



## **Bush Tucker Recipe – Paperbark Barramundi**

At our recent 2019 Landcare Festival, we were lucky enough to have local chef, James Barnden, come along and show us some of his amazing bush tucker cooking skills. James has been kind enough to share this recipe with us so that we can all re-create this yummy dish!

### **Paperbark Barramundi with native pepper berry mashed potato, cherry tomatoes, sugar snaps, lemon myrtle mayonnaise, wattle seed pickled shallots and macadamia**

Serves 4

#### **Ingredients:**

Sheets of paperbark  
4 sustainably farmed Barramundi portions  
1 punnet cherry tomatoes  
200g sugar snap peas  
50g macadamias

#### **For the Mashed potato:**

200g peeled potato  
50g butter  
100ml cream  
1 teaspoon dried native pepper berry leaves  
Salt

#### **For the Mayonnaise:**

1 egg  
1 teaspoon Dijon mustard  
100ml vegetable  
1 tablespoon lemon juice  
1 drop lemon myrtle essential oil  
Salt

#### **For the pickles:**

50g peeled and sliced shallots  
50g honey  
50ml white wine vinegar  
50g water  
½ teaspoon wattle seeds

#### **Cooking Method:**

Place the potatoes in a pot, cover with water and bring to a boil. Boil until tender, once cooked, strain and push through a fine sieve with a ladle back into the pot. Add the butter, cream, pepper berry and salt to taste, place a lid on to keep warm.

For the pickles, bring the honey, vinegar, water and wattle seeds to a boil in a small pot and pour over the shallots in a jar or suitable container.



For the mayonnaise, place the egg, mustard and lemon myrtle into a bowl and whisk vigorously, while continuing to whisk, pour the oil in a slow steady stream into the mixture. It should become thick like mayonnaise. Once all the oil is in, add lemon juice and salt to taste.

To cook the Barramundi, season lightly with salt and pepper, wrap with paperbark or place into a pan with paperbark on the bottom and top of the fish. Cook on a low heat on an open fire or stove, if it became a bit smoky, splash some water into the pan to help it steam in the bark. Once the fish is nearly cooked, place the tomatoes and sugar snaps into the pan with a pinch of salt.

To serve, place a dollop of mashed potato on the plate, scatter some tomatoes and sugar snaps around, lay the Barramundi on top, drizzle the mayonnaise, scatter pickles and grate the macadamia over with a fine grater.

## **Messmate Park Bushcare News & Next Meeting**

It is amazing what is surviving in these very dry conditions – small plants that have been smothered by Molasses grass are being unearthed. Lomandra, Dianella, Breynia and some Eucalyptus Tereticornis are now visible. The hardy slash pine, ochna and Cadaghi were added to the growing pile of grasses and weeds that were put back to mulch around our newfound plants.

We call this Gympie Messmate (*Eucalyptus cloeziana*) the old man of the park – we are guessing the age 100 years or more? The hollows provide shelter and breeding sites for possums, gliders, birds etc. The base of the tree has been damaged by fire and the area inside is large enough to stand upright.

The seed pods of the Wombat Berry are making a splash of colour. According to traditional Aboriginal use, the roots are eaten raw and are sweet tasting.

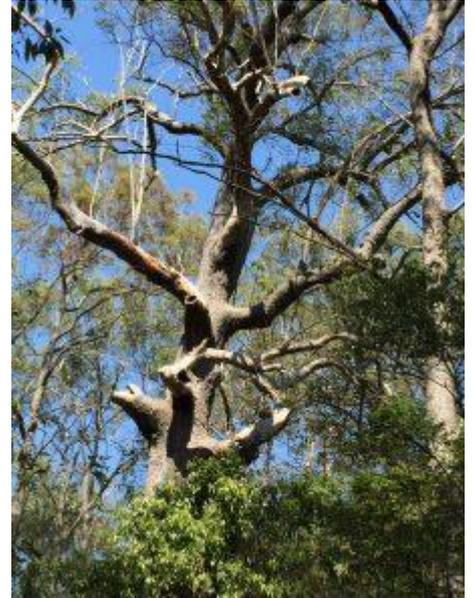
Saturday 19th October, 8.30-11am is our next meeting. Plans for the day will be to continue clearing a koala corridor parallel to Priddy Road. Morning Tea will follow after our mornings exertions. Wear sturdy shoes, hat and bring water plus favourite tools.

For more information, please contact Sandra Lalor: 0412 137 187

## **Permaculture Principle 8 – Integrate Rather Than Segregate**

One of the keys to a healthy environment is understanding the relationship between all things. This field of study is known as ecology. It includes the food web and the various cycles and patterns of all living things, including humans.

How elements work is important but the relationship between them is even more important. A question that always needs to be asked is what would the consequences be if I take one element out of the equation and what is the reason for that element being there? Is it possibly supporting or preparing the environment for the next element in the sequence of events?



An illustration of this happened to me recently where I built a chook pen. Of course, what followed were goannas and carpet pythons. All it took to solve the goanna problem was a few strategically placed roofing sheets but the python was another story. Of course, my answer to this challenge was to get the python removed, when I did that another one appeared. More disturbing was an increase in the mouse population. This cycle carried on for a while until I stood back and thought about the relationship between mice and snakes. I needed the snake to keep the mouse problem contained. I made the classical error of not thinking about the consequences of my actions.



I am happy to say the chook pen is now snake proof and the mouse problem under control. There are many such examples where we have not understood the relationship between elements, we have happily solved one problem only to cause another by breaking the relationship link. Microbes in the soil and the devastating consequences of using chemicals and artificial fertilisers on our soils is another example of where we did not understand the consequences, the result being dead and lifeless soils that are prone to erosion and topsoil degradation. In our modern society, we are encouraged to specialise and not be dependent on anyone. We breakdown elements to their smallest components marvelling at each individual aspect but the actual magic is in how those elements work together. People thrive in a supportive environment where they fulfil not only their individual purpose but contribute to a greater whole, having rich and meaningful relationships. Integration strengthens a system, segregation weakens it. When next you are confronted with a challenge, look deeper and ask a few 'what if' questions before settling on a solution.



Mel Marx | Secretary

## **A Successful Landcare Festival!**

After many months of preparation and anticipation, the second annual Landcare Festival was a hit!

With over 40 vendors on site for the day and over 500 patrons, we're excited to say that we will definitely be returning with another festival next year! We'd like to announce that our annual festival will be held on the third Saturday of each September going forward. Next year's festival will be held Saturday, 19th September 2020, so if you're interested in participating as a vendor, please get in touch with us to secure your spot!



Next time around though, we hope to hold the festival at Nelson Reserve where we can expand even more with many more vendors interested in attending, and much more parking and facilities available on the day.

We had amazing feedback from vendors and patrons alike, with many complementing on the variety of activities and stalls and the overall organisation of the event. The kids had a ball down in the kids' zone getting their hands dirty in the workshops, having their faces painted, meeting fluffy animals, and wearing themselves out on the jumping castle.



Our raffle and sausage sizzle fundraisers were also a huge hit and we reached a fundraising total of \$3016.00!

We'd like to say a huge thank you to all of our wonderful sponsors that helped make this day a success! Burnett Mary Regional Group (BMRG), Budget Steel and Easy Travel and Cruise were our major sponsors and some lucky winners walked away with lots of goodies!

A special thanks to the local aboriginal Elders from the Kabi Kabi tribe, Uncle Kevin Starkey, Auntie Lillian Burke, and Uncle Gordon Browning for their traditional Welcome to Country and smoking ceremony. Thank you to the Gympie Mayor, Mick Curran, for taking time out of his busy schedule to officially open our event.

## Another Successful Workshop – Regenerative Pasture Management

In early September, a group of 18 headed out to Stuart and Megan Andrews' Forage Farms, for the Regenerative Pasture Management workshop. Regenerative agriculture might be the catch phrase of the moment, but the ideas behind it are grounded in common sense principles that our grandparents always knew, but which have somehow pushed aside in favour of industrialised agriculture. As it finally begins to dawn on us that we are not, in fact, in charge of nature, and must work with it rather than try to bend it to our will, the information that Stuart and others like him have to share becomes as precious as the water our drying landscapes need to survive and thrive.



There are various valid farming approaches which fall under the banner of Regenerative agriculture, and Stuart is an excellent teacher of the Natural Sequence Farming method, developed by his father Peter Andrews, described in Peter's books- Beyond the Brink, and Back from the Brink. The method focuses upon restoring the movement of water through the landscape to as close as possible to the way it once was. The movement of water across the land is slowed to give it time to absorb into the soil, rather than rush across it, taking your topsoil to the nearest waterway. Soil carbon (and therefore water holding capacity) is built by a combination of rotational grazing with mixed species, multi-species cover cropping, and wait for it – letting the weeds grow! It does take some getting your head around, but those plants we deem undesirable and call weeds actually serve an important purpose in the landscape. The subject is both complex, and ridiculously simple at the same time. The proof, as the saying goes, is in the pudding – and Forage Farms is a terrific exemplar of the efficacy of the Natural Sequence Farming method.



For those that are interested, Forage Farms conducts regular tours (you can find them on Facebook), and for the readers, the books mentioned above are well worth your time.

Thanks Stuart and Family, for an excellent day of learning.

Maree Gillott | President



**AgVention™ – Showcasing Innovations, Invention and Ideas – 25 October 2019**  
AgVention, a field day like no other, is coming to the Mary Valley for the first time on Friday 25 October 2019.

Showcasing innovation, invention and ideas – AgVention, a field day like no-other powered by the Food and Agribusiness Network in collaboration with

**BOS RURAL SUPPLIES.**

AgVention reflects a passion for regenerative agriculture and the technology that can support its broad scale adoption. The event will feature displays including virtual fencing, remote monitoring, irrigation controllers, inbuilt inverter solar pumps and non-chemical parasite control products and a brand-new USDA certified organic herbicide that has the potential to replace current defoliant chemicals which has not been seen in the Australian market. Hear from guest speakers and take part in discussions on the future of food, renewable energy developments and other thought-provoking topics.

For more information, please contact Nicole McNaughton: 0433 603 575.

## **Beeswax Wrap Workshop – 26 October & 13th November 2019, 9am – 12pm** **Learn to make environmentally friendly beeswax wraps**

Do you prefer using more natural products? Do you want to lessen your environmental impact by reducing your reliance on single use plastic wrap and plastic bags to cover and store food? Then why not come along and learn a simple way to make beeswax wraps? Beeswax wraps are washable, reusable over a long time, can be used in the fridge and freezer and lunch box and when they have reached the end of their usable life, they can be added to the compost. They are inexpensive to make, can be custom made to size and they are very cute.



### **What you need to bring:**

#### **Fabric:**

At least ½ metre, 100% cotton (NOT polycotton), lightweight and tightly woven. When choosing your fabric, patterned or darker colours are recommended because beeswax will give a slightly yellowish finish. The fabric does not have to be new but it does have to be 100% cotton. **You will need to wash and dry your fabric before use.**

**Pencil and ruler:** Everyday pencil is fine or a fabric marker if you have one.

**Scissors:** Dressmaking scissors is fine or pinking shears are even better if you have them

**What's included:**

The workshop will include all other materials and equipment needed, a take home simple instruction sheet for future reference, tips to maintain your beautiful wraps and ideas how to use them. Tea and coffee will be provided but please bring your own water bottle, a small snack if needed and a positive attitude. At the end of a fun interactive 3 hours you will have made at least 3 beeswax wraps to take home for yourself or to give as gifts.

**Note:** This workshop is unsuitable for children due to the use of hot liquids

**Session Times:**

Saturday 26th October 2019: 9.00am – 12.00pm

Wednesday 13th November 2019: 9.00am – 12.00pm

**Where:** Gympie Landcare conference room – 5 Groves Road, Araluen, QLD, 4570

**How to Register:** Please visit our website to register or contact our office.

**Low Stress Stockhandling School – 1st & 2nd November 8.30am – 5.30pm**

Hosted by Stuart Andrews, this LSS school is a remarkable two-day programme that can leave you wanting to do stock work, seeing the economic benefits in the kilos gained and the ease in which stockhandling can be achieved. See how to make more money from your stock!



Before it is possible to get our animals in the right frame of mind, we first have to get our mind and attitude right. As Low Stress Stockhandling travelled extensively throughout Australia and overseas, conducting workshops, we have observed some extremely competent stockmen and women. Wherever we go we see a familiar pattern emerge in the way people work animals. No matter what the situation people are handling animals in, either mustering, yard work, processing, loading trucks, dairying or through slaughterhouses, there is a common theme or pattern, we work with our own instincts. While this achieves a result quite often, i.e. most of us manage to get our animals to the yard; it is not always a way in which it is conducive to low stress on the animal and us. LSS can help you achieve calm, confident management of livestock in all situations. Schools cater for someone who has little or no experience in handling stock as well as highly competent stockpeople.

**What's it all about?**

- It's about making a difference, and 'making the world a better place for people and animals'
- It's about attitude
- It's about production, profit and people
- It's about enjoying what you are doing and the results that you get
- It's about work place safety
- It's about the rural industry and it's future
- It's about creating a workplace 'attitude'
- It's practical and 'doable'
- It can achieve results quickly
- It's user friendly, for all ages
- It's two days that can change the way you 'see and do' stockhandling
- It's Australia wide
- It's about looking after the valuable assets in the rural business – the people

- It WORKS!
- Only the original Low Stress Stockhandling schools can promise you this

For more information on pricing and how to register, please contact Stuart Andrews: 0427 112 448



### **Loose Grassy Mulch Hay for Sale**

Kristina Roberts and her son are selling bags of loose grassy mulch hay for \$2.00 a bag.

If you'd like to purchase some, please contact Kristina on 0408 963 070.

### **Save the Date – Members Meetings 2019**

The Committee hopes you can join us for the quarterly Member's meetings in 2019. This will be your opportunity to keep up to date with what is happening at Landcare and share your thoughts with the Committee and other Members.

**The date for the meeting is as follows:  
Wednesday 27 November at 6pm**



There will be a call for agenda items 2 weeks prior to the meeting.

If you have an item for the agenda, please submit it in writing to [admin@gympielandcare.org.au](mailto:admin@gympielandcare.org.au) for consideration prior to the deadline.

### **Free Bee Keeping Sessions**

The Valley Bees group hold free beekeeping sessions at Gympie Landcare on the first Saturday of every month. Come along and learn how to work with bees on your own property. Oh, and don't forget to bring a plate to share for morning tea!

Sessions start at 9am, however, from June to August 2019, sessions will start at 10.00am.



For more information and how to RSVP, please contact Vic Finney on 0429 826 461 or via email to [vicfinney43@gmail.com](mailto:vicfinney43@gmail.com).

## Gympie Permaculture & Seed Saving Opportunity

### Gympie Permaculture

People interested in permaculture and gardening are invited to come to Gympie Permaculture Group's monthly Harvest Swap and if interested stay for the informal meeting afterwards. "Bring what you have and take what you want" is their motto. Anything from fruit and veggies to jams and chutneys, books, plants, chook, cow and/or horse manure, etc. someone has it and someone else can use it! They meet every first Monday of each month in the carpark of the Gympie Regional Art Gallery, 39 Nash Street. Harvest Swap starts at 5.45pm, the meeting starts at 7pm. To get updates on Gympie Permaculture events, please email Wendy Strathearn on [wstrathe@bigpond.net.au](mailto:wstrathe@bigpond.net.au)



### Gympie Seed Savers

If you are interested in seed saving, please send Wendy Strathearn an email ([wstrathe@bigpond.net.au](mailto:wstrathe@bigpond.net.au)) and she will let you know when and where the next seed saving meeting will be.

### **Conference Room Available for Hire**

The Community and Gympie Landcare members are welcome to hire our conference room facility. Our meeting room includes air-conditioning, tables, chairs, a projector, screen, whiteboard and kitchen facilities, as well as kitchen facilities and free wifi on request. The venue can seat up to 40 people configured in cinema style.



### **Occasional use**

1 Hour (minimum 2 hours) – **\$20.00**

Half day (4 hours) – **\$50.00**

Full day (8 hours) – **\$90.00**

Costs for regular use of our venue by clubs or groups will be determined on request.

Please contact our office for a copy of the booking form and terms and conditions and return it to our office to secure your booking.

### **Volunteer Position – Groundskeeper/Landscaper**

We're looking for a bright and bubbly dedicated volunteer that is looking to join our organisation on an on-going basis as our groundskeeper/landscaper.

### **Our Organisation**

Gympie and District Landcare Group (GDLG) is a community-based organisation that has been active for 30 years serving the local landowners. The Group is an incorporated association and a registered charity. Each year members elect an Executive (Management Committee) that sets strategic direction, manages organisation risks, fine tunes policies and ensures that the organisation is operating effectively whilst staying true to its vision and purpose.



Members and volunteers are integrally involved in the group's activities: operating a local native plant nursery; raising bio-control insects for invasive plant species control and other purposes; providing land care services, fostering local land caring activities; and community education.

### **Position**

This is a volunteer position with flexible working days. We're looking for someone that can volunteer 1-2 days per week with set days each week (however, we are flexible when needed).

### **Responsibilities**

- Mow the lawns, prune bushes and trees, edge the walkways and give the grounds a manicured look;
- Disposal of dead foliage and rubbish
- Use hand tools such as shovels, rakes, pruning saws, hedge or brush trimmers, or axes
- Care for established lawns by mulching, aerating, weeding, drubbing, trimming and edging around garden beds, walks and walls
- Plant seeds, bulbs, foliage, flowering plants, grass, ground covers, trees or shrubs and apply mulch for protection as required
- Decorating garden beds and themed areas
- Take on special landscaping or planting projects such as our 'Botanical Garden' walk and front reception gardens
- Collaborate with management and the volunteer team to make sure the grounds and the building are always properly cared for
- Perform regular maintenance and minor repairs on the lawn care equipment and tools
- Assist the volunteer team with other tasks when required such as potting seeds for production

### **Skills**

There are no technical skills required for this volunteer position, however, common sense is required when using tools or equipment. You will also be inducted prior to using any electric or fuelled equipment or tools prior to commencing tasks.

### **Physical Demands**

This volunteer position requires a reasonable level of fitness. You may be required to lift items of up to 20kgs, push wheelbarrows etc and must be in good physical shape.

### **Interested?**

If you're interested in becoming part of a friendly and active team of volunteers and would like to contribute to our organisation and the environment, then this position is for you! We've love to hear from you, so please get in contact with us by calling 07 5483 8866.

## Nursery Volunteers Needed

We are looking for dedicated people who would like to get their hands dirty and help out in our nursery on an on-going basis.

### Position Title

Nursery Volunteer

### Our Organisation

Gympie and District Landcare Group (GDLG) is a community-based organisation that has been active for 30 years serving the local landowners. The Group is an incorporated association and a registered charity. Each year members elect an Executive (Management Committee) that sets strategic direction, manages organisation risks, fine tunes policies and ensures that the organisation is operating effectively whilst staying true to its vision and purpose. Members and volunteers are integrally involved in the group's activities: operating a local native plant nursery; raising Bio-Control insects for invasive plant species control and other purposes; providing land care services, fostering local land caring activities; and community education.



### Position

This is a volunteer position with flexible working days. We're looking for someone that can volunteer 1-2 days per week with set days each week (however, we are flexible when needed).

### Responsibilities

Tasks may include, but are not limited to:

- Answering phone calls
- Serving customers
- Operation of till / POS
- Processing and identifying seeds or plant samples
- Preparing and sowing of seed
- Cataloguing of seed
- Potting of seedlings
- Record-keeping (plant production, seed viability)
- Striking cuttings
- Dividing plants
- Size- and quality-grading plants
- Stock rotation (more appropriate as retail partitions come into nursery areas)
- Labelling of plants
- Hygiene/Biocontrol (e.g. pot washing, disease/weed recognition/treatment)
- Manual handling (e.g. lifting/moving potting media)
- Mixing of potting media (including handling of fertilisers/additives)
- Maintenance of nursery stock and area
- Maintenance of cuttings-stock plants
- Observation and/or maintenance of irrigation
- Cleaning of paths, work spaces, eating/shared spaces
- Maintenance/construction of nursery benches, propagation structures etc
- Fabrication of nest boxes
- General handy-person duties, incl one-off construction/fabrication projects
- Display garden design
- General landscape upkeep
- Potting and maintenance of advanced plants
- Packing of orders, pre-mix retail packs, etc
- Library borrowing/returning/cataloguing
- Updating brochures, stocklists etc

- Support stocktaking events

## **Skills**

There are no technical skills required for this volunteer position, however, the below skills are highly desirable:

- Carpentry skills
- Plumbing or irrigation skills
- Other occasional trade skills – electrical, welding, etc
- IT skills – POS, databases, spreadsheets, documents
- Horticulture training/experience
- Sales/retail experience
- NRM knowledge
- Biosecurity knowledge
- Plant identification skills
- Project/planning skills
- Stock monitoring (plants and retail/nursery supplies) skills/experience
- Agricultural skills

## **Physical Demands**

This volunteer position requires a reasonable level of fitness. You may be required to lift items of up to 20kgs, push wheelbarrows etc and must be in good physical shape.

If you're interested in becoming part of a friendly and active team of volunteers and would like to contribute to our organisation and the environment, then this position is for you! We'd love to hear from you, so please get in contact with us by calling 07 5483 8866.

## **Fundraising for Gympie Landcare – Drakes Key Tags**

Did you know that when you shop at Drakes in the old "IGA complex" and show them one of our Gympie & District Landcare Group key tags, 1% of your total bill is donated towards our organisation?

By using your tag every time, you shop, you're actually fundraising for our organisation!

If you do not have a Drakes key tag currently, please contact our office on (07)5483 8866 or email [admin-assistant@gympielandcare.org.au](mailto:admin-assistant@gympielandcare.org.au) and we will provide one for you to pick up from our office.



## **Find Us on Facebook!**

Here at Gympie & District Landcare Group Incorporated, we recognise that social media is becoming one of the most effective sources of communication and a fantastic way to get our name out there and increase our exposure! Not only is it a means for communication, but it creates an additional platform to keep our community aware of upcoming events and provides further opportunity to provide the community with helpful tips in relation to land care.

We would love to see our Facebook follower base increase and encourage all of our members to "follow us" on Facebook.

If you have a Facebook account, go to our Facebook page and hit the “like” button to follow our posts.



Don't forget to like and share our posts on our page to assist us in gaining further exposure in our local area!

## Containers for Change – Landcare is Now a Registered Depot

Gympie Landcare is now a registered depot for the Containers for Change Scheme.

As a state, we're great at many things. However, when it comes to recycling, Queensland can do a lot better. In fact, we have one of the lowest recycling rates in Australia, at around 44%.

Each year, approximately three billion beverage containers are generated in our state alone and are the second most littered item.

So, to help us all improve our recycling efforts and keep our beautiful environment litter-free, bring your containers down and start recycling today!

### How Does It Work?

Bring in your recycled containers and pop them into the designated purple bins. All funds from the containers in the bins are donated to Gympie Landcare.

If you would like to claim your own change for the containers, you must use and fill a bag provided and stick your label on the front.

**Please note:** We do not give cash for container exchanges as we are an 'Express Depot'. Your refund will be deposited into your selected bank account when you create your own code at the kiosk for recycling.

Labels are sourced from the 'Return It' kiosk with instructions on how to process your refund.

If you'd like to donate your refund to Gympie Landcare, all you need to do is provide our code: C10161523

