

# **NORTHEY STREET CITY FARM**

**2012 ANNUAL MAGAZINE**

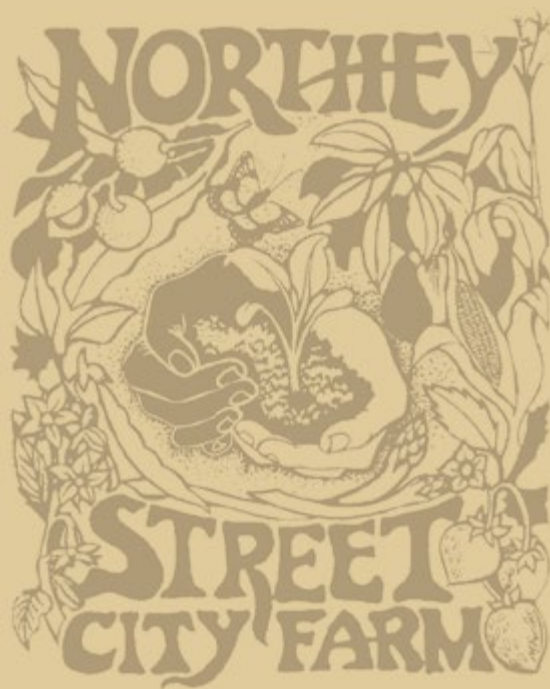
**GROW IT YOURSELF**

**PLAN A FARM GARDEN NOW**



# Index

<b>2012. A Year for Changes</b>	<b>3</b>
<b>CIG Project</b>	<b>5</b>
<b>Volunteer Program</b>	<b>6</b>
<b>Northey Street City Farm</b>	<b>6</b>
<b>Volunteering</b>	<b>7</b>
<b>Allotments &amp; Gardens</b>	<b>8</b>
<b>Agriculture students expand their “Farm Cafe” plans</b>	<b>9</b>
<b>Elderflower Champagne</b>	<b>10</b>
<b>Lemonade Syrup</b>	<b>10</b>
<b>Winter Solstice Celebration</b>	<b>11</b>
<b>Planting Guide</b>	<b>13</b>
<b>Green Roof</b>	<b>16</b>
<b>Habitat, Homes &amp; Hollows for Native Solitary Bees...</b>	<b>17</b>
<b>Cooking on Clay</b>	<b>18</b>
<b>Earth Arts</b>	<b>19</b>
<b>What is a Four Bed Rotation System?</b>	<b>20</b>
<b>Growing Subtropical Fruit and Veges</b>	<b>21</b>
<b>Contact us</b>	<b>24</b>



## **NSCF's Vision**

We aim to create a working model of a cooperative, community based, urban Permaculture farm which demonstrates, promotes, educates, celebrates and advocates for environmental and economic sustainability in a healthy, diverse and supportive community.

## **NSCF Supporters and partners**

We thank the following for their financial support of the farm this year:

### **Our members**

**Brisbane City Council**

**Lord Mayor's Sustainability Grant**

**Brisbane City Council Active Parks program**

**Australian Government Regional Development**

**Australia Community Infrastructure Grant**

**Epic Employment Service Inc.**

**Help Enterprises**

# 2012.

## A Year for Changes

**by Kirsty Klose**

As the year draws to a close we're reminded to look back over the last twelve months and recognise our achievements in that time, and 2012 has surely been full of them.

We launched into the New Year with the mighty big task of making significant changes to the organisational structure of the Farm. The need for this was identified as necessary at various planning and visioning days as the Farm community continued to grow and activities expanded without much change in the overall support structure. Therefore, after many delays and false starts (floods will do that, among other things) consultants were engaged and an extensive review process that involved broad consultation with key Farm staff and volunteers, both past and present, was finally conducted in the form of a comprehensive survey throughout September and October last year. The report of findings from the survey responses were used to guide the agenda for three review meetings facilitated by the consultants, which worked in more detail on the key issues that had been identified. All key staff members, volunteers and other significant Farm members who responded to the initial survey were invited and encouraged to participate in this process.

Issues identified as priorities from the report of findings to work on in the meetings included:

- ☞ Increasing clarity of the Decision-making Framework
- ☞ Addressing the Team Reps Structure
- ☞ Creating one or more Managerial Roles
- ☞ Addressing the Role of Management Committee
- ☞ Restructuring of Teams
- ☞ Changes to Roles (amalgamating/ creating new ones)
- ☞ Improving Employment Processes and Accountability
- ☞ Addressing the Role of Coordinators & Leadership
- ☞ Conflict Resolution and Code of Conduct
- ☞ Creating Advisory/Reference Roles / "Circle of Elders"
- ☞ Providing Support for Staff and Volunteers

We covered much ground in those initial three meetings and after one final meeting in January the real work of making the changes was upon us, because even with the best of intentions, our dedication to using a fair and inclusive decision making process that encouraged participation and input as we worked together toward solutions for the greater good of the Farm, the skill of our facilitators, and many hours, we were unable to finish the work we had set out to do. For this reason, a team of volunteers were nominated by the group to continue the work of implementing the changes. This group came to be known as FRIT (Farm Review Implementation Team) and they were empowered to make decisions and finalise the changes using feedback from the review meetings and through consultation with



appropriate people. FRIT also had the help of a professional Organisational Psychologist who was engaged to assist in the transition phase, as well as designated working groups who focused on particular policies and procedures. All decisions and documents coming from FRIT went through the appropriate channels for final approval; this enabled staff and volunteers to make any final contributions and made the process as transparent and inclusive as possible.

Though there is still much work to be done, we have had great successes to date and have made a significant start on addressing the main identified areas of concern.

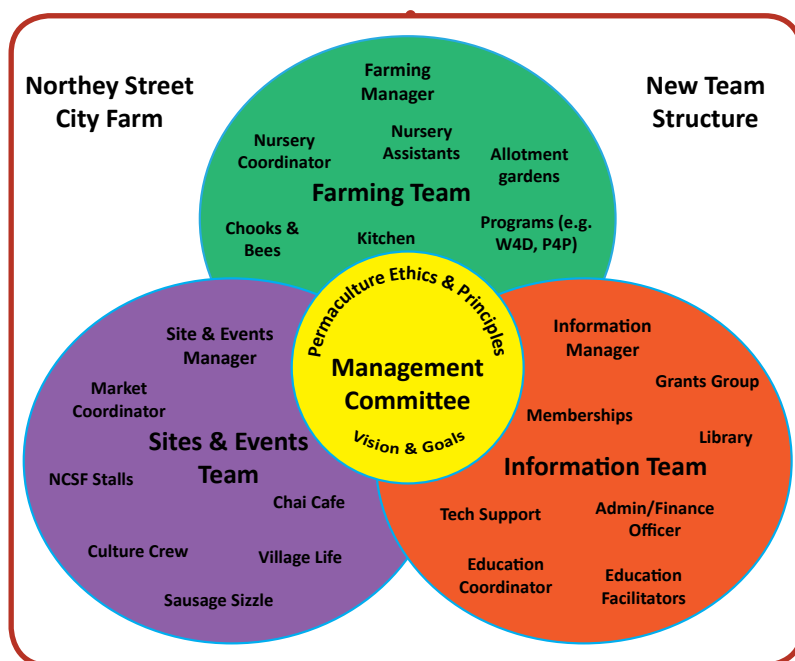
Changes implemented include:

- ☞ A new three team structure comprising of the Farming Team, the Information Team and the Site and Events Team (see flower model for details)
- ☞ Clarity around the function of the Management Committee and Team Representative group (detailed in the Decision Making Policy)
- ☞ New Policies and Procedures or improvement of existing ones, including; Code of Conduct, Recruitment, Decision Making, Grievance, and Disciplinary
- ☞ Amalgamation of smaller roles into new more significant roles
- ☞ Detailed Position Descriptions for new roles, including; Farming Team Manager, Information Team Manager, Site and Events Team Manager, Administration and Finance Officer, Market Coordinator, Education Coordinator
- ☞ Recruitment for all of the above positions
- ☞ Provision of training for all key staff and volunteers, in the areas of Non-Violent Communication, Consensus Decision Making.

This process has not been without difficulty as you can well imagine. A number of positions became redundant as a result of the role review and restructure which amalgamated many smaller roles into fewer larger ones, and though they were involved in the entire process and supported through the changes, it meant that a number of valuable staff members left the Farm. Some of them have graciously continued to remain involved in the Farm in some capacity and for this we are truly grateful. For those who have moved on we thank them immensely for their understanding that these decisions were all made in the interest of providing stability and the long term sustainability of the Farm; and to all whose roles ended, we wish to express deep appreciation for all the fine work they contributed to the Community in their time of employment.

Acknowledgement and thanks goes out to the many people who participated along the way to make all of this happen. The level of commitment from all involved made the onerous task of restructure possible and as change can be very unsettling, we thank all those who have been patient and trusted the process in this time of transition.

So, as the dust settles on the changes 2012 has brought to Northey Street City Farm, may their effects start to be seen clearly and felt positively in ways that enrich the whole community, as intended.



# CIG Project

at Northey  
Street City Farm

by Simon McVerry

Northey St City Farm has been fortunate to be in receipt of a Community Infrastructure Grant which is now nearing final acquittal stage. The grant was for \$130,000 and has been used to undertake a number of important projects across the farm as follows.

- ☞ Construction of a new deck under the mango tree. This work was implemented by Glen Abbott with the assistance of Northey St volunteers and staff and provides a hard-wearing flat surface on which people can meet to have a cuppa, lunch or a chat.
- ☞ Rebuild of the Kiosk. This work was undertaken by Steph Zannakis and Taib Ezekiel who did the carpentering and Reliance Plumbing who dealt with the water and gas works. They were well assisted by JR and the site team. All new (recycled) stainless steel benches, resurfacing of the floor, electrical rewiring, storage cabinets and tap fittings have really improved the kiosk and brought it up to an appropriate food handling standard.
- ☞ Shade sail and roof structure have been added to the deck to provide more covered space.
- ☞ Solar hot water systems have been fitted to both the kiosk and the shower block giving free hot water.
- ☞ Outdoor sensor lighting has been installed at a number of key points around the farm to assist in providing a safe lit environment at night.
- ☞ The green roof has been finished and is growing along nicely. Steph and Taib and team took care of the construction works while the planting was organized by Simon Ross and a mob of 40 odd volunteers.
- ☞ The downstairs education space has screen walls up on 2 sides which has increased the functionality of the space.
- ☞ The education space now has a storage shed which was relocated by Kylie and is now functioning well in its new place.
- ☞ A new market based shed is about to be constructed by the building team and this will help improve the look and functionality of the farm front door. It will also be used on Sundays as a base for NSCF operations at the market.
- ☞ Finally the office team will be pleased to be able to purchase \$10,000 in new office equipment, computers, copiers etc. which will assist in the smooth operation of the education centre.

Standby for an official opening of the new permaculture education and office building in the coming months. Thankyou to all that have provided input, advice and assistance on these projects.

Simon McVerry was the project manager for the building program this year.



Australian Government

This project is supported by funding from the Australian Government under its Regional Development Australia Fund



# Northey Street City Farm Volunteer Program

Northey Street City Farm cannot operate without the many people who volunteer their time. Volunteer Induction is every Tuesday at 9.30am. Come along for a free tour of the Farm, an induction into how we operate, and sign on to volunteer. Meet at the tours sign in the community space by the kiosk.

We are developing a regular program of activities, so that you can choose to come along if there is a specific area you are interested in. The number of activities will grow as people show interest, please contact the Farming Team Manager if you have any ideas. The program is as follows at the moment.

**Tuesday:** Nursery, compost making & worm farming, Kitchen Garden, Community Kitchen, Tree Care Group, Earth Arts, Backyard Garden.

**Wednesday:** Nursery, Planting for Pizzas, Appropriate Technology group, Rust Busters tool maintenance group.

**Thursday:** Nursery, Market Garden, Community Kitchen, Schools Garden.

**Friday:** Nursery, Earth Arts, Bush regeneration group

**Saturday:** Nursery, Sustainable Living Workshops (Cost), Seed Saving group, Harvesting and Preserving.

**Sunday:** Nursery, Markets, Chai Cafe, Allotments.

## Community and Employment Programs

The farm's projects provide educational opportunities and life-skills development to unemployed people and people from disadvantaged social groups. We aim to help people find their individual areas of interest and achieve their personal goals.

Intermittent programs, dependent on funding, include Work for the Dole, Community Service and Mutual Obligation. Our thanks go to Epic Employment Inc and Help Enterprises who provide funding for supervisors for Work for the Dole programs.

Brisbane City Council also funds supervisors for the Planting for Pizzas project through its Active Parks program.





# Volunteering

There are lots of meaningful ways to be a part of the City Farm community.

Volunteers work in teams to assist in:

- ☞ Maintaining gardens
- ☞ Nursery production
- ☞ Market gardens production and retail
- ☞ Food cooking and processing
- ☞ Green waste recycling centre
- ☞ Animal care
- ☞ Construction and tool maintenance
- ☞ Assisting with events
- ☞ Administration, promotions, & IT





# Allotments & Gardens



Our allotments have grown abundantly since they were made available last year. Sunday mornings see a lot of gardenening and social activity. The allotments are available for \$52 per year. To go on the (short) waiting list, contact Vivienne on [allotments.nscf@gmail.com](mailto:allotments.nscf@gmail.com)





# Agriculture students expand their “Farm Cafe” plans

**By Bron Elliott**

I had joy in taking a small group of Japanese students around the farm the other day. They were in Australia for a week on a UQ training visit going also to Gatton, to a deer farm and a range of agri business sites. They arrived to Northey Street direct from their ten hour flight from Tokyo and were a little tired. Amazingly, all but one managed to stay awake and get right into the action. I was keen to learn more about why they had come, what their backgrounds were and what they were studying so I could target the tour more to their interests.

None of the students had grown up on a farm yet more than half of them were studying agriculture at university. One guy wanted a big farm so he could make a lot of money. The other part of the group were taking a course called ‘Farm Cafe’ – where they were learning how to run a business serving food which also grew its own produce.

There were many good examples around Northey Street to demonstrate to these ‘Farm Cafe’ students - such as the kitchen garden, herb spiral, chooks etc – ways to grow food to feed a small cafe. As space in Japan is tight – it was great to highlight the benefits of companion planting and how to fill small spaces with a diversity of crops. We talked about vertical gardens, green roofs and other options that they could also consider in their future businesses.

None of the students had experienced permaculture before and all were interested in the benefits especially for Japan in polyculture techniques. niche, there is a growing trend in Japan for allotments and organic food and that led us to discussing the importance of soils. Playtime on the swing and the xylophone shook their weariness away, brought giant smiles to their faces and opened great thoughts to the importance of play and social aspects into the growing and sharing of food.

The white mulberries were just ripening as we strolled past. I learned that kimonos are rarely worn today by Japanese women. Mulberry trees have become less common in Japan as the Bombyx mori’s (silkworm) role of making silk for the kimono trade is almost redundant. They told me that most kimonos are now made in China. Silkworm talk led us past bees, seeds, cob ovens, the nursery and the herb spiral to meet the worms in the vermiculture beds.

We had just enough time left to have a quick roll of the compost drums and be amazed at how hot they were before it was time for the students to head back to the bus. A quick group pic below the Northey Street sign and then it was sayonara as they headed for their welcome reception at UQ. I hope I was able to leave them with sustainable food for thought as they ventured to other sites on their visit. I will always wonder if anything they experienced in that two hour window at Northey Street will grow into fruition somewhere in Japan in the future.

I know there are a few things that I take from our time together.



*Northey Street has been lucky to have Bron Elliot as a new and highly active Farm Tutor in 2012. She has lead tours and activities with students ranging from grades 2 to 12. She also joined several other Farm staff and volunteers at Crystal Waters to participate in Robin Clayfield's Creative Community Governance and Decision-Making Day. Bron has led the push for the 2014 Australasian Permaculture Convergence to be held in Deception Bay, where she regularly organises local community and sustainability events.*



# Elderflower Champagne

Total Time: 48 hours

## Ingredients

- 2 heads elderberry flowers, fully open
- 2 tbsp white wine vinegar
- 1 large fresh lemon
- 680g sugar
- 4.5l cold water

## Preparation

Day 1

- ☞ Pick flowers from stalks, and place in a plastic container with a lid.
- ☞ Thinly pare lemon rind, then squeeze lemons. Add both lemon rind and juice to container.
- ☞ Add cold water, vinegar and sugar.
- ☞ Stir until sugar dissolves. Cover and leave for 24 hours.

Day 2

- ☞ Strain, press and discard solids.
- ☞ Bottle in plastic soft drink bottles, leaving a 5cm gap above the liquid.
- ☞ Lie bottles on their sides in a cool place for two weeks before drinking



# Lemonade Syrup

## Ingredients

- 3 sprigs fresh mint
- 1.5 cups fresh lemon juice
- 1 cup organic sugar
- 1 cup rain water

## Preparation

- ☞ Crush the mint sprigs with the flat of a knife to release fragrant oils
- ☞ Combine mint, lemon juice, sugar and water in a saucepan. Stir over medium heat until sugar dissolves. Remove from heat, discard mint sprigs and cool syrup. Pour into a clean, airtight bottle and store in fridge for up to one month.
- ☞ To serve, pour lemonade syrup to taste into glasses and top with chilled water, sparkling mineral water or soda water. A ratio of one part lemon syrup to three parts water works well.



Recipes  
from  
NSCF's  
Share  
Cookbook  
P 87

Simply the best, most heartfelt, interesting and useful cookbook you may ever own. Written completely from the heart with sharing in mind! Most recipes are accompanied by full-colour images. Included in Share is information about some of the key ingredients and Permaculture plants, stories about the Farm and the people that are part of our vibrant community.

Share cookbook is available for sale at Edible Landscapes Nursery at Northey Street City Farm or through our website on [www.nscf.org.au](http://www.nscf.org.au).

\$20



# Winter Solstice Celebration





# Northey Street City Farm

	Dec	Jan	Feb	Mar	April	May
<b>Moon</b>	3 ● 17 ○	12 ● 27 ○	10 ● 26 ○	12 ● 27 ○	10 ● 28 ○	10 ● 25 ○
<b>Sow seeds in Punnets</b>						
Beetroot			*	*	*	*
Bok Choy			*	*	*	
Cabbage			*	*	*	*
Capsicum	*	*	*	*	*	
Carrot			*	*	*	*
Ceylon Spinach	*	*	*			
Cauliflower			*	*	*	*
Celery			*	*	*	*
Chilli	*	*	*			*
Daikon						
Eggplant	*	*	*	*	*	*
Endive				*	*	*
Kale			*	*	*	*
Kohl rabi					*	*
Lettuce-hearting			*			*
Lettuce – non-hearting	*	*	*	*	*	
Mustard greens				*	*	*
Onion			*	*	*	*
Pak Choi						*
Radish	*	*	*	*	*	
Rocket						
Rosella	*	*	*	*	*	
Shallots				*	*	*
Silverbeet			*	*	*	*
European spinach						*
Tomatoes	*	*	*	*	*	*
<b>Sow seeds direct</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>April</b>	<b>May</b>
Asparagus crowns				*	*	*
Beans	*	*	*	*	*	*
Carrot				*	*	*
Corn	*	*	*			
Cucumber	*	*	*	*		
Melon	*	*	*			
Parsnip						*
Pea – snow/snap						*
Potato tubers				*	*	*
Pumpkin	*	*		*		
Radish				*	*	*
Turnip						
Zucchini/squash	*	*			*	*

# Planting Guide 2013

	June	July	Aug	Sept	Oct	Nov
<b>Moon</b>	9 ● 23 ○	8 ● 23 ○	7 ● 21 ○	5 ● 19 ○	5 ● 19 ○	3 ● 18 ○
<b>Sow seeds in Punnets</b>						
Beetroot	*	*	*	*	*	*
Bok Choy			*	*	*	
Cabbage	*	*				
Carrot	*	*	*	*	*	
Capsicum	*	*	*	*	*	*
Ceylon Spinach				*	*	*
Chilli				*	*	*
Cauliflower	*					
Celery	*	*				
Daikon	*	*				
Eggplant	*	*	*	*	*	*
Endive	*	*				
Kale	*	*				
Kohl rabi	*	*				
Lettuce-hearting	*	*	*			
Lettuce – non-hearting				*	*	*
Mustard greens	*	*				
Onion	*	*				
Rocket			*			
Rosella			*	*	*	*
Pak Choi	*	*				
Shallots	*	*	*	*	*	*
Silverbeet	*	*	*	*	*	*
European spinach	*			*	*	*
Tomatoes	*	*	*	*	*	*
<b>Sow seeds direct</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>
Asparagus crowns	*	*				
Beans	*	*	*	*	*	*
Carrot	*	*	*	*		
Cassava cuttings				*	*	*
Cucumber	*	*	*	*	*	*
Ginger tubers				*	*	*
Melons				*	*	*
Okra				*	*	*
Parsnip	*	*				
Pea – snow/snap	*	*				
Potato tubers	*		*	*	*	*
Pumpkin	*	*	*	*	*	*
Radish			*			
Sweet Corn				*	*	*
Turnip	*	*				
Zucchini/squash/marrow				*	*	*



# Continuing to Learn and Grow

## Collaboration and Education for Sustainability at Bellbunya

by Murray Carew  
Education Coordinator

*Thanks to long-time NSCF Permaculture Educators Gavin Hardy, Bunya Halasz and Dick Copeman for contributing to this article, as well as Chris Gibbons from Bellbunya for images.*

Bellbunya is a demonstration centre for sustaining living on the Sunshine Coast Hinterland. I find it quite interesting to hear the story of Bellbunya's development from an idea into a flourishing community, and especially to hear how Northey Street has been involved in this process. It is a story that shows how significant any genuinely formed connection can be in the long term, whether this grows out of personal friendship, a workshop or some other collaboration. It also shows the power of permaculture education to empower communities and to transform lives and places.

Northey Street City Farm has often played a supporting role in the design and establishment of new sites and groups. This is partly due to its size, central location and relative age compared to many younger permaculture initiatives, but the knowledge and skills of the people who are here is probably the main factor. Northey Street's role in supporting Bellbunya has had a special element, which was the running of a permaculture design course (PDC) to train community members for the tasks they had set themselves. Now that the community have had time to put into practice what they have learned, we can say that the results so far have been impressive indeed.

NSCF's Gavin Hardy met Karyn Maher and Chris Gibbings at the Going Local Conference in Brisbane in 2007. At that time Karyn and Chris were interested in finding a property to create an intentional community. The germ of an idea had taken hold on Karyn and Chris but had not yet found a physical site on which to put down roots and grow. The project got an early educational boost in the form of a workshop delivered in 2008 in Maleny by New Zealand permaculture educator Robina McCurdy. This was on the subject of creating sustainable communities, and here Gavin again crossed paths with Karyn and Chris.

In late 2008 the land was purchased at Bellbunya which is about 40 hectares in size. Gavin, who was at the time exploring his own desires to join an intentional community, started visiting the property and providing guidance in permaculture design, including site planning. In late 2010 Gavin mapped the site and in 2011 introduced Bunya and Anaheke Metua to the community. Bunya and Anaheke went on to run a Growing Roots retreat in that same year, integrating permaculture, yoga, shiatsu massage and ecological awareness. All this collaboration had sparked excited conversations about running a PDC onsite and setting up Bellbunya as a permaculture learning centre. The notion of Northey Street running the PDC came about after an arrangement with a local educator fell through. It was around this time that Dick Copeman got involved. Karyn had sought to fund the course by making an application to the federal





government's Farm Ready scheme. This process required a PDC course outline and an incorporated body to go into partnership with, in order to get the funding. Dick arranged for NSCF to meet these needs and the funding was secured. The course was then put together and was delivered by Bunya mainly, with some sessions also delivered by Gavin, Dick, Tim Auld and Tim Lang.

Bunya Halasz visited the community recently for the first time in 6 months or so - and for the second time since we ran the PDC earlier in the year and was moved to share his impressions with us:

"It is quite incredible what they have achieved in that short time - and they do attribute much of this to the inspiration of the PDC. Chickens have been moved up close to the community house. People are finding it so easy to care for them and they have heaps more chooks laying really well now. There are now 4 very significant areas cultivated on the eastern slope (that we focused our design upon) all fully fenced and planted and tended beautifully and productively - largely driven by a community member who has moved in since the PDC. These gardens are some of the best tended patches I have seen in a long time. They removed vast swathes of lantana undergrowth and planted 1500 bush Tukka trees with conservation volunteer groups under the canopy of the timber plantings on the way to the big dam."

"The community are eating most of their veges from their garden now - and have excess of many things - a pre set goal that seemed far out of reach to some community members during our PDC time. So inspiring! And all with community members coming and going - but now having built up to 14 solid members again after dwindling low mid-year. I am planning to offer some more time to the community in Jan or Feb to build up the food forest area and maybe run them as workshops. If anyone is looking for a venue to run permaculture stuff up there, it is strengthening as a great venue of permaculture projects on many levels. It is great to see where they have all come (since the PDC with Northey Street)"

We at Northey Street wish the folks at Bellbunya and surrounding communities well with all your projects, and thank you for the opportunity to be involved in the growth of this amazing place from an idea into a thriving community. I can't wait to visit and take part in your live-in volunteer program!

I personally would also like to thank everyone who has contributed in large and small ways to making Northey Street City Farm a strong community organisation that is capable of supporting and inspiring new permaculture projects throughout the Moreton bioregion. We are also seeing heaps of support and inspiration flowing in to the farm from the wider permaculture world. Examples of this include the strong engagement by the growing farm membership in the community governance process of the 2012 AGM, as well as the support and guidance of organisations such as 4zzz community radio, Turnstyle Community Hub and Food Connect Brisbane. And so many other people, of course. Thank you all.



#### **For more information:**

Bellbunya Eco Retreat Centre and Sustainable Community  
[bellbunya.org.au](http://bellbunya.org.au)

Permaculture Design Courses at NSCF (including teacher bios)  
[nscf.org.au/permaculture-design-course-brisbane](http://nscf.org.au/permaculture-design-course-brisbane)

NSCF Education Home Page  
[nscf.org.au/education](http://nscf.org.au/education)





# Green Roof

The Green roof was designed and built by Steph Zannakis and his team.

The roof provides protection over the classroom space under the Education Centre and reduces glare to the rooms above. The roof is about 100mm deep and filled with a light mix of 50% mineral and 50% organic materials. There is a buried drip irrigation system for those extreme dry periods. The roof drains via chains into the raised garden beds below.

The roof was planted out by an enthusiastic group of workshop participants in August. The rooftop meadow is a mixture of succulents, butterfly attractants, and Australian wildflowers and grasses.





# Habitat, Homes & Hollows for Native Solitary Bees...

Australia has over 2000 species of native bees. There are about 12 species of social stingless native bees and the most prevalent three of these are *Trigona carbonaria*, *Trigona hockingsi* and *Austroplebea australis*. These are either box-hived, or nest naturally in hollow logs, trees and habitat cavities.

The vast majority of native bees however are solitary or semi solitary bees, which go about their daily business on their own but can often be found nesting near one another. These bees do not have a social colony structure, but have their own individual nest and provision it with small amounts of pollen and nectar for their offspring.

While solitary bees do not store excess honey in their nests, they play a vital role as pollinators.

The solitary bees are searching for a hole or tunnel of a particular diameter and length. The female solitary bee builds partitions to divide the tunnel into a linear row of brood cells. The partitioning walls may be of leaf, mud, plant resins or flower petals, or even cellophane-like glandular secretions. The bee then provisions each brood cell with pollen and nectar, into which she lays a single egg and sealing it off and moving on to the next. These go through egg, larval and pupal stages before emerging as adults to continue the cycle.

Having these solitary bees nest in your habitat area ensures that you are enhancing pollinator activity, and improving the value and balance of your ecosystem. With suitable habitat fast dwindling, it's up to us to provide them with these particular holes.

**Timber:** The holes can be provided in blocks of wood (both hard and softwood), old timber offcuts, logs, even fence posts, by drilling them to particular lengths and at around 20mm centres. The holes should be smooth and blind (not right through the timber).

**Bamboo and Reed:** Bundles of bamboo, reed, dead grass tree spikes, dried lantana, all cut to 150-200mm lengths so that one end is open, one end closed, can be bundled and packed horizontally into protected enclosures of recycled material such as old piping, or tied with twine/wire. Some bees like hollow stems and other pithy stems that they chew out for themselves. These bundles can be placed amongst the blocks, or hung in trees (but fixed firmly).

**Mud:** A mud brick wall provides an earthen nesting substrate for bees, particularly blue banded bees. To make mud bricks, the mud texture is critical. Blue banded bees are quite particular about the texture of the mud. Generally use a mix of 3 parts sand and 1 part clay, but vary the types of sand and clay to increase the chance of making a brick that appeals to the bees. Poke holes of 6 mm diameter and 60 mm depth into the bricks as they are drying. These are pilot holes to encourage the bees to start nesting and creating their own free-form nesting tunnels.

**Bee Wall:** When you are stacking the blocks/bundles/bricks, it's best to do so on a series of rustic shelves, with some attempt to keep the ants at bay if possible, and protect the pieces from rising damp by providing a base. Cover with some form of roof with a generous overhang to protect from rain and excessive heat.

**Bee Garden:** To complement the wall, provide small areas of bare ground with a compact surface and a few "steps" in it, small sand pits (at least 600mm deep) in a sunny well-drained spot (or sand piles in poorly drained areas) and tree stumps, semi-rotting, with borer/beetle holes.

It's vital to create access to a diversity of plants with overlapping flowering times so that foraging pollen sources are available all year round. And it's important to provide flowers of various sizes, shapes and colours, and where possible, to create clumps of one species. But this is another story!

For full details on the Bee Wall and Bee Habitat concept, go to [www.mrccc.org.au](http://www.mrccc.org.au) and to links. Here you will find a free download - "Attract Bees" - a 30 page 4MB PDF colour doco.



Leafcutter



Reed bee



Giant carpenter



Blue banded



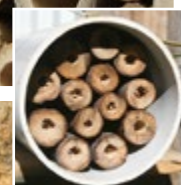
A constructed Bee Wall...

CHRIS FULLER - KIN KIN NATIVE BEES



...or a simple cluster

3 mm hole	70 mm deep	(few)
5 mm hole	120 mm deep	(most commonly used)
6.5 mm hole	150 mm deep	(most commonly used)
9.5 mm hole	150 mm deep	(few)
13 mm hole	150 mm deep	(few)



Prepared by Valley Bees



# Cooking on Clay

By Bob McMahon

EARTH ARTS as practised at Northey Street could be termed permanentculture. They all involve touching the earth and creating arts at little or no cost. CHECK IT OUT AT OUR SUNDAY MARKETS.

## How to make a Chinese Cooker

Firstly, collect your clay. Any old clay will do, even if it has a few tiny pebbles. Collect the clay from places like your backyard, dams, riverbanks or building sites. Prepare the clay for use as follows: Pound and roll a fist sized ball. Roll the ball in sawdust. You need fine sawdust, not the splintery kind. Short dried lawn clippings and even dried horse or cow dung can also be used to bind the clay. Knead thoroughly, removing any little stones. Roll the ball in sawdust again, then knead thoroughly.

(Another alternative is pulped newspaper - 50% or more - just clay and paper. Because the mix needs to be quite sloppy, pancake it on newspaper and lay it out in the sun until ready to be kneaded into balls for use.)

Make a flat pancake of clay as the base. Roll the clay into a fat rope then coil into a flowerpot shape above the base. Smooth the surface of the pot with your damp hands.

Place wet newspaper, or dry sawdust, inside the pot to thumb height. Make a chunky pancake of clay with holes in it (a grate) and place it on top of the newspaper. Join the grate to the sides of the pot with a coil of prepared clay and sawdust. Cut a large mouth below the grate – use a bamboo skewer with a sawing motion. Carefully remove the newspaper. Join the grate to the walls from underneath, using the end of a long paintbrush if your fingers don't reach.

Sculpt the face or mouth of the creature. Add some chunky ears or limbs to the sides to be used as handles. Cut three semicircles out of the top, to form stands for a pot or pan.

Air dry for one week, then fire as explained below.



Fat coils smooth together with wet fingers

chunky pancake base



Grate - chunky pancake with holes



Wet newspaper or dry sawdust



Cut out a mouth below grate



Cut out semicircles, leaving 3 level stands

Chunky ears as handles



## Firing clay without a kiln

Build a stand for your air dried pottery with old bricks or a barbeque grate, then stand the pottery on it. Stack bricks around to contain space. Heap sawdust over the pottery to completely cover it. Light a small fire of leaves and twigs on top of the sawdust. Leave the sawdust to smoulder for about eight hours. Cover the top with roofing iron or appropriate cover to contain the heat.

After the sawdust has burnt down build a roaring fire. Build the fire up and let it burn out - about 20 minutes - or until you see the pot is red hot. Wait until the ashes are cold then remove your cooker. Repair any cracks with a clay slurry.

## To use the cooker

Point the mouth at the prevailing wind. Place twigs and leaves inside on the grate and light the fire. Wait for red hot coals to form then place a wok or pot on top and cook your meal.







## The Wonders of Earth Arts:

An array of activities designed to promote interactive learning, experimentation and creativity, run by Hands On Art at Northey St City Farm.

Workshops are held outdoors in a fun and safe environment, under the guidance of experienced environmental arts facilitators.

Wherever possible materials are sourced from nature and/or reclaimed materials, which would otherwise end up in landfills.

Students can freely move between activity stations at their own pace and take home the art works they create.

- ☞ Sculpt with locally sourced clay, fired on site in mini ovens
- ☞ Paint with an array of coloured clays and natural pigments
- ☞ Paint yourself and discover the healing properties of clay
- ☞ Manipulate and mould paper pulp and sawdust
- ☞ Transform fallen natural objects into works of art
- ☞ Learn to play musical instruments made from natural and reclaimed materials
- ☞ Take part in experimental theatre, performance and creative writing

At the end students will come together and share with each other what they have discovered and made.

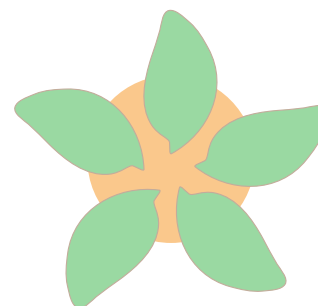
Workshops run for 2.5hrs on Wednesdays and Fridays

Workshop cost: \$250 for up to 20 students (\$10 per each additional student)

Contact Hands on Art for booking enquiries

**Phone:** 07 3876 5077

**Email:** [anna.handsonart@gmail.com](mailto:anna.handsonart@gmail.com)





# What is a Four Bed Rotation System?

by Vivienne Wynter

In a permaculture garden, design is a major element of gardening. One of the ways to maximise productivity and reduce pests is to rotate the crops in food producing beds. There is a simple reason for this. Some crops take nitrogen from the soil and some crops fix nitrogen. Awareness of the major food groups' relationship to nitrogen in the soil will help you plan your plantings for maximising natural nitrogen in the soil. This means healthy, pest resistant produce that needs less fertiliser and is more resistant to pests.

For example, legumes fix nitrogen but leafy and fruiting vegetables take it out, so it makes sense to plant a leafy crop in the bed where last season's beans have been harvested. Root vegetables need less nitrogen than fruiting and leafy vegetables.

There are rotation systems based on four, five, six and even seven food groups. At Northey Street City Farm we work with the Four Bed 'Fruity, Rooty, Leggy, Leafy system. Here's how it works.

- ☞ Fruiting plants: this describes any plant with a fruit such as tomatoes, eggplants, pumpkins, zucchini, cucumber, capsicum, peppers, melons and squash.
- ☞ Root vegetables: it's pretty self-explanatory – but basically this includes carrots, sweet potatoes, beetroots.
- ☞ Leafy: all leafy plants, including herbs.
- ☞ Leggy: refers to legumes including beans and peas.

You don't need a big garden to apply rotation. I have a (rough) four bed rotation system in my allotment at Northey Street which is approximately one metre by three metres. At one end of the allotment bed there is a row of eggplants, then a row of tomatoes (fruity), then a row of sweet potatoes (rooty) a row of beans, (leggy), then chard, rocket, basil and coriander (leafy). I haven't started rotating them yet and it is a little tricky because different crops have different ripening times but I plan to fully rotate the plantings every couple of seasons.

Here is a sample Four Bed Rotation System that worked quite well in the Backyard Garden at Northey Street:

Bed one	Bed Two	Bed Three	Bed Four
Peas	Kohlrabi	Tomatoes	Carrot
Beans		Eggplant	Beetroots
Cosmos	Cabbage	Chilli	Marigolds

Of course, being conscious of the soil PH level, the overall soil condition, the amount of organic matter, light, moisture and air are all factors for plant health as well but rotation is one way you can make your vegetables actually work for you!

*Vivienne Wynter was custodian of the Backyard Garden at Northey Street with Lindsay Cooper from January 2011 to November 2012 and coordinates the Allotment Gardens at Northey Street.*





# Growing Subtropical Fruit and Veges



by **Bunya Halasz**

Tropical and subtropical foods are some of the most rewarding to grow for the vast majority of the year in Brisbane's climate, with most of the staple foods of South East Asia, the Pacific, Africa and the Tropical Americas thriving from Aug/Sept right through to May/June. They then generally go into dormancy for the cooler winter months, awaiting the temperature gauge to rise for another growing season.

Bananas ripen right through this period - and can even be cooked green as a starchy vegetable over the cooler months. Taro, cassava, yams, and a number of varieties of arrowroot all swell with starch over the hot growing season - especially so in the wet years - and are best harvested and eaten during the cooler months.

Most members of the Ginger Family (ginger, tumeric, galangal and many lesser known spices that give character to the cuisine of South East Asia) are highly medicinal and generally easy to grow in subtropical Eastern Australia. Nearly every day another research paper is published that adds to the extraordinary array of medicinal benefits of this group of plants including anti-inflammatory, anti-bacterial, anti-fungal qualities that greatly aid digestion of other foods and are also helpful for those increasing numbers of people who have gluten sensitivities. All thrive in sun or the partial shade of other trees and grow prolifically in any well-prepared ground from November through to the winter months.

In the hotter times of the year that will wilt and shrivel the tender leaves of lettuce, rocket, spinach, coriander and so many others, the tropical greens are just starting to hit their straps. Brazilian spinach, kang kong, ibeaka, basil and taro leaves all thrive in the hottest of weather - and especially so in the wet and humid times. Of all these, the rugged perennial Brazilian spinach seems to tolerate even the driest of weather that this part of the world can serve up. These greens add flavour, vitamins and minerals to summer stir fries, curries and salads.

And when we are talking about tropical food crops, let's not forget the fruits. This dry spring is seeing

us into a BUMPER mango season this year, which usually start to ripen around the time of the bunya nut harvests in January and February. Custard apples, soursops and rollinia all benefit from this dry period to encourage a good fruit set. All of these plants are going to need good rains in the summer months to reach their full productive potential. In between summer rain periods, all the tropical fruit and vege crops will enjoy a good watering. Give the tree crops a nice slow drip to encourage deep root formation, and the papayas, bananas and surface rooted annuals can all do with a good mulch to temper the extremes of day/night temperatures and seal in the moisture of the earth. Like most plants, all of these crops will have greater resilience and give a better return with lots of well composted organic matter in the soil.





# Organic Farmers' Markets

Enjoy the freshest and purest certified organic fruit, vegetables, breads, meat, dairy, drygoods and preserves at Queensland's first and only market selling certified organic produce.

Growers come from near and far to greet you with a smile every Sunday morning.

You can also enjoy free workshops, art activities for the kids (plus space to play), and of course, breakfast at our Chai Cafe.

The Northey Street Organic Markets run every Sunday morning from 6-10:30am, so come early to ensure the widest selection of fresh organic produce!

For enquires please ring: **3857 8775**



## Northey Street Farm Stall

In a market filled with fresh organic produce, there is no beating the freshness and diversity of vegies on sale at the Farm Stall. Northey Street volunteers harvest produce throughout the morning, minutes before sale.

They also welcome the public, engage new volunteers and provide information about our events, tours and educational activities. Come say hello on Sundays between 7:30am and 10:30am – if you have a question, need some healthy food or just want to chat.



## Farm Library

### New Books

### from Our Permaculture Bookshelves

Following our budget allocation, new books are being purchased - they've been recommended by teachers and presenters of farm education and are available for loan from the main book collection.

**Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway** Published: April 2009 main collection 635.048 HEM

This revised and updated edition also features a new chapter on urban permaculture, designed especially for people in cities and suburbs who have very limited growing space.

**Water For Every Farm: Yeomans Keyline Plan by P. A. Yeomans**

Published: 2008

This is the 4th edition of this book since 1993 & the first to be published outside Australia. Yeomans developed Keyline methods to enable the rapid development of deep biologically fertile soil by converting subsoil into living topsoil.

Visit the Jetty Education centre during office hours to access the library.





# Chai Cafe

After your weekly shopping at the Organic Farmers Market, enjoy organic tea, coffee or a light breakfast under the mango tree.

Chai Café is a Northey Street City Farm enterprise; raising funds for the NSCF non-profit Permaculture farm. Meet your friends and sit back amongst our lush Permaculture gardens and enjoy great food on the deck, in the shade of the mango tree.

Our goal is to offer you wholesome, nourishing, delicious food made from organic ingredients and supporting local economy. Wherever possible we use organic ingredients; providing vegan, dairy-free, and gluten-free options. Please give us your suggestions and feedback. We are ever-evolving and aim to please. We always welcome kitchen volunteers, so please let us know how you'd like to be involved. Message us if you are keen to busk, as we'd love to share your talents with our Sunday patrons.



Open Sundays: 6:30 am to 11:00 am

# Edible Landscapes Nursery



Edible Landscapes Nursery stocks a wide range of seasonal organic seedlings, herbs, permaculture plants, aquatic plants, non-hybrid seeds, advanced bush tucker and backyard fruit trees, and water saving devices. Try our special worm juice fertiliser products, organic compost and potting mixes.

The Edible Landscapes Nursery is run on organic and permaculture principles. All of our seedlings and plants are grown from open-pollinated seeds from organic sources, our seed raising mix is also organic and produced at Northey Street City Farm in our Green Waste Recycling Centre. No chemicals are used in the production of our seedlings.

The nursery is maintained with the help of many volunteers. Volunteers are welcome Tuesday through to Sunday.

For all enquiries, please contact us on **(07) 3857 8774**

Open

Tuesday to Friday: 9 am to 3 pm

Saturday: 9 am to 3 pm

Sunday: 6 am to 12 noon



**Show your support with  
Northey Street City Farm gear**

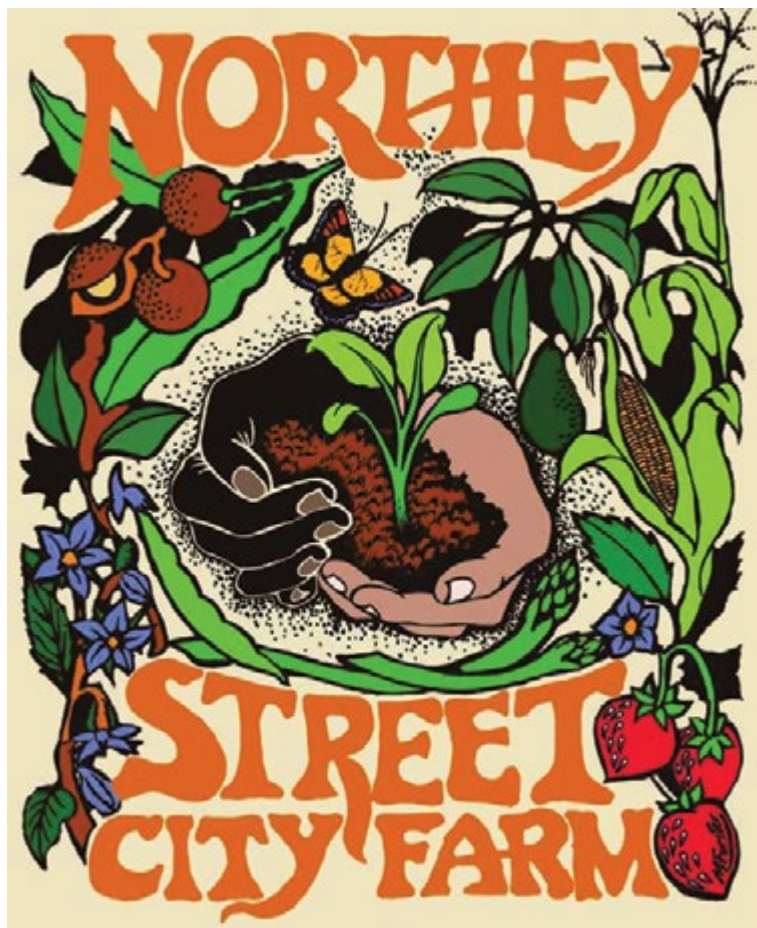
**Organic white  
cotton T-shirts \$15**

**Calico  
shopping bags \$7.50**

available from the Northey Street City Farm Market Stall  
and Edible Landscapes Nursery.







## Contact us

**Corner of Northey and Victoria Streets,  
Windsor**

**Postal:** 16 Victoria Street, Windsor Q 4030

**Phone:** 07 3857 8775

**Fax:** 07 3857 8108

**Email:** [info@nscf.org.au.au](mailto:info@nscf.org.au.au)

**Website:** [www.nscf.org.au](http://www.nscf.org.au)

### **Office hours:**

Tuesday to Thursday 9.00 am to 4.00pm

### **Edible Landscapes Nursery trading hours:**

Wednesday to Saturday 9.00 am - 3.00 pm

Sunday 6.00 am - 12.00 noon

### **Organic Market and Chai Cafe trading hours:**

Sundays 6.00 am - 10.30 am



**The Green  
Heart of  
Brisbane**

Photograph thanks to

**THIESS**

**John  
Holland**