

Gympie Landcare - Newsletter October 2022



From the President

It's great to see Spring has finally arrived, and (at the time of writing) it has been accompanied by just an appropriate amount of rain to keep the garden looking good. I know that we're all looking to the skies hoping that the forecasted continuation of the La Nina weather event does not turn out to be anything like what we've already been through, but if it does, I guess we will weather those storms as they come (see what I did there?)

It's a great time to be planting, so it's a good thing our nursery is bursting at the seams with beautiful plants seeking their forever homes.

Some recently improved signage makes it easier for those who need some guidance in finding the right ones, and our team are always available to help.

We also have good stocks of all things worm related for those looking to create their very own worm havens. The perfect way to fertilise gardens using cheap and natural resources while reducing household waste.

Next month, we're attending the Gympie Chamber of Commerce Awards, where we are pleased to have been selected as finalists in the Not-for-Profit Category. We are also in the running for the People's Choice award, which is, as the name suggests voted on by the public.

If you have a spare minute, please click on the link to cast a vote for your favourite Not-For-Profit nursery! [VOTE NOW](#)

Happy Gardening!
Maree Gillott
President

What's New in Biological Services

Worm Farms and Buffets Are Now Available in the Nursery Retail!!

The worm buffet is a small worm farm designed especially for raised garden beds. You place the buffet into your garden bed and add 500 composting worms inside, along with your food scraps. The worms will process your food waste and deposit castings into the surrounding soil by moving in and out of the holes in the bottom of the farm.

Once established this worm farm will process 1 to 2 kilos of kitchen scraps every week! If you have more kitchen waste, either add additional buffet units or look at purchasing a larger worm farm.

The worm café is a 3-tiered worm farm and once established worms can process 5 to 6 kilos of waste each week. 1000 composting worms is the minimum amount required for this size farm.

Both of our worm farms are Australia designed and made, and more importantly, they are made from 100% recycled plastic.



Why vermicompost?

Your worms are fed with kitchen waste which reduces food waste going into landfill and helps in reducing methane greenhouse gas emissions. Your worms will create worm castings which are fantastic for your plants and for improving soil structure, kids love them, and they are easy and low maintenance.

Our 'Worm Power For Sustainable Community Farming' grant started in August 2022.

We placed viking spinach seeds into 100 pots and ran 10 different experiments to trial the growth rate with potting media containing either worm liquid, worm castings, chemicals fertilisers and mixes of both organic and chemical fertilisers.

Our next worm workshop will be held in 2 sessions on 9 November, where our findings will be presented by Chany, from University of Queensland in **Session 1**.

In **Session 2**, Yvonne and Ella will talk about all things in the composting worm world.

- How to make your own worm farm for very little cost.
- How to look after your worm farm.
- How to harvest worm castings and what to do with them, as well as troubleshooting.

Session 1: Presented by Chany from UQ (This session will take approx. 1 hour)

- **FREE** to attend followed by a light morning tea.

Session 2: Presented by Yvonne and Ella from GDLG (This session will take approx. 1-2 hours)

- \$15 non-members
- \$10 members

To register for **Session 1**, **Session 2**, or both, [Click Here](#) or call the office on 5483 8866

NB: Spaces are limited so bookings are essential.

Nursery News

Planning a new garden? Want the established look without the wait?

Why not take a peek at our range of advanced plants and 35L Bags and give your garden that instant look of maturity.

We also have an abundance of healthy natives for sale that are bursting to get in the ground.

Ask our friendly nursery staff about availability or better yet, come and take a look!



Syzygium francisii - 35L


Flindersia schottiana - 35L

Mixed Advanced Natives



Toona ciliata ~ Red cedar




Grevillea Robusta ~ Silky Oak



Plaited Figs

Multi-planted & plaited *Ficus superba* available in 200ml pots. The trunks will eventually merge to create one large stem with multiple crowns.

This fig produces tasty & edible small round fruit that is an important food source for fruit doves and the endangered Coxens Fig-parrot.



\$22 each

Do you Have Land to Spare?

We are Seeking Support with Space.

Due to ever expanding plant contracts, we are seeking some flat ground in order to grow and hold contracted plants.

- Approximately 100 m2.
- Full sun area
- Access to water (Bore, Dam or Mains)
- Secure area.
- We will build and supply all infrastructure and materials and remove it when we leave.
- We would require access 7 days a week.



If you think you are able to help, please contact Andrew (Nursery Manager) to discuss.

Email: nursery-manager@gympielandcare.org.au

Ph: (07) 5483 8866

Andrew MacKenzie

Nursery Manager

What's Going On In Retail

Citrus australasica ~ Finger Limes

On Special for October ~ Buy 2 & Get 1 FREE ~ Save \$3.90!

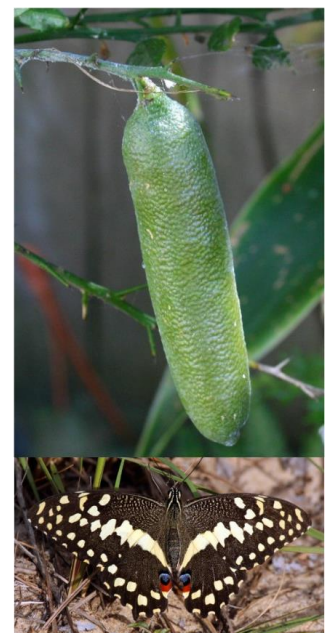
This trendy 'bush tucker' has earned it's place on our day-to-day menus and so it should. [Finger Limes](#) are delicious, easy to grow and drought tolerant.

They are also an important food source for some of our largest garden butterflies, our bees love them and small birds will use the spiky foliage for protection.

They make a fantastic addition to any garden to increase biodiversity with the added bonus of tasty homegrown bush tucker.

Our plants are seed grown, not grafted, so you'll need to wait a bit longer till they fruit but it will be worth it.

On [special for October](#) only so pop in and see us in the nursery now!



Back on the Benches

Nymphoides indica ~ Water Snowflakes \$8 each

After a winter sleep our Water Snowflakes have woken up for spring and are back in the nursery for sale.

We will have more submerged water plants available later in summer, and I'm hard at work sourcing some local lillies..... watch this space but don't hold your breath !

Esther Attewell

Nursery Retail Co-ordinator



Check out what is happening with this amazing organisation who launched in September.

We are a participating nursery if you would like to claim your free membership trees, pop in and see us.

<https://backyardsforbiodiversity.org>

National Gardening Week

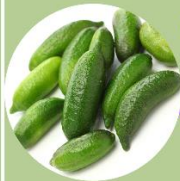
Remember it's [National Gardening Week 9th - 15th October](#)

It's also a great time to get planting before the Summer heat.

We have everything you need to get your plants growing and happy in the nursery shop, from homemade hardwood seed kits to tools and gloves and, the best, our home made refillable potting and seed raising mixes.

OCTOBER SPECIAL BUYS

Citrus australasica ~ Finger Lime



We have lots of seedling waiting for new gardens or pots! This trendy 'bush tucker' has earned it's place on our day-to-day menus & so it should it's delicious, easy to grow & drought tolerant. It's also an important food source for some of our largest garden butterflies, our bees love them & small birds will use the spiky foliage for protection.

.....so if you want to grow them for yourself or for bio-diversity, pop in and see us they are on special for October only. Our plants are seed grown *not* grafted so you'll need to wait a bit longer till they fruit but it will be worth it.

BUY 2 GET 1 FREE



BACK IN STOCK

Nymphoides indica ~ Water Snowflakes

After a winter slow-go no-go our *Water Snowflakes* have woken up for spring & they are back in the nursery for sale.

\$8 each

Please note that we have increased our water plants sales price, this is due to increased costs across the nursery.



Address: 350 Old Maryborough Road, Araluen, 4570



This event is supported by the Burnett Mary Regional Group through funding from the Australian Government's National Landcare Program.

RCS GRAZING CLINIC

An Introduction to Regenerative Agriculture Through a Practical Hands-on Workshop.

Gympie Landcare Members: \$350 per person

Non-members: \$400 per person

This \$50 discount is exclusive to Gympie Landcare Members.

Places are limited so get in quick to reserve your spot!

Register online today - [RCS Grazing Clinic 9-11 November, 2022](#)

Not a member or membership lapsed? [Click here to join or renew today](#)

About This Clinic

NOTE: This course is a face to face clinic, delivered by a presenter at physical venue.

This course has a complete focus on implementation.

We deal with the “real-life stuff” that actually counts when it comes to getting the most out of your land, livestock and business.

During the RCS Grazing Clinic, our facilitator will cover;

- How to assess rest period and calculate graze period
- How to match stocking rate to carrying capacity
- How to use grazing charts to plan and make confident decisions
- The 6 principles of Regenerative Grazing Management
- Property design, water design and fence planning
- Questions and answers

“Very useful, a good balance between theoretical and practical take away points. A must for anyone running a grazing business.”
– Alec Bragg, Kin Kin QLD

“For me it's a start of a new farm management.”
– Heather Fricke, Biggenden QLD

“An invaluable tool for any grazier at any stage of their development to move in the right direction.”
– Emma Robinson, Gayndah QLD

Gympie, QLD: 9-11 November 2022

Gympie Landcare members: \$350 per person
Non-members: \$400 per person

To join go to gympielandcare.org.au or email admin@gympielandcare.org.au

Register online: www.rcsgloballearning.com/courses/rgc-gympie-2022
Phone 1800 356 004 Email info@rcsaustralia.com.au





Never Underestimate the Therapeutic Power of Sitting Quietly and Watching Your Garden Grow...

Gardening for your Mental Health

Would you believe it's October already? Am I the only one who feels like this year has been a crazy blur of stress, uncertainty, and pressure? I don't think so as it seems like everybody I speak to, is feeling worn out and worn down.

The uncertainties around learning to live with COVID. The floods and extended wet weather affecting our whole community, especially our farmers. The crazy economic ride we are on, with living costs going up, businesses unable to find staff, and the shortage and unaffordability of housing. All these things and more, have many people, businesses and community organisations in our region hanging on by their fingernails.

So, what do you do when you are stressed to the max, your mind is spinning like a mouse on a wheel and you've got so much to do, you don't know where to start? I don't know about you, but I head for my garden.

Being amongst the plants, checking their health, weeding, shovelling, pruning, and planting. Not having to think beyond the immediate. Not having to be efficient or organised. Being able to simply observe the life around me, looking at the colours, listening to the birds. All of this helps calm and relax, bringing me back to a state of peace and wholeness. And there is a growing amount of evidence showing that it's not only me!

Research is showing the benefits of gardening for your mental health – both emotional and cognitive. Gardening has been shown to decrease stress, anxiety, and depression. It improves wellbeing, restoring a sense of calm and helping us regain focus, purpose, and a connectedness back to the world around us. It can also help with problems such as poor attention, memory and problem solving – symptoms associated with mental distress.

Researchers think that there are different ways in which gardening helps restore our mental health and wellbeing. One is that being in the garden uses a different form of attention rather than the directed attention we need to achieve our daily list of things to do. This is called “fascination” where natural environments are full of captivating stimuli that hold our attention.

Gardens also allow us to “be away” – away from the spaces that place unending demands on our time and energy; “restore connection” – providing a safe and simpler space to restore our sense of belonging with the world around us and, being as versatile as they are, “find compatibility” – meeting the needs and interests of a wide variety of people.

There is also evidence that being out in the natural environment resets our physiological stress responses, helping us relax and regain a sense of wellbeing. Being out in nature is theorised to be an innate need in humans, one that has evolved as we have evolved. Yet it is estimated that nowadays in Western countries at least, we typically spend 95-99% of our time indoors!

However, gardening offers more than just contact with nature.

Community gardening, such as our wonderful Gympie Community Garden can also provide social opportunities and provide places for people to interact with others. It can also help

people develop specific knowledge and skills, enhancing a sense of agency and confidence, while building employable skill sets. And of course, gardening also involves physical exercise, proven to be helpful in the treatment of many common mental health problems such as anxiety and depression.

So, what to do next time you are stressed to the max?

Go on – get out in the garden! Spring has sprung, there is plenty of moisture in the soil – now is the perfect time to be planting and Gympie Landcare nursery has plenty to choose from. Come and see us at 350 Old Maryborough Road, Araluen. We are open from 8:30 am to 3 pm, Wednesday to Saturday.

References:

Clatworthy, Jane, Joe Hinds, and Paul M. Camic. "Gardening as a Mental Health Intervention: a Review." *Mental health review journal* 18.4 (2013): 214–225.

<https://www.thrive.org.uk/get-gardening/why-gardening-is-good-for-your-mental-health>

Alex Van Beek
Vice-President



This situation is scary to say the least, but every one of us can make a choice for the greater good by breaking our personal addictions to single use plastics and helping to clean up the mess

A mosaic of micro plastics along the hightide line was never something I had to witness as a child spending countless hours playing on the beach and in the mangroves. Unfortunately, this is a sad new reality which blemishes even our most remote pristine beaches.

Although most Australians are well educated and ethical enough to dispose of plastic responsibly, our globalised society means we share the success as well as the short comings of our species.

Plastic is strong, light, cheap, and easy to mass produce therefore it has made life for humanity very convenient over the last few decades. Unfortunately, another one of plastic's traits is its inability to break down.

As plastic makes its way into our oceans its breaks up into microscopic pieces and enters the food chain, eventually ending up inside us!

Recent studies have revealed over 80% of human bodies contain micro plastics and science is racing to discover how this will affect us in the future.

I am proud to announce that Gympie District Landcare has combined forces with Tangaroa Blue in an annual Clean up of the Great Sandy Strait.

In our combined efforts we cleaned up from Teewah Beach to Double Island Point and then on to K'gari, cleaning from Hook Point all the way up to the Maheno Shipwreck.

The area covered was approximately 85km, in which we collected 1.8 Tonnes of rubbish!

This was a fantastic effort by the team from GDLG, Tangaroa Blue and all volunteers involved.

Personally, I learnt a lot about marine debris and the thousands of different plastic components that have made all our lives slightly easier and simultaneously made our environment sicker.

While spending a week with Marine Scientists, I learned of many horrific stories about different types of marine debris and how it ended up in our oceans. Cruise ships dumping their entire rubbish cargo in the open ocean, Southeast Asian countries with entire waste management programs consisting of marine dumping, and illegal fishing trades dumping nets full of fish when they can no longer hold product onboard.

One narrative I found particularly disturbing was centred around the countless glowsticks and bleach bottles I continued to find along the beach. Old glowsticks on the beach were something I had often come across in the past and assumed they were a remnant of a beach party lazily left behind. Unfortunately, they hold a darker truth.

In over fished reefs in Southeast Asia, fishing villages can no longer support themselves with conventional fishing methods. They instead set up Bamboo fish-attracting devices on degraded reefs, then go out at night with glowsticks and bleach bottles, which when opened underwater, stun all fish within a radius. The stunned fish are then killed and collected.

This dangerous and damaging process is unfortunately the only way many of these fishermen can survive in an increasingly depleted oceanic system. The sheer number of remnants washed up on our beaches due to these fishing practices is staggering.

Tangaroa Blue has a philosophy, 'if all you do is pick up rubbish you will be picking up rubbish forever'. Their main objective during these Australia Wide clean up exercises is to sort debris and collect data to provide evidence to governing bodies to make legislative change around the world.

These changes include pushing governments globally to ban certain types of plastics and to ban exceptionally damaging fishing practices.

I can say from my own experience this exercise was extremely rewarding and had a similar therapeutic effect to my other hobbies, which include planting trees and pulling out weeds. If you are interested in making a positive change in our environment, on a local and global level, feel free to contact Tangaroa Blue, who hold annual clean up events all over the country.

Volunteering at these events is a great way to execute a guilt free holiday, and the satisfaction of cleaning a large stretch of coastline, while enjoying the sand, the tides, and the wildlife, is something I would highly recommend.

Locally Gympie District Landcare is organising clean up events right here in town, so if you



would like to protect our beautiful Mary River and our threatened Great Barrier Reef, please feel free to give us a call and put your name down to volunteer.

Marty McArthur
Environment & Conservation Supervisor



Grants

GDLG is proud to be working with Qld Parks and Wildlife Services, HQ Plantations, Macadamia Conservation Trust Fund, our First Nation Traditional Custodian and the local community of Amamoor in improving the habitat of the threatened Wild Macadamia native trees in Amamoor State Forest.

The successful grant was through the Community Sustainability Action Grants – Round 6 for Conservation – Community Engagement on Qld's National Parks and State Forests, with the Macadamia Conservation Trust Fund (MCT) also providing funds for this project.

All of the above groups, will work together to improve the habitat of the Wild Macadamia in Amamoor State Forest and will conduct periodic activities including community engagement for weeding, school education program and educational walks.



(Left) Marty McArthur,
GDLG E&C Supervisor
(Right) Ian McConachie
Macadamia Conservation Trust

Nursery

Our nursery is well prepared for Spring and Summer with a good supply of native plants available. So, make sure you drop in and see what we have, Esther and her team will be able to guide you in the right direction for a great selection for your garden. Remember its time to fertilise your gardens, so why not try some of our vermi liquid, or even buy yourself a worm farm.

With Christmas fast approaching why not consider some of our gift vouchers for those hard to buy for family members.

We have also been successful with a grant from Queensland Community Foundation to upgrade our Nursery Inventory Management System and Accounting software system. This will improve our inventory management of both the Wholesale and Retail Nursery areas, making our inventory management more integrative, accurate, effective, and efficient.



Michelle Fletcher
Operations Manager

Volunteer with Landcare

Our volunteers bring a wealth of knowledge and experience with them and we love how they use their skills to support Landcare. We accept volunteers from all walks of life, you don't need to be on a work agreement but we are happy to discuss them.

Interested in volunteering? Find out more [here](#)

We are currently seeking volunteers to fill these roles:

- **Retail Nursery Hand** – 1 or 2 full days a week working assisting the retail nursery. Duties inc. but not limited too: plant placement/transfers, display, water plant management, weeding, and serving customers via a digital POS, no prior retail experience necessary as all training is given, an interest and knowledge of plants/nomenclature/gardening preferred and an desire to support customers.
- **Biological Services** – 1 or 2 days a week assisting the biological services facility. Duties incl. but not limited to: harvesting insects, potting plants to feed the insects, cleaning insect enclosures, weeding and assisting with composting worms and vermi liquid and castings.
- **General Nursery** - working across all aspects of our busy wholesale nursery, weeding, maintenance, potting, plant placement

Koala Action Gympie Region



RAFFLE to support Gympie's Koalas



Win 6 Nights Farm Stay at Blue Creek Retreat in Kandanga

Set in the beautiful Mary Valley

50 Private acres

Huge 1 bedroom home that comfortably sleeps 6

Wrap around veranda with amazing views

Fully fenced yard for fur babies

Private access to Blue Creek and Kandanga Creek with 4
canoes

Continental breakfast including locally made crumpets, pizzas,
honey, and cheese platter on arrival

Prize donated by hosts C & M Wood - Value \$1500

800m driveway (not suitable for low clearance vehicles)



For tickets scan the QR Code or
visit our website www.kagr.org.au
or facebook page @koalagympie
(Prize draw 15 Dec 2022)



Valley Bees Group

Interested in learning about caring for bees, bee food, and hives?

[Valley Bees Group](#) meets at Gympie Landcare on the 1st Saturday of every month at 9am.

[350 Old Maryborough Road, Gympie](#). Just park your car at the office on Groves Road and enter through the side gate.

Please wear light coloured clothing, closed shoes, a hat & a veil if you have one. Please bring a plate to share at morning tea.

[Click here](#) to download a free handy guide to bees and find out more information about Valley Bees Workshops.



Gympie Community Gardens

There have been lots of activities going on in the [Gympie Community Gardens](#) the last few weeks. We had a very successful Bunnings BBQ fundraiser which raised over \$1,300, and a fantastic addition to our fortnightly can recycling (thank you [Nolan Meats](#) for this great opportunity) which brings in a steady stream of funds.

A large Camphor Laurel tree was cut down, the branches put through a chipper and the wood chips were used on our orchard.

The students from Skill Centred Gympie have been doing lots of work at the garden, mainly preparing our long-awaited toilet. The slab is now poured and soon the students will put up the walls and roof. Once the toilets are usable, we will start with many interesting workshops including a pizza oven building workshop – keep your eyes peeled!

Anyone wanting to join us, please send an email to gympiecgarden@gmail.com and Anna, our secretary will add your email to our mailing list, so you will receive information on any working bees, workshops, and meetings at the gardens.

If you are into gardening, why not buy seeds from the Gympie Seed savers, on sale at Landcare. These seeds are all non-hybrid (which means you will be able to save the seeds of the plants again and again) and come from this region, therefore are used to our climate, and only cost \$2 per packet!

Regula Waser

Finance Officer GDLG & Treasurer GCG

