

PSW  
Monday Meeting  
6<sup>th</sup> October 2025

Opening Video: Mycorrhiza – what connects fungus and plants 2:30 min  
<https://youtu.be/iboE8UZBgkM>



# Acknowledgement of Country



We acknowledge the first inhabitants of this land who arrived on this island continent over 65,000 years ago.

We acknowledge that via The Dreaming and Songlines, our first Australians united 250 different Nations living in many different eco-systems.

We acknowledge that they shared this land and produced sustainable human agriculture for over 50,000 years.

Today we commit to current and future elders to integrate their sustainable practices. Together we can ensure the regeneration and beauty of this island continent for all future Australians.



# PSW... what are we here for?

PSW Mission Statement:

*Enabling communities to apply  
earth care, people care and fair share*



*through  
\*education \*application \*advocacy.*

*We welcomed our members  
& visitors.*



*Let's grow together!*

# What's happening in our community?

Penrith City Council successfully completed its first cultural burn:

Firesticks, Muru Mittigar & the Local Rural Fire Service (RFS)

Where: Teresa James Reserve

When: late June.

The site was carefully chosen for its cultural significance - it features scar trees & ring trees - living markers indicating important sites, territorial boundaries & resource rich areas.

The cultural burn focus –

Manage invasive weed species African lovegrass

(a serious threat to the native Cumberland Plain Woodland ecosystem).



Timing is critical -

It must be conducted during a period when native groundcovers are naturally fire-resistant due to their fruiting cycles & evolutionary adaptation.

This ensures the protection of local flora.

Congratulations Penrith CC for their ongoing commitment to care for Country, Indigenous knowledge systems, and ecological restoration.



*Congratulations  
Joe Ayoub!*

You can buy SwiftGrow  
online (\$40)  
or get some at a  
Monday meeting (\$25)



*Organic Innovator  
of the Year*

**River Stone Aquaculture  
Innovations**

# What's happening in our community?

8 lovely gardens in Galston, Kenthurst, Dural & Arcadia  
will be open to the public  
Friday, Saturday & Sunday  
17-19 October  
9:30am to 4:30pm.

This year most of the gardens  
are large with plenty to admire.  
Lots of ideas for gardens  
of all sizes.

NB: Chris Jones garden  
in Kenthurst!

For more information and ticket booking  
[www.galstongardenclub.com.au](http://www.galstongardenclub.com.au)

Tickets can also be purchased  
at the Galston Club  
or at any of the gardens.



# What's happening in our community?



## Blue Mountains Planetary Health Initiative Food Security Fair

18th October - 9am – 4 pm

Presentation : 11:30 – 12:10 am

**How to build a solar powered food dehydrator with Nev Sweeney**

Google: [Blue Mountains Food Security Fair](#)

## Hawkesbury Earthcare Centre

What a great opportunity to get back in touch with nature and people!  
EarthCare meets for general maintenance on the first Saturday of each month.  
Feel free to visit the centre in Richmond.

Follow them via their website for more events.

<https://www.facebook.com/p/Hawkesbury-EarthCare-Centre-HDRAA-100042370012409/>



# What's happening tonight?

## The Human Microbiome

What is it?

How does it relate to Soil?



Presented by Greg Meyer

### Good News

local and from all around

### Hot Spot

Trees and  
People have a  
lot in common

<https://youtu.be/XFXm>

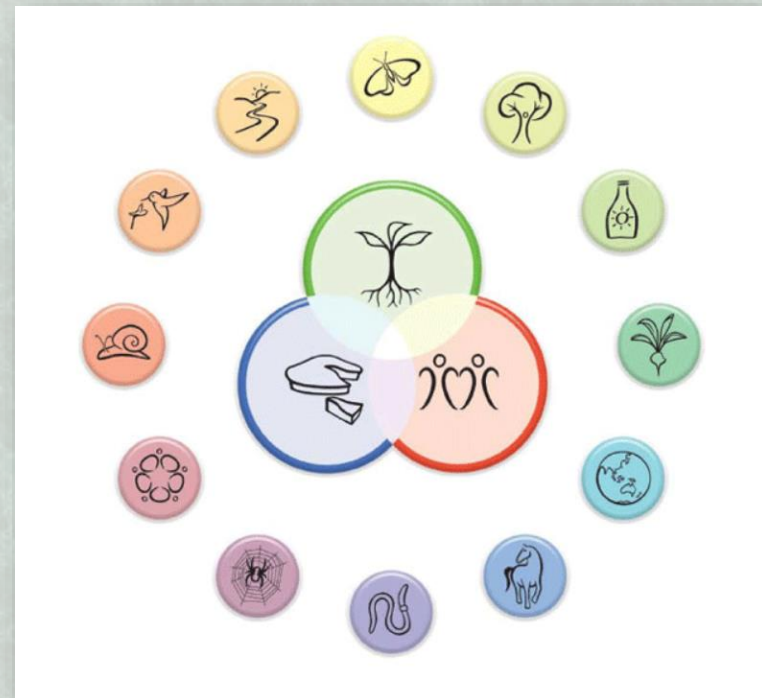
[TJfuVMw](https://youtu.be/XFXm)

7:40 mins

## Which Permaculture principles are we addressing tonight?

At each meeting, we aim to incorporate or point out as many of the 12 principles as possible.

- How do we see them in action?
- Are we using them in our own gardens?
- Are we applying them in our daily lives and interactions?



# Next Living Skills Event

Already happened! 😊



## SOAP MAKING

SUNDAY, 12 OCTOBER | AT  
1 PM

### Living Skills Workshop

Join Roberta and Sonia for a fabulous soap making workshop. You will come away from the session with the skills to make your own soap as well as some sample soap you will make on the day.

Cost: TBA

Limited numbers

Venue: Rouse Hill

Bring an apron and wear long sleeves as lye can splash and stain

something to share for afternoon tea is always welcome

RSVP  
Sonia Dyer  
[sonia.barber66@gmail.com](mailto:sonia.barber66@gmail.com)

# Garden Design / Blitz coming up soon

Date: November

Venue: **Baulkham Hills**

This is a wonderful opportunity to assist someone who is preparing to set up a functioning permaculture garden.

*Out with the old and make place for the new!*



# Our local Community news



**GOOF 1 Spring 25** workshop series.

1. Intro to Permaculture & the cycles of Nature
2. Soil – create and maintain
3. Plants & IPM
4. Seeds

*Completed!*

5. Growing Food All Year Round *To go!*





# Community

Ambrose Hallen Park  
Bungaree Community Garden



Saturday 1<sup>st</sup> November, 10:00am

Venue: Ambrose Hallen Park, Bungaree Community Garden, Toongabbie

*20th Anniversary Open Day*

*Invitation*

We are delighted to invite you to join us in celebrating the 20th Anniversary of the Bungaree Community Garden. To mark this special milestone, we are hosting an Open Day where friends, family, local councillors, council liaison officers, and members from other community gardens will gather for a morning of good company and light refreshments.



## Crop Swap –

Thank you to all our contributors!

1. Please bring your goods to the Crop Swap table before the meeting starts.
2. *After the formal part of the meeting, the Crop Swap table will re-open.*



## PSW Library

You can check out books from the PSW library online.



They will be ready for you at the following Monday meeting 😊

# Recycle Table

Thank you to our contributors and active recyclers! 😊



# Seed Savers request

Huge thanks to Lynne, Mark and the Seed Saver Team for the ongoing dedication to growing the PSW seed bank.

Many, many hours, huge efforts but also lots of camaraderie and skills learned along the way. 😊

And...

they do need our help!



Please consider growing some of your plants and letting them advance to seed stage.

They need more seeds to be returned **to keep the seed bank viable!!**

If you don't know how to harvest for seeds or collect seeds, they **will take dead plants that have seeds attached.**

**Even better,** they want the seeds and the plant matter around the seeds.

Not whole plants.

Not living plants.

*Thank you!*

# PSW Suppertime



Contributions to the supper table are always welcome 😊

We provide the tea  
and coffee.  
You bring the mug!



No paper cups supplied – Sorry!



If you are interested in learning more about bacteria and what they do for all of us, check out these references:

<https://youtu.be/27IMmdmy-b8?si=v8uPiV3ktFTz2XB7>

The microbial jungles all over the place and you.

<https://youtu.be/pHLP5CZMnL4?si=nXRhaG75j1n9zQ7V>

The invisible universe of the human microbiome.

<https://youtu.be/pHLP5CZMnL4?si=nXRhaG75j1n9zQ7V>

The industrialised Gut microbiome

<https://youtu.be/zS14hoZIPqc?si=QqVPDRJcXgr-Xk6l>

The Industrialised gut microbiome.

[Home - Rethinking Economics Australia](#)

[Meet your microbes Jonathan Eisen](#)

The single greatest lesson the garden teaches  
is that  
our relationship with the planet need not be zero-sum  
and that  
as long as the sun still shines  
and people still can  
plan,  
plant,  
think and  
do...  
we can,  
If we bother to try,  
find ways to provide  
for ourselves  
without diminishing the world.

Michael Pollan



220 varieties of plants in this Sydney based edible garden