

Orchid Growing Mix 1kg tub \$ 12.00

Blended with 9 essential ingredients that will suit most orchids. There are 25,000 different species. This 100 percent organic soil-less mix will assist healthy growth & flowering. Gives good drainage . Use as a top-up to replace lost medium in pots & baskets . Apply before & after flowering . Can use on broms & ferns . Keep contents sealed and stored in a cool, dry place. Recommended reference book "Growing Orchids" by I.D.James.

The Perfect Organic Soil Recipe

1 bag Shredded Cow Manure; 1 bag Palagonite; 1 bag Vermiculite; 1 mug-full Epsom Salts.

To Make: Blend all ingredients in a cement mixer or wheel-barrow . Together these ingredients make the perfect soil - no commercial product comes close. Spread over soil or rake in. Don't dig in. Water area before and after.

Seed Raising, Cuttings and Striking Mix 4kg bag \$10.00

A tried and true mixture of eight premium organic materials that will produce results in germinating seeds. Mixture is about good drainage, food and moisture levels that stimulate strong, new growth. Can re-use this mix several times. Store in a sealed bag, keep moist and in a dry place.

Tree Paste. 1kg Tub \$13.00

This bio-dynamic formula works wonders when applied to the brushed trunks of trees by converting the paste into a paint. Among the many ingredients is Diatomaceous Earth, which, along with other ingredients, protects and feeds the plant through its cleaned bark. The mixture works well against tree borers, scale and other insects. It also helps to protect the tree from frost and sunburn. Use on all fruit trees, citrus in particular. The paste helps the tree to seal up cuts and wounds against infection. Useful after heavy pruning. Rose bushes love it. Apply at the beginning of each season as a protector and food source. Be proactive. See instructions in tub - a 1 Kg tub makes 3 Kg of paint , 1st mix a small amount with a little water to get a paint consistency . Use a stiff brush to remove old bark ,cobwebs etc this action is important to the end result , then apply paint from the base , cover the brown part of the trunk not the green branches . Store in a cool dry place. Add virgin olive oil if mixture has dried to reconstitute.

Orchid Feeder Bags Bag of 3 \$5.00

Simple, easy to use, holds slow release orchid food that will feed the plants for two/three months. Bag stops loss of food when watering or storm rain flushes out food source. Apply bag wet. Re-water when dried out.

Vermiculite Concentrate Phil's Own Blended Mix - 4 kg bag (8.8 lbs) \$10.00

This natural, organic, premium mix is the answer to every gardener's prayer. The ability to hold moisture (up to 30% of its weight) for long periods, together with the ability to provide good drainage, is a major plus factor in keeping plants alive under all conditions, be it in the ground, in pots or in hanging baskets. Vermiculite Concentrate has that ability. Use as a mulch on top of pot plants, around the base of veggie plants, shrubs and rose bushes, to help stop them from drying out. Orchids love it. 100% organic, this unique mixture saves plants, time, water and money and is ideal as a seed raising mix or for striking cuttings. Used in the base of the hole before planting trees or shrubs it helps to drought proof them. Note: Use the finger test before watering when using this mixture as it cuts watering by 60%.

Vermiculite - Non-Concentrate EXCELLENT VALUE Manufacturers 100 Litre Bag Grade 3 Size \$35.00

A bag of six litres of grade 3 vermiculite sells for \$12.99 in most garden shops. Wear a face mask when using fine materials.

The products listed above have come about by the need to source/provide reliable products that both work and deliver. Phil's Organics Product Listing is a shared offering from a small hobby farmer who is passionate about:-

- Gardening and growing plants organically
- Without the use of pesticides
- Working with Nature
- Using natural resources, especially those of clean soil, air and water
- Recycling animal and plant waste to create a living soil

Farm Gate Sales available by APPOINTMENT ONLY at The Plot – Ferny Grove (NW Brisbane suburb)

- Orders can be collected from The Plot
- Please ring after dark but before 8pm for information or to make an appointment
- Some products are seasonal, therefore may not be available all year round
- This work is © - Please ask for permission to reproduce
- Phil Ryan is available for Garden Club talks and other presentations - Please contact for details

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Phil's Organics

Quality Organic Gardening Products that Deliver
Product Information & Price List July 2016⁷

Take that kale! Watercress is the number one powerhouse vegetable

Kale is often touted as the best of the best when it comes to superfood. But it seems there are more than a dozen other vegetables that pack more nutritional punch than the favourite green of hipsters and health food bloggers.

Chinese cabbage, spinach, parsley and even some types of lettuce are just some of the vegetables that have been found to contain more of certain essential nutrients than kale.

But the veg that you should move to the very top of your next shopping list, is watercress. This delicate and deliciously peppery salad green is the only one to get a perfect nutrient density score of 100. A score assigned by a US research team that identified fruits and vegetables containing 10 per cent or more of the daily recommended intake of critical nutrients, including fibre, iron, protein and vitamins B, C and K. We want to eat foods rich in these nutrients as they have been linked with a reduced risk of developing chronic diseases, including some forms of cancer and cardiovascular disease.

Professor Jennifer Di Noia says powerhouse food rankings aim to "provide clarity on the nutrient quality of the different foods and may aid in the selection of more nutrient-dense items within the powerhouse group".

Kale only managed to come in at number 15, and it wasn't the only popular superfood that didn't make the grade. Berries - well loved by those who claim to be in the know when it comes to nutrition - were also way down the ranking list. This is because researchers were interested in specific nutrients and berries didn't contain significant amounts of those the researchers were interested in.

So what is it that makes watercress so special? Well, just two cups contain 212 per cent of the daily recommended amount of Vitamin K (a nutrient important for normal blood clotting and protein synthesis in the blood, bones and kidneys). Watercress also contains large amounts of glucosinolate compounds (which inhibit breast, lung, colon and prostate cancer development) as well as smaller amounts of calcium, magnesium and potassium. And did we mention it contains next to no kilojoules?

Shades of green

Don't despair if watercress isn't your thing. There are a bunch of other high scoring powerhouse vegetables to choose from, the top 15 include:

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|--------------------|--------------------|-------------------|
| 1. watercress | 6. chicory | 11. turnip green |
| 2. Chinese cabbage | 7. leaf lettuce | 12. mustard green |
| 3. chard | 8. parsley | 13. endive |
| 4. beet greens | 9. romaine lettuce | 14. chive |
| 5. spinach | 10. collard green | 15. kale. |

Watercress is a relatively tolerant plant that loves to get its feet wet. It grows optimally in slow flowing clean water, for example riverbeds and swamps, and is able to survive in temperatures as low as -15°C and up to 25.5°C.

Most of these are green leafy vegetables and they are among the most concentrated source of vitamins and minerals, calorie for calorie. Just adding one cup of leafy greens to your diet every day means you'll consume up to nine times your daily /10