

# ROGI News

Doors open at 6.15 so members can visit the library, shops or seed bank or just have a chat before our meeting starts. Please be seated by 7pm ready for our speaker.

Salvation Army Church  
Cnr McDonald Rd & Macarthur St  
ALEXANDRA HILLS

## Admission

Members: Gold coin  
Visitors: \$5

Please bring plate of food - savoury/sweet or nibbles preferably home-made.

Tea/coffee provided

You are welcome to provide a quality plant to help share plants with other members. Bring a bag/box for your purchases and/or winnings.

**See you Wednesday ...**

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Beautiful *Buddleja*—the butterfly bush—has a really sweet, honey-like scent that attracts butterflies and honey-eating birds. It's as tough as old boots and should survive anywhere.

# Jill's Jottings

## Notes from our President

Hello fellow members

Our three remaining chickens (no, we didn't eat the missing three—they ailed and died) have made the transition to their new home.

It wasn't without drama. When we bought them, we hadn't known about the need to accustom new hens to being picked up and handled, so you would have thought they were about to be slaughtered when they were being caught for their journey. We took the opportunity to trim their flight feathers again while we had them captive.

At the moment they are in a temporary enclosure which is working most satisfactorily. Once we construct their permanent range, we'll use this one (the Omlet—below) to



contain the chooks when we want them to denude a 'retired' garden bed or attack an area of weeds. I like the idea of employing the chooks, who love digging and eating pests and are experts at it, to do our digging and insect-destruction for us and, as a bonus, they fertilise the soil at the same time. Perfect!

People sometimes say that it's 'cute' or 'quaint' that we have chooks. They ask, 'Why go to the bother when you can buy perfectly good free-range eggs from the supermarket?' Why, indeed.

As of last week, the definition of free-range requires hens have "meaningful and regular" access to outdoors, and the density of chickens outdoors must be no more than one hen per square metre. Even in their temporary yard, our chooks have way more than that.

According to Choice magazine, free range should mean:

- free to roam
- access to the outdoors
- not confined in cages

Unfortunately, the romantic image of contented, clucking chooks flapping their wings, dust bathing, socialising and roaming around open green pastures isn't always the reality when you purchase your eggs.

Animal welfare experts believe chooks suffer stress if they're unable to satisfy their basic behavioural needs such as:

- room to stretch and flap their wings
- a secluded nesting place in which to lay their eggs
- facilities to dust-bathe and forage.

So, why do we and many ROGI members have (or aspire to have) hens?

The easy and obvious answer is that they provide eggs, control insects and weeds, fertilise gardens, eat kitchen scraps and loosen the soil while scratching. They become our pets and they all have names. (We know that we cannot eat a pet that has a name.) But that's not all.

It's a bit like when we ROGI members are asked why we're going to the considerable bother of growing our own organic food. We know we could probably buy it cheaper from an organic store ... but it's just not the same.

So... What is it?

I think that in many of us there is an urge to be able to provide for ourselves; to be self-sufficient; to hark back to a simpler, allegedly stress-free, existence.

There seems to be something innately attractive about the pastoral ideal of a house on a piece of fertile land where we can grow our own food, put aside the surplus for the 'off' season and be prepared should the worst happen ... whatever that may be.

From speaking with many people about this, I have concluded that many are going down this road to have some control over their own food. They know what's gone into the production of it, and what's been left out.

The watering-down of free-range chicken requirements is just one example of the wisdom of providing for yourself as much as possible.

ROGI exists to help you do this—make sure you get as much as you can from your ROGI membership. Get involved, ask for a ROGI buddy, make friends, come to Garden Visits ... and watch your garden grow.

Happy and productive gardening

## Coming Events

<b>April</b>	Wed 13	6.15 ROGI meeting
	Sun 16	9—3 Good Gardening Expo see pp12,13
<b>May</b>	Tues 3	Herb Society meeting
	Thur 5	BOGI (Brisbane Organic Growers) meeting
	Wed 11	ROGI meeting
	Sun 22	Herb Awareness see p 23
	Sun 29	Garden Visit *

\* Book with Toni on [events@rogi.com.au](mailto:events@rogi.com.au) or 0402 323 704

## Membership Fees

2016 fees are now overdue. You will be a 'visitor' until fees are paid.

- **Cash** payment at ROGI meeting
- **Cheques** made payable to Redland Organic Growers Inc - pay at meeting or to PO Box 1257, Cleveland 4163
- **Direct Deposit** BSB 633-000. A/C 136 137 296 Bendigo Bank Capalaba Central

**IMPORTANT!** Reference - Your initials and surname are essential to identify who has paid. Please bring your membership application form to the next meeting. Email [membership@rogi.com.au](mailto:membership@rogi.com.au) for form.

Please renew online at your convenience, and ensure that you complete a membership renewal form when you are renewing.

Member Category	Annual Fee for Renewal	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct 16-Dec 17
Single	\$30	\$30	\$22.50	\$15	\$37.50
Family*	\$50	\$50	\$37.50	\$25	\$62.50
Pensioner Single	\$20	\$20	\$15	\$10	\$25
Pensioner Couple **	\$30	\$30	\$22.50	\$15	\$37.50

\* **Family** - two (2) adults residing at the same address and children under eighteen (18) years \*\* Please provide evidence of **pensioner** status to claim discount

## April Meeting

# Designing a Garden

Why good design is important in a productive food garden

Naomi Wynn from Balance Garden Design will talk about why good design is so important to how your garden functions and its productivity. She will step you through the 'rules' to know when planning a garden and how to apply them in out-of-the-box ways.



plus



## Mexican Tarragon

Julia Geljon will talk about this delightful herb which is flowering now, covering its characteristics, growing requirements and how you can make use of it.

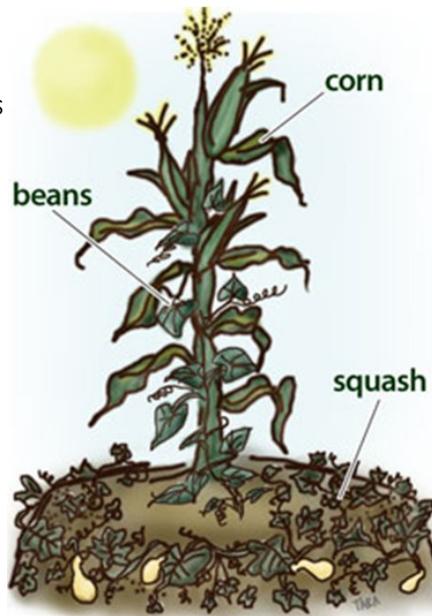
# Companion Planting

Holly Smith—speaker in March

## What is Companion Planting?

It is a method used in **Polyculture\*** plantings. Most urban growers already utilise these principles, as a small garden means cramming everything in together to maximise growing space. Before large scale agriculture, native peoples the world over grew food this way, domesticating plants growing around them in systems that replicated what nature was doing.

A well-known example is Native American peoples who grew squash (pumpkin), corn and beans together in a system known as the Three Sisters. The cornstalk served as a trellis for the beans to climb, and beans fixed nitrogen, benefitting the corn, a very heavy feeder, with pumpkins trailing along the ground, retaining moisture.



**Direct-Sow, Easy-to-Grow:  
The Ancient Three Sisters Method**

## Why bother?

For those of us who avoid pesticides, companion planting helps cultivate balance in the garden. It

\*Polyculture: food-growing systems using multiple crops in the same space, in imitation of the diversity of natural ecosystems, and avoiding large stands of single crops, or monocultures.



can increase the odds of receiving a yield of some kind and minimising crop failures.

A variety of plants together creates a more resilient ecosystem if pests or adverse weather conditions weaken or wipe out a particular variety, or type, of plant.

In the permaculture principle of stacking (see picture right), natural order is replicated.

Taller-growing plants that need more sun can create supportive cover for understorey plants that need shade, which in turn can create a sheltered ground level for more delicate plants—all the plants receive the conditions that they need to grow optimally.

The net effect is that more plants are growing in any given space, resulting in higher yields per area.

## Roles of companion plants

### 1. Camouflage

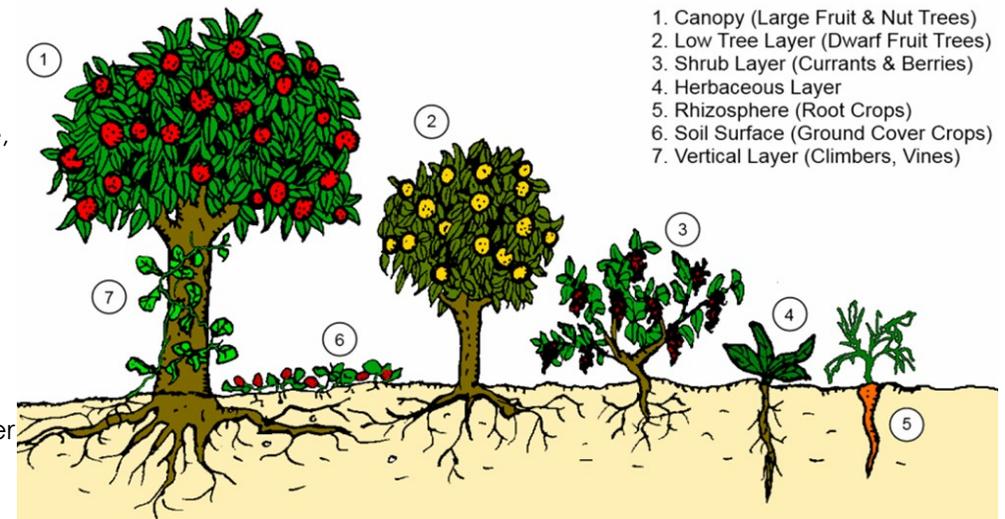
Many pests identify their food sources through scent or the shape of the plant. When many plants are mixed in together, it helps to mask their shape, making them harder to locate, so pests miss them altogether. The patterns are irregular (compared to a straight row) and pests can be disrupted from simply moving along munching everything down. The overpowering scents of some plants confuse or deter insects, causing them to look elsewhere.

**Plants that do this: catnip, chamomile, peppermint, feverfew, scented geraniums, lemon balm, alliums (onion family), tansy.**

### 2. Sacrifice

Plants particularly attractive to pests can be planted nearby as a trap crop, sacrificed for the pests to eat. This creates a diversion to draw pests away from the main plants you are protecting. These plants can become totally infested with pests

## The Seven Layers of a Forest Garden



## Companion Planting cont'd

so it is important that these types of companions are planted a short distance from the plants that need protecting so the infestation doesn't spill over. When pests are concentrated in this way, it can be easier for their predators to find them and assist in creating a balance. **Plants that do this: horehound, nasturtiums, radishes, land cress and vegetables left to go to seed.**

### 3. Nurturing

Some companions act as nurse plants for those around them. They bring forth nutrients from the soil to improve plant health and assist others in recovering from disease or insect attack. **Plants that do this: amaranth, chamomile, comfrey, sow thistle, marjoram, oregano, yarrow, valerian, lovage, nettle.**

### 4. Stimulation

These companions increase one another's essential oils, flavour, vitamins, minerals or productivity. **Plants that do this: borage stimulates the flavour, juice and production of strawberries, garlic stimulates perfume of roses, lovage stimulates the health of neighbours, mulberry stimulates fruit production of chokos and**



**grapes, tansy improves the flavour of oranges, and yarrow stimulates aromatic and medicinal herbs.**

## How do companion plants work?

- 1. Root secretions**—nutrients transferred through the soil and then picked up by neighbouring plants. These plants need to be within the root proximity of each other for the system to work effectively. There are also plants that exude chemicals that repel pests, such as nematodes. Plants of the Legume family have root nodules which create a home for *Rhizobium* bacteria, and these bacteria can take nitrogen from the air and “fix” it into a form that surrounding plants can use. **Plants that do this: beans, borage, clover, elderberry, horehound, horse-radish, mustard, peas, sow thistle, nettle, yarrow.**
- 2. Bruising** of some plants releases essential oils that repel destructive insects and/or camouflage the scents of neighbouring plants. A plant can be bruised in a few different ways: by a sharp spray of water with the hose, by touching or shaking it gently, by placing it in a windy area or by pruning it. **Plants that do this: chives, garlic,**
- 3. The aroma** of some plants is released into the atmosphere without any help from the gardener. These plants are able to attract beneficial insects and repel destructive insects too. **Plants that do this: anise, catnip, chamomile, curry plant, feverfew, scented geraniums, lavender, lemon**



**balm, marigolds, nasturtiums, parsley, rosemary, sage, santolina, tansy.**

- 4. Dieback** is a natural, seasonal process for many annual herbs and weeds which can benefit their perennial neighbours. The dead leaves that drop may act as mulch as well as a balanced plant food and tonic. Some plants rich in nutrients can be simply chopped and dropped too. **Plants: comfrey, dandelion, elderberry, nettle + any annual weeds that grow in your garden.**
- 5. Other plants produce a habitat** through lots of nectar or pollen and may encourage the breeding of beneficial insects which also control pests, such as ladybirds, lacewings, hoverflies, praying mantids, spiders and predatory mites. By encouraging these beneficial insects you are assisting the balance of nature. Some of **these plants: alyssum, basil, chamomile, chervil, clover, dandelion, dill, marigolds, mint, mustard, nettle, tansy.**

**Remember, you are a caretaker of the earth** and have a duty to her wellbeing for the future of mankind and the millions of species who depend on mankind to act responsibly.



## Companion Planting cont'd

### Learning phases

People expect to learn about companion planting overnight, believing it to be only a matter of good planning, but companion planting isn't something that can be just learnt from a book, although much information can be gained in this way.

Nothing beats practical experience and observation of what occurs in your own garden. In order to create a balanced system we need to firstly read and learn, then observe everything around us as we monitor the system we have created.

A good suggestion to assist this process is to create a garden journal, which is used for taking note of observations. Whenever you notice a problem in the garden, or a new insect, or make changes to the structure of the garden, or even just notice a certain plant coming up that has self-seeded, it can be extremely helpful to jot it all down. Monitoring your garden will bring a wealth of helpful information.

### Sometimes companion planting doesn't work

**Neighbours** – The finely tuned process of companion planting relies on the balance of the garden's ecosystem. This includes neighbouring properties, especially on small blocks. If your neighbours are treating their gardens with chemicals, expect your garden to entertain some of the neighbour's pests while it is learning to protect itself naturally through balance. Rifts with neighbours who don't understand our way of gardening can be disheartening but we can work to cultivate the type of relationship that is supporting of our needs too. Offering produce never goes astray.

**Seasons vary** Realise that there will be variation in the results of your garden. One year it

may produce excellent crops all round and the next year might be less grand. Monitor the overall system and see if any tweaking could be beneficial or just go with the flow. There are many large farms around our area in Stanthorpe and we've noticed differences in pest numbers when these farms have grown different crops. For example, when a huge farm harvested their cabbages and broccoli, there was a sudden influx of cabbage whites.

**Allelopathic influences** Sometimes plants have stunted growth because a neighbour plant is inhibiting them. Do research and if you think something isn't working, you may have to move a plant. Some plants have negative influences on many other plants: wormwood, eucalyptus, horseradish and fennel are some of those.

**Too much competition** Whilst stacking plants has its merits, plants also require space to breathe and grow. Air needs to circulate around them to avoid developing fungal or rot problems. Sometimes the garden might need thinning out a bit to benefit certain plants.

### Guidelines for companion planting

**Understand your plants needs** It is important to know the characteristics of each plant individually and understanding its needs, eg. Soil types, predators, diseases etc. So that you can make appropriate plant selections and placings to support their needs and provide them with the best environment to thrive.

**Allow plants to self-seed** as they tend to be less susceptible to pests and diseases. It is advisable to use heirloom seeds when making your initial plantings so that further generations will be true to type.

**Learn to identify pests and predators** so you have a better idea of what you can do to assist struggling plants.

**Allow the garden to come of age** with

the maturity of herbs and perennial plants. These plants may not be giving all they can until they are truly established.

**Be a helper to nature** by following the lead of the garden, rather than trying to control everything. Learn to recognise the signs you are being given, such as certain weeds growing etc.

**Monitor the garden regularly.** Look for signs of weakness in pest controls and in the design of the garden. Identify the garden's strengths. Remember, difficulties or 'failures' are simply challenges which serve to strengthen our knowledge and expand our skills.

**Love your garden**, with all of your devotion and the respect that it deserves. Remember the hard work you have put into it and love it sincerely, as, when you do so, it can gift you so much more.



Justin and Holly

## Companion Planting cont'd

### Some of my favourite companions

#### **Chamomile** *Matricaria recutita*

Prized by the ancient Egyptians and revered above all other herbs, it likes a sunny spot with good drainage and grows well in subtropical climates in the cooler months.

Chamomile has often been thought of as the 'Plant Doctor' as it boosts the essential oils of fragrant plants nearby and their smell and taste. It is a good camouflage plant as its strong aroma confuses pests. It attracts hoverflies and wasps and is a good nectar source for butterflies. I've witnessed many Imperial Blue butterflies enjoying the chamomile, almost to the exclusion of all other flowering plants. Chamomile is especially beneficial for brassicas and onions.

Chamomile spray: chamomile flowers infused in boiling water, cooled, strained can help prevent seedlings damping off.

Chamomile accumulates potassium, phosphorus and calcium and be used in the compost to balance acidity.

#### **Nasturtiums** *Tropaeolum majus*

Nasturtiums excrete a strong pungent essence into the air and soil, which can deter aphids, white fly and root pests; and the essence secreted into the soil is absorbed by other plants, helping them resist attack by pests and disease. They can act as a trap crop for pests such as cabbage white butterflies,

mites, aphids and other Brassica pests and are therefore good companions to kale, Brussels sprouts, caulis, broccolis, etc. Plant them a bit away from the important crops though.

The flowers are highly attractive to beneficial hoverflies and pollinating bees. Nasturtiums also form an outstanding living mulch, reducing weeds and maintaining soil moisture. They self-sow readily. All parts of the nasturtium are edible. The leaves make a tasty pesto, the seeds can be pickled like capers and the flowers are beautiful in salads. Isabell Shipard even claims that the leaves contain a chemical which acts as a natural antibiotic in the body. Noteworthy, too, is that this antibiotic does not interfere with intestinal flora, and it has been found to be effective against some microorganisms that have built up resistance to common antibiotic drugs. Simply eating three seeds daily also helps build up your immune system.

#### **Basils** *Ocimum sp*

A great companion to tomatoes—it's said that basil improves the flavour and growth of tomatoes and repels tomato hornworm. Anyone who has been affected by these knows how frustrating it is to find a caterpillar hanging out of the bottom of your fruit. Basil also repels other insects, including flies, mosquitoes and apparently even Queensland fruit fly. Basil seems to be a favourite of the beneficial Praying Mantis too, which eats aphids, mosquitoes, flies, roaches, grasshoppers, beetles, and spiders. My favourite types are African Blue (as a perennial replacement for sweet basil), Tulsi rama (for teas)

and lemon or lime ( especially good in fruit salads).

#### **Dill** *Anethum graveolens*

A useful plant in the companion garden, thanks to its big, airy umbels of tiny flowers. It is another good companion for tomatoes as it too is a trap crop for the tomato hornworm. However, obtaining the benefits of dill with tomatoes requires a vigilance. The growth and health of tomatoes will improve from being planted near young dill but, once the dill matures, it will stunt the growth of your tomatoes and should be removed. I suggest to harvest it at this point and grow some dill away from tomatoes for saving seed.

Dill is a good companion to Brassicas as it improves their growth and health.

It is said to be an effective natural insect-repellent against aphids, cabbage looper, spider mites and squash bugs. It attracts a number of beneficial insects to your garden, including hoverflies, mud daubers and Ichneumonid wasps. (Young of ichneumonids are mostly internal parasites of the larvae of beetles, butterflies, moths, ants, flies and spiders). Swallowtail butterfly caterpillars particularly enjoy eating dill too so don't be alarmed by an infestation of green-black and yellow caterpillars on your dill. They do attack predators with their 'horns' but they also repel ants with a chemical they produce in their bodies. Whilst they do eat the dill, as well as parsley, fennel and carrots, it's a small price to pay for hosting such a beautiful butterfly in your garden.

Butterfly on chamomile flowers



Hoverfly on nasturtium



Praying mantis on basil



Swallowtail butterfly caterpillar on dill



## Companion Planting cont'd

### **Radish** *Raphanus sativus*

A companion to many vegetables, including bush beans, beets, carrots, cucumbers, lettuce, parsnips, peas, pumpkins and spinach. They are often used as trap crops as the leaves can be sacrificed somewhat while still providing a quality root. They can be planted near cucumbers and squash to lure away cucumber beetles. They can also be used to keep flea beetles away from other members of the cabbage family. It is a great companion as it will tolerate some shade (especially here in the subtropics), they grow so quickly and are such a beautiful vegetable! If you don't like hot radishes however, don't plant them near your nasturtiums or with chervil as apparently it will make them hotter. I like to eat my radishes really simply - sliced thinly and sprinkled with herb or garlic salt. After a few minutes the juices start coming out and take some of the heat and bitterness away. Combined with cucumber is fantastic too.

### **Land cress** *Barbarea vulgaris*

A while back Jerry Coleby-Williams mentioned a saviour to all our losses from the Cabbage White Butterflies ... land cress. My own experiments have not confirmed this 100% yet, but anything that could work is worth a try to me. According to an entomologist at UQ, land cress is a dead-end trap crop for Cabbage White butterflies, diamondback moths and large cabbage moths, all heavy feeders of brassicas and which also enjoy Chinese greens. These moths and butterflies are said to be incredibly attracted to land cress, lay their eggs on the plant,

the caterpillars hatch, they take a bite out of the leaves and they die from toxicity. It should be noted that these studies have been on *Barbarea vulgaris*, not *B. verna*, for which you can buy seeds from Eden Seeds and other local companies. Green-patch appear to sell seeds of *B. vulgaris*, however I haven't confirmed that it is actually a different plant. It's hard to say if they work exactly the same, but once again it is worth a try. Land Cress works well as a groundcover, growing under taller plants and seems to quite enjoy the shade. It is edible and a great bitter green in a salad.

### **Tansy** *Tanacetum vulgare*

Tansy is a highly aromatic perennial and patches can survive for decades in the same location. It prefers partial shade and is a companion plant for under fruit trees to deter many harmful flying insects with its strong aroma. Together with lavender, it is great for citrus trees and is said to increase the flavour of oranges. It repels ants and attracts ladybugs, whose larvae eat aphids. It also accumulates quite a lot of potassium and is a good activator for the compost heap.

### **Marigolds** *Tagetes sp.*

There isn't a lot of scientific studies on companion plants, however studies on nematodes do exist and are more definitive, showing a strong decrease in population in at least five species of nematodes when marigolds are utilised. From studies, the best way to control nematodes—if they are a problem in your garden—is to plant a whole bed of marigolds, then chop and drop it before planting. *Tagetes minuta* (aka Southern Cone Marigold, Huacataya

or Stinking Roger) is the most powerful of the marigolds in this way. It's the best insecticidal spray to kill fruit fly, caterpillars, aphids and various sap sucking insects around the garden and grows prolifically.

### **Alyssum** *Lobularia maritime*

A lovely little plant in the garden, beneficial for its ability to attract lacewing insects — voracious eaters of aphids, mealybugs, whiteflies and thrips. Part of the brassica family, it's edible, a mild mustard taste, and can be under-sown below bigger plants as a living mulch.

*Companion planting offers the means to overcome pest and dis-ease problems by restoring Nature's balance to the environment.*

*Everything is inter-related. Everything has a purpose. In everything there is a lesson to be learnt.*

*The moment everything is in place, the garden begins functioning as a whole system, in harmony.*

*Companion planting works when you take the time and make the effort to know what you are doing. Many gardeners have results working in this way.*

*Believe in what you are doing and the garden will respond. Feel your garden with your heart and soul. Wonder at its creation and at the inner beauty of this intricate structure, the fine line of balance.*

*Place a comfortable seat within a tranquil view of your garden and regularly sit and ponder.*

*Breathe in the peace and vitality of the life growing around you, and know that you are fulfilling a very important role, as a steward of the earth.*



# Plant Clinic

**Garry B.** presented yellowing leaves (*below*) from a potted lemon tree. On questioning: tree is developing some small fruit; it's had some leaf drop; other potted citrus were healthy, growing in the same potting mix and received the same care overall. The pattern of yellowing suggests a nutritional deficiency - magnesium, with the green veins and yellowing in between. Garry has treated the tree with magnesium sulphate (Epsom salt) on a number of occasions and this has not rectified the issue. Members discussed the watering schedule – possibly flushing out the nutrition from the pot. Suggestion: check pH of the potting mixture; feed with a complete fertiliser.



**Suzanne C.** brought along two plants for identification. Holly Smith stated the cuttings (*top right*) were from a basil that grows into a very large bush. Many of the Queensland Herb Society members have this plant and, although they are not certain, they name it 'Clove Basil'.

The potted climbing bean that was later donated to ROGI Rewards is a *Lablab Bean*



**Jenny S.** brought a weed (*right*) for identification. This was quickly identified as 'Velcro plant' but this common name is attributed to a couple of weeds. Fact-checking later showed it is *Desmodium incanum* or *Desmodium uncinatum* (<http://weeds.brisbane.qld.gov.au/weeds>). These plants were introduced originally as fodder crops. It is hard to eradicate as it seeds well and grows from small nodes on the plant stem. For control – try to dig out or try the use of strong vinegar.



## Plant Clinic

If you are puzzled by a pest, suspect your plant may be a weed or have a deficiency or a disease, Plant Clinic may help you.

Bring along the insect or plant (as many parts - fruit, leaf, root etc - as you can, and in a sealed plastic bag if it's diseased) and fill in the form. Place the plant parts together with the form on Plant Clinic table well before the meeting starts.

Someone will have a look and may be able to answer your questions.

Please be aware that, although we do our best, there may not be anyone present who can identify your plant, especially if it is not related to organic gardening.

# Recipe

## Carrot Kheer dessert

3 medium size carrots, peeled and grated  
½ cup almonds  
4 or 5 dates, pitted  
4 cardamom pods, smashed  
4 tbsp ghee (traditionally used), butter or oil  
500 ml milk (nut milk, oat milk, any milk)  
⅓ cup pistachios, chopped

Soak almonds in warm water for about half an hour. After half an hour, the skin has become tender and will slip off easily. Remove skin from almonds.

Heat ghee in a small pan and fry grated carrot until dry.

Add almonds, dates and a little milk at a time until carrot is soft.

Blend to a smooth puree.

Once mixture is smooth, add remaining milk and blend again.

Return carrot mixture to saucepan. Turn heat on to medium. Adjust consistency by adding water or more milk to taste.

Turn off heat and set aside or transfer to a serving bowl.

Heat some more ghee in a small pan and add pistachios; roast them until golden brown. Stir roasted nuts into the above carrot kheer to add a crunchy texture

Serve hot or refrigerate for 4 hours and serve cold.

*Sharr Ellson*

*This dish was available for tasting at the March ROGI meeting.*

# Hints & Tips

## Fresh Pumpkin

If you wish to keep cut pumpkin fresh in the fridge, sprinkle cut surface liberally with pepper. It's an old idea given to my daughter-in-law by her grandmother and it works a treat.  
*Suzanne Cowper*

## Wild Harvest Magazine

I was hoping you could send this link <http://loom.ag/mlxp> to our ROGI members so they can receive this magazine if they wish for FREE. Bryce M Watts is a friend of mine who is the editor in chief of this beautiful and colourful online FREE magazine promoting traditional knowledge and building stronger relationships with the natural environment in Canada and beyond. I think if you go into the navigation panel at the side you can see his other magazines.

*Leigh Malyon*

## Trace Elements Information

George has sent this link to an article (actually a PowerPoint presentation) on the trace elements. It is very well done and comprehensive. You can see photos of leaves to determine which element is deficient and what to do about it. [http://anz.ipni.net/ipniweb/region/anz.nsf/0/E7F68E5C5DB067B285257AA100568085/\\$FILE/Trace%20Elements%202011.pdf](http://anz.ipni.net/ipniweb/region/anz.nsf/0/E7F68E5C5DB067B285257AA100568085/$FILE/Trace%20Elements%202011.pdf)

And, if you like that one, you can access many more here: <http://anz.ipni.net/topic/presentations>

## Baker Creek Heirloom Seeds

<http://www.rareseeds.com/>

Have a look at the above website and be inspired! Orange okra, Purple sweet potato, Golden beetroot, Blue corn, Orange watermelon ... and many more!

When you know that much of the nutritional value of these foods is connected with their colour, you'll just have to give them a go.

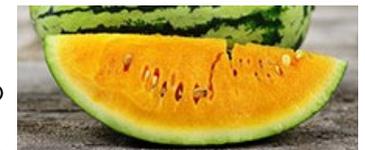
## Eat a rainbow.

I really want to place an order, and I think you may like some of these interesting seeds. As it's in America, I'd prefer to place a bulk order to justify the freight cost and energy expenditure to get them here.

It is \$5 postage US and a shipping charge for international orders is 20% of the order.

I'm happy to organise and look after it.

Please email me with your order or text or call me 0423 530 983  
[ellsonskz@gmail.com](mailto:ellsonskz@gmail.com)



*Sharr Ellson*

# Growing Blueberries

Blueberries are regarded as a very healthy food being a source of vitamins C and K, manganese, phytochemicals and other micronutrients.

Blueberry bushes are only able to be grown in climates with many hours of lower temperatures – this is termed as ‘chill factor’. The definition below presents chill times required for fruit trees including blueberry bushes.

**Definition of Chill Hours** Time spent below approximately 7°C degrees.

High Chill need 650+ hrs

Medium Chill need 450-650 hrs

Low Chill need 150-450 hrs

(For more info and instructions how to calculate the chill hours <http://blog.daleysfruit.com.au/2012/05/chill-hours-for-fruit-trees-calculation.html>)

There are three blueberry **types** available in Australia.

**Note:** each type has different cultivars.

1. Southern Highbush types—low chill
2. Rabbiteye types—medium chill
3. Northern highbush types—high chill

For our climate in Redland, Southern Highbush and Rabbiteye types are the most suitable.

**Southern Highbush** are semi-evergreen. Cultivars: Biloxi ; Legacy; Misty; O’Neal; Sharpblue; Sunshine Blue; Gulf Coast.

(I had two sharp blue bushes at Alexandra Hills and they produced heavily)

**Rabbiteye** produce later in the season and the fruit is thicker skinned.

Cultivars: Brightwell; Centurion; Climax; Maru; Powder Blue; Premier; Rahi; T102; Tif blue.

A new cultivar ‘Blueberry Burst’ is a hybrid of two types and this is reportedly growing and cropping well in SE Qld.

## How to Grow Your Blueberries

Blueberries grow to about 1.5 metres and don’t need a trellis or staking. Site where they get a good amount of sun each day but ensure the root zone is cool by using mulch. They require an acidic soil 4.5 – 5.5pH and need free drainage.

Many gardeners have great success growing blueberries in containers—set the pot up using camellia/azalea potting mix which is more acidic.

For the best production from your



bushes, it’s best to have more than one cultivar from the same type to increase pollination ... but one plant will still yield fruit.

Blueberries have many surface roots so don’t dig around the plant after establishing. Mulch well. Blueberries are susceptible to fertiliser burn, so be careful. Fertilise with a slow release each three months. During the fruiting season apply half strength liquid fertiliser each three weeks. Plants need to be watered at least twice a week, new leaves wilt quickly when thirsty.

## Problems

They are susceptible to fungal diseases so avoid watering foliage. Foliar applications of seaweed spray can assist if fungal infections are noted. Root rot can be a problem so ensure free drainage – don’t plant in clay.

Birds love the fruit! Try a net ‘cage’.

## Management

Prune off older non-fruiting branches and inward-growing branches once a year.

Remove most of the flowers (don’t let it fruit) from a new plant to enable good growth and the establishment of a dense root system.

For more information:

[www.australianblueberries.com.au](http://www.australianblueberries.com.au)

<http://www.daleysfruit.com.au/fruit%20pages/blueberry.htm>

Redlands Good Gardening Expo (RGGE) is only a week away.

ROGI again has a large display with stalls where visitors can learn about organic growing, purchase seeds and seedlings, and take part in gardening activities.

We have a number of ROGI's talented people speaking on a variety of gardening topics, plus workshops on the No-Dig Garden and Starting Plants from Cuttings. A couple of ROGI members are also on the Question and Answer panel.

Each year has been extremely successful thanks to the people who have helped a little or a lot. We are still looking for volunteers to help on the day.

To be part of this enjoyable day, we need people to:-

At the April ROGI meeting

Bring along used/clean - 250g strawberry punnets, coffee take-away cups, 220g & 400g cans. These are for some of the activities on the day such as making seed-sowing pots and taking cuttings.

At the event

- put up and take down stalls and displays
- staff the stalls, displays and activities
- help manage the speakers' program on the day

The RGGE gives ROGI the opportunity to meet and encourage the community to get involved with growing their own food organically. So to be part of this wonderful day, or if you have any questions, please contact Carolyn on 3824 3165 or 0417 725 755.

See next page for the program for the day



# Redlands Good Gardening Expo

Gardening with natives  
Growing organic food  
Composting and  
worm farming  
Workshops and demo's  
Expert advice  
Buy plants and seeds  
Music and food  
Kids Zone

**FREE  
ENTRY**

**Saturday 16 April 2016, 9am to 3pm**

Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

## Plan your day

### Changes to parking for 2016

Due to building works parking at the venue will be limited. Additional options are:

- Car parks located on the corner of Korawal Street and Lyndon Road, then it's a short bushwalk or shuttle bus ride to our venue.
- Catch public transport, visit [translink.com.au](http://translink.com.au) to plan your trip.



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Growers Inc



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Redland  
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More information: ☎ 3824 8611 🌐 [www.indigiscapes.com.au](http://www.indigiscapes.com.au)

📍 /IndigiScapes



Organic Stage	Tallowwood Stage	Formal Garden Stage
At the far end of the botanic gardens, near the Redland Organic Growers display.	Located indoors, in the Tallowwood Room	Half way down the botanic gardens, on the left hand side.
<p><b>9.45 Why organic? Let's get started!</b> <i>Linda Barrett &amp; Julia Geljon, Redlands Organic Growers</i> Learn what is organic and the benefits of growing organically. Beginner steps for successful growing.</p>	<p><b>Healthy soil, healthy plants!</b> <i>Phil RyAn, Phil's Organics</i> Learn the benefits of using vermiculite to help keep your soil moist and your plants healthy. Phil will have plenty of samples and 'show and tells'.</p>	<p><b>Butterflies and other beneficial insects in your garden</b> <i>Jo Hammond, Butterfly Host Plants</i> Learn about the importance of butterflies and how to attract them into our gardens and keep them coming back!</p>
<p><b>10.30 What, when and where to plant</b> <i>Naomi Wynn - Balance Design</i> Seasons play a part in what you plant and where and when you plant it!</p>	<p><b>Permaculture plants for practical food growing</b> <i>Holly Cottingham, New View Farm and editor for QLD Herb Society Sage Newsletter</i> Come along and hear about some edible plants that will provide you with an abundance of product, simply. These plants grow easily in this climate and offer a variety of culinary uses, as well as medicinal and other uses.</p>	<p><b>Using native plants to create habitat for wildlife</b> <i>Brushturkey Nursery</i> Creating a wildlife-friendly backyard is much easier than you think and will not only help our local wildlife but reduce your garden maintenance and create a place of interest and beauty. A few simple additions will help provide food, water and shelter to a variety of wildlife.</p>
<p><b>11.15 Starting with seeds</b> <i>Gennaro De Rosa, Redlands Organic Growers</i> Sowing seeds, tips for success.</p>	<p><b>High yield tropical vegies from your garden - Linda Brennan, Ecobotanica</b> Growing your own vegies is fun and rewarding. But, if you have a small garden or if you are pressed for time, you'll want to maximize the output of your edible plot. Linda Brennan will inspire you to grow vegetables with highest yields for the smallest spaces!</p>	<p><b>Bushtucker 'garden to table' - Julie Juvancz, IndigiScapes Café &amp; Ben Webb, IndigiScapes Nursery Coordinator</b> Come and learn about bushtucker plants and how to use them in everyday cooking. You will even get to sample some berries and jams.</p>
<p><b>12.00</b></p>	<p><b>Q&amp;A Session - Expert panel:</b> Get your gardening questions answered by the experts!</p>	
<p><b>12.45 Easy composting</b> <i>Tony Garbett, Redlands Organic Growers</i> Compost is as vital to your plants as water and sunlight. Learn how to create free, nutritious soil from kitchen and garden waste.</p>	<p><b>Mineral &amp; microbe management in your garden</b> <i>Ian Burrow, Greendrop Organics</i> Why do we want organic? Find out how minerals, microbes and humus are the drivers of healthy vegetable production and supply you with home grown vegetables and fruit that taste like nature intended.</p>	<p><b>It's all about weeds</b> <i>Mim Skelly, Habitat Protection Officer IndigiScapes</i> Do you have a weed problem? Or do you know if you have a weed problem? Join Mim for an informative look at what's growing in your backyard and have a spin of the wheel of weeds to win a prize! Stay around after Mim's talk and learn how to use weeds to create art!</p>
<p><b>1.30 Worm farming</b> <i>Frank Huysing, Redlands Organic Growers</i> Worm farms are a fabulous and easy way of adding nutrients to your vegetables.</p>	<p><b>Keeping chickens and native bees - Ingrid Dimock, My City Garden</b> Is your passionfruit staring at you with flowers but no fruit? Then you need some bees - stingless bees! Ingrid will talk through how to keep bees and chickens in your suburban backyard and explain why they are so beneficial.</p>	<p><b>Weaving with weeds</b> <i>Alys Shilo, weed weaver extraordinaire</i> Got a problem with weedy vines – lucky you! Join our resident expert in using these pests to weave all sorts of useful and artistic works. No experience necessary, come and go as you please! A nice relaxing way to spend the afternoon.</p>
<p><b>2.15 Using your produce</b> <i>Angela Stafford, Redlands Organic Growers</i> Preparing produce from the garden into simple, tasty meals the whole family will love. Get the kids involved, to make eating vegetables more exciting.</p>	<p><b>What composter should I choose?- Victoria Burns, Direct Compost Solutions</b> How do I choose a good composter that's right for me and why? What is the most efficient method? What is required of each method? Pluses and Minuses of each method? Don't waste money on a composter that is not right for your needs. Make an informed decision to get the best results in your garden.</p>	

**Workshops in the ROGI Gazebo**

**11.15am: Sensory Garden - Emma Baker**  
Create a garden that excites the senses

**12.45pm & 1.15pm: Taking Cuttings - Julia Geljon**  
A workshop to learn how to grow plants from cuttings for free. You will take one home with you. Each workshop limited to 15 people. Book at the ROGI stand.

**2.15pm: No Dig Garden - Naomi Wynn**  
Probably one of the fastest options, as you can construct and plant in less than a day. Learn how!

# Garden Visit & Design Workshop - 'new' Nixon garden

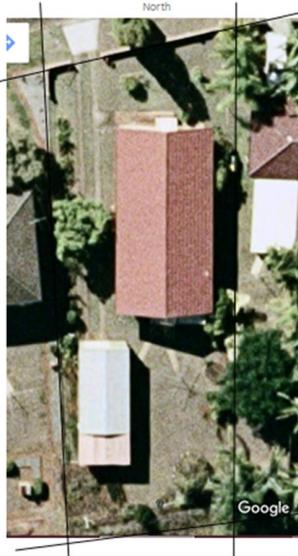
## Planning the garden

Jill and Ian have just moved into a house at Birkdale and Naomi Wynn from Balance Garden Design offered to go through the steps that need to be considered and, along with several ROGI members, suggest ideas to help them plan the garden.

We had a thorough look at the property to determine:

### Attributes

- Property runs north-south length-wise
- It has red soil and was formerly owned by a keen gardener and, although neglected over the last year, the soil had been worked and enriched with compost: the gardens are overgrown now.



### What will be useful to keep

- Long garden bed with solid edging along the western side of house
- Three round garden beds in the front yard with solid edging
- Brick front fence with garden bed behind it
- Potting shed/bush house
- Non-astringent persimmon tree that is fruiting prolifically
- Large lillypilly tree on the western side of house
- Several useful plants such as day lilies (edible) and tuckeroo that were identified on walk around the garden
- At the back there are two parallel fences - one property wire fence parallel to a much higher railway fence (the train goes past the backyard)

almost a metre behind with a gate in the middle of the property fence to give access to a full-width strip outside the property fence and inside the railway fence (hens could enjoy this area or plants such as passionfruit grown over the smaller fence onto the larger one so they hang down the middle)

- Clothes hoist in back yard – so that clothes have full sun
- Two concrete wheel tracks along the western side of the house (possibility of planting low-growing herbs such as thyme, marjoram, oregano or sweet potato in between tracks rather than have grass. The tracks would contain the plants from spreading)

### What they brought with them

- Beautiful grand-daughters' former cubby house for their hens
- Bath tub – maybe for asparagus which thrives with moisture and doesn't need good drainage
- Raised garden beds for high care vegetable plants that require good drainage
- Four compost bins
- Bags of compost and soil
- Several exotic/unusual fruit trees
- Raspberry bushes and other favoured plants



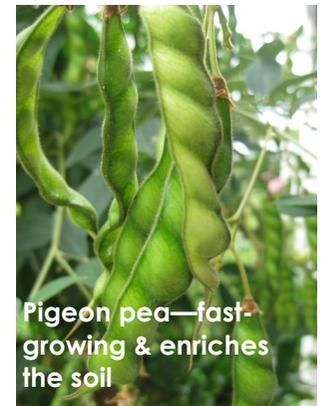
Front of property

## What needs to go to make room for what they want

They want to cut down most of the non-edible plants such as mock orange (*Murraya paniculata*) which, although beautifully-scented, is an environmental weed in this area, and other weeds. One *Murraya* is shading a bedroom window. Maybe a fast-growing plant eg pigeon pea could be planted there while a wanted tree grows nearby to take its place.



*Murraya*—a weed in the Redlands



Pigeon pea—fast-growing & enriches the soil

### Constraints

Overhead power line, stormwater pipe and water meter and pipe



Backyard—persimmon tree on right

## Garden Visit & Design Workshop cont'd

### Must haves

- Fruit trees— there is a list of the trees they already have and others they really want to grow
- Need compost bins where easily accessible and/or on a future garden area where they can be lifted up and the compost left where it is
- Hen house in the corner at the back
- Storage and 'dump' areas

### What they'd like in the future

Carport along the west of house

Pergola, trellis or tall tree to shade the large kitchen window on the western side

### Plan

- Naomi had drawn up a scale plan of the property. Features that were to be kept were marked in and overhead power line, stormwater pipe and water connection to property noted.
- Different-sized green paper circles to denote different-sized trees were made to scale with names of desired trees. These were placed on the plan with blutak eg deciduous (to avoid shading of vegetables in winter) trees such as mulberry, fig and



frangipani were placed in the garden beds at the front making sure the mulberry was not too close to the driveway so that birds wouldn't drop seeds or mulberries (or anything else) on cars parked there. The garden beds were to be mulched and the area around them used for vegetable growing. As you can only reach about a metre comfortably, these were to be about that wide around the tree beds.

- Care needs to be taken when planting tall trees (especially over 20m high) as trees need to be at least 3m from the boundary and can cause neighbourhood disputes. No trees to be grown near sewerage or water pipes.
- Dwarf Ducasse and Blue Java banana trees could be grown near the laundry so that the wash rinsing water from the machine could be directed to them. Permission from the Australian Department of Agriculture, Forestry and Fisheries is required to grow bananas.
- Along the front fence where appearance is more important, Jill thought she would like to grow blue salvias and Thai basil to attract the bees and provide a cool blue and white look.
- Elderberry trees may be grown out the front as well, although they tend to sucker like crazy—so inside the chook-yard may be a better choice. Jill uses the flowers to make cordial rather than the berries to make wine.
- Sweet potatoes were suggested as a good plant to grow under the clothesline – they can be walked on and don't grow very high.
- Cut down and remove roots of trees such as *Murraya* (need to be careful of seeds if mulching).
- Naomi suggested to use a rotary hoe and fill all areas where gardens or plants are to grow. Then plant a cover crop such as peanuts and/or pigeon peas to improve the soil and/or mulch so that the soil is not left to dry. The red soil is like chocolate when wet and easy to work but hard when dry. Also the micro-organisms need moisture to thrive and work their magic in the soil.
- Natural pathways will emerge as the garden is being established so don't plan them in advance

and then find they aren't the best or most frequently-used route to, for example, the compost bin, hens or the house.

- Possibility of developing espaliered fruit trees along the fence line was discussed as a way to fit more trees in— use the fence and also to make the most of the sun available.

- Naomi stressed that the important thing to start with is getting the structure of the garden decided and working on the soil. Placement of small perennials and of annuals can be changed. Once a tree is planted and has grown, it's not a good idea to change your mind.



Thai basil



Blue salvia

It will be interesting to revisit the garden in a couple of years and see what has developed.



Elder flower

Mary Irmer



Chook house beside the persimmon tree

# Rosemary

## Interesting ...

Rosemary's history is long and rich with multiple uses across centuries.

Rosemary was historically associated with both death and weddings and from that we get - remembrance. This is where Australia's and New Zealand's connection to rosemary comes from for many events namely Remembrance Day and ANZAC day.

Anne of Cleves (1515 – 1557), Henry the Eighth's fourth wife, wore a rosemary wreath at their wedding. Wealthy bridal couples would also present a gilded branch of rosemary to each wedding guest.

From the 14th Century rosemary root was "seethed in wine vinegar" to make a potion that was then used to wash the feet of a thief. The potion was thought to sap the strength of the robber so that he would no longer commit robbery, steal or do any further harm.

## Growing Rosemary

Rosemary is a woody perennial herb with fragrant evergreen needle-like leaves. It's a native of the Mediterranean region and is part of the large mint or *Lamiaceae* family which includes many other herbs.

*Rosmarinus officinalis* is the original species

and grows to a height of about 150 cm. During summer it becomes smothered in long spikes of pale mauve flowers.

Rosemary loves a hot dry climate. Generally, the smaller the leaf the more drought-tolerant the plant, and that's true for rosemary. It grows in a range of well-drained and slightly alkaline soils. The Brisbane climate with a hot humid summer can be harsh on rosemary, so make sure it's in a well-drained soil. Don't over-water it because the roots are sitting in warm moist soil and that's a perfect environment for root disease. Prune them back just before summer to open up the plant and minimise disease.

Sharr Ellson

The seed bank will have rosemary cuttings available for sale this month and will also have a lovely Rosemary and Orange cordial for you to taste.



# De-pitting Rosellas

Love rosella jam?

Sick of pulling the petals off your rosellas?

Want the easiest way to de-pit your rosellas?

Our ROGI member Elaine Elliott has the answer.

Get an old hand-held bicycle pump and cut off the shaft so that the handle is still attached.

You can use a hand file to 'sharpen' the metal shaft a little and you have your tool.

(A small length of  $\frac{3}{4}$  inch pipe sharpened with a file and with a wooden or cork handle attached will also do)



# Re-using Milk Bottles

Did you know there are 7,263 cafes in Australia and on average they go through 15 two litre milk bottles a day?

That's 39,764,925 every year going into landfill ... and that's just Australia!

At the ROGI seedbank, we found a great way to reuse 90% of a two-litre bottle. Have a look in the seedbank at the next meeting.

*Sharr Ellison*



# Critter of the Month

## Carrot Rust Fly

Carrot rust fly (*Psila rosae*) is primarily a pest of carrots, but it also affects parsnip, celery and parsley. Host plants are all in the Apiaceae family. The larvae hatch from eggs laid at the base of the host plant. The newly-hatched larvae burrow into the soil and feed on the side roots of the host plant during the first two instars. The larvae feed on the taproot. Brown scars appear where tunnels near the surface have collapsed. Larval feeding and burrowing can cause young plants to wilt and die. Damaged plants may also become stunted, with roots becoming bulbous and forked. Also, fungi and bacteria may invade the damaged tissue and cause severe rot.



### What does it look like?

Carrot rust fly eggs are white, 0.6-0.7 mm long, cylindrical and slightly curved. Larvae (maggots) are colourless when hatched with dark mouth-hooks. The fully mature larva is 8-10

mm long and creamy-white.

They have a pair of prominent black feeding hooks at the front end. Pupae are shiny brown and about 5 mm long. The mature fly has a black body, reddish head, yellow legs and transparent wings. They are about 8 mm long and can be spotted on the leaf surfaces of host plants.



### Life Cycle

The fly overwinters in the soil in the pupal stage. Adults begin to emerge from puparia in the soil during September and are abundant until April. After emergence the flies live for up to two months. Within four days of emergence, the females move into the edge of carrot crops to oviposit. Each lays about 100 eggs on or just below the soil surface. Eggs hatch after 7 days. The larvae feed on fine roots and later burrow into the taproot to produce a mine. Larvae may move up to 600mm through the soil. Third stage larvae move away from the root into the soil and pupate.

### What should I look for?

Host plant symptoms are the easiest way. Seedlings can be killed or injured by larvae feeding on tap roots. Look for gaps in the crop, but also yellowing and reddening of the

leaves. In mature carrots, the larvae attack the tap roots creating channels and distorting them. You can cut off damage and eat the carrots, but they don't look pretty. Nor will they store.

### How does it spread?

It can be spread as larvae in bulbs, tubers, corms or rhizomes, and also by the transportation of pupae in infested soil. The adult fly is a weak flier and is not a significant spread risk.

### How do I manage carrot fly?

The female carrot fly is attracted to the smell of carrot leaves, so don't grow large beds of carrots and intersperse with other plants to reduce smell and look of plantings.

To thin the plants or weed, do so on a cloudy day, water the soil well after disturbing the plants to firm them back into the ground, and bury the thinnings in the compost.

Exclusion netting is effective.

### Similar damage caused by other carrot pests

The foliage symptoms of carrot rust fly attack on carrot are similar to the effect of **willow carrot aphid** (*Cavariella aegopodii*) and **carrot motley dwarf virus complex** (carrot motley umbravirus and carrot red leaf luteovirus). Willow carrot aphid is present in Australia.

(Source [http://ausveg.com.au/intranet/technical-insights/docs/VG06114\\_complete.pdf](http://ausveg.com.au/intranet/technical-insights/docs/VG06114_complete.pdf))

# Zeolite in the Soil

Natural zeolites are volcanic materials whose crystalline molecular structure contains huge cavities. This feature promotes ion exchange and reversible rehydration which gives zeolite the ability to attract and absorb plant nutrients for slow release.

Luckily for us in Australia we have the best zeolites in the world for such purposes:

- Very stable, stay in the soil permanently
- Contain no dissolved salts
- Geologically old and hard

Zeolite is now recognised as playing a vital part in ecologically sound soil management because it:

- Improves soil structure
- Increases the soil's Cation Exchange Capacity (CEC) - cations are positively charged ions like calcium, magnesium...
- Creates a friendlier environment for essential soil-enhancing micro-organisms
- Traps, stores and slowly releases applied fertilisers on demand, thereby increasing the fertiliser's efficiency.
- Recharges and slowly releases both macro and micronutrients

- Reduces fertiliser loss through leaching or vaporising into the atmosphere
- Holds and stores water helping with drought resistance.
- Results in healthier plants, increased growth and increased yields
- Remains in the soil indefinitely

Zeolite is itself NOT a nutrient but a carrier or facilitator.

When the plant needs these nutrients they are released from the zeolite. The water trapped inside the zeolite structure remains available awaiting plant demand.

Zeolite reduces watering frequency.

The positive (fertiliser) molecules that are attracted to the negatively-charged zeolite crystals remain held on the enormous surface area. Thus, much less fertiliser is used compared to application without zeolite and excess fertiliser products do not enter the local water supply during runoff.

Zeolite is particularly beneficial in acid sandy or loamy soils with naturally poor nutrient and water retention capabilities, and where water is not reliably available.

*Julia Geljon*

**Zeolite is available at the ROGI shop at meetings.**

## Garden Visits

Our next ROGI Garden Visit will be to the garden of Bronwen Thomas on Sunday 29th May.

Because of the Good Gardening Expo on 16th April and then the following long weekend because of Anzac, there will be no Garden Visit in April.

We have June and July booked—more on these in future newsletters.

## Field Trips

Plans are underway for a ROGI-only field trip to Jerry Coleby-Williams' garden.

Another will be a return to Macleay Island and to include a side-trip to Lamb Island to see the growing going on there.

As always with these events, there are limited spaces, so get in early.

**Please book with Toni B.** on [events@rogi.com.au](mailto:events@rogi.com.au) or 0402 323 704 for these and all club member events. Toni welcomes suggestions for workshops and field trips related to ROGI's organic growing interests.

Also, discuss with Toni when you'd like to host a Garden Visit at your place.

Herb list courtesy of Sandra Nanka from <http://herbcottage.com.au> where you can buy these plants.

### Good Time to Plant April

- |                   |                  |                     |
|-------------------|------------------|---------------------|
| Angelica          | Herb Robert      | Parsley             |
| Basil perennial   | Hyssop           | Perennial coriander |
| Borage            | Italian parsley  | Radium              |
| Brazilian Spinach | Kale             | Rice paddy herb     |
| Calendula         | Lavender         | Rock samphire       |
| Catnip            | Lemon balm       | Rocket              |
| Chamomile         | Lemon grass      | Rosemary            |
| Chervil           | Lovage           | Sage                |
| Chicory           | Marjoram         | Salad burnet        |
| Chives            | Mexican Tarragon | Sambung             |
| Comfrey           | Mint             | Society garlic      |
| Coriander         | Misome           | Sorrel              |
| Curry Leaf Tree   | Mizuna           | Thyme               |
| Dill              | Mushroom plant   | Upland cress        |
| Evening primrose  | Mustard lettuce  | Watercress          |
| Fennel            | Nasturtium       | Winter savoury      |
| Giant red mustard | Oregano          | Winter tarragon     |

[www.herbcottage.com.au](http://www.herbcottage.com.au)

### Seed Bank Request

- Please return seedling pots the month after you have bought the seedlings so they can be re-used.
- Please bring along other clean used pots—sizes up to 120mm diameter.
- Collect and bring takeaway coffee cups so we can use them for the larger seedlings.

Please note that the guide to the right is a seed-sowing guide, not a seedling-planting guide. There could be several days or even weeks between the optimal time to sow a seed and to transplant a seedling that you may have bought from a nursery.

# Seed Sowing Guide

## April

- Artichoke; Jerusalem a/choke
- Asparagus
- Bean: Lablab, Madagascar
- Bean—French
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Capsicum/Chilli
- Cauliflower
- Carrot
- Celery
- Chicory
- Endive
- Florence fennel
- Kohlrabi
- Leeks
- Lettuce
- Onions/garlic
- Potatoes
- Radish
- Silver beet
- Spinach: (Brazilian, Egyptian, Warrigal, Kangkong)
- Sweet potato
- Tomato
- Yacon

## May

- Artichoke; Jerusalem a/choke
- Asparagus
- Bean: Broad, French
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Capsicum/Chilli
- Cauliflower
- Carrot
- Celery
- Chicory
- Endive
- Florence fennel
- Kohlrabi
- Leeks
- Lettuce
- Onions/garlic
- Parsnip
- Peas
- Potatoes
- Radish
- Silver beet
- Spinach
- Other spinach: Brazilian, Egyptian, Warrigal, Kangkong
- Swede
- Sweet potato
- Tomato
- Turnip

Keep in mind that these are only guides.

Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times. ROGI Seedbank is available at ROGI meetings and Garden Visits. \$1 per packet for members. \$2 for non-members.

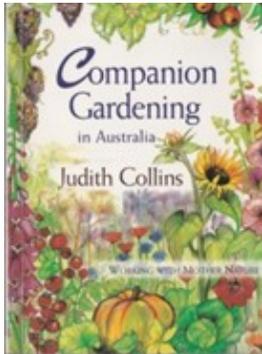
# ROGI Library News

Last meeting Holly Smith gave a highly informative talk on Companion Planting. This is the theme we have chosen for this month's reviews of books available for loan from your library:

## Companion Gardening in Australia:

### Working with Mother Nature

Judith Collins



Key sections:

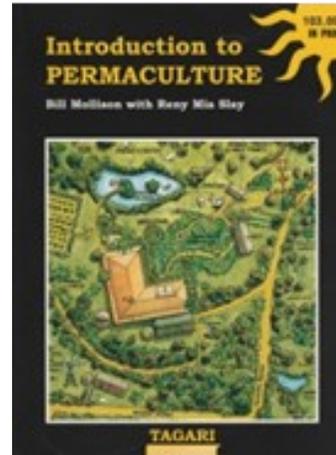
- Designing a Companion Garden
- Role of Companion Plants
- Insect-repellent plants
- Garden Companions: an alphabetical listing includes herbs, flowers, vegetables, fruits and nuts.

Well-indexed, this book includes a section on Further Information and recommended Reading.

"Everything is interrelated, in harmony and balance," says Collins. "In everything there is a lesson to be learnt." In this book she shares some of the lessons she has learnt. Very helpful and informative.

## Introduction to PERMACULTURE

Bill Mollison with Reny Mia Slay



A thorough reference to Permaculture, based on a holistic approach of "creating a design system for a sustainable human environment".

Chapters include:

- Permaculture principles
- Broadscale site designs
- Pattern Understanding
- Structures (nature and design)
- The home garden
- Orchards, farm forestry & grain crops
- Animal forage systems & aquaculture
- Urban & community strategies

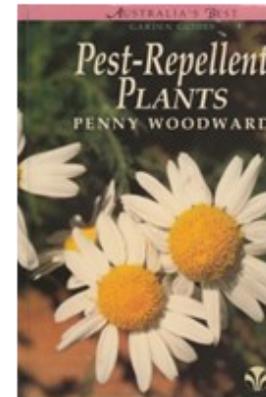
Page 20 illustrates Holly's descrip-

tion of 'Plant Stacking' and the ability to integrate multiple plant tier levels within one space—the advantages being pest protection; higher yields; added nutrition to neighbouring plants etc.

## Pest-Repellent Plants

Penny Woodward

This resource's introduction explains how plants work as repellents and create a healthy balance and encourage predators of pests.

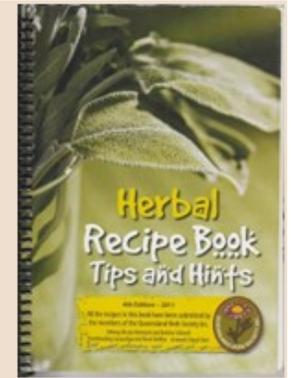


The Key Section related to use in Permaculture is its Alphabetical Listing of Pest-Repellent Plants, pages 20-116. Each plant section is listed with common and botanical name, describes how to grow each plant, its uses and what pests it repels.

The book ends with a list of pests and some diseases on page 117-127.

This is a great source of information for every organic gardener.

## Herbal Recipe Book: Tips and Hints



Members of the Queensland Herb Society

The key section within this book that relates to Holly Smith's talk is:

"House and Garden recipes" on pages 93 to 96; the Garden segment begins with a short article on "garden lore" and then lists useful herbal recipes for use in the garden, including a Chilli spray for grasshoppers and caterpillars; a Liquid Fertiliser using Comfrey leaves as the primary ingredient; and a Chamomile Fungicide.

It also includes two short articles on Raising Seeds and Potting Herbs.

This is an interesting and informative little book, compiled entirely from recipes and information contributed by Society members. Following the Index at the front of the book is a very useful Glossary of Herbal terms. At the back of the book is information relating to the Queensland Herb Society.

## Exchange plants, cuttings, seedlings and home-grown produce

Please consider contributing to any or all of these at various times.

### ROGI Rewards

Gift-quality plants and other garden-related items brought along by members. Everyone who attends a meeting is eligible to acquire a ROGI Reward. **Please label plant with its name and variety before placing it on the table.**

### Members' Sales

Items you have produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, seedlings, jam, lemons – things that have cost you money (and time and effort) to produce.

Please ensure items are labelled, named and priced. You may be asked to staff the stall if you are needed.

### FREE swap/share/give-away

(This is for members only)

For those items you don't want payment for eg shredded paper, unwanted volunteer plants (named, please) or cuttings, surplus chillies, empty pots or strawberry runners and so on. This is where you may want to work out an arrangement with other members to do some swapping outside of the meetings.

### Bring a bag/basket/box to take everything home

## Recycling & Re-using

Please collect, save and bring along the following:

- **250gm cube-shaped strawberry/cherry tomato punnets**

One of ROGI's activities is making a pot out of newspaper. After making this pot, visitors sow seeds in it and take it home safely in a strawberry punnet.



- **220 to 400gm clean empty cans**

These are for use in the 'taking a cutting' activity at the Gardening Expo (GGE).



- **Take-away coffee cups**

For growing seedlings for sale at GGE. No lids please.

(Please don't ask for these in place of real cups: just collect those that other people have left lying around.)



ROGI is a beneficiary of the My IGA Card Program for the **Cleveland IGA** store.

This is how it works:

- Pick up a My IGA Card next time you are in the store
- Register online
- Tick ROGI as the community group you wish to support

Then, every time you shop in the store and use your card, not only do you receive discounts, you are also helping to raise funds for ROGI.

ROGI uses its funds to help provide more services to members such as new library books, discounted gardening products, paid expert speakers, and free or low-cost field trips and workshops.

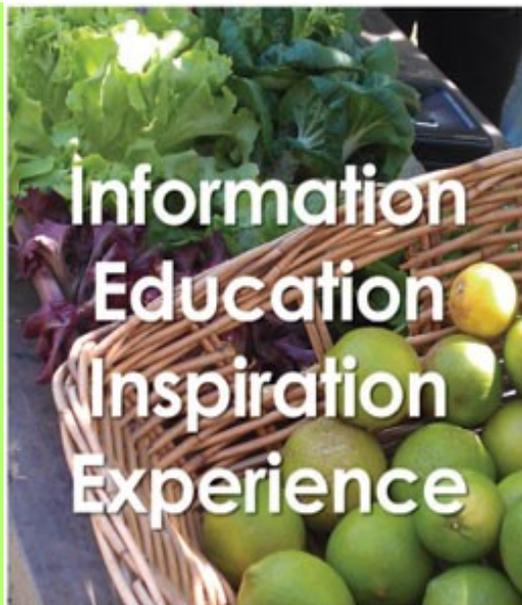
## Request for Articles

What can you share?  
It could be to do with:

- your garden
- a photo
- an unusual plant
- a request
- garden/nutrition info
- a recipe
- a current affair to do with organic growing

Send your articles to the editor and help keep the newsletter topical, interesting, local and relevant

[info@rogi.com.au](mailto:info@rogi.com.au)



 **Redland Organic Growers Inc**

## March Newsletter Deadline

Please send your contributions to the newsletter editor by 27th April for the May edition.

## Herb Awareness 2016

**QUEENSLAND HERB SOCIETY ANNUAL SHOW**

For everyone who wants to learn more about growing and using herbs!

- Herbs and plants for sale.
- Lots of herb related stalls.
- Café Sage herb inspired food.
- FREE demos and talks.
- FREE entry.

Go to [www.qldherbsociety.org.au](http://www.qldherbsociety.org.au) closer to the date for guest speaker and demonstration timetables.

**Albion Peace Hall,**  
102 McDonald Road,  
Windsor, Brisbane Q



**9am to 4pm Sunday 22nd May**

*This event is supported by the Lord Mayor's Suburban Initiative Fund and Hamilton Ward Councillor, David McLachlan.*

## Farm-Share Opportunity

My husband and I have purchased a 7acre block in Thornlands. We intend to build a school for kindergarten-aged children with a focus on the outdoors.

We are planning to set the property up as a sustainable small scale farm with a large market garden component and a few food-producing animals.

We are looking for someone with extensive growing experience to enter into a farm-sharing arrangement or other similar agreement.

If you are interested in discussing this further please email Louise on [lsillar@telstra.com](mailto:lsillar@telstra.com)

## Eco-friendly House for Rent

- 3 bedrooms plus study
- Huge living area and kitchen
- Large entertaining deck
- Timber floors, solar power and hot water, water tanks
- Single carport and large shed
- Cleveland—close to public transport and walk or ride to schools
- Permaculture gardens, fruiting trees, massive chook run

Please contact Jill on [jill.nixon@bigpond.com](mailto:jill.nixon@bigpond.com) or 0418 717 735 if you or someone you know may be interested.

# ROGI Shop Products

Products Dry	3kg	2kg	1kg	500g	100g	Each
<b>Soil Conditioners</b>						
Blood & Bone	7.50		4.00	3.00		
Blood & Bone 25kg						29.50
Blood & Bone 16kg						24.00
DE Fine Food Grade		15.00	8.00	4.50		
DE Fine Food Grade 20kg						110.00
DE Pet & Garden	16.00		7.00	4.00		
DE Pet & Garden 20kg						80.00
Dolomite	5.50		3.00	2.00		
Eco88	8.50		4.00	2.50		
Gypsum	5.50		3.00	2.00		
Humic Acids					3.50	
Organic Booster	6.50		3.50	2.50		
Organic Xtra	6.50		3.50	2.50		
Organic Xtra 25kg bag						18.50
Organic Xtra 16kg bag						14.00
Organic Xtra 5kg bag				2.50		7.00
Rock Dust #3 25kg bag						29.50
Rock Dust #3 Mix	6.50		4.00	2.00		
Sea Mungus						
Turf Master	5.50					

\*DE is Diatomaceous Earth—can kill insects by desiccation.

<b>Tools &amp; Equipment</b>	
Soil pH Test Kit	15.00
Banana Bags	3.50
Fruit Fly Exclusion Bags set of 4	5.00
Paper Pot Maker	28.00

Products Wet	5 litre	1 litre	500ml	150ml	100ml
<b>Soil conditioners</b>					
Eco-Amingro		18.00	10.00		
EcoFish	32.00				
Eco Naturalure				15.00	
Eco-Neem					16.00
Eco-Oil		22.00	16.00		
Fish & Kelp solution		13.00			
Potassium Silicate					3.00

<b>Pest &amp; Weed Control</b>					
Burn Off		9.00			
Eco-Pest Oil			10.00		
Naturassoap			17.00		
Pyrethrum Spray					20.00
Wild May (for fruit fly)					2.00

<b>Aloe Vera</b>		
Aloe Vera Raw Material	33.50	9.50
Aloe Vera Raw Bio Fertiliser	37.00	10.00

Zeolite is now available from the ROGI shop—see page 19 for information on the benefits to be gained from using zeolite in your garden

# MANAGEMENT COMMITTEE

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TREASURER Garry Bromham [group@rogi.com.au](mailto:group@rogi.com.au)  
COMMITTEE MEMBERS Kathy Petrik, Toni Bowler, Sharr Ellson, Julia Geljon

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The views expressed in ROGI News are those of the editors and submitters, not necessarily those of Redland Organic Growers Inc

## Predators to protect



Lacewing eggs; lacewing eating aphids



Ladybug and ladybug larvae eating aphids



Photos taken from Holly's presentation see pp 4-8