

# HERB GROWER

PUBLISHED BY THE ORGANIC HERB GROWERS OF AUSTRALIA INC.

## Inside This Issue:

### HERBS INTO GIFTS

Ideas for herbal presents

PAGE 5

### URINE IN THE GARDEN

or Wee Will Fertilise

PAGE 10

### HEALTHCARE UNDER SIEGE

Threat to alternative GP's

PAGE 13

### PLANT BREEDERS' RIGHTS ACT

Seedsaving becoming illegal?

PAGE 14

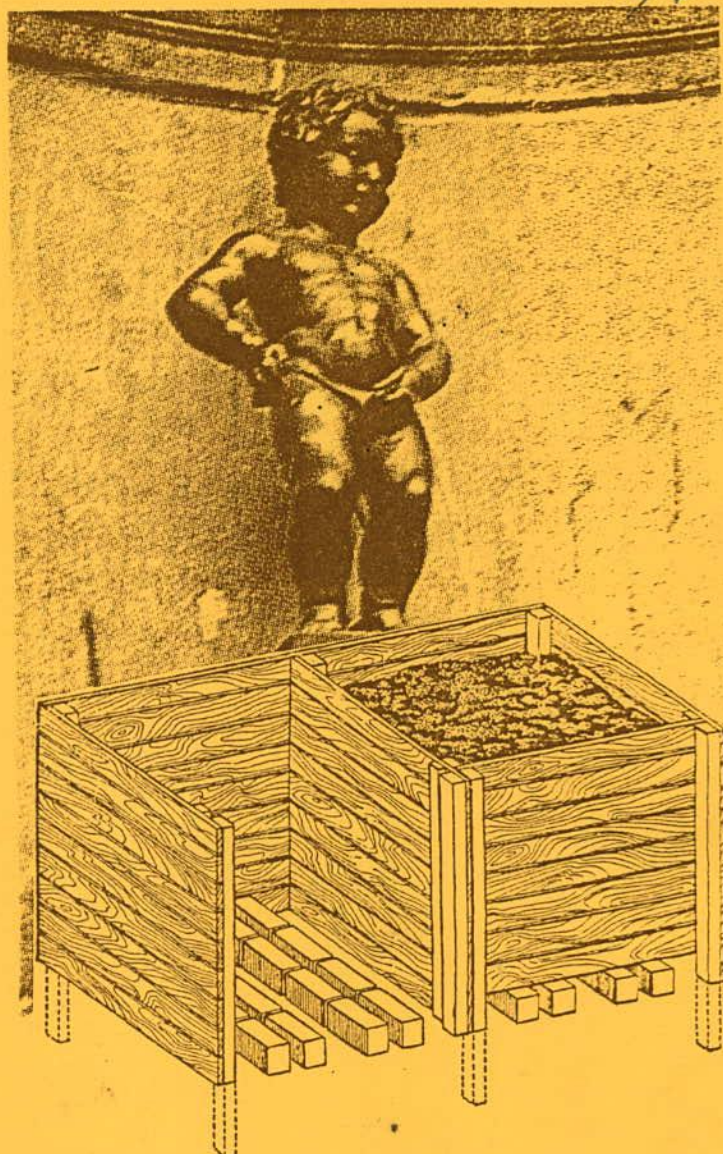
### PADDOCK ON TOP

PAGE 7

### GARDENING BY THE MOON

PAGE 8

PLUS: MARKET REPORT, CERTIFIED ORGANIC, OBSERVATIONS, MEDICINAL HERB NEWS, LETTERS, NEWSBRIEFS, AND MUCH MORE .....



"Wee will fertilise"

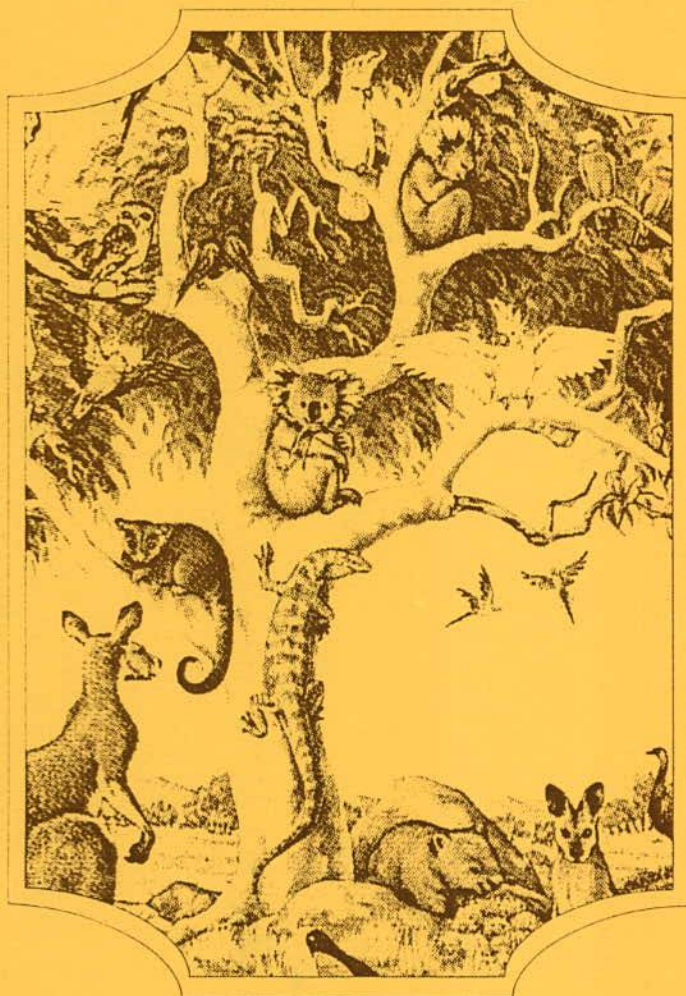
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for next  
issue  
review  
P10  
23 adVal  
Page 16



The  
Koala Tea  
Company

# Outback Tea

*Rosehip, hibiscus flowers,  
lemon grass, ginger.*



**25 Tea Bags**  
Caffeine Free  
50g Net  
**PRODUCT OF  
AUSTRALIA**

*try our complete rang*

## **BUSH TEA**

*Australian Tea with Lemon tea tree*

## **BREAKFAST TEA**

*Minty, lemony with cinnamon*

## **G'DAY TEA**

*A spicy ginger blend*

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*A minty lemon blend*

## **DREAMTIME TEA**

*A chamomile blend*

## **OUTBACK TEA**

*A rosehip blend*

**NOW ON SALE AT**

## **WOOLWORTHS**

*from Cairns to Grafton*

## **DAVID JONES**

*Queensland*

## **DAVID JONES**

*NSW and Canberra*

If you are interested in growing herbs  
for the Koala Tea Co., please contact How  
We aim for 100% Australian and organically  
OHGA certification preferred.



# Editorial

Well, I'm back in the saddle, which took a bit of adjusting to, after a month on the road. Not nearly long enough! How I love travelling, and it was great to see my folks my Europe again.

Coming back, sitting in the airport in Frankfurt and watching all the exciting destinations coming and going on the boards (yes, our Lufthansa plane lived up to its nickname 'Latehansa') we were picking our next trip. Don't get me wrong, I love Australia, but we've been here for nearly eight years, the longest stop we've made anywhere on the planet.

It was great to see my parents and my daughter and grandsons and the other few relatives we still have. A good time was had by all. To my amazement Holland has become quite straight, anything alternative has been absorbed into the mainstream. My favourite New Age bookshop has gone, as well as the "Kosmos", the meditation centre that I and friends started in the late sixties and which became quite a famous venue over the years. Any guru worth his/her salt has visited and done his/her thing there. At least Paradiso, the music club, is still there, but has also become very establishment. I remember well the battles we fought with the police when we occupied the building, a former church, in order to get it started, in '67.

Aah well, all things must change...

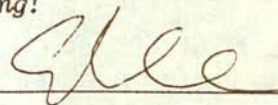
One thing which was fantastic to see was that weedspraying programs in Amsterdam have been totally stopped. In between street stones and on verges there grows a profusion of grasses and herbs; chamomile, nettles, coltsfoot are all flourishing unhindered and on a walk on the outskirts of Amsterdam, where my parents live, it is just incredible. Like a beautiful wild garden. In Germany too, on the outskirts of the ancient university town of Erlangen, I walked through fields of yarrow, burnet, chamomile, alfalfa, silverweed etc etc. What a joy to behold!

To think that Lismore City Council (I don't know about yours) throws weed-killer on anything as soon as it emerges! What's with these guys?

Howard told me that, while I was away, out of boredom, he watched Burke's Backyard one day. On that program, apparently, Burke was singing the praises of Dynamic Lifter and denigrating Organic Life. Later, of course, How was told by someone in the know that a certain TV person was on the payroll of a certain fertiliser company. I know for a fact that these arrangements exist. Years ago we worked with a certain tea tree oil manufacturer who had a certain TV and radio doctor on their payroll! So, when you hear one of these "popular experts" pushing one product over another, beware. They have their own welfare, and not yours, at heart. I realise everyone has to make a buck somehow, but really...!

In this issue you will find an article by Michel Fanton, of the Seedsaver's Network, on the Plant Breeders' Rights Act. This legislation could turn out quite horrendous. Not only may it be illegal to save and re-use your own seed in the future, but also with some bio-engineered plants receiving bred-in resistance to weedkillers such as Roundup, we can expect a whole heap more aerial spraying of the poison. After all, they won't have to worry about hitting the resistant crop. In the next issue I plan to print another little article on the subject. **THIS IS A VERY SERIOUS MATTER!** It is definitely worth contacting your Federal MP about and expressing your concern.

Well, I'm off to our Koala Tea factory. Our equipment has finally arrived from Argentina, with a nice detour via Paris, and we're in full production. We need lots of Australian organic herbs, so get growing!





# Letters

*If you want a personal reply to your letter, could you please enclose a self-addressed and stamped envelope?*

Dear Elle and Howard,

Many thanks for replying promptly to my membership enquiry. Please find cheque for membership enclosed.

Although I am not a commercial herb producer now, I do hope to be one in the future. I am only beginning my market research at this stage and would appreciate any help from you and your organisation. I have a good background in organic methods and a sound land management philosophy. However, my "business" area is lacking at the moment. I am particularly interested in the dried herb area as I feel that the fresh herb supply is adequately catered for. So any info on that aspect would be greatly appreciated.

Adelaide is not a very "herby" state and I'm still trying to contact people involved here.

Regards, Jackie

*There are quite a few growers interested in the dried herb market. Is there anyone out there who has expertise in the drying area and who would like to do us an article on it?*

Dear OHGA,

We were really happy to learn of the existence of your organisation. Since early this year we have attempted to find out as much as we can about growing medicinal herbs, but find it difficult to find out about actual growing practices.

Last year we looked for a small property in Tasmania and found a 39.5 acres spot at the base of Quamly, 7½ km out of the town of Deloraine. Our land is half bush, with some large trees and remainder is pasture on a gentle slope facing north-east. A small all year round creek (Bonney's Creek) runs through the front of the property.

At present we are building a large shed to complement the caravan, and we hope to move out of our temporary abode onto our land and "home".

We moved to Deloraine early this year and have erected fences, dam, weed control and are settling into life here generally.

We have both worked as WWOOFers on organic farms in 1992; these farms were mainly growing for self-sufficiency and not commercially.

We have a few questions:

\* Is there a government approved certification body in Tasmania? (Your OHGA organic standards will be helpful to read.)

\*\* Could you explain what the European Union means and which countries belong to it?

\*\*\* Also, what is Opag and how does it assist/apply to growers?

Yours sincerely,

Trudie de Bruin & Gary Mondon

*\* The four national certification bodies that are government approved are OHGA, BFA, NASAA and BD. Our certification officer could fly down to certify you, but that might be expensive, unless there are other growers interested in certification. We don't know if there are local officers of the other organisations.*

*\*\* Most countries in Europe belong to the European Union. If you want to export your crops as "organic" to the EU, you need to be certified by one of the above organisations.*

*\*\*\* OPAC is the Organic Producers Advisory Committee; on this committee are representatives of the organic certification bodies, the government (AQIS), consumer groups. So far, this committee has dealt mainly with national organic standards and the auditing, by AQIS, of the certification bodies, for which they require a hefty fee. OHGA is part of this committee. Unfortunately OPAC gives no assistance whatsoever to the organic grower and is mainly a bureaucracy.*





# HERBS into GIFTS

*It's that time of the year again: all the shops have their Christmas gear on display and we are forced to think of Christmas presents. Or maybe you don't take part in the commercialisation of Yuletide, but would still like to present family or friends with a little something. Below, as always in the November issue, we'll try and give you some ideas.*

## Herby Potpourri

Potpourri's have really come into fashion and are sold everywhere. But when you hear how the commercial ones are made, you'll shudder. I was once invited by the most famous English herbalist (won't mention the name but you can guess) to come and check out his new potpourri factory. What they did was import flowers, leaves, fruits and woods from all over the world (and they looked beautiful in their natural state), then bleach them all and dye them in 'appropriate' colours! The added scent (of course by now the material was dead) was wholly synthetic. I was absolutely shocked and the man in question sank without a trace in my esteem.

To make a good potpourri from your herbs, you need to dry them all (oven, very low with the door ajar or in a microwave in short bursts or, the best of all, in a home dehydrator.) Then you need a large container for mixing, and jars or thick plastic bags which can be sealed tightly. Orrisroot should be added to your potpourri to preserve the scent.

Possible mixes:

1 part (25 grs) each of:

Lemon verbena or lemonbalm, thyme, lemonthyme, peppermint, sage, marigolds, powdered lemon peel; with 2 (50 grs) parts of lavender flowers and rosemary; 1 tblsp crushed cardamom seeds and 2 tblsp cinnamon powder. Mix a few drops of lavender and lemon oil in the mix and 3 tblsp of orrisroot.

or:

1 part (25 grs) each of: crumbled bay leaves, thyme, southernwood, hyssop, basil; 50 grs of marjoram and 100 grs of rosepetals; 2 tblsp of coriander seed, 4 tblsp of orrisroot, some drops of rose and magnolia oil.

I'm sure that, once you're in the potpourri-making spirit, you'll want to experiment with your own materials.

Mix well and seal in jars or bags and let mature for at least a month.

## Herbal or Floral Vinegar

These vinegars are really easy to make and leave plenty of room for your imagination. Basically what you need is 1½ cups of herbs and or flowers to 2 cups of white wine or apple cider vinegar. We all know the basic tarragon or dill vinegar; purple basil will give your vinegar a lovely pink tint and amongst other herbs that can be used are: parsley, sage, mint, chives and chives flowers, marjoram, rosemary, sweet or any other basil etc. Any edible flower, such as nasturtium, lavender, pansy, rose or carnation can also be used.

Wash and dry the herbs well and place them in a bottle. Slowly warm the vinegar (don't boil) and pour it over the herbs. After two weeks in a warm place the vinegar should be very tasty. Usually the herbs or flowers that are used to give the vinegar its taste are not left in the bottle, but fresh herbs and flowers are added.

## Beauty with Vinegar

Floral vinegars such as rose or lavender vinegars are also a good astringent for oily skin. In a small bottle mix ½ cup of distilled water and 1 tblsp of floral vinegar.

A face cleanser is made by mixing and bottling 2 tblsp lavender vinegar and 1 cup of rosewater.

A herbal conditioning vinegar rinse for light hair is made by mixing the following herbs, fresh or dry:

2 tblsp. each of marigold and chamomile flowers, ½ tblsp each of orange peel, lemon peel and comfrey root. Heat and pour on the herbs 2 cups of apple cider vinegar. Shake vigorously and put away in a cool dark place for 10 days. Shake every day and at the end of the 10 days, strain and bottle.

This is a perfect rinse to neutralise the alkalinity of shampoos and is used by diluting 2 tblsp with 1 cup of warm water.



## Herbal Oils

These are made in the same way as the vinegars. Olive oil takes well to herbing, but make sure that you add at least 10% of an oil that's high in Vit E, such as wheatgerm oil. Vinegars won't go off, but oils go rancid. Adding a percentage of Vit E will prevent that.

## Herbed Honey

Pour the required amount of honey in a saucepan and heat until it becomes liquid. Add washed and dried fresh herbs or flowers (a cupful to ½ lt of honey) and simmer it gently for 10 minutes. Leave for 24 hours; warm the honey again and pour through a sieve in small jars. Lavender, thyme, mint, rosemary, carnations, roses, even garlic, make for wonderful and tasty herbed honey.

## HERB WREATHS

When making a herb wreath, you can use any number and sort of herb. You need a spool of medium-gauze wire. Make small bunches of your herbs, about 20 cm in length. Bind the first bunch of herbs firmly to the wire, leaving about 5 cm to spare. Tie the second bunch on so that it covers the stems of the first. Continue like this until you reach the circle size that you want, and tie the ends of the wire together.

For the best effect, use a good variety of herbs and use them in the order of greatest contrast, such as a bunch of thyme, then of parsley, then of rosemary, then of fennel etc. A red chili stuck in here and there will really make it look festive.

## Oil Lamps

I was given one of these just now for my birthday. Lovely and really simple to make. You need dark-glassed little jars with screw lids (could be vitamin jars, I guess) and wick material. You can make the wick by twisting cotton string or using cotton cord. You also need copper wire which will support the wick. Twist the wire to fit inside the base of your jar and then coil it around the wick in the centre of the jar so that the wick is firmly supported and standing up. Fill the jar halfway with dried herbs, flowers and/or shaved wood. Pour oil, any vegetable oil will do, into the jar till it's full. For extra scent add some essential

oil of your choice.

I hope I've given you some ideas for prezzies. You can do it simpler, of course and give your friends potted herbs from your own cuttings, or sachets with dried cooking herbs. Whatever you do and fmake, I hope you have good holidays and a great time.

—Elle

*Inspired by:*

*Elizabeth Jane Lloyd's Enchanted Circles*

*Jeanne Rose's Kitchen Cosmetics*

*Gail Duff's A Book of Pot-Pourri*

## HUNGARY WATER

*One of the oldest body lotions on record is Hungary Water.*

*Alcohol perfumes were first distilled in the 14th century and one of these was Hungary Water. This is said to have been invented by a hermit who gave the recipe to the Queen of Hungary, to preserve her beauty (or according to another story to restore the use of paralysed limbs).*

*Recipes vary, but all are based on oil of Rosemary. The addition of mint, rose, orange flower and lemon peel infused in alcohol are some of the recipes.*

*The perfume should be stored in an airtight bottle in a dark place and the space between the top of the perfume and the cork should be minimal so that the harmful effects of the air are reduced.*

*Recipe:*

*4 tbslp fresh crushed rosemary,  
3 tbslp fresh crushed mint,  
3 tbslp crushed rose petals,  
1 tbslp grated lemon peel,  
150 ml alcohol (vodka or brandy).*

*Steep all ingredients together in a glass jar for two weeks. Strain through muslin, squeezing all the juices through. Bottle and store for a further two weeks to mature.*

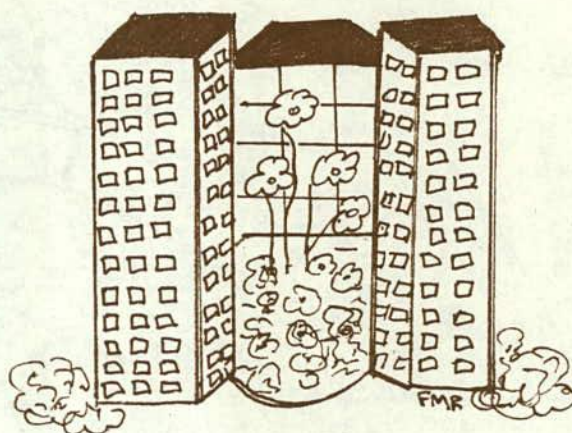
*Pot Pourri, 17/7*



## Our politicians serve us up grubs, worms and lice tea

I HAVE noticed a shift in the language being used by our Federal parliamentarians. Not that the polties have not taken lessons in elocution or grammar. Nor have they enrolled in the Keating School of politeness. Far from it. Instead, they are beginning to adopt an "animist" trait in their speech - a trend which needs to be addressed by "thinking" people with some urgency. Polties have started saying nasty things about animals! Unwholesome remarks about beings with four legs, or six or eight or none.

From my highest moral ground, I can assert that comments which discriminate against the other animals in our atmosphere should be howled down with the utmost of bi-partisan support. It is totally unfair for politicians to refer to their opponents as sheep, goats, pigs, dogs or prats (from *pratincole*: any bird of the Old World family Glareolidae, somewhat resembling swallows in appearance and habits). When this injustice is perpetuated under parliamentary privilege and not denounced by the mass media, the animals at the receiving end of the jokes are completely powerless to defend themselves. When was the last time Paul Lyneham sought a pig's opinion on a poltie's portrayal of one of his opposites as a "swill bucket"? Imagine the poor old dung beetle's shock when the piece of manure it is valiantly trying to reconvert into earth is suddenly used as a derogatory term for the Honourable Member for So-and-So. Did Jana Wendt immediately don armour and go bush to get the real reaction from the injured six-legged party? Not on your sweet nellie mate! Spare a thought for the noble earth worm and its genus relatives when they munch through yesterday's newspaper only to find a screaming headline that one Minister blasted an environmental activist as a "grub". Was there a shock-horror follow-up story seeking to defend the inalienable rights of the underground dwellers who can't speak for themselves? Did a non-descript backbencher launch into an emotional "Dorothy Dix-er" question about the humble earthworm's important role in our universe? Not even in your dreams Pope Paul. They didn't bat a proverbial lid. And, to add insult to injury, where was the self-styled "supercilious git" but champion of probity, Stuart Littlemore, when this injustice was being played out in the media? Up the back paddock, that's where. He was more removed than 1960s wallpaper. He had about as much interest in this slight on the animal kingdom as he did in the outcome of the annual Afgani polo match between the British Raj and the remnant Kybher Pass



## PADDOCK ON TOP

By KENRICK RILEY

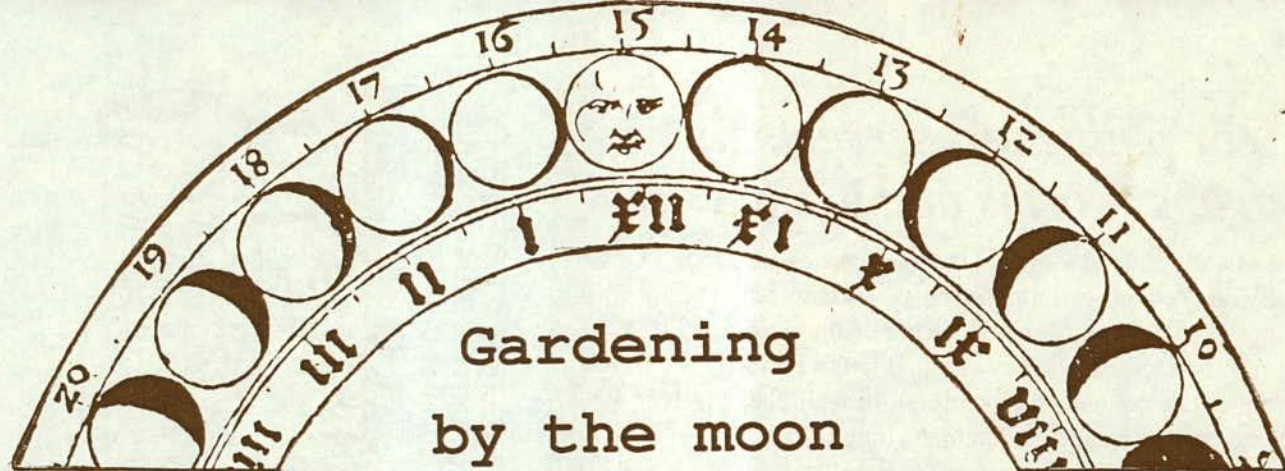
pastoral association. Absolutely zilch. (Mind you, that wasn't such a bad match when compared with the weekly offerings from Don Lane's gridiron beatups. And the odds were better than could be got about Australia ever winning anything at Wembley.)

The greatest slander came recently when one of our esteemed leaders referred collectively to the other side as "lice". Obviously the word was uttered in the utmost of total ignorance. It was proffered as a city slicker's version of a rat - an English animal which was transported against its will via convict ship to a South East Asian continent where it subsequently wreaked havoc among the unsuspecting immunities. Was it the fault of the rat that England decided to export its politically inopportune prisoners who lurked in hulks on the Thames? Hardly. And to refer to any disagreeables as "lice" ignores the sensitivities of this much maligned mite. Being undesirable is not exactly easy these days. And being a louse is at the forefront of being on the outer. It appears in school kid's hair and causes a social dilemma among parents - "is it our fault or are our children mixing in the wrong circle?" Farmers build boundary fences against them. Woolgrowers rate their neighbours on the prolificance of this noble nit.

Mind you, Australia's organic farmers tell me that sheep eat a local herb to dispel the introduced lice. And the Western people say that sheep who drink from boredrains don't suffer lice (the sulphur in the water makes their skin immune).

So hopefully, our politicians will lay off the low life. "You miserable mychorrizae. You insufferable bacterium. You lot are about as useful as a clod full of wasp droppings. Why don't you go and mate with a fruit fly. Pack up your castings and tunnel out of here you blind, pathetic pelides." Language like that might get one elected. Shudder.





## Gardening by the moon

By Elle Fikke-Rubin

### NOVEMBER

18 Full Moon.

19-20 There is that Gemini moon again. No use trying to work in the garden.

Perhaps you could write a little something for the HERB GROWER? Like what's doing in your area, or any problems, tips or experiences you may want to share.

21-25 Days to work with rootcrops and perennials. A good time to split up your comfrey, echinacea or valerian plants. And to take some cuttings from your favourite lavender bush or the one indestructible rosemary plant.

26 Last Quarter.

27-30 Feeding up your plants and checking for pests is a good thing to do during these days. Cleaning the pathways and mulching beds that need it, is another.

### DECEMBER

1-3 Time to think about what herbal Christmas presents you are going to make.

4-9 Days to plant or sow leafy annuals. Basil of all kinds, parsley, savory; coriander and dill in appropriate climates. Alfalfa, lettuces, celery and leaf beet are some other greens that can go in now.

10 First Quarter, take the day off.

11-15 Seedbearing and flowering annuals can be planted or sown. Chamomile, borage, coriander (the slow-bolt variety) savory, beans, peas, eggplant, capsicums, tomatoes, corn, cucumbers, pumpkins, etc etc. Even though the summer has barely started, it's already time to think of winter flowers: foxgloves, primulas, carnations, dianthus and pinks, amongst others.

16-18 More days to take care of your Christmas gifts and herbal cards. Full Moon in Gemini is perfect for it.

19-25 Rootcrops and perennials are the ones

to go in now. Most herbs, also perennial flowers, bushes and trees, if it's not too warm and dry where you are.

Merry Christmas from all of us.

26-31 Just as well that these days are not suitable for any gardening work. Have a great holiday.

### JANUARY

1 New Moon and HAPPY NEW YEAR.

2-8 If you're up to it, these are leafy annual days. Don't forget to mulch the seedlings you plant now. Lettuces, cabbage, cresses, parsley and dill can go in.

9 First Quarter, take the day off.

10-16 Especially the weekend, this is the time for fruiting and flowering annuals: broccoli, cauliflower, dill and coriander, tomatoes, zucchinis, cucumbers etc etc.

17 Full Moon and day off again.

HAVE FUN!

### HERB GROWERS NEEDED

KINGTREE FARM is a 260 acre property on the Central Coast of NSW. Bordered on two sides by the Watigan State Forests. On this peaceful old dairy farm we are beginning the production of medicinal herbs. The property is certified organic and the clean waters flow down Kingtree Creek from the State Forest.

We need experienced herb growers to live here and to enthusiastically continue maintaining the landscape and herb cultivation established over the last year. There is approximately a half acre of Echinacea under cultivation and about another half acre now being prepared for planting.

Please contact Wolf or Marisa in the evening or early in the morning on 02-450 1640 or during the day on the mobile 018-286 988.



# OBSERVATIONS

by

MAGDA VERBEEK

Book Review?

When your back hurts and there is still an endless job ahead of you to keep your garden productive, it can really be disheartening to see your plants succumb to the ravages of insects.

When you need to be reminded why you do what you do, it helps to read a book that brings everything back into perspective.

For that reason I will review a most wonderful book.

## **BUSHLAND ON FARMS:**

*Do you have a choice?*

*by Rob and Steve Davidson.*

An AGPS Publication 1992, rrp \$19.95.

Rob and Steve Davidson are ecologists who, after many years of research, have succeeded in writing a book which dispels two common misconceptions. Firstly that bushland is incompatible with modern agriculture, and secondly that an insect problem will worsen from year to year if the pest is not eradicated each time it is seen.

The book begins with an experience the authors had in the late 1970's, when they had a dam built on their property near Armidale, NSW. Freak rain fell before they could clear the damsite of old ringbarked trees, young eucalypts and shrubs. It quickly became evident that what some people saw as unsightly dead trees sticking out of the dam, had become safe havens for many roosting birds. Over the next months the authors came to realise that birds will fly great distances to reach a safe place to roost at night. They looked closely at the ecology requirements of IBIS in particular and realised that all birds needs not only safe roosting sites, but also safe nesting areas to encourage them to stay. Remember that ALL birds feed their chicks on insects.

In a very easy to understand text and using photo's, tables and graphs, the authors present evidence for the necessity to promote bushland on farms. Under chapter headings such as:

*Ecosystems and Populations, Chances of Survival, Predation, Parasitism and How*

*Many Birds in Your Garden*, the reader is given a vivid picture of how ecosystems maintain their balance.

With historic and modern data it becomes apparent how farming practices have adversely affected the habitat of native flora and fauna.

For instance, the reproductive role of MAGPIES is usually far below the potential of the species, due to high egg and chick losses and in particular the large percentage of non-breeding females. Magpies become non-breeders when suitable nesting trees are not available, as is the case on properties which have been "improved" to the point where eucalypt woodland is scarce.

This book gives a detailed account of the territorial habits of magpies, what their diet consists of and what their ecological requirements are. It highlights many bird species, as well as spiders, lizards and wasps.

The message of the book is that nature is remarkably resilient, but there are limits to which it can be taken, and man's activities are having far-reaching and unexpected consequences. Retaining and maintaining native floral and faunal communities is just as important to production as irrigation and cultivation.

We, who depend upon our farm and grazing lands for sustenance and economic prosperity, must recognise that they are created from whole functioning ecosystems.

It is a book of hope, and it gives accounts of success stories Australia wide, whereby rural folk have rehabilitated their land with optimism for future generations.

Stories relate to the trials and errors, successes and failures of individuals.

Rob and Steve Davidson make it perfectly clear that we all must have commitment and that it is critical for us to make a truly ecologically sustainable Australia. All the research has been done, the evidence is clear, the path is open:

**WE HAVE A CHOICE!**





Too technical for general readers. A lot of risk too! Jan 3.  
Great article - easily understandable! 1g. - Farm. dev!

# URINE IN THE GARDEN

## or WEE WILL FERTILISE

*Family?*  
*Type as is*

Maintaining an intensive urban food garden requires inputs of fertiliser if you don't want to be mining the soil.

Sources of nitrogen generally used in city gardening are imported over vast distances and are either petrochemical based, made from dead animals or exhausted soils elsewhere.

What we tend to forget is that every day people are flushing away millions of gallons of their own 'wastes' down the toilet which could be used as prime nitrogenous fertiliser.

Of the 40% of household water that is used in the toilet, the majority is wasted on urine. Up to 20 ltr a time of precious fresh water to flush away a cup full of relatively inoffensive wee! Water conservation is another good reason to stop this ludicrous waste and assume greater environmental responsibility in the process.

Elaine Myers (Permaculture Activist, May 1992) states that "the average adult produces enough nitrogen in his/her urine to fertilise approx. 300sq.m of garden at the annual rate of 70kg/acre of nitrogen". This represents both a financial saving, compared with buying in nitrogen, and an important environmental cost saving. As well, urine contains a high proportion of potassium, plus virtually all the other minerals that the body discards. This makes urine particularly good for fertilising onions, peppers, potatoes, celery and carrots (ammonia and salts in urine are not well tolerated, however, by such plants as beans and tomatoes).

The Aprovecho Institute (June 1991) used undiluted urine as the sole fertiliser for its onion crops, harvesting 60kg from 160sq.m. in 1989.

### *Using urine as a liquid fertiliser*

Composting toilets are becoming more popular these days, but they represent a huge financial investment if built to meet council standards, not counting the fact that you must buy the house first! Another disadvantage with them is that they must be kept dry.

Urine, however, is easily collected if you live in a city. Try keeping a special watering can as a urinal, filled 4/5th with

water, with a lid to stop smells - which indicates ammonia is going to waste. Or any lidded container or chamber pot will do.

Having several containers is a good idea, as some will have a chance to dry and air in the sun, reducing odours. When full, you'll have a 5:1 mix that the garden will relish, when applied to the ground around your plants. Avoid splashing it on leaves if you want to nibble them soon after. Or use it undiluted like the Aprovecho researchers who stockpile this valuable resource over the cold winters in large drums in the garden, to be siphoned off in the spring and applied before it rains (to reduce smells).

For delicate seedlings a 10:1 water to urine solution can be used. No need to apply urine just before harvest. Fertilising the garden using fresh urine could thus become a daily evening ritual.

### *Urine in compost*

Another way to use urine is as a compost activator. If you have access to regular supplies of sawdust, a wee bucket is easy to use and doesn't need emptying daily.

When it appears damp and before it starts to get on the nose, it's time to tip it onto the fresh compost heap. Beware of urine leaking into your aged heaps if worms are present; they will be very unhappy.

The composting process ensures that any potential pathogens, such as those from the urine of people with hepatitis or bladder infections, are down and safe to use in the garden. When fertilising root crops, urine is best applied in the form of compost, to minimise contact between the urine and food.

### *Urine as weed suppressor*

Knowing that commercial chemical farmers use pure urea to control weeds, the Aprovecho Institute has been researching the use of full strength urine in weed control.

Urine applied to the leaves of most plants may scorch and kill them, due to the high salt and acid levels. Aprovecho applies undiluted urine on hot sunny days to onion crops and this effectively kills off weed competitors. Onion leaves are especially



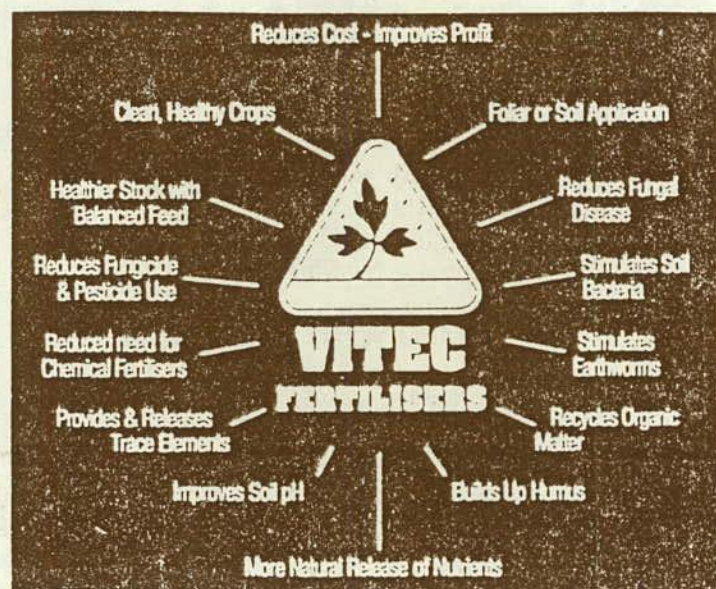
water resistant and the urine can't stick to them.

So, in conclusion, if you want a healthy garden and you want also to be environmentally responsible, then using the urine of healthy people is a wonderful way of recycling nutrients and of getting more in touch with nature.

*This article originated in the PAWA Newsletter, Jan. '94 and it came to us via the Brisbane Organic Growers Inc Newsletter, July '94.*

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## Cytochrome oxydase

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Début de la sous-unité 3 mitochondriale



## Good Vibes Excites Plants

Eccentric gardeners who sing to their plants may not be altogether mad, says Joel Sternheimer, a French physicist and musician.

He writes melodies that help plants grow and has even applied for a patent to cover his method.

The tunes are not random melodies: he chooses each note to correspond to an amino acid in a protein, the full tune corresponding to an entire protein.

He claims to translate the quantum vibes at molecular level into audible music, using simple physics. His patent includes melodies for proteins involved in respiration and another for inhibiting the making of plant pigment.

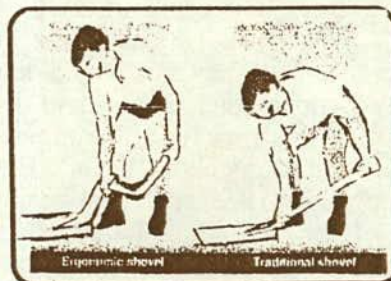
Experiments proved that tomatoes grew 2½ times the size of the controls – and some were sweeter. The tunes are very short and need only to be played once, but he warns scoffers about tinkering with them for they can affect people as well as the plants. He says that one of his musicians had difficulty breathing after playing one particular tune too often!

*New Scientist 1927 via Nimbin News.*

## 'ERGONOMIC' SHOVEL GETS OVER THE HUMP

This new design saves a lot of energy. Able to reduce the effort of shifting a truckload of mulch by 30%. When using it the back remains straighter hence there is less strain. Recommended by the Queensland Transport dept. and the Workers' Compensation board it should be available in May '94.

*Source: New Scientist No.1920.*



*via Nimbin News Oct/Nov 94*



# THIS AND THAT...

## ROUNDUP FRAUD

On 25 February of this year, a US District Judge sentenced **Craven Laboratories** of Austin, Texas, its owner and 14 employees to prison terms, probations, fines and restitutions, after they pleaded guilty to charges that the company falsified glyphosate residue tests to register their products with the US Environmental Protection Agency.

Investigations of fraud began over 2 years ago when a whistleblower notified the EPA that what the agency refers to as "tricks" were being used to falsify residue data by falsifying notebook entries and manipulating equipment.

In all, 16 defendants pleaded guilty - one was acquitted. The owner, Don Craven, received a 5-year prison sentence and a \$50,000 fine and the Laboratory was fined \$15.5 million. In addition \$3.7 million restitution was paid to the manufacturers whose tests were falsified. Others in the case received probation, weekend jail terms, community service and fines.

We know glyphosate as **ZERO** and **ROUNDUP**, amongst others. This is the second time that fraudulent tests have been carried out on Glyphosate. In 1976 it was discovered that Industrial Bio Test had carried out fraudulent tests.

*ANWPAC News, May 1994*

*I now understand the reason for the travelling US Monsanto Roundup circus, assuring us how environmentally concerned, safe and aware they are.*

*- Elle*

## A NON-FARMER?

Keith Moxon, living in the East Dorriggo hills, has been declared a non-farmer. Although he is in his seventies and one of the hardest working in the district, apparently it's because he practices **organic farming** that's made him an outcast under a new Local Government Act.

He has patiently restored fertility to his clapped out dairy land and successfully bred top quality Clydesdale drought horses, but no matter, he still cannot get his farm-rate discount as a farm. He's stuck with being classified as "rural residential".

Even the Rates Clerk at Coffs Harbour reckons that the Act favours those owners who indulge in intensive soil

degrading methods and he believes the pollies got it wrong in the first place.

Among those who recognise Keith's contribution to soil conservation are the Mayor of Bellingen Shire, the Chairman of Grafton Rural Lands Protection Board and the stock agent who sold the land to him 26 years ago. All to no avail - the Council said his land didn't qualify as farmland.

Rather lamely, the Rates Clerk pointed out that those that didn't qualify did not use the major parts of their land for farming and it would have been much fairer if the two categories were 'urban' and 'rural'. This is no joy to Keith Moxon and those other complainants who have been labelled as "non-farmers". The Act needs revising!

*TREE, August 1994*

## ANTI-CANCER RECIPE

Pick 6 medium sized pawpaw leaves, not the new or the very old. Wash leaves and partly dry them - cut them up like cabbage and put in stainless steel saucepan with 1 lt of water. Boil until water is reduced to ½ lt. Strain and bottle in glass container.

Take 50 ml 3 times a day.

*Floyd Davis - Nimbin News, Oct/Nov 94*

## HOMEOPATHY AND G.P.'s

A survey of "Doctor" magazine has revealed that an overwhelming number of General Practitioners believe that homeopathy works and furthermore, one fifth of them believe it is better than the allopathic style!

Most reckoned that its longstanding effectiveness as a bona-fide science was a plus, but 10% believe it should be further researched. Only 8% strongly disapproved, with 37% believing it has limited uses and 33% strongly approving.

43% Of doctors are willing to refer patients to homeopaths but 67% favour a G.P. who has had specific qualifications in the subject. Only 11% of G.P.'s were found to have such qualifications.

Believed to be most effective in treating chronic conditions, 76% considered it right for eczema, 74% for migraine and irritable bowel syndrome, 69% for arthritis, 63% for pain relief and 54% to help asthma sufferers.

*Nimbin News, Oct/Nov 1994*



# OUR HEALTH CARE UNDER SIEGE

Recent amendments to the Australian health legislation, effective as from 1 July 1994, threaten to severely penalise doctors practicing in the area of natural health. Doctors at high risk under these legislative changes are those who practice nutrition and environmental medicine, herbal medicine, homeopathy, ayurvedic medicine and relaxation and meditation therapy.

Under this new legislation, clinically relevant, appropriate medical services by doctors to patients, are defined as services which are "generally acceptable" to the body of medical practitioners.

Doctors suspected of "inappropriate servicing" can now be referred by the Health Insurance Commission to a Professional Services Review Committee, which will determine whether their practice methods are acceptable or inappropriate. If the doctor's practice is determined to be "inappropriate", extremely heavy fines can be levied by the HIRC, effectively driving that doctor into bankruptcy and forcing him/her to retire from medical practice.

This legislation has been designed to stop doctors rorting the Medicare benefits schedule - a laudable goal.

However, doctors who practice natural medicine are at serious risk of being caught up in this legislative net and discriminated against for three reasons:

1) Their consultation and pathology ordering profiles are quite different to those of more 'orthodox' GP's, so they are much more likely to be referred to the PSR

Committee for "inappropriate servicing".

2) The PSRC's assessment guidelines specifically exclude evaluation of the clinical outcome of the doctor's practice methods. A doctor practicing natural medicine may be receiving a high cure-rate for his/her patients, but this is not deemed relevant to the decision of "inappropriate servicing".

3) The PSR Committee will be staffed by doctors of the Commonwealth Health Department and the Australian Medical Association who, because of inadequate knowledge or poor empathy, are highly likely to judge the practice of natural medicine as "inappropriate servicing" - so practitioners will not be assessed by a committee of their true peers who understand the practice of natural medicine.

*Dr M A Sydney-Smith,*

*Natural Health,*

*Aug/Sept 1994*

**AND MORE ON THIS...**

If this legislation is not changed, then it means that you will not be able to claim Medicare rebate for natural medicines from a GP. The doctor himself can be up for prohibitive fines, which could force him out of medicine because of his sincerely held beliefs.

If you are concerned, then please write to Dr Carmen Lawrence, Minister for Health, Parliament House, Canberra, ACT, 2600. Fax 062-73 4146.

Also send a copy to your local federal MP, asking him to forward on to Canberra on your behalf.

*Silver Cord Mag., Sept 94*

## HOMOEOPATHIC HENS

In Heidelberg, Germany, chickens with health problems have been treated with homeopathic remedies for more than 10 years. This is because the regular allopathic treatments, such as antibiotics, leave residues in the birds and therefore they cannot be sold for periods of up to 30 days.

Everyone was sceptical at first but the remedies soon proved their worth and now 140 companies with a total of 800,000 laying hens have switched over to Homeopathic Therapy.

Since 1983 no antibiotics have been used.

World Research Foundation USA,  
via Nimbin News.

Herb Grower



## LICORICE

It will be of interest to readers that recent research reveals that licorice is able to kill bacteria in the mouth that cause tooth decay.

This information was given by Dr H Pierson from Washington USA, at the World Congress on Cancer, 1994, held in Sydney.

This information should be made available to Australian families, so they could grow the plant, chomp on the root and cut their dentist's bills.

Isabell Shipard, in Acres Australia

*Do we have to drink this stuff?*



# PLANT BREEDERS RIGHTS ACT

by Michel Fanton

This act was passed in August '94 and contains many changes to the 1987 Plant Variety Rights Act. Now *rights* become only *privilege*!

Formerly farmers had the RIGHT to save seeds, even though they could not give them to their next door neighbour. Now, the situation has changed so that they only have the PRIVILEGE of saving "Plant Breeders' Rights protected seeds" and this can be cancelled.

A commodity council recommends to the PBR Office Committee that farmers lose this privilege of saving seeds of a TAXON, which is a 'certain species defined by usage, such as cotton and rice'. Furthermore, if they then save the seed, it becomes a criminal as well as a civil offence.

Now this may not stop us from saving seed in the short term, but we can be reasonably suspicious of legislation that gives us a 'privilege' which can be removed or amended later, by further regulation.

There are other aspects to consider such as:

- 1) the philosophy of patenting life forms,
- 2) the incompatibility of PBR and the Natives Titles Act,
- 3) the inclusion of algae and fungi, organisms of which little is known,

- 4) varieties under PBR protection are now patentable,
- 5) the inclusion of non-commercial (e.g. breeding lines) in PBR,
- 6) harvested material and products are also covered,
- 7) the extension of the Act beyond 20 yrs.
- 8) seeds in government banks are not described properly, making it difficult to decide whether the seeds are from years of plant breeding or just a 'lucky dip' affair.

This Act will ensure that 'corporate cowboys' become more secure in their agri-business with a consequent degradation of farming land and more chemicals poured on to crops.

**It is more crucial than ever that we keep saving our seeds!**

The government tries to convince growers that by bringing us into line with the international agreement of '91, it ensures Australia's continuation of access to world-wide plant varieties. The point is, this agreement favours large-scale foreign investment.

More info from P O Box 975, Byron Bay 2481

-Seed Savers Network Newsletter, Spring 94, via Nimbin News

## 10th International Organic Agriculture IFOAM CONFERENCE

Lincoln University 11-16 December 1994  
New Zealand Aotearoa

The Conference Theme is "People Ecology Agriculture", with the key issues of:

- a) Food, Trading, Subsidies and Gatt, People and the Environment
- b) Self Sufficiency, Trade, Environment and Organic Agriculture
- c) Certification and Accreditation of Organic Produce and Product
- d) People, Attitudes and Values
- e) Production
- f) Bio-technology

The goal of the conference is:  
"To position organic production in the

agricultural mainstream while meeting the needs of the environment and society".

There will be pre- and post-conference tours in Australia and New Zealand.

Enquiries can be directed to the Conference Secretariat IFOAM Conference, P O Box 84, Lincoln University, Canterbury, New Zealand.  
fax: 64 3 3253840.

Or in Australia: Gerry Butler, P O Box 211 Birdwood SA 5234.  
Ph/fax 085- 685339



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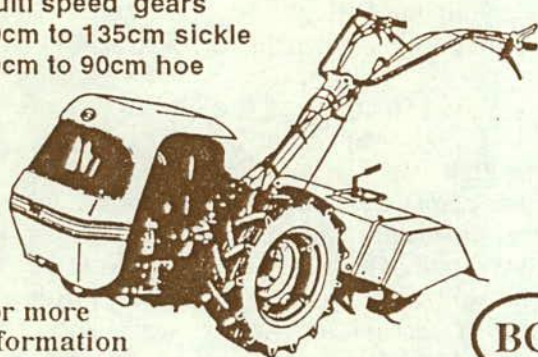
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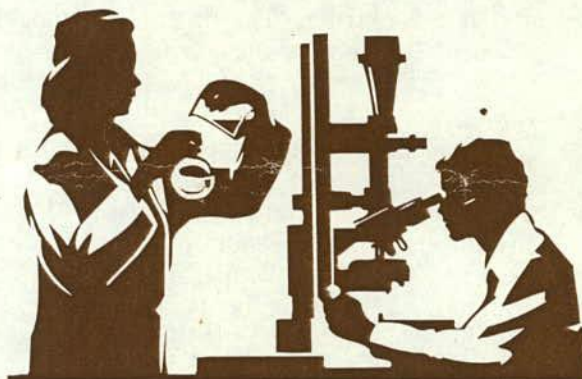
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# Medicinal Herb News

The following stories are reprinted from The Herbal Connection, Aug/Sept 1994

Researchers in Germany and India testing garlic to lower cholesterol, have noted an interesting side effect: Garlic eaters report less anxiety, agitation and irritability and "a greater sense of wellbeing." Dr. Gilles Fillion of the Pasteur Institute in France has come up with a reason why. His tests on animal brain cells reveal that a specific chemical in garlic can act on neurotransmitters - chemical messengers that regulate brain activities.

Fillion has found that garlic affects the release of serotonin - a brain chemical involved in regulating a wide spectrum of moods and behaviour including anxiety, depression, pain, aggression, stress, sleep and memory.

Your Food Pharmacy July 13, 1994

Researchers at the New York Medical College in Valhalla, NY, decided to analyse the full scope of evidence on garlic because of so many conflicting reports about its benefits. The verdict is that garlic works.

Overall, it lowered cholesterol levels in people with high readings by at least 9% more than placebos did. Participants in the studies took between 600 and 1,000 mg of garlic a day in the form of tablets, powder or a liquid extract. This is the equivalent of between ½ and 1 whole garlic clove.

Natural Health, March/April 1994

Japanese researchers have found that garlic may improve the functioning of aging brains and even extend life. That is what Dr Hiroshi Saito, professor of pharmaceutical sciences at the University of Tokyo, reported at a recent conference in Washington. According to Saito's tests on animals, garlic extract both slowed down the degeneration of brain cells and encouraged their regeneration. Specifically, he found that garlic extracts suppressed the destruction of rat brain cells and stimulated the branching of new brain cells in cell cultures. Further, when he added garlic extract to the food of aged mice, they did better on memory and learning tests. And the garlic-fed mice even lived longer.

Your Food Pharmacy Aug 3, 1994

Researchers at the American Health Foundation in Valhalla, NY, found watercress especially potent against lung cancer. In one experiment they exposed rats to tobacco carcinogens. Animals, then fed watercress, developed half as many lung cancers as those not getting watercress. Lead researcher Stephen Hecht said he believes he has identified the active anti-cancer chemical, one of a group called isothiocyanates, which is released when you chew watercress. When given to primates, the watercress chemical appeared to block activation of NNK, a potent cancer-causing agent in tobacco.

Hopes are to isolate the chemical so that in the future it might be given as a cancer preventive to smokers who cannot quit.

Your Food Pharmacy July 20 1994

New studies of licorice root suggest that once licorice chemical is an anti-viral agent that may suppress the development of AIDS. Cited was a recent Japanese study in which 16 hemophiliacs infected with the human immuno-deficiency virus were given oral doses of the licorice chemical for 3-7 years. There was no progression to AIDS and no side effects.

Your Food Pharmacy July 20, 1994

Two extracts from shiitake mushrooms act as immune system stimulators and possess antiviral activities, according to scientists in Japan. LEM, an extract from immature shiitakes, and lentinan, which is an extract from the mushroom's fruit body, both appear to stimulate immune responses but differ in their antiviral properties. Many Chronic Fatigue Syndrome patients report significant relief of symptoms when using LEM.

A recent study at the University of Texas' M D Anderson Cancer Center suggests that an extract derived from the Aloe vera plant, applied within 24 hours of exposure, prevents damage to the skin's immune system. In the study, mice treated with the extract up to 24 hours after exposure to ultraviolet rays, experienced significantly less immune-response damage than mice not treated. The extract used in

from various sources  
collected by me  
Herb Grower Nov/Dec 94



the study is far more active than anything commercially available; further research with humans is needed before the evidence is conclusive.

*Self, July 1994*

## ***NFA PROPOSAL for Domestic Organics by Howard Rubin***

In December 93, the NATIONAL FOOD AUTHORITY (NFA) received an application from AQIS to include provisions in the Food Standards Code, requiring all fresh and processed foods, which are labelled to indicate or imply that they have been derived from production standards commonly known as organic or biodynamic, to be also labelled with the name and/or the unique registration number of the organic producer and, if possible, the identification of the accredited certifying organisation. Or in other words... domestic standards!

After lengthy consideration, the NFA has decided that it could include provisions to the Food Standards, and has issued an inquiry to the public to make submissions.

The NFA has recognized all the work that the organic industry, OPAC, and AQIS has done to facilitate a National Standard and a self regulatory system by the organic industry.

The NFA intends to reinforce this self regulatory framework by introducing a complementary labelling requirement which will encourage a greater awareness of, and compliance with, accepted industry practices by food producers.

The Authority proposes that the Food Standard Code be amended to include a requirement that all organic produce be labeled with either:

(1) the grower's name or registered number and/or the logo of the certifying organisation under the AQIS/OPAC scheme (if the grower is certified in that system); or

(2) the grower's name and address (if the grower is not certified).

This proposed approach is based on the following:

- \* it establishes a requirement that allows positive identification of the responsible producer or processor of an organic product;

- \* it requires food enforcement authorities to act within their own jurisdiction (ensuring compliance with a labelling

requirement) but relieves them from making judgements about compliance of a food with standards of production in which they may have little or no expertise and over which they currently have no statutory control:

- \* it means that a non-certified operator may continue to use the term organic in labelling only so long as that operator is prepared to comply with the additional mandatory labelling provisions;

- \* it will have the greatest impact on unpackaged fresh organic produce which is where the majority of mislabelling in relation to organic is occurring; and

- \* it reinforces existing industry self regulating measures by introducing a labelling requirement which will encourage a greater awareness of and compliance with accepted industry practices.



Where a manufacturer of an organic food sources his ingredients from various growers/producers, or where an unpackaged fresh food is offered for sale and is sourced from different growers, it is proposed that sufficient details be provided in labelling to identify either the manufacturer (where it is impractical to provide the details of each of the growers) or identify each of the contributing growers.

Written submissions are now invited from interested individuals and organisations. Submissions must be received by 23 November '94 and must quote the full title: Application No.A214 and be sent to:

Standards Liaison Officer  
National Food Authority  
Box 7186  
Canberra Mail Centre, ACT 2610

OHGA intends to make a formal written submission to the NFA. In brief, it is not acceptable to us that a non certified producer may label their produce as organic simply by putting their name and address on the label. This takes us back to pre certification days and cross-my-heart growers who say "trust me". Secondly there is no provision for the ever increasing imported organic products which are not labelled correctly in accordance with the National Standard. Although the NFA may truly have the organic industry at heart, the ambiguous wording of their proposed changes does nothing to help further the cause of certification and the years of hard work in developing a National Standard.





*To cultivate a garden and grow flowers from the sod  
is to walk hand in hand with Nature  
and be very close to God.*

Helen Steiner Rice

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## **FOCUS ON HERBS, P O Box 203, Launceston, Tasmania 7250**

Dear Editor,

### **Australian Herb Industry Resource Guide - 2nd edition**

I am currently compiling the second edition of the *Australian Herb Industry Resource Guide*.

The first edition of this book has proven to an invaluable reference to the industry providing contacts and information for long established businesses, those new to the industry and those wishing to become involved in the industry. The book is now accepted as an important networking resource by the Australian herb industry and is receiving support from all sections of that industry.

The second edition will again list wholesale and retail herb nurseries, herb display gardens, sources of herb seeds, suppliers of fresh-cut and domestically-grown dried culinary and medicinal herbs, institutions and individuals offering courses in herbal education, suppliers of oils, dried botanicals and other materials for herb activities, retail herbal shops, producers of value-added products, herb societies and groups, growers organizations and networks, herb magazines, newsletters etc. It will also include new sections on Equipment and Herbal Events ie. those that occur each year at a specific time.

Questionnaires are available from the above address for those who wish to be included in the second edition of this book.

**Listing in the Resource Guide is free.**

I would be very grateful if you could pass this information on to readers of your magazine as there may be many who may wish to be listed in the forthcoming edition.

Thank you for your cooperation in this.

Yours sincerely,

**KIM FLETCHER**

*Herb Grower*



**THE OHGA A.G.M. 1994** on October 2 was a lovely event. Around fifty members, from near and far, attended. We all admired Maria Schmid's immaculate herb garden and, after the yearly committee elections, were served a delicious lunch.

We can certainly recommend the **NUTHOUSE RESTAURANT**, which is run by Maria and her parents. It is open during the weekend and also caters to groups at any time. For booking, ring 295189.

## 1994/1995 OHGA COMMITTEE

From left to right:

Alistair Janetzki - Public Officer  
 Magda Verbeek - Vice-President  
 Dave Carey - Committee  
 Robyn Andrews - Secretary  
 Elle Fikke-Rubin - editor  
 Howard Rubin - President  
 Lea Bracker - Treasurer

Picture taken on October 2 after the AGM in Maria Schmid's immaculate herb garden.

Sorry about the quality of the copy. Colour film always presents problems. I hope you can see us.

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**GRADE A**

by **TONY ULLMAN**

SINCE my week long trip to visit the growers of the Woodford Group in Queensland, all the farm inspections I have done have been around the Lismore area. In August, however, I had the opportunity to fire up the BMW and take a ride down the coast to spend a few days around the Kempsey area, where there are about half a dozen herb growers already certified by us, and several more people who are expressing an interest.

This fits in well with our plan to organise growers, who are not in the Northern Rivers district, into groups who share the extra costs of certification.

My thanks again to Jackie and Richard at Bowraville whose hospitality was outstanding, even though the 17 km of newly graded dirt road, followed by a creek to ford, was a bit of a challenge twice a day. Jackie and Richard's kindness, together with the other friendly people I met, made the whole trip a pleasant experience.

There is one aspect of this trip which was a real eye-opener for me. It just so happened that all the properties in NSW, which I had previously visited, had been to the north and east of Lismore, and the ones in Queensland were in the southeast corner of the state, so I had not been brought face to face with the reality of the drought. Even though I live in a rural area and listen to the bad news on Radio National's Country Hour every day, I still had the feeling that the problem was "Out West". This, I have now learned, is not the case.

It's not that the country looks that much drier than the Northern Rivers. It's a question of water storage.

From the beginning of March this year, Lismore had a lot of rain for almost three months. (Although we haven't had any to speak of since then.) The Kempsey area hasn't had a good soaking for four or five years and nobody's dam is going to hold out that long. A couple of growers I visited had

bitten the bullet and put down bores. This is a big expense and it's not until you have spent the money that you find out what the salt content of the water is going to be.

Even those of us who live in the percentage of the state which is as yet not drought declared (getting smaller all the time) are getting worried if we don't see a good rain this side of Christmas. Creeks and streams which usually run all year, are reduced to a trickle.

Herbs are considered to be drought resistant, but this only means that they can survive with not much water; nothing can grow with no water at all and it must indeed break your heart to have to watch your crop dying for the lack of a drink.

Living in the centre of Lismore, as I do, gives me an uneasy feeling that when the water problem does resolve itself, there may well be several metres of water outside my front door!

For enquiries on certification matters,  
please contact Tony Ullman on 066 216397

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Blood & Bone  
Dynamic Lifter  
Quinphos

Reactive rock phosphate  
Maxi Crop  
Seasol  
Fish Emulsion  
Trace Elements  
Work Clothes  
Soil pH kits  
Full soil & plant tissue  
analysis kits  
Grafting & pruning  
equipment  
Fruit picking sticks  
and bags

Crates & cartons  
Brush Cutters  
Chipping Hoes  
Windbreak & Weedmat  
Seeds  
Shadecloth & Greenhouse  
film  
Nursery Equipment  
Pumps & irrigation  
Poly pipe & fittings  
PVC pipe & Drain Coil  
Irrigation Designs  
Water Filters  
Work Boots

For a great deal see the EXPERTS at the RURAL BUYING  
SERVICE WHERE IT PAYS TO BE A MEMBER. Over 40  
stores in Lismore discounting to our members which  
costs only \$25 annually

**145 CASINO STREET  
SOUTH LISMORE**



# MARKET REPORT



## HERB FARMS AUSTRALIA

The past two months has been a difficult time for North Coast growers. Lack of rain has stifled any good spring growth, while southern growers have managed to grab market share due to our inability to supply.

Strong demand was experienced for thyme, chives, sage, tarragon, and of course basil. The surprise of the period was the lack of oregano sales. Future demand looks like continuing in those varieties.

Fortunately, the echinacea crops are thriving. They actually love this weather!

Good market potentials still exist in many dried herbal varieties, and most medicinal herbs.

For those of you looking to sell crops please try to bear in mind our system. We prefer that growers ring on THURSDAY in the late afternoon (4-6) with their availability for Saturday that week and the following Tuesday.

Keep your spirits up, the rains will come, they always do, and so too will the crops and their sales.



## Fundamental Foods

MAIN OFFICE  
Lismore

Ph 066 222 199

NONI'S  
Byron Bay

Ph 066 856 429

BALLINA FAIR  
Ballina

Ph 066 868 252

We supply the freshest products at the cheapest prices

\* Extensive range of health foods and supplements

\* Organic fruit and veg's, also non-hybrid seeds and seedlings.  
We also stock environmentally safe insect sprays for the house, garden and pets

\* Discounts for bulk buys

We need growers of organic produce. We pay best market price for quality produce

WHOLESALEERS OF QUALITY PRODUCE

Enquiries : Phone Tony at Lismore [066] 222 199



## THE ULTIMATE NATURAL TONIC

Lost the spring in your step? The twinkle in your eye? Your sharpness of mind? These complaints don't just apply to the elderly.

A traditional "Tonic" formula is probably all you need to get you back on top. And fortunately, the right combination of herbs can have quite a dramatic tonifying and renewing effect on your overworked body.

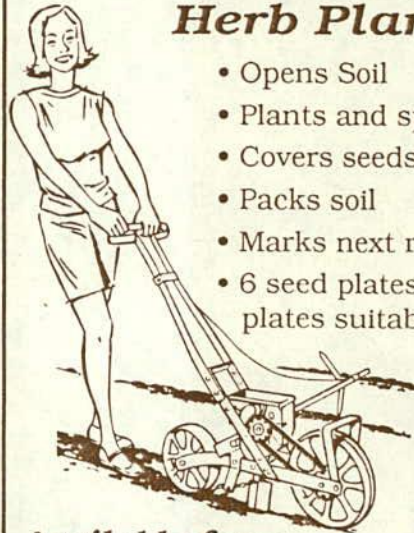
A good herbal tonic should help improve your mental alertness, sharpen your senses and increase your energy levels. It should also improve your circulation, provide nutrition, keep you looking and feeling young and detoxify your liver.

One of the ingredients of such a formula would be an extract of the herb Ginkgo. In a good tonic formula, Ginkgo would be combined with Hawthornberry for the heart and arteries, Bilberry for the eyes and circulation to the extremities, St Mary's Thistle to cleanse the liver and improve digestion, Gotu Kola to maintain healthy connective tissue and Siberian Ginseng to provide stamina and endurance.

The herbs in this formula contain substances known as flavonoids which will also have a natural Antioxidant effect on the organs throughout the body, protecting them from damage by toxins.

## EarthWay™ PRECISION GARDEN SEEDER

### Suitable for Herb Planting



- Opens Soil
- Plants and spaces seeds
- Covers seeds
- Packs soil
- Marks next row
- 6 seed plates standard plates suitable for herbs

MAIL  
ORDERS  
WELCOME

Available from:

**J.T. ELLIS & SONS**

Freepost No. 2, KINGAROY QLD 4610

Ph: (071) 62 1244 Fax: (071) 62 4682

# Natural Herbal Tonic!

NEW

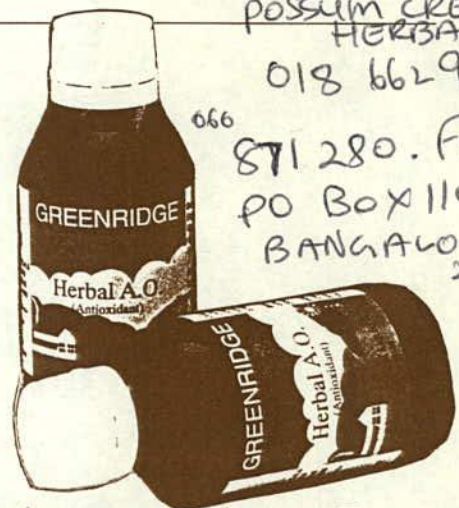
## Herbal A.O.

(Antioxidant Tonic Formula)

**Lost the Spring in your Step?**  
**Get back on top with a good herbal**  
**Antioxidant Tonic.**

Greenridge's **Herbal A.O.** with herbs like Ginkgo, Bilberry and Siberian Ginseng, helps improve stamina and endurance while exerting an antioxidant effect over your whole body.

Available at quality Health supplement retailers



POSSUM CREEK  
HERBALS.  
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066  
871 280. FAX.  
PO Box 110  
BANGALOW  
2479.

NEW

**Greenridge**  
BOTANICALS



## GREEN MANURE PLANTING GUIDE

<u>CROP-</u> <u>Legumes</u>	<u>SOWING</u> <u>TIME</u>	<u>SOIL TYPE</u>	<u>CLIMATE</u>	<u>Kg/Ha</u>	<u>\$/Kg</u>	<u>OTHER INFORMATION</u>
COW PEA-Red Caloona	October to January.	Wide variety.	Subtropics.	30-60 Kg	\$1.05	Phytophthora resistant. *
LAB LAB BEAN	October to January.	Suited to acid, low fertility.	Subtropics- Tropical.	30-40 Kg	\$1.90	Phytophthora & stem rot resistant. *
SOYBEAN	October to January	Wide variety.	Temperate.	65-80 Kg	\$1.85	Sensitive to moisture stress. *
LUPINS	March to May.	Well drained, not heavy.	Subtropics.	80-150 Kg	\$1.30	*
VETCH- Woollypod	March to May.	Wide variety.	Temperate.	25-30 Kg	\$0.90	Intolerant of water- logging. *
<u>Non-Leguminous</u>						
SORGHUM	October to January.	Wide variety.	Temperate.	25-30 Kg	\$3.60	Grown for its bulk, adding organic matter to the soil.
OATS	January to June.	Wide Variety.	Temperate.	90-100 Kg	\$0.70	Mix with legume 1:1 or less.

\*These legumes require inoculating with rhizobial bacteria to the seed prior to broadcasting , to ensure good fixing of nitrogen into the soil.

Dave Carey



## A LATE LETTER JUST IN:

Dear Editor,

I have been handed a copy of your publication which I congratulate you on.

In the Sept/Oct issue there is an article attributed to Just Organics on cultivation and its effects. Whilst I agree with their run down on each implement, there is another implement that was not listed. This is surprising, as the implement, the spade digger, is universally acclaimed as the ideal cultivation implement, causing no compacting, no panning, no fine silting of the soil and requiring little energy.

I have enclosed photographs of a spade digger fitted to a BCS tractor.

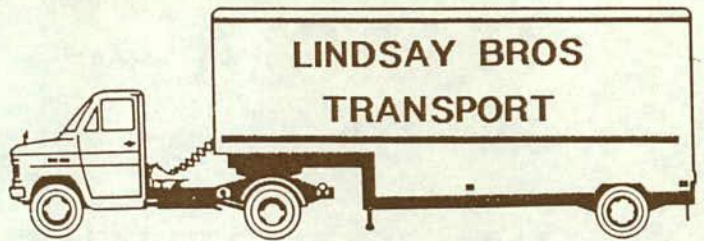
Again I congratulate you on a most informative publication.

Yours faithfully,

Terry Evans, Managing Director,  
Motorcolt Australia Pty Ltd

*Perhaps more on this tool in a later issue.*

*- Elle*



### LINDSAY BROS TRANSPORT

CARRYING YOUR FRESH HERBS  
AND OTHER PRODUCE  
DAILY  
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REFRIGERATED, RELIABLE, DEPENDABLE  
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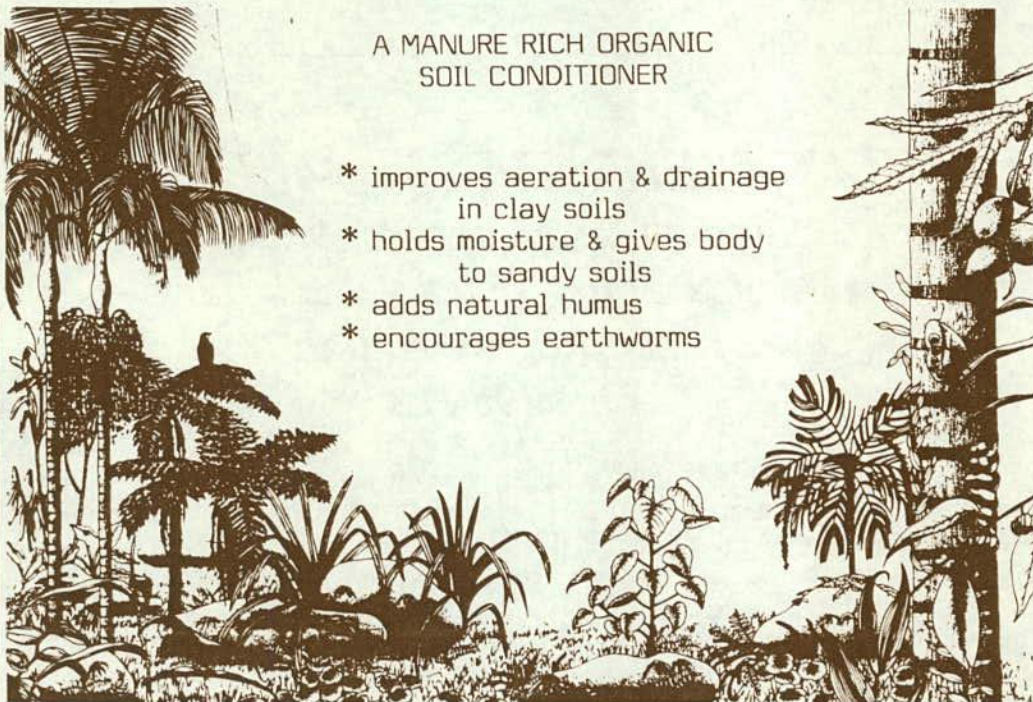
TEL: 066 28 3990  
(ALSTONVILLE DEPOT)

# TRUE COMPOST

THE NATURAL ALTERNATIVE

A MANURE RICH ORGANIC  
SOIL CONDITIONER

- \* improves aeration & drainage  
in clay soils
- \* holds moisture & gives body  
to sandy soils
- \* adds natural humus
- \* encourages earthworms



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(066) 864674

**GO GROW**



# O.H.G.A. & HERB GROWER

**YES!** I would like to become a member of OHGA  
and receive the HERB GROWER.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ P.CODE \_\_\_\_\_

Phone \_\_\_\_\_

Please find enclosed payment for:

<input type="checkbox"/>	Joining fee	\$ 10.00
<input type="checkbox"/>	Australian membership	\$ 40.00
<input type="checkbox"/>	Concession membership	\$ 30.00
<input type="checkbox"/>	Corporate membership	\$ 50.00
<input type="checkbox"/>	Overseas membership	\$ 55.00
<input type="checkbox"/>	Application for certification	\$ 10.00
<input type="checkbox"/>	Certification fee	\$125.00
	<b>TOTAL</b>	

## CLASSIFIEDS

*CLASSIFIED ADS up to 4 lines are free to members. They must be in 3 weeks prior to publication.*

### **FOR SALE:**

**ORGANIC NON-HYBRID HERB SEEDS**  
All culinaries, also some medicinals, such as echinacea purp., valerian, feverfew and burdock

Call Elle on 066-291057 or send SAE to P.O.Box 6099, South Lismore 2480.

Also **GARDENERS CREAM**, made with organic ingredients. Great for rough hands and the whole body, really.

Price, incl. p \$ p 6.50. Cheques to Elle Fikke-Rubin, P O Box 6099, South Lismore 2480.

### **WANTED:**

Mulch materials and manures from organic certified properties. Call any committee member (see backpage).

### **FENCING ALL AREAS**

Rural and Stockyards

For a free quote phone:

Bob - 888124 or 242147

## ***NEXT FIELD DAY - MEETING***

***Sunday December 4, 9 am***

***at Magda and Alister's herb farm***

***Tucki Rd, Wyrallah***

***ph. 298413***

As we expect it to be hot, we'll start early. You are welcome from 9 am onwards, the meeting will take place around 10 am. The committee members will be there, so if you have any questions about anything, this is the place to be.

If you have any herbal or organic wares to sell, you are very welcome to set up a table.

The herb farm is easy to find. When coming from Lismore, take the Wyrallah Rd and follow it till you come to the aboriginal Bora Ring in Tucki. The farm is right next door and the signs will be out. See you there!



# Don't wait for your next migraine. Take a leaf from Blackmores.



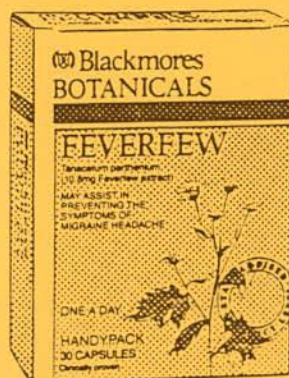
Migraine sufferers who recently took part in a U.K. clinical study showed reduced symptoms while taking daily capsules of freeze-dried Feverfew.

The leaves of the Feverfew plant are rich in sesquiterpene lactones, a substance thought responsible for the anti-migraine action.

Blackmores Feverfew is the only product that contains a standardised level of sesquiterpene lactones.

So, before your next migraine, see us and try One-a-Day Feverfew from Blackmores.

 **Blackmores**  
NATURAL HEALTH CARE



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FEVERFEW · RELIEF FROM MIGRAINE

---

TREBLEJOHNS + MORE BLAC 0241



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