



2007 ~ The Year We Discovered Climate Change

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Permaculture - realfood

Permaculture Solutions

Inside this issue:

Permaculture Solutions	1
Have an Organic Christmas	1
Workshop dates	2
I'm a Locarian!	3
Organic gardening course	3
How Does My Garden Fare?	3
SEAC- Sunshine Coast Energy Centre	4

Special points of interest:

- * Getting ready to live with climate change
- * Home produce means quality food at low cost
- * Local food production is best for the environment
- * An anecdotal look at an energy descent future
- * Positive community solutions with SEAC

You've probably caught on by now that there are a few global issues to contend with. Just listening to the daily news tells us that we must do something about the dire effects of shifting weather patterns including prolonged droughts and violent storms. The price of fuel has just sky rocketed and no-one really knows where it's going to escalate to and plateau out.

Maybe the cost of fuel is going to keep on rising and consequently the cost of living is going up with it!

Permaculture has solutions to many of these kinds of problems. For example we are working hard at forging bulk buying groups such as solar hot water systems etc. so we can increase our buying

power. Both Permaculture Noosa and the Maroochy groups are also implementing information and education sessions that help clarify the changing global shifts and how we can best help ourselves and each other in these challenging times.

Permaculture Noosa is hosting an expo / conference 'Future Ready' on April 18 and 19 at Kawana Waters. There will be sessions for schools to learn how to implement Permaculture gardens into their schools and also bring the curriculum into the gardens. On the Saturday there will be a variety of DIY workshops to help people become more 'future ready'.

Our monthly meetings are also very much focused on learning how to



Using windmill power

grow tropical vegetables, seed saving, practical permaculture techniques in the garden and networking with each other.

Despite such a gloomy forecast for the future, we are very excited about all the opportunities that comes with such a crisis. Now is a good time to change our culture into a 'green energy descent'.

We live in interesting times!

Have An Organic Christmas

There are quite a few people that I've taught in my workshops over the past year that should be well versed in organic home food production by now. Productive gardens with plenty of fresh greens to make

summer salads served with slabs of matured cheddar cheese and perhaps a wedge of brie washed down with a glass of fruit wine. Add to that a couple of nice thin slices of organic sourdough bread served

with a smidgen of dark red miso and then the meal rounded off with a dessert of yoghurt with some sweet fruit and nut kimchi and a dollop of kefir cream!

Oh I'll never be

Have An Organic Christmas

hungry again!

It's so easy to entertain friends in the festive season, or any other time for that matter. If you have been following my advice you will have many delicious and healthy foods at your fingertips by now! You will also find that the cost of entertaining has fallen dramatically especially if you've been experimenting with making lots of different types of fruit wine.

Another bonus is that whatever ingredients you will need to buy for that special occasion, you will want to match up to the qual-

ity of your own organic home production standard and you can afford to do so. I know that this has been the case for me over the years. Junk food just doesn't figure with the home made brie and lemon wine!

Entertaining with your own organic home made food in the festive season is also a great chance to show off to the max with your friends and family. Presents of wedges of home made cheese will never fail to impress; and you will gloat with glee right through the festive season.

It's such a pertinent reminder that we ought to get back to the grass roots life style that we've left behind in our quest for technology and highly civilized life styles with all its pollution and divisions between rich and poor.

Our extravagant consumption of resources is not really necessary for our well-being and that the simple pleasures are what really count. It also brings to mind to real reason for the season and to focus more on the true meaning of Christmas. Getting back to the basics can be a truly mind blowing experience!

Workshop Dates ~ Open for Bookings Now

The Cheese making workshop is a one day workshop that makes a cheddar and a brie/ feta cheese, explores how to make yoghurt and kefir, butter and ghee. An assortment of cheese is also sampled. Both cow and goat milk are used.

Kureelipa Hall, Sunshine Coast- February 2 cost is \$70

150 Rowley Rd, Burpengary at the CREEC centre- February 23 cost is \$70

Ahimsa House, West End- March 23 cost is \$75

Growing and Cooking Tropical Vegetables Workshop

These water wise vegetables are so easy to grow and don't need much irrigation. We can grow these vegetables in our sub-tropical climate and learn to enjoy them. We will cook up a very unusual but delicious lunch on the day. Tropical vegetables are studied and sampled in this very hands on workshop. Numbers are restricted to 10 people.

Yandina at the Community Permaculture Gardens- February 9 cost is \$70

150 Rowley Rd, Burpengary at the CREEC Centre- March 15 cost is \$70

The Sourdough workshop includes making old fashioned sourdough from scratch using freshly milled, organic wheat, preparing sauerkraut and kimchi for lactic ferments, and also making your own wine from fruit.

Ahimsa House, West End, Brisbane- February 10 cost is \$75

150 Rowley Rd, Burpengary at the CREEC centre- February 23 cost is \$70

Kureelipa Hall, Sunshine Coast- March 8 cost is \$70

The Miso and Tempeh making workshop is a one day workshop that teaches how to make your own miso and tempeh

Ahimsa House, West End Brisbane- May 11 cost is \$75

All the workshops include morning tea, lunch and a take home manual

I'm a Locarian!

With the global changes happening these days, a new language seems to be evolving. Phrases such as skilling up and power down, energy descent, peak oil and food miles, are used frequently amongst Permaculture people and environmentalists. A new age is descending upon us as the climate change issue has been globally recognised and even Australia has had a wake-up call this year with the severe water restrictions placed upon it. The times they are a changing!

Within our own Permaculture circles there is much talk about food miles. We are now becoming much more conscious as to how far the food we eat has traveled from farm to dinner plate. Until now, not many people gave it much thought. After all, we think nothing of drinking bottled water that has come all the way from France! The misuse of non-renewable fossil fuel can be dealt with only if we choose to recognize that we are actually supporting this destructive practice by our shopping habits. But how about looking at the emissions coming from the way the food is grown? According to the latest statistics, food contributes to 21% of the total carbon footprint. This is more than emissions from cars around the world!

So if we truly care about the environment (and who doesn't?) we need to look at not only buying locally grown food but also at growing as much of it ourselves. When good gardening practices are in place then there is no need to use the amount of water that is used as is on a commercial scale. It actually takes much less water (and therefore non-renewable energy) to grow organic vegetables at home.

Organic Gardening Course at Yandina Community Gardens

This nationally accredited certificate one in Horticulture is being taught twice a year. The course will lead towards employment into the horticultural industry as well as help you to become proficient home gardeners.

The course consists of six units that are taught in three blocks lasting 7 weeks. Every 7 weeks new students are welcomed into the course to join the other students as

they progress through the semester. The classes consist of theory as well as lots of practical hands on application to enable you to become proficient and abundant gardeners. Raising seedlings, and propagating from cuttings are all part of the course as well as learning how to build healthy soil, design and construct various types of gardens.

The course offers plenty of

take home material including hand outs.

Classes are held every Thursday from 9.30- 2.30 and bookings will need to be made through TAFE. Phone 3354 5507 for more details and costings. Classes commence Feb 7. Book now to avoid

This course will lead towards employment into the horticultural industry as well as help you to become proficient home gardeners.

How Does My Garden Fare?

How would my kitchen look like when it's crunch time? Supplies are getting more difficult to access, the cost of food has sky-rocketed and transport to the local IGA by donkey is a once a week journey.

What can I throw into the pot to fill our bellies for the day?

Sweet Potato Fry up- things to do before I cut up ingredients

*Dig sweet potato from the garden

*Collect the eggs from the chooks

*Bottle the home made soy sauce

*Light the wood stove

In the kitchen-

2 sweet potatoes

2 eggs

miso (also home made)

soy sauce

onion (bought at IGA at exhorbitant price)

Peel and cut up the onion. Heat a frying pan with fat (from goat that made cow put foot in milking bucket and later on that day got the chop).

Peel and slice sweet potato and fry in the goat fat in frying pan with some miso, soy sauce and a bit of chopped chili from the garden.

When the sweet potato has nearly cooked, break open two eggs and allow to set at low heat covered with a lid.

Permaculture - realfood

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Helping people to help themselves

Helping people to help themselves to grow, produce and ferment their own food. My aim is to encourage people to take matters into their own hands and have access to natural, wholesome, fermented and delicious food. Organic raising of food crops and preserving and preparing them the old fashioned way has become the new way of healthy living. The amount of money saved and the sense of being in control over your food intake gives empowerment back to the individual. Food security is also ensured for when the going gets tough.

www.permacultureproduce.info

SEAC ~ Sunshine Coast Energy Action Centre

There are a few local action groups forming around the place and I'm receiving inquiries from other people about how to start one. Some are focusing on climate change, some on peak oil, some on sustainability and some on energy descent - but we all have the same objectives - to prepare our communities for a future using less non-renewable energy and all that entails.

This is really important action and has an important ripple effect up through local, state and federal government where real changes can be made, not to mention the community benefits.

One of SEAC's objectives is to

build and support local networks so we were thinking for early 2008 that SEAC will host a local action group workshop day, probably at the University of the Sunshine Coast. SEAC is here to support your work in the community where we can, so let us know how we can help you. Please also let us know of any other groups you are aware of.

'The Power of Community, How Cuba Survived Peak Oil' will be screened on February the 2nd at Yandina at the blue house. Sonya Wallace & Janet Millington Sunshine Coast Energy Action Centre

www.seac.net.au

SEAC is based at the Maroochy Community Permaculture Gardens at Yandina. There are regular free film screenings every Saturday morning from 9.00- 11.00 am at the Blue House. Films that focus on issues and events that will help people to become more future ready with food security and living with a lighter foot print.

One particular film that has made an impact on local groups is 'The Power of Community, How Cuba Survived Peak Oil'. This film is available for local screenings so if you are wanting to organize a group of people in a hall or private address, I'm willing to present it around the Cooroy area.

Elisabeth Fekonia