

ROGI News

ROGI meetings are held on the 2nd Thursday night of the month, with doors opening at 6.15pm. Members can visit the plant table, Seed Bank, library and stalls, or have a chat and something to eat before the meeting. Please be seated by 7pm ready for the proceedings.

*Bayside Community Church
Cnr McDonald Rd and Macarthur St
ALEXANDRA HILLS*

Don't forget:

- A small plate of finger food to share for supper (hot/cold)
- Your keep cup for a cuppa
- Return washed seedling pots
- Bring a basket/box/bag for your purchases
- Any questions for Plant Clinic
- A plant for ROGI Rewards
- Free swap/share/giveaway

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ROGI webpage: www.rogi.com.au
ROGI Email: info@rogi.com.au



Calendulas are an annual herb with bright yellow or orange flowers. Flower petals can be added to rice dishes, salads, soups, stir-fries, stews and desserts for colour. You can also use fresh leaves in salads. Plant in autumn through to spring in a sunny, well-drained position. The flowers are very attractive to bees, they also have medicinal uses. Will self-sow readily.

April Meeting

Grow Fresh Flavourful Vegies Easily

Are we growing the best vegetables? Were the vegetables we ate in our childhood better tasting than today? Why do the vegetables we eat overseas taste so much better?

Today, vegetable and fruit varieties are bred to have a long shelf life; be colourful before they are truly ripe; can be thrown without bruising; and are readily harvested with large machinery.

We want to grow vegetables that are full of flavour, hardy, resistant to pests and diseases, easy to harvest, and crop over a longer period. As we live in arguably the best place in Australia to grow vegetables year round, let's hone our skills, select the best varieties, and grow the tastiest vegetables using the best techniques.

April's guest speaker is landscape architect, urban designer and horticultural consultant Arno King. Arno's industry experience includes working in retail and wholesale nurseries, in landscape construction and in landscape design. He does garden talkback on Sunday mornings on 4BC, and is a regular writer for various magazines. Arno is a keen gardener and is currently developing a 10-acre property in Brisbane City. He grows a wide range of plants, and enjoys growing vegetables using organic gardening methods.

Bring along your questions for Plant Clinic and we'll see if someone can help. The usual attractions will be there - Seed Bank, the well-stocked library, some seedlings and plants, plus local honey, home-made jam, wax wraps and more.



**All ROGI Members \$2-00 entry, Visitors \$5-00 entry
Free tea and coffee**

PLEASE NOTE: Supper will be held at the beginning of the night (6.30pm). It would really be appreciated if all attending could contribute by bringing a small plate of finger food to share (hot or cold). The meeting starts at 7pm.

ROGI Events

GARDEN VISIT - Ann O'Connor, Capalaba Saturday, 13 April - 2pm

Ann and her husband live on a suburban block in Capalaba. They have a lovely garden full of lots of interesting plants, veggies, herbs and water features. Ann and her family have beavered away for the past few months getting ready for our lovely autumn weather. Please bring a small plate of food to share for afternoon tea.

To book, contact Toni Bowler on 0402 323 704 or email her at tonibowler@hotmail.com

SEED SAVERS GROUP *

Monday 15 April - 9.30 to 11.00 am

Topic: Growing cool season crops from seed.

We'll cover what to grow now and the top tips to growing delicious winter vegies from seed. Please bring any seeds from non hybrid varieties that you've saved and would like to add to our seed bank. They can still be in dried pods or flower form, ready for separating and packaging. We'll also be making up the ROGI seed growing mix and sowing seed for you to look after until the next ROGI meeting where you can bring them for the ROGI plant sales.

Our numbers are limited so please book early, but be sure to remove your name if you are unable to attend. Someone else will gladly fill your spot.

Please bring a mug for a cuppa and a small plate of food to share if you'd like to. Also a small box to take home seedling punnets for growing on.

*** PLEASE BOOK ON TEAMAPP**

Grow Australian Bush Foods

by Dick Copeman

At our March meeting we welcomed Dick Copeman, one of the founders of the Northey Street City Farm. Originally a medical doctor, Dick has also worked as a campaigner on food policy, fair trade and sustainability issues. His particular interests are in bush foods, bush regeneration, tree and perennial crops, and permaculture design.

There are many reasons for growing Australian bush foods, including acknowledging the first nations of our country, obtaining food from plants that are native to our local area, supporting native wildlife, and adding new flavours to our meals. Bush foods are also healthy foods, as they provide healthy starches and fats as well as minerals and antioxidants.

The Australian bush foods detailed by Dick include:

- Macadamia (*M. Integrifolia*)
- Native Peanut (*Sterculia quadrifida*)
- Riberry or Small Leaved Lilli Pilli (*Syzygium leuhmannii*)
- Scrub Cherry (*Syzygium australe*)
- Duroby (*Syzygium moorei*)
- Little Kurrajong (*Brachychiton bidwillii*)
- Finger Lime (*Citrus australasica*)
- Round Lime (*Citrus australis*)
- Davidson's Plum (*Davidsonia pruriens*)
- Native Tamarind (*Diploglottus campbellii*)
- Native Tamarind (*Diploglottis australis*)
- Lemon Aspen (*Achronychia acidula*)
- Sandpaper Fig (*Ficus coronata*)
- Sandpaper Fig (*Ficus opposita*)
- Lemon Myrtle (*Backhousia citriodora*)
- Cinnamon Myrtle (*Backhousia myrtifolia*)
- Aniseed Myrtle (*Anetholea anisata*)

- Native Mulberry (*Pipturus argentea*)
- Lime Berry (*Glycosmis pentaphylla*)
- Zig Zag Vine (*Melodorum leichhardtii*)
- Common Bramble (*Rubus moluccanus*)
- Atherton Raspberry (*Rubus probus*)
- Millaa Millaa Vine (*Elaeagnus triflora*)
- Warrigal Greens (*Tetragonia tetragonioides*)
- Native Ginger (*Alpinia caerulea*)
- Kangaroo Grass (*Themeda triandra*)
- Matt Rush (*Lomandra longifolia*)
- Scrambling Lilly (*Geitonoplesium cymosum*)
- Midyim Berry (*Austromyrtis dulcis*)



The beautiful Riberry or small leaved lilli pilli (*Syzygium leuhmannii*) bears fruit that can be used in sauces, jams, chutneys and more.

LILLI PILLI CHILLI SAUCE

(Dick has kindly shared this recipe with us)

50 red or green chillies
3 teaspoons salt
2 cups sugar
750ml vinegar
8 cloves garlic, crushed
2 teaspoons grated fresh ginger
500g riberies (small leaved lilli pillies)

Put all the ingredients in a large stainless steel or enamel saucepan and bring to the boil. Simmer until riberies are very soft. Cool, then liquidise in a blender, or rub through a sieve. Pour into sterilised bottles and seal.

Grow Australian Bush Foods (continued)



Native Tamarind (*Diploglottus australis*) makes a good seafood sauce and jam, with a lemony, apricot flavour.



The leaves of Lemon Myrtle (*Backhousia citridoria*) can be dried, crushed, and used in cooking. It is also one of the ingredients in ROGI's signature tea, served at our monthly meetings.

Davidson's Plum (*Davidsonia pruriens*) loves to grow in the shade. Two hours of sun is sufficient. It can be lopped, forming multiple branches. The fruit is rarely eaten fresh due to the intense acidic flavour. However, the strong tart and fruity flavour lends itself to be used in a range of sweet and savoury dishes, including cakes, jams, mayonnaise, sauces, yoghurt and ice cream.

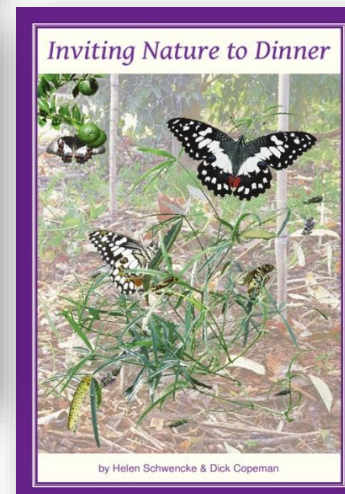


Bushfood nurseries in SEQ and NSW are:

- Northey Street City Farm, Windsor
- Paten Park Native Nursery, The Gap
- Kumbartcho Sanctuary & Nursery, Eaton's Hill
- Indigiscapes, Capalaba
- Nielsen's Native Nursery, Loganholme
- Witjuti Grub, Obi Obi
- Daley's Fruit, Kyogle
- Rainforest Nursery, Burringbar



Both Lime Berry (*Glycosmis pentaphylla*) and Native Ginger (*Alpinia caerulea*) love to grow in the shade.



Dick Copeman has co-written a book with Helen Schwencke, *Inviting Nature to Dinner: The benefits of bringing biodiversity to our backyards*. It is available in the ROGI library, or can be bought online.

Preparing for Cool Season Planting

By Linda Brennan, Ecobotanica

It's been a wild ride this summer! What started as a dry as chips spring, morphed into a swelteringly humid summer with almost double the mean rainfall for Capalaba in January to March, and it looks set to continue for the first few weeks of April at least.

It's caused me to reconsider my planting for this early part of the autumn season. I'm usually direct sowing crops that grow in cooler weather, like broccoli, cauliflower, cabbages, and potatoes, but as I look at the vegie patch, there are a multitude of big puddles and the mud is deeper than my ankles.

So, what do gardeners do when we've had a wetter than ordinary season? We learn to adapt (and weed faster in my case!) It turns out that I may not be the only person with weeds growing faster than I can keep up with them. I tackle them in several ways before mulching the soil:

1. Hand pulling, a laborious job, but it allows you to really inspect (and feel) your soil at close range.
2. We use a Dutch hoe for large areas with small to medium weeds. It chops them off at the base, but is not good for those taller ones like the omnipresent Tulsi Basil and runaway white root that need hand weeding.
3. For little weeds in gravel, sand, and paths we use organic certified 'Slasher' spray made from various oils and plant acids.

As for growing vegies, I really feel the urge to plant the sprouting potatoes now, but will hold off until mid to late April when the rains have dissipated. Wet soil at or after planting will rot tubers in the ground. I learned that the hard way last year with a crop of expensive Dutch Creams. The plants grew to 20 cm before rotting in prolonged wet weather.

While gardeners in southern states are planting garlic corms about now, you may find yours does better late April in a raised bed with well-drained soil and a touch of sulphur dust. Remember when planting garlic to leave the tip of each clove sitting above the soil. They will sprout within a week.

I've taken a big risk and planted beetroot seedlings into the soil. It's a risk because most of our root vegies such as beets, radish, carrots and kohlrabi grow bigger and better in cool soil. Right now, you can still plunge your hands into warm soil. Warm soil is not conducive to root development, and wet soil will rot the plants. You may also find during warmer weather that plants have lots of leaves at the expense of well-formed roots.

Last year rats ate almost every one of my beautiful big beetroots. This year I've installed an electric fence around part of the vegie patch and have used Rohanne's biodynamic rat pepper spray. I'm also hoping to get a big crop of corn within the electrified area. Corn seed will go in during early April. I sow two seeds per hole so the plants can support each other, and plant at least three rows of seeds 1-2 metres long for good cross pollination. Let's hope I have success against the wildlife!



A handsome cabbage ready for the pickling crock.

Preparing for Cool Season Planting *(continued)*

Onion seed can be sown now, but I suggest that you sow 10-20 seeds in each little pot and allow them to grow to about 10 cm tall before separating them and transplanting into the ground. *Gladalan White* and *Gladalan Brown* onions grow well in the Redlands, and gave us a wonderful crop when sown in part shade with good soil, atop a retaining wall. Onions are particular about temperature and sunlight too, and will not fill out their bulbs when they are exposed to too much heat and sun.

While I could waffle on about my plans for the winter food garden, may I suggest you plant some flowers in your vegie patch? Go for edible flowers that will also feed our pollinators with their nectar and pollen, and that will provide predatorial insects with a feed before they do their job in the garden. Try *Queen Anne's Lace* if you have plenty of space, or for more compact spots and pots try violas, calendula, *Love in a Mist*, compact nasturtiums or even sunflowers.

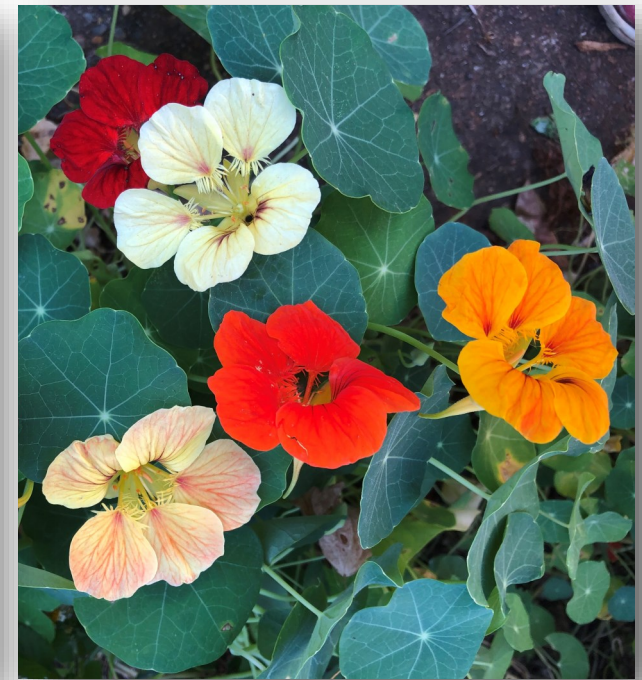
You'll find more suggestions on my Facebook page *A Delicious Bunch (Edible Flowers)* and *Ecobotanica* on Instagram and Facebook. Until next time. Cheers, *Linda*



Sunflowers will grow in winter if they have heaps of sunlight. I don't plant in late May, June or July.



Queen Anne's Lace is a self-sowing annual that attracts many beneficial insects to the garden.



Nasturtiums come in a variety of colours. The leaves and flowers are edible. Will self-seed each year in cooler weather, and thrive in poor soil.

Plant Clinic

Managed & reported by Julia Geljon & Chris McIvor

At our last meeting we only had one specimen brought in by our Membership Secretary Rhonda Binns.

Citrus Gall Wasp (*Bruchophagus fellis*)

This is a native insect and its host is the Australian finger lime. But it has spread way beyond that into cultivated citrus plants. You normally don't see the tiny, shiny brown wasp, just the distorted, enlarged galls it causes on the branches, and tiny holes if the adults have hatched.



Prevention Is better than cure. To stop them entering your garden here are a few tips:

- Don't prune plants heavily in winter as this encourages lots of soft, sappy growth that attracts females. Try to get trimming done in autumn, early winter or very early spring.
- Feed citrus with a balanced fertiliser or compost. Not too high concentrations of nitrogen.
- Water regularly and mulch to keep trees healthy.
- Encourage beneficial insects. There are two species of parasitic wasps that lay their eggs into gall wasp eggs: *Megastigmus trisulcus* and *Megastigmus brevisulcus*.

Take great care to destroy all infected material – don't compost it.

Life Cycle: Only one generation per year and they perform a complete metamorphosis. i.e. egg, larva, pupa, adult. All stages except adult happen inside the woody gall.

Adults emerge from the gall in spring, mate, then egg laying begins immediately. They can lay about 100 eggs over their two-week lifespan.

Larvae hatch after about two weeks and their burrowing causes the swelling reaction. There may be hundreds in a large gall, where they live for several months until chewing their way out.

Control measures are:

- Most effective is mechanical scraping of each gall with a potato peeler or knife. Done early in their life stage, the exposed larvae will not survive drying out.
- Pruning off every branch supporting galls is fine if you only have a few.
- Spraying trees with Eco Oil to inhibit wasps landing and laying eggs is effective during July/August. Eco Oil is thought to attract wasp predators.
- Introducing parasitic wasps as mentioned above, although they are not around in large numbers.
- The gall wasp traps marketed by big stores have not been proved effective by commercial growers. They are also not popular with some gardeners as, being a sticky trap, they kill unintended visitors to our gardens such as beneficial wasps and insects.

NB Please bring your pest and leaf problems to the Plant table in the foyer. Make sure they are secure in a sealed container and fill in your name and any helpful details on the form provided.

Thank you, Julia and Chris

Daikon Radish

By Linda Brennan, Ecobotanica

Daikon radish is a winner in our garden. But not only is the size of this root impressive - it makes a myriad of wonderful dishes both raw and cooked, imparting a savoury kick without the biting heat of regular red radishes. This long white radish is a favourite vegetable in Japan, and one of its most cultivated root vegies. May I mention here that daikon radish also come in a rainbow hue of root colours, but I've never seen the purples, golden, pink or red rooted plants or seed for sale.

Growing daikon radish

Like any other radish, it does prefer growing in a cooler soil, so it's most successful when grown in autumn and winter. I avoid sowing seed from about August onwards, as in warm weather and warm soils, the leaves become the dominant feature at the expense of the roots.

To grow *daikon* you'll need fresh seed, although it is viable for several years. Your soil needs to be freshly cultivated and 'composty' to at least 15cm deep, without stones or rocks. I grow *daikon* both in the ground and in raised beds. Raised beds often grow bigger *daikon* radishes as the soil is softer and deeper. As it grows, the radish root grows up and above the ground, giving you a good idea of the size of the root.

Sowing seed

Sow the seed 1cm deep, well-spaced in rows about 10cm apart. Harvest every second radish when it's smallish and beginning to rise out of the ground. This will give their neighbours more space to grow. As they grow, they get two foliar feeds with fish and seaweed foliar fertiliser - too often and you'll grow leaves, not roots.

The *daikon* radish pictured was sown as seed (recommended for most root crops) last year in April. We began harvest in late July, and by then the roots were already large. I left the biggest and best to go to seed so I can grow our next harvest for



free. They are also available in the ROGI Seed Savers' seed bank. The *daikon* radish pictured weighed over 1 kg when harvested, and was about 65 cm long. It won't be any good for eating as it will be old and woody with age.

Eating daikon radish

All parts of the radish are edible. We dry the leaves and combine the finely pulverised dry leaves with pepper and salt, seaweed flakes and sesame seeds for a lovely sprinkle on salads and in omelettes, fish and tofu.

I shred fresh new leaves and use these in salads or miso soup. Their root may be peeled and shaved and added to leafy green salads; quick pickled in hot rice wine vinegar and a little sugar for a wonderful addition to buddha bowls; shredded and added to rice paper rolls; cooked into stir fries. Our family tell us that they are also awesome when pickled and added to Bahn Mi. If for no other reason than to grow the biggest root vegetable you've ever grown - try *daikon* radish this autumn!

A Cane Toad Free Garden

By Rohanne Young

I'm sure I'm not telling you anything new when I say that this summer has been a wet one! In fact, we've had almost double the normal rainfall for summer. And it's also been hotter than average! One critter that has really enjoyed these conditions is the cane toad.

These pests were introduced into Australia in the 1920's and have so loved the conditions that they have multiplied into plague proportions. This is not good, because they outcompete our native wildlife for food. Even worse, they emit a toxin that is poisonous to wildlife, but also harmful to humans and to our pets!

However, despite the wet conditions and the plague-like proportions of baby cane toads I see in my neighbourhood, I am pleased to report that my garden has remained free of cane toads. This is thanks to my biodynamic pepper, which deters the cane toads.

Biodynamic peppers are a homeopathic remedy that use the energy of the pest animal to deter it from areas where you don't want it. They are easy to apply, although a little different from conventional deterrents, as you don't have to come into contact with the pest animal, nor do you spray or harm the pest animal.

They are also unconventional in that you have to apply them during the full moon for maximum effectiveness. By applying the biodynamic pepper for cane toads, my garden has been free of this pest for the last few years. This is great as I welcomed a new puppy just before Christmas, and, like all puppies, she is curious about her surroundings. She loves playing in the puddles and I'm sure would play with a cane toad if she found one!

If you are interested in learning more about biodynamics or my peppers, please talk to me at a ROGI meeting (I'll be down the back at the sales tables).



Giveaway, For Sale



Contact Francke Latter at nannaduck11@hotmail.com or ring her on 0408 080 113. Offer of local delivery only.

Giveaway - 200 litre blue drum, no lid. Very strong.

For Sale - Chrysler 10 hp 1980 outboard, serviced 10 years ago. Stored upright in shed with fuel tank. \$100.00.



For Sale - 6 x green 500 litre tanks (with lids). Can be used for water or dry mulch, or anything really. \$20-00 each.

Upcoming Events

BRISBANE ORGANIC GROWERS INC (BOGI)

102 McDonald Road, Windsor

“Growing Organically from the Ground Up” Workshops

Saturday 20 April, 8.30am to 4.30pm

Cost \$30-00 Members, \$40-00 Non Members

BBQ Lunch available for an additional \$10-00 (pay when book)

- Ketah Sylvester - *Water gardens*
- Col Harris - *Propagating from cuttings*
- Barbara Beerling - *Propagating from seeds*
- Jillian Coombs - *Soils*
- Jason Hauser - *Never buy greens again! Salad greens self-sufficiency*
- BOGI - *Homemade helpers*

Please pay online by direct deposit with reference “Workshops + your name” to **Brisbane Organic Growers Inc. BSB 034 055, Account Number 389 856**. Email the copy of your payment, your personal details and lunch preference (veg/non-veg) to bogipresident@gmail.com.

Enquiries to Penny Ossowski on **0438 254 673**.

GOLD COAST EDIBLE GARDEN TRAIL

Various Locations

Saturday 27 April, 9am to 3pm

Cost \$16.50

Join us for the Gold Coast Edible Garden Trail, where you'll explore a series of vibrant, thriving gardens, that are as beautiful as they are functional. Each garden showcases innovative designs and sustainable practices that are sure to inspire your own gardening journey.

To book your ticket/s go to:

<https://events.humanitix.com/gold-coast-edible-garden-trail>

BETHANIA STREET COMMUNITY GARDEN

Bethania Street, Lota

Permaculture in Suburbia

Sunday 5 May, 10am to 12pm and 12.30pm to 2.30pm

(Participants to attend both sessions and bring their own lunch).

Permaculture is the conscious design and maintenance of productive ecosystems which have diversity, stability, and resilience. Learn about its foundations and ethics, and how these can be applied in an urban setting.

Using the Community Garden as a demonstration, renowned presenter Michael Wardle will consider how permaculture can be incorporated into our own communities, homes, and lives.

Free - Bookings essential - email bethaniabooking@gmail.com

We'd like to hear from you!

For example, send us:

- A story about your garden
- A photo of an interesting plant
- An article about an unusual plant
- A request for items or information
- Specific garden or nutrition information
- A recipe for home-grown produce
- A notice that you have something to give away or sell
- A handy technique or tip
- A gardening problem solved
- Anything to do with organic growing
- A review of a ROGI library book

Please send your items to the editor and help keep ROGI Newsletter topical, interesting, local and relevant.

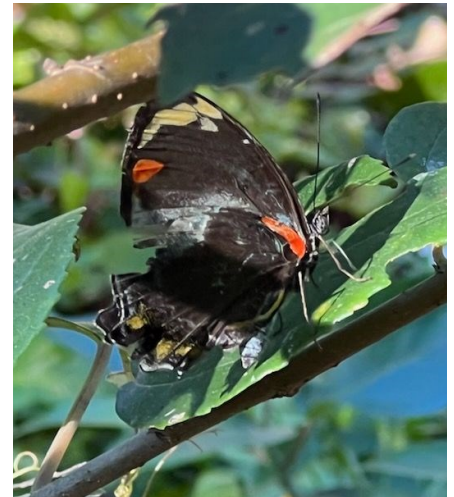
Email newsletter@rogi.com.au

The May newsletter deadline is **25 APRIL 2024**

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NATIVE MULBERRY & JEZEBEL NYMPH



The views expressed in ROGI News and at ROGI meetings are those of the Editor, submitters and guest speakers, not necessarily those of Redland Organic Growers Inc.

Email: info@rogi.com.au **Webpage:** www.rogi.com.au
www.facebook.com/groups/redland.organic.growers

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—
1st Thursday every month (except Jan),
Albion Peace Hall, 102 McDonald Rd, Windsor,
6.30 for 7.30pm. 3357 3171 <http://bogi.org.au>

Qld Herb Society—1st Tuesday every month,
Albion Peace Hall. 7.30pm. 54268299
<http://www.qldherbsociety.org.au/qhs>

Oaklands Street Community Garden—Wednesday
and Friday 9-noon, Sunday 2-5pm. Oaklands Street,
Alexandra Hills. 0408 259 445

Lynda Shale's native mulberry (*Pipturus argentea*) is a host tree for the beautiful Jezebel Nymph (*Mynes geoffroyi*). Purchased from Kumbartcho Nursery in 2019 as tube stock, it has taken 2-3 years to fruit. It has grown quite sparsely in a part shade situation in the Tingalpa/Hemmant area, so Lynda has kept it pruned to 2.5m. It will grow to 6m in full sun. It usually flowers in summer, followed by small fruit from about May to July. It is a fast growing and very hardy species, growing in well drained, neutral soil. So far it has survived the extreme dry and wet conditions we have experienced over the last 12 months. These photos were taken in July 2023, which was the first time the life cycle of the Jezebel Nymph was noticed. Aren't the little family of chrysalis hanging together amazing!!