

Next meeting: Wednesday 9 August 2017

ROGI News

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

Salvation Army Church
Cnr McDonald Rd & Macarthur St
ALEXANDRA HILLS

Admission

Members: Gold coin
Visitors: \$5

Please bring a plate of food (savoury/sweet or nibbles and preferably home-made) for supper after the meeting.

Tea/coffee provided.

You are very welcome to provide a **quality plant** to help share interesting plants with other members (**see p16**).

Remember to bring a bag/box/basket to take home your items.

Inside this edition

	Page
President's message	2
Coming events/Membership	3
August meeting	3
Sustainability from Scratch	4,5
Garden visit to Lindner	6-8
Growing asparagus in bathtub	9
BOGI Fair; Fruit Fly	10
Plant Clinic	11
Library book reviews	12
Plant of the Month—fenugreek	13
Garden Visits. Field Trips. Workshop.	14
Shane's produce.	14
Seed bank news. Seed sowing guide	15
Plant distribution. IGA card/deadline	16
ROGI Committee and Office Bearers	17



Beautiful blossoms and young fruit of Sunwright nectarine at Greg Lindner's garden in Wynnum. Nectarines and other stone fruit are not generally grown in coastal South East Queensland, but this is a low-chill variety, requiring only up to 150 hours of winter cool to set fruit.

Thoughts from the potting shed

Dear ROGI member

How's your garden doing – bugwise, that is? Do you have enough good bugs to outweigh the bad ones? Or are you like me, not sure which are the good ones - and which should be squished?

Recently, on a road trip to Mundubbera, we found ourselves picnicking next to a large enterprise called *Bugs for Bugs*. The giant lady-bug graphics painted over its 50-plus climate controlled production rooms and sheds should have been a giveaway as to its purpose.

While I'd heard of *Bugs for Bugs*, I hadn't quite understood the extent of its role in integrated pest management in Australian and overseas food production, as more growers limit pesticide use and grow organically.

Founded modestly 35 years ago, it now employs 35 staff during the high season in its insectary. It has expanded to become one of Australia's leading suppliers of biological control agents with operations in Caboolture,

South Australia, Toowoomba and a new one planned for Western Australia.

So what does *Bugs for Bugs* do exactly? It's a science-based company that:

- provides crop protection solutions and bio-control organisms
- breeds beneficial insects and mites (good bugs to control bad bugs)
- is highly experienced in the field of fruit fly management
- offers a range of non-toxic alternatives to conventional pesticides
- conducts ongoing research and development into biological control and fruit fly management
- provides contract research in the field of integrated pest management.

Beneficial insect production is very challenging. Maintaining continuous insect production of each species requires constant monitoring of the rearing systems and attention to detail. *Bugs for Bugs* uses around 250 tonnes of butternut squash and 24 tonnes of wheat per year for its beneficial insect production.

They currently produce over 10 species of natural enemies available to help manage pest problems in a more sustainable way. Each of these rearing systems is complex and labour

intensive. *Bugs for Bugs* also conduct significant ongoing research, constantly striving to streamline existing systems while searching for new organisms that can help growers sustainably.

One recent success story is about a Hervey Bay strawberry grower who now uses an army of predators to fight pests in her crop, which suffered from mite and aphid attacks. This approach has allowed the grower to cut pesticide applications by 90%.

The predatory mites, *Montdorensis*, *Californicus*, and *Persimilis*, combat thrips and two spotted spider mite, and lacewings and a special trapping system fights aphids and carpophilus beetles. For more information go to: www.bugsforbugs.com.au.

Now that my term as ROGI president is coming to a close, I would like to say thank you to all the members and volunteers who make this community group such a formidable one.

To the entire ROGI Committee Member team, congratulations on doing such a wonderful job and being so dedicated. It's made my job so easy.

Happy Gardening

Kathy



Coming Events

August	Thurs 3	BOGI meeting	
	Tues 8	Herb Society meeting	
	Wed 9	ROGI meeting—AGM	
	Sun 20	Garden Visit	See p14
	Sun 27	BOGI Fair	See p10
Sept	Tues 5	Herb Society meeting	
	Thurs 7	BOGI meeting	
	Sun 10	Green Heart Fair	See p14
	Wed 13	ROGI meeting	
	Sat 16	Garden Makeover Workshop	See p14

The AGM at the August meeting will be shorter than usual as there are nominations for all roles.

Membership Information

- **Cash** payment at ROGI meeting
- **Cheques** made payable to *Redland Organic Growers Inc* - pay at meeting or to PO Box 1257, Cleveland 4163
- **Direct Deposit** BSB 633000. A/C 136137296 Bendigo Bank Capalaba Central

IMPORTANT! Reference - Your initials and surname are essential to identify who has paid.

When paying your fees online, please be sure to complete a membership renewal form online at <http://www.rogi.com.au/renew-membership.php>

Member Category	Members Renewing For 2017	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct16-Dec17
Single	\$30	\$30	\$22.50	\$15	\$37.50
Family*	\$50	\$50	\$37.50	\$25	\$62.50
Pensioner Single**	\$20	\$20	\$15	\$10	\$25
Pensioner Couple**	\$30	\$30	\$22.50	\$15	\$37.50

Family - two (2) adults residing at the same address and their children under eighteen (18) years

** Please provide evidence of **pensioner** status to claim discount

August Meeting

ROGI's War on Waste

Apart from being our AGM, this meeting's guest speakers will enlighten us on how to seriously take part in the 'war on waste'.

Collect and bring along e-waste (items that have or had a power cord or battery) and see a demonstration of a 3D printer, made from re-purposed electronic waste. Founded by Tony Sharp in 2013, Substation33, a Not-For-Profit Social Enterprise, has collected, dismantled and recycled over 500,000 kg of electronic waste.

Waste Education Officer from Redland City Council, Craig Duncan, will highlight key information needed to help us minimise waste and maximise our recycling, whether it is recycling at home, at local transfer stations or composting in the garden.

If there's time, Margaret Sear will talk about how she not only recycles but also the other steps she takes to refuse, reuse and many other words that start with R.

As usual, there will be our Plant Clinic Q&A.

Our August meeting will be one not to miss! Why not help spread the word by inviting a friend or neighbour? And bring e-waste.



Shane will be selling fruit & vegetables as usual. See p14. Most of them are certified organic; some are guaranteed 'spray-free'. Ashley from Mt Cotton Organic Farm will have selected produce for sale. Remember to bring your reusable bags with you.

Sustainability from Scratch with Simon Cole

Simon believes peak oil, climate change, inequality, global systemic debt and food industry problems are all threats to a future of well-being, but that unsustainable economic and population growth are the drivers.

A holistic response at the grassroots level is often seen as impoverishing, rather than enriching. Voluntary simplicity need not mean doing it rough. It can be liberating, especially when functional ways of co-existing are found.

Living in more densely populated urban environments need not encroach on our privacy, or isolate us in boxes. He has found that sharing space and using it more effectively is a road to happiness.

Combine this with energy efficiency, no debt, and food security, and an example of an enjoyable way to survive the coming bottleneck of crises may evolve.

He believes that, if we move toward a world of fewer children and more parents, relationships with others who are not necessarily family can enhance our lives.

Equanimity Foundation is a household

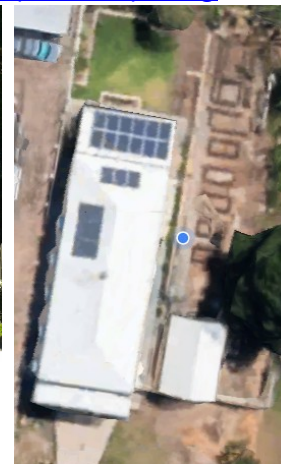
that Simon operates as a pilot project for a sustainable community. This micro-community offers accommodation half in dollars, half in labour, using a local complimentary currency. *TemptyTrust* is a system Simon has developed to make sure it's fair, when there is any doubt.

This lifestyle appeals to those who want to live together growing organic food they can share. Growing, processing, preparing food and sharing meals is at the heart of healthy social relationships, and the householders at *Equanimity Foundation* aim to do that outside the questionable food and agriculture industry as much as possible. They also try to do things outside the debt-based monetary system.

Living together is not always easy, but it's worth it. Simon has had many people from several countries come to stay at the property for varying periods of time.

He wanted to present this idea to us as a way of making full use of an underutilised house and also having others to share the chores of food-growing and preparation.

His website is <https://equanimity.blog>



The original house (left) was unsuitable for Simon's purposes, so it was removed and a purpose-designed building was constructed. Right: aerial view of the property showing the solar panels and the many garden beds that benefit from northern sun.



Above: Hiromasa working the compost

Below: a tenant preparing a meal.

Tenants pay rent in dollars and work (e.g. \$80 + 4 hours @ \$20 = \$160) for accommodation. They can work extra hours in the garden and/or in the house to cover their consumption of produce.



Above: excavation and completion of the in-ground water tank under the driveway in front of the garage.

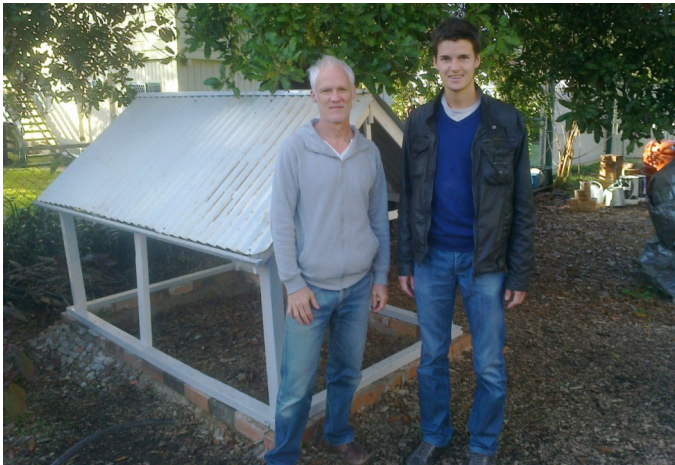
Sustainability from Scratch



Above: most tenants are young; some are young-at-heart

Task	Details	Every-one	Simon	Geralline	Andres	Sam
Compost & Soil	Tuning & watering	✓	✓		✓	
	Adding sand, mulch & <u>chooky poo</u>		✓		✓	✓
	Bed top-up & green manuring	✓		✓		
Rubbish	Wheelie bins out Thurs. Yellow bin every other week	✓				
Fertilizing	Soil		✓			✓
	Spraying					✓
Seeds	Sowing & seedlings	✓	✓			
	Storing & <u>repurposing</u>			✓		
Water	Inigation		✓			✓
	Garden bed tops	✓				
	Slimline tank <u>topup</u>				✓	

Above: an example of the spreadsheet to keep track of essential chores



Simon and a tenant constructed the chook house.



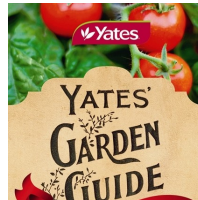
The main food-growing area. The shade-cloth is a temporary addition when the heat and sunshine are too intense.

Garden Visit Greg and Louise Lindner

reported by Ann Roffey

Greg and Louise's garden is a labour of love. They have been renting their 608m² block in Wynnum West for 11 years, and have spent a lot of time and effort turning their plot into a sustainable garden.

Greg grew up in Adelaide where his mother was a keen gardener. He was given Yates Garden Guide in 1993, and was hooked! He is now retired, so has even more time to spend on his hobby.



Improvements include concrete paths, two 5 000 litre water tanks, and he is trialling growing plants on the outside of his fence to deter graffiti. Greg showed us some equipment which he had varying opinions about.



This sprayer is for his liquid fertiliser - he highly recommends it as it has a dial, and the nozzle can be turned to do vertical spraying.

He does not recommend the Fiskars secateurs as they only lasted 3 weeks. Nor does he recommend the Bosch mulcher. He was disappointed as it doesn't chop but makes long spaghetti of his prunings.



Above: Greg is trialling a new fruit fly trap called Fruition. It lures and kills the female when she becomes stuck on the sticky blue surface. He will let us know if it is successful. Last summer he lost most of his nectarines and apples to fruit fly.

The biggest problem Greg has is snakes. As they live beside a creek, many snakes visit the garden—dwarf white crowned, tree and probably a keelback snake. Thank goodness we didn't encounter one on our visit!



A keelback looks like a brown snake

Greg has utilised the sunny western and northern sides of his house for vegetable and fruit growing. He has many raised gardens (using bath tubs) for easy access, and many pots with a huge variety of creepers, roses and native trees.

He plans to add more water harvesting (only collecting water from half his roof), shade-house, worm farm, chook house and water feature.



Above: dragonfruit climbing up a support pole and spilling over the top, with bananas behind them. Note the blue fruit fly traps—two is more than enough for this size yard.

Below: The frothy fronds of asparagus—still green halfway through winter. Generally, the advice is to cut them back in autumn when they go yellow. Maybe they won't completely die off in this rather warm winter and need to be cut back now.



Garden Visit Lindner garden



Above: Along the northern fenceline is a chest-height (well—depends on how tall you are!) raised platform to hold over a dozen boxes growing an assortment of vegetables, enabling them to catch the sun and eliminating the need to bend.

Below: Under the platform (where the boxes are concealed by horizontal timber strips) is storage – behind shade cloth curtains. There are several espaliered fruit trees running parallel to the fence.



Above: Espaliered fruit trees viewed from the other side. Note the pots or tubs attached to the trees. Greg is aerial-layering or 'marcotting' his trees.

Below is a close-up of the specially-designed pot that Greg is using. The pots are not essential, but make the process easier. Marcotting is a method of propagating new trees so you get exact replicas of the parent plant. **You can learn more about marcotting at the September ROGI meeting.**



Above: Greg and Louise love eating parsnip, so Greg gave it a go, despite the conventional wisdom that it is a cold weather root crop. He has been very successful, so it's worth trying; your garden may have the ideal micro-climate too.

Below: another view of Greg's southwest corner. Note the grape vine (currently dormant for winter) which will shade the bedroom window from the hot western sun when in full foliage in summer time.



Garden Visit Lindner garden



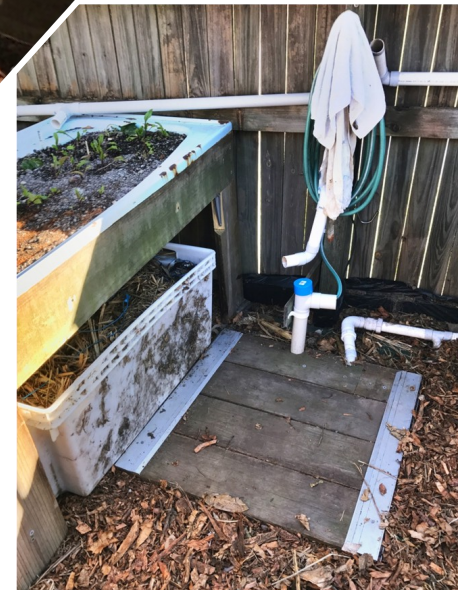
Left: Greg and Bill discussing the bathtub garden systems. Note the waist-height of the raised 'bath-beds' designed to minimise bending.

Vertical space is being well-utilised. Note the fence rails have been extended to use as shelves.



The bathtubs are sitting in and being supported by perfectly-sized sturdy timber frames that Greg has designed and made.

Greg has been developing many innovations in his garden. Many of the items are having a second incarnation - in a form probably never dreamt of by their manufacturers. The bathtubs are wicking garden beds and Greg has set up an arrangement of pipes to facilitate the watering and drainage of the system.



Growing Asparagus in an Old Bathtub by Ann Roffey

I've long wanted to grow asparagus, but had heard that it could take over a garden – and, given that it lives for up to 20 years, I knew that wherever I planted, it would be for a long time.

After reading about Jill Nixon's asparagus planted in an old bath-tub in the April ROGI News, I decided to do the same.

Some reading on my friend Google revealed that asparagus grown in containers will not last as long as in the ground ☹, but I am going ahead anyway.

My efforts to secure a bathtub for free proved fruitless, as the chap up the road getting his bathroom renovated thought it was such a good idea to put a garden in a bathtub, that he would keep it for himself! So it was off to the Logan Recycling Centre, where I purchased a second hand one for only \$25.

I decided to place the bathtub in my native garden on the eastern side of our house. It gets heaps of afternoon sun (if it is too hot, I may have to move the tub).

This spot has lots of native *Dianella caerulea* which have self-seeded naturally and attract heaps of bees when flowering. I just had to pull a few out and lay some old bricks for the bathtub to sit on.

I got out my hubby's spirit level, to make sure it was not level but leaning slightly towards the drain hole, so that the water will drain out and not sit at the bottom.

Now what mix to put in the tub??? Using

Jill's suggestion, I followed the "No-Dig Gardening" worksheet on the ROGI website (under the Resources tab).

What I found was that bathtubs hold a lot of ingredients needed to make my asparagus grow well! I layered several layers of sugar cane mulch, dry leaves, well-rotted cow manure, fresh lawn clippings, food scraps, a little blood and bone, and finally compost into which I would plant the asparagus crowns.



Another conundrum was how many crowns to plant? Green Harvest advised only two as apparently they grow to the size of a dinner plate. However, the pack they sold came with four, and I was reluctant to give any away.

Watching Gardening Australia's Millie Ross plant her asparagus into a bathtub recently presented more questions than answers – what mix did she plant them in? and wow, she planted heaps of crowns and plants!

I decided to just plant three, as they fit well down the middle with room in between for growing.

A pH test before planting revealed that my mix was way too alkaline, so some sulphur was added to correct this. Unfortunately, I had been overeager in ordering my crowns, and had to store them in the fridge for a couple of weeks until the bathtub was ready.

On opening the pack, I discovered that some of the roots had mould on them. Green Harvest assured me that this was a naturally-occurring mould that would not affect the plant at all.

As I have bought two-year-old crowns, next year in July I will be able to cut back the asparagus, and look forward to eating yummy asparagus spears next spring.

Because they are hungry plants, they will require lots of compost, pelleted and liquid fertilizers.

Asparagus can be planted in Brisbane between April and September.

Brisbane Organic Growers Inc

Organic Fair

Sunday 27 August 9am - 3pm

102 McDonald Road, Windsor
(near Albion Railway Station)

free gardening advice & talks
free animal nursery

herbs

books

chooks

seedlings



jams

tools

fruit trees

food & drinks

No pets please

enquiries
email: bogifair@bogf.org.au
phone: 0435 916 577
website: www.bogf.org.au

Proudly supported by



Dedicated to a better Brisbane

BOGI has been around for decades, and this will be the 31st fabulous BOGI Fair. ROGI is an 'offspring' of BOGI and we're only eight years old.

There's always a lot to see at the fair, which spreads from the Peace Hall in McDonald Road, under the Albion overpass and into the neighbouring park.

- Organic growers will be on hand to answer your queries along with an extensive selection of vegetable plants, herbs and fruit trees to fill available space in the garden.

- Wander around stalls selling everything from seeds and seedlings to gardening tools.
- Pest solutions, organic fertilisers and additives will be for sale from BOGI Shop.
- Browse and buy organic seeds

including many heirloom varieties provided from BOGI seed bank and from Eden Seeds and Green Harvest.

- Organic gardening books will be available for sale at the fair.
- Our knowledgeable speakers will catch your attention.
- There'll be yummy treats at our café offering freshly cooked organic sausages, quiches, salads, cakes, tea and coffee.
- The animal farm will be available to entertain the children.

The fair welcomes everyone, even if you have never turned a spade in your life.

Come in for a look from 9am and stay for the day which concludes with the produce auction from 2.30pm.

No pets please. Entry is free for all ages.



Left: Kathy took a photo of this chart on display at 'Bugs for Bugs'. Maybe we can count ourselves lucky that we don't have visits from more types of fruit flies!



Left: I've been placing drawstring bags (home-made from old mesh curtains) over my green tomatoes so I'm one step ahead of fruit flies. This one covers a truss of three Tropic tomatoes. I haven't made enough bags so I'm now resorting to using my persimmon bags - they're double thickness, so it's a bit harder to see the ripeness.

Right: This is what I saw recently when inspecting one of my tomato plants - she was there for at least a minute and I could take several photos. You can see a bag in the background covering a neighbouring (unstung) tomato. Jill Nixon



Plant Clinic

Q: What is making these holes in my Tropic tomato plant stalks?



A: It is a grub of some type. Shane suggested drenching the soil with neem to prevent it happening again.

Q: Black spots on red bisexual pawpaw. It was fine until the weather cooled down.



A: This is quite common in cool weather. It's caused by a fungus.
Suggestion:

harvest the spotty pawpaw when it begins to change colour and place it in hot water (45°C) for about 20 minutes. Dry it and leave to ripen. This will kill the fungus and the fruit will be fine on the inside. Also, drench the tree with neem.

Q: What has happened to my capsicum?



A: Shane said it is caused by thrips and it's too late to do anything about it—the damage was done when a thrips got into the flower. Shane suggested using Nutri-Life Myco-Force at planting time. Also bagging the flowers to prevent access (capsicum and tomatoes are self-pollinating, so don't

need access by bees for pollination). <http://www.nutri-tech.com.au/products/microbial-products/myco-force>
<https://greenmethods.com/thrips>

Q: Is this an edible plant?



A: Yes! It is the 'weed' version of amaranth. Each plant can produce up to 50 000 seeds (you can see why it has become known as a weed!) and we can eat them, as can your chooks. Every part of the plant is edible. More information online, such as <http://www.eattheweeds.com/amaranth-grain-vegetable-icon>

Plant Clinic

If you have an interesting-looking pest, wonder if your plant is a weed or has a deficiency or a disease, Plant Clinic may help.

Bring along the insect or plant (as many parts as you can (in a sealed plastic bag if diseased or seedy) and fill in the form. Place the plant parts together with the form on Plant Clinic table well before the meeting starts. Someone will look and may be able to answer your questions.

Please be aware: we do our best but there may not be anyone who can identify your plant, especially if not related to organic gardening.

Book Reviews

Two new books have hit the shelves of our library over the past month.

This Field Guide is a book where one doesn't quite know where to start the review because all bases seem to have been so well covered. From the very informative introduction to the excellent index it is full of fantastic content.

The first five chapters start with an historical overview of Aboriginal food gathering and how bush foods helped early seafaring explorers to survive.

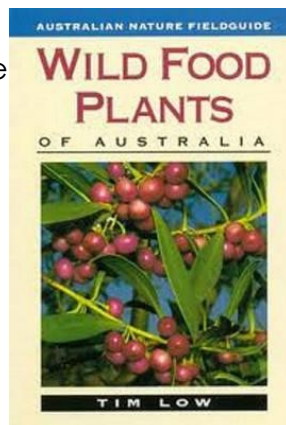
They also clearly explain how to use the Field Guide and give details of basic plant identification practices and also explain the various parts of plants that may be edible.

It describes the habitats where edible plants may be found within regions and zones.

Finally it deals with the dangers of possible poisoning if plants are not clearly identified.

From chapter six the plants within each habitat such as Seashore, Freshwater, Rain-forest, Open Forest and Arid Zones are described in great detail, supported by superb photography. Everything you could possibly want to know about where to find it, what to look for, how to prepare it for consumption, and its nutritional values is given in a clear manner that is easy to understand.

While it will be great to borrow it from the



library, I think this is a book whose real value lies in owning it and using it to hunt out the incredible range of Bush Tucker available for free from coast to bush.

Reviewed by Julia Geljon

We go to great lengths to grow or purchase good quality food, so it follows that we store and prepare that food to maximise its food value.

James Wong, a botanist and science writer, has collated the research to help us to do just that.

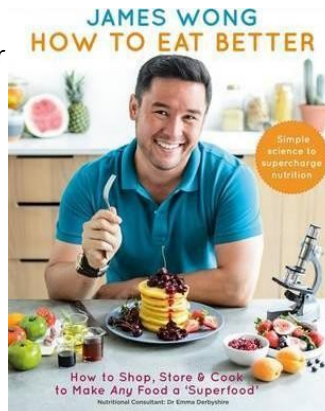
After staying up until 1am glued to this book, I decided that I really needed to own a copy; there is so much packed in there.

Beautifully presented with hardcover, quality paper and wonderful photography, it showcases some really useful information and recipes that look promising.

However, my initial scan, before I got engrossed, set the stage for disappointment.

The chapter titled 'Good' vs 'Bad' Food aims to disprove the benefits of organic food using the results of research into the nutritional status of organic versus conventionally-grown food. Apparently studies that show increased nutrient density in organics often can't be replicated, therefore it can't be proven that they are superior.

That said, Wong recommends over and over during the book to eat the skins of fruits and vegetables — what about the pesticides they have been sprayed with and drenched in



during and after the growing period? I'm sure the time will come when even sceptics agree that eating organics is safer *and* healthier.

We've always known to eat our apple, potato and carrot skins, but do you eat citrus, pumpkin and mango skins?

The science is in—the goodness is in and under the skin. And the seeds. And the darkest colours. Choose dark green over white or light. Orange over yellow. Deep red or purple over orange. Purple potatoes anyone?

The foods rich in carotene require fat for it to be absorbed—so don't boil or steam carrots and pumpkin; they are better roasted with, say, olive oil. Leafy greens are rich in carotene, so add a fat when wilting your (dark green or purple) kale.

Leave grated carrots (purple are best) and shredded cabbage (red is best) to sit for an hour or so before eating. But broccoli needs to be eaten asap (a good reason to grow your own—organically, of course).

I could go on, but it would fill a book and that book has already been written.

Reviewed by Jill Nixon

These books are among the many items available for loan from your ROGI library.

We also have pH test kits and needles for sewing shade cloth for you to borrow.

If you read a book that you consider would be valuable for our library please let a committee member know about it—see back page.

We welcome reviews from readers of ROGI library books you've read. Please!

Plant of the Month

Fenugreek

Trigonella foenum-graecum
(Fabaceae—bean—family)

Also known as: Greek Hay, Foenugreek, Bird's Foot, Cow's Horn, Goat's Horn

Fenugreek seeds are used as a spice in Indian food and its leaves as a herb. It also makes a fragrant, super-nutritious sprout with over 37 actions in one handful of seeds.

Sprouting fenugreek

Soak 2 tbsp of seeds in a glass jar with 1 cup water for 8-12 hours.

Place a piece of net curtain, gauze or old stocking over top of jar and secure around the neck with a firm rubber band.

Drain off the water; this water is not waste - you can drink it.

Turn the jar upside down on an angle to drain on the kitchen sink drainer.

Rinse seeds in jar once or twice daily to keep seeds moist.

Roll jar in your hands (so seeds are loosened and do not stick together in a mucilaginous mass); turn up side down on an angle again to drain, each time after rinsing.

Sprouts are ready to eat in 2-4 days (depends on the season and temperature).

When the sprouts are the length you wish to eat them (best 1-3cm long), store them, covered, in the fridge (or the seed will dry out and not be as tasty).

At home I use Sproutman's bags.

Soak seeds in a jar, moisten the bag and pour soaked seeds in.

Rinse and hang bag on a hook or knob or lay in dish rack. Dripping stops after a minute.

Rinse sprouts by dipping the bag in water for 30 seconds once or twice daily.

This hemp bag is easy to use, organic, resists mould and is incredibly resilient.

Using fenugreek sprouts

They can be eaten in so many ways—in hand as a snack quick and simple, added to sandwiches sweet or savoury, in tossed salads or potato salad, or with roasted root vegetables, added to stir-fries (just before

serving), as a garnish on everything (that way you are eating them all the time). I like them in fruit salad or sometimes I make milk smoothies with them.

Growing fenugreek

Soak seeds overnight and then grow in soil or pots by scattering them over the surface. Cover with a thin layer of potting mix or soil.

For a green manure, turn plants back into the soil before they flower.

To harvest seeds: allow plants to flower and harvest when the seed pods turn yellow.

Use young leaves in salads, sandwiches or as a steamed leaf vegetable. Leaves of young plants are very tasty, similar to fresh peas.

Fenugreek is a valued herb for its many medicinal properties and nutritional content—especially the sprouts.

So why not get some seeds and start sprouting and/or growing it.

The seed bank has seeds - \$1 members \$2 non members. Also, sprouting bowls \$12 and Sproutman's bags \$14 which make it easier.

Sharr Ellison



Fenugreek seeds



Fenugreek sprouts



Shane's produce for sale at the next ROGI meeting

Bok Choy
Beetroot bunched
Broccoli
Carrot – Orange – Organic
Cauliflower
Cabbage - Drum Head, Red Sugar Loaf
Celery
Celeriac
Choko
Daikon – Asian white radish
Garlic - Aussie Purple (New Season)
Kale– Green Curley
Lettuce - Cos, Oak Leaf, Red & Green
Onions – White
Potato Sebago – Pesticide Free
Pumpkins - Jap, Butternut, Potkins
Shallots
Silver Beet
Sweet Potato – White, Purple
Swedes
Turnips
Zucchini Green

Apples Granny Smith, Red Delicious
Bananas – Cavendish, Lady Fingers
Oranges - Sweet Navels
Custard apples
Mandarins
Lemons

Apple cider Vinegar
Eggs - 700 Gms Free Range
Honey
Pure Apple and Ginger Juice
Pure Apple Juice – Filtered and Unfiltered

Garden Makeover Workshop Winner

This year the lucky recipient of our makeover workshop is ... Toni Bowler.

Toni lives on acreage at Sheldon and faces the usual challenges of living in amidst wildlife and trying to grow edibles.

Linda will meet with Toni to discuss how to make the most of her site to grow food without it being marauded.

ROGI members who help with the workshop will be rewarded with increased knowledge of various food-gardening systems and processes.

There is also a brand new compost bin as a 'lucky gate' prize. Of course, there's the usual plant/produce swap and afternoon tea. The ROGI Seed Bank and seedlings will be there too.

Contact **Margaret** (right) to book a spot.

Green Heart Fair

Sunday 10 September 8am to 2pm

Last year, ROGI had a stall and it proved to be quite popular with fair-goers.

We would love for you to come along and help staff the stall this year. You'll learn a lot, get to know other ROGI members and have a great day outdoors.

Please contact Bronwen events@rogi.com.au or at ROGI meeting to find out more about our stall.

For more information about the fair, go to <https://www.greenheartfair.com.au>

Garden Visits

Sunday 20 August

Francesca Latter's Wellington Pt garden

Sunday 15 October

George Allen's Capalaba property

Workshops etc

Sunday 10 September

Green Heart Fair, Carindale. See left

Saturday 16 September

Garden Makeover Workshop. See left

Field Trips

September: Kemp Killerby's property. This has been postponed as he has sold his property. We'll visit his new place once he's settled.

October: Gary Donaldson's property. In February Gary spoke to us—mainly about chooks. See what else he does at his permaculture site on Macleay Island.

As always, spaces are limited, so book early.

Toni is away, so **please book with Margaret** on **0418100173** or events@rogi.com.au or at ROGI meeting.

Toni welcomes suggestions for workshops and field trips related to ROGI's organic growing interests.

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

Seed Bank News!

ROGL Seed Bank now has a station where you can sow seeds for free.

We hear some members say that they're not good at growing from seed and we believe this is not a good enough reason to stop sowing seeds. So we would like to encourage you to be self-sufficient with a "nothing to lose" way of growing from seed.

We want to help/encourage you ...

We supply a reusable growing container to sow the seed in, some of our own ROGL seed-raising mix and the seeds.

Your job at home is to check the moisture level of the seed-raising mix – don't let it dry out.

Keep the pots in a protected spot - a well-lit, shaded position is best.

As the seedlings emerge, harden them off by gradually increasing their exposure to sun and heat.

Then, when the second set of leaves appears (the first 'true' leaves), this is a sign that your plant is getting mature and ready for serious growth. A nice weak drink of Seasol or worm liquid is in order. Then you can plant on in a larger pot or straight into the garden.

There you have it; you grew from a seed, now to plant on and do it again.

This month Gennaro will bring along rosella and basil seeds from his garden for you to sow.

Sharr Ellson and Janet Crighton

Please **return seedling pots** the month after you have bought the seedlings so they can be reused. Especially the 4-cell ones.

Other clean used pots—small sizes only up to 12cm diameter. The almost-square ones are good too.

Our **seed-raising mix** (a blend of coir peat, vermiculite, perlite and biochar) works quite well. Now you can get some for your own use. We put it in used yogurt or ice cream containers.

Fifty cents per litre. We are able to offer wonderful prices as we source well and we're a not-for-profit group. Our passion is to get you gardening and growing more food.

Special Offer
For every five packs of seeds you buy from the seed bank, you'll receive one litre of seed-raising mix to sow them in.

Seed Sowing Guide

August

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

The weather has been so warm that you could try sowing cucumber and zucchini in a warm spot in the garden or in a seed pot inside.

September

Asparagus
Beetroot
Beans, French
Beetroot
Capsicum/Chilli
Carrot
Chicory
Choko
Cucumber
Eggplant
Jerusalem artichoke
Kohlrabi
Lettuce
Okra
Melons—Water and Rock
Potatoes
Pumpkin
Radish
Rosella
Silverbeet
Squash
Sweet corn
Sweet potato
Tomato
Zucchini

This guide is for sowing seeds, not seedlings.

There may be several days or even weeks between the optimal time to sow a seed and to transplant a seedling.

Keep in mind that these are only guides. Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times. ROGL Seed Bank is available at all ROGL meetings and Garden Visits.

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

For an up-to-date list of the seed bank stock, please go to:
<http://www.rogi.com.au/uploads/seed%20bank%20list%20March%202017.pdf>

Swap plants, cuttings, home-grown produce, seedlings.

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

ROGI Rewards

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

Members' Sales

Items you've produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, seedlings, jam, lemons, sustainable craft items – things that have cost you money, time and effort to produce. Please ensure items are labelled, named and priced. It is preferable that you staff the stall yourself or time-share with a friend.

FREE swap/share/give-away

(This is for members only)

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

Remember to bring bags/boxes/baskets to take everything home, including purchases of organic produce from Ashley and Shane.

Did you know?

You can go online and read every edition of ROGI News since September 2014. Go to www.rogi.com.au and browse.



Above: the attractive new leaves on *Syzygium luehmannii*, also known as small-leaved lillypilly or riberry.

An Australian native, it is evergreen with dark green weeping glossy foliage.

In late spring the fluffy white flowers are followed by bunches of pink-to-red pear-shaped fruit that can be eaten fresh or made into an intense spicy-sweet jam or sauce. You can leave the fruit at the top of the tree for the bats and the birds.

Lillypilly is a popular ornamental tree for shade and it can be trimmed for hedging.

As it can grow up to 15 metres high and eight metres wide, it's a good idea to prune it after every harvest.

We'd like to hear from you.

For example, send us:

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

Please send your items to the editor and help keep ROGI News topical, interesting, local and relevant. info@rogi.com.au

Sept Newsletter Deadline Please send your contributions to the newsletter editor by **29 August**.

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

This is how it works:



- Pick up a My IGA Card at the Cleveland 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, but you are also helping to raise funds for ROGI.

MANAGEMENT COMMITTEE

PRESIDENT	Kathy Petrik	president@rogi.com.au
V. PRESIDENT	Sharr Ellson	president@rogi.com.au
SECRETARY	Margaret Sear	secretary@rogi.com.au
TREASURER	Garry Bromham	group@rogi.com.au
COMMITTEE MEMBERS Rhonda Binns, Toni Bowler, Julia Geljon, Jill Nixon		

OFFICE BEARERS

MEMBERSHIP SECRETARY	Rhonda Binns	membership@rogi.com.au
NEWSLETTER EDITOR	Jill Nixon	info@rogi.com.au
PR & COMMUNICATIONS	Gail Bruce, Margaret Hester	info@rogi.com.au
CLUB EVENTS	Toni Bowler	events@rogi.com.au
PUBLIC EVENTS	Bronwen Thomas	events@rogi.com.au
LIBRARY	Sophie Bromham	library@rogi.com.au
SEED BANK	Sharr Ellson	seeds@rogi.com.au
SHOP	Julia Geljon	group@rogi.com.au
SUPPER	Cheryl McWilliams	group@rogi.com.au
WEBSITE	Pal Juvancz	pal@pcpals.com.au

info@rogi.com.au www.rogi.com.au PO Box 1257 , Cleveland 4163
www.facebook.com/groups/redland.organic.growers

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

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—1st Thursday every month (ex Jan), Albion Peace Hall, 102 McDonald Rd, Windsor, 6.30 for 7.30pm. 33573171 <http://bogi.org.au>

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

Oaklands Street Community Garden—Wednesday & Friday 9am - noon, Sunday 2 - 5pm. Oaklands St, Alexandra Hills.

Right: Rhonda bought this stand at a makers' market, but if you're handy you could probably make one yourself. Rhonda grows moisture-loving plants in the bottom pots where they catch the drips from the various Mediterranean herbs in the top pots.

Below: If this looks like a whole lot of weeds, you'd be right. But they're not just any old weeds. They're all edible or useful in some way ... and they look rather attractive. The beauty of growing weeds is that they thrive on neglect.

