

TRANSITION TOWN
HERVEY BAY

Transition Town Hervey Bay and Transition Town Gardeners

"The Cottage", 16 Peters Lane, Pialba

December 2010

For more information and back issues
visit www.transitiontownfrasercoast.org.au

December Schedule:

Workshops usually start at 8.00 am and finish with morning tea. Feel free to bring something along to share for morning tea and the trade table. Meetings are 1st and 3rd Thursday and 2nd and 4th Saturday of the month.

November has been a relatively quiet month, with activities so far limited to propagating plants for the plant sale and potting them up; harvesting seeds and produce from the garden and general garden maintenance.

Thursday 2nd December

Potting up, labeling and getting plants ready for plant sale; harvesting plants and seeds; sowing green manure beds for Christmas break. Everyone welcome!

Thursday 9th December

Last meeting of TTHB for 2010 will be brief, followed by a Christmas break-up at the Beach House Hotel with a meal (fairly reasonably priced). For more details contact John Williams on 0428 980 019. Everyone welcome!

Saturday 11th December

Plant sale to the public – plants propagated at The Cottage, as well as plants and produce that members wish to donate. Everyone welcome!

Thursday 16th December

Christmas morning tea – please bring a plate to share to celebrate the year's achievements and chat about plans for next year. Everyone welcome!



The initial flush of enthusiasm for a community garden in Hervey Bay in January; passion, knowledge, skills and friendship were shared throughout 2010.

Don't miss out - Saturday 11th

Plant & Produce Sale

From 8.00 – 10.00 am at The Cottage



- Edible plants and herbs including strawberries, sweet potato, oregano, wormwood, tarragon, pigeon peas, salvias, Ceylon spinach, pigeon peas seedlings
- Dragon fruit plants
- Plants in decorative pots suitable as Xmas gifts
- Cook books; free glass jars

Donations welcome! Please tell your friends to come along to grab a bargain.

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Free pigeon pea seeds for everyone on the day!

Pigeon peas grow about 2m x 2m, but can be pruned to a size to suit you, or planted 1m apart to form a hedge. Being an open shrub, they can provide support for beans, pumpkins and tomatoes. They are useful in the garden as their roots fix nitrogen, and all parts of the plant can return nitrogen to the soil. Being drought tolerant, they can survive here without watering once established. Flowering commences in autumn and seeds pods can be picked continuously. Four plants should be enough to try some yummy pigeon pea recipes from our website. If you would like to see some mature shrubs growing, come and visit The Cottage during a meeting time, and members will be more than happy to tell you more about these useful plants.

Pigeon peas have been distributed around Hervey Bay for two years now. How are yours growing? We would love to hear your pigeon pea story by email tt_hb@hotmail.com.

Membership to Transition Town Hervey Bay is free; membership to Transition Town Gardeners is \$5 for singles, couples and families which entitles you to entry to the garden workshops and provides public liability insurance coverage through the Hervey Bay Neighbourhood Centre.
2010 – 2011 membership and renewals are now due!

2010 - The year that was:

An overview of Transition Town Gardeners' activities

An initiative of Transition Town Hervey Bay, the community garden commenced when the Multicultural Garden at The Cottage was offered as a starting point. An initial burst of enthusiasm in January saw the garden cleaned up very rapidly, with continued interest and growth in membership over the following 12 months in the following activities:

- Workshops where members shared their skills and knowledge with others in topics such as worm farming, propagating, herbs, tropical food plants and Asian vegetables, sharpening garden tools, liquid manures and fertilizers, natural health for animals, companion and guild planting, permaculture design principles for urban gardens, natural beauty therapy, environmentally safe oil disposal, soils and plant nutrition, dowsing, etc;
- The Cottage was a venue for Introduction to Permaculture courses;
- Garden art workshops with mosaics and wind spirals;
- Establishment of no-dig and green manure garden beds, and a worm farm;
- Herb spiral, bush tucker and demonstration garden beds were created;
- Shared recipes for preserving home produce with jams, pickles and created a cook book;
- Provided bulk potting mix at cost to members;
- Collected cow manure for the garden and composting;
- Monthly newsletters to members and available to the public at the local library;
- Seed Savers Hervey Bay made the Seed Bank was available to members
- Permaculture working bees were held at the TAFE herb garden, aquaponics unit at Bay Crest, and Ruth's garden make over;
- Fundraised through plant propagation, a garage sale, raffles and regular trade tables;
- Jerry Colby-Williams' visit and presentation at USQ and Seed Bank sale in March;
- Social BBQs and cooking demonstration in March and June;
- Community gardens bus tour to Brisbane in June and visits to local gardens;
- Seed packaging and letterbox drop delivery of free seeds to residents in October;
- Created an organic vegetable garden with senior students at TAFE;
- Provided support to Urangan State High School to establish an edible garden; and
- Regular weekly garden working bees and daily watering.

It's been a busy year where all volunteers and members have been feeling their way in this fledgling enterprise. Passion, inspiration, ideas and friendship were shared throughout the year. Thank you to Cathy Martin at the Multicultural Respite Service for her support of this initiative by providing a venue for community gardeners to meet and conduct various activities. And a big thank you to everyone who contributed over the year in any way – from daily watering and garden maintenance, to conducting a workshop, editing newsletters, maintaining membership registers, organizing activities, promotions, website maintenance, and supporting this venture in any way whatsoever.

“The greatest environmental victories of the future will not be made by environmentalists, but by millions of concerned people taking small steps towards a common goal and ensuring that governments help us take those steps. These people have no labels. ...They simply see that taking care of our environment means taking care of us. It makes sense for our health. It makes sense for our economy, and it makes sense for our well being.”

David Suzuki, from *The Big Picture* Reflections on science, humanity and a quickly changing planet by David Suzuki and Dave Robert Taylor 2009, p259 *Label planets, not people.*

PIGEON PEA PATTIES

By growing 4 pigeon pea plants and harvesting your seeds, you can make these yummy patties. Pick dry seed pods, shell them and use the shells as mulch in the garden. The seeds should be dried further (you can pop them into the oven after cooking dinner and use the residual heat over night to do the job very effectively). Then place them into a snap lock bag and freeze them for at least 2 days before storing in airtight containers - this kills any insects that might spoil your dried peas in storage.

Ingredients:

½ cup dry pigeon peas (cover with boiling water and soak overnight for quicker cooking)

Cover with water and simmer until tender, approximately 15 mins; drain and mash and then add the following:

- 1 egg
- 1 finely chopped onion
- 1 crushed clove of garlic
- ½ tsp minced ginger
- 1 tsp ground coriander
- 1 tsp cumin
- 1 pinch of chilli powder or a little bit of fresh chilli
- Lemon juice
- 1 tblspn tomato paste
- Soya sauce or salt and pepper
- 2 tblpns chopped parsley
- 4 tblpns breadcrumbs

Create different patties:

Flavourings can be adjusted to suit your tastes.

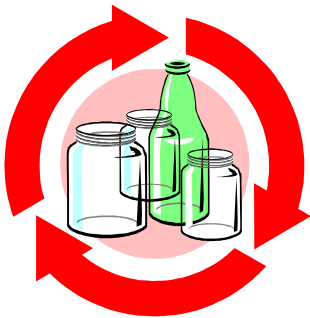
Try different flavourings – see what spices you have in your pantry!

Mix together thoroughly then place in the fridge for an hour for it to firm up - this makes handling much easier. Form into patty shapes and coat with flour then fry lightly in oil for about three minutes each side.

Makes about 12 patties. More pigeon peas recipes available at www.transitiontownfrasercoast.org.au

Free Jars Free Jars Free Jars!

Cottage staff have kindly collected boxes of glass jars for us – please feel free to help yourself to continue preserving your produce. The boxes are located under the veranda and available any time during office hours.



Transition Town Gardeners' Cookbook

Alison Chappell has put together a cook book of interesting and tasty recipes from garden members – there are a few copies left for \$5 each, and would make a great Christmas present. Copies available from Alison at The Cottage.

WORMS – does anyone remember this nursery rhyme/children's song?

Nobody loves me, everybody hates me / Think I'll go and eat worms / long thin skinny ones, big fat juicy ones / see how they wriggle and squirm! / Bite their heads off, suck their juice out / throw their skins away / nobody knows how much I thrive / on worms three times a day / Long thin skinny ones slip down easily / big fat juicy one stick / hold your head back, squeeze their tail / and their juice goes click, click, click!

Poor worms!

Energy Descent Action Plan (EDAP) Implementation

This project is chugging along quite nicely. A series of recent meetings with Wide Bay Water and Council have ensured that professionals are looking into the viability of a local Biochar plant and that these organisations are working together on this study.

Making biochar has the potential to use waste biomass such as sawdust and garden green waste to generate electricity and to make a soil additive that helps to retain moisture and nutrients, reducing fertilizer input and making farming more viable. Also, by permanently locking carbon in the soil, it becomes a carbon-negative activity. Should a price be fixed on carbon in the future and soil carbon recognised, this activity would become more viable.

We also have a small working party looking at options for a city farm and low embedded carbon food for the city. At a meeting with Council a directory of all local producers was requested to make things easier for people wishing to take up a locavore diet. If this directory becomes available we will post it on our TTHB web site.

Recently I attended the first of four BMRG Biosphere workshops. A Biosphere in Switzerland recently increased its tourism by 200%. Because Hervey Bay is very dependant of tourism we must do the same. By building on The Great Sandy Biosphere and sustainability, by showing that we can make our own food, fuel and energy in a carbon neutral process, we can become more resilient and spread the risk posed to our region by the expected sharp increases in fuel price.

Hospitality staff at Wide Bay Institute of TAFE will be among the first in the State to undertake training enabling them to deliver 5 new sustainability units next year. Promotion of these new units in the hospitality and tourism industries could also link to awareness on the Biosphere and local efforts to create an identity for the region based on sustainability. In the same way as Longreach is known for the Stockman's Hall of Fame, Hervey Bay, with the help of Wide Bay Water, Council, the Tourism Industry and Transition Town Hervey Bay could be know as a centre of sustainability, demonstrating 'man and the biosphere', how we can live without destroying our environment.

Transition Town Library Resources Section

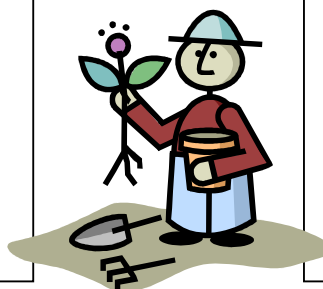
There have been new books and DVD's ordered for the Transition Town resource section at the Hervey Bay library and some of them have started to arrive. There are two that I would like to point out. Firstly, a book that was recommended by Malcolm Turnbull MP when I was lucky enough to meet with him in Canberra. Mr. Turnbull recommended Green Metropolis, an eye opener for those of us who think it is more sustainable to live in the country. Secondly, I would like to recommend a DVD called Food Inc. This DVD shows how bad the food industry has become in America and is a must for anyone responsible for feeding a family.

Maggie John
EDAP Project Coordinator

Position vacant – found on the web -

I'm hiring a part-time permanent volunteer group leader, and I don't know, but I've heard that working in Community Gardens is a lot of fun. or at least it would be if it weren't for all the heat, humidity, weeds, fire ants, mud, blights, fungi, beetles, aphids, caterpillars, sunburns, scratches, hard dirt, droughts, floods, theft, vandalism, trash, broken equipment, ceaseless conflict of personalities, irrational ambition, rusty metal, wasps and radishes.

For more information <http://acfb.iapplicants.com/ViewJob-121167.html>



TRANSITION TOWN
HERVEY BAY

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Transition Town Resource Shelf

For books & newsletters
Fraser Coast Regional Library, Old Maryborough Road, Pialba