

in the garden



IN FLOWER THIS WEEK: BORAGE



WITH HORTICULTURIST
TRACEY BOOL
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Borage, *Borago officinalis*, is a free-flowering and self-seeding wonder plant originating from the Mediterranean region, which has many uses, not least as a food source for bees and other beneficial insects.

The delightful mauve flowers brighten up any outdoor space and garden salad; and the plant is a useful ingredient in the compost as it is full of nutrition, particularly trace elements.

Borage can be grown in any full sun to partly shaded position with reasonable drainage and the occasional water. It is especially valued in permaculture gardening systems and the veggie patch, for obvious reasons.

For an interesting read on everything borage go to: permaculturenews.org/2011/01/21/all-about-borage

A flowering Borage: a useful plant in both the kitchen and garden.

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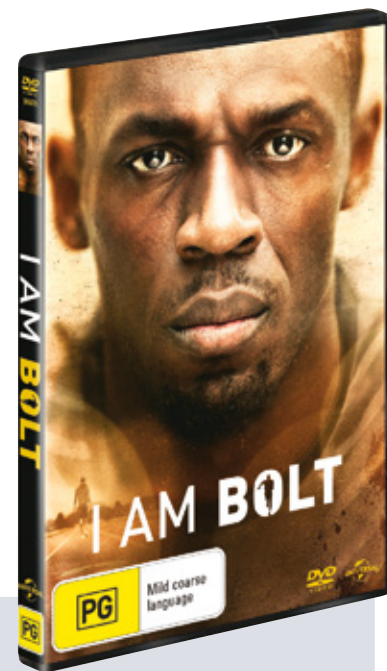
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TRIPLE TREBLE OLYMPIAN

Follow the fastest man alive in the fully authorised, access-all-areas documentary about the hugely charismatic and globally adored Usain Bolt. Nothing is off limits with this up close and personal portrait of the nine-time Olympic gold medallist and sprinting legend as he trains, travels, races and relaxes. See for the very first time what being the world's fastest man is really like – on and off the track – in *I Am Bolt*, in cinemas and available to own on Blu-ray™, DVD and Digital from 28 November.

To mark the release of *I Am Bolt* (PG), you could win yourself and a friend 1 of 5 DVD packs.



Enter to WIN

To enter, email competitions@canberraweekly.com.au with 'I Am Bolt' in the subject field. Tell us your name, full contact details and who is the fastest man alive. Entries close 9am 9 December 2016 and winners drawn same day. One entry per person.

New e-books to read



Growing and Using Mushrooms

The much anticipated *Growing and Using Mushrooms* e-book by ACS Distance Education and John Mason is out now and is aimed at readers who would like to be either home or

professional mushroom growers.

Mushrooms are highly prized for cooking and eating and are not plants, but a fungus. This e-book touches on other genera and species, but is wholly about *Agaricus bisporus*. Despite this focus though, learning to grow and use one species of mushroom is an excellent foundation for growing and using other genera and species.

In the style of many of ACS Distance Education publications, *Growing and Using Mushrooms* is a comprehensive guide to knowing about, growing and using or commercially selling mushrooms. If you have ever considered growing mushrooms, then this e-book is a great place to start.

Some topics covered include: the nature and scope of mushroom production; spawn production; compost production; structures and environmental control; growing methods; mushroom health – pest and disease control; harvest, processing and storage; and using mushrooms.

This e-book is available for purchase for \$34.95; www.acsbookshop.com



Land Management and Rehabilitation

Also by John Mason and the staff of ACS Distance Education, the e-book *Land Management and Rehabilitation* has just been released.

The impact of human activity on the landscape has significantly increased over recent years. Practices such as land clearing for agriculture, forestry and urban development, as well as mining activity and pollution, have resulted in a higher incidence of depleted soils and land degradation.

Consequently, the world has never been in greater need of improved land management practices and rehabilitation.

Degraded land can always be rehabilitated and this e-book discusses how to improve land that is in serious decline. *Land Management and Rehabilitation* works through various topics that will assist readers to acquire the skills needed to manage land responsibly, as well as understand how to rehabilitate land which has already suffered damage.

Chapters covered include: scope and nature of land management; land degradation and rehabilitation; managing soils; managing water; managing plants; and managing animal populations.

Although targeted at landowners, *Land Management and Rehabilitation* would also be useful for those wanting a better understanding of conservation, rehabilitation and industry perspective.

This e-book is available for purchase for \$34.95, and there is also a free sample available; www.acsbookshop.com

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