



August 2014

Special points of interest:

For those of you who are not aware but the Bremer Catchment Association celebrated its 18th birthday this year.

Date Claimer:
16th October
AGM

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Presidents Message

For those of you who are not aware but the Bremer Catchment Association celebrated its 18th birthday this year. At a time (not so long ago in my mind anyway) such a momentous occasion was cause to celebrate with family and friends with a few cold drinks. However this apparent 'coming of age' for the BCA seemed to pass without too much fanfare.

Initially established in 1996 with great support from the Ipswich City Council the BCA has been involved with various projects across a number of geographical areas in the Bremer Catchment region. For a couple of projects in particular awards were received for the work undertaken by BCA, its dedicated and loyal members. This is a huge credit to all those involved at the time.

Yet today the BCA remains relatively unknown in the wider community areas. I've heard questions raised at a couple of meetings like 'Who is the Bremer Catchment Association'? - 'What does the Bremer Catchment Association do exactly'? - 'Why do they bother to do that work for - shouldn't the Ipswich City Council be doing that'?

I believe in the past several months the BCA has begun to showcase its fine history. Firstly the inaugural 2014 Ipswich Enviro Forum was attended by BCA members, where the historical aspects of BCA and community involvement were presented. In most recent times similar information was also delivered at the Society for Growing Australian Plants (SGAP) July 2014 meeting. Understandably some feedback from these events were received and good comments made on the long term history of BCA in the region.

However to be more obvious and prominent in the public eye and purvey a 'not for profit community image', It's a belief that the BCA will need to target local media and have 'set' articles published. This can be achieved relatively easily by having articles 'ready to go' into local papers *et cetera*. Targeting this type of media would put BCA in a position where local council and other community groups, understand that the BCA are championing the cause to care for the environment and assessing long term sustainability for the sensitive catchment region.

Stay safe and I look forward to meeting up with each and everyone during 2014.

Gary H Cochrane
President
Bremer Catchment Association

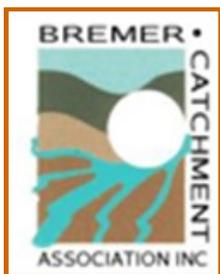


Happy 18th Birthday



Bundamba Creek

Successful grant applications have provided valuable financial support for the BCA



Biography for Bremer Catchment Association (BCA)

As we have a number of newer members in BCA I thought it would be appropriate to write a little of the history of the organisation.

Formed in 1996, the Bremer Catchment Association (BCA) was initially established by Ipswich City Council to liaise with like-minded community groups, who share a passion for the Bremer Catchment Region. During this time the BCA has continually supported many Ipswich City Council (ICC) initiatives, including South East Queensland Catchments (SEQ) work programs, in their efforts to improve the Bremer Catchment Region.

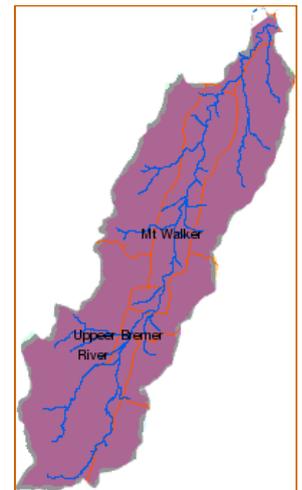
As a local 'not-for-profit' volunteer based community group, the BCA is very proud of its achievements and continues to improve the strong emphasis on healthy sustainable catchment issues within the Bremer Catchment Region. During the past 18 years BCA has supported various community based projects, with the view and focus on environmental management of the valuable Bremer Catchment estuary system.

Successful grant applications have provided valuable financial support for the BCA, which has carefully managed a number of projects using this money in the Bremer Catchment Region. These projects include the following:

- Two (2) Water Quality Monitoring Programs in the Bremer Catchment Region (2005, 2013).
- Revegetation of estuary regions (Peak Crossing. Gained (2008) Healthy Waterways Award.
- Revegetation of Parkland North Ipswich Wetlands. Extensive rock stabilisation/vegetation plantings took place. BCA established an account for this project.
- Weed Management Equipment in the Warrill and Upper Bremer Catchments. Two spray machines maintained by BCA for the use of land holders.
- Erosion Stability works in Upper Bremer 2013. (Mt Walker Hillside Erosion Project).
- Blue Gum Nature Reserve – 20/11/2010. BCA organised a tree planting open day.

With a range of ideas for future projects, the BCA and its group of local volunteer 'like-minded' members are mindful of future development in the Bremer Catchment Region. Urban development of the region is being planned and monitored by local Council, with BCA remaining concerned about long term effects on the sensitivity issues surrounding estuary and river systems within the catchment.

It is anticipated that local Council working together with these local community groups, will not only preserve sensitive areas, but will manage the estuary and river systems more diligently and appropriately. By working together, instead of several separate entities, a holistic approach will ensure the health and sustainability of these estuary and river systems does not decline.



Our Mission -

To create a healthy, enjoyable, productive Catchment

Whole black carrots reveal the key to gut health Dr Anneline Padayachee

Black carrots have revealed how fruit and vegetables help maintain gut health and reduce the risk of developing cancer.

The antioxidant compounds they contain combine with fibre to play an important role in protecting the colon from cancer, Dr Anneline Padayachee from the University of Queensland has discovered.

The compounds, known as polyphenols, are released from the plant cell during chewing. However, Anneline found that the majority of polyphenols are bound to fibre during this process. She found they were not free for absorption until they reached the colon in the final stages of digestion.

“Black carrots—which are actually deep purple—are packed with polyphenols similar to those which give blueberries and red wine their vivid colour. Anneline’s work showed that these compounds became bound to the fibre during chewing and remained bound throughout digestion in the stomach and small intestine. We discovered that fibre not only works as a ‘bowel scourer’, but is also able to safely traffic polyphenols to the colon, where they are involved in gut health protective mechanisms,” Anneline said.

Bacteria in the gut finally break down the fibre-bound polyphenols before the fibre itself is excreted. Products resulting from digested polyphenols then protect the colon from cancer.

“So, to gain the benefits of polyphenols, you need to consume everything – the whole vegetable or fruit, including the fibrous pulp if you’re juicing it. Not only will you have a clean gut, but a healthy gut full of protective polyphenols.”

Anneline hopes her work might also help uncover medicinal uses for plant fibre in targeted treatments of dietary conditions.

She worked on this research project with the ARC Centre of Excellence in Plant Cell Walls, the Centre for Nutrition and Food Sciences at the University of Queensland and CSIRO.

For more information go to:



Anneline Padayachee in the lab

“Black carrots—which are actually deep purple—are packed with polyphenols similar to those which give blueberries and red wine their vivid colour.”

Fresh Local Produce

THE Scenic Rim, an area within the Bremer Catchment, is home to some of Australia’s leading fresh food producers.

Vegetables, fruit, flowers, cheese, wine and cattle are all available in abundance throughout the area, proof that the local conditions and climate are well-suited to rural production.

The fertile alluvial soils of the Fassifern Valley, which stretches between Boonah, Kalbar and Aratula in the west of the region, have for hundreds of years grown tasty, fresh and healthy crops in abundance.

The Valley is particularly known for its carrot crops, and between June and December is responsible for producing about 90 per cent of

Queensland’s carrot supply and about 30 per cent of the national supply.

An abundance of fresh water, combined with soil rich in nutrients and a sub-tropical climate are a recipe for great fresh food and are the reason why the Fassifern Valley is often referred to as the ‘food bowl’ of the region.

Many of the local farming families are now in their third and fourth generations of horticultural production. Over the years these families have kept pace with the times and boast world-leading agricultural technology, which ensures they remain at the forefront of the industry.



Red and Purple Carrots



In Queensland, it is illegal to light a fire in the open without a permit.



Whether you live in the city, on the urban fringe or in regional or rural Queensland, it is essential you have a Bush-fire Survival Plan.

In Queensland, fires can be restricted by the declaration of [fire danger periods](https://ruralfire.qld.gov.au/Using_Fire_Outdoors/Fire_Danger_Period/) (https://ruralfire.qld.gov.au/Using_Fire_Outdoors/Fire_Danger_Period/), [local fire bans](https://ruralfire.qld.gov.au/Using_Fire_Outdoors/Fire_Bans_Restrictions/) (https://ruralfire.qld.gov.au/Using_Fire_Outdoors/Fire_Bans_Restrictions/) and a state of fire emergency bans.

When a fire ban is in place:

- Lighting fires in the declared fire ban area is prohibited (special conditions or exemptions may apply)
- All open fires are prohibited
- All fire permits previously issued in the area are cancelled
- Special conditions (or exemptions) may be imposed.

Phone the Fire Ban Information Line on 1800 020 440 (free call) for information on current fire bans.

In Queensland, it is illegal to light a fire in the open without a permit.

Exemptions include:

- Fires less than 2 metres in all directions (these fires are not exempt during fire danger periods. During these periods, you must obtain a permit from a fire warden)
- BBQs and campfires (for cooking) lit in a properly prepared fireplaces
Certain fires used by primary producers and for industrial purposes.

To [apply](#) for a permit to light fire you must:

- Contact your local council to see if you can have a fire and if you need written permission from the council.
- Contact the owners/occupiers of the land adjoining the property where you want to light a fire and advise them of your intention to apply for a permit. You need to allow them 72 hours in which to contact the Fire Warden and raise any concerns regarding the intended fire. Record the time you contact them on the [application form](#) and note if they have made any objections
- Complete both sides of the application form

Contact your [local fire warden](http://www.ruralfire.qld.gov.au/fw_finder.asp) (http://www.ruralfire.qld.gov.au/fw_finder.asp) to submit your application.

In Queensland local fire wardens administer fire permits. In urban areas, your fire warden is usually at your local fire station. In rural areas, fire wardens are usually [volunteers](http://www.ruralfire.qld.gov.au/Volunteering/) (<http://www.ruralfire.qld.gov.au/Volunteering/>)



For more information go to: https://ruralfire.qld.gov.au/...Fire.../Obtaining_a_Permit_to_Light_Fire/

New major study finds organic food more nutritional

The largest study of its kind has found that organic foods and crops have a suite of advantages over their conventional counterparts.

The largest study of its kind has found that organic foods and crops have a suite of advantages over their conventional counterparts, including more antioxidants and fewer, less frequent pesticide residues.

The study looked at an unprecedented 343 peer-reviewed publications comparing the nutritional quality and safety of organic and conventional plant-based foods, including fruits, vegetables, and grains. The study team applied sophisticated meta-analysis techniques to quantify differences between organic and non-organic foods. "Science marches on," said Charles Benbrook, a Washington State University researcher and the lone American co-author of the paper, published in the *British Journal of Nutrition*. "Our team learned valuable lessons from earlier reviews on this topic, and we benefited from the team's remarkable breadth of scientific skills and experience."

Most of the publications covered in the study looked at crops grown in the same area, on similar soils. This approach reduces other possible sources of variation in nutritional and safety parameters. The study was led by scientists at Newcastle University in the United Kingdom, with Benbrook helping design the study, write the paper, and review the scientific literature, particularly on studies in North and South America. In general, the team found that organic crops have several nutritional benefits that stem from the way the crops are produced.

A plant on a conventionally managed field will typically have access to high levels of synthetic nitrogen, and will marshal the extra resources into producing sugars and starches. As a result, the harvested portion of the plant will often contain lower concentrations of other nutrients, including health-promoting antioxidants.

Overall, organic crops had 18 to 69 percent higher concentrations of antioxidant compounds. The team concludes that consumers who switch to organic fruit, vegetables, and cereals would get 20 to 40 percent more antioxidants. That's the equivalent of about two extra portions of fruit and vegetables a day, with no increase in caloric intake.

For more information: WeedsNews5051 July 24, 2014

Whoever said the Australian rural town is dying a slow death hasn't been to Boonah.

This country town is buzzing. Walk down the main street and you'll feel the energy. Farming is still the main industry. In winter about 90% of Queensland's carrots are grown here, as well as a good section of other vegetables, grain crops, beef, pork, poultry, grapes and olives.

In recent times Boonah has welcomed a new crowd and is a popular 'tree-change' destination for people seeking a slower pace of life.

The scenic countryside surrounding the town features rolling green hills, vineyards, vegetables and lucerne crops and mountains.

Call into the Visitor Information Centre or the local camping shop for more details on how to make Boonah your own.





Disclaimer

While we hope that you will find this publication informative, BCA does not guarantee that the information herein is without flaw, or is wholly appropriate for your particular purpose. We therefore disclaim all liability for any error, loss or other consequence, which may arise from you relying on any information in this publication.

Class	Land Use	Management Options
I	Can be regularly cultivated	This is land with few or no limitations. With good management it is suitable for long continued cropping, without special practices. Nearly level land, deep soil, erosion hazard is low, climate is favourable for a wide range of cultivated crops, pastures or forest.
II		This is land with slight limitations. It is arable land and limitations are few and the practices are easy to apply. Often requires moderate conservation practices such as strip cropping, stubble mulching.
III		This land with moderate limitations. It is arable land but limitations may restrict the choice of plants grown or require special conservation practices or both, eg. banks & waterways.
IV	Grazing	This is land which is subject to severe limitations but is suitable for occasional but not regular cultivation. It is primarily grazing land.
V		This is nearly level land which has little or no erosion hazard even if cultivated, but with other limitations not practical to remove that prevent the normal production of cultivated crops.
VI		This is land which has such severe limitations as to make it unsuitable for cultivation but it is suitable for grazing or forestry subject to only moderate limitation in use.
VII	Tree Cover	This is land with very severe limitations which make it unsuitable for cultivation and that restricts its use even under grazing or forestry use.
VIII	Unusable	This land with such severe limitations that it is not suitable for cultivation, grazing or commercial forestry.

