

ROGI News

Salvation Army Church
Cnr McDonald Rd &
Macarthur St
ALEXANDRA HILLS

Admission Members: Gold coin
Admission Visitors: \$5
Doors open at 6.15 so you can visit the
library, shop or seed bank or just have
a chat before the party begins.

SPECIAL CELEBRATION Gardening Trivia Night with prizes & surprises

Please bring plate of (home-made) food - savoury/sweet or nibbles. Tea/coffee/fruit punch provided. No alcohol on premises (you need your wits).

Please bring a plant or gardening item as a Christmas gift for another ROGI member.

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How's this for a plant label? Just use the original seed packet, a bamboo stake and upturn one of those glass jars you don't want to throw away.



Jill's Jottings

Hello fellow gardeners

Less than a week to our final meeting of the year—and what a night it will be!

There'll be all the usual attractions of the show—plant giveaways, affordable plants, seedlings and produce for sale, ROGI Library with its new books available for borrowing, ROGI Shop with myriad products, ROGI Seed Bank with over 90 seed varieties, and lots of people with whom you can eat, drink and talk.

Instead of a guest speaker, there'll be a fun gardening trivia session where you'll have a chance to win prizes and maybe even learn something new as well. You will be in a team of eight sitting at a table. On this occasion you may bring food as well as your drinks into the hall, so you can feast on the delights while stretching your brain.

We want everyone to bring along plants or a gardening-related items as Christmas gifts to swap with other ROGI members.

Come along in your festive season glad-rags bearing a plate of delectable delights and be prepared to enjoy yourself.

Several weeks ago we had a workshop where we filled the Salvos' raised garden beds using the 'no-dig' method. Since then, we planted some seedlings and some of these are doing okay, but many have failed. So we did a pH test. It was 8—very alkaline!

Regular applications of sulphur and re-testing will happen until the pH is down to about 6.5, then it will be time to plant out with seeds/seedlings suitable for autumn. The food grown will be given away as part of the Salvos' commitment to helping those in need.

Would you have an hour or two to spare every now and then to help out with seed-sowing, fertilising, harvesting and planning this garden? If you can help, please get in touch with a committee member or Darren or John from the Salvos (they're at the sound desk on meeting nights).

'ROGI exists to encourage as many people as possible to grow as much of their food as possible—organically—and enjoy doing it. Everything we offer to members and the public is to further that aim.'

Membership of ROGI continues to grow and we want to ensure that your expectations are satisfied. Why did you join ROGI?

Please let us know if there is anything else that you think ROGI could do to help you grow as much of your food as possible. That is the reason ROGI exists. Next year we will continue with the popular ROGI Garden Visits, there'll be another Garden Makeover Competition, and we're looking into a couple of practical hands-on workshops and some field trips. If you have suggestions for guest speakers or topics, workshop ideas, a place for us to visit as a field trip, or anything else, please tell us.

We are investigating the feasibility of doing a field trip to Borneo in 2016 and already have several names on the list. If you're possibly interested, be in touch.

As I write this we're expecting rain for the whole weekend. I hope the forecast is right—we really need it, don't we? May all your plants survive the dry weather until then, and then survive the deluge. Gardening—you gotta love it!

See you on Wednesday night.

JM

UPCOMING EVENTS

December:	Sun 7	Garden Visit – Danny Bonney—see p10
	Wed 10	ROGI Meeting fun night– see p 2
January	Wed 14	School holiday activity—see p 13
February	Wed 11	ROGI meeting—see this page

Date claimer: Redland Good Gardening Expo – Saturday 11 April 2015

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 A/C No. 136 137 296 (Bendigo Bank—Capalaba Central Branch)

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 due.

Please renew at the December meeting, the February meeting or online at your convenience.

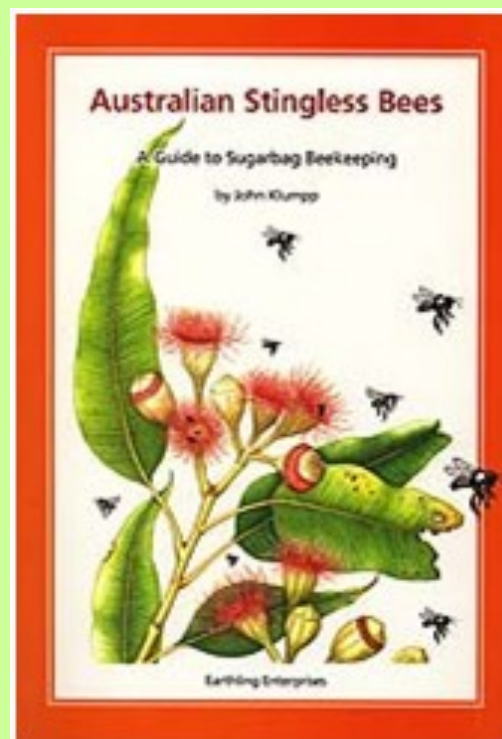
Please ensure that you complete a new membership form when you are renewing.

Fees	New member/s joining in...			
Member Category	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec of following year
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

Admission to ROGI meetings: Visitors: \$5 Members: Gold coin donation

11 February Guest Speaker

John Klumpp, author of the highly-regarded book *Australian Stingless Bees: A Guide to Sugarbag Beekeeping*.



John is one of Australia's most creative and talented stingless bee keepers. His innovative designs have added a new dimension to the beekeeping techniques used in Australia's stingless bee industry. John has been keeping stingless bees since 1998 though his interest in these bees started long before that, in the 1950s. He currently has 60 stingless bee hives and adds to their numbers by splitting them using the Education Method.

Don't miss this meeting where you'll learn about the importance of these precious little creatures and how to ensure you have them in your garden.

Celebrating a community harvest

About 20 ROGI, FoodConnect and community helpers celebrated a new and productive relationship with the last Birkdale organic farmer Franco Cencig at a harvest dinner celebration recently.

Since September, early every Monday, locals have been helping plant, harvest and prepare vegetables for market at Franco's Quarry Road farm – and enjoying fresh produce in return.

Local councillor Paul Bishop, who has been coordinating this initiative, organised the pot-luck dinner, which showcased Franco's biodynamic vegetables. Each person described the dish they had brought and this showed that there are many ways to prepare beetroot, carrot, potato and beans - the main crops harvested. Other produce was used as well. Paul showed one of his videos documenting the journey of this new community/farmer connection.

Paul has a big vision for local food and is focused on growing this relationship to keep Franco farming in an area that could easily be concreted over with new development. He sees it as the first stage in developing a new model to keep this organic farm viable and valuing what it provides the community. Do you want to get involved? Call Paul Bishop on 0478 836 286 to discuss your ideas.



Marigolds are great multi-purpose plants:

They have a sunny disposition and brighten up any garden; they have a reputation for deterring pests so are often used as companion plants, and their flowers are edible.

The plants prefer a warm sunny position with light well-drained soil. Water well and feed if the foliage is at all yellow. Deadhead the plants frequently to ensure continuous flowering, but leave the occasional out-of-sight bloom to shrivel up so you can collect the seeds. Sprinkle the seeds around and many will come up in their own good time.

WANTED: double gerberas

The Bauer family, late of Bundaberg, developed a double gerbera and towards the end a gerbera with a curled leaf that did not wilt in the sun. If you have either of these and wish to sell spare plants when you break them up next year, or if you know someone who can help, please phone Garry Bromham on 0417 824 095.



Thai Basil

Thai basil is a wonderful aniseed-scented herb that is used in Thai cuisine and is also effective at repelling insect pests on your person. Phil Ryan who was our guest speaker in September carries a piece around in his pocket to keep away flies and mosquitoes.

Bees LOVE Thai basil, so make sure you allow half the Thai basil plants around

your garden to flower. Sending up a flower stalk will cause less energy to go into producing leaves, so nip the buds off the other half of your plants so they can be used in the kitchen.

Thai basil can be grown from cuttings or seeds. Check out the seed bank.



Pinch out the tip to keep leaves growing.



Allow some to flower to attract bees.

Some people bought tomato seedlings from Marion at the last ROGI meeting. They were so impressed by the health and robustness of the plants that they asked Marion her secret. Here it is ...

This is how I grew amazing tomatoes from seed

I squeezed a tomato on to a couple of punnets of our own potting mix comprising worm castings, bio char, compost and rock dust, I kept it moist and grew about 20 seedlings, which were fertilised with brewed worm tea (not the leachate that comes from the bottom of a worm bin) and some bio aloe fertiliser. When they were big enough, I transplanted them into the pot using the same potting mix, planting them deep and covering the first leaves, Then I just gave each a dressing of Organic Xtra and a drink of bio-aloe, kept them moist and that's it. One tip I use, now that it is so dry, is to

have a saucer to hold the runoff when I water and I only water again when the saucer is dry. Saves wasting water.

NOTE: Bio-aloe is Organic Aloe Vera Based Liquid Bio-Fertilizer. It is available from ROGI Shop: have a chat with Marion and Frank while you're there.



Summer Spinach Alternatives

When temperatures soar, spinach wilts and is no more. However, all is not lost. Many spinach alternatives thrive in our warm wet summers, so you can still have your leafy greens every day. Most of these cannot be bought from a shop, or even a market, so the best idea is to grow your own.

There'll be seeds, seedlings and cuttings available at the next meeting.

Why not give them a go?

Here is a summary. More details on each in the following pages.

Name	Latin name	Comments
Pacific spinach; Aibika	<i>Abelmoschus manihot</i>	Propagate by cuttings. Perennial. Mucilage. Oxalates in large leaves. Mild flavour. Raw and cooked.
Brazilian spinach	<i>Alternanthera sisoo</i>	Propagate by cuttings. Perennial. Good taste. Crisp leaves. Raw and cooked.
Malabar spinach; Ceylon spinach	Basella alba (green) Basella rubra (red)	Propagate by cuttings or scarified seeds. Self seeds readily. Perennial. Tastes of citrus and pepper. Mucilage. Raw and cooked.
Water spinach; Kangkong	<i>Ipomoea aquatica</i> Ching Quat – green stem Pak Quat – white stem	Propagate by cuttings or seeds. No bitterness. Raw and cooked.
NZ spinach; Warrigal greens;	<i>Tetragonia expansa</i> (Australian native)	Propagate by cuttings or seeds. Perennial. Oxalates. Texture like spinach. Raw and cooked.
Egyptian spinach	<i>Corchorus olitorius</i>	Propagate by cuttings or seeds. Self-sows. Annual. Mucilage. Raw and cooked.
Suriname spinach; waterleaf	<i>Talinum fruticosum</i>	Propagate from cuttings or seeds. Short-lived perennial. Oxalates.
Betel leaf -not 'betel' for chewing	<i>Piper sarmentosum</i>	Propagate from cuttings. Perennial creeper. Raw and cooked.
Mushroom leaf plant	<i>Rungia klossii</i>	Propagate from cuttings. Perennial. Mild mushroom flavour. Crisp leaves. Raw and cooked.

Summer Spinach Notes:

All leafy greens benefit from regular application of nitrogen fertilisers. Diluted fresh urine applied to the soil works very well.

Propagate by cutting: Take 15-20cm cuttings. Strip bottom leaves off. Bury half their length in a hole. Keep moist.

Scarify the seed with a file, sandpaper or even a knife to speed germination, which could take up to 3 weeks

Oxalates are naturally-occurring substances found in plants, animals, and in humans. Our bodies always contain oxalates, and our cells routinely convert other substances into oxalates. For example, vitamin C is one of the substances that our cells routinely convert into oxalates. In addition to the oxalates that are made inside of our body, oxalates can arrive at our body from the outside, from certain foods that contain them. Consumption of foods high in oxalates should be avoided or limited by those who have kidney disorders, gout and rheumatoid arthritis.

Although many foods contain oxalate, only nine foods are known to increase oxalate in the urine and kidney stone formation. They are: beets, spinach, rhubarb, strawberries, nuts, chocolate, tea, wheat bran, and all dry beans (fresh, canned, or cooked), excluding lima and green beans. my.clevelandclinic.org/services/urology-kidney/treatments-procedures/kidney-stones-oxalate-controlled-diet

To blanch: sit leaves for 3 minutes in boiling water, then rinse in cold water before using. This dissolves the oxalates. The water used for blanching should be tipped out (ie put on the garden) and not used in the cooking.

Suriname Spinach

Talinum fruticosum

Tender perennial that grows erect, reaching a height of 30 to 100 cm. It bears small, pink flowers and broad, fleshy leaves. Widely grown in tropical regions as a leaf vegetable. It prefers moist humus-rich fertile soil, but will tolerate poor soils. pH 5 – 6.5. Propagate from cuttings which root readily or from seed (it will self-seed). Germination takes place after about 5 days and subsequent growth is very rapid if adequate water is supplied. Leaves and flowers can be eaten raw, but this plant does contain oxalic acid, so be careful not to eat too much. It has a light bitterness that adds a nice variation to a mix of salad greens...and the flowers in a salad are lovely. Cook like regular spinach and discard any cooking liquid because of oxalic acid. Best lightly steamed, they should not be overcooked or they will become excessively soft and mucilaginous. Rich in iron, calcium, vitamins A and C.



Kangkong; Water Spinach

Ipomoea aquatica

Semiaquatic, tropical vegetable grown for its tender shoots and leaves. Found throughout tropical and subtropical regions. It's delicious, it grows fast and you can pick it all year round. Propagate by cuttings or seeds and fertilise regularly as it is very hungry. Kangkong likes to grow in very damp soil or even in water.

There are two major cultivars:

Ching Quat (aka "green stem") has narrow, pointed leaves and white flowers and is adapted for moist soils. Grow in garden beds and pots, and provided plenty of moisture.

Pak Quat (aka "white stem") has broad, arrow-shaped leaves and pink flowers. It likes aquatic conditions so can grow in a tub of water with liquid fertilisers.

Like most greens, kangkong is high in iron, but it's not the slightest bit bitter. Use the thin stems and the leaves in salads and stirfries (add the leaves at the end).



Brazilian Spinach

Alternanthera sissoo

Perennial low-growing bright green crinkled leaves, forms a dense clump to 30cm high. Grow as an edible ground cover or an attractive low-maintenance garden edging.

Full sun to semi shade. Loves warmth and moisture, but not wet feet. Prefers rich loam. Propagate by cuttings 60cm apart.

Good alternative to spinach in our hot summer. Nice taste without mucilage. Steam or use in stir-fries or curries – maintains its crispness when cooked. Can eat raw – it contains very minimal amounts of oxalates.



Egyptian Spinach

Corchorus olitorius

Hardy fast-growing annual to 1 metre. Once known as the food of the Pharaohs, it has been cultivated for thousands of years and recognised for its medicinal and nutritional qualities.

Sow seeds in summertime and keep moist. Self sows readily once established. Prefers very fertile soil and hot humid climate. Tolerates both wet and dry soils and needs full sun. Has weed potential, so take care.

The youngest leaves and immature fruits are used in salads and the older leaves cooked as spinach. It is mucilaginous when cooked. The dried leaves can be used as a thickener in soups. Tea is also made from the dried leaves. High in protein, iron, calcium, folic acid and vitamins A and C.



Malabar spinach; Ceylon spinach

Basella alba (green) *Basella rubra* (red)

Perennial twining vine with rounded dark green leaves that vary in size with age. Needs vertical supports and hot temperature to thrive. Leaves are mucilaginous and high in calcium, vitamins A and C.

It prefers a moist fertile soil with plenty of organic matter and a pH of 6.5 - 6.8. Can be grown in part shade, which increases leaf size, but prefers heat, humidity and full sun exposures. Keep very moist to prevent flowering which makes leaves bitter.

Propagate by stem cuttings – just stick them in the soil and wait. Self sows from seed, or plant seeds after scarifying—see notes.

Eaten raw in a salad it has juicy, crisp flavours of citrus and pepper. Cook it in soups, stir-fries and curries where it holds up better than regular spinach and doesn't wilt as rapidly.



Native Spinach; Warrigal greens; New Zealand Spinach

Tetragonia expansa

An Australian native, it is also known as Botany Bay greens, native spinach and New Zealand spinach. Long-lived, it has a sprawling habit and has weed potential as it self-sows readily. The triangular green leaves are fleshy and succulent. Tolerates heat, drought and frost – very hardy, and pest and disease resistant.

Prefers loose well-drained soil in full sun, although semi-shade is preferred in very dry areas. Mulch well. Self-sows readily. Grow from seeds – soak first to soften outer skin. Propagate by cuttings.

Cook young leaves & stems as for spinach, which it looks and tastes like. It has high oxalate content, so not for eating raw.



Aibika; Pacific Spinach; Queensland Greens

Abelmoschus manihot (was *Hibiscus manihot*)
Many types – different leaf shapes.

This tropical leafy green plant is the most popular green vegetable eaten throughout the Pacific—ideal for northern Australia. Attractive planted in groups or as a hedge in the garden where it provides a cool microclimate under its large leaves. Two main types grown locally— either finger-like leaves or a tri-lobed form. Large leaves contain oxalates—see notes.

Easy to grow in full sun or part shade, but prone to insect attack - grasshoppers and leaf curl caterpillars find it delicious. Growing it under chillies and/or interplanted with basil helps to protect it. Like all hibiscus, it should be mulched regularly with compost and pruned down to about 1m— it can reach a height of 4m – to prevent it toppling and damaging neighbouring plants.

The large leaves, hibiscus-like flowers and stalks can be eaten. Stalks have a crisp celery-like flavour eaten raw or cooked. The leaves if overcooked are mucilaginous which helps to thicken stews. Use as a spinach substitute. High in protein, folic acid, iron, potassium, magnesium and calcium. Ideal vegetable for toddler's food as it is soft and easily digested.



Mushroom plant

Rungia klossii

A superb tropical green. It is a low-growing perennial to 60cm and will tolerate partial shade. It gets its common name from the slight mushroom flavour of the leaves. The dark green, thick and crunchy glossy leaves are ornamental with a lighter green marking. Pretty blue flowers in spring.

Propagate from cuttings and plant at 60cm intervals. It will tolerate most soils but prefers rich moist loam that is not soggy. Happy in semi-shade to full sun and grows profusely when well-watered and fertilised.

Use young leaves and stems raw in salads and sandwiches, quiches and omelettes. As a green vegetable, its crisp leaves can be added to soups and stir-fries at the end of cooking to ensure full flavour. Rich in calcium and contains iron and vitamins A and C.



Betel Leaf; Wild Pepper

Piper sarmentosum (not to be confused with 'betel' for chewing - *Piper betel*)

Evergreen, perennial creeper to 1 metre high. It has glossy heart-shaped leaves to 15 cm with small white flower spikes. A vigorous grower, it is useful as a groundcover although it can be difficult to remove because of its suckering habit. A pot may be more suitable in hot wet climates.

Grows best in rich, well-drained soil in semi-shade. Keep moist but not soggy. Propagate from cuttings in summertime and plant up to 1 metre apart.

Leaves have a mildly spicy taste and can be eaten raw sliced when young or used to line platters or for wraps. Edible green/brown jelly-like fruits develop from the white flower spikes.



Garden Visit: Rhonda & Peter Binns

I would like to thank the ROGI members who visited our garden in early November for your attendance, enthusiasm, words of encouragement, tips, suggestions and gifts of plants (and a little mouse melon).

Our garden had been neglected in some parts for some time and was in much need of rejuvenation and I knew that if I put my hand up for a visit, I'd have to give some attention to those areas that had been neglected. So it is a big thank you for the incentive to go the extra mile!

The butterfly garden is flourishing as are the new raised vegetable beds especially with a most welcome shower or two of rain. The three blueberry bushes have given us a bumper crop and the grass is coming back. Everything is lovely and green.

Food, oh and the food brought by members made for a delectable afternoon tea.

I highly recommend opening your garden to our members, not only will you receive advice from our most experienced gardeners, but you will gain satisfaction and pride in showing off your hard work, so you're a winner and the attendees are winners also. They will arrive as ROGI members, but leave as friends.

Thank you again, and Peter and I would like to wish everyone a Merry Christmas and hope to see you in your garden next year!

Rhonda



Katie, my little fairy at the bottom of the garden.

ROGI's next garden visit is to Danny's garden on Sunday 7th December.

Danny's garden is a good example of what someone can achieve despite major health issues. Danny had surgery in 2010 that left him crippled in one leg. He was determined not to let this stop him living a full life and decided to overhaul his yard.

Danny has raised garden beds for an edible garden in the backyard, measuring 2.3 x 1.2 metres and 800cm high. There is a chook house, and an area with hanging baskets for flowers. The former barbeque area has been turned into a working space.

The front yard has had a makeover with three garden beds measuring 500cm x 13 metres filled using the no-dig method, and planted out with flowers and shrubs.

This has been a labour of love over the last three years, so come along and be inspired by this garden see what can be done despite a major injury.

Email Bernadine on info@rogi.com.au if you would like to attend.

Here is the second instalment of the summary of the talk given by Steve Capeness at our October meeting.

How Hardy Are Our People?

- Our children's health is a guide to the success of a society.
- In a study looking at the presence of the 13 most commonly-used farm chemicals in the bodies of 1,400 US school children, researchers found unacceptable levels of *all* 13 chemicals in the urine and tissues of all 1,400 children.
- Those who have children now belong to the first generation in human history who are expected to live longer than their children due to degenerative disease that worsens with each generation (See about *Pottenger's Cats* on next page).
- In a comprehensive study called "Nutrition and Disease", WHO could not find a disease that did not have a nutrition link!
- They also identified what they called Type A malnutrition in much of the developing world and identified Type B malnutrition in many in the developed world.
- It has been suggested that our food contains just 20% of the nutrition found in the food consumed by our grandparents when they were young.
- How did we lose so much in just three short generations?
- We have never produced so much food...but metabolic diseases are on the increase.

It Matters How We Grow Our Food!

Nutrient	Variation (per 100g of food item)
Vitamin A in carrots	70-18500iu
Vitamin B5 in wholewheat flour	0.3-3.3mg
Vitamin C in oranges	0-60mg
Vitamin E in wheat germ	3.2-21 IU
Iron in spinach	0.1-158 mg
Magnesium in lettuce	0.1-16.9mg

- These variations shown above are largely caused by a combination of soil mineralisation and chemical usage.



It Matters How We Transport Our Food

- 'Food miles' is a term used to describe the distance travelled by food between production and consumption and has obvious implications re: greenhouse gas emissions.
- The air transport of just 200 grams of Chilean grapes generates greenhouse gases equivalent to leaving on a light bulb all weekend.
- The loss of much needed nutrients is of equal

concern.

- Fresh peas lose 50% of their nutrients within a week of harvest.
- Spinach stored at room temp loses between 50% and 90% of its vitamin C within 24 hrs.
- Time and light exposure destroys folic acid in leafy vegetables. B group vitamins, and vitamins E and C are the first transport casualties and, when picked green for long distance transport, these antioxidants are already at low levels.
- **The solution is to support farmers markets and/or grow your own.**

It Matters How We Cook Our Food

Vegetable	Nutrient	Method	Nutrient Loss %
Broccoli	Vitamin C	Blanching	47
Carrots	Folate	Boiling	79
Carrots	Beta carotene	Canning	27
Cauliflower	Folate	Boiling	69
Grapefruit juice	Folate	Canning	< 5
Milk	Vitamin B12	Boiling (2-5 mins)	30
Mixed veges	Vitamin C	Blanching (3-5 mins)	25
Mixed veges	Vitamin C	Boiling (10-20 mins)	55
Mixed veges	Vitamin C	Canning	67
Mixed veges	Vitamin B5	Canning	20-35
Mixed veges	Vitamin B6	Canning	40-60

An Exercise in Nutrient Removal

- The intense processing of cereals removes most nutrients. Cereals can contain 30% sugar.
- White bread is an anti-nutrient - there is a net loss of nutrients each time it is eaten.
- 80% of nutrition is lost during processing from wholemeal to white.
- Hybridised grains contain far less nutrition than open pollinated varieties i.e. spelt.
- Margarine is the ultimate non-food: in fact it is toxic 'crap' that bears absolutely no relationship to butter. Margarine is implicated in everything from heart disease to strokes and eye problems.
- Store-bought jam is sugar-packed and laced with microbicides (stabilizers)
- Annual sugar consumption has gone from 5kg each in 1910 to 75kg today and is a major cause of heart disease.
- Pasteurised, homogenised milk loses much of its inherent value, i.e. vitamins and enzymes are destroyed in the heating process.

Chemical Residues Reduce Resilience

- Even though there is a rough adherence to minimum residue requirements there has been no consideration of bio-accumulation.
- When the liver cannot process a foreign contaminant, it shunts it off to the fat where it accumulates and can become a serious liability. This is what you often smell on the towel following a Far-infra-red sauna.
- This is a good reason not to eat the fat of confined animals because it is payback time!
- Many conventional vegetable growers have their own plot for their family!

The Contamination Begins Before Birth

- 20 million US toddlers are now obese and there appears to be a link to endocrine-disrupting chemicals.
- Chemical residues on food can wreak havoc with hormone systems which are key players in managing metabolism and controlling weight.
- The negative effects are more harmful in the de-

veloping foetus and at much lower rates. The foetus has a faster metabolism (which magnifies the effect) and is not yet equipped with protective mechanisms like DNA repair systems, immune competency, detoxifying enzymes, liver metabolism and the blood brain barrier.

The Solution – Grow your Own Food

- Growing your own ticks all the boxes – so long as you do it with no chemicals.
- If you don't have time, pay a retired person to grow for you or enlist children. Pay them for the vegetables at market rates and there is a suite of potential benefits.
- There is no greater gift from a parent to a child than to encourage a love of the soil and home food production.
- Children can develop entrepreneurial skills with this, their first business venture.
- Children may discover a love and appreciation of nature and the sacred production of food.
- Exercise and fresh air, punctuated by nutritious vegetable snacks, beats sitting at a computer or games console.

Dr F M Pottenger was an original thinker and keen observer who questioned official dogma. Dedicated to the cause of preventing chronic illness, he contributed to the understanding of the role of nutrition in maintaining good health.

In his experiments in cat feeding, he studied over 900 cats over 10 years. He found that only diets using raw milk and raw meat produced optimal health: strong bones, wide palates with plenty of space for teeth, shiny fur, no parasites or disease, reproductive ease and gentleness.

Cooking the meat or using heat-processed milk caused physical problems increasing with each generation. Vermin and parasites abounded. Skin diseases and allergies increased from 5% to over 90%. Bones became soft and pliable. They died out completely by the fourth generation.

The changes he observed in cats paralleled the human degeneration that Dr. Weston Price found in the 1930s in tribes that had abandoned traditional diets.

PLANTING GUIDE:

December	January	February
Asparagus	Asparagus	Asparagus
Basil	Basil	Basil
Bean—Lab Lab & Madagascar	Bean—Lab Lab & Madagascar	Bean—Lab Lab & Madagascar
Beetroot	Beetroot	Beetroot
Capsicum	Capsicum	Capsicum
Choko	Choko	Choko
Cucumber	Cucumber	Cucumber
Eggplant	Eggplant	Eggplant
Jicama	Jicama	Jicama
Lettuce	Lettuce	Lettuce
Okra		
Pigeon Pea	Pigeon Pea	Pigeon Pea
Pumpkin	Pumpkin	Pumpkin
Radish	Radish	Radish
Rockmelon	Rockmelon	
Rosella		
Sweet corn	Sweet corn	Sweet corn
Snake Beans	Snake Beans	Snake Beans
Spinach	Spinach	Spinach
(Brazilian, Egyptian, Malabar, Warrigal, Kangkong etc)	(Brazilian, Egyptian, Malabar, Warrigal, Kangkong etc)	(Brazilian, Egyptian, Malabar, Warrigal, Kangkong etc)
Squash	Squash	Squash
	Spring Onion	Spring Onion
Sweet potato	Sweet potato	Sweet potato
Tomatoes	Tomatoes	Tomatoes
Watermelon	Watermelon	
Yacon	Yacon	Yacon
Zucchini	Zucchini	Zucchini

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.

The ROGI Seedbank is available at ROGI meetings and Garden Visits.

\$1 per packet for members. \$2 for non-members.

Did you know?

The best beans to grow in our subtropical summers are snake beans. Unlike regular beans, they're resistant to bean fly and rust, and relish heat and humidity.

Snake beans are fast growing climbers and can reach lengths of 70cm, but you can harvest them shorter.

Some have light green pods with brown seeds, and some have pods with a reddish tip and dark red seeds. They have a slightly sweet flavour and crunchy texture and they're so long that you don't need many for a meal.

Now is the time to sow the seeds. They're very rewarding, so give them a go.



Have fun and help some kids do some gardening.

Ruth, who runs the environmental education programs at IndigiScapes, has asked ROGI to host an activity during the January holidays to give children the opportunity to get their hands dirty playing in 'mud' while doing a spot of gardening.

We'd love it if you could come along and help – it would be good to have an extra helper or two. Please contact Kathy 32061267 or info@rogi.com.au

This is what the parents and children will read about it:

Make your own mini salad and herb garden at IndigiScapes

Members of the Redland Organic Growers Inc will show you how to make your own mini salad and herb garden using small polystyrene boxes. You will get your hands dirty and plant a mix of seedlings to take home and nurture.

Date: Wednesday 14 January

Time: 9.00am – 10.30am

Cost: \$12 per person

Age: 6 – 12 years

Notes: Gloves and face masks will be available as we will be using potting mix. Wear old clothes and closed shoes. Children under 8 must be accompanied by a parent/guardian.

This is the sort of garden we'll be making.



Recycling Strawberry Punnets

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

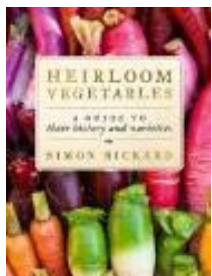
One of ROGI's main activities is to show people how to make a seed-sowing pot out of newspaper. After making this pot they sow a seed into it and then carry it home in a strawberry punnet for safe-keeping.

At 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.



LIBRARY NEWS

Hello to all our members. Please visit us in the library at the next and final meeting for the year. You will be able to stock up on some holiday reading as the books will not be due back until 11th February 2015. For those who have books out, please return same and get something new out. I have quite a few reminders that I will be emailing closer to the meeting date for those of you who have an overdue borrowed book. We have some new books in the library and they are as follows:



HEIRLOOM VEGETABLES by Simon Rickard

This book is a guide to history and varieties and well written by Simon who has worked at the Diggers club house of Elsworth

and Heronswood.

Heirloom vegetables are those grown pre WWII and the seeds have been handed down through families and friends. They are like treasures to those who grow them. What a fabulous insight into heirlooms. It made me feel better about my efforts, as he explained that because heirloom vegetable plants are open pollinated, you will get some great plants, some okay plants and some that make you wonder where you went wrong. This is just the nature of being open pollinated and that you should always keep the seeds from your best plants (something our vice president, Terry, has told me). Over time, and through families, these seeds become stronger, more disease resistant and more suited to your environment, the heat and

the drought and the floods. I am now planting more seeds at a time to allow for the weak ones so I have a few more stronger plants growing each time.

Genetic diversity is crucial to food security. If you grow heirlooms well, the flavour will always outdo the F1 hybridised veggie seeds. He talks about hybridisation, GM crops, public vs private ownership, F1 hybrids etc and sorts out some of the myths on these subjects.

This book is then about families, ie pea family, gourd family, carrot family, cabbage family, the nightshade family, daisy family and the amaryllis family.

Another thing I learnt from him is that zucchini plants ie Black Beauty do suffer from white powdery fungi as they mature. By the time this happens you will probably have had a good crop so just pull out and replace. So I might stop stressing about trying to stop the fungi.

This book is great reading and probably one that you would need to read again and again.



GARLIC by Penny Woodward

An organic guide to knowing, growing and using garlic from Australian whites & Tasmanian purples to Korean Reds and Shandongs. I have long ago given up on growing garlic. I am now going to try

it again. You would not believe a book solely on garlic could be so interesting as it covers all aspects of garlic, including his-

tory, bulbs, seeds, flowers, varieties, medicinal uses & comes with recipes using garlic.

It seems that we need to judge the season and plant once the soil is cold and the cool nights are here as garlic needs cold to set the bulbs. In spring we need to cover heavily in mulch as the warmer weather can make it shoot. There seems like we can grow a few varieties.

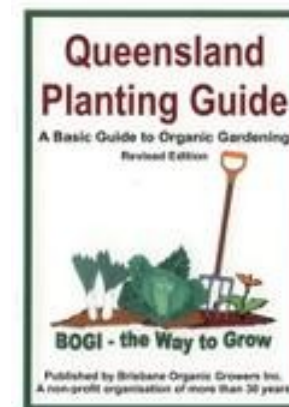
As Australian organic garlic can get very expensive, it is worth reading this book and giving it a go to grow. I think we would all use garlic for taste and health benefits.

ROGI has also purchased 10 copies of the *Queensland Planting Guide* by BOGI – Brisbane Organic Growers Inc. We will be selling these at our shop for \$7.00 each to members which is cost price plus postage to us from BOGI. Non-members will pay \$10.00. So get in early. If they prove popular we will restock in the new year. Bob Cosgrove (from ROGI AND BOGI) recommended I purchase this book when I joined ROGI in 2009.

I refer to this book all the time and keep it in my gardening bag. It is only small but all the information in it is exactly what you need to know when starting organic gardening, making a new garden, preparing and maintaining an existing garden, growing in raised gardens and growing in containers, building a no dig garden. Also has good info on growing from seed and seed planting guides, preferred pH levels, making a herb spiral, making compost and liquid tea fertilisers.

A monthly guide for what to do with your fruit trees and some recipes for herb and organic sprays.

I highly recommend this little book as a reference that you will be looking at again and again. \$7.00 - what a great buy!



I am always referring to the sub-tropical recommended seed planting times and find I have had much more success in the garden since using this book. Thanks Bob for one of your many great tips.

QUEENSLAND PLANTING GUIDE by BOGI – the Way to Grow

We have also ordered a few books by Tim Marshall of Gardening Australia. They could arrive in time for our next meeting and if they do we will display them on top of the shelves.

Joh and I would like to wish you all a very Merry Christmas (if you do Christmas) and Happy Holidays to those who don't celebrate Christmas and a very happy and healthy New Year for 2015 to everyone.

May your gardens flourish.

Mandy

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:

- an article about your garden
- a photo
- an unusual plant
- something in relation to gardening or nutrition
- a great recipe
- a current affair of relevance to ROGI members.....

Send your articles to
keep the
newsletter
interesting:
info@rogi.com.au

Newsletter Deadlines

Please send your contributions to the newsletter editor by 28 January for the February edition.

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 the table below the **Plant Clinic** sign well before the start of the meeting.

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



ROGI Shop Products

PRODUCTS Dry	3Kg	1Kg	500g	100g	Each
Soil Conditioners					
Blood & Bone	\$8	\$4.00	\$2.50		
DE Fine Food Grade	\$20.50	\$8.00	\$4.50		
DE Pet & Garden	\$17.50	\$7.00	\$4		
Dolomite	\$5	\$3.00	\$2		
Eco88	\$8	\$4.00	\$2.50		
Gypsum	\$5.50	\$3.00	\$2		
Humic Acid				\$3.50	
Organic Booster	\$5.50	\$3.00	\$2		
Organic Extra	\$6	\$3.50	\$2		
Rock Dust # One Mix	\$7.50	\$3.50	\$2.50		
Rock Dust BCM	\$6.50	\$3.00	\$2		
Sea Mungus			\$3		
Turf Master	\$5.50	\$3.50	\$2		
Pest & Weed Control					
Eco-Rose			\$11		
Tools & Equipment					
Soil PH Test Kit					\$13
Banana Bags					\$3.50
Fruit Fly Excl Bag Set 4					\$5
Wooden newspaper Pot Maker					\$28

PRODUCT Wet	5 Lr	1 Lr	500ml	150ml	100ml
Soil Conditioners					
Eco-Aminogro		\$18	\$10		
Ecofish	\$32				
Eco-Naturalure				\$15	
Eco-Neem					\$16
Eco-oil		\$22	\$16		
Fish & Kelp solution		\$13			
Potassium Silicate					\$3
Pest & Weed Control					
Burn Off		\$9			
Eco-Pest Oil			\$10		
Naturasap			\$17		
Pyrethrum Spray					\$20
Wild May for fruit fly	200ml \$4				\$2
Aloe Vera					
Aloe Vera Raw Material	\$33.50	\$9.50			
Aloe Vera Raw Bio Vertilizer	\$37	\$10			

Only ROGI members may purchase items from the ROGI Shop. Please wear your membership badge at every ROGI meeting.

Deposits on Containers

The flimsy plastic bags and parcels we were using to sell and transport our goods, did not sit well with our way of life - *Recycle Everything* - thus we now use glass jars and food-grade plastic pails that can be used many times over, be it by us or yourselves. So we have a small deposit charge on all packaging that will be refunded on their return to us, but please keep them clean and in good repair.

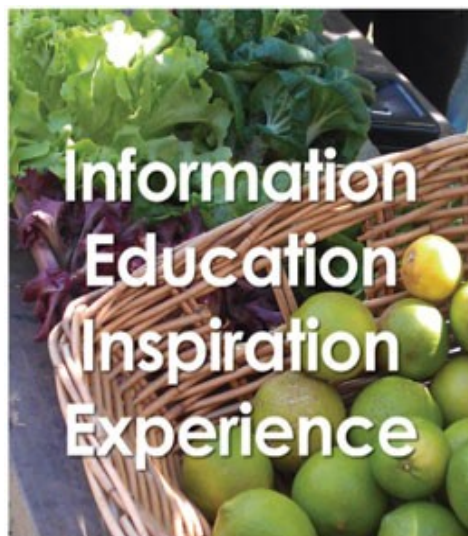
NEW PRODUCT

Wild May proved to trap the most fruit flies in our recent trials of low-cost traps.

You can buy it in small amounts from ROGI Shop.



For any pricing or technical advice, or if you have a suggestion, please refer to Frank on 3390 2277



info@rogi.com.au

www.rogi.com.au

PO Box 1257
Cleveland 4163

[www.facebook.com/
groups/
redland.organic.growers](https://www.facebook.com/groups/redland.organic.growers)

EXECUTIVE TEAM

President	Jill Nixon 0418 717 735 president@rogi.com.au
Treasurer	Lindsay Peel group@rogi.com.au
Secretary	Margaret Sear secretary@rogi.com.au
Membership	Jenny Sando membership@rogi.com.au

TECHNICAL TEAM

Seed bank	Angela Stafford seeds@rogi.com.au
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COMMUNICATIONS TEAM

PR & Marketing	Kathy Petrik 3206 1267 info@rogi.com.au
Club Events	Bernadine Carroll events@rogi.com.au
Newsletter	Position vacant info@rogi.com.au

MEMBER SERVICES TEAM

Shop	Frank Huysing 3390 2277 group@rogi.com.au
Library	Mandy Harrison 3824 3222 library@rogi.com.au
Supper	Yolanda Sampson group@rogi.com.au

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

Join Us

See page 3 for current
membership fees

Christmas Presents

What to give a gardener?

Here are some ideas:

- * Membership of ROGI
- * Short gardening course
- * Seedlings; seeds; plants – labelled and with description and growing instructions
- * Garden tools, items, equipment – hand tools; watering can; tubs; gloves; stakes; bags of manure/mulch/compost; netting; trellis; shade-cloth; garden ties; fertiliser; home-produced pest control or worm juice; shoes; apron; hat; garden bed kit; coir pots; test kits; watering wand
- * Gardening books
- * Magazine subscription
- * Offer to help with weeding; watering; seed-collecting; pot-cleaning