



NORTHEY STREET CITY FARM

2013 ANNUAL

MAGAZINE

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Flood Markers on a tree trunk at the Farm

NSCF Supporters

We thank the following for their support of our program this year

- Our members
- Brisbane City Council Active Parks Program
- Epic Employment Service Inc.
- Help Industries
- Bunnings Hardware
- North Brisbane TAFE (Grovely)

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.

*Permaculture
in the heart of Brisbane...*

*a place for learning about
living sustainably in the city*

**nscf's
vision**

looking forward, looking back

Ronnie Wright, Management Committee Co-ordinator.

The Management Committee (MC) began the term as a group of individuals committed to continuing renewal and growing sustainability. Some brand new faces and some long time members at the Farm heralded a forward looking agenda and a commitment to developing the Farm as an organisation. As an MC we have been steadfast in our commitment to get the Farm back onto a sustainable financial footing and we are pleased to be able to say that the Farm's finances are now much healthier than they have been for some time.

A long standing challenge for the Farm has been our inability to retain great people, in large part due to the limited hours and pay we can offer, and so we have aimed to ensure that over time our staff have sufficient hours and pay rates to sustain themselves. With our financial situation improving dramatically we have recently been able to afford an increase in hours for some roles and an increase in the wage rate of our permanent staff, after the 12 month period when staff had taken a cut in pay. We are pleased to see that the Farm has now settled into a more sustainable complement of staff and roles, each contributing their diverse skill set to ensure the functioning of the organisation with the aim of providing a vibrant community space modeling sustainable ways of living.

Dick Copeman returned as Farming Manager and we have all benefited from his wisdom and deep knowledge of all things permacultural. The Farm gardens are flourishing, they are well planned and maintained and the Farm Market stall has been reinstated and is yielding a diverse range of permaculture food to Sunday market patrons. The advent of a second Work for the Dole program has meant that a significant amount of work has been done on the grounds to build, repair and maintain our infrastructure improving the safety and convenience of the site for everyone.

Ronni Martin, as Education and Support Team Manager, continues to shepherd all manner of HR, policy and administrative changes into place and strengthen our links and outreach to other communities and organisations. The volunteer program has undergone further development and we now have more activities and learning opportunities for the wider community to become involved in, including an internship program and weekly knowledge sharing workshops. The PDC and Workshop program have been overhauled and our Education program continues to provide a broad range of high quality offerings focused on building sustainable living skills.

Kylie Mitchell proved irreplaceable as Site and Events Manager because of the unusual skills necessary for the position and so the MC, through a robust participatory process along with all three managers, decided to revisit the Farm's goals of long term financial sustainability. We opted for a strategy that would move the Farm into its next phase of development and provide the opportunity to build the capacity of staff and volunteers and the organisation as a whole to better support our core mission and vision for learning to live sustainably in the city.

This meant some changes to the teams structure with the Site Coordinator role moving into the Farming Team (a more natural fit) and the Organic Farmers Markets and Nursery becoming part of a new Enterprise Team, with the appointment of Enterprise Development Manager, Tiah Goldstein. While the focus in the short term is supporting and developing these existing enterprises, we now have the capacity in the longer term, to take up opportunities for productive new social enterprises and linkages with other organisations which will see the Farm grow in its capacity for outreach to the wider community.

The year began with yet another flood - this one worse than 2011- and again the Farm's communities pulled together for the cleanup and within a week or two we seemed to have recovered without huge loss.

We completed the Community Infrastructure Grant building program and had the official building opening in March and would like to thank Simon McVerry and Steph Zannakis for their work on the project.

Change doesn't come easily for many, yet becoming change adept is vital for any community and organisation these days, especially with the significant challenges posed by changes in the political climate and weather.

As a diverse community The Farm means many things to many people, we wish to commend the support of The Farm's staff and volunteers who have risen to the challenges of the past year to creatively respond to change and grow towards our shared vision for a continuing vibrant and abundant community. While the MC itself has weathered illness and a transfer, our often lengthy and considered deliberations have been very robust, with sound decisions coming out of healthy debate and feedback. This process has been greatly enhanced this year by the invitation to the three Managers for one of them to attend each MC meeting on a rotational basis and a member of MC attending each Team Reps meeting.

The MC of the Farm exists to strengthen the finances and the governance of the organisation and in these two measures alone 2013 has been a very productive and fruitful year.

Market Gardening in the City

Dick Copeman, Farming Manager

- a tradition is revived



Northey Street's market garden is continuing a long tradition of growing food locally in Brisbane.

Chinese market gardeners moved to the city after the end of the gold rushes in the 19th and early 20th centuries and established market gardens, often on creek flats in the suburbs. They were still there as recently as the 1950's. A friend who grew up in Ashgrove remembers buying vegetables from the Chinese market garden in what is now Woolcock Park, on the banks of Ithaca Creek in inner suburban Red Hill.

In the 1930s and 1940s there were extensive Chinese market gardens at Mitchelton, with some market gardens persisting in that suburb into the 1980s. Lorraine Brooks refers to the Chinese Market Gardens in her reminiscences:

"My father and uncles sometimes worked in these gardens, especially during the Depression days. Dad, as well as weeding, and ploughing with a draught horse, made and mended the large watering cans which were suspended on ropes, one on each side of a wooden shoulder yoke carried by a man, and used to hand-water the gardens. This was hard, heavy work. The water would be pumped from the creek, up into a number of wells in the gardens, and then the man would walk down a plank (with the watering cans on the yoke on his shoulders) into the well and bend his knees till the water rushed into the top of the cans. When full, he would walk up the plank again and water up and down the rows of vegetables by tipping the cans."

After the Chinese, other groups, including Italian migrants, and later Vietnamese migrants, took up market gardening in outer suburbs such as Rochedale, the Redlands and the Darra-Inala-Richlands area. Sadly, most of these have now disappeared as their productive soils have been covered by houses and roads.

Northey Street's southern 'big sister', CERES City Farm in East Brunswick in Melbourne, some years ago took over the operation of a market garden on Merri Creek that had been operated continuously since the 19th century, first by Chinese and later by Italian market gardeners. In Brisbane, however, market gardening in inner suburbs died out completely after the 1950s but was revived at Northey Street City Farm in 2002, with our 'Women's Market Gardening Project', funded by the Queensland Government's Community Jobs Plan.

Thirteen unemployed women, (and one man!), cleared and ripped the paddock on the creek side of Edgar Street and built and planted the gardens that became our market garden. They grew a range of mainly leafy green veggies and herbs and sold them through a stall at the organic farmers' market that had recently started.

The NSCF market garden and stall have been operated almost continuously since 2002 by a number of committed gardeners and many dedicated volunteers. Over that time, the soil in the market garden has been built up by organic and permaculture farming methods so that it is now a rich loam. The market garden has been certified as



organic since it started. Recent floods have caused only short-lived disruption to the market garden but have brought a regular top-dressing of rich silt, which has added to the fertility of the soil.

The market stall rightly claims to have the freshest and most local produce in the market as it is picked on site at dawn on the day that it is sold. Sales totaling many thousands of dollars each year help support the activities of the farm.

Since Northey Street's market garden commenced, other market gardens have started in the Gap, at Carina and most recently, at Deagon Race Course in the centre of the race track, the first two operated by individual gardeners, the latter by a community group.

With its many creek flats and unutilized open spaces, Brisbane has sufficient land on which to grow much

of its food locally. We just need to ensure that it is done using sustainable methods and that creeks and riparian areas are protected by bush re-vegetation corridors, as we have done at Northey St. Urban waste streams of food and green waste can be tapped into to produce compost for the gardens. Rainwater can be harvested from the many hard surfaces in the city, such as roofs, car parks and roads, and stored in tanks and retention basins, though watering crops during dry periods will continue to be the main challenge for market gardening in Brisbane, as it was in the earlier era as mentioned above.

Conventional ways of producing food have a large carbon footprint. To reduce our greenhouse emissions, it is essential that more of our food is grown locally, using sustainable, organic methods. Market gardening can and should become a significant activity in the city, once again.

come along and get involved with our vibrant farm community



*We welcome volunteers six days a week (closed Mondays).
Most gardening activities occur between Tuesday and Thursday.*

Volunteer program

Gardening, nursery, market and kitchen volunteers are always welcome. We also occasionally need people with professional or trade skills (even off-site help, if you can't get to the farm): building, electrical, plumbing, welding, accounting, legal, grant writing, to name a few.

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

Internship program

We offer a program of supervised hands-on training in practical permaculture and horticulture through our internship program. In return for volunteering their time and labour, interns will receive practical instruction and mentoring in a range of farm activities, including vegetable gardening, propagation, orchard care, soil improvement, water management, bush revegetation, plant identification, chicken care and weed and pest management.

If you are interested in becoming an intern at Northey Street, or want to know more, please contact Dick Copeman, the Farming Manager, on 0439 728 992 or at farming.mgr@nscf.org.au

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 and Community Service. Work for the Dole participants need to arrange their attendance with their employment agency.

volunteers in action

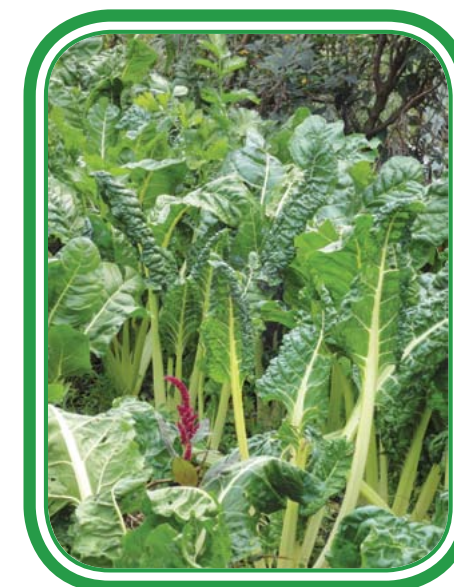


education for sustainability

at Northey Street
City Farm

Our education program is an integral part
of enacting our motto:

*“Learning about living sustainably
in the city”.*



School students learn on the Farm

In 2013 we had 641 school students visit Northey Street and participate in one of our activity programs. For some students it's the first time they've seen what many vegetables look like growing in the garden before they reach their plate.

Our most popular school activity, Farm Life, involves learning about the interconnectedness of life at the farm through the practical example of our worm farms, chooks, any insects we come across on the herbs and vegetables, and composting systems. Students are guided on a sensory walk through the food gardens, learn about worm farms & composting in our Green Waste Centre, and get their hands dirty through propagating plants or seeds.

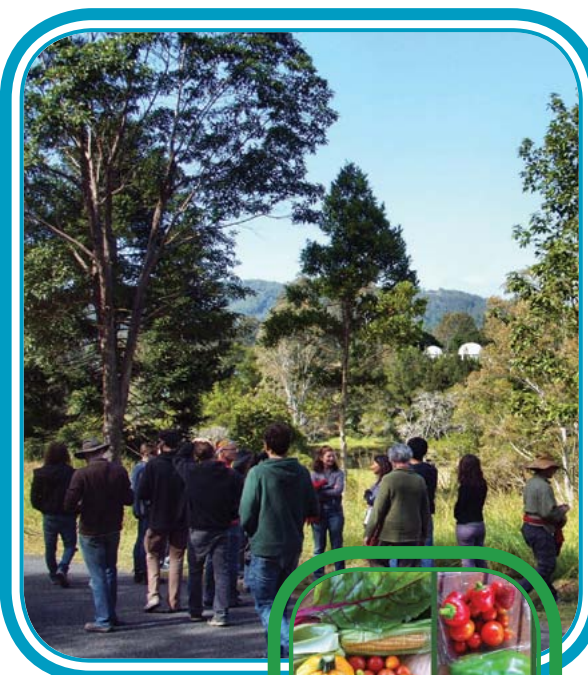
The most delicious activity at Northey Street has to be our Cob Oven Cooking program.

We explain seasonal planting, harvest vegetables from the gardens, prepare and cook hand-made pizzas in the farm's cob oven and then get to eat the creations! We also discuss materials and techniques used in making a cob oven and which other cultures use similar techniques.

For secondary students we run our Feeding the World's People activity, which elaborates on our Farm Life activity by explaining how Permaculture principles and a holistic perspective are important in global sustainability. Students learn how, working with nature, a permaculture system grows food and its community while contributing to the sustainability of our environment. While touring the Farm we have group discussions about the benefits of sustainable food systems in comparison with chemical or mono-culture systems and the problems associated with genetically modified organisms (GMO) especially in majority world countries. We also incorporate hands-on activities such as seed saving or harvesting produce depending on the season.

As the largest community garden and city farm in Brisbane, we often run adult tours to show folks our take on Permaculture in an urban setting, in fact 160 adults participated in a group tour at Northey Street in 2013. Many visitors are interested in how we operate as they are seeking to set-up something similar. We are gaining an international reputation, with visits from Thai and Chinese Government delegations to experience our version of urban community agriculture - I'd say we're a bit different from what they see at home!

In 2014 we're aiming to run some new schools activities and group programs, stay tuned and spread the word.



permaculture design course

Kristy Walters

We had the pleasure of 51 students completing the PDC at Northey Street in 2013, including two staff members. Our PDC program is one of the few in Australia with weekly sessions, allowing students the time to test out what they've learnt and get feedback on their progress.

Our diverse teaching team has deep engagement in Permaculture with their varied lived experience as well as their academic, theoretical knowledge. Our 2013 team included Barb Ford, Bunya Halasz, Em Maltby, Tim Auld, Luke Read and Steph Zannakis.

This year our students prepared Permaculture designs for two schools: Mt Carmel School and MacKenzie State Campus Special School. This is one of the ways Northey Street City Farm gives back to the community.

Here's what our students said of the PDC:

“Getting a broader knowledge of how ecological and food systems intertwine. Feeling empowered to start feeding myself with gardening.”

“Barb has been wonderful with nutting out the difficult concepts, using great practical exercises and humour!”

“A good balance of activities. Who could not be caught up in the squishing of soil in their hands to learn more about the types of soil as well as digging a hole to look at the soil profile. Exactly the stuff you want to learn more about.”

“Wonderful, practical and appropriate information.”

“There is a sense of place in the physical character of NSCF that is quite special as a learning environment.”

Several of the PDC graduates have returned to Northey Street to undertake our internship program. This program provides an opportunity for students to put into practice the knowledge gained during the PDC. Interns commit to volunteer their time and energy working in the gardens and orchard of Northey Street and in return, we commit to providing them with a range of practical learning experiences with hands-on training. It's been a great boost to the Farm having them all around!

In 2014 we have four PDCs lined up, the first starting on Saturday 1st of February.

- Saturdays from 1st February to 10th May (break for Easter)
- Thursdays from 24th April to 24th July
- Fridays from 8th August to 14th November
- Intensive September school holidays – exact dates to be confirmed

For more information look on our website:
<http://www.nscf.org.au/permaculture-design-course-brisbane/>



ORGANIC CITRUS CARE

Peta Deacon

Citrus are attractive evergreen trees with fragrant blossoms, they are one of the most popular backyard trees but unfortunately unhealthy specimens are common as their needs are not always understood. Citrus needs to be fed regularly and have regular pest inspections. Don't grow citrus in the lawn with grass right up to the trunk, it won't thrive.

PLANTING

- In south-east Queensland plant citrus from winter to early spring, bare rooted citrus should be planted in winter. Remove any fruit on young trees before planting.
- Choose an open, sunny position with shelter from strong winds.
- A fertile, well drained soil, with a pH between 6 to 8 is best. Citrus are prone to root rot so prep the site well in heavy soils. The best thing to do is prep the soil. 2 months before planting, dig over a 1m area and at least 40cm deep, add 1 bag of 30L compost, 2kg of gypsum (if the soil is heavy add 1-2 handfuls of dolomite), mulch heavily, and leave to decompose.
- When it's time to plant, dig the hole double the depth of the pot/bag, add 500g of organic fertiliser, work it through the soil, then back fill the hole to the pot depth. Gently tease out the roots, trim off any damaged roots, back fill the hole with soil half way, water in then fill to the top and water. Make sure the graft is above the soil level without exposing the roots. Mulch around the tree leaving the trunk 10cm clear of mulch.

FEEDING CITRUS

- Citrus are very hungry with high requirements of trace elements. Fortnightly spray with seaweed solution. Fertilise citrus in April/May. Always water citrus well after fertilising. Don't put fertiliser too close to the trunk, spread evenly around the drip line of the tree. Compost and composted manures can be applied every 3 months.
- 1/4 cup of potash and a kg of blood and bone can be applied every 6 months.

WATERING

- Citrus need regular watering from blooming through to fruit set to get a good crop.
- Water in the early morning.

MULCHING

- Grass and weeds will compete with your citrus and cause collar rot, so apply a thick layer of newspaper and put mulch over the top. Mulch as far as the drip line. Top up the mulch regularly.



ORGANIC PEST CONTROL

- **Bronze orange bug** - they start to appear in winter. While applying or removing wear goggles to protect the eyes, knock into a bucket of soapy water or spray a flour & water mix and coat them.
- **Citrus leaf miner** - leaves a silvery trail on the leaves in spring and summer. Spray with soapy water or white oil.
- **Scale** - are found on the veins of leaves and the stems. In large numbers they can cause yellowing in the leaves, leaf drop, and die back. Spray with white oil and control the ants.
- **Gall wasp** - Regularly check for **gall wasp** on young branches in late winter. Cut off any infected branches and dispose of them - do not compost.

CITRUS FUNGUS

- **Collar rot** is a soil fungus that attacks the tree trunk at ground level. Left untreated the tree will die; the first signs are splitting, oozing bark, and yellowing leaves. Avoid wetting the trunk, and improve air circulation and soil drainage.
- **Scab** is a fungal disease that attacks young fruit causing light brown corky scabs on the fruit surface. Improving air circulation will help.
- **Black spot sooty mould** is a fungus that feeds on honeydew produced by aphids, scale, mealybug, and planthopper. Sooty mould interferes with photosynthesis, wash off with soapy water.

Always practice good hygiene - don't leave fruit to rot on the ground.

Clockwise from Top Left: NSCF Entry Arch, Education Building (2 views), Volunteers Workshop, Sunday Morning Yoga, the Nursery, Volunteers Workshop.

northey street city farm

july 2012 to june 2013

education

1060 people learnt from our formal education program

58 Permaculture Design Certificate graduates

415 workshop participants

587 school visitors

371

NSCF INC. members

admin. & finance

667 invoices paid

465 payslips generated

- *Set up a new computer network
- *Created a new cash handling system
- *Consolidated our bank accounts
- *Enabled Paypal on our website

164

volunteers registered

11 part-time

&
4 casual staff

4,169

ENews subscribers

7,735

Facebook friends

chai cafe

77 kg of Chai used

110 litres organic vegetable soup +

250 pizzas served at Winter Solstice Festival.

organic farmers market

Celebrated the **600th** market

50 stalls a week on average

900kg of sausages sold at the Sausage Sizzle.

site

- * Education building completed.
- * Green roof built.
- * Solar hot water installed.
- * Farm stall and shed rebuilt.
- * Security lighting installed.
- * Kiosk upgraded with new sinks and storage.

edible landscapes nursery

1,546 Punnets of veggie seedlings sold

4,848 Herbs sold

1,044 people attended Planting for Pizzas

art & music

150 Earth Arts activities held

- * Entry archway completed
- * New flags screenprinted
- * Tuesday jam sessions held

12 bands performed at Winter Solstice Festival

farming

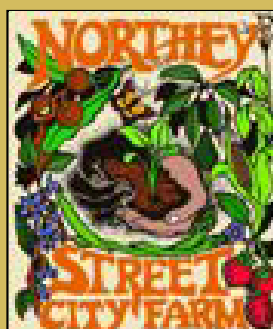
200 kg of veges sold

100 kg herbs sold

30 cubic m of compost produced

47 Allotments in use

Cleaned up and opened again a fortnight after a 1.5m flood went through the site



16 Victoria St.
Windsor 4030
07 38578775
info@nscf.org.au
nscf.org.au



Sunday Morning Markets at the Farm

nscf's
mission

We are a dynamic, creative and diverse city farm based on mutuality, innovation and environmental sustainability

EDIBLE FLOWERS

*“The earth laughs in flowers.”
-Ralph Waldo Emerson*

Ronni Martin

There are many good and serious reasons to grow flowers in your garden - to increase pollination, to attract pest predators, and for their use in medicines, perfumes and cosmetics. But as Emerson reminds us in the quote above, we also grow them to bring joy to our lives and to add colour and interest to the garden. As an added bonus many flowers are edible and can be used as a garnish or flavouring to bring joy to mealtimes as well.

Most vegetable and culinary herb flowers are edible, but many ornamental flowers are too. Common ‘vegetables’ like broccoli, cauliflower and artichokes, are actually flowers. The spice saffron is the stamen from the crocus flower, while cloves are flower buds. Capers are unopened flower buds of a bush native to the Mediterranean. In the Middle East, Eastern Europe and India, floral waters like rosewater and orange flower water are used to flavour sweets, meats and drinks. The French spice mixture known as “Herbes de Provence” has dried lavender flowers in it while the green liqueur, Chartreuse, contains carnations. Popular herb teas contain hibiscus or chamomile flowers.

Some flowers are poisonous. Always identify flowers accurately before consuming them. If in doubt, don't eat it. And use flowers as a garnish, so you consume them in moderation. Some flowers to be avoided (but not a complete list) are: arum, azalea, crocus, daffodil, foxglove, lilies, lily of the valley, oleander, rhododendron, and wisteria.

Only the petals of composite flowers (daisy-like flowers) are edible. The pollen of composite flowers is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma and hay-fever should not consume composite flowers, and may have extreme allergies to eating any flowers at all.

Pick your flowers in the morning when their water content is at its highest. Wash the flowers gently in salt-water, then drop them in cold water for one minute. Dry on a paper towel. Use the flower petals immediately (not the stamen or the stems), or store the whole flower in a glass of water in the refrigerator overnight.

There are a few cautions to remember before harvesting any flowers:

- Do not harvest any flowers that could have been

exposed to animal excrement.

- Do not harvest any flowers that have had insecticides sprayed on them.
- Do not harvest any flowers from the side of roads where they have been exposed to carbon monoxide or other pollutants.
- If you have any allergies, consult your doctor before consuming edible flowers.
- Do not eat any flowers from florists as they have been sprayed with pesticides.
- Do not pick any flowers that show signs of disease or have been eaten by insects.

Flowers can be used fresh in salads or processed by crystallising, steeping them in oil or vinegar, or adding them to cooked or baked dishes.

ICE CUBES

Include petals or whole flowers in ice cube trays. Use them in cold drinks or iced tea. They look great floating in a fruit punch. Try pineapple sage, mint or borage flowers.

CRYSTALLISED FLOWERS

- 1 egg white
- A few drops of 100 proof vodka (optional)
- Caster sugar
- Thin artist's paintbrush
- Violets, pansies, heartsease, rose petals, lilac, borage, pea, pinks, scented geraniums
- Wire rack, paper towel

Beat egg white until frothy. Add a couple of drops of vodka to help the flowers dry quicker (optional). Rinse freshly picked flowers in salty water, then dip into cold water. Dry thoroughly on paper towels. Paint each flower or petal individually with beaten egg white using the artist's paintbrush.

When thoroughly coated with egg white, sprinkle with caster sugar and place on the wire rack to dry. Flowers are completely dry when stiff and brittle to the touch.

Crystallised flowers can be stored in an airtight container for up to 6months and put in the freezer for up to a year. Use the crystallised flowers to decorate cakes or desserts.

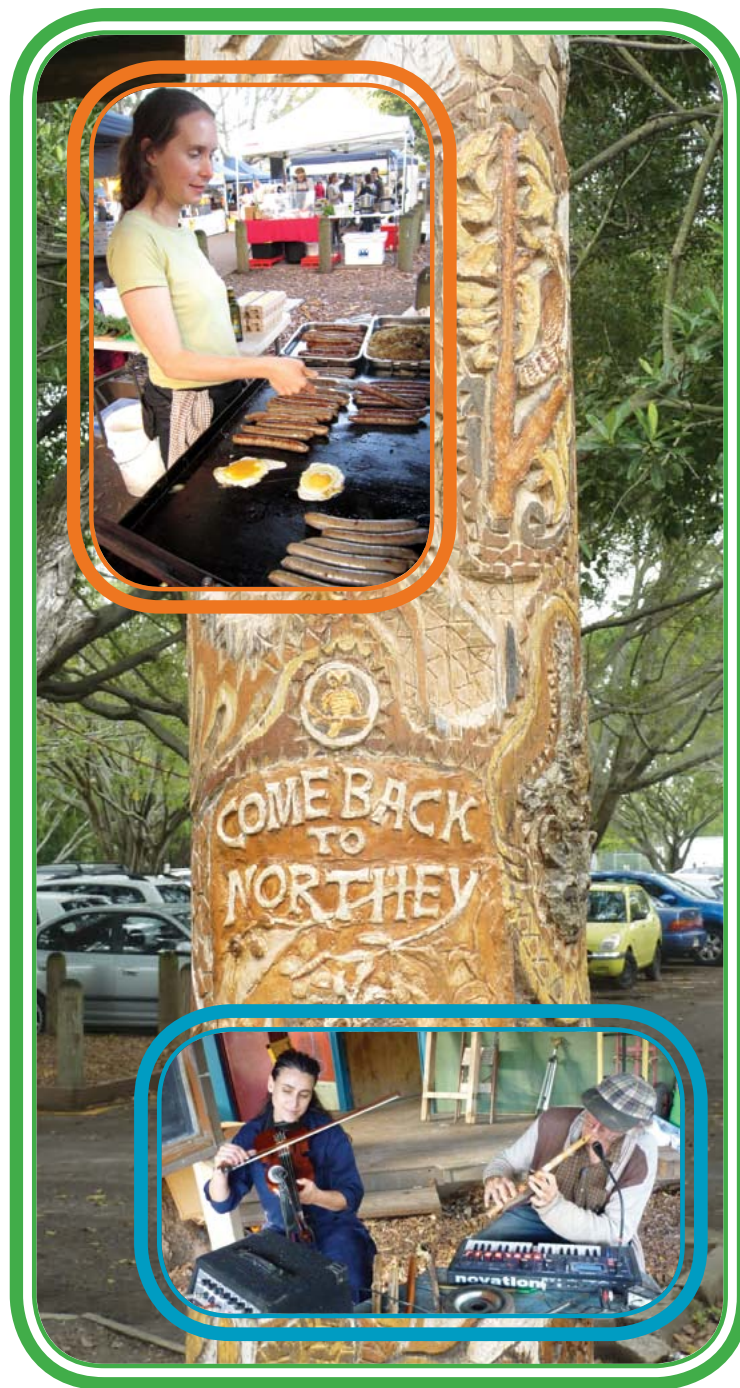


INCOMPLETE LIST OF EDIBLE FLOWERS

***Composite flowers** – eat petals only, as many people are allergic to the pollen.
Seek medical advice before eating any flowers if you suffer from allergies.

- | | |
|--------------------------|-------------------|
| Angelica | Iceland Poppy |
| Anise Hyssop | Impatiens |
| Apple Blossom | Jasmine (Arabian) |
| Artichoke | Lavender |
| Banana | Lemon Verbena |
| Basil | Lilac |
| Bee Balm | Mallow |
| Borage | Marjoram |
| Burnet | Mint |
| Calendula* | Mustard |
| Camellia | Nasturtium |
| Carnation | Oregano |
| Chamomile* | Okra |
| Chicory* | Onion |
| Chives (garden & garlic) | Pansy |
| Coriander | Passionflower |
| Citrus (lemon, orange) | Pea |
| Clover | Pineapple guava |
| Cornflower* | Pineapple Sage |
| Dahlia | Primrose |
| Dandelion* | Radish |
| Daylily | Red Clover |
| Dianthus | Rose |
| Dill | Rosemary |
| Elderberry | Runner Bean |
| English Daisy* | Sage |
| Feijoa | Scented Geranium |
| Fennel | Snapdragon |
| Fuchsia | Society Garlic |
| Gardenia | Squash Blossom |
| Garlic | Summer Savory |
| Garlic Chives | Sunflower* |
| Geraniums | Sweet William |
| Gladiolus | Thyme |
| Heartsease | Viola |
| Hibiscus | Violet |
| Hollyhock | Winter Savory |
| Honeysuckle | Zinnia |
| Hyssop | Zucchini |

Below: Jensha and the Sausage Sizzle; Patricia and Bob, musicians.



RIBERRY

(Clove lilli-pilli,
Syzygium leuhmanii)

Dick Copeman



Family
Myrtaceae

Origin
The rainforests of northeastern Australia, from N NSW to N Qld.

Description
Small to medium evergreen tree with attractive green foliage, pink new growth, white flowers and masses of red fruit.

Propagation
Grows from fresh seed, sown in late spring, early summer. Seedlings planted out when 15 – 30 cm tall (1 to 3 years).

Cultivation
Does best in well-drained soils high in organic matter, in partial to full sun and with regular rainfall, but will tolerate poorer soils and dry periods. Slow to grow for first few years.

Edible parts
The fruit are harvested from the tree from November to January. Some specimens are seedless and are favoured because of ease of processing.

Usage
Riberry's aromatic, slightly clove-like flavour makes it a favoured ingredient in jams, chutneys, sauces, glazes, casseroles and drinks. Riberries can also be used in vinaigrette sauces, baked apple dishes and marmalades.

It has been widely planted as an ornamental street tree in Brisbane because of its attractiveness and hardiness. A good tree for visual screening and wind breaks as it keeps its lower branches.

Nutrition
Moderate source of vitamin C.

Recipe

Riberry Jam

- 2 kg fresh riberries (seedless if possible)
- 2 kg sugar (or equal volume of sugar to the volume of boiled fruit)
- Water
- 8 - 10 glass jars

Wash the riberries. Put fruit in a stainless steel saucepan. Add water to half the depth of the fruit. Bring to the boil and simmer with regular stirring until the fruit is soft (about 20 to 30 minutes). Seeds can be left whole in the jam or, if preferred, blended in a food processor and then returned to the boil and any remaining seeds skimmed off the top of the boiling liquid.

Add sugar gradually, stirring until the mixture returns to the boil. Boil over medium heat for a further 20 minutes or so.

While the jam is cooking, wash the jars and lids and sterilise with boiling water.

Test to see whether the jam will set by leaving a small spoonful to cool for three minutes. It should form a skin that wrinkles. If the jam is not setting, add pectin and boil for further five minutes.

While the jam is hot, (but not so hot as to crack the jars) ladle into the jars. Leave lids off until jam has cooled, to prevent condensation and spoilage.

THE HEART OF THE MARKETS:

HOW TO HAVE A FARMERS MARKET STALL

At the Northey Street Markets there's a huge range of fresh produce, much of it straight from the farm. But what's the scene behind the farmer's smile? I've asked the farmers at Northey Street what it takes to bring fresh produce to the markets each week.

Many farmers try to take a day off but there's always something on the farm that needs attention. A break away from the farm is rare, duty-bound to the land and livelihood. Les Nicholls from Sandy Creek Organic Farm says, he "cannot remember the last time we had a 2 week holiday away from the farm. The market is our social event of the week."

Weekly hours range from 50 to over 80 hours, 6-7 days a week. Les describes the preparation for the stall; "we usually start harvesting on a Thursday with root vegetables; on Friday, other vegetables; and on Saturday, the herbs and greens. On Sunday we rise at 2am, load up our van and get to the markets around 4am. It takes about one hour to set up."

On market day it's common for a farmer to leave home before midnight and try to survive on minimal sleep, sometimes less than 3 hours. One farmer confided that one Sunday morning in a sleep deprived state, he accidentally added super to his diesel petrol tank and ended up being 3 hours late.

Weather is another variable. One farmer travels with a chainsaw to clear the way when the weather becomes wild.

Priscilla Chen from The Happy Farmer says that, "Once there was a great flood. We had packed all our produce but we were unable to come", and another time "we forgot the canopy" but fortunately it was dry that Sunday.

In addition to the trials and tribulations, "there's a lot of thought going into your certification" says Beth Larkin (Larkins Organic Produce). "A conventional farmer can use chemicals but where they spray for weeds we dig them out by hand". Costs are increased by the extra manual labour and the fact that the organic crops just take longer to produce.

Ray Palmer from Symara Farm adds; "when you are in the 'deep organic' holistic paradigm, as opposed to 'shallow organic' input substitution farming," what's required is even greater. The extra care is considered worthwhile as it also feeds their family.

Then there's the expertise. Dave Rickard from Granite Belt Organic Growers says he wears multiple hats as part of his business, including "farming, transporting, customer service and finance management."

On the farming side alone there's the agronomist, nurseryman, labourer, harvester, researcher, and inventor.

Despite the efforts, the expertise and the risks, farmers insist on holding a weekly stall. But there's more to it than ensuring the books add up. Merv "The Banana Man" Moorhead (Moorhead and Rutter) says, "we're able to fine tune our product with the feedback from our customers. Their appreciation of our bananas makes efforts on farm much easier."

The market stall can also compliment other outlets of the farm, making the business more resilient and minimising wasteage.

It's easy to see food as something we buy, but when we get a taste of its story and its growers, it

comes alive. You're welcome to join that story at the markets, talk to the farmers and find out for yourself.

Contributing Farmers of Northey Street Markets

- Les Nicholls from Sandy Creek Organic Farm - at Northey Street since 2006
- Dave Rickard from Granite Belt Organic Growers - at Northey Street for about 2 years
- Adam Willson from Mt Tambourine Organic Garden - at Northey Street since July 2012
- Beth Larkin from Larkins Organic Produce - have held their stall at the markets for 7 years
- Priscilla Chen from The Happy Farmer - have been at Northey Street for 4 years
- Merv Moorhead from Moorhead and Rutter - began a stall at the markets around 5 years ago
- Ray and Samantha Palmer from Symara Farm Granite Belt Growers - have been at the markets for 6 years



healthy thirst quenching ginger turmeric beverage

ginger turmeric beer

Fermenting your own food brings to you a sense of great pleasure, autonomy and some control of food consumption whilst also symbolising rejection against the fast food culture that prevails in our society. Fermentation is an art form that has been practiced for thousands of years by various cultures. Whether it is brewing mead, wine, miso, tempeh, sauerkraut, poi, Injera (Ethiopian sourdough pancake) or yoghurt, the same principle stands true; all is dependent on the health and vitality of bacterial/fungal colony, which is also true of our intestinal health.

Now that summer is well and truly on its way, I'd like to introduce a Ginger Turmeric Beer recipe I adopted from the great Sandor Katz's book, "Wild Fermentation". It's a great refresher, naturally brewed from wild yeast in the air. The recipe is a non-alcoholic ginger beer so children can also enjoy this fermented goodness.

This is also the time of the year in Brisbane to plant ginger and turmeric rhizomes back into the ground. I plant ginger and turmeric in a swale garden which ensures good drainage but also access to sufficient moisture. They're both hardy crops and require little attention if soil preparation is done properly (plough, add compost and mound soil!). It is usually ready for harvest in 5-6 months, or earlier if it is too much to fight the temptation!

Duration: 2-3 weeks (depending on climate and quantity of sugar)

Ingredients:

For the Plant (aka Bug):

- Ginger – a jar of grated ginger (Preferably organic!)
- Raw Sugar
- Water

For the Ginger-Turmeric Beer making:

- Ginger – 400 grams of whole ginger grated.
- Turmeric – up to individuals
- Raw Sugar – 2 kg
- Filtered Water – 16 L



Instructions:

Plant Making

1. Grate a table spoon of ginger (with skin) into a jar and add equal quantity of sugar dissolved in warm water. Put a mesh on the opening to allow interaction with air and also to prevent fruit fly infestation.
2. Add equal quantity of sugar into the jar with warm water.
3. Add same quantity of grated ginger (preferably organic as you want to grate the skin as well), sugar and warm water every day or every second day.
4. After a few days, the plant should start bubbling, an indication of yeasty activity. At this point in time, the plant is ready for use. If you wish to keep fermenting the plant, add equal quantity of sugar, ginger and water every second day.

Beer Making

1. The plant is ready to use after 3-4 days when the bug starts bubbling.
2. Boil 16L of filtered water in a pot with 400 grams of grated ginger and turmeric. Simmer for about 15-30 minutes, but longer should you prefer stronger flavours. It is said that the quality of water strongly affects the quality of the ginger beer, thus, if accessible, spring water or purified water should be used. You can also add juiced ginger and turmeric (but beware, this is very strong! 50 – 100 grams of juiced rhizome should suffice).
3. Add 2 kg of sugar, making sure it is completely dissolved.
4. Strain the liquid from the ginger plant and add to the batch once it has cooled down (Preferably room temperature). Save grated ginger and start the plant again.
5. Pour it into individual bottles (I use wine bottles, but it can be any glass bottle as long as it can be sealed).
6. Squeeze a tea spoon of lemon juice in individual bottles.
7. Ensure lids are tightly sealed and let it ferment for 2 to 3 weeks depending on your preference (i.e. sweetness and fizziness).
8. Release pressure at the end of the first week to release some carbon dioxide and seal again.
9. Grated ginger and turmeric used for brewing should be kept for cooking.
10. Once it has sufficiently fermented (fizzy and not too sweet), store it in the fridge. Roll the bottles before you drink, as sediment accumulates on the bottom.

Generally speaking, the fizziness increases and sweetness decreases over time (as yeast consumes the sugar).

Happy brewing guys! ☺

nvc changed my life

“Knowing that both people's needs and feelings can be heard, can matter, changes everything”

NonViolent Communication changed my life. No, really. It's taught me how to express my truth without offending, how to deal with conflict, and clarified for me why people behave in the very strange ways that they do (myself included). Best of all, it's taught me how to be at peace with myself most of the time, and how to cope with and respond to situations that once would have sent me spiraling into depression.

I recently took my very excited 14 year old daughter to a cosplay/fandom convention, requiring large doses of driving, waiting, queuing, money and sunburn. When we finally got in, it was very crowded, and my daughter started to lose it. Nothing I did helped. She snapped, she snarled, she whined. Agh! I'd spent all this money! It was all just for her!! Where was the gratitude? Before, I'd have snapped and snarled back, feeling utterly miserable. She'd have slammed the door to her room when we got home and not spoken to anyone for hours, feeling bitter and misunderstood - and I'd have felt the same.

And so, I paused; I noticed how frustrated I felt, wanting to snap back at her. I saw how painful this was for me, and how my thoughts of not being appreciated had been with me for a long time. I took a moment to let that part of me know that I cared, that I understood; I took a moment to feel sad, and to notice how important it was for me to know that my feelings mattered too; I made an internal note to myself to find regular ways to better meet my need for mattering. And then, taking a deep breath, I made some guesses about how it might be for my daughter. I knew how much she'd been looking forward to this - how frustrated she must feel at not being able to enjoy it! I guessed that she felt embarrassed about being in such a state in full view of so many people, how desperately she must want to keep it together and look cool. Just like me, she needs a sense of belonging, of worth. My daughter was in pain, and I was her loving mother, also in pain. And so, I was able to navigate her (and my!) tossing and turning with genuine compassion, and we eventually got home in one piece, a bit the worse for wear, but ultimately whole, with our relationship intact.

The ongoing practice of the four easily learned steps of NVC (observation, feelings, needs and requests) brings about huge paradigm shifts that change how you live. Knowing that both people's needs and feelings can be heard, can matter, changes everything. I don't have to put my feelings aside for someone else, to sacrifice myself, then explosively demand my needs be met when I can't take it any more. I can find strategies that work for both of us, and I can do it in harmony with my values, which lets me live in peace with myself, and with others.

If you're inspired to find out more, check out julielawrence.me/NVC/resources. It's the most precious gift I have, and my goal in life is to pass it on, in gratitude and in love.

Julie Lawrence is involved in facilitating NVC/Compassionate Communication workshops at the Farm and around South-East Queensland. Julie is currently working towards becoming a certified NVC trainer with the Center for Nonviolent Communication, a global organisation that supports the learning and sharing of NVC, and helps people peacefully and effectively resolve conflicts in personal, organizational, and political settings.

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.

Open

Tues, Thurs, Fri: 9 am to 3 pm

Saturday: 9 am to 3 pm

Sunday: 6 am to 12 noon

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

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.*

earth arts

Come along with your kids and have a fun day out with nature, playing in the earth and learning how to shape it to make art and musical instruments. Earth Arts activities are a wonderful opportunity for you and your children to engage with the natural elements, have fun, and meet other members of the community.

Held every Tuesday, Friday and Sunday from 9am, and **absolutely free!**

Come along!



share cookbook

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.

The book is 96 full-colour A5 pages, spiral-bound for ease of use on your kitchen bench. It is printed locally on environmentally responsible paper stock using environmentally sensitive printing methods. Share. is spectacular enough to be right at home on your coffee table, if it ever leaves your kitchen!

Share cookbook is available for sale at Edible Landscapes Nursery at Northey Street City Farm or through our website on www.nscf.org.au.

Cost \$20 a copy or \$12 if you purchase 10 or more.

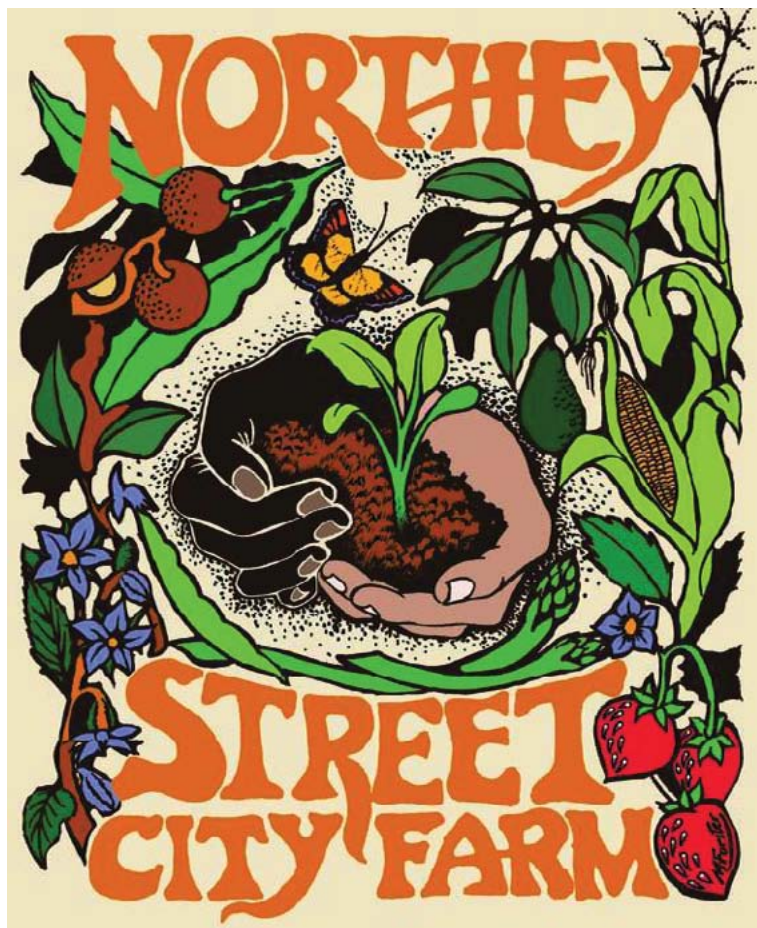


northey street city farm gear

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

Organic Cotton Canvas shopping bags **\$15**

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

Website: www.nscf.org.au

Office hours:

Tuesday to Thursday 9.00 am to 4.00pm

Edible Landscapes Nursery trading hours:

Tuesday, Thursday to Saturday 9.00 am - 3.00 pm

Sunday 6.00 am - 12.00 noon

Organic Farmers Market and

Chai Cafe trading hours:

Sundays 6.00 am - 10.30 am



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