



CITY FARM NEWS

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Issue 3

July 2010

City Farm Café Booming!

Business is booming at the new café at the entrance to Perth City Farm. Manager, Luke Durcan's welcoming smile says it all—this is the place to enjoy good food in a relaxed and welcoming atmosphere. Luke is passionate about healthy food and is relishing in the opportunity to prepare healthy, appetizing dishes that excite the senses.

Luke and his dedicated staff, head chef Lisa, and barista Eve, begin each day early baking fresh muffins and preparing a variety of seasonal dishes. They use as many organic ingredients as possible, and ensure that the menu caters for a wide range of tastes and dietary requirements. Several of the dishes on offer are available as vegetarian or gluten free options such as Thai style tuna patties, chickpea burgers, sweet corn fritters with smoked salmon and cream cheese.

Business has been steady since the café opened in June. Luke finds that Saturdays have been busier than expected, and it has been having a positive flow on to the market and nursery as well. Customers have been very positive, with many saying that they love the freshness and variety of the food, and love the opportunity to get out of the office into the refreshingly different City Farm environment.

Come and try the wonderful food at our own café!



Volunteers Show The Way

By Keith Shackleton



The extremely warm welcome volunteer Dougie Scott received in 2009 from City Farm volunteers, director Rosanne Scott, and building manager, Thom Scott (no relation to Dougie), convinced him that this was a place where he was likely to meet like-minded people. Dougie sees himself as a pragmatic person who strives to be at one with the world on every level.

Saturday mornings soon saw Dougie arriving before 6.00 am to assist with the setup of the stalls. He helps out at the cash register where he enjoys meeting and assisting customers, and is usually one of the last to leave the market building after business has closed for the day.

Highly talented and creative, Dougie soon saw further opportunities to contribute to additional City Farm projects. His professional experience ranges from accounting, to the metal industry, child – protection services and sign writing. He set about improving City Farm signage in every zone of City Farm to assist visitors to find their way to the Arts Zone, the Co-ed Shed, Organic Markets and Community Hall amongst others. With the signage under way, his attention turned to effective ways to elevate City Farm's market profile. His aim is to promote City Farm as a vibrant place where a wide cross-section of the community meets for relaxation, interaction and education.

If you would like to volunteer to work at Perth City Farm, please contact Rosanne at Tel. 9325 7229 or send an email to info@cityfarmperth.org.au

Lablab Beans

By Keith Shackleton



**Attractive and tasty,
Lablab beans are
drought resistant too!**

Lablab beans originate in Asia where they have been grown as a trellis plant for centuries for their beautiful flowers, fragrance and foliage. They attract a wide range of birds and butterflies and the edible, pea-like flowers and the pods, which vary from pale green to dark red, may be eaten whilst immature.

Lablab beans may be used in salads, as a garnish plant, or with other greens. The immature pods may be used in stir-fries instead of snow peas. High in Vitamin C, young leaves are eaten raw in salads and older leaves are cooked like spinach. Flowers can be eaten raw or steamed whilst the large starchy root tubers can be boiled or baked. Immature seeds can be boiled, but dried seeds may only be eaten after vigorous boiling in two changes of water as they are poisonous raw.

Drought resistant and quick growing, the Lablab bean requires a well-drained soil and minimal water. They dislike heavy shade, but they can withstand a wide temperature range from -3 degrees to 30+ and grow very well in Perth. Lablab beans often used as an inter crop species to address declining soil fertility. They are an excellent nitrogen-fixing plant and may be used as a green manure if cut down before flowers start to bud.

Information source:

http://www.floridata.com/ref/d/doli_lab.cfm
http://www.tropicalforages.info/key/Forages/Media/Html/Lablab_purpureus.htm



ENVIRONMENT HOUSE

WED 14 July at City Farm 9-2pm

Winner of the 2009 WA Community Energy Efficiency Award

ENVIRONMENT HOUSE presents...

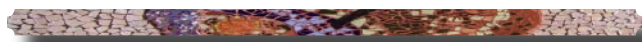
- Eco-activities for all the family.
- Advice on greenhouse gas-busting at home.
- Lots of good free takeaway info!
- See what you can drive on pedal-power machines
- Worms under the microscope
- Stall of low-cost eco-products.

<http://www.environmenthouse.org.au>

Any special orders, phone ahead and we'll bring them to City Farm on Wed.

Enquiries - brenda@environmenthouse.org.au

Tel: 9271 4488



New Opportunities For Women

By Gaynor Mitchell

Fruit and Veg Boxes for the community!

Ever since starting the Organic Growers Market, there has been talk of creating an organic fruit and vegetable box order system at Perth City Farm.

On Tuesday 22 July this notion came a large step closer to reality as two students graduating from the NOW (NEW Opportunities for Women) course presented Rosanne Scott, Director of Perth City Farm, with a comprehensive file on how to make it happen.

Isabelle and Sue are two of the twelve women who were presented with their certificates at the event, held in the City Farm exhibition space. Another of the students, Vivenne Haywood, made a moving and personal Welcome to Country speech for all those gathered.

NOW courses have run regularly around WA for a number of years and aim to provide students with knowledge, skills and confidence to engage with further study or employment. This course was a new approach by Central Institute of Technology (previously known as Central TAFE), in that it was based in the friendly informal setting of City Farm and set around a specific 'live' project of value to the farm.

City Farm hopes to soon sell weekly boxes of organic fruit and vegetables, as a way to supplement the regular organic markets held every Saturday morning. Customers would be able to pick up their pre-ordered box of fresh organic produce on the way home from work one day during the week.

A lot of people work in the nearby government buildings and park or catch trains beside City Farm. Part of the course looked at how to survey and market the boxes to this group. There was also exploration of options and costs involved with implementing the idea and contact made with potential suppliers.

Frances Chambers, the popular lecturer for the course, has an extensive catering and business background so she was well-placed to guide the students and City Farm through the decisions and actions needed to make this exciting venture happen.

This has been run as a very successful partnership between City Farm and Central Institute of Technology. Central handled the enrolments and administration, provided the lecturer and ensured the course requirements were met, all with minimum fuss and maximum friendly flexibility. City Farm hosted the course and provided a nurturing and stimulating environment in which to study.

Congratulations and many thanks to all the NOW course graduates!





Empowering Local Women

By Vivienne Haywood

For over 40,000 years the area on which Perth now stands was occupied by groups of Noongar people and their ancestors. Before contact, the traditional owners of the Perth area, the Whadjuk people, formed part of the Noongar language group, with their own distinctive dialect. The Whadjuk people bore the brunt of European colonisation, as the city of Perth was built in their territory. It wasn't that long ago in Perth that a curfew system was enforced to exclude Aboriginal people from the city centre. Aboriginal women, many of whom were part of the stolen generation, often worked in service in rich households for a pittance and were forced to chance the curfew. They risked getting locked up if they were caught without the appropriate pass as they returned to East Perth, as many of them lived there.

It is hard to believe that some of us Noongars have returned to this area to undertake studies on the Organic Box Project and the New Opportunities for Women Project. Claisebrook has experienced quite a large transformation with the new development. Some of the public art works and heritage trail paths tell the story of the history of Aboriginal people living in East Perth area. Where Perth City Farm stands today is a very special area for many of our Aboriginal people.

Prior to Perth City Farm being established, this area was known to Aboriginal people as Millar's Cave. Many of our people who came from the country to the city had nowhere to go, so they made their way here to Millar's cave. This was their home while they were in the big city. At least here they knew they could get a bed and a feed from their brothers or sisters. It is very strange hanging out here now and not seeing those people anymore.

Today we are very grateful to have been given the opportunity to be able to come back here where once our brothers and sisters hung out. This time we have come here to set ourselves on a pathway where we are able to begin new dreams and aspirations in achieving our future goals that will lead us to improve our quality of life compared to what our brothers and sisters had here many years ago.

Healthy Beef from Healthy Land

By Keith Shackleton

Biodynamic agriculture is an organic farming method that treats farms as balanced, interrelated systems of soil, plants and animals. Whilst farms are potentially self-nourishing systems, decades of monoculture and large-scale crop exports have depleted much of our arable land globally, resulting in increasing dependence on artificial fertilizer and pest control methods. Biodynamic practices aim to naturally repair and redeem damaged soils and eco systems as prerequisites to producing healthy crops of plants and animals.

Twenty years ago Edith and Sid de Burgh of Baramba Farm observed deteriorating livestock health and an increasingly apparent imbalance in the natural systems of their land. Global fertilizer prices had slumped but Australian fertilizer prices had continued to rise. This was the catalyst they needed to find other ways of producing healthy beef affordably. In 1992, after much research and reading the agricultural findings of Dr. Rudolph Steiner, they began switching over to biodynamic farming methods and in 1998 obtained full DEMETER certification as biodynamic growers.

The de Burghs, who are fifth generation Gingin district farmers, found livestock health improved gradually as they improved the health of their soil. This involved using soil enhancer 500, which is based on re-liquefied cow manure and returning to the soil as much as possible.

Safe guarding natural balances of the land, they run 250 breeders on their 1700ha farm – well below stocking capacity, but an effective way of ensuring that the land is never stressed and thus giving their livestock the best chances of naturally reaching optimal condition. The result is healthier soil that, although it produces slightly less yield in beef terms, produces animals that are far healthier, which is a more cost-effective process. The de Burghs have found that should any of their livestock become ill, they can now be easily treated with natural interventions.

Biodynamic beef is slaughtered seasonally and then frozen to ensure a year-round supply. Cattle are at their healthiest in early summer or late spring. The warmer weather slows their metabolism, which results in large gains of weight relative to the food they consume. The cattle are then at their healthiest and this is the best time to slaughter for meat.

As a result, the meat Edith and Sid sell is also seasonal. In winter they sell meat that is best suited to slow cooking, whilst in summer they specialise in BBQ meat. Customers have repeatedly said that Baramba Farm meat tastes as good as meat did decades ago. It also cooks to tenderness in about a third less time than meat from conventional farms. This is because biodynamic beef is produced from the healthiest animals raised in the best natural conditions possible with no artificial input or stimulants.



Edith and Sid sell biodynamic beef at the Saturday Organic market or directly through their web site. See below.

Information sources:

Interview with Edith de Burgh
<http://www.baramba.com.au>
http://www.biodynamics.net.au/what_is_biodynamics.htm
http://en.wikipedia.org/wiki/Biodynamic_farming

Nulsen Creative & Cultural Development Community Workshops 2010

Designed & Presented by Sandra Krempl

Times: 8.30am - 12 midday for all workshops

Venue: Perth City Farm, City Farm Place, East Perth

'Think global act local – be the change you want to see in the world'

Mahatma Ghandi

Facilitated sessions in which we share our vision, challenges & open our hearts & minds to different potential solutions.

The search for answers starts from within our own experiences & learning.

While the workshops are designed to support Nulsen's core community i.e. people with intellectual disabilities & their family, carers, & support workers; the principles applied to anyone who cares about others.

The Resilient Spirit

What does this look like? Sharing practices that build resilience.

1 September, 2010

This workshop will be facilitated by Sandra Krempl who has written books ***The Five Dimensions of Community*** and ***Reviving Spirit in Corporate Systems***.

Her Cultural Planning and Community Cultural Development methods have been applied across Australia, the Pacific & South East Asia.

Sandra is the CEO of the Western Australian Men of the Trees Society which brings people together to grow & plant trees & achieve healthy sustainable landscapes.

Lotterywest makes these workshops possible through Reconciliation, Creativity and Community Culture Project 2009-11.

The workshops are free, morning tea & a light lunch will be provided by Nulsen

City Farm Perth would be grateful for a gold coin donation which will go towards improving venue access for people who have disabilities.

Please RSVP to Hellen on Tel: 62534700



INTRODUCTION TO PERMACULTURE



Want to grow your own food with out using nasty chemicals and pesticides?

Want to adopt a more eco-friendly lifestyle?

Want to meet and connect with people interested in creating a sustainable future?

Heard about permaculture and want to know more?

What is Permaculture?

Permaculture is a world view which opens people up to the vision of a sustainable future. In this introduction you will learn about intelligent organic gardening and design principles as well as issues surrounding sustainable behaviour, both in and out of the compost heap!

Permaculture is much more than just growing your own food, it is about skill sharing, using resources wisely and connecting with your community. It incorporates everyone, and encourages diversity, whilst empowering individuals into self sufficiency and resilience.

Experienced
facilitation by:

**Harry Wykman
&
Brooke 'Sparkles'
Murphy**

@ PERTH CITY FARM



Cost: \$100 / \$80 Conc

**JULY 17TH & 18TH
SAT & SUN
10AM — 4PM**

Contact Sparkles on
0406 449 369 or
sparklemerchant@yahoo.com.au

WANT YOUR VOICE TO BE HEARD HERE?

Thank you for the feedback we have received about the first two issues.

If you would like to write an article for City Farm News, or would like to have a community event publicised, please send an email to

info@cityfarmperth.org.au

and someone will contact you to discuss your requirements. Articles would need to be submitted by week 3 of the month and may be edited to ensure that they fit in the space available.

Keith Shackleton - City Farm News Editor

**Click on the
icons below
to visit the
web sites
of our Perth
City Farm
stall holders**



Merri Bee Organic Farm



Beeswax Creations

JULY 2010



PERTH CITY FARM
EVENT



HOSTED EVENT



EVENT JOINTLY HOSTED
BY PERTH CITY FARM
AND OTHER ENTITIES

VOLUNTEER DAYS ARE TUES, WED, THURS AND SATURDAY

SUN	MON	TUES	WED	THURS	FRI	SAT
		<div>Volunteer lunch Tuesdays 12.00-1.30 (\$4.00)</div>		1	2	3 ● Organic Market
4	5	6 ● Volunteer lunch	7	8	9	10 ● Organic Market
11	12	13 ● Volunteer lunch	14 Environment House 9-12 Children's activities Tel 9271 4488 ● New Opportunities for Women	15	16	17 ● Organic Market Permablitz 10-4.00pm Tel 0406449369
18 Permablitz 10-4.00pm Tel 0406449369	19	20 ● Volunteer lunch ● New Opportunities for Women ● Men's Shed	21 ● Mosaics ● New Opportunities for Women ● Men's Shed	22 WOODWORKING - 5.30-9.00 (Thur & Fri) 10-4.00 (Sat & Sun) Tel. 9306 6307 - Peg Davies ● Men's Shed	23 ● VET in schools	24 ● Organic & Artisans' Market
25 WOODWORKING 10-4.00 (Sat & Sun) Tel. 9306 6307 - Peg Davies	26	27 ● Volunteer lunch ● New Opportunities for Women ● Men's Shed	28 ● Mosaics ● New Opportunities for Women ● Men's Shed	29 ● Men's Shed	30 ● VET in schools	31 ● Organic Market

AUGUST 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 ● Volunteer lunch ● New Opportunities for Women ● Men's Shed	4 ● Mosaics ● New Opportunities for Women ● Men's Shed	5 ● Men's Shed	6 ● VET in schools	7 ● Organic Market