

CLEAN & GREEN

AUTUMN NEWSLETTER

HOW TO...

successfully
plant
Bottlebrush
trees this
Autumn!
pg 6

The truth about
**Australian
landfill
waste!**
pg 3

pg 8

Root Vegetables

Spotlight on Carrots &
their health benefits!

Plus

an Easter Special recipe!

Autumn News

*Your seasonal
planting update!*

Growing sweet crops,
to changing leaves
& more here!

pg 5

Earth's Bestie!

All about Worms here!

Read more... pg 4

Why Composting?

Benefits & organic tips!

Read more... pg 4

Autumn Soil Sale!

Call **0434 208 513**
for Clean & Green soil





Contents

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FEATURES:

Contents Page

Thinking Recycling

Recycling stats and facts page..... 3

Nature's Best Friend... Earth Worms

Earth Worms segment..... 4

Why is Composting so Good?

Composting benefits..... 4

Your Guide to Autumn Planting

Unique articles for Autumn 2020 gardening..... 5

How to Grow Sweeter Crops..... 5

Changing Leaves..... 5

Sustainable Gardening..... 5

How to Successfully Plant Bottlebrushes

Autumn 2020 gardening feature spread..... 6

Clean & Green Organics Soil Conditioner

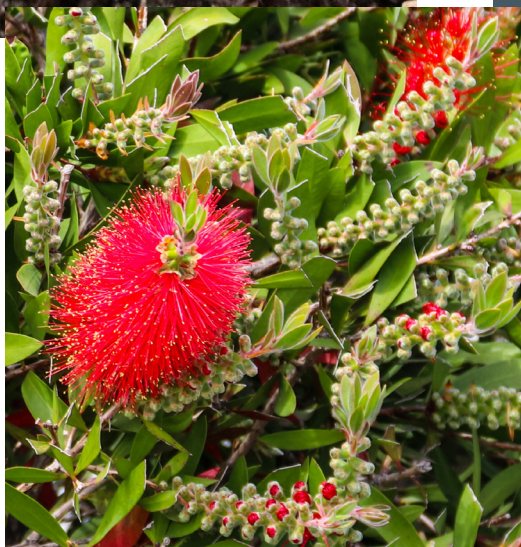
Soil Conditioner Information..... 7

Time for Carrot Season

Autumn 2020 food & planting feature spread..... 8

Bonus Easter Recipe..... 9

Source & Article References..... 10

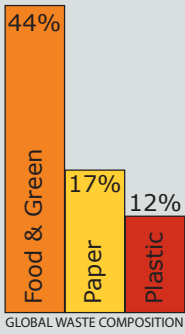


Check out **Clean & Green Global Solutions** website to discover more information about Clean & Green services, news & special offers!

www.cleangreenrecycling.com.au

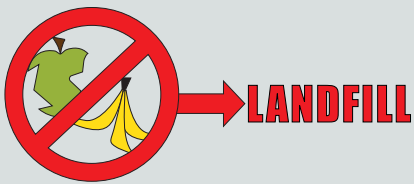
Think Recycling

Read eye-opening and reliably-sourced recycling facts and stats from Australian and international waste sources.

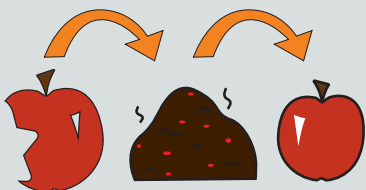


44% of the global waste composition is organic (food and green) waste, followed by 17% paper and cardboard waste and 12% plastic waste.

Globally, most waste (approx. 70%) is dumped in landfills, while only 19% is repurposed through recycling or composting.



Europe has banned unprocessed organic waste from landfills, therefore must compost or reprocess organic waste into energy, creating a sustainable circular economy.



Australia recycles around half of the total organic waste produced nation-wide, reducing total waste contributions to landfill. The recycling rate increased from 39% to 52% (2017), which is a major positive!



1996

Australia produced 22.7 Mt of landfill waste and recycled only 7% (1.5 Mt) of this waste.

Waste to landfill was 21.2 Mt in 1996.

2017

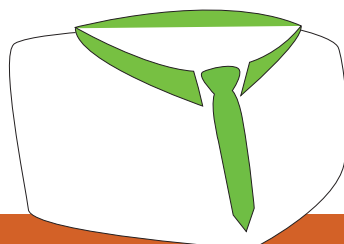
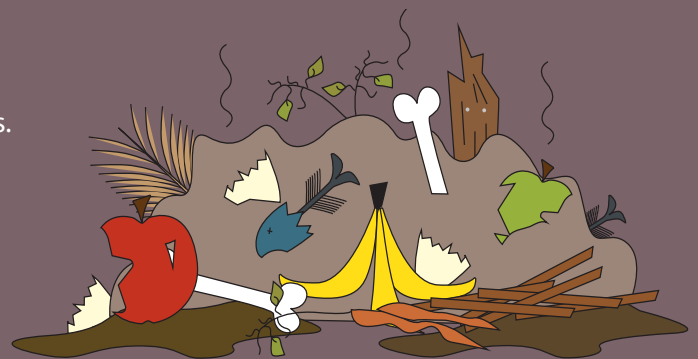
Australia produced 54.5 Mt of landfill waste, recycling 58% (31.7 Mt) of this waste.

Waste to landfill in 2017 was 21.7 Mt.

Australia's volume of waste produced each year is increasing due to growing population and demand, however our waste to landfill is not, which can be attributed to Australia's conscientious and rigorous recycling efforts!

Around half of 21 Mt landfill waste is organic waste.

Organic waste breaks down anaerobically, producing methane and greenhouse gases. The best solution is to repurpose organic waste through composting.



Create a circular economy by designing and influencing an entire value chain of recycled resources from wasted materials. Initiate **green collar jobs** in our society that support sustainable industries.

Want to adopt recycling practises in your business?

Clean & Green Global Solutions provide circular economy business sustainability services. Visit our website, call or email to find out how we can help!





Nature's best friend... Earth Worms

Clean & Green Organics are crazy about worms!

These little but amazing creatures are responsible for the decomposition of organic matter found in soils and composts.

Their bodies act like tubes - sucking in organic matter from one end, digesting and breaking down the nutrients in the middle, and depositing fertile material out the other end.

Worms breathe through their skin, which must always be moist. That's why they love cold, damp and dark places - like the soil!


Worms help break down complex organic matter, like citrus fruits or manures, that decompose very slowly in normal composting processes.


Worms multiply in magnitude! In any 1m² space there could be up to 432 worms. And growing!


They are hungry buggers - consuming up to 75% of their body weight in food every day. So having worms in your compost soils are perfect feed!


Remember to treat your worms well by giving them lots of feed and damp shade, and they will take good care of your soils and gardens!

Why Composting is so good?

 Composting is the recycling of organic materials through decomposition and decaying processes.

 Composting acts as a carbon filtration system - trapping the elements in the soil and revitalising crops and plants with essential nutrients and minerals.

 According to the EPA, composting eliminates 99.6% of Volatile Organic Compounds (VOCs) from the air, which would otherwise cause human and environmental harm.

 Composting reduces organic waste from ending up in landfills and reduces human carbon footprint.



Your guide to Autumn Planting

Growing Sweeter Crops

A study from Canada has shown that growing crops in the off-season produces sweeter veggies and fruits in the following season.

The "Brix" unit, measuring sugars in liquid, showed an increase in sweetness for sprouting carrots planted during the previous years' off-season.

Our Australian autumn and winter seasons are the perfect "off-season time" to plant our favourite fruits & veggies, so that in the following year they are sweet and tasty!



Changing Leaves

Ever wondered why tree leaves change colour in Autumn? It's all chemical...

In order to preserve energy during the colder months, trees transfer their chlorophyll and nutrient stores from their leaves into their trunk and roots.

This naturally causes the colour of the leaves to change from green to orange and red.

Yellow, orange, red or purple pigmentations are produced before remaining leaves drop to the ground.



Sustainable Gardening

Fallen leaves littering your garden or filling up your green bins?

An eco-friendly practise you can adopt this Autumn is to re-integrate your fallen leaves into your garden to enrich soil nutrients.

Finely shred your leaves using a lawn mower and mix into your soil composts or mixes.

Alternatively, you can add these shreds to your compost pile or as top mulch in your garden beds for insulation over the Winter months.



How To...

successfully plant bottlebrush trees

Bottlebrush plants
LOVE full sun,
but need moist soils
in order to survive.
Water regularly!

Feed your

bottlebrush plants with

Clean & Green Organics'

nutritionally-rich

& organic

soil conditioner.

The Bottlebrush

The *Bottlebrush* is an Australian native plant mostly occurring along East coast and South-East Australia regions & in South-West Western Australia. The bottlebrush is a tall plant varying from half a metre to 12m tall. There are several types of bottlebrush plants: but in Western Sydney NSW the more common naturally occurring types are the *prickly*, *crimson*, *lemon* and *willow* bottlebrush(es). Bottlebrushes make excellent hedges and screens for gardens or fencing. The Bottlebrush after a year of care and strong growth produces beautifully coloured flowers.

Read below to learn how to plant & grow your own **Crimson Bottlebrush** plant:



Planting my Bottlebrush tree

The Crimson Bottlebrush is a sturdy shrub capable of growing in hot and dry climates. This plant needs wet to moist soil for strong growth, therefore needs frequent watering during initial planting stage and regular watering afterwards. The Crimson Bottlebrush needs full sun or half shade for excellent growth too.

Planting steps:

1. If planting in ground, dig a hole twice as wide and deep as the plant root ball.
2. Place bottlebrush into hole and backfill with soil. For best results use **Clean & Green Organics' soil conditioner** to coat the roots. This will ensure sufficient nutrient supply and will retain moisture in the roots for optimal growth.
3. Form a doughnut of soil on the ground surface around the newly planted roots. This will help keep water localised around the roots.
4. Water thoroughly to settle soil and moisten roots.
5. Mulch base of tree to trap water in the soil.



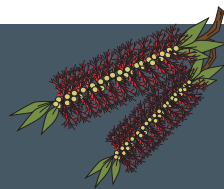
Caring for my tree

We recommend following these caring steps to encourage strong and durable plant growth:

- Top up soil nutrients in Autumn and Spring yearly using **Clean & Green Organics' soil conditioner** to replenish depleted plant nutrients. This will also promote strong root development and flowering.
- Regularly water. Bottlebrushes need moist soils to survive. Also ensure the plant is exposed to full sun.

Clean & Green Organics Soil Conditioner

Clean & Green Organics' soil conditioners have a high moisture content and density to ensure maximum garden water retention. This enables the micro-organisms to thrive and produce healthy crops and plants. Its soil conditioners are nutrient-rich, containing minerals such as nitrogen and phosphorous necessary for garden growth and health. Clean & Green Organics proudly produce soils which are odourless and made using only organic materials to Australian Standards.



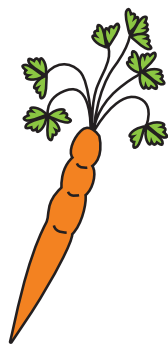
Bottlebrush Tips

1. Plant 4 to 6m away from any buildings. Due to their potential size, Bottlebrushes need room to grow and will grow quite bushy.
2. Prune after flowering to promote compact growth.
3. Plant Bottlebrushes in a consecutive line to create a screen or hedge.

Organic root vegetables picked from the **Clean & Green Organics'** site garden, freshly grown in **our** nutritionally-rich & organic compost soil.



Time for Carrot Season!



As the colder season approaches, it's time to start cooking our beloved warm stews and roasted vegetables! The season for root vegetables is in full swing and there's nothing better than the taste of fresh, organically-grown vegetables to bring out the flavours in our cooking!

Root vegetables comprise of any vegetables grown in the soil - carrots, sweet potato, beetroot, lettuce, parsnip, turnip, onions, pumpkin - to name a few! These veggies are high in vitamins, minerals and energy, and are an excellent source of fibre.

In the spirit of Easter, fast approaching this season, **carrots** are under the spotlight, known for their high nutrient content and major health benefits.

Carrots possess antioxidants to fight against sickness and are known to lower cholesterol in humans and animals. They are packed with vitamins A and K, and have properties which lower the risks of vision degeneration associated with age, and some types of cancers. Eating carrots this season might literally be the best thing for your health!

Need soil to get started?

Clean & Green Organics' soil conditioner and compost mixes are bursting with essential nutrients and micro-organisms necessary for healthy plant and root growth!



Easter time is around the corner!

Grow your own garden carrots to surprise the Easter bunny with a fresh treat this year!



How to grow my own perfect carrots?

1. Make conical holes in your soil, about 10-20cm deep, leaving enough space between each hole.
2. Sow carrot seeds into holes and water thoroughly.

This will produce your own rounded-shaped carrots like you see in the supermarkets!



Why should I eat seasonal fruits & veggies?

- **Supporting local** businesses and farmers.
- **Saving money**; since food is locally sourced and therefore not adding import or travel costs to price of product.
- Food is **fresh & naturally** ripened.
- **Educates** communities about self-gardening.

Our soils are made to Australian standards with only organic materials!
Call **0434 208 513** today to order soil,
or visit www.cleangreenrecycling.com.au for more information about our services.

EASTER RECIPE CARD

Honey-glazed Carrots



Prep Time: 5mins **Cook Time:** 10mins **Serves:** 4 people

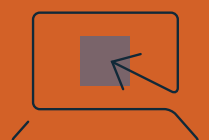
Ingredients:

- Ground pepper
- Salt
- 500g organic baby carrots
- 2 tbsp butter
- 2 tbsp honey
- 1 tbsp lemon juice
- 1/4 cup chopped parsley

Method:

1. Bring water to boil in medium saucepan, add salt, add carrots and cook until tender (5 minutes).
2. Drain water, return carrots to saucepan, adding honey, butter and lemon juice.
3. Cook for 5 minutes until a glaze coats the carrots.
4. Season with salt and pepper, and garnish with parsley.

Over Carrots yet?... Try these Autumn Veggies!





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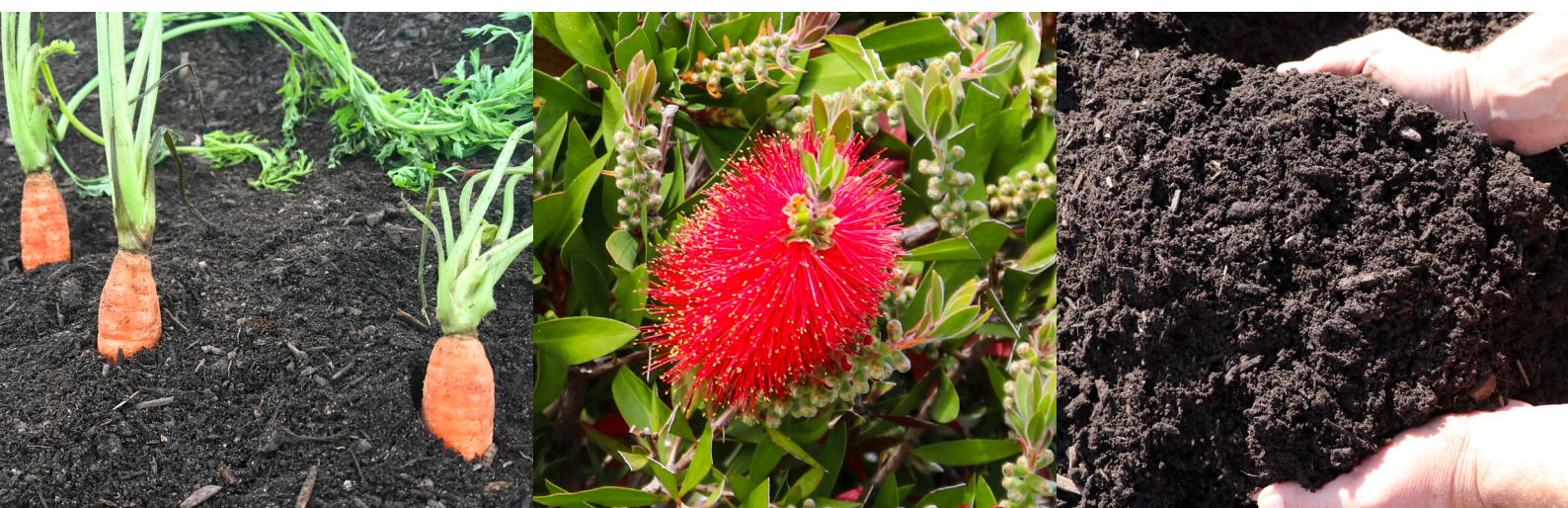
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