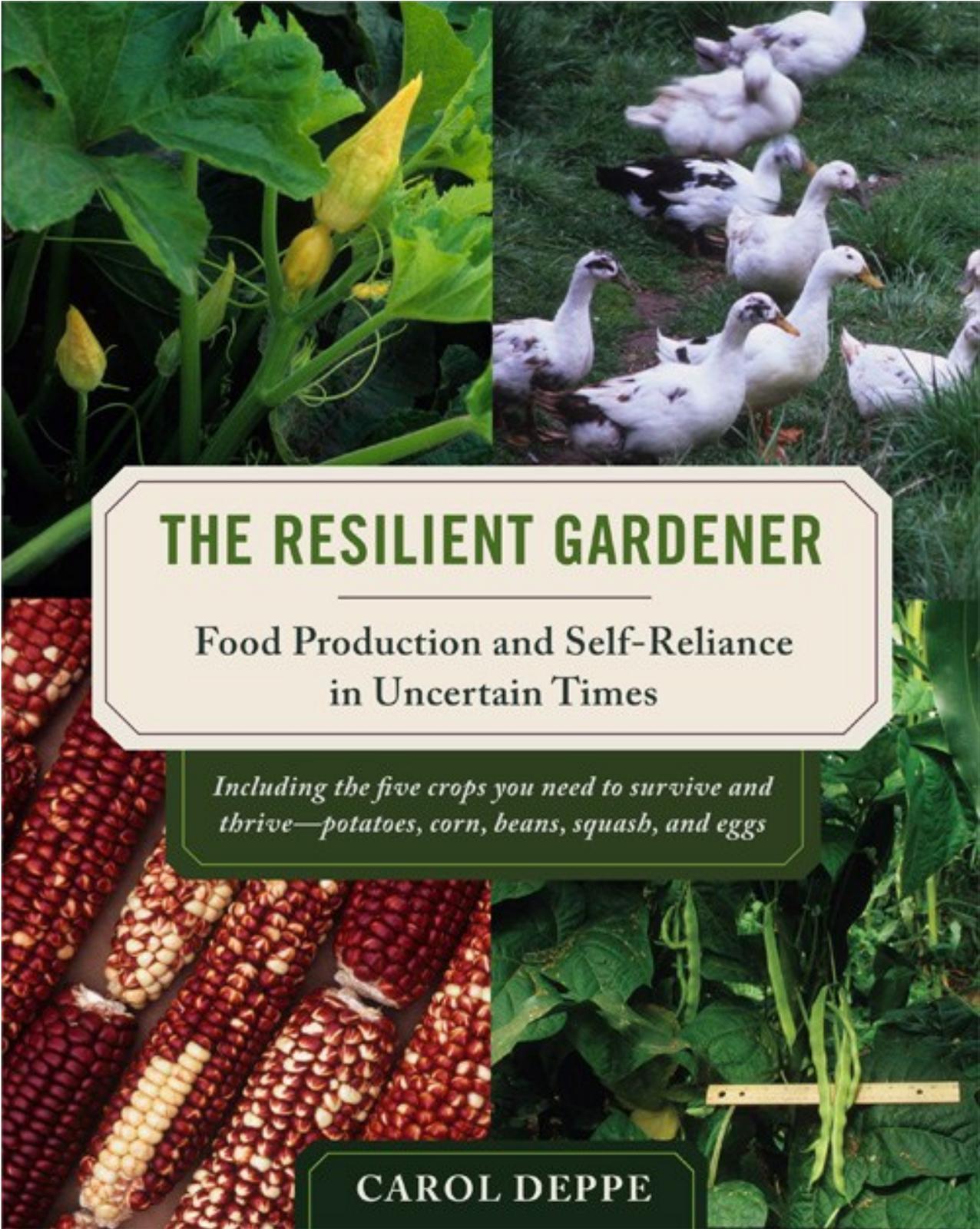
We are looking for the participation of:

- schools and education facilities
- sporting and service clubs
- artists and performers
- local food producers and craft makers
- commercial and community groups

### Why?

- To promote services and opportunities
- To fundraise for not for profit groups
- To sell produce or handcrafts
- To recruit for organisations and clubs
- To entertain an audience
- To pass on a skill
- To provide hands-on activities for all ages
- To have fun!

<http://www.mthelena.org.au/festival2011.html>



# THE RESILIENT GARDENER

Food Production and Self-Reliance  
in Uncertain Times

*Including the five crops you need to survive and thrive—potatoes, corn, beans, squash, and eggs*

CAROL DEPPE

## 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

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

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

GroundGrocer.com Earth Supplies

**NEW**

Online shop for composting products, compost tea brewers, monitoring equipment, microscopes and bioactive soil additives - everything you need to put the life back in your soils.

<http://www.groundgrocer.com>

### **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**

Tass1Trees – specialising in fruiting plants – Fruit Trees

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

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/>

Nutritech Solutions – products for organic gardening

<http://www.nutri-tech.com.au>

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)

Vital Organics

**NEW**

WA distributor of Natrakelp, located in Darlington. Natrakelp is a liquid seaweed for plants, animals and soil conditioner.

<http://www.vitalorganics.net.au/>

### **Permaculture / Living simply**

City Farm

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



**Links (cont.)**

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

Peacetree Permaculture & Edible Landscapes (PPAEL)  
<http://www.peacetreepermaculture.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  
<http://permaculturepower.wordpress.com/>

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

Dr Ross Mars - permaculture Designer, Teacher, Author, Consultant.  
Candlelight Farm and Candlelight Trust  
[www.cfpermaculture.com](http://www.cfpermaculture.com) / [www.redplanetplants.com](http://www.redplanetplants.com)

Water Installations and Greywater Reuse Systems - greywater and rainwater tank installations, manufacturer and consultant.  
[www.waterinstallations.com](http://www.waterinstallations.com) / [www.greywaterreuse.com.au](http://www.greywaterreuse.com.au)

Sustainable Agriculture Research Institute – Jeff Nugent  
[www.permacultureplants.net](http://www.permacultureplants.net)

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 Ct, Canning Vale WA 6155 (08) 6258 0333

Landmark – wide range of products, including multigrow

32 Farrall Road, Midvale WA

<http://www.landmark.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

Shop 6, 3-5 Railway Parade, Glen Forrest

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

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)

**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)

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.

