

### **Landcare Australia Conference 2025**

Healthy Choices
Healthy soil, healthy environment, healthy plants, healthy people

Healthy Happy Families

Enjoy toxin-free, nutrient-dense and natural foods and medicines

#### Soil

**Texture –** hold water;

Drain freely - hold air spaces, enhance with compost / organic matter

**Minerals** – calcium, potassium, nitrogen, phosphors, iron, magnesium, sulphur and trace elements **Biology –** bacteria, fungi, nematodes, worms

**Recipe** to do it yourself – basalt crusher dust (1 part), decomposed granite (1 part) fowl litter (1 part)

forest mulch (2 parts) and small amounts of compost, various manures and cardboard (placed in layers)

#### Environment

For biological diversity For natural pest and disease control

**Biology** – bees, birds, butterflies, frogs, lizards, spiders, worms, insects, microbes and fungi

**Accommodation and protection** - dense trees, bushes, coarse mulch, rocks, logs and nesting sites. Include some native thorny bushes, grasses and vines in your garden

**Food and water sources** – Birds, insects and worms Pest and disease management - Most chemical products

are toxic and have unintended consequences. A mixture of soft liquid soap and vegetable oil in water is a useful simple protectant

Companion planting

# People

**Diet** - Nutrient dense, toxin free products Enjoyment and love - cooking and sharing fresh flavoursome meals Happiness and exercise - from gardening and immersion in nature Social connection - share ideas and produce with community

## **Plants**

Legumes - green, broad and Madagascar beans, lentils, chickpeas, snow, snap and shelling peas

**Leafy greens and colours** – silverbeet, spring onions shallots, mustard greens, dandelion greens, mushroom plant (Rungia Klossii), Warrigal greens, Okinawa, Malabar and baby spinach, Romaine lettuce **Fruiting** – tomatoes, eggplant, cucumbers, pumpkin, avocados, capsicum, strawberries, mulberries, blueberries, grapes, dragon fruit, citrus, mango, banana, stone fruit **Root vegetables** – sweet potatoes, potatoes, radishes, garlic, beetroots, yacon, Jerusalem artichokes

Herbs for flavour and medicine - basil, chives, parsley, ginger, tumeric, rosemary

Long harvest and Pest and disease resistant

## Food and medicine

**Protein -** Any type of beans, asparagus, peas **Vitamins and minerals** – leafy greens, fruit, garlic, avocados, corn, cucumber and root vegetables

Suggested daily intake - Food/serves - beans 3, berries 1, other fruit 3, cruciferous vegetables 1, greens 2, other vegetables 2, linseed 1, nuts and seeds 1, herbs and spices 1, whole grains 3, beverages 5

Natural medicines in foods and teas

Preference for- organic, fresh and local product



**Brisbane Organic Growers Inc.**