

# Hills Local Permaculture Group

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**NEXT MEETING—  
SATURDAY 19TH  
JUNE**

TO BE ADVISED

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

If you have any seedlings to spare please bring these for the children's garden project

**Volume 1, issue 3**

**May 2010**

## **Creating compost - May gathering**



Helen Stewart explains the process involved in making the black gold compost to HLPG members.

The compost bin beautifully made by Ken Turrell.

Sharryn and Ken sourced all the second hand materials required, as well as gathering the ingredients for the compost.



The group busy with the compost making process.



## The Black Gold compost recipe

*What you need – the ingredients:*

- Bales of straw – *can use Pea straw but that is expensive. Wheat or Oats or Barley will do just fine.*  
*You will need a **minimum of four bales** to keep the moisture in and make a reasonable amount. You can use more bales, but four is the minimum.*
- Manure – cow, chicken, Multigrow or dynamic lifter.  
*Multigrow is composted and pelletised chicken manure. An effective, organic all purpose fertiliser. The product is available from Green Life Soil Co. or Landmark in Midvale.*
- Molasses  
*You can buy in bulk at stockfeed places but may need to bring your own container.*
- Seasol and/or fish emulsion

*What you need to do – the recipe:*

1. Find a place that you can leave the compost on the ground for at least nine to twelve months.
2. Put two bales on the ground side by side and cut the strings, but don't spread the straw out. Just loosen the bales up a little so that the straw can absorb moisture more easily.
3. Thoroughly wet these two bales - you may need to water them, and come back and do it again.
4. On top of these bales put as much manure as you like or can. Use cow, chook, Multigrow or dynamic lifter and work it into the bale (gently) with the hose and a hand fork - don't drown it this time.
5. Mix up a watering can of Molasses (about a 3/4 cup full) plus Seasol and/or fish emulsion, and water on the bales.
6. Place two more bales on top of the bottom bales but go across them this time, and do the same again. Cut the strings, etc (*items 2-5*) like a layer cake.
7. When finished, cover with black plastic or a tarpaulin or some such, to keep the bales moist.
8. Have a look every now and again to check that they are still wet. Give them a water if they dry out, and another half can of the molasses mixture.
9. Patience is a virtue, but you can have a 'sticky' every now and again. If you have a worm farm, put a hand full in at about 3 months down the track, (but they may already be there).

Thank you to Ralph Darlington for this recipe. Ralph is the convenor of the Mundaring Organics Group—part of the Organic Growers Association of WA.



**Group starting the black gold compost**



**Children stomping down the straw**

## What will be happening at HLPG get-togethers?

### June's activities ...

#### *To be advised*

### The next few workshops ...

- We will be creating a propagation space for students to raise seedlings to sell at Market Days and to use in the garden.
- For July - a cooking class presented by Jas from Soul Tree Café using fresh produce from the garden.
- For August—a talk by Peter, an Apiarist, about beekeeping and making honey.

### *And there is more to come ...*

- Create an Indigenous cottage garden area—with advice from an Indigenous plant expert.

- Creating a new worm farm so that the students can use the worm juice on the vegetable garden.
- Make homemade liquid fertiliser from weeds, etc.
- Start medicine garden—bush medicine and herbal medicine garden. We will be running workshops on herbs and bush medicine, as well as bush tucker.
- Workshops will be run at our new venue.

**If you have any suggestions or ideas for field trips, workshops and activities please do let us know.**

**All suggestions are greatly appreciated**

## Scatter facts

**During a butterfly's cocoon stage they are actually liquid for a while.**



## **Zen Beauty ... by Dipaunka Macrides**

The saying “ beauty is only skin deep “ is true on one level – hours in make up, soft focus lenses, lighting, airbrushing, etc can make almost anyone look great on film or in a magazine or poster. However from a Naturopathic / Wholistic/ Herbal point of view Beauty starts on the inside. Inner beauty is reflected on the Outside.

I have often pointed out to my students, the irises of models/actors/ actresses whose faces loom large from magazines or posters in the Beauty sections of Large Department stores (by the way, I am not denigrating anyone here), they look great but the eyes reveal all. They may be the window to soul but they are also a map of the internal terrain.

What is revealed from looking at these posters is that a number of these people have health issues. Having known a few models previously, I know what they go through and have to do in order to stay in the game. It is the business that drives them to starve themselves, live on coffee, diet pills and cigarettes. They look good on the outside but the inside is a different story.

There are several factors to looking good. The obvious ones are: good nutritious diet, plenty of water (the skin needs hydration to look good and function properly) reduced stress & adequate relaxation, sufficient sleep, (exercise and yoga will also be helpful) supplements where needed, the right attitude, a good skin care regime using products that really are all natural not just claim to be, and there are not many companies out there who produce these (this means containing no chemicals, animal products like cow placenta, or with ingredients whose names you can't even spell let alone pronounce)

Remember what we put on our skins is absorbed into our blood stream through the skin.

I have a number of Female friends who wear little or no make up and still look stunning. Their secret --- good diet, exercise/ yoga, good mental attitude, lots of water and meditation.

From a not so obvious and more internal based view, one needs to ensure that your Kidneys, Liver, Lungs and Bowel are functioning well and not overloaded with toxins or by stress. That your skin is eliminating properly which can be aided by regular dry skinbrushing and that your blood is healthy.

Let's look at some of these things in more detail.

A healthy liver can be achieved by eating bitter leafy green vegetables, taking lemon juice in water, reducing fatty food and alcohol intake and good anger management.

Lungs and skin are connected and since we breathe through our skin as well, it is important that our lungs are as unpolluted as possible. This means no smoking or inhaling anything toxic which can be hard to do in 21<sup>st</sup> century living. A lot of clients I see who have asthma also have eczema as well.

Kidneys need a good supply of clean / filtered water to flush them out, potassium rich foods, reduced stress and making sure your hormones are balanced.

If your body is not functioning well and you are constipated, the toxic build up in your bowel will begin to move into your blood stream and end up in your skin. So you should be using your bowels at least 1 – 2 times per day if you are eating 3 meals per day.

Good digestive functioning is important because if your food intake is not being digested properly and you have malabsorption, which a majority of clients I see do have, then you will have inadequate nutrition. Consequently your skin will be deprived of the vital nutrients it needs to retain its tone, elasticity and vibrancy.

Make up can only hide so much and it has to come off sometime!

From a Herbal point of view there are a number of herbs which you can ingest in tea or liquid / tincture form to help improve your skin and general functioning of the body. Here is a list of some of those herbs which will primarily aid the skin. Keeping in mind that to treat the skin holistically you also need to treat the other organs and body systems I have mentioned. So there are lots of other herbs that will indirectly aid skin functioning and healthy indirectly by working on other organs.

Borage seed Oil – *Borago officinalis* – rich in Gamma Linoleic acid.

Rosehips – *Rosa canina* – these are rich in Vit C which aids in restoring collagen.

Nettle – *Urtica dioica* – This herb is rich in iron for the blood, chlorophyll to cleanse the blood and vitamin C.

Horsetail – *Equisetum arvense* – Very rich in silica which is great for healthy skin and cartilage as well as containing all the other minerals the body needs.

Calendula – *Calendula officinalis* – Extremely valuable for healing the skin, contains vitamin A as well as beta carotene.

Indian Madder- *Rubia cordifolia* – This is a very powerful blood cleanser

Hibiscus flowers – *Hibiscus rosa-sinensis* – This is toning to skin, cooling and contains High levels of Vitamin C.

Rose petals – *Rosa sp.* The red scented rose are the ones I use. They are very toning and contain Vitamin C.

St. Marys Thistle – *Silybum marianum* – This cleanses and regenerates the liver.

Gentian – *Gentiana lutea* – this is a strong digestive bitter which aids digestion.

Chickweed- *Stellaria media* – This herb is cooling and healing for the skin.

Dandelion leaf – *Taraxacum officinale* – This a bitter herb, aids the liver and Kidneys and also provides Vitamin C, potassium, zinc and silicon.

St. Johns wort – *Hypericum perforatum* – It helps to heal the epithelium and is also useful for reducing stress.

Oats – *Avena sativa* – The oat straw especially the green straw is very rich in Silica.

Lemongrass – *Andropogon citratus* – This herb is very antiseptic and helps to clear up acne.

#### 1) How could herbal remedies be used as an alternative to commercial beauty products?

Herbs can be infused in vegetable oils or witch hazel and used as lotions or toners. They can also be used in creams, cleansers, body lotions, toners or powdered and used as scrubs.

#### 2) Are they safer because they're natural? Will our bodies respond better to them?

They are definitely safer especially if prepared correctly. Our bodies respond very well to herbs because of the synergistic nature of them and also because they are natural.

#### 3) Could you give tips on obtaining beauty using herbal remedies?

See the list above..

(Continued on page 6)

## Zen Beauty

*(Continued from page 5)*

- 4) What herbal remedies are there available for skin and beauty? For example, to get rid of acne, for shiny hair, to heal dry skin... etc?

For shiny hair – Horsetail, nettle, Eclipta, Rosemary, Lavender, Chamomile, Oats —made into a tea then used as a rinse or wash for the hair

For getting rid of acne – take burdock, nettle, lemongrass, Indian madder, chickweed, calendula, cleavers, thyme St. Marys thistle as tea or make into a wash for the face.

For dry skin – Calendula, comfrey, marshmallow root, chickweed, sandalwood, rose petals as a wash.

Or as a tea Calendula, marshmallow root, licorice root, Sandalwood, Rose petals, Chickweed, Oats.

- 5) What remedies are there for overall well being and health like to detoxify the body, for relaxation and destressing? These are taken as teas.

Herbs for detoxifying the body – Burdock, yellow dock, sarsaprilla, nettle, Tumeric, Red clover, Cleavers, Poke root, Indian Madder, Bupleurum, Queens delight, Japanese Knotweed.

For relaxation and destressing – Damiana, Oats, Jasmine flowers, Rose Petals, Lemon Balm, Lime flowers, Passion Flower, Sandalwood, Lavender, St. Johns wort, Withania root, Vervain

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



## Fertiliser regulations welcome but must be extended to farms

Western Australia's peak environment group strongly welcomed new regulations announced today for garden fertilisers by Hon. Donna Faragher, Minister for the Environment. Minister Faragher announced that a limit would be placed on the phosphorous content of home fertilisers and that new labelling requirements would be introduced, however the regulations do not apply to agricultural fertilisers which are the main source of nutrient pollution in rivers and waterways.

Conservation Council Director, Piers Verstegen said "The new regulations are a very welcome step for reducing the pollution impact on the Swan River and other waterways.

"While fertiliser use on gardens is contributing to the chronic ill-health of the Swan River, the vast majority of nutrient pollution comes from agricultural fertilisers which will not be included in the new regulations.

Earlier this year, the Swan River Trust released a report stating that nutrient pollution in the Swan River would have to be reduced by 50% if the health of the river was to be restored.

Mr. Verstegen said "The Swan River is already in a critical condition and it is essential that the government does not delay any further in banning river harming fertilisers from being used anywhere on the Swan Coastal Plain."

"The Fertiliser industry must be made responsible for the pollution caused by their products.

"River-friendly fertiliser products have been demonstrated to be effective on farms so there is no reason to further delay the introduction of these long overdue measures to protect our rivers and wetlands from further."

*Media Release – Friday April 30 2010*

## Scatter facts

**Bees have to collect nectar from four million flowers to make one kilogram of honey**

### Zero emission house opened

Eco medio posted the news that Australia's first Zero Emission House (AusZEH) was officially opened in Melbourne on the 28th April 2010.

Located at Doreen, 30 km north-east of Melbourne, the house derives all its operating en-

ergy from a 6kW solar system and features a unique energy management system which tracks energy use in the house and provides feedback via customised reports to household members.

### Zanthorrea Nursery: National winners again!

On 22nd April 2010 at the NGIA national conference in Darwin, Zanthorrea Nursery was announced as the national winner of the Best Medium Garden Centre in Australia. This is the sixth time Zanthorrea has won.

*NGIA (Nursery and Garden Industry Australia) is the peak industry body for the Australian nursery and garden industry and is responsible for overseeing the national development of this fantastic, diverse industry.*

## **Green Manure**

Now is the time of the year to start thinking about Green Manure before winter begins.

### **What is Green Manure?**

All plants that we grow in our garden remove nutrients from the soil. Green manure is a crop that we grow to return the nutrient to the soil. Crops which are dug in or ploughed under, usually while still green and sappy, are called Green Manures.

As such material decomposes it helps to maintain the soil humus content and gradually releases the nitrogen, phosphorus, potassium and other nutrient elements.

It is as easy as throwing handfuls of seeds onto freshly dug ground, followed by a raking to cover the seeds. Cover the seeds to approximately 2-3 times the width of the seed and water well to firm the soil. The finer seeds will need to be stamped down using possibly the back of a rake to keep the air out for better germination.

### **Seeds to Use**

Any vegetable seeds, wheat, oats, clover, legumes (lupins, peas or beans) & mustards. Other suitable crops include rye, radish, sunflowers, comfrey, borage, marigolds and sweet corn also make nutrient contributions.

Barley and buckwheat add phosphorus.

Basically any sprouting seeds can be used, any old seeds that have not been used up. A combination of legumes and a grass works well, the legumes providing the Nitrogen and the grass such as oats make up the bulk of the organic matter.

Fine seeds can be mixed with sand to spread further.

You can also buy premixed seeds available from seed suppliers.

Green Harvest sells Green Manure Kits ranging from \$3 (10m<sup>2</sup>) - \$62.00 with fact sheets included. These seeds have been inoculated (coated with a specific bacteria) for maximum nitrogen fixation.

### **Benefits, why grow Green Manure?**

Green Manure adds nutrients and moisture to the soil by means of humus, it is as good as adding cow manure to your garden. It also improves the soil texture by adding living organic matter, protects against erosion, controls weed growth, stops weeds in between seasons and is a habitat for beneficial insects over winter.

Green manures can also be used to smother persistent weeds. Good seeds to use for this include: Lublab (very vigorous vine), cowpea, lucerne and buckwheat.

Oats and wheat are a good mix.

Legumes are clover, lucerne, peas and beans. These and other related plants work well because they build or fix nitrogen to the soil. They do this by forming a symbiotic relationship with bacteria called rhizobia which live within a specialised structure called a nodule, on the plants roots. The Rhizobia can take nitrogen from the air and convert it to the form plants normally obtain



*(Continued from page 8)*

from the soil.

Check pH levels before sowing legumes because legumes dislike acidic soil. Recommend pH of 6.1/2 – 7.

Whatever species are used they should not be relied upon as your sole source of plant nutrients.

Some species may be planted to trap nematodes. For example a quick growing crop of oats or barley before planting potatoes will attract root knot nematodes. You then should remove and burn the oats or barley crop before planting out your potatoes.

### **How to Grow**

Sow seeds by throwing handfuls of seeds over freshly dug ground. Rake over to cover the seeds or add a thin layer of straw. Water in well and treat the seeds like any other seedlings. Green manure crops need to be grown quickly so water and fertilise them like any other crop.

Every couple of weeks feed with seaweed solution.

When the crop grows to a good height (about a foot or 30cm), it's important not to allow your crop to go to seed but to cut before the plants energy has been expended in the flowering process, so cut just before to get the maximum nutrients. Grass and wheat will be the first to come up, when you can feel the lump on the leaf sheath thicken its about time to cut back before flowering.

The more finely the crop is chopped up the more quickly it will decompose.

Whippersnippers are useful for this operation. For crops other than legumes adding blood and bone or rotted poultry manure will speed up the decomposition and compensate for the nitrogen used by the plant material as it decomposes.

Once it has been slashed, it can be left on the surface or dug into the top soil until about 150mm, don't bury it too deep as conditions below this depth becomes airless. Then throw over some multi-grow and some molasses (dilute half a cup into a watering can) and water in. Then add straw or soil on top.

Article kindly provided by Rebecca Tester, member of the Mundaring Organic Growers Group.



## Swap ... Recycle ... give-away ... wanted CORNER

### SPACE WANTED

If you know of or hear of any spaces for rent in Mundaring, Parkerville, Mahogany Creek or Glen Forrest please let me know. I am looking for space to run my clinic from. I only need 4m x 4m and no larger than 5m x 5m .

Many thanks.

Dipaunka : Macrides - Living as a Herbalist

Mobile : 0412180796

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

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

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### Recommendations for a designer and builder sought

My wife and myself, together with my wife's mother are in the process of purchasing 5 acres in the Parkerville Highlands area. I am

looking for any recommendations for a designer and builder, from start to finish preferably, who can include rammed earth and other natural materials, such as wood, stone, and/or strawbale into the design, to build a home and 'granny flat' that has a bit of character.

Obviously a designer and builder who can offer energy efficient and sustainable design without a large budget.

Pete on 0409 488 515,  
or [pblake@iprimus.com.au](mailto:pblake@iprimus.com.au)

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**Let us know if you have  
ITEMS TO  
RECYCLE, SWAP, GIVE AWAY or  
ITEMS THAT YOU WANT**

This column will be a regular in the newsletter.

## Scatter facts

**An eggshell has nearly 8000 pores that allow oxygen to flow in and carbon dioxide to flow out, allowing the chick to breathe**

### City Farm have a newsletter—City Farm News

City Farm News—issue 1—is out now. Go to [www.cityfarmperth.org.au](http://www.cityfarmperth.org.au) to have a look or email [info@cityfarmperth.org.au](mailto:info@cityfarmperth.org.au) to be put on the email list.

Perth City Farm is a branch of Men of The Trees and is found at 1 City Farm Place in East Perth.

There is an Organic Growers Market every Saturday—8 am to 12 noon. Every fourth Saturday

of the month there is an Artisan's market as well from 9 am to 1 pm. You will also find a nursery/organic garden centre in the midst of all the activity.

And just when you thought it couldn't get any better— **a café will be opening soon.**

So go there for a visit and find out firsthand.

## Rock Group on Tour



Patrick discussing the rock formation with the group at Boya Quarry



First stop - Red Hill Quarry

### Rock formations at Boya Quarry



At the beginning of May I helped out on a Rock Group on Tour workshop for the Bush Skills for the Hills program.

It was a fascinating workshop and we travelled to several sites. Patrick Maher, a CSA Global geotourism expert and geologist, provided some inspiring insights into this area.

“The eastern hills have diverse and interesting geological landscapes with the potential for promotion as geotourism sites. The quarries around Boya provide an excellent geological window of the granites and cross-cutting dolerite dykes in the ancient geological formation called Yilgarn Craton.

From Patrick's notes:

The Darling Scarp is the local expression, in the Perth area, of the extensive Darling Fault, a major and ancient geological discontinuity separating the Archaean Yilgarn Craton in the east from the younger Pinjarra Orogen and overlying Phanerozoic Perth Basin to the west. The Darling Fault is exposed for over 1000 km, from the area east of Shark Bay, to the southern coast of Western Australia east of Albany.”

*Photos by  
Silvia Rosenstreich*



Last stop at the Zig Zag to view the Darling Fault



## Please don't feed me

Humans have a need to feed wildlife never realising the problems that can ensue. We do it with the best of intentions. However, feeding wildlife that become accustomed to consistent, regular feeding on one spot can create a number of issues for both the animal and the people.

### Problems / issues

#### *For the animal*

- Unnatural increase in animal numbers:
  - Puts extra pressure on natural food resources in the long term.
  - May lead to an unnaturally high level of aggression between individuals of the same or different species. Some species may be driven away by a particularly aggressive species. The stress and injuries associated with aggression may lead to disease and failure to breed.
  - Will attract predators such as owls, foxes and hawks.
  - Increases the risk of outbreaks of highly transmissible diseases.
- Forget how to hunt or forage for their own food, and are then vulnerable to starvation or attacks by predators when the human food source disappears. For example, when people go on holiday or are sick.
- Become habituated to the source of food, lose their natural fear of human beings, and can become bold and aggressive. This may result in the animal falling prey to domestic pets and other predators.
- The food provided does not provide the balanced nutrition that wildlife requires and therefore will have vitamin and mineral deficiencies, resulting in illness, inability to bare offspring or death. Human food is highly processed and not the natural diet provided in the environment.
- Feeding wildlife disrupts normal social behaviour, such as mating.

#### *For people*

- Harassment of people for food in recreation areas and schools.
- Increased aggression directed at humans.
- Excessive noise in residential and recreation areas.
- It can become a large expense to the company/organisation e.g. for mine sites to have the animal relocated away from human populations (e.g. emus, male kangaroos).

### Reasons for wanting to feed wildlife

- To observe and 'make contact' with wildlife – encourage closer contact by offering more food more frequently.
- People feel in touch with nature.
- The animals are cute.
- The animals are begging.



### Alternatives to feeding wildlife

#### *Habitat*

Recreate the local natural ecosystem. Plant local, native species in the garden, which provide a native food source of insects and nectar

Reproduce the structure of the local bushland with canopy and understorey full of plants of various heights and growth habits.



## Water

Provide water and many of the wildlife will be closer for observation.

Some simple guidelines when putting out water are:

- Place water containers at different heights and sizes for different species of animals: Ground level: skinks, lizards, echidnas, kangaroos, etc. Bird baths on pedestals: birds. Higher level/trees: possums, gliders, birds, etc.
- Place rocks or branches inside the water containers to help small animals that may fall into the water to get out and avoid drowning.
- Make sure the water container is properly secured, so it does not tip over if the animals step on it in order to drink.
- Place the water containers in a shady and safe area, accessible for the wildlife, far from pets that may hurt or hunt the wildlife.
- Top up and change the water regularly to ensure a constant supply of fresh clean water.



## Protection

Provide sanctuaries where local native fauna can thrive by protecting them from foxes, cats and dogs.

## References

### *Feeding Wild Birds*

Fauna Note No. 12. Department of Environment and Conservation, 2007.

### *Feeding wild animals isn't good for their health*

ABC Western Australia. Drive show with Helena Webb. Monday, 19 June 2006

### *Magpie Numbers Soar*

ABC Western Australia. AM – Tony Eastley. Thursday, 26 February, 2009 Reporter: Zoie Jones

### *Caring for native animals after bushfires.*

Graeme Eggleston. Primefact 404, November 2006.

NSW Department of Primary Industries.

<http://new.dpi.vic.gov.au/home>

### *Wildlife Interaction Guidelines*

Rio Tinto, 2007

### *Birds – Fauna Friendly Gardening*

Swan Catchment Centre.



**If you find a sick or injured native animal,  
use this 24-hour emergency number:  
WILDCARE (08) 9474 905**

## Food for thought—or is it?

Food for thought, a publication prepared by the Food Unit, Department of Health WA, had an article in issue 6 (April 2010) that may be of interest to the Hills Local Permaculture Group. The article in its entirety is below:

### Growing food a growing problem?

There has been a recent interest in community and school gardens and whether the *Food Act 2008* (the Act) applies to these activities.

Gardens, such as vegetable and herb gardens which are run on a volunteer basis and where no money is exchanged (the primary purpose is a community or educational activity) are not registrable or notifiable under the Act. This is because the activity does not include the sale of food to the public.

If the produce is sold at a school or community fair as a fundraiser however, then this activity would be notifiable.

Although the activity is not covered under the provisions of the Act, owners and local governments should consider:

- The application of pesticides, insecticides, fungicides etc in regards to withholding periods and the accessibility of the garden to the general public;
- General safe food handling practices such as visible dirt being brushed off before entering a food preparation area and produce thoroughly washed before consumption;
- General public liability; and,
- Council liability if the garden is on Council owned land.

***From The Soil Up* newsletter had the following items:**

### Precluding the Public from Growing Food

Yet forces are moving against the ideas above...S510, the Food Safety Modernization Act of 2010, may be the most dangerous bill in the history of the US. It is to our food what the bailout was to our economy, only we can live without money. *"If accepted [S 510] would preclude the public's right to grow, own, trade, transport, share, feed and eat each and every food that nature makes. It will become the most offensive authority against the cultivation, trade and consumption of food and agricultural products of one's choice."*

Another commentator talks about the international financial corporations which have wreaked havoc around the world with astounding nonsensical "solutions" that are destructive of everyone but them. *"Imagine having the government and corporations deciding every single thing you can do and must do in your kitchen and backing that up with the threat of 10 years in prison for screwing up - though you have never made anyone sick, and those corporations have."*

### Monsanto Under Investigation

At least seven U.S. state attorney generals are investigating whether Monsanto Company has abused its market power to lock out competitors and raise prices on seed. The seven states are probing whether Monsanto violated laws by offering rebates to seed distributors for excluding rival seeds, imposing limits on combining the product with other genetic modifications, or offering cash incentives to switch farmers to more expensive generation of seed varieties.

## Cancer and Cosmetics

With everything we already know about cancer, why is prevention completely ignored in the government's cancer plan? Once you look at what's being done, and more importantly, what's NOT being done, [cancer starts to look like a profitable business plan in and of itself](#). Only when viewed under this loupe does ignoring cancer prevention make sense. [This interview questions nanoparticles, animal hormones]

Go the web site to read more— *From the Soil Up*  
<http://www.fromthesoilup.com.au/>

*An article by Amber Dance, Special to the Los Angeles Times, May 03, 2010*

## DNA referees

Scientists are just beginning to understand the effect lifestyle choices and other environmental factors have on altering gene behavior, a rapidly emerging field called epigenetics.

Your life story depends upon a combination of the DNA you're stuck with plus your environment, including all the little choices and events that happen over that lifetime.

But in recent years, researchers have discovered that, while DNA lays out the options, many of those life experiences — the foods you eat, the stresses you endure, the toxins you're exposed to — physically affect the DNA and tell it more precisely what to do.

The cause: a kind of secondary code carried along with the DNA. Called the "epigenome," this code is a set of chemical marks, attached to genes, that act like DNA referees. They turn off some genes and let others do their thing. And although the epigenome is pretty stable, it can change — meaning lifestyle choices such as diet and drug use could have lasting effects on how the body works.

"The thing I love about epigenetics is that you have the potential to alter your destiny," says Randy Jirtle, who studies epigenetics at Duke University Medical Center in Durham, N.C.

Twins provide an example of how environment can affect the actions of our DNA. Identical twins have identical genes, but sometimes one twin has autism or cancer while the other remains healthy. Studies show that as twins age, their epigenomes become less and less alike, probably causing a lot of those differences in fate.

Another provocative study: In 2009, researchers at Duke University Medical Center published a study in the journal BMC Medicine on epigenetics and autism. They found that some children with autism had extra DNA referees turning off a gene needed to respond to oxytocin, a hormone important in social interaction. The study was small, including only 40 children, but it suggests that turning off that one gene could cause the social problems people with autism have.

Many pharmaceutical companies are exploring the potential of epigenome-altering medicines: There are already a few cancer drugs that turn off cancer-promoting genes or turn on cancer-fighting ones. But since altering the epigenome could have far-reaching, unintended consequences, many scientists are wary of drugs targeted at less life-threatening conditions.

In short, the study of epigenetics is "booming," says Dana Dolinoy, a toxicologist at the University of Michigan School of Public Health in Ann Arbor.

## What to plant in May and June

Plant	Treatment	Temp Celsius	Cover	Germination
Beans <i>Runner</i>	Sow direct	18-22	yes	7-14 days
Beetroot	Soak 24 hours, direct or tray	20-24	lightly	15-20 days
Broad Beans	Sow direct			
Broccoli	Direct or tray	18-22	yes	7-14 days
Brussel Sprouts	Sow in tray			
Cabbage	Direct or tray	18-22	yes	7-14 days
Carrots	Sow direct	16-22	lightly	14-21 days
Cauliflower	Sow in tray			
Celery	Direct or tray	18-22	yes	10-20 days
Chives	Sow in tray	18-22	yes	10-15 days
Garlic	Sow direct			
Globe Artichoke				
Kale	Direct or tray	18-22	yes	7-14 days
Kohlrabi	Direct or tray	18-22	yes	7-14 days
Leek	Sow in tray			
Lettuce	Sow in tray	18-22	lightly	5-10 days
Onions	Sow in tray			
Spring Onions	Direct or tray	18-22	lightly	10-14 days
Parsnips	Direct or tray	15-22	lightly	14-35 days
Peas	Soak overnight, sow direct	15-22	yes	7-14 days
Potatoes	Sow direct			
Radish	Sow direct	13-21	lightly	3-7 days
Silverbeet	Soak 24 hours, direct or tray	20-24	lightly	15-20 days
Spinach	Stratify 2 weeks, sow in tray	10-15	lightly	7-14 days
Swede	Sow direct			
Turnips	Sow direct	18-22	yes	7-14 days

Guide only - dependent on climate and your garden environment

Stratify: to treat dormant seeds by chilling under moist conditions to simulate winter conditions.

Information based on 'Plant Propagation A to Z' by Geoff Bryant

Table based on information from The Green Life Soil Co. web site



## Relocating Moaning Frogs—the Frog Doctor Way

With our unseasonably dry autumn weather many Perth residents have left their reticulation switched on. This pseudo rain has attracted the interest of the lonely hearted Moaning frogs who have moved in and set up digs. Unfortunately they seem to prefer the garden beds located under bedroom windows. This can have only one result – sleep deprivation.



But never fear! The Frog Doctor has a solution for all you bleary eyed frog lovers. He has a method of locating the burrows, digging the little sleep botherers out, and re-homing them somewhere less likely to unhinge you and yours. And the good thing is the whole family can get involved! Here's what he has to say:

First you'll need a helper and a torch each. Now go out to the area where you hear the frog, standing at 90 degrees to each other. Point the torch light in the direction of the call. Where the torch beams meet should be the entrance to the hole.

To dig them out you will need a small trowel. Refrain from using a large spade as the hole has lots of twists and turns where the frogs burrow around tree roots, rocks etc. Place two fingers in the entrance of the hole and carefully start excavating the soil. Always keep your fingers in the hole otherwise you'll lose the burrow.

When you get about 30cm down be alert as you may feel the frog's soft head. When you feel the frog dig down under the frog so you cup him in your trowel. Don't grab him from above. Place the frog in a bucket of sand, not water (remember they will drown in water).

Now you can return your frog prince to a wetland close by, a seasonal wetland preferably at dusk.

If you prefer the idea of these guys inhabiting your own garden you can build a frog friendly garden, it's all about installing a pond but incorporating it with a boggy area that floods in winter.

I hope this method helps some of you reclaim the night. Let me know if you have any success.

Permission to reproduce article from Lisa

Some text and photo provided by The Frog Doctor, Johnny Profumo

Posted [A Frog Pond](#) on 07 May 2010

<http://afrogpond.com/>

## **BFA Organic Schools Gardens program—new, free resource for primary schools!**

From May 2010, Australian primary schools and anyone with an interest will have access to a new, free organic gardening program released by Biological Farmers of Australia.

The program is designed for students aged 8 -12 years and provides written materials for lessons taking place both inside and outside the classroom written by the author of highly acclaimed and twice-published gardening guide “Easy Organic Gardening and Moon Planting”. Author of the guide, Lyn Bagnall, together with her husband, is a certified organic farmer based in NSW. “Children are the future guardians of the planet,” Lyn says. “Sharing our knowledge of organic cultivation will provide the younger generation with the skills and enthusiasm they need to face the challenges of producing delicious, healthy food, in a sustainable manner, for an increasing population on a warmer planet.

“This program differs from other available resources, being based upon Australian organic standards, written for Southern Hemisphere growing seasons and, while lessons are provided on nutrition, the focus is on environmentally-friendly growing more so than home economics.”

### **WHAT DOES THE PROGRAM INCLUDE?**

The program includes practical and easy-to-use resources and lesson plans covering topics including:

- Nutrition
- How plants grow
- Photosynthesis
- Building healthy soil
- Recycling through composting and worm farming
- Sowing seeds
- Planting seedlings and green manures (includes practical mathematics)
- The importance of soil pH
- Saving water
- Crop rotation
- Caring for plants and the environment
- Organic methods of pest control
- Seed saving

In learning organic methods of gardening, students gain a better understanding of how gardening and farming practices affect the environment, and how they can improve both soils and the quality of their food while working in harmony with the environment in Australia's sometimes harsh climate conditions.

### **FREQUENTLY ASKED QUESTIONS:**

#### **1) Does the program provide monetary support?**

The program is a free resource and support in the form of advice is free of charge, however financial support is not provided for the building of gardens, purchasing equipment, or to fund teachers and supervisors. The program is designed to include the community involvement of parents and friends assisting with sourcing soil and building and maintaining the gardens as well as to help supervise children, if required, during outdoor lessons.

2) Will a teacher who is a novice gardener be able to follow the lessons for teaching the students?

Yes, the lessons are accompanied by notes for teachers and supervisors. The Introduction section of the program also provides basic advice for adults on setting up beds, making compost, worm farming, a list of seed suppliers, and a basic equipment inventory.

While these notes are designed to be sufficient for teaching this age group, detailed organic cultivation notes for individual fruits, vegetables, culinary herbs and flowering annuals, a perpetual monthly garden diary that advises what to sow, plant out and fertilise in each Australian climate range, plus further information on all subjects covered in the program can be found in "Easy Organic Gardening and Moon Planting". This book was written to assist novice Australian gardeners to obtain the best from their gardens, at the same time providing a handy reference for more experienced gardeners. Copies of the book can be obtained from BFA head office.

3) How long are the lessons; how much time should be dedicated to the program each term?

The subjects covered in each lesson are designed for students to complete in a single school period each week, but schools should proceed through the lessons at a rate suitable to the comprehension level of their students, and their individual school situation. Naturally, seedlings and garden plants will require more than weekly attention for watering, etc.

SUPPORTED BY MISS MIRANDA KERR

BFA is delighted to announce that renowned supermodel and organic advocate Ms Miranda Kerr has lent her support, donating funds towards the program.

REGISTER YOUR INTEREST!

In order to be kept informed of updates regarding the program and to be provided the link to further resources once available, please register your details by writing to [education@bfa.com.au](mailto:education@bfa.com.au) and providing your name, school name (if applicable), phone number and email address.

For further information, contact Madeline Cooper on email: [education@bfa.com.au](mailto:education@bfa.com.au) or phone: 07 3350 5716 ext 225

<http://www.organicschools.com.au/OrganicsSchoolGardens/AbouttheBFAOrganicSchoolGardensprogram/tabid/157/Default.aspx>

*Information provided on the web site and reproduced here.*



## ***Viscum Schwenk***

In the early 1920s, Rudolf Steiner pointed out the remarkable similarities of the life habits of mistletoe and cancer. He introduced [the plant misletoe \(Latin: \*viscum album\*\) for use as a cancer medicine.](#)

Modern studies of the various mistletoe preparations show that they raise the temperature of

cancer patients, help them to establish healthy rhythms, stimulate and modulate the immune response, and selectively kill cancer cells while leaving non-cancerous cells unharmed.

<http://fourfoldhealing.com/viscum-schwenk-a-mistletoe-cancer-remedy/>

## **What is Codex Alimentarius?**

Behind the Codex Alimentarius Commission is the United Nations and the World Health Organization working in conjunction with the multinational pharmaceutical cartel and international banks.

Codex began simply enough to [develop a universal food code.](#) Their purpose was to 'harmonize' regulations for dietary supplements worldwide and set international safety standards. But instead of focusing on food safety, Codex is using its power to promote worldwide

restrictions on vitamins and food supplements, severely limiting their availability and dosages.

The name of the game for Codex Alimentarius is to shift all remedies into the prescription category so they can be controlled exclusively by the medical monopoly and its bosses, the major pharmaceutical firms.

<http://www.natural-health-information-centre.com/codex-alimentarius.html>

## **Biodiversity dropping at an unprecedented rate**

Friends of the Earth has used International Biodiversity Day, during the International Year of Biodiversity, to warn that biodiversity continues to be lost at an unprecedented rate. FoE cites UN figures showing that, since 1970, the planet's animal population has been reduced by 30%, mangrove for-

ests and marine pastures by 20%, and living coral reefs by 40%, while 38% of all assessed species are now under imminent threat. The group adds that impoverished forest-dependent and fishing communities are suffering the most severe consequences of this decline.



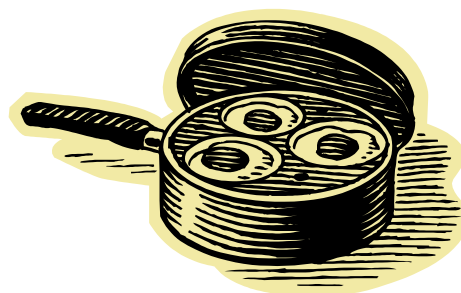


## Baghdad Special Eggs

### **Ingredients**

(serves 4-6)

- 3 tbsp olive oil
- 1 tsp sesame seeds
- 4 celery stalks, finely chopped
- 2 cups fresh coriander, chopped
- 2 tsp ground cumin
- Half tsp cinnamon
- 1 tsp wine vinegar
- Pinch saffron strands
- Pinch salt
- 6 eggs



### **Method**

To make the sesame oil, heat the olive oil with the seeds and lightly fry for a few minutes or until golden. Cool and then strain. Pour a little of this oil into a wide frying pan. When it is hot, add celery and cook until translucent.

Add the coriander, spices, vinegar, saffron and salt and cook for a further two minutes. Spread this mixture across the base of the pan, then break the eggs carefully over the mixture. Cover the pan and cook them slowly until the whites are just set. Leave them a few minutes and then cut into wedges. Heaven.

Serve with rice or flat bread.

Recipe provided by Rosemary from Margaret Johnson's column in *The West Australian*.

Originally from *A Tale of Twelve Kitchens* by Jake Tilson.

## Scatter facts

Frogs never drink.

They absorb water from their surroundings by osmosis

## RESOURCES

### What is Permaculture?

A word created by Australian ecologists Bill Mollison and David Holmgren, it is a contraction of "permanent agriculture"

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

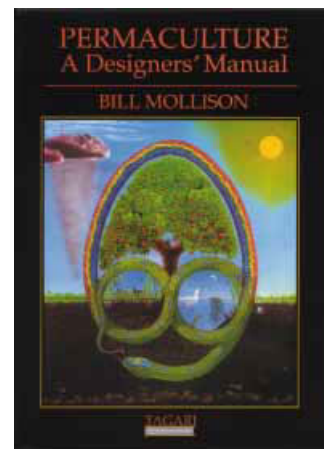
Permaculture design is a system of assembling conceptual, material, and strategic components in a pattern which functions to benefit life in all its forms.

The philosophy behind permaculture is one of working with, rather than against, nature; of protracted and thoughtful observation rather than protracted and thoughtless action; of look-

ing at systems in all their functions, rather than asking only one yield of them; and allowing systems to demonstrate their own evolutions.

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

*Permaculture: A Designer's Manual*  
Bill Mollison New hardcover book 2nd Ed



### The Seed Savers' Network

The Seed Savers' Network has its roots firmly planted in the Permaculture movement. Its founders, Michel and Jude Fanton, were practising Permaculture from the late 1970s and Permaculture founder, Bill Mollison, mentored its inception in 1986.

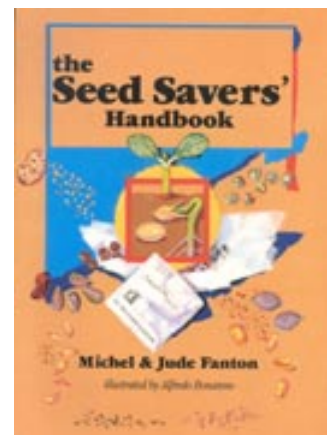
If you are one of the lucky people who have been brought up on home-grown food, you have already experienced one of the Permaculture maxims: "Go back to the garden and half of the world's environmental problems will be solved!"

But if you are detached from the earthly delights of home-grown fruits and vegetables, then Permaculture will hold even more surprises. You will feed yourself with the best tastiest organic food knowing that what you eat has not literally cost the earth to get to your table.

*The Seed Savers' Handbook* is a **complete reference** for growing, preparing and conserving 117 traditional varieties of food plants. Written especially for Australian and New Zealand conditions in 1993 by **Michel and Jude Fanton**, founders of The Seed Savers' Network

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

*This information posted on the Seed Savers Network web site  
Fri 24/04/2009  
by Michel Fanton*



## Easy Organic Gardening and Moon Planting

*Easy Organic Gardening and Moon Planting* is an essential reference for all gardeners who care about their family's health and the environment. Written for Australian gardeners to assist them in addressing the challenges of climate change and improve the health of their gardens, *Easy Organic Gardening and Moon Planting* is packed with information and easy to follow step-by-step guides on:

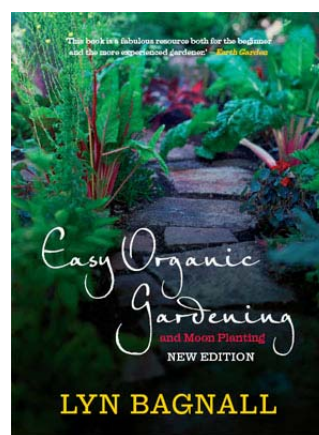
- how to drought-proof your whole garden
- getting the best results from water restrictions
- how to convert water-repellent dirt into healthy, productive garden loam
- how to make top-quality fertiliser from worm farms
- making excellent compost, quickly
- using green manures to maintain the health of your soil
- how and when to grow your favourite fruit, vegetables and culinary herbs
- how to garden in pots and boxes
- how to care for trees, shrubs and flowering annuals
- how and when to prune
- propagating from seeds and cuttings
- coping with frost, hail and bushfires
- how to treat garden pests and diseases with-

out using poisons.

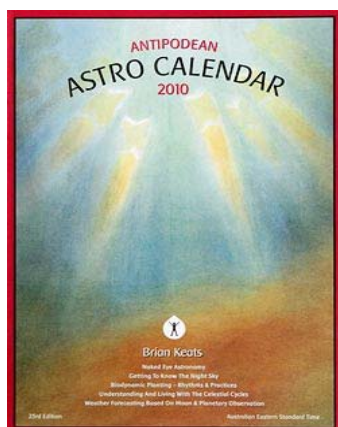
This practical handbook also includes a perpetual monthly gardening calendar advising you on what to do when in your garden for all Australian and New Zealand climate zones, plus space for you to add personal reminders. And, for those who follow the ancient gardening practice of moon planting, a listing of the best days for different gardening activities up to the end of 2013.

*Easy Organic Gardening and Moon Planting*  
By Lyn Bagnall  
Revised edition

Aussie Organic Gardening – a gardening blog  
<http://aussieorganicgardening.com/>



## Calendars



### MOON PLANTING GUIDE 2010

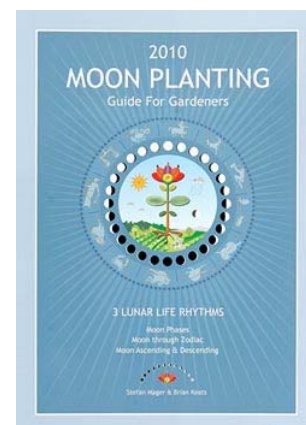
The 2010 Astro Calendar of the Antipodes.

The author has combined his interest in naked eye astronomy and the plant world to produce this bio-dynamic planetary planting guide. Detailed explanations on sun, moon, and planetary rhythms, and their connections to life in the plant world. Builds into a reference work. Available for delivery now.

Brian Keats, 30 pages

### MOON PLANTING GUIDE FOR GARDENERS 2010 (Wall Chart)

Wall chart approximately 276mm x 780mm. Excellent quick reference. Brian Keats, 2 pages



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



### Sound Meditation ... unlock your potential ...

Meditation is promoted as being beneficial for both a healthy mind and body. It can help one relax, unwind, reduce stress, heal, find clarity, and aid in an overall sense of peace and well-being.

Meditation allows us to take control of our state of mind and, as we progress, to develop happiness, mindfulness, and a deeper mental stillness.

As we surrender to the sounds and allow ourselves to be immersed within the sacred space, we move beyond the mind into the stillness between the sounds, which emerges naturally and effortlessly.

Our Sound Meditations are open to all spiritual beliefs, and suitable for both beginners and those already practicing meditation.

We begin each session by guiding you through some simple breathing and relaxation techniques. Following this, our experienced facilitator will weave together the harmonic sounds of gongs, singing bowls and crystal bowl, with drums and flute, meditation bells and chimes into a journey of sound, resonance and vibration.

**Every Monday** (starting May 17th)  
**7pm to 8.30pm** (please arrive for a 7pm start)

**Boya Hall**  
Helena Valley Recreation Grounds,  
Corner of Scott Street and Clayton Road,  
Boya / Helena Valley

**Cost** is \$12 Per session

Facilitated by Pete Blake.

For more information please contact Pete on 0409 488 515, or [pblake@iprimus.com.au](mailto:pblake@iprimus.com.au)

Please wear comfortable clothing, and I also recommend bringing a blanket or meditation shawl over the cooler months.

If you wish to sit during meditation, please bring a sitting cushion.

If you wish to lie down during meditation, please bring a cushion for your head, and a thick blanket or yoga style mat to lie on.

Basically - bring what you need to be comfortable during the session.





# Countryman Gidgegannup Small Farm Field Day



**OPEN  
FARMS**

**Sunday 6th June 2010  
9am to 4.30pm**

**Free Bus to Farms**

**Demonstrations**

**Workshops**

**Guest Speakers**

**Fashion Parade**

**Animal Demonstrations**

**Alpaca Sale**

**Dexter Association Show**

**Bullsbrook Poultry Club**

**Promotional Day and Sale**

**Boer Goats Breeders**

**Association show**

**Llewta Dorper & Boer Goat Farm**



Explore breeding meat livestock at this farm. Home to Auzzie Kid Mohair products and AKM Yarns & Kits.

**Autumn Lane  
Alpaca Farm**



Come and see a working Alpaca Farm and meet the animals

**Jujube & Fig Farm**



See how to grow exotic fruits and speak with Jim Dawson about his rare products.

**\$10 Entry per Adult  
Under 16years Free  
NO DOGS**



The Mucky Duck Bush Band

**Come and meet  
the  
Garden Gurus**



For further information please contact Sally 9574 7065

**[www.gidgegannup.info](http://www.gidgegannup.info)**



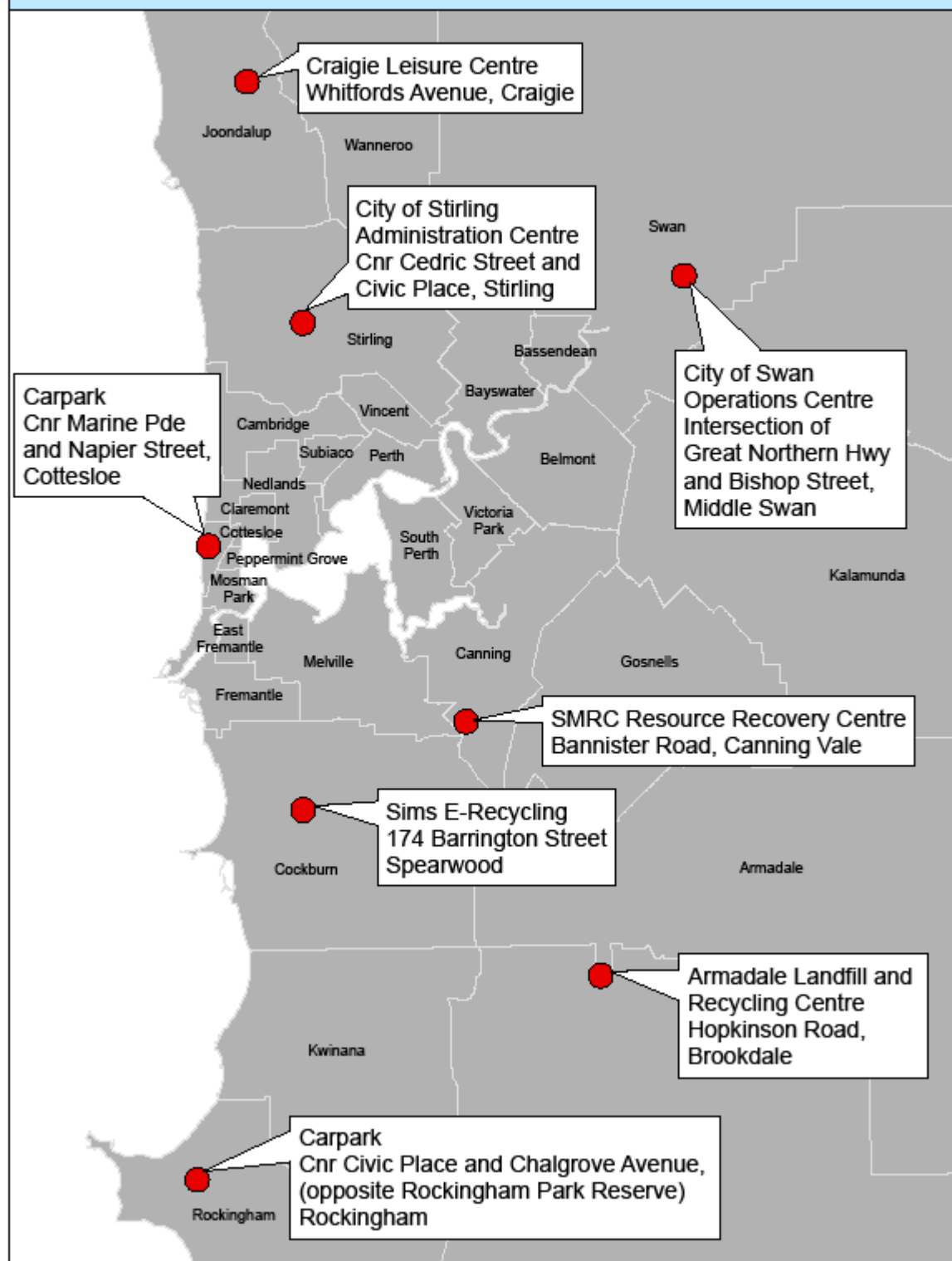
**Zero WASTE**



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



### FREE E-Waste Collection Sites 9am-4pm Saturday 12 and Sunday 13 June 2010



## “Call for members” for the Community Gardens Working Group

Dear Community Garden enthusiasts,

The Shire is advertising a “Call for members” for the Community Gardens Working Group.

If you would like to nominate yourself to become part of the group, please fill in the nomination form available from Lyndsey and email it to [scss@mundaring.wa.gov.au](mailto:scss@mundaring.wa.gov.au)

Please note that there are limited positions available on the working group. And please remember that you do not need to be a member of the working group in order to have a continued involvement in community gardens in the Shire of Mundaring.

Emails will still be sent to update you on the project and to advise of any public meetings.

Please feel free to forward this notice on to your networks.

Kind regards,  
*Lyndsey Stoney*

Community Development Advisor  
Shire of Mundaring

*Please contact me by telephone if you require an immediate response*

E: [lyndseystoney@mundaring.wa.gov.au](mailto:lyndseystoney@mundaring.wa.gov.au)

T: 9290 6628

F: 9295 3288

M: 0439 989 892

[www.mundaring.wa.gov.au](http://www.mundaring.wa.gov.au)



### HOSTED BY:

Myfi Dunning &  
The Eastern Hills Branch,  
*Wildflower Society of WA (Inc.)*



DATE: Saturday, 29<sup>th</sup> May 2010

TIME: 9.30am to 12noon

VENUE: Octagonal Hall

52 McGlew Rd

Glen Forrest

COST: \$5.00 for tea or coffee and cake

Funds raised from the event will be donated to the Cancer Council to allow them to continue working to reduce the impact of cancer. Most of us know someone who has battled cancer and understand the importance of the work done by the Cancer Council.

## Links

### ***Biodynamic***

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

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

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

### ***Bushtucker***

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

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

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

### ***Community Gardens***

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

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

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

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

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

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

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

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



(Continued on page 29)



(Continued from page 28)

### From the Soil Up

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

### Herbs

Dipaunka Macrides—Living as a Herbalist **NEW**

[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 **NEW**

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

Plants For A Future is a resource centre for rare and unusual plants, particularly those which have edible, medicinal or other uses. We practise vegan-organic permaculture with emphasis on creating an ecologically sustainable environment based largely on perennial plants.

The Amazon Plants – Tropical Plant Database

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

### Nurseries

Zanthorrea Nursery **NEW**

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

155 Watsonia Road,  
Maida Vale

### Organics

Aussie Organic Gardening – a gardening blog by Lyn Bagnall **NEW**

<http://aussieorganicgardening.com/>

Mundaring Organic Growers **NEW**

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

The Green House Organic – provides organic seedlings

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

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

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

### Permaculture / Living simply

City Farm **NEW**

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



## Links

(Continued from page 29)

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

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

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

Fremantle Environmental Resources Network (FERN)  
[www.fern.org.au](http://www.fern.org.au)

Hills Local Permaculture Group  
<http://permaculturewest.org.au/hlpg>

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

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

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

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

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

## Recycling

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

## Seed Savers

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

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

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

Yilgarn seeds in Geraldton  
Part of Seed Savers Network



(Continued from page 30)

### **Suppliers**

#### **Greenway Enterprises**

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

#### **Landmark – wide range of products, including multigrow**

<http://www.landmark.com.au/>  
32 Farrall Road, Midvale WA

#### **Tass1Trees – specialising in fruiting plants – Fruit Trees**

<http://www.tass1trees.com.au/>

### **Sustainability**

#### **Environment House—Bayswater**

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

#### **Perth Solar City *NEW***

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

### **Miscellaneous**

#### **A Frog Pond**

<http://afrogpond.com/>

*NEW*

#### **Eastern Metropolitan Regional Council**

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

*NEW*

#### **Ecological Agriculture Australia Association**

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

*NEW*

#### **Silver Tree Steiner School**

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

#### **Slow Food - WA**

<http://slowfoodperth.org.au>

#### **Soul Tree Organic Store and Café**

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

*NEW*

Shop 6, 3-5 Railway Parade  
Glen Forrest

#### **Swan Hills LETS System— Local Exchange Trading System**

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



# HLPg

## Contact us

Silvia and Rosemary

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

Phone:  
(08) 9252 1237

## Subscription to mailing list

If you wish to **subscribe** to the HLPg mailing list please send an email to us with the word "*subscribe*" in the subject heading, and provide your full name as well.

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 (HLPg)

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 HLPg meets at the Silver Tree Steiner School in Parkerville.

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

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

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

The HLPg 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.

