

ROGI News

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

**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 ...

Inside this edition

	Page
Jill's Jottings: notes from our president	2
Coming events/July meeting/Membership	3
Wild Medicines	4 & 5
Garden Makeover Competition Winner	5
Workshop at Francois'	6 & 7
Requested Recipes	8
Garden Visits/Field Trips/Bulk items	9
Legionnaires' Disease warning	9
Gardening Seminar/Nutmeg Bush	10
Growing Organic Superfoods	11 & 12
Have fun with ROGI/Collect punnets	13
Field Trip to Macleay Island	14 & 15
Planting guide	15
Critter of the Month—fruit spotting bug	16
Library news	17
Shop News/For sale	18
Seed bank News	18
Article request/Plant Clinic/Giveaway	19
ROGI Shop price list	20
ROGI Committee Details/Open Day	21



Worm tower in a garden bed at Macleay Island Men's Shed community garden. Food scraps put in pot feed the compost worms. They travel out under the mulch about 1.5 metres from the pot and help nourish the soil.

Jill's Jottings

Hello fellow gardeners

We are nearly at the end of the ROGI year—our AGM will be in August when we will elect the Management Committee for the following 12 months. You have already received notice of a short General Meeting at the July meeting to vote on making a change to the constitution.

Why?

The current constitution says:

*'No member of the management committee may hold the **same position** for more than **two (2) consecutive years**. No member of the management committee may hold **a position** for more than **four (4) consecutive years**.'*

[The management committee comprises **President, Vice President, Secretary, Treasurer and four Committee members**, who may or may not also have an Office Bearer's role.]

This means that a member can be on the committee for no longer than 4 years in a row, and can hold a particular position for no longer than 2 years. For example, Mr X could be treasurer for 2 years and president for 2 years and then must retire, even if he is keen to continue on the committee and no-one else nominates.

On Wednesday, we will vote on removing these timeframes for the following reasons:

- The reality is that at every ROGI AGM there is a shortage of people nominating or accepting nominations for Management

Committee roles.

- It has happened that a committee member is happy to continue but is not permitted to do so by the terms of the constitution, and therefore must stand down – sometimes when there is no-one else willing to do the job.

- ROGI cannot function legally without a treasurer and a secretary. (Last year we were without a treasurer for some weeks until Lindsay agreed to take it on so that ROGI could continue functioning).

- Removing these timeframes on the terms of office will enable those who are willing to continue in their roles to do so.

This is a practical solution to a reality. If there were several nominations for these positions then there would be no cause for concern.

A few of our Office Bearers wish to stand down and give someone else a chance to share in the fun and learning experiences. They run the:

Library Get to know the books we have, source new books, read as many as you like.

Seed bank Learn more about seeds, their seasons and where to source them.

Newsletter Learn more about all aspects of gardening and also ROGI.

Membership Get to know everyone in ROGI. A great job for a socially-minded person with computer skills.

Please approach any committee member to learn more about the roles.

The other Office Bearer positions are:

PR and Marketing
Club Events
ROGI Shop
Supper

Please approach these people and offer to help and learn how it's done with a view to perhaps taking it on in the future.

We have observed that those who are or have been on the committee in any role become more experienced gardeners and it shows in their gardens. Give it a go!

Early this week you received a request to complete an online questionnaire to give us your feedback on ROGI. If you have not already done so, please complete this survey by Friday 10th July. It only takes a few minutes.

On the garden front, we've had several bunches of bananas this year. We cut them down as soon as we notice a slight yellowing so that the bats don't take a peck out of every single one of them.

We cut off the bell (which we've left on so the birds can nibble it) and then hang the bunch in the shed (to thwart possums), shrouded in a banana bag (to thwart rats).

Home-grown bananas taste so much better than shop-bought, and if you have a glut you can always barter with someone.

Our latest bunch had delightfully small deliciously sweet bananas—the length of my fingers. Lady fingers?

See you on Wednesday.



*Happy
Growing,
Jill*

Coming Events

July	Wed 8	6.15pm	ROGI meeting
	F, S, S 10, 11, 12		Qld Garden Expo www.qldgardenexpo.com.au
	Sun 12	1.30pm	Garden Visit Garry & Sophie * - p 9
	S & S 25 & 26	9.30am	Field trip herb farm * - p 9
	Sun 26	10-3	Inspiration Garden Open Day—p 21
Aug	Sat 1	morning	tour of gardens of Macleay— p 10
	Sat 1	1.15pm	gardening seminar—Graeme Sait— p 10
	Wed 11	6.15pm	ROGI meeting and AGM
	Sun 16	1pm	Garden Makeover workshop * - p 5

* Book with Toni B on events@rogi.com.au or 0402 323 704

Membership Fees

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

VERY IMPORTANT! Reference - Your initials and surname are essential to identify who has paid. This is our only way of knowing it's YOU. Please bring your membership application form to the next meeting. Email group@rogi.com.au for application form.

Membership fees for 2015 are now overdue. If you are not a financial member by the next meeting, you will be charged the visitor's entry of \$5. Please renew online at your convenience, and ensure that you complete a new membership form when you are renewing. Please provide evidence of pensioner status to claim discount.

Fees	New member/s joining in...			
	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec of following year
Member Category				
Single	\$30	\$22.50	\$15	\$37.50
Family	\$50	\$37.50	\$25	\$62.50
Pensioner Single	\$20	\$15	\$10	\$25
Pensioner Couple	\$30	\$22.50	\$15	\$37.50

July Meeting

And now for something very different as there will be no guest speaker at this meeting. We've had requests from members new to gardening to cover some of the basics, so that's what this all about.

Back to Basics

Several stations around the room will be set up for different activities.

- Each session will last for 10 mins, except for grafting (20 mins)
- You decide which station you wish to attend first and after 10 mins move to another one.
- There'll be a bell at ten minutes. The next session starts in one minute.
- There'll be a maximum of ten people per station per session.

The stations are:

1. **pH Test** your soil's pH. Why it's important. Bring a soil sample taken from root depth. This is a hands-on activity.
2. **Biochar** What is it? Why and how to use it.
3. **Diatomaceous earth (DE)** What is it? Why and how to use it.
4. **Seed Bank** Learn about how it works, where seeds are sourced etc
5. **Sowing seed**—tips for success.
6. **Soil types** What type of soil do you have? How to test it. What to do about it.
7. **Library.** There'll be time to browse thoroughly and discuss various books, magazines and DVDs.
8. **Take a cutting.** This is a hands-on activity.
9. **Simple grafting.** This is for the more experienced gardeners.
10. **Q & A and Plant Clinic.** Bring along your questions/samples/photos
11. **Supper.** Yes! Supper is a station, but it won't start until 8pm so the supper helpers can visit the stations.

The Swap/Share/Giveaway and Members' Sales tables will be open. Franco's stall will be outside selling organic fruit, veges and seedlings.

What to bring:

Soil in a container—approx one teaspoon per sample.
 Secateurs if you wish to use your own (named).
 Container to take home cuttings, sown seeds, purchases etc.
 Supper to share—preferably home-made and organic if possible.

Wild Medicines

with Margaret Foley and Linda Barrett

For millennia, people have looked to nature to prevent and cure disease. Recently, medicinal plants/weeds have been catapulted into the mainstream, with some plants being lauded for their powerful healing abilities against some of today's most prominent illnesses. The good news is that some common weeds in our backyard yield amazing healing abilities and they're **legal!**

Margaret described some of the interesting medicinal properties of seven weeds.

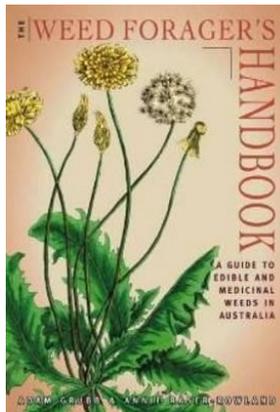
Linda listed the nutritional value of the plants and covered how they grow. Each plant was on display to help with identification at home.

Here is where we need to give you those warnings:

CAUTION: Always verify that you have correctly identified the weed/plant. Do not eat weeds from beside roads and railway lines where they may have been sprayed with herbicides.

- Make sure you know the history of the ground/area and that it hasn't been sprayed with weedkillers. Your own backyard is best.
- Observe. Get to know the plants and their seasons - where they grow, when they're good to pick and when they're about to flower and go to seed. Often leaves taste better before the plant has flowered.
- If you are ill, consult a health practitioner before relying on self-medication.

This book, available from the ROGI library, will help you with identification.



Chickweed: *Stellaria media*

Very common plant with white flowers—5 split petals. An annual, it self-sows and appears in autumn.

- The aerial part is used
- Chickweed is soothing and an astringent (a substance that tends to shrink or constrict body tissues)
- Recommended for irritable bowel
- Use externally for eczema and psoriasis

Eat all above-ground parts raw in salads. It has a very mild taste. May be cooked as for spinach, but you'd need to pick a lot!



Purslane: *Portulaca oleracea*

Often called 'pigweed'. Prostrate herb with fleshy stems and thick mucilaginous leaves with small yellow flowers which have many tiny black seeds. All parts are edible. Readily self-seeds every year.

- High in vitamin C and potassium salts
 - Useful in the control of glucose levels
 - Has high omega 3 fatty acid content
- Eat raw in salads. Can be cooked in curries, soups.



Plantain: *Plantago major* - wide leaf

P. lanceolata - narrow leaf

Common lawn plant with broad basal leaves up to 12cm long with seven prominent vertical ribs.

- Good for constipation—use two thin leaves with a mixed vegetable juice
- Seeds from the long seed spikes are the source of psyllium (which is a bulk-forming laxative)

Plantain seems to be popular among the chook population without the laxative effects.



Sida retusa *Sida rhombifolia*

Wide-spread plant usually detested as a weed. It has variously-shaped toothed leaves, often grey beneath, and pale yellow flowers.

- Able to cure diarrhoea—chew a couple of young shoots
- Useful for irritable bowel (ref: *Wild Medicine in Australia* Cribb 1981)



Wild Medicines continued

Stinging Nettle: *Urtica dioica*

Perennial plant which has coarse foliage with downy covering over whole plant and minute net-les. A common weed in waste ground. Formic acid causes a severe stinging sensation when brushing against the hairs of the plant.

- It has a diuretic action
- Assists with hypoglycaemic conditions
- Useful for skin disease associated with poor circulation and/or anaemia and gout
- Promotes milk production in humans and animals
- Strengthens and supports whole body due to mineral and micronutrient content
- Helps reduce complaints of nervous eczema caused by stresses of modern society
- Root may be used for prostate enlargement

Use young leaves in soups, juices, leaf tea. Cooking or soaking in hot water deactivates the sting.

Nettles will spread very easily and quickly, so it's a good idea to grow in large pots.



It is reputed that applying chewed-up dock leaves to a stung area will relieve the pain.

Nasturtium: *Tropaeolum majus*

Needs no description. Readily self-sows early every autumn.

- Aids respiratory system
- Use leaves in juices for lung cancer
- Eat 4-6 leaves during winter to prevent chest infection
- New information March 2015 - lecture by Dr Weber stated that nasturtium leaves favourably alter oestrogen expression.



Use flowers in salads and fruit salads.

Dandelion: *Taraxacum officinale*

Very useful herb—the backbone of many traditional herbal formulae—highly recognised for its therapeutic effect.

- Root and leaf used medicinally
 - Root has tonic effect on liver—useful for jaundice, gall stones, bile problems
 - Leaf has diuretic action
 - Helps remove calculi in bladder and bile duct
 - Useful for cirrhosis, gout, arthritis
 - Improves cell metabolism and connective tissue
- Use in salads, juices, teas. Leaf becomes more bitter after plant has flowered.

Dandelion will grow in most places but prefers moist conditions and will grow in a tall pot.

A similar plant—catsear or flatweed (*Hypochaeris radicata*)—is also edible but doesn't have medicinal value. It is the one found most often in lawns in the Redlands.

WHAT IS THE DIFFERENCE BETWEEN CATSEAR AND DANDELION?

	Dandelion	Catsear
Leaves	Jagged (toothy)	Not jagged
Flower stems	Hollow	Thin, solid
Flower	One per stem	Several per stem
Leaves	Smooth	Prickly



Dandelion



Catsear

Garden Makeover Workshop Competition Winner Mena Stoke

Mena lives on acreage in Sheldon and, like many of us here in the Redlands, has a problem with the local wildlife taking more than their fair share from her garden. You can see from the 'before' photo below that she has tried lots of things that haven't worked particularly well.



So when we gather at Mena's on 16th August, we will work on:

1. Protection of plants to prevent pests (possibly possums) plundering produce—in other words we will construct a cage to keep them out. This is something you could easily do at your place once you know how.
2. The use of wood chips and mulch in organic gardening.

As usual, we will have afternoon tea, share plants and produce and learn a lot about growing organic food.

If you want to come to the workshop on Sunday 16th August, get in touch with Toni events@rogi.com.au or 0402 323 704

Workshop at Francois' Garden 31st May

Thirteen lucky ROGI members participated in the workshop at Francois' acreage garden. There were three 'segments' to the afternoon:

- Doing sheet composting on a weed-infested small area of the garden close to the house
- Having afternoon tea and discussing the recipes of the various food on offer
- Making a wicking garden bed

Most of us had some of our tools sharpened by Steve from Bayside Mobile Sharpening.

SHEET COMPOSTING

An area about 4 metres square had been taken over by weeds, making it unproductive. Francois had an unused square fibreglass waterlily pond that he planned to become a wicking garden bed.

- We cleared the weeds from a section of the area and levelled it to take the pond.
- Some of the weeds were chook-friendly, so they were ripped out to go to a good home.
- A few useful plants were left in place.
- Over time, Francois has amassed huge piles of wood chip that are in various states of breaking down. While some people were shovelling woodchips into a convoy of wheelbarrows, others were covering the weeds thickly with overlapping sheets of cardboard to totally cover and suffocate the weeds.
- Wood and cardboard are mostly carbon, so we sprinkled the cardboard with Organic Xtra which has chicken manure, blood & bone and fish meal—all rich in nitrogen. This was to prevent nitrogen drawdown.
- Next came a very thick layer of the wood chip mulch—some quite decomposed.

Nitrogen drawdown:

This happens when microbes in the soil use up most of the soluble nitrogen in the top layer of the soil as they break down the carbon-rich mulch so there is insufficient nitrogen left for the plants.

- It is possible to plant out into this straight-away. You make a hole in the mulch, fill it with good compost and add your plant. However, we didn't do this.
- Redland City has plenty of bandicoots, rats and possums as well as scrub turkeys and wallabies, and Francois has more than his share. He is constructing an animal-proof 'cage' over this area so his crops will make the journey to the kitchen intact. Not until this is finished will he plant anything!



The old waterlily pond/new wicking bed in place. Note thick layers of cardboard.



Pouring wood chip mulch over cardboard. Note various cages in background to keep wildlife away from vege plants.



Job done (so far). Note posts ready to build enclosure. Garden at back right is weed-infested, as was this garden to start with.

WORKSHOP AT FRANCOIS continued

AFTERNOON TEA

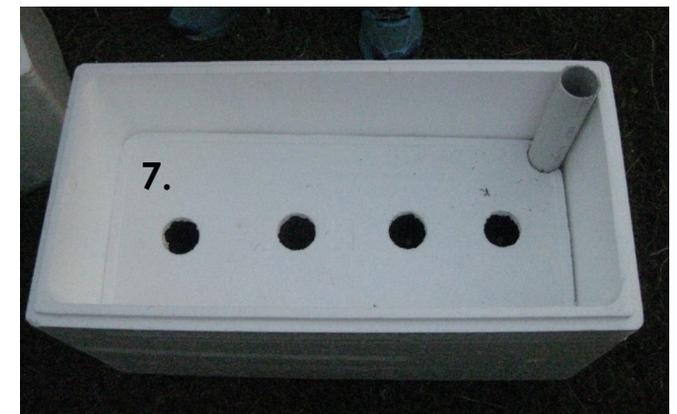
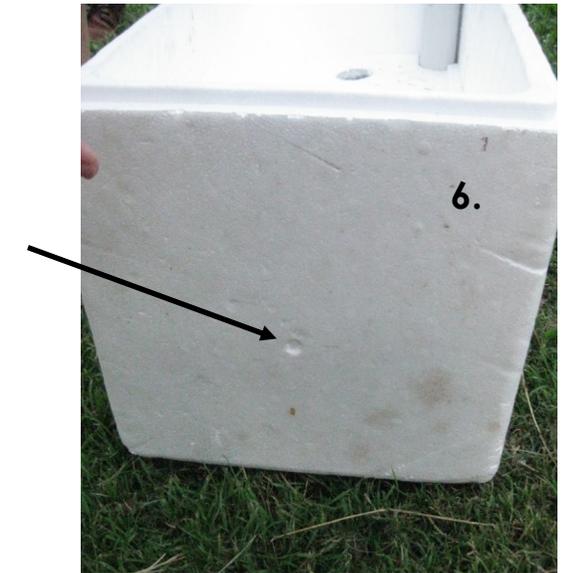
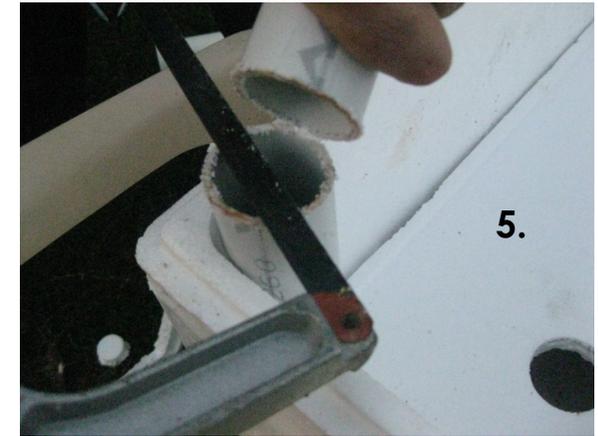
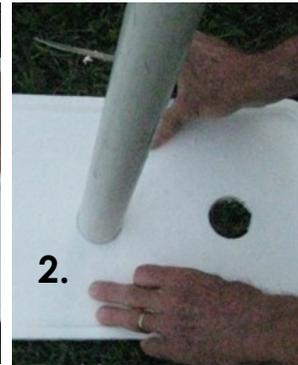
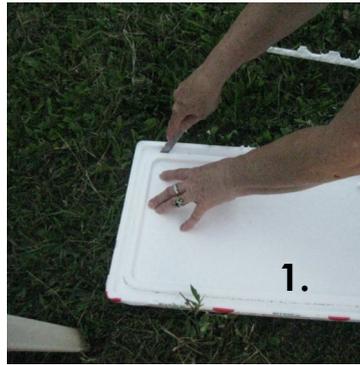
Afternoon tea took ages because there was so much wonderful, interesting, tasty, home-made food on offer. The recipes for two of the dishes are on page 8

WICKING GARDEN BEDS

Francois led us through the process of making two different types of wicking garden beds using foam broccoli boxes (the type that have no holes in them), some pvc pipes, a saw and some small plant pots. One type uses a single box and its lid—for shallow-rooted plants, and the other uses two boxes and no lid—for deeper-rooted plants.

Here is how we made the single layer type:

1. Trim the lid and check that it will fit inside the box - a tight fit.
2. Push 4 holes, evenly spaced, through lid and one in the corner, using 40mm pvc pipe.
3. Position 4 small pots upright in base of box so they will sit under the 4 holes in the lid.
4. Place the lid into the box to rest on the 4 pots, creating a false floor. These pots will hold potting mix which will allow moisture to wick up through the potting mix in the upper chamber.
5. Push the pvc pipe into corner hole and cut off just above top level of box. This where you add water to fill the lower chamber.
6. Use a pencil to poke a hole through the side of the box just below the false floor, as a drain hole.
7. The completed wicking garden bed, ready for the potting mix and plants.



Requested Recipes

From trip to Macleay Island

PISTACHIO YOGHURT & CARDAMOM CAKE

1 cup unsalted pistachios
½ teaspoon ground cardamom
15 g unsalted butter, chopped
185g self raising flour
185g caster sugar
3 eggs
125g plain yoghurt

Syrup

1 lime
125g caster sugar
100 ml water

Preheat oven to 180°C. Grease 20cm round cake tin and line tin with baking paper. Process pistachios and cardamom in food processor, using pulse action until pistachios are coarsely chopped. Add butter, flour and sugar - pulse mixture for 20 secs or until crumbly. Add combined eggs and yoghurt -pulse for 10 secs or until just combined. Spoon into tin and smooth the surface. Bake for about 30 mins - allow to cool in tin for 10 mins before turning out on a wire rack.

Syrup. Using a vegetable peeler or zester, thinly peel rind from the lime into thin strips. Place sugar and water in saucepan - stir over low heat until sugar dissolves. Bring to boil then add lime rind and cook for 5 mins. Strain syrup and pour over cooked cake while still warm (Pierce cake all over the top with a skewer before pouring syrup over).

Enjoy with a dollop of yoghurt!

Loretta De Rosa

MINT JELLY

1kg granny smith apples (not peeled or cored)
1 litre water
½ cup lemon juice
2 cups fresh mint leaves + 20 leaves chopped finely

About 3 cups sugar

Cut apples into thick slices.

In large saucepan put apples, water, juice and mint leaves. Bring to boil - cook for 10 mins until apples are soft.

Strain through a cloth (old teatowel or muslin) over a bowl and leave overnight.

Measure strained juice and put in large saucepan. Add one cup sugar for each cup juice.

Stir over heat until sugar is dissolved.

Boil rapidly for 10 mins or until setting point.

Remove from heat, add chopped mint leaves. Stand for 10 mins, then stir mint evenly through.

Pour into sterilised jars. *Sophie Bromham*

From Francois' workshop:

MEXICAN THREE LAYER BEAN DIP

Select a large flat-bottomed bowl with fairly high sides.

Place the following in layers in this order:

Refried beans (canned Mexican food)

Salsa – jar from supermarket

Guacamole

Sour cream – spread out

Shredded cheese

Diced tomatoes

Finely chopped spring onion sprinkled over the top

Serve with corn chips and ENJOY.

Note: Because of the depth of this dip, it is safer to use a spoon to do the dipping. Otherwise bits of corn chips get broken off when scooping and get left behind in the bowl.

Phillipa Grobler

SWEET POTATO BROWNIES

1 sweet potato (2-3 cups when grated)

2 whole eggs

½ cup melted coconut oil

⅓cup honey

½ cup raw cacao powder, sifted

1 teaspoon baking powder

1 teaspoon baking soda

2½ tablespoon almond meal

Preheat oven to 185 °C (make sure the oven is hot before you put in the brownies).

Combine grated sweet potato, eggs, honey and coconut oil in a large mixing bowl and stir together until well incorporated.

Then add cacao powder, baking powder and baking soda and stir. Finally add Almond meal.

Once combined, pour the mixture into a baking **Silicone round or** 9"/23cm square tin for a cake or brownies shape.

Cook for 25-30 minutes.

Remove from the oven and cool for 5-10 minutes before carefully removing the brownie cake from the tin. Cut them into squares and dust with a little cacao powder or melt some dark chocolate in a bowl with some real cream over boiling water and drizzle it over the top. Serve with raspberries or strawberries and maybe some fresh winter flowers.

Sharr Ellson

ROGI Garden Visit

1.30pm Sunday 12th July

Garry & Sophie—'The place of potted productive plants'

ROGI Field Trip

25th, 16th July

MUDBRICK COTTAGE
HERB FARM,
Mudgeeraba



9.30am – about 12.30

\$25 includes a luscious herby morning tea.

Hear Sandra Nanka talk about how to use the abundance of herbs you have grown (or will grow) in your garden.

Everyone will get the opportunity to make a couple of things themselves to take home, and will get a booklet of notes with recipes from the day.

As this is a very popular field trip, we have secured Saturday 25th and Sunday 26th so more of you can attend. Tell Toni which of these days you can come. There are only a few spaces left.

Car pooling is recommended: suggested contribution to driver is \$10.

Contact Toni 0402 323 704

events@rogi.com.au to reserve a spot.
Also, talk to Toni about hosting a visit to your garden. We'd love to see it.

Mushroom Compost, Mulch, Manure, & More

Many people live on large plots in the Redlands and, when building and maintaining their productive gardens, they require bulk amounts of organic inputs.

A ROGI member on acreage is compiling a list of sources. Contact Mena if you have, or know of, a supply of suitable gardening materials. mena@stokeit.net

Mena: 'The idea is to collect information on where to buy/source good quality bulk gardening materials such as mushroom compost, mulch, horse manure, chicken poo, soil, etc. Living on acreage means you need lots of everything - so bulk is essential to keep costs down.'

Good idea, Mena. Thanks for co-ordinating this.

Here is what we have so far:

Horse manure—Victoria Point; you do the shovelling; one bag or a trailer load; free, but negotiate a barter system. Contact info@rogi.com.au or see Jean at ROGI.

Sugar cane mulch—organic, small or large bales; delivered www.currantcatahoulas.com.au/sugar-cane-mulch Andrew 0414 458 175



POTTING MIXES, COMPOST & LEGIONNAIRES' DISEASE

I recently read this post written by a keen gardener.

"A reminder to be careful when using potting mix and make sure you use gloves and a dust mask. I stupidly didn't when I went on a planting spree at Easter. I've been sick since April and haven't responded to antibiotics. Dr decided to do some tests. Found out this afternoon that I have Legionnaire's Disease. Fairly certain that the potting mix is the culprit. I hope the bloody seeds and bulbs I planted with it decide to give me some nice blooms in Spring as payback for my suffering lol I don't think I like gardening anymore!"

I'm sure we're all aware of the risks of handling potting mix, compost, packaged soil, mulches, etc. But do we always wear a mask and gloves? Think about it ...

Take care with potting mix etc.

In recent years, some cases of Legionnaires' disease have been linked to the use of potting mix. Take care to:

- Always wear gloves to avoid transferring the potting mix from your hand to your mouth.
- Wear a face mask.
- Open the bag carefully to avoid breathing in the dust.
- Wet the contents of the bag to prevent dust.
- Wash your hands after using potting mix.

Early symptoms of Legionnaires' disease are like the flu and usually begin to appear within six days of being exposed to the bacteria. http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Legionnaires_disease



SMBI Food Growers Group
Growing Food on the
Southern Moreton Bay Islands of Macleay,
Russell, Lamb & Karragarra Islands.



Food Growers Bus Tour

Where: Macleay Island
When: 1 August morning
A tour of about 2 hours,
one meeting the 8:48am
ferry and one meeting the
10:28am ferry.

Venues: Visiting **Pretty Produce.**
Len Calvi (Worms and
more). **Gary Donaldson**
(Microponics). **Tim Barker**
(Permaculture).

Cost: \$10 per person

RSVP: Bookings essential,
Limited to 40 persons -
smbifoodgrowers@gmail.com
or Simone on 0400 197 846



Gardening Seminar

Where: Macleay Island
Community Hall

When: 1 August afternoon
1:15pm

**Guest
Speaker:** **Graeme Sait**
nutri-tech.com.au

Topic: **Growing your own
Nutrition - the Secrets
of Your Health and Soil
Wealth**

Cost: \$2 at the door.
Afternoon tea provided.

RSVP: Bookings essential,
Limited to 200 persons -
smbifoodgrowers@gmail.com
or Shirley on 0411 447 732

Sponsored by:
Karragarra Community Garden; SMBI Food Growers Group; Redland City Council;
Yarrandabbi Dreaming B&B.

Nutmeg Bush

Tetradenia riparia

Strongly-scented and with lush blossoms, this bush grows up to 2 m tall and wide. The bees thrive on it and the musk-scented leaves can be used as a moth repellent. I have found that it seems to repel the pests from cape gooseberry and the tomato plants growing nearby.

Medicinal benefits: anti-bacterial, anti-fungal; inhalant for headaches; made as a tea: constipation, stomach aches, diarrhoea, coughs, candida, fevers, and externally as a wash on skin conditions. [<http://herbsarespecial.com.au>]

Mine is coming into flower now and will continue until September providing a mist of white-mauve fluffiness in the garden.

It propagates easily from cuttings taken in spring and summer and is easy-care—'as tough as old boots'. I'll bring cuttings to ROGI once it stops flowering. *Jill N.*



Growing Organic Superfoods by Linda Brennan

Each time I venture into my local health food store I'm amazed by the promises of health, vitality and endless energy provided by supplements in powder, capsule and liquid form. I often chuckle to myself over the 'superfood' supplements. The message seems to be that you can get all you need from something that was originally very nutritious, but that now no longer resembles the original food. Put very simply, most of these so-called 'superfoods' have typically high levels of vitamins and naturally-occurring antioxidants to help with healing or to reduce inflammation in the body.

My reckoning is that you can grow a lot of these superfoods in your own garden while getting the bonus of the fibre, freshness and delicious flavour as well as the sheer joy of knowing you're growing your own organic health and vitality outside the back door. So, here are some of my favourite super foods that you can grow at home.

Blueberries

Put in a pot of blueberries. They provide vitamin C and potassium with lots more deliciousness when popped into your mouth sun warmed, straight from your bush. My favourites for success are low-chill varieties (they don't need a frost or many hours under 7° C) such as Sharpe Blue and Biloxi. I say a pot, because blueberries love constant moisture and an acid condition. This is easier to provide in pots.

I've seen some ROGI members grow in large colourful plastic garden 'trugs' that have a couple of holes in the bottom, with great success. Always provide a saucer under the pot to hold water. Apply a little agricultural sulphur annually, together with organic fertilisers, compost and worm liquid regularly.

Colourful vegies and fruits

Richly coloured vegetables and fruits also have natural pigments (flavonoids) that seem to be invaluable in maintaining healthy bodies. Red fruit and vegies - **raspberries, pomegranates,**

watermelon, pink grapefruit, tomatoes and **beetroot** are coloured by lycopenes and anthocyanins. Anthocyanins and other related compounds have been found to reduce cardiovascular risks in lab and human experiments. Growing and drinking your own **green tea** – *Camellia sinensis*—will give you a good dose in each cup. Ref: Flavanols and Anthocyanins in Cardiovascular Health: A Review of Current Evidence <http://www.mdpi.com/1422-0067/11/4/1679/htm>

Lycopenes in tomatoes are said to offer some protection against prostate cancer. Or, why not grow an orchard or a raised bed of 'Heritage' variety raspberries? Imagine having a medicinal orchard that includes grapefruit trees with summer watermelons growing underneath, just outside the back door. *Be aware with grapefruit...these are recognized as a fruit that rapidly raises blood pressure.

Performance-enhancing vegies

Speaking of performance, beetroot is the new



Growing Organic Superfoods continued

Yacon setts and raspberry plants will be for sale at the next meeting.

enhancer! Beetroot grows all year in southern Queensland. If you love heirloom varieties, go for pink striped Chioggia and golden yellow ones. I read recently that Olympians and serious cyclists enjoy greater success when they drink beetroot juice as a performance enhancer. Sow seed into soft, fertile soil any time of the year. Seedlings transplant readily too, but make sure they are well bedded in to save them flopping over as they grow.

If you're diabetic you can grow **yacon** - Peruvian Ground Apple. It's planted in late winter from 'setts' and large fleshy tubers are harvested in autumn when the plant dies down.

This tuber has a thin brown skin which when peeled away, reveals a crisp flesh that tastes like a crunchy sweet pear. Although it's sweet, its starch is stored in the form of inulin which according to the Australia New Zealand Food Authority, does not affect blood glucose levels. A bonus with this intriguing plant is its ability to act as a pro-biotic in the gut. Research studies show it supports the growth of beneficial Lactobacillus bacteria and actually helps to increase calcium absorption.

Grow the Ginger Family

Ginger and turmeric are handsome subtropical plants for any garden. The darker orange Madras **turmeric** has higher levels of the antioxidant curcumin, than paler varieties. It has been used for thousands of years to treat digestive problems, stimulate the liver to produce bile and as an anti-inflammatory. Besides that, it can be grown in a little shade and has an attractive lavender flower.

I make a drink with my home-grown turmeric in it most mornings. **Ginger** is an amazing relative of turmeric that treats nausea and the symptoms of common cold. Its active components including gingerols are known to reduce blood pressure and thin blood. Be aware that it can also have other interactions with some medications. Grow both in friable, fertile soils in full sun or a little shade for best results.

Bananas

Do you take a potassium supplement? Two bananas can account for the equivalent of a potassium supplement, and it's nicer to eat! Choosing bananas over tablets will provide you with vitamins, minerals and fibre as well. There are strict guidelines for growing bananas

in Queensland, to protect our industry against potential disease threats. See www.ecobotanica.com.au for information on banana permits and sourcing disease-free bananas.

Cabbage family

And while we're thinking of growing good food, think greens. **Kale**, an old fashioned non-hearting cabbage, and **broccoli** contain chlorophyll of course, but they also contain lutein that helps to keep your eyes healthy, potassium, folic acid, omega 3 fatty acids and isothiocyanates that support a healthy liver. Research reveals that the indoles in some of the brassica family such as broccoli and kale also protect against bowel cancer.

Linda's healthy liquid lunch

While I could eat a salad, I'm pushed for time today, so I'm off to have my healthy liquid lunch, most of which has been grown a few steps away in my garden. Here's my combo for today: 1 apple, seeds removed; 4 kale leaves; 1 teasp grated turmeric; ½ teasp grated ginger and 1 carrot with a little filtered water to dilute. It's wildly colourful and is perfect for a quick lunch on a busy day.

Linda Brennan



Yacon



Turmeric



Red Russian kale

Jobs that ROGI members can help with ...

For some time now ROGI has been in dire need of more helpers.

It's not fair that only a dozen of us are having the fun of running the club, when we have almost 180 members.

Seriously. It is fun. However, even having a lot of fun can become too much after a while.

A big part of the success of ROGI is the very many services we offer you, and we'd like to offer you the opportunity to give something back to ROGI.

Below is a list of lots of jobs—some small and some not-so-small—that need to be done.

Have a look and see what you can do to help ROGI fulfil its aim which is *'to encourage as many people as possible to grow as much of their own food as possible'*.

At the July meeting there will be the opportunity for you to talk with people who are doing these jobs and who need assistance. Or you can complete a slip and ask for information to be given to you outside of meeting time.

We need your help with:

Sourcing guest speakers

Printing

doing the seed bank labels,
doing the shop labels,
doing the membership cards,

Newsletter

writing newsletter articles,
editing newsletter articles,
chasing up newsletter articles,
taking notes at meetings, garden visits and other club events,
taking photos
arranging for printing and mail out of newsletter for members with no email

Meeting night

Room set up: placing equipment before meetings
greeting visitors,
co-ordinating giveaway, members' sales and prizes
running the plant clinic at meetings
staffing the sign-in table at meetings,
receiving the supper at meetings
stand-in for John at the sound desk

Room bump out: putting away equipment after meetings

Assisting at busy times and/or

deputising for:

PR person
Events person
Seeds person
Membership person
Shop person
Treasurer
Secretary
Supper person
Library person

Managing website

Co-ordinating annual events such as Garden Expo, Indigi Day Out, Oaklands St Garden Open Day

Designing member questionnaires as needed,

Buddy-ing a new member

Welcoming new members

Co-ordinating box gardens (three-times-a-year)

Storing large ROGI equipment

Experience shows that those who really get involved with ROGI end up with much more productive gardens than they started with.

We want your Strawberry Punnets

We need **250gm cube-shaped strawberry/cherry tomato punnets** for use at our public events.

One of ROGI's activities is making a seed-sowing pot out of newspaper. After making this pot visitors sow a seed into it and take it home in a strawberry punnet for safe-keeping.

At Oaklands St Garden Open Day, Redlands Good Gardening Expo and Indigi Day Out each year, we use thousands of them, so please bring them along to every meeting and we'll store them until they're needed.



Macleay Island Field Trip

On a cold, clear, sunny Sunday, 29 ROGI members set sail in a bus on the barge for Macleay Is.

First was **Gary Donaldson's microponics property:**

- chicken tractor aids in preparation of his soils
- chickens work the soil over a 3 week period
- then tractor is moved forward onto a new patch of virgin ground
- area just vacated is sown with a wild bird seed mix and covered with the sawdust shavings deep litter from his quail pens
- this helps improve the acid sulphate and clay soils on his block
- as Gary moves the tractor forward, the bird seed sprouts so next time the chickens have natural fodder and greens in this area
- when he is satisfied with the result he forks and aerates the soil and begins to plant out fruit and vegetable areas
- out back are micro swales, a fodder forest of pigeon pea and comfrey and a nutrient pond for treating water runoff. Ducks are next.
- quail are bred for food and are housed in a raised cage near aquaponics beds on mesh stands.
- Black soldier fly larvae (BSFL) are bred for chook and quail food. With Gary's closed loop waste transfer system 2.5kg of household waste are converted into 1 kg of BSFL which are relished by his birds.

Tim Barker spoke about permaculture principles and technology:

- worked with Zaytuna Permaculture Farm, a NZ seed saver group and international conservation organisations
- using appropriate and often simple technologies that are robust and easy to make and repair means more efficient, healthier energy sources - better for the environment.
- One example - rocket stove versus cob oven to



produce food at lowest cost for highest community benefit

- issues on Macleay and SMBI with water use and sewage treatment because composting toilets forbidden but would use less water and be better for the environment

Morning tea in the sun by the sea elicited a couple of recipe requests. See page 8.

Next stop was **Simone Jelley's Pretty Produce**

- magnificent resort-style home, built with timbers milled on site, perched overlooking the ocean
- **Len Calvi designs worm farms**
- he's currently making moveable worm farm tubs - produce can be grown around the upper section - recommended for elderly or wheelchair-bound gardeners



Above: moveable worm farm tub to grow veges
 Top left: large moveable chicken tractor
 Middle L: young pigeon pea to fix nitrogen
 Middle R: Black soldier fly larvae. Yum for chooks.
 Bottom left: Simone's Pretty Produce sample bowl

Macleay Island Field Trip continued

- she places handful of worm castings in hole when planting out to give them a boost at the start
- worm castings are also good for starting your seeds and seedlings as a potting soil

Simone grows edible flowers, weeds and greens for the local fresh food market.

- began 2011—no gardening background - passion to produce sustainable and healthy food
- simple process – observe, research, experiment, consider, and observe again
- poor soil and an abundance of shade are challenges she is addressing
- building up her mini-farm to supply the creative food industry - 12 month rolling supply with edible produce through flowers, weeds, salad leaves and edible tree vegetation
- challenge to work with changeable weather patterns - researching what will withstand these
- experimenting with edible native plants and looking at the power of weeds – ‘plants at our feet’ with nutritional value and good flavour profiles.
- slugs a problem in damp weather— beer traps very successful

- encouraging as many beneficial insects as possible
- experimenting with sacrificial plants eg land cress
- encouraging neighbours and island gardeners to build their gardening knowledge and develop their properties into productive growing spaces which she also uses - neighbour Susan showed us her garden
- developing wild spaces for pure pleasure to be more inclusive of local creatures and insects

After lunching at the bowls club enjoying million-dollar views, we returned to Simone's for more of her edible garden and fruit tree zones.

Final visit - the **Men's Shed community garden.**

- two dozen raised beds built from old sleepers and filled with a rich growing medium made from cow manure and organic material
- worm towers in some gardens
- produce is grown for the benefit of the men's shed members—need more participants

Thanks go to our hosts and guides for our adventures, Trevor, Dave and Noel, and our intrepid bus drivers Toni and her sister Leigh. Some people commented that this was the best field trip they'd been on.

If you missed out, see page 10 for another chance.

Margaret Sear



Left: Simone showing us a shady spot in her Pretty Produce garden.



Right: Len talking about how the community garden grows such lush vegetables

Seed Sowing Guide

Compiled with information from Gennaro De Rosa & Annette McFarlane

July

Artichoke
Asparagus
Beans, French
Beetroot
Cabbage
Capsicum/Chilli
Carrot
Celery
Chicory
Endive
Jerusalem a'choke
Kohlrabi
Leeks
Lettuce
Peas
Potatoes
Radish
Silver beet
Swede
Sweet potato
Tomato
Turnip

August

Artichoke
Asparagus
Beans, French
Beetroot
Capsicum/Chilli
Carrot
Celery
Chicory
Cucumber
Eggplant
Jerusalem a'choke
Kohlrabi
Lettuce
Okra
Potatoes
Pumpkin
Radish
Silver beet
Squash
Sweet potato

Keep in mind that this is only a guide. 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 packet for members.

\$2 for non-members.

Critter of the Month

Fruit-Spotting Bug (FSB)

A very serious pest

Order: *Hemiptera* (bugs)

Family: *Coreidae* (Crusader bugs, Saint Andrew's Cross on wings)

Genus: *Amblypelta nitida* (FSB)

They are a long lived, very mobile bugs and cause damage in very low population numbers. They are also called TIPWILTERS as they and other Crusader bugs suck juices below the tip of new branches causing them to droop and wilt.

Affected Fruit

They feed on a range of plants and are a common cause of fruit drop.

Target Plants

Avocado, banana, macadamia, papaya, peach, pecan nut, cashew

Fruit damaged: apples, mango, nectarines, guavas, persimmons, lychees

Control Measures

- Natural predators: ants, spiders, lacewings, birds, microbats, assassin bugs, shield bugs, fly parasitism, wasp egg parasitism
- www.bioresources.com.au
Pheromone compounds to lure pests to traps, release the wasp *tricogrammatoidia* (eggs purchased through the mail)
- Pest tracking system (pestweb)

Home garden

Use insect nets, apply soap spray, but especially inspect at flower formation mainly in warm humid weather. Eggs should be collected and observed in a jar because of wasp parasitism and the hatched wasps returned to the tree.



FSB eggs - 1 day old - about 1 mm in diameter



FSB Nymphs are easily identified by the two spots on the abdomen, with the males having enlarged femurs.

Adult below.



To come in the future:
lacewings,
types of scale,
gall producing insects,
pod spotting bugs,
aphids.

The insect world is amazing for the variety and interesting behaviours that a gardener can cherish.

Happy Critter Hunting
Dave Praeger

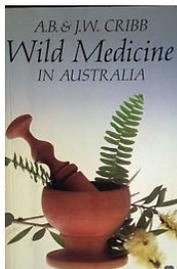
ROGI Library News

Hello to all our members.

At our next meeting you will get the chance to visit the ROGI library as well as the other stations we are having at our back-to-basics meeting. So think about any problems or projects you are doing and we will see if we can find a book to help you.

Are you just starting out? The library needs new caretakers to love and grow it. Please consider taking on this service to members. The library is now a fixture at the hall and just needs to be opened and records kept of borrowings and the books we carry. If you think you could do this then please come and see us.

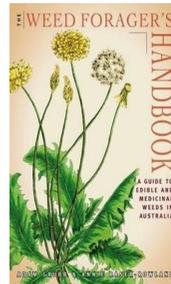
At our last meeting we were introduced to the medicinal value of some useful weeds. I haven't been able to procure the book by the Cribbs mentioned by Margaret and again by Simone on our Macleay Island visit.



If you ever come across copies in old bookshops, please let me know.

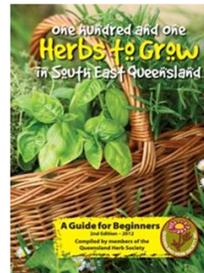
We do have a few books that would give you information on useful weeds.

The Weed Foragers Handbook will help you identify your weeds.



One Hundred and One Herbs to Grow in South East Queensland: Queensland Herb Society.

This book covers purslane, nettle, plantain, nasturtium, dandelion and radium weed plus 95 other useful herbs.

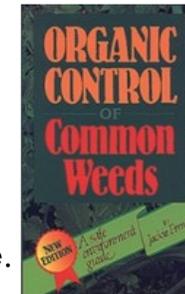


Backyard Self Sufficiency by Jackie French. One chapter "Scavaging the Suburbs" has some interesting information on eating weeds especially in spring she recommends sorrel, young dandelion shoots, sow thistles, blackberry, a few oxalis

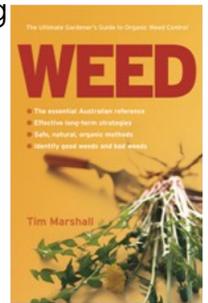
leaves, cobbler's pegs, wandering jew, burdock. Jackie suggests that oxalis bulbs are better than water chestnuts. In this chapter she has recipes for beers made from grasses and weeds and covers the medicinal value of weeds. The whole book is well worth reading.



Organic Control of Common Weeds by Jackie French is another book which will make you look at your weeds differently and start to value them instead of wanting to destroy them and the soils with herbicides. Edible weeds are covered along with cooking instructions for some. This book is also helpful to identify weeds and she shows that the weeds you don't want can be controlled by home grown natural weed killers, mulching or even with the applications of urine or boiling water.



Weed by Tim Marshall is another book worth looking at and he talks about the good weeds and their virtues and controlling the weeds we may not want.



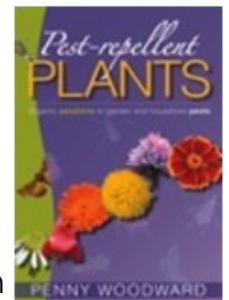
Another interesting book is **Pest Repellent Plants** by Penny Woodward.

This book covers plants that are useful for repelling your unwanted insects. Each of the plants has detailed information on how to grow, what to plant near, medicinal uses, spray recipes and some bait recipes.

Her suggestion for the dreaded white cabbage butterfly is to plant chamomile amongst your brassicas to confuse the butterflies. I am going to give this a go.

See you in the library ---

Mandy and Joh



Seedbank News

The Seedbank will be well stocked at our next meeting. We have some new varieties and new batches of old favourites.

Making a comeback are Green Zebra and Thai Pink egg tomatoes plus a new addition "Yellow Honey-bee Cherry Tomatoes".

Newbies include Calendula "Pacific Beauty". A gorgeous, bright flower for the garden - a great addition to salads. May also be used as a medicinal tea or made into a skin cream/balm for sunburn and minor cuts.

We have had lime basil in the past; we now have lemon basil. A delicious hardy plant containing a strong lemon flavoured oil. Makes a fantastic pesto.

Come and check out what's in stock. We have now entered our prime growing season so best to make the most of it!

Calendula Pacific Beauty



ROGI Shop

Members' Sales Table

Next to the ROGI Shop is where you as a member can place items you've produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, jam, seedlings, lemons, avocados – things that have cost you money (& time & effort) to produce.

See Frank, Marion, Linda or Janet at the ROGI Shop.

The FREE Swap/Share/Giveaway table is near the front door.

Please bring along something to carry home your purchases.

Franco from Lunar Farm Organics

will have some of his biodynamic produce and seedlings for sale to members.

He tells me that there'll be freshly-harvested carrots, coriander, beet-root, parsley, shallots and lots of leafy greens including brassicas.

Also organic apples, oranges and bananas.

The seedlings will be various leafy greens as well.

Organic 'Urban Farm' For Sale

Last year several ROGI members visited Jocelyn Abraham's inspirational urban farm in Carina. Now Jocelyn needs to sell it.

ROGI member Jocelyn has created a highly productive organic garden only minutes from Carindale Shopping Centre and a 20 minute drive to the city. The home has been architecturally designed as a solar passive, sustainable space with solar hot water and solar power. Three 5000 litre water tanks supply the garden, toilets and laundry. The home and garden are north facing.

Jocelyn has put her heart and soul into developing this piece of urban sustainability and would love for the property to go to new owners who will continue the journey.

For further information, please go: <http://www.mcgrath.com.au/buy/house-carina-heights-ql-4152/257890/?searchID=52421559>



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



Newsletter Deadlines

Please send your contributions to the newsletter editor by 29th July for the August edition.

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 of relevance to ROGI members.....

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

info@rogi.com.au

Plant Clinic

Puzzled by a pest?

Not sure if your plant is a weed or a 'goodie'?

Does it have a deficiency or is it a disease?

That's what **Plant Clinic** is about.

Bring along your plant, fruit, leaf, root (as many parts of plant as you can) in a sealed plastic bag (if it's a diseased plant) and fill in the form.

Place the plant parts together with the form on **Plant Clinic** table well before the start of the meeting. Someone will have a look and may be able to answer your questions.



To give away

Do you know anyone who has the need for a bird cage suitable for a budgie?

Garry and Sophie have two to give away with a few accessories. The larger one has been used and the smaller one is new.

If you are interested, see Garry or Sophie at the meeting or phone Garry on 0417 824 095

ROGI Shop Products

For any pricing or technical advice, or if you have a suggestion, please see Frank at the ROGI shop.

Products Dry	3kg	2kg	1kg	500g	100g	Each
Soil Conditioners						
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 Acid					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.

Tools & Equipment

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
Soil conditioners					
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

Pest & Weed Control

Burn Off		9.00			
Eco-Pest Oil			10.00		
Naturassoap			17.00		
Pyrethrum Spray					20.00
Wild May (for fruit fly)					2.00

Aloe Vera

Aloe Vera Raw Material	33.50	9.50
Aloe Vera Raw Bio Fertiliser	37.00	10.00



Please note:
ROGI Shop has Soil
pH Test Kits for only
\$15.

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www.facebook.com/groups/redland.organic.growers

Information
Education
Inspiration
Experience



ROGI Redland
Organic
Growers Inc

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

THE INSPIRATION GARDEN

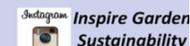
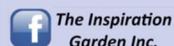
118 Blackwood Avenue, Morningside



OPEN GARDEN DAY 2015

SATURDAY 25 JULY

All welcome - 10am to 3pm



For Workshop program details - www.theinspirationgarden.blogspot.com

wrayorganic market & cafe
Cannon Hill

Blue Poppy
BRISBANE CITY

QUEENSLAND SIGNS

QUEENSLAND SIGNS

MAMA FERRARI'S PIZZARBAR
GOLD GROWING OLDER AND LIVING ORGANICALLY