

TOPIC: "ORGANIC GARDENING - TIPS & TRICKS"

GUEST SPEAKER : PHIL RYAN

MALENY GARDEN CLUB MEETING : 25 SEPTEMBER 2018 UNDER THE OLD WITTA SCHOOL

Phil's Garden Quote – Tell me & I'll listen; Show me & I'll see; Involve me & I'll understand

- liquid seaweed has 60 trace elements in it
- trick to stop wilting when transporting cut flowers or herbs – spray inside plastic bag with liquid seaweed, put in flowers or herbs, seal bag and they arrive fresh
- grow lots of flowers to encourage pollinators into garden especially native bees
- watercress is the number one powerhouse vegetable packing a nutritional density punch scoring 100. Kale is number 15 on the list. Cos lettuce is good for eyesight
- Tim Crow, Deakin University nutritionist for 15 years named his 10 top foods – all types of VEGETABLES; whole RAW NUTS; GREEN TEA; all BERRIES; FISH (tinned ok); YOGHURT; TOMATOES; DARK CHOCOLATE. Vary them so as not to eat the same daily
- there is no legislation for use of the term 'superfood'. Anyone can call anything a superfood without evidence – be wary
- bronze leaf lettuce withstands heat of the sun whereas green leaf lettuce wilts
- weather times are changing – used to plant out seedlings on 17 March but now the second week of May. This has happened over 17 years
- plants need living soil not that from landscape suppliers which has sawdust and ash etc
- ABC's Annette McFarlane lives in Dayboro and talks with experience of local conditions
- 'Flower Power' is the Australian bush and garden relationship between insects & gardens
- backyard insects are numerous and diverse with estimated 85,000 insects in Australia. Very few are pests. 'What Insect or Disease is That' is a very good reference book
- watercress grows best in running water. Will grow well in vermiculite kept moist 24 hours a day – likes morning sun till 7am then in shade. Strikes easily
- best place to buy seedlings is at Caboolture Showgrounds market and plant into a mixture of equal parts vermiculite, palagonite, shredded cow manure and a mug full of Epsom salts
- Phil has a stall at Ferny Grove markets. He has 1 teaspoon of dry seaweed daily on cereal
- good liquid seaweed is brown in colour – if black, it has been adulterated
- Seasol is usually diluted with the goodness extracted – need to double dose
- richest palagonite in world comes from a mountain west of Gatton
- Qatar has bought a shipload of palagonite to green up soccer fields for the World Cup
- add garlic chives to soup close to being ready to retain flavour
- cut garlic chives into small pieces 10cm deep in bucket and fill with water. Cover and place in sun. After a few days scoop out leaves and spread around plants. Use 1L of the water with 8L of rainwater and spray plants as it has lots of nutrition
- use foam cooking oil spray for aphids and stink bugs. Be careful in hot weather as oil will heat and kill leaves. Spray late in day
- dip comfrey leaf cuttings in honey and then into Phil's cutting raising mixture
- for orchid feeder 'tea bags' use pantyhose

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