

My Healthy Soil Project

NEWSLETTER

15th May 2025

Community food forest news

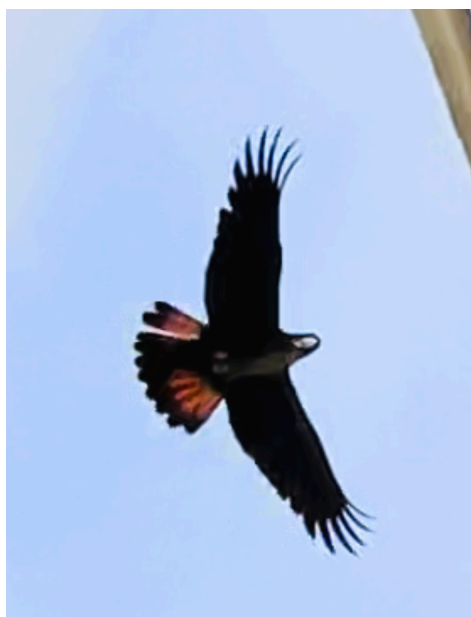
There's been quite a bit happening at the food forest including:

- Regular watering by volunteers over the summer and autumn (when will the rains come?)
- Re-establishment of the community composting hub at the food forest with a small band of volunteers preparing co-composted biochar for the food forest and proposed Black Cockatoo forest.

With the cooler weather we are planning regular busy bees every second Sunday at the food forest with associated events and BYO drinks and nibbles afterwards. See the events schedule below. A major event will be celebration of the food forest's 2nd birthday at the end of June.

There has been quite a bit of interest in the food forest, especially the use of biochar and compost when planting the original and subsequent trees. This has held it in good stead for the dry, hot seasons we are having.

Black Cockatoo forest news



We are now planting an expanded area of over 100 square metres with the planting confirmed to occur on **Sunday 27th July** which is **National Tree Day**. To register as a volunteer for the planting go to this page <https://treeday.planetark.org/site/10030970>

Before the planting and on the day we will need volunteers to assist with a variety of roles. Already we have volunteers assisting with making and turning the co-composted biochar which we will be using to improve the sand before the planting.

The other great news is that we have received two grants from the City of Vincent for expenditure over the 2025/2026 year for the purposes of:

- Creating interpretive signs/displays and associated education program for the Black Cockatoo Forest and the existing Community Food Forest.

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- Purchasing seedlings for stage 2 of the Black Cockatoo Forest which will occur between May/June in 2026.

Again we will need volunteers to assist with both of these projects so contact me if you would like to help.

Black Cockatoo forest project briefings and site tours



Four people turned up to join our first organised tour of the proposed Black Cockatoo forest site and surrounding area on Sunday 4th May. After viewing the existing Community Food Forest and proposed Black Cockatoo Forest site along with the composting operation, we then did a short walk around the area to see what plants we could find which will be planted in the

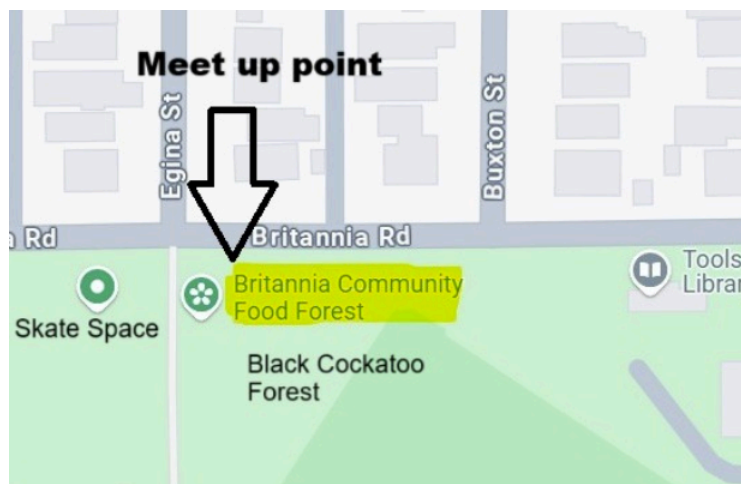
forest. We found about 7 species including this *Banksia menziesii*, commonly called Firewood banksia. Afterwards we all shared some nibbles and drinks while having a chat under the Moreton Bay Fig. We will run these tours regularly as per the schedule above.

Coming events

Through May, June and July we will be having regular events at the Britannia Community Food Forest. Every second Sunday between 3.30-5pm we will be having regular busy bees which will coincide with drinks and snacks at 5pm. We will also be conducting regular tours of the food forest and the proposed Black Cockatoo forest. There will include a short walking tour of the surrounding area to see some of the trees and shrubs we will be planting in the Black Cockatoo forest. In addition to the major planting day of the Black Cockatoo forest on National Tree Day Sunday 27th July we will also be undertaking a planting of garden beds at the second birthday of the food forest on 29th June.

These events are being held at the Britannia Community Food Forest unless otherwise indicated. See location map below.

When	What
Saturday 17th May 8am - 1pm	City of Vincent Native Plant Sale*, Birdwood Square
Sunday 18th May 3.30 - 5pm	Food Forest Busy Bee Black Cockatoo Forest Tour
Wednesday 21st May 5-6pm	Black Cockatoo site visit and discussion with Dr Grey Coupland
Sunday 1st June 3.30-5pm	Food Forest Busy Bee Black Cockatoo Forest Tour
Sunday 15th June 3.30-5pm	Food Forest Busy Bee Introduction to Composting Workshop
Sunday 29th June 3.30-5pm	Food Forest 2nd Birthday Celebration Planting Day 🎉🍰🌱
Sunday 13th July 3.30-5pm	Food Forest Busy Bee Black Cockatoo Forest Tour
Monday 14th July 6.30-8.30pm	Movie Night - Making a Mini Forest Plus Q&A with Dr Grey Coupland
Sunday 27th July 1-4.30pm	National Tree Day 🌳 Black Cockatoo Forest Planting (The Big One)



For all events:

- Wear walking shoes (for a short 300 metre walk) and dress appropriate for the weather.
- Bring a drink and snacks to share afterwards.

Contact Ian at ian.kininmonth@ttv.org.au or call 0401 521 895 with any questions.

City of Vincent Native Plant Sale

We'll have a space at the Native Plant Sale in Birdwood Square this Saturday morning so if you're going drop in and have a chat about our My Healthy Soils Project and associated projects such as the Community Food Forest and proposed Black Cockatoo Forest. We'll also have some free biochar, kindly donated by [FASERA biochar](#), for you to trial.

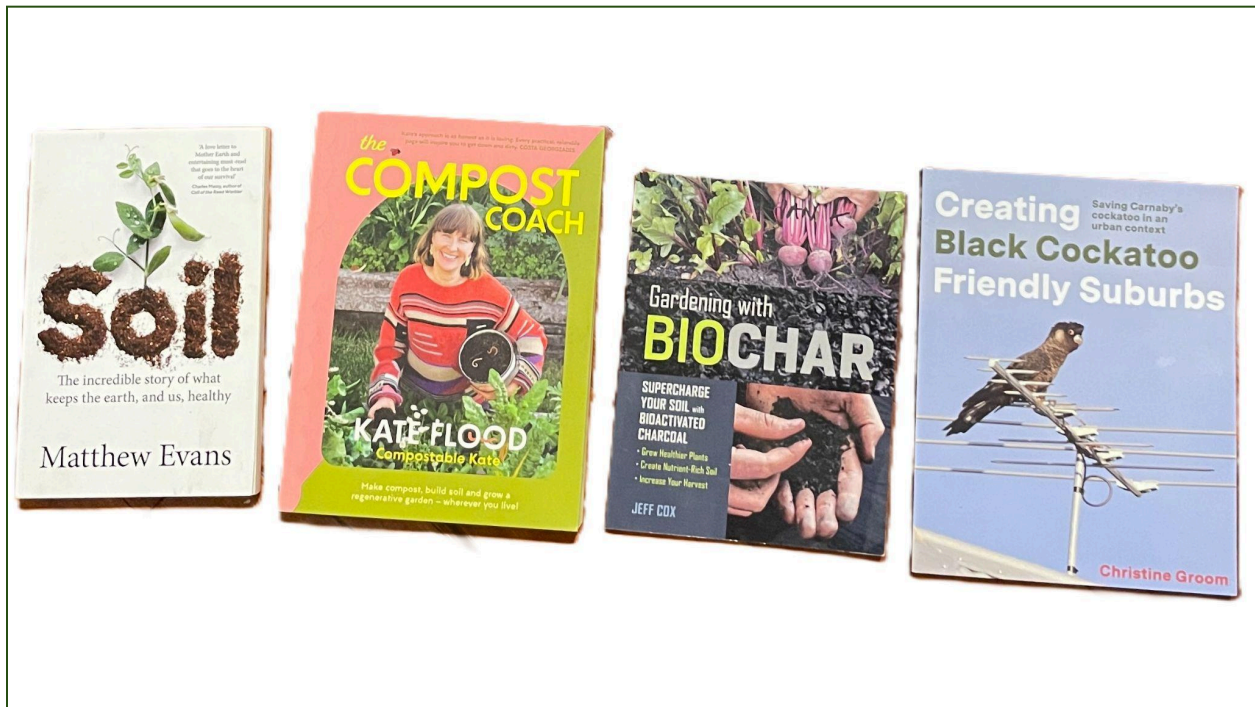
Soil Health App



The Soil Health App was originally prepared by Professor Lyn Abbott as an easy to understand guide for farmers but it has essential and easy to understand information for anyone interested in soil health. The app contains an introduction, a series of videos, an ebook and podcasts. I have referred to the ebook on multiple occasions and found it well structured, communicating in easy to understand language and with lots of handy diagrams and images to help explain things.

The Soil Health App is available for free through the Apple app store as well as the Android equivalent. While I access it on my iPhone I also have a copy on my android tablet which is easy to use. Lyn is also working putting the finishing touches to a book on a book on Soil Biological Fertility which I can't wait to get hold of.

Some recommended reading

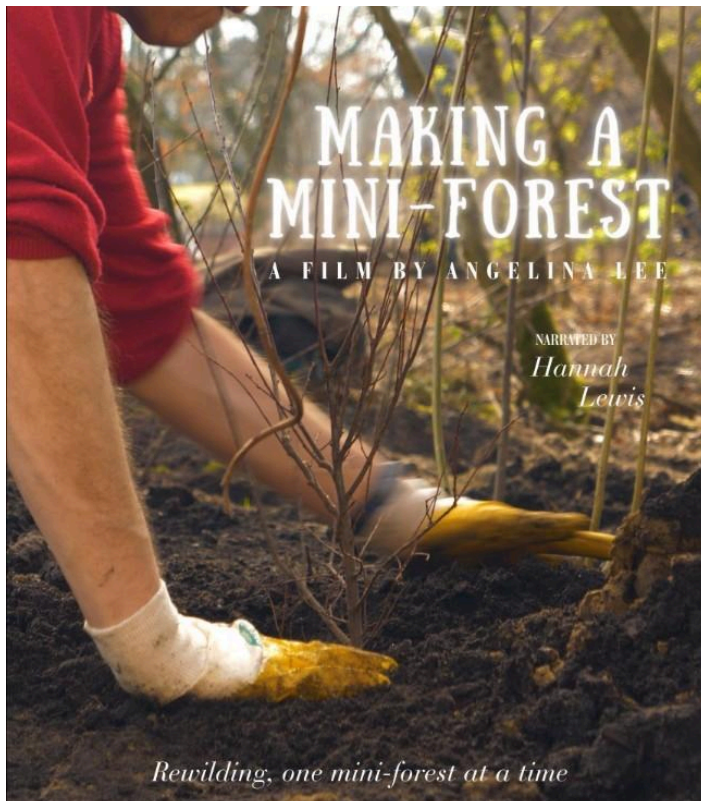


The above books are recommended reading for anyone involved with the My Healthy Soil Project and associated Black Cockatoo Forest project. They are all available through the City of Vincent library. 'Soil' by Matthew Evans is also available as an ebook and as a talking book through Spotify. It is a fascinating read / listen and Lyn mentioned the other day that she is a big fan and is looking forward to hearing Matthew talk in Perth later this year.

I only found out about Dr Groom's book 'Creating Black Cockatoo Friendly Suburbs' a few months ago and then found out that Dr Groom was presenting at the City of Vincent library. Myself, Grey and Steve Lawrence were lucky to be able to promote the Black Cockatoo Forest project at Christine's talk and get a signed copy of her excellent book.

Needing to brush up on my composting knowledge I went to the library and got out a copy of the 'The Compost Coach' by Kate Flood a couple of months ago. There are a number of books on composting at the library but the thing that stood out for me was this was by an Australian. It has turned out to be an excellent book and so I have purchased a copy for myself.

Movie nights



Did you know that Transition Town Vincent (TTV) has regular movie nights on the second Monday of each month? In fact it was the showing of the Black Cockatoo Crisis which helped inspire our Black Cockatoo forest project.

On Monday 14th July we will be showing the feature length documentary 'Making a Mini-Forest' which will be a great lead up to our Black Cockatoo forest planting on National Tree Day. The Black Cockatoo Forest will be planted using Miyawaki/ pocket forest principles. Dr Grey Coupland will also do a short Q&A after the film. More details to follow.

To find out about other movies we'll be showing between now and then [go to this page](#).

It's a wrap

We hosted a couple of great events in April to coincide with a visit by Professor Stephen Joseph from the Australia New Zealand Biochar Industry Group (ANZBIG). Here are a couple of short reports on each along with links to associated resources.

Biochar Workshop on Wednesday 30th April



This workshop was co-hosted with our friends at the North Perth Community Garden and attended by about 14 people including the City of Vincent Mayor, Alison Xamon who came at the start to pledge her support for biochar which is recognised by the International Panel on Climate Change (IPCC) as a carbon dioxide reduction (CDR) technology. In addition to that, it has these qualities which make it great for

addressing a range of urban soil, water and vegetation management issues, which was the focus of the [workshop](#). We also made some biochar in the background while he spoke. A handy booklet summarising some of what was addressed by Professor Joseph is available for [downloading here](#).

Forum and Walking Tour - Transforming the City into a Carbon Sink on Thursday 1st May

This forum was attended by around 15 people and featured talks by City of Vincent Mayor Alison Xamon, Professor Lyn Abbott, Professor Stephen Joseph and myself, Ian Kininmonth.

The aim of the workshop was to raise awareness and facilitate discussion around the concept of using a circular/regenerative urbanism approach to transform urban food and woody waste into carbon rich products such as compost and biochar and sinking this back into the soil to provide benefits such as increasing soil, water and vegetation health while reducing greenhouse gas emissions. I believe that the event achieved its goal and certainly raised the importance of soil health in an urban context, where it is rarely mentioned, unlike in the agricultural landscape. The walking tour to our nearby circularity precinct and food forest was a hit as people could see the concepts being put into action. Available speaker slides are at the base of [this page](#).



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