



CITY FARM NEWS

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PERTH CITY FARM CAFÉ - AN EXCITING NEW ENTERPRISE!

*An interview with Rosanne Scott –
 director of Perth City Farm*

by Keith Shackleton

From its inception City Farm's initial fund-raising efforts centered around catering at events. We made *the best* tofu and vegie burgers in town. After using our small building at the front gates - (formally a Tally room for the Vacuum Oil Company b.1929) - as a kitchen to cater from, affectionately known as the "Tomb" after the "graf" piece on the outside wall - our Treasurer Coral Buscombe suggested that the site was ideal for a small café kitchen. Coral's brainwave "switched on" Thom's "light bulb", who from that time worked hard for the vision to become a reality. Thom, with the assistance of Mary McLoughlin, submitted plans to the East Perth Redevelopment Authority and the City of Perth for approval - this came in March 1998. Due to our lack of permanent tenure for City Farm the Café remained a dream. In 2006, after the tenure issue had been resolved, Thom had the plans updated via the generous contribution of John Hodgins (Designer).

The aims of this venture are to increase public knowledge of healthy eating, importance of organic agriculture, to enhance City Farm's markets, and to further integrate our educational partnership with Central TAFE.

Eating together is a great community-building and fun activity. We envisage that the café will be a wonderful meeting place that will help to integrate City Farm with the local community. Good quality food in a great setting at a reasonable cost - what could be better?

The opportunity to build the Café presented itself in the form of the Federal Government's DEEWR "Investing in Community Education and Training (ICET) element of the Teaching and Learning Capital Fund" grant. A team comprised of Anne Goodall (Growing Communities), Yonna Sunderland (Central TAFE) Ian Rawlings (Chair management Committee of City Farm) and John Hodgins joined Thom and Rosanne to write the grant application. Sandra Krempf MOTT CEO returned from holidays to find that the load of pulling the whole

application together fell on her expert shoulders - the rest is history!

We have been fortunate to have as part of an Advisory Committee Julie Broad, Jude Blereau and Irene Verterama. Thank you to Julie Broad Proprietor of the "Food Store" - Deli Café in West Perth for her generous contribution of knowledge and time for this project.

The café is one of City Farm's "Enterprise" initiatives. We have employed Luke Durcan as the Manager to run our café. Trainees and volunteers will assist in running the café throughout the week. Opening days will be Monday to Saturday. On weekdays it will be open from 7.00am till 3.00pm. We will serve breakfast and lunch to commuters and the local community, and on Saturdays it will be open during market time. We also envisage utilising the café during special events and functions.



New tiled dining area taking shape.



Tables being surfaced.

Kitchen equipment is now installed.

VETIVER GRASS

Vetiver grass is a truly multi-use plant that is at home in a permaculture garden. It has been called the Living Soil Nail because of its really amazing capability to consolidate soil in areas prone to heavy erosion such as steep slopes where excessive runoff is an issue.



A hardy plant that can withstand both drought and high levels of flooding, it can be used as a non-invasive edging plant in garden beds. It is tolerant of a pH range from 3.0 to 10.5, and grows happily with minimal water. It has been used as a pond edging plant where it assists in the water purification process and also provides a habitat for many beneficial insects such as the dragon fly and hover fly. At City Farm Vetiver grass is also used as a valuable source of mulch. This very adaptable species of grass grows in a wide range of climatic regions where daily temperatures may range from -14°C to 55°C .

Information source: Thom Scott of Perth City Farm, and <http://www.hydrumulch.co.za/vetiver-grass.htm>

A WORLD WITHOUT BEES?



"If the bee disappeared off the surface of the globe, then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man..."

Attributed to Albert Einstein

Article by Reiwa Ward

Because we make beeswax candles and regularly attend the Perth City Farm Organic market, the future of the honeybee - nature's master pollinator - is a concern we share with many people. We talk about the industrialization of pollination and what this means to the humble *apis mellifera* (Western honeybee); the mysterious cause of CCD (Colony Collapse Disorder), and an increase in predators such as the varroa mite.

If the honeybee disappeared off the face of the earth, how would our weekly shopping list change? It would become shorter, very bland and lacking in nutrition. Off would come the honey, all fruit except bananas and pineapples, most vegetables, as well as protein-rich beans. Meat and dairy products would disappear too...

Without bees to pollinate the food we grow for cattle and pigs, we could have no steak or bacon, cheese, milk or ice cream. Honeybees dramatically increase the yield of coffee, so this would be in limited supply, and thus very expensive. Only a couple of cooking oils would be available - from walnuts and olives. With fewer sources of protein available, it would not

take long for all fish stocks to be plundered. It is clear that the impact of the disappearance of the honey bee would be catastrophic.

Approximately one-third of the average diet (90 commercial crops), has been pollinated by the honeybee. According to a study by Cornell University this makes honeybee pollination worth more than an estimated US\$60 billion a year (2007).

Predators which attack bees include foulbrood, chalkbrood; *Nosema apis*; *Nosema cerana*; the tracheal mite *Acarapis woodi* and the Varroa mite, which developed Varroa destructor specifically to attack *apis mellifera*. To date Varroa Destructor has not yet reached Australian shores. However, the honeybee is definitely under siege - even in Australia.

CCD (Colony Collapse Disorder) is a catastrophe which appears to replicate enigmas which have occurred since 1869. The disappearance and death of bees, the four main characteristics being the disappearance of colonies with plenty of honey stores, the queen still alive, most of the bees usually dying in the field, and most cases occurring in the spring or autumn when the weather is cool. However, CCD has wiped out more than a third of all honeybees in the US and possibly millions more across the globe since 2006. This is alarming given our current and increasing world population; the industrialization of pollination and a possible lack of genetic diversity whereby bees have been selected for high honey yields, colony growth early in the year and gentle behaviour leading possibly to high mortality rates.

In summary therefore: "A third of all that we eat, and much of what we wear, relies on pollination by honeybees. So if - or when - the world loses its black and yellow workers, the consequences will be dire. What is behind this catastrophe? Could it be viruses, or parasites? Or perhaps modern farming practices such as the widespread use of pesticides? Or is climate change to blame? Is there any possible way of saving honeybees - and, with them, the world as we know it?" (Benjamin and McCallum, Guardian Books 2007)

Following up on Bee Winfield's (Merribee Organic Farm in Nannup) article in the May edition of the Perth City Farm newsletter, GM crops have not been ruled out as an accomplice to CCD. We have to be so aware of what is happening on our planet and if we don't like it, take action and use our democratic processes to do so.

If you wish to pursue reading on this subject can we refer you to an illuminating book entitled "A World Without Bees" by Alison Benjamin and Brian McCallum published by Guardian Books.

Information source: "A World Without Bees" by Alison Benjamin, Editor of "Society Guardian", in The Guardian Newspaper in the UK.

WHAT ARE YOUR THOUGHTS?

City Farm News values the feedback we have received from the first edition last month. We welcome any suggestions you may have.

If you have any questions, suggestions or would like to have your community event advertised here, please email us at :

info@cityfarmperth.org.au

SUPERFOODS - NATURE'S DETOX AGENTS

by Damian Donoghue of *Extreme Super Foods*.

Super foods are a class of foods that have a higher nutrient density than regular food. Whilst they are high in medicinal qualities they are also nutritious foods. Super foods contain a variety of vitamins, minerals, anti oxidants and phyto chemicals. Phyto chemicals are non-nutritive plant chemicals that have protective or disease preventive properties.

Super foods are not a new discovery. Many ancient cultures were aware of the healing powers of particular foods. Aboriginals discovered the Kakadu Plum. This fruit contains massive levels of anti oxidants and are the highest source of vitamin C in world. Bee pollen and honey were appreciated for their nutrition and healing properties.

Other super foods from around the world include the Goji berry from China and the blue-green algae Chlorella, from Japan. The Amazon jungle provided the Camu camu berry, Acai berry and Cacao, which we know as the bean used in chocolate. These foods contain Beta-Carotene, Lycopene, Resveratrol and many others, the health benefits of which have been scientifically proven.

Extreme Superfoods sells a wide range of raw foods and super foods, and designer detox supplements. Most of these are imported in powdered form from their country of origin, whilst others are produced here. All the super foods that we sell are either wild crafted (picked in the wild) or are certified organic.

After suffering from chronic fatigue syndrome for eight years, I discovered the healing properties of super foods and embarked upon a research path that led me to discover for myself the role of super foods in eliminating the effects of pollution and chemicals and heavy metals from our bodies. Particularly impressive are the health benefits of detox supplements such as zeolite, MSM (organic sulphur) fulvic acid and their ability to rapidly move heavy metals and other toxins from the body, and their ability to break up calcification.

Super foods can benefit everyone and they play a vital role in combating the effects of living in a polluted and stressful world and in preventing and defeating chronic illness. Super foods have such high levels of nutrition that they give more powerful healing results in less time than just would be available by just eating organic domesticated vegetables. So include as many different super foods into your daily health regime as you can, and live a more energized, vibrant lifestyle.

Damian and Karri have a stall at the Saturday Organic Market, and run workshops on how to prepare raw foods, super foods and designer detox supplements into tasty everyday foods.

Articles written by community members reflect the view of the writer, and may not necessarily be those of Perth City Farm or Men Of The Trees Inc.

Help a child change their story - for good!

Grim as today's headlines are, we know it won't always be like this. The economy moves in cycles. Unfortunately financial disadvantage is a cycle that can continue for generations. For 680,000 disadvantaged Aussie kids¹ their story may never change. Without help, 'economic crisis' will become the story of their lives. Supporting a child's education is proven to be one of the most effective ways to break the cycle of disadvantage. You can help. This winter The Smith Family urgently needs to raise \$4 million to continue providing disadvantaged children with educational support. This includes a range of literacy programs, enabled through mentoring and tutoring support, right through to the basics like a warm winter uniform, school bag and books.

We know times are tough, but every donation matters. You can help a child change their story for good.

Please donate to The Smith Family Winter Appeal today.

Call 1800 024 069 or visit
<http://www.thesmithfamily.com.au>



everyone's family

City Farm
ARTISANS MARKET

Local Artists and Vendors
FREE Live Music
Craft Demonstrations
Kids Activities
Tours of Venue
AND MORE!!

9am - 1pm
4th Saturday of Every Month

1 CITY FARM PL. EAST PERTH
(LIME ST. OFF ROYAL ST. NEXT TO CLAUSEBROOK TRAIN STATION)
www.cityfarmperth.org.au Ph:93257229
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ORGANICS CITY FARM

Organic Growers Market every Sat 8am - 12 noon

THE GREAT RESKILLING

As Global warming takes hold and the world wakes up to what needs to be done, PERMABLITZ is leading the way.

Article by "Sparkles" Murphy

The "Great Re-skilling" was the first in the series of Mecca events that the Permaculture Association of Western Australia has devised for 2010 and beyond. With over 300 people through the gates, the Great Re-skilling was heralded as a much needed success and as an event that re-united and re-inspired a generation of permaculture enthusiasts.

On Sunday 16th of May, people and 'permies' came together to share skills, learn, create and play. Workshop participants were amazed by the diversity of speakers and spaces they had the opportunity to experience. The workshops ranged from learning about your inner "change agent", to the locally famous WA knitting group, spinning their own wool as they gently educated a new generation in what's possible through the world of knitting - apparently even Ugg Boots are easy to make! Greg miller, with his recycled woodworking tables, was a hit, along with Charles Otway's jam-packed Organic Gardening lecture. Other workshops included, preserving and pickling, sourdough making, alternative currencies and Transitioning with local government. Next year is set to be more of the same and plenty more where that came from! Thanks to all our hosts and volunteers!

The event was designed (in typical 'Permie' fashion) to be both a celebration of the past 30 years of permaculture and an exploration of the new projects that have come out of it, launching Permablitz Perth and starting the conversation about the Transition Towns movement. Permablitz, a bit like backyard blitz, is where a garden space is chosen and after creating a design for it, the team come together for one day and transform it into a permaculture paradise! The team consists of anyone and everyone who wants to get involved, all ages and abilities are welcome. Permablitz days are not just about the resulting garden, but also about connecting through permaculture, sharing skills, knowledge, produce and more. If that's not enticing enough, after attending 3 blitz's you're eligible to have your own garden made over - excepting the lucky Newborough Primary School, who've been chosen along with the days raffle winner to receive the first 2 blitz's for Perth!

Permablitz number one will be happening in early July. Details will be emailed through the PAWA emailing list and more information is available at <http://permaculturewest.org.au>. Transition Visioning sessions will begin June 26th details also listed on the website. The association is also planning a Seed Swapping day later in 2010.

If you would like to know more about Permaculture, Brooke 'Sparkles' Murphy and Harry 'Byrne' Wykman will be running an INTRODUCTION TO PERMACULTURE weekend on the 17th & 18th of July at Perth City Farm.



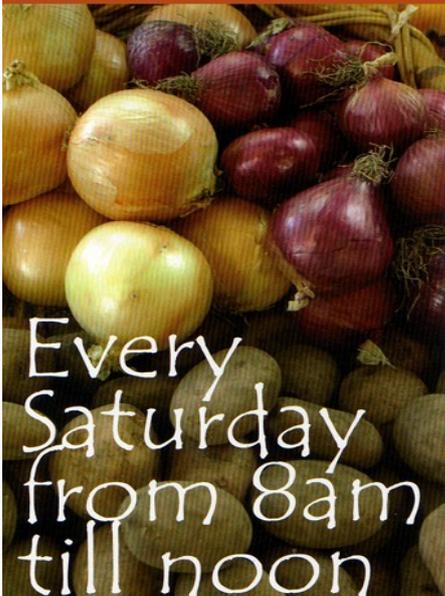
INTRODUCTION TO PERMACULTURE weekend on the 17th & 18th of July at Perth City Farm.

Cost \$100/ \$80conc. Contact 'Sparkles' on 0406 449 369,
sparklemerchant@yahoo.com.au

Perth City Farm ORGANIC GROWERS MARKET



www.cityfarmperth.org.au
 email: info@cityfarmperth.org.au
 phone: 9325 7229 or 0402 009 993



Every
Saturday
from 8am
till noon

Perth City Farm is located on Lime Street off Royal Street in East Perth. The Yellow Cat stops outside our door and we are a stones throw from Claisebrook Train station.



GUARANTEED CERTIFIED ORGANIC & BIO-DYNAMIC PRODUCE

- ◇ Fresh Fruit & Vegetables
- ◇ Beef
- ◇ Pork
- ◇ Eggs
- ◇ Dairy - Cheese, Milk & Yoghurt
- ◇ Vinegars & Olive Oils
- ◇ Sauces, Jams, Preserves & Juices
- ◇ Nuts, Beans, Lentils, Grains & Flours
- ◇ Tea, Coffee & Cocoa
- ◇ Chocolate
- ◇ Dry Goods & Breads
- ◇ Healthfoods

CERTIFIED ORGANIC & ENVIRONMENTALLY FRIENDLY PRODUCTS (GUARANTEED)

- ◇ Cosmetics & Skincare
- ◇ Cleaning Products
- ◇ Books & Information
- ◇ Chemical Free Baby Care & Nappies
- ◇ Worm Farms & Organic Garden Products
- ◇ Living Herbs

*Care for our environment!
Shop with a conscience.*

SPOIL YOURSELF WITH SOME TREATS...

organic fair trade coffee & teas
 cakes & muffins
 lemon meringue & apple pies
 ice cream
 pizzas, soups & hommus

LINKS TO PERTH CITY FARM STALLHOLDERS

Merri Bee Organic Farm

www.members.westnet.com.au/beewinfield/



<http://www.baramba.com.au/>



http://www.beeswaxcreations.com.au/where_are_we.php



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

June 2010



Perth City Farm Event



Hosted Event

Not organized by Perth City Farm



Joint Event

Organized by Perth City Farm
in partnership with other entities

Volunteer days are Tuesday, Wednesday Thursday and Saturday

Volunteer Lunch:
Tues 12 noon—1pm
(\$4.00)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Volunteer Lunch New Opportunities for Women Men's Shed	2 New Opportunities for Women & Mosaic Art Men's Shed	3 Men's Shed	4 VET in Schools	5 Natural Resonance Group 12-300pm Organic Market	6
7	8 Volunteer Lunch New Opportunities for Women Men's Shed	9 New Opportunities for Women & Mosaic Art Men's Shed	10 Men's Shed	11 VET in Schools	12 Organic Market	13
14	15 Volunteer Lunch New Opportunities for Women Men's Shed	16 New Opportunities for Women & Mosaic Art Men's Shed	17 Men's Shed	18 VET in Schools	19 Organic Market	20
21	22 Volunteer Lunch New Opportunities for Women Men's Shed	23 Nulsen Creative & Cultural Development Workshops 8.30 am — 1 2 Noon RSVP PH: 62534700 New Opportunities for Women & Mosaic Art Men's Shed	24 Men's Shed	25 Growing Communities WA Project Sundowner 5.15pm—8 pm RSVP by June 18th Anne 1300501357 VET in Schools	26 Artisans' Market & Organic Market	27
28	29 Volunteer Lunch New Opportunities for Women Men's Shed	30 New Opportunities for Women & Mosaic Art Men's Shed				



Men Of The Trees Western Australia

The Society founded for the Planting and Protection of Trees

Non-Profit - Voluntary - Founded in Perth 1979

