

Next meeting: Wednesday 10 May 2017

ROGI News

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

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 plants with other members (see p 22 for more on this) Remember to bring a bag/box/basket to take home your purchases and/or winnings.

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Vietnamese mint *Persicaria odorata* is in flower now. It isn't a mint, but will take over like mint and needs similar conditions such as moisture and warm shade. You can even put its pot in a tub of water where it will thrive. Also known as laksa leaf, it is popular in Asian cuisine for its peppery leaves.

Thoughts from the potting shed

Dear ROGI member

Have you ever watched 'Escape to the Country' on TV? That's the show where British city folk get a fresh start by moving their families and livelihoods to quaint, historic villages? I must admit I have – and often secretly thought it might be fun.

Well, last week we had our own 'escape' when we spent five days looking after the 100-acre farm of some friends in the Tweed Valley while they attended a family wedding in New Zealand.

Originally from the Redlands, our friends took the plunge and 'escaped' permanently to their farm four years ago. They haven't looked back.

Their dream was to escape the traffic and



enjoy a peaceful, healthier lifestyle. They bought some livestock and set about expanding the modest herd. Permaculture principles and food self-sufficiency were also incorporated.

The family has a gentle footprint in the valley, mostly using solar energy with lots of battery storage. Water is harvested from rain and dams, and managed carefully. Orchards have been planted with every type of fruit tree imaginable as well as a sizeable veggie patch, which provide most of their fresh food.

Their self-built, insulated house overlooks the wide expanse of the Valley with Mount Warning towering in the background. They rarely need to heat their home and never use aircon.

I must admit, as a city girl, the thought of feeding a modest herd of cows, calves and an enormous black bull called Charles, was very daunting. While I was well out of my comfort zone, fortunately, my husband Stephen grew up on a farm and took to it like he'd never left.



My job was to feed and water the chickens including a couple of bossy roosters – and wrangle Bella, a random orphaned sheep with a bit of an attitude. I also spent time in the veggie garden – pruning old shrubs and watering new seedlings.

Did we survive our 'Escape' without television and limited mobile phone service? Absolutely. There were no distractions to enjoying the absolute beauty and tranquillity of the area.

We thoroughly enjoyed our short visit and discovering unexpected talents. Perhaps we'll get the chance to do it again.

Happy Gardening

Kathy

Here's a little quiz for you.

What am I?

I ...

- grow in any climate at any time of the year
- require neither soil or sunshine, but stay still while growing
- have not been subject to chemical sprays while growing
- am extremely economical and, in preparation, have no waste
- rival meat in nutritive value
- can be grown indoors within a minimum amount of space
- multiply 400% or more in five days
- mature in 3-5 days

See answer on page 11.

Coming Events

May	Wed 10	ROGI meeting	
	S&S 20&21	Plant Collectors' Fair	See p 13
	Sun 21	Field trip	See p 14
	Sun 28	Herb Awareness Day	See p 13
June	Sun 28	LEAF	See p 13
	Thurs 1	BOGI meeting	
	Sun 4	Garden Visit	See p 14
	Tues 6	Herb Society meeting	
	Wed 14	ROGI meeting	
July	Tues 4	Herb Society meeting	
	Thurs 6	BOGI meeting	
	F,S&S 7,8,9	Qld Garden Expo at Nambour	
	Wed 12	ROGI meeting	
	Sun 23	Garden Visit	See p 14

2017 Membership Fees are overdue

- **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.

If you pay 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

May Meeting

Get your hands dirty*

1 hour 7 topics 15 minutes each topic Choose 4

• Want a winter bounty?

Learn what is best to be planted in autumn to achieve this bounty

• Take successful cuttings

Learn what plants grow well from cuttings and how to take them (See p 16)

• From garden to plate

Make iced tea and fresh pesto from common herbs and weeds in this hands-on session.

• Ask the gardening brains trust

Come with a gardening question, leave with an answer

• Reusing and recycling

Quick tips for re-using and recycling in the home and garden

• Make a kokedama

Create your own fun hanging live potted plant

• What's your soil pH?

Test some soil from your garden and learn what's going on



* Not absolutely necessary to get your hands dirty, however!

Shane Gishford will be selling fruit and vegetables as usual.

April speaker - Jody Wall

Microgreens

Microgreens are grown in soil, and they are snipped during harvest leaving the roots behind. They are baby plants, usually up to two weeks old. Below are pea microgreens.



Sprouts. No soil is used. Whole plant is eaten. Harvested before true leaves develop. Care must be exercised to avoid bacterial growth. Follow directions carefully and there'll be no problems. Below are radish sprouts.



Jody is the owner/operator of The Urban Food Company. His business supplies the freshest, organic, high end produce, particularly microgreens, to restaurants and farmers' markets all across the Great South East.

Jody demonstrated his method for growing microgreens using radish seeds.

He uses large trays that fit nine small fairly shallow rectangular pots neatly in them.

A standard good quality potting mix is added to the pots and levelled out—he uses one of the pots to pat down the mix on the pots. Water the mix and allow it to drain.

Lightly sprinkle seeds on top using a tea-spoon—see photo for density of seeds.

You can use a mist sprayer to keep the mix moist to the touch. A cover—a sheet of fabric or paper—helps prevent it from drying out.

Once the seeds have germinated make sure they are in good light, but not direct sunlight. They will grow towards the light, so you may need to turn the tray around to straighten them up.

Once they are about three to five cm high and have their second set of leaves (the 'true' leaves) they are ready to be harvested. Use scissors to cut them off just above the soil.

You can top up the potting mix and sow a new lot of seeds immediately. Eventually—when the mix is full of roots—you can put it in the compost (or the chook run) and start with a fresh batch.

By having a few trays on the go at the same time by sowing every couple of days, you can have fresh greens always available.

Sprouting seeds are available at ROGI Seed Bank.



Oaklands St Community Garden at Alexandra Hills

Started 12 years ago to enable everyone in the community (particularly the elderly, those with disabilities and children) to enjoy gardening and share the rewards, it is run by and for the members with a few volunteers who are passionate about it.

Everyone's contribution is valued - anyone can join. There are monthly meetings where decisions are made about future directions and what is to be done.

Members come as often or as little as they like. A Redland Special School class visits on Thursdays, and 30 preschoolers enjoy a weekly visit to play and do jobs in the garden. There are trees to climb and wide open spaces to run and push barrels around.

The Connect2Group* pay for insurance and utilities and arrange health and safety checks. The fire brigade visits regularly.

* For more information, see <http://www.connect2group.org.au>

Council has given grants such as \$3000 for a ride-on mower and council parks' workers drop in wood chips from time to time and will help with heavy work like trimming large trees.

Money is raised at the Open Day each spring and by selling plants as well as parsley to local butchers. They make compost and potting mix but need to buy fertiliser, though they are given some and collect surplus flower seedlings from Highsun nursery.

Annual Membership:

Family \$20. Concession \$10

Opening Hours:

Sundays 2—5pm

Wednesdays & Fridays 9—noon

You're welcome to pop in for a look.

Members share the harvest and any surplus is given away to places such as Meals on Wheels. No produce goes to waste.



The gardens are wheelchair-accessible and these raised gardens are good for bad backs. The pathway between the beds is an arbour with passionfruit and Isabella black and green grapes. There are many passionfruit are about to ripen.



These mulberry trees have been tied together and cut back to form arches so that flowers can grow underneath as in a cottage garden.



The mulberries are very adaptable and are already fruiting and growing new shoots.



Troy, Tom and Tony at the machinery shed with new mower. Tom is adept at maintaining equipment.



More garden beds are being successively planted. Peas, beans, tomatoes, brassicas and a wide variety of lettuce are popular.

Community Garden Visit

The soil isn't good for growing food, so members make copious amounts of compost.



Above: the compost bays



Above: a pile of rich compost before sifting

Right: Troy demonstrating the ingenious sifter for compost. It was made using two bicycle wheels connected with mesh. They revolve on two small wheels to rotate the barrel. Sifted compost lands in wheelbarrow below.



Right: A white ants' nest birds have hollowed out and made into a their own nest. The young birds will feed on the termites who will return and cover it over once the birds have left the nest. There are several such nests in the gardens.



We noticed a distinct lack of grasshoppers ... because of all the birds around perhaps?



Above: Water is harvested from this new shed into donated square tanks. It is gravity fed by hoses to the gardens so doesn't need a pump.



Above: One of the many beautiful archways. It is worth a visit so you can get some ideas for your own garden.

Right: Long garden beds are favoured so they can be cultivated using a rotary hoe.



Left: a bit of whimsy — the wishing well. Re-used and recycled materials have been used extensively for garden structures

Community Garden

An extensive orchard has a variety of exotic and native fruit trees, including three types of figs.



Above: Taro growing—this indicates the diversity of people who garden here and want different vegetables such as cassava and yacon.

Right: A jackfruit tree that produced fruit last year ... It was only five years old!



Above: A guava and a grumichama. Grumichama is a small dark fruit often considered to be the tropical version of a cherry. There are natives such as Davidson plum and lillypilly.



Above: Grumichama fruit forming.



Above: Growing dragonfruit. It will climb up and then along the posts. Fruit will form on the 'arms' that will later hang down from the top rail.



Above: The tiles on these poles were made by visiting children. The installation was constructed as a commemoration of Australian heritage.



Above: The Peter Lindley garden with its timber bridge. Peter donated many plants to the garden.

This community garden is not just a place to garden but a place people love to come to where they can find friendship, and food for the body and soul. With its myriad beautiful structures and pathways, it is hard to believe it has been there for just 12 years. Mary Irmer

Plant Clinic

Q: Can you please name this weed?



A: The weed is the Creeping Cinderella Weed *Calyptocarpus vialis*. The scientific name comes from the Greek *Kalypso* (covered) and *Karpus* (fruit). It was first found in Brisbane in 1946 <http://weeds.brisbane.qld.gov.au> Other common names are sprawling horse-weed and straggler daisy. Native to Central America, Mexico and Cuba, this weed can tolerate both heat and shade.

Everyone I asked at ROGI had this weed in their grass!

This herbaceous plant is easily identified by its yellow flower heads and spreading stems. The rhizomes are clearly seen in the picture above. Propagation is by rhizomes and especially by the seeds which have an awn (a bristle-like appendage) which sticks to clothing, animals and vehicles.

Removal is by low mowing before the seeds form and pulling out the roots.

The plant attracts small butterflies, and lizards love to hide under the foliage.

Animals do not seem to eat it, even chooks. All parts of the plant are poisonous, but its medicinal use includes soothing toothaches, skin sores and as a purgative

<http://www.botany.hawaii.edu>

To protect our natural environment we should remove this plant from our gardens.

Q: The fig tree (Brown Turkey) leaves are drying up and falling off. What can I do?



A: There are a few possibilities:

1. The leaves look scorched and curled leaf tips which possibly is a symptom of potassium deficiency, which then led to fungal attack. Potassium gives a measure of resistance to disease and enhances the colour and quality of fruit. It is very mobile and deficiencies occur in light sandy soils and heavy clay with poor structure. Sulphate of Potash could be applied, however potassium silicate (available from ROGI Shop) is more likely to strengthen cell walls. Other organic solutions are: using comfrey tea, seaweed meal and banana peels. Increasing organic matter im-

proved potassium retention. See <http://www.wikihow.com/Add-Potassium-to-an-Organic-Garden>

2. One suggestion was that the leaves were attacked by Red Spider Mite, however magnified analysis saw no evidence of these (discussed in the April newsletter for treatment).

3. "Rust" fungal pustules are clearly seen on the underneath of the leaves and on the margins. This could be simply be the time of the year when fig trees lose their leaves, however environmental factors could also be present. Improved drainage to avoid waterlogged soil and good hygiene with the removal of fallen debris will help. Neem oil has been suggested as a possible cure, however nutritional requirements should be tried first – a healthy tree, starting with soil improvement, is more likely to fight disease.

Dave Praeger

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.

Library News

Book Reviews

We have two new books in the library this month.

Our first reviewer is Adrian Slootjes, husband of ROGI member Margaret.

The Urban Farmer

Justin Calverley & CERES*

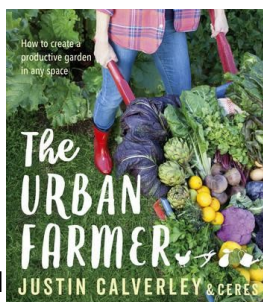
From garden design, to preserving your produce, this book ranges over many topics with an enthusiastic and engaging style.

Calverley gives you all you need to know to start and grow your own fruit and veggies, and how to expand into keeping bees and chickens. Despite the large range of topics, he truly packs the information into each paragraph so that even the experienced gardener will discover new stuff.

His 'no dig' and organic approach is enlightening and reflects his long experience as a horticulturist and also his practical knowledge of permaculture.

For the newbie gardener Part 1, Chapter 1 - *Planning and Design* might prove a little difficult to get through with its information depth and its length. It is no accident this chapter is so detailed because planning and design is fundamental to an enjoyable garden but in my experience garden design is also an iterative process as your 'farm' expands.

Therefore my advice to you as a newbie is to skim read Ch1 and move on; you can come



back to it and digest more of the good stuff in there at a later reading, or as you think of questions on the subject.

Those of us without a yard big enough for several trees, multiple garden beds and a chook run are not forgotten. Container growing tips and examples feature throughout the book in context of the subject heading. Heck, he even explains how to farm veggies organically on concrete - no pots or containers needed at all! Now there is no excuse not to get started.

The Urban Farmer is a very good read and may also be used as a reference work. The many photos, illustrations and tables each supplement the text beautifully. The information-laden subjects are nicely summarised in Key Point boxes where needed.

Yes, you will read explanations that you'll want to come back to at a later time just to think about and absorb the wisdom Calverley shares with you in his book.

Enjoy.

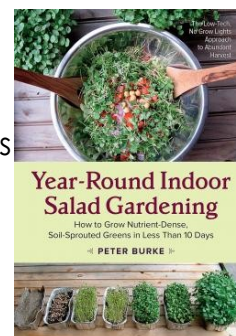
* CERES Environment Park is an internationally-renowned award-winning, not-for-profit, sustainability centre and urban farm on 4.5 ha of reclaimed industrial land by the Merri Creek in Brunswick East, Melbourne.

Year-Round Indoor Salad Gardening:

How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 days

Peter Burke

"This book does a great job of going over all the details of growing indoor salad sprouts as well as describing what seed varieties are best for sprouts. I spend about 10-15 min a day preparing my salad green sprouts (you plant new



pans every day so you have a daily supply), and it's really as easy as the book describes."

"Buy this book, it could change your life! It did mine."

"The method is a wonderful addition to our personal resiliency. A bag of sunflower seeds in storage could yield enormous quantities of fresh vegetables any time of the year in a pinch."

"I was delighted to discover Peter Burke's simple soil sprout method. Follow the directions outlined in the book and you can't go wrong; you will be harvesting ultra-fresh, delicious organic greens from your windowsill in less than 10 days. For me it is 7 or 8 days, which I think is impressive. The author clearly knows his subject and has thought through every aspect. Nice recipe section inspires reader to use soil sprouts in salads, stir fries, soups, dip, tempura, sandwiches, wraps, and the workday lunchbox. Seed by Seed index is a goldmine of info for 25+ types of greens you can grow."

"Thanks to this book I have been filling my salad plate with home grown soil sprouts. I am not a green thumb in any way but I've grown several batches of beautiful sprouts simply by following the directions in this book. The pictures add so much to the instructions."

These are excerpts of reviews of this book taken from various websites.

Both of these books are among the many available for loan from your ROGI library.

If you read a book that you consider would be valuable for our library please let a committee member know about it. We welcome reviews from readers of ROGI library books that you have read. Please!

Plant of the Month

'The days are getting colder and shorter and maybe you don't want to spend so much time outside, so there is one group of plants that will thrive inside ... SPROUTS!'

Sprouts are easy to grow. All you need is seeds, moisture, a growing vessel and time. You don't need a garden or even much space. You don't even have to be a green thumb to do it, so they're great for budding new gardeners.

There are a few ways of growing sprouts.

You can use a commercial sprouter such as those pictured right, two of which are available from ROGI Shop (much cheaper than buying online because of bulk-buying and saving individual postage costs) or

Use a jar with a rubber band and a netting-type material (net curtain material, nylon, cheese cloth) which is good recycling (and ROGI people love a good recycling idea).

As a food source, sprouts are low in kilojoules, have a low glycaemic index, they have a cleaning action (flush toxic waste), good source of protein, living enzymes, an excellent array of minerals, generous supply of vitamins, chlorophyll, one of the highest food sources of fibre, essential fatty acid, antioxidants, and oxygen as they are a living food. So all in all, they're a remarkable food source.

I got these steps for successful sprouting from the Green Harvest webpage. I would like to share them with you as I found it really helpful



Sprouting aids:
Clockwise from left:

Sproutman Hemp
Sprout Bag \$13
from ROGI (my
favourite)

Sprouting colander
\$10 from ROGI
(Janet's favourite)

EasyGreen
Sprouter 'Micro
Farm' (over \$200)

Biosnacky 3 tier
system (about \$40)



to me having great success.

Sprouts can be produced all year round but keep in mind that the same rules apply as for successful seed germination in the garden.

Just like all other seed, sprouting seed has a temperature range that is best for germination. Avoid very hot or cold periods; temperatures between 20°C - 28°C work best. In winter a

Sprouts continued

heated propagator tray can be helpful.

Wash the seeds well in fresh water before soaking. Float off any leaf or twig debris. Small seeds that float off are usually not viable. The exception is onion which has to be encouraged to sink.

Soak the seeds for the correct time; do not over or under soak. Over-soaking can kill your sprouts. Good aeration with a plentiful supply of oxygen gives life to the seed, so avoid soaking too much seed at a time and then overcrowding it in the sprouter. Never put the sprouting jar or bag flat to a surface where air cannot reach the seeds; all living things need to breathe. Poor drainage will also cause the seed to rot.

Rinse at least twice a day. During hotter weather, rinse more often. Thorough rinsing is important as the water provides the moisture needed to activate growth, it also flushes away waste products and re-oxygenates the seed, but be gentle. If you can't be at home on hot days, refrigerate the sprouts until you get back. Under-rinsing will cause the seeds to shrivel and die, as will hot, direct sunlight. If seeds start to dry out, soak briefly and then drain well.

Only start sprouts if you are available to look after them for the next 3 - 5 days. To produce green, leafy sprouts, daylight is important but always avoid direct sunlight. A kitchen bench is ideal for access to the sink for rinsing but

windows need to provide sufficient light.

Once the sprouts are ready, store them in the fridge. Washing well first in a bowl of water will separate unsprouted seeds and some of the seed coats. This is particularly important with harder seeds such as mung beans. The hard seeds will stay on the bottom of the bowl allowing the sprouts to be scooped off the top.

Sprouts store best when well drained, even dry to touch, in a container that breathes. They will go slimy pretty quickly in a plastic bag. Rinsing every few days and draining well will prolong their storage life.

Taken from: <http://greenharvest.com.au/SproutingAndMicrogreens/SproutsGrowingInformation.html>

When they talk about "soaking the seeds" here are the top 4 seeds and the soaking time that you need.

Alfalfa 3-6 hours

Buckwheat 8-12 hours

Fenugreek 8-10 hours

Mung beans 8-12 hours with hot water.

In the seed bank we have packets of:

mung beans

fenugreek

alfalfa

broccoli and friends

beetroot

mustard

radish (sprouting type)

\$1 for members and \$2 for non members

Sharr Ellison



Sprouted Hummus

- ½ cup dried chickpeas (seeds)
- 1 clove garlic
- 1 chilli chopped
- 3 tablespoons fresh lemon juice
- 1 teaspoon unrefined sea salt
- 2 tablespoons sesame tahina
- ½ cup extra virgin olive oil

1. Rinse chickpeas, and pick out any loose bits of debris. Place them in a bowl, and cover with warm water by five cm. Cover with lid, and allow them to soak at least 18 and up to 24 hours. Drain them and rinse well.
2. Pour them into a fine-mesh sieve or into a sprouting jar. Rinse and drain chickpeas two to three times a day for two to three days, or until the sprouts barely emerge from the tip of the seed.
3. Rinse seeds well, and put them into medium saucepan, cover with water, and bring to boil over high heat. Reduce heat to medium and continue simmering chickpeas for 1½ hours, or until tender. Drain and rinse well in cold water.
4. Slip off the papery skin enveloping the chickpeas. Put them into the basin of a food processor. Add garlic, chilli, lemon juice, salt and tahini. Pulse for ten seconds until the ingredients are loosely blended.
5. Pour olive oil into the feeder tube, so it drips into the basin of the food processor in a slow and thin stream, and process until olive oil is spent and the hummus is well-emulsified. Serve immediately, or spoon into an airtight container. It will keep in the fridge about a week.

Sharr Ellison

Tussie-mussie

I'd never heard of this either ... until Janet sent me this photo (below) of the one that she made at the Queensland Herb Society's May meeting. Other names are nosegay, bouquet or posy.

There are records of tussie-mussies being used in ancient times and they've been in and out of fashion ever since. Apparently they are on an upswing at the moment.

They are made of particular (usually scented) flowers and herbs that are carefully chosen. Depending on which plants are included, a wide variety of personal messages can be sent. If you remember your Hamlet, you'll know that rosemary is for remembrance.



They were very popular in the Victorian era when dozens of dictionaries about the language of flowers were published, although the French developed this knowledge prior to the French Revolution, possibly using information gleaned from Greek and Roman mythology, herbal medicine, art and literature.

Leaving aside the symbolism of tussie-mussies, I am sure the scented versions would have been very welcome during those many times in history where sanitation left much to be desired.

You will have the opportunity to make a tussie-mussie at Herb Awareness Day on 28th May. See next page.



The Brisbane Plant Collectors Fair

2017

Discover rare, unusual and hard to find plants from around the world.

Brisbane Botanic Gardens Auditorium

Saturday 20th May & Sunday 21st May (8.30-4pm Both Days)

Cost: **\$5.00 per adult** (Children Under 15 Free)

Plant Sales, Rare plant display, prize giveaways
& Plant cloak room in support of ACT for kids

Food service by Lions International and
Hot beverages served by Billy Beans Coffee.

Guest speakers Include

Jerry Coleby-Williams * Dale Arvidsson * Barbara Wickes
Dennis Hundscheidt * Sam Cowie * Noel Burdette & Wes Vidler

ATM's will be available at venue



Herb Awareness 2017

QUEENSLAND HERB SOCIETY ANNUAL SHOW

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



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

Go to www.qldherbsociety.org.au closer to the date for guest speaker and demonstration timetables.

Albion Peace Hall,
102 McDonald Rd,
Windsor, Brisbane

9am to 4pm
Sunday 28th May

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



Logan Eco Action Festival - LEAF

What's on ...

Costa gardens with his hands and his heart, and will be onstage to share simple tips on how to change every day habits to live more sustainably.

Kids' Activities—they'll go totally wild for our all day line-up of free activities that are sure to get them connecting to nature.

Eco workshops Learn something new with our wide range of free workshops.

Food trucks. Eco exhibitors. Music.

More information at www.logan.qld.gov.au/LEAF

LOGAN ECO ACTION FESTIVAL
is proud to present

COSTA GEORGIADIS

HOST OF GARDENING AUSTRALIA

SUN 28 MAY 2017

10am-3pm, Griffith University, Logan Campus, Meadowbrook



www.logan.qld.gov.au/leaf
www.facebook.com/LEAFevent



Coming soon!

Our annual 'Win a ROGI Mini Garden Makeover and Workshop'

Date of workshop to be announced

Linda Brennan, our organic gardening horticulturist from Ecobotanica, will plan the makeover of a compact area of the winner's garden in consultation when she visits prior to the workshop.

The lucky person then will have the necessary items ready for the day so we can help create a bountiful patch.

For more about Linda go to
www.ecobotanica.com.au

Entry forms will be available with the June newsletter. In the meantime, think about whether your garden would be a suitable candidate for a ROGI makeover.

Previous winning gardens have been:

- Jenny's backyard vegetable patch where we did soil testing and included trench composting
- the southern section of Sharr's garden where we planted fruit trees and companion plants
- an enclosed garden at Mena's acreage to keep the marauding wildlife out
- last year, Bryce's acreage property where we learned about and then planted out a four-bed rotation vegetable garden along with companion plants (and cuddled the baby lamb).

ROGI Shop Notice

We would like to notify ROGI members that Frank and Marion are going to run an abridged version of the ROGI Shop on a trial basis and as a private concern.

This means they will be bringing a range of organic gardening essentials that they have sourced and repackaged in quantities to suit the home gardener. Larger bulk quantities will only be available if requested in advance.

Some of the products they will bring to the meeting on Wednesday 10th include:

Organic Booster,
Organic Xtra,
Blood and Bone,
Natural Gypsum,
Dolomite,
Coarse and Fine Zeolite,
Rock Dust,
Coarse and Fine Biochar, (Activated and raw)

We still have stocks of **Diatomaceous Earth**, **Aloe Vera fertiliser**, **Potassium Silicate** and a few other products on hand from the old ROGI shop. We also have a number of **wooden paper pot-makers at \$25 each** for starting those precious winter seedlings.

Julia Geljon (Shop co-ordinator)



These potmakers can be bought online for \$35.95 plus P&H of \$13.95 = \$49.90

So it's half price when you buy yours from ROGI.

Garden Visits

Sunday afternoon 4 June
Rhonda's garden in Cleveland

Sunday afternoon 23 July
Greg and Louise Lindner's garden in Wynnum

Field Trips

Sunday 21 May
Mt Cotton Farm 'Muriel's Farm'
Following on from Ashley Palmer's March presentation to ROGI, we will visit his family's organic farm at Mt Cotton.

Green Harvest & Bugs for Bugs
We're still working on this, so date to be confirmed
More information closer to the date.

As always, spaces are limited, so get in early.

Please book with Toni B. on 0402323704 or events@rogi.com.au or at the 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 Request

- Please **return seedling pots** the month after you have bought the seedlings so they can be reused.
- **Other clean used pots**—small sizes only up to 12cm diameter. The almost-square ones are good.

Seed-raising Mix

The ROGI seed bank **seed-raising mix** (a blend of coir peat, vermiculite, perlite and biochar) has proven to be quite successful at getting the little blighters to come up!

We put it in recycled yogurt or ice cream containers.

One litre = \$0.50

Two litres = \$1.00

Four litres = \$2.00

We are able to offer wonderful prices as we source well and we are a not-for-profit group. Our passion is to get you gardening and growing more food. *Sharr Ellson*

Special Offer

When you buy five packets of seeds from the seed bank, you will receive one litre of the special seed-raising mix to sow them in – free!

Seed Bank News

We are selling micro greens and sprouts.

In stock now:

Snow pea sprouts and fenugreek seeds

Mung bean

Radish

Broccoli

Alfalfa

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>

Seed Sowing Guide

May

Artichoke; Jerusalem a/choke

Asparagus

Bean: Broad, French

Beetroot

Broccoli

Brussels sprouts

Cabbage

Capsicum/Chilli

Cauliflower

Carrot

Celery

Chicory

Endive

Florence fennel

Kohlrabi

Leeks

Lettuce

Onions/garlic

Parsnip

Peas

Potatoes

Radish

Silver beet

Spinach & Other spinach: Brazilian, Egyptian, Warrigal, Kangkong

Swede

Sweet potato

Tomato

Turnip

June

Artichoke; Jerusalem a/choke

Asparagus

Bean: Broad, French

Beetroot

Cabbage

Capsicum/Chilli

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Silver beet

Spinach

Other spinach: Brazilian, Warrigal

Swede

Sweet potato

Tomato

Turnip

Please note: 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 that you may have bought from a nursery.

Keep in mind that these are only guides. Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times. ROGI Seed Bank is available at ROGI meetings and Garden Visits. \$1 per packet for members. \$2 for non-members.

Exchange plants, cuttings, seedlings and home-grown produce

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

ROGI Rewards

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

Members' Sales

Items you have produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, seedlings, jam, lemons – things that have cost you money (and time and effort) to produce. Please ensure items are labelled, named and priced. It is preferable that you staff the stall yourself.

FREE swap/share/give-away

(This is for members only)

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

Remember to bring a bag/box/basket to take everything home

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, you are also helping to raise funds for ROGI.

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.



You'll be able to take home cuttings of various plants, including this rose scented geranium, at the workshop at our May meeting.

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
- A current affair to do with organic growing
- Anything else 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

June Newsletter Deadline

Please send your contributions to the newsletter editor by 31 May for the June edition.

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



Left: Here's an idea to make good use of old wellies that have holes in the bottom. These have been planted out with herbs, such as sage, thyme and oregano.

No need to cover **coriander** seeds when sowing them. Just do as Nature does and sprinkle them on the soil. They'll spring up, sometimes with a seed attached to a leaf, as here. Sow seeds every couple of weeks so you'll always have coriander on hand. Leave a plant to go to seed so you'll have plenty to sow.



Willamette **raspberries** are still in fruit now. They are a dual-cropping raspberry, meaning that they have a summer and an autumn crop. Interestingly, these fruit are still from the summer canes, in late April! I guess they 'think' it's still summer. When they finish cropping, the summer canes are cut to the ground and the autumn canes start flowering.

An **ice cream bean** tree *Inca edulis* is growing at Oaklands St Garden. The trees can grow to 15m. Being in the bean family (which includes peanut, tamarind, carob and licorice) it fixes nitrogen in the soil. Its prolific fragrant flowers attract bees and other pollinators. But the best thing about it is the white fluffy edible pulp that (with some imagination) tastes like vanilla ice cream.

