

Permaculture Cairns Inc. Established July, 2007 Incorporation Number IA35907

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Care of the Earth, Care of  
People, Share the excess

# Permaculture Cairns News

Empowering communities with sustainable solutions

Volume 2 No 5 ~ June 2008

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Public Meetings of Permaculture Cairns take place every month except January. We have a great guest speaker every time, Feb-Nov. At the December meeting we have the AGM, and end-of-year Christmas party.

## Meeting Format

- Invited Speaker
- Minutes from last meeting are reviewed to check progress on activities
- Plans for the upcoming weeks
- Plant of the month
- Shared meal & refreshments

Visitors welcome

\$5 suggested minimum donation

## Members News

Support the ongoing work of the group and enjoy the many benefits of becoming a member.

Join Today!

\$20.00 Individual per year

\$30.00 Family per year

## Next Workshop

**When:** Saturday 12<sup>th</sup> July

**Time:** 10am

**Where:** 8 Bosanko Street  
Manunda, close to Sportsworld

**What:** Relative Location

Come and learn about another Permaculture Design principle that deals with putting things in the right place. Creating functional, energy efficient and supportive environments helps us develop a self-sustaining system.

## Next meeting - Monday 21<sup>st</sup> July 2008 @ 6pm

We've got quite a busy couple of months looming with two major festivals to plan for. EnviroFiesta on Saturday 2<sup>nd</sup> August marks the one year anniversary of the group in its current form. Carnival on Collins on Sunday 7<sup>th</sup> September will be the first time the group has been involved with this Cairns institution, which is always well attended. As always events such as these are vitally important in promoting the groups ongoing work and a number of volunteers will be required for them to be a success. Planning for these events as well as an update of the community garden proposal will be discussed at the meeting, so if you want to be involved don't miss it! We'll take a look at a DVD from the Permaculture Research Institute in NSW, featuring Geoff Lawton and his work both in Australia & abroad.

## President's Report:



*Kym Kruse*

May felt pretty warm but when you look at the stats we didn't go over our average mean maximum temperature of 27.5°C. What was different was the level of rainfall we received. On average Cairns gets 110.5mm during the month of May, this year we only received 44mm.

When you factor in the total sun hours for May of 232.6 and an evaporation stat of 177.2mm, you can understand why the garden had its tongue hanging out. As I write this, the month of June is on track for a similar scenario. To date we've only had 14 mm of rain for the month, well down on our 72.5 mm average and at times it's felt like summer outside. Seasonal weather patterns do fluctuate from year to year, but there is a trend developing here. Climate change is very real and happening right before our eyes.

Being around 16° from the equator, the intensity of the sun is far greater than down south. The position of your veggie garden within your yard is of paramount importance. From my own observations and talking with others, it seems that as little as 2hrs of direct sunlight is enough for things to flourish. Too much shade can present an equally challenging design. At our recent workshop on Zone & Sector Analysis at Beth & Stu's new home in Machans Beach, we came across this exact situation. The neighbours on their northern side had a densely planted fence line, effectively blocking out the winter sun to a large portion of their back yard.

## Courses in FNQ

### PERMACULTURE DESIGN COURSE (PDC)

Monday 17<sup>th</sup> – Sunday 30<sup>th</sup> Nov 08

Geoff Lawton and Darren Doherty

**Don't miss this unique opportunity to learn from two of the best, internationally renowned teachers in the world!**

This world-recognized, 2 week residential 72-hour curriculum course, will empower participants with the skills and knowledge required to become a person capable of designing and developing sustainable systems anywhere in the world.

*“Though the problems of the world are increasingly complex, the solutions remain embarrassingly simple.” - Bill Mollison*

### FreeRange Permaculture

**Rosella Waters**

331 Henry Hannam Drive  
Walkamin, QLD 4872

**Bookings & Inquiries**

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@gmail.com

## In the Kitchen

This is a brand new section of our monthly newsletter, where members send in their scrumptious recipes to pass on down through the generations. Try out this months delectable delights in your own kitchen .....See right and on the following page.

### Next news deadline

If you'd like to contribute to the news, its due 5pm July 25<sup>th</sup> 2008. A recipe, an article of interest, upcoming event, funniest garden story, craft ideas, handy tips, health wise or a brand new section! Send to: kymkruse@yahoo.com.au

One solution would be to talk to the neighbours about the possibility of chopping out some trees, replacing them with productive fruit trees and pruning to control the height. This however might not be possible nor appropriate. Whilst researching the problem, I came across an interesting article that addressed the problem in a rather unique way. In that case the couple's veggie patch had its winter sun blocked by their northern neighbour's second storey extension. But they came up with a clever solution. They bought some old sliding mirrors that were from a full length wardrobe. In winter when their sun angles were at 35 degrees, the sun reflected off them and lit up their garden. But in summer, when the sun was at a different angle, it shone on to a path so it didn't burn all the veggies and worked like a charm. In Permaculture thinking, there is always a solution; it's up to us as designers to find it! The importance of shade trees can not be stressed enough. Species selection is vitally important. We're after a tree that provides dappled light not complete shading. As always, we're after multiple function, so a tree that fixes nitrogen would be good. If it were able to produce a seed crop for say animal forage that'd be good too. That's 3 functions from the placement of one tree. The tree I have in mind is *Leucaena leucocephala* which often gets a bad wrap by government agencies but is not banned by state or local legislation...yet. Less controversial, would be a palm of some sort.

Finally, one thing that was stressed to me during my PDC with Geoff Lawton at the Permaculture Research Institute in NSW, was the importance of a good 6 inch layer of mulch over our veggie patch. In the tropics, if we don't have a thick enough layer of straw mulch or alike, we can actually draw moisture out of our soils, expose sensitive root systems to the harsh tropical sun and kill off the all important soil life. Mulch, Mulch, Mulch.....

Permaculture is a design science. We devise strategies we think will solve particular problems, then we Act - Observe - Reflect and Plan again which leads us to further thoughtful action. Enjoy!

### Cassava Pone - Adam Kinsley

Those of you at our last meeting who had the pleasure of eating this traditional Cassava Pone, know what to expect! Awesome Adam...

#### Ingredients:

4 cups grated cassava  
1 cup melted butter  
1 cup sugar  
2 cups milk  
 $\frac{1}{2}$  tsp ground ginger  
 $\frac{1}{2}$  tsp allspice  
1 tsp cinnamon  
Sprinkle of grated nutmeg  
1 cup finely grated coconut  
2 tsp vanilla essence  
2 eggs well beaten

#### Method:

Put the cassava in a cloth and squeeze out as much liquid as you can. Discard the liquid. Combine the cassava with all the other ingredients and mix well. Pour mixture into greased baking tray. Bake in an oven preheated to 190°C for 1 hour or until golden brown.

#### Cassava Leaves



## What's coming up?

### Site Inspection

**What:** The purpose will be to inspect the site and begin looking at design possibilities. Outlining the projects structural organization and seeing who can fit in where is a priority. Our vision for an Education Center on Sustainability & Community Garden for Cairns will grow, come and help plant the seeds.....

**When:** Sun July 13<sup>th</sup> @ 3pm

**Who:** Everyone is encouraged to attend and participate in this next important step.

**Where:** Macnamara Street off Greenslopes St around the corner from Cominos House. Between the PCYC and Watson Oval.

### In the Region

**What:** Claude Lewenz - NZ based author of "How to Build a Village"- an alternative to suburbia will be sharing 16 years of research and experience on creating sustainable communities.

**When:** Thurs 3<sup>rd</sup> July 6:30pm

**Where:** Serbian Centre  
73 Greenslopes St. Edge Hill

**Cost:** Free!

### Welcome Members

Congratulations to the following people who have become members of Permaculture Cairns in the month of June. Make new friends and join in all the fun!

Adam Kinley

Jean Luc Lapene

### Thanks to our Supporters



Organic Garden Supplies, Heritage Seeds, Books on Permaculture, Bio-dynamics & organic gardening  
Compost worms... & much more!  
Shop 3, 164 Aumuller St Bungalow (next to the P.O.) Ph: 40 412233

## Potato and Bacon Soup & Damper – Dee Brown

Two classic dishes from the wonderful Dee, which are sure to warm your hearts and souls as much as she does! As Dee said "Winter isn't around for long here in the Tropics so make the most of at least one cold day by preparing these two delicious items". They're delicious Dee!

### Potato and Bacon Soup

#### Ingredients:

1 tblsp. Of olive oil  
200g lean bacon diced  
2 medium onion chopped finely  
2 tblsp. Of plain flour  
4 medium potatoes, peeled and cubed  
4 chicken stock cubes  
1 Litre of water  
1 tblsp. parsley chopped finely  
Salt and pepper to taste

#### Method:

In a heavy base saucepan heat oil.  
Add bacon and cook for 3 min, add onions and cook for a further 5 min.  
Add flour and mix well at low heat  
Cook for 2 minutes  
Add potatoes and next 4 ingredients  
Bring to boil stirring well.  
Simmer for 30 mins or until spuds done  
Serve with a slice of garlic damper!  
*Serves 4 to 6 people and is addictive*

### Damper

#### Ingredients:

4 cups of sifted SR flour  
1 teaspoon salt  
30 g of butter  
1 cup of milk  
½ cup of water

#### Method

Place sifted flour and salt in a large bowl. Rub the room temperature butter into this mix until it resembles crumbs- make a well in the centre and add the milk and water quickly. Mix with a knife. Place on a floured board. Knead into a rounded shape. Place on a greased tray. Cut a cross on the top for expansion. Bake in a pre heated oven at 200c for 25 minutes, the 180c for 15 minutes.....  
Serve hot with butter.....Bon Appetite!



## Plant of the Month - Althernantheraceae Sissoo

**Brazilian Spinach** - Samba Lettuce, Poorman's Spinach.

**Description:** A perennial bush to 0.5m. A fantastic edible border plant, with beautiful decorative, crinkly leaves that adds a firm, crunchy texture to a salad. Pluck leaves downward to encourage new leaves to shoot from the leaf axil. Cut back to the ground every year, to refresh the foliage, and add worm castings to the surrounding soil to enrich it. Grows well in pots in part sun / shade.

**Harvest Time:** Approximately 3 months.

**Propagation:** Seed and Vegetatively.



## Permaculture Cairns Contact Details

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