

# ROGI News

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

**Salvation Army Church  
Cnr McDonald Rd & Macarthur St  
ALEXANDRA HILLS**

## **Admission**

**Members:** Gold coin  
**Visitors:** \$5

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

**Tea/coffee provided**

You are welcome to provide a quality plant to help share plants with other members. Bring a bag/box for your purchases and/or winnings.

**See you Wednesday ...**

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The beautiful colours of kohlrabi growing in Bryce's garden

## Thoughts from the potting shed

**W**hy did you join ROGI? I know my main motivation was simply to find a way to grow a few healthy vegies in my backyard in an environmentally-friendly way. Coming from a base of little previous joy, I wanted to learn the tips and tricks from local experts.

At ROGI, there are many ways to get a helping hand: at monthly meetings; through informative newsletters and library books; via our 'buddy' system, and on field trips, garden visits and makeovers.

If you're anything like me, I find the best way to learn is through personal experience. Actually getting my hands dirty under the supervision and instruction of experts makes for a richer and more memorable experience.



*Learning about crop rotation at makeover.*

That's why attending our annual garden makeover competition workshop is such a great way to learn basic principles to apply to our own patches. Because it is run as a workshop over several hours, there are also great opportunities for those one-on-one questions and answers you have been dying to ask.

**R**ecently Linda Brennan, ROGI and Ecobotanica guru, ran an excellent afternoon workshop at winner Bryce Stanway's mini-farm in Alexandra Hills. We learned so many things including the importance of crop rotation and ways to improve unkind soil.

Those who could, rolled up their sleeves, dug up the beds and planted out seedlings and seeds. Lots of questions and sharing of knowledge took place during the afternoon and many of us were able to apply the learnings to our own gardens later on.



*Learning about pigeon peas at garden visit.*

**W**e also visited Chris and Julia's thriving Birkdale garden last month. They shared their tips about starting a new garden from scratch - and how they dealt with the impact of mature shade trees and compacted soil. Again, there was much sharing of information, solutions, delicious and innovative food and, of course, good company.

**I** believe for members to get the most out of joining ROGI, face-to-face participation is the answer. There's nothing quite like personal discussion and experience.

**Y**our committee is organising a list of exciting field trips and garden visits for the coming months. If you haven't joined us for one of them yet, I urge you to keep a look out for the next calendar of events and sign up. You won't regret it.

**G**ardening can sometimes be a frustrating process but the payoff is so rewarding once you tap into the willing ROGI knowledge network that's just waiting for you.

Good gardening

*Kathy*



## Coming Events

Nov Mon 7 Herb Society meeting  
 Wed 9 ROGI meeting  
 S & S 19 & 20 Open Garden see p 22  
 S & S 19 & 20 Tropical Foliage Festival see p 22  
 Dec Thurs 1 BOGI meeting  
 Mon 5 Herb Society meeting  
 Wed 14 ROGI Christmas party See p 5

There will be no ROGI meeting January.  
 ROGI will resume on 8 February 2017

## Membership Fees

- **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. Please bring your membership application form to the next meeting. Email [membership@rogi.com.au](mailto:membership@rogi.com.au) for form.

Please renew online at your convenience, and ensure that you complete a membership renewal form when you are renewing.

Member Category	Current 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

## November Meeting

### How to Grow an Abundance of Bushfood in your Backyard

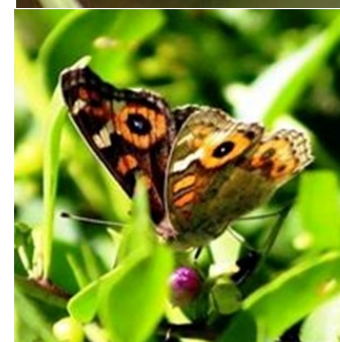
Kemp Killerby from  
*Flora 4 Fauna—Australia*

The goal of *Flora 4 Fauna - Australia* is to green the depleted parts of Australia once more by increasing public awareness about our natural world – one backyard at a time.

Australia has one of the most diverse environments in the world and South East Queensland is internationally recognised as being one of the most biodiverse areas on the continent.

We can play our part in retaining biodiversity by recreating a tiny piece of nature in our own yards. Kemp will tell us how to replenish our environment with native Australian food sources for both humans and native animal species.

He'll show us it's easy to have an abundance of locally-grown bushfood products with very little inputs, if you follow the right set of principles and horticultural practices.



**Shane Gishford will be selling fruit and vegetables as usual. See p 25**



# October Guest Speaker - Kate Wall

## Sustainable Gardening

### Reducing the environmental impact of our gardening activities

Gardening is already a good thing to do:

- Growing and nurturing a plant is an act of environmental kindness.
- Valuing private green space
- People need plants

There are children and even adults who have no sense of what is happening in the environment around them. Our back (and front) yards contribute to urban green spaces, but there's a loss of private gardens.

Recently there's been an emphasis on 'landscaping' (see photo below) rather than gardening. This places an emphasis on the hardscaping, (which involves additional use of resources) with the plants coming a poor second. For a real gardener, plants always come first (see photo right)



Aim for sustainable landscaping:

- Reduce resource use through recycled or repurposed materials
- Increase surface porosity
- Reduce heat-reflecting surfaces
- Create functional garden beds

**The most sustainable landscaping materials** will be those fit for their purpose and long-lasting eg gravel lasts a long time, but it's not a sustainable choice if it's used on a slope where it will end up at the bottom! Materials include: Timber; Concrete; Gravel; Rock; Paving; Plastics

**Use of resources in the garden**—what is needed versus excess consumerism. Most people are more considerate with clothes and household products, but not with gardening products. Many of us have



numerous products that we believe we 'need'. Perhaps we need to rethink this.

Kate uses only:

- *Garden Mate* (minerals and microbes)
- *Eco-neem* (organic insecticide suppresses insect appetite and restricts growth )
- Cheap white vinegar
- *Weedless* (enzyme prevents seeds germinating)
- *Mulchmate* - to initiate and accelerate the breakdown of organic matter eg in compost

**Provenance of products** Where have they come from? How far have they travelled?

For example Maxicrop and Seasol are inherently the same, but Maxicrop is from overseas, so Seasol is a more sustainable choice. However, a similar result is obtainable from using 'worm wee' - no travel involved.

Another example: using coconut fibre (coir) instead of sphagnum moss. Coir is a by-product whereas sphagnum moss is now protected as it is wild-harvested which depletes peat bogs.





## Organic versus Sustainable

Organic gardening is about using naturally-derived products instead of chemically-produced eg pyrethrum vs pyrethroids.

Organic gardening is caring for the environment: sustainable gardening includes organics and goes one step further to reducing use of resources, organic or otherwise.

Sustainable gardening can take more effort to set up, but can also take significantly less maintenance than traditional gardening.

### Sustainable sources of organic matter

- Home-made compost
- Lawn clippings, prunings, leaf litter
- Manures
- Commercially-available bagged products
- Mulches

### Healthy Soil = Healthy Plants

Soil needs: organic matter, soil biota, mulch and water to feed and keep plants happy.

### Reducing plant stress

A stressed plant is more likely to be affected by pests and disease. A healthy plant needs less care. Consider moving or replacing stressed plants

### Water-wise Gardening

Drought-tolerance only works if we are in drought. Otherwise these plants (see photo below) can receive too much water and can suffer.

'Water-wise' means working with both shortages and excesses of water. A better term is '**Climate-Appropriate Gardening**'. Choose plants for the



climate eg in SEQ need plants to tolerate humidity. Also consider micro-climates within your garden.

### Gardening with Nature

The garden is a functioning ecosystem. When it is in balance with Nature, it requires less work and needs less input of resources. Nature isn't neat.

### The Cycle of Organic Matter

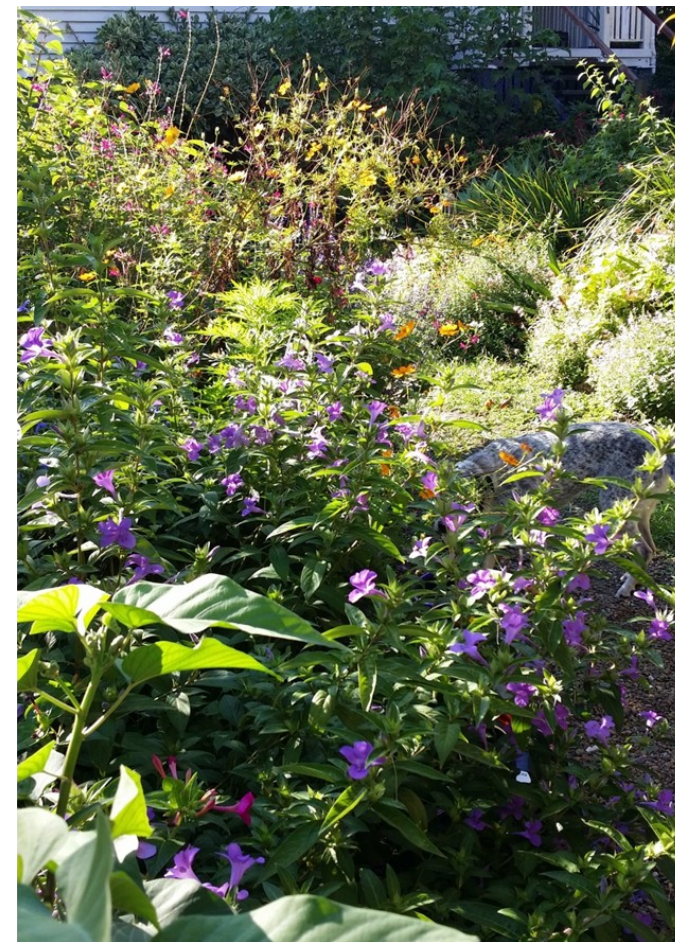
- In Nature, organic matter is recycled *in situ*.
- The more green 'waste' we remove from our garden, the more we must replace.
- 'Chop-and-drop' gardening and home composting ensure a minimum of lost organic matter from the site.

### Companion Planting

Allow plants to nurture one another. Group plants with similar needs eg shade or dryness. Many flowers attract beneficial insects. Use some plants to provide shade and shelter for others.

### Fill Spaces

Nature abhors a vacuum: it will not leave soil bare and will provide weeds to fill the space. Plant ground covers or at least mulch. See photo right.



### Other sustainable gardening aspects

Reduce use of power tools and use sustainable lawn and hedge care  
Grow food and natives  
Garden for wildlife  
Recycle and repurpose  
Reduce energy us in our homes  
Enjoy gardening (if not, it will become a chore and thus not sustainable!)  
Share your love of gardening with the next generation.





# Plant Clinic

- Q. **What plant is this?** Grows to about one metre. Bees love it.



A. Common mallow.

## Plant Clinic

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

Bring along the insect or plant (as many parts - fruit, leaf, root etc - as you can, and in a sealed plastic bag if it's diseased or very 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 have a look and may be able to answer your questions.

Please be aware that, although we do our best, there may not be anyone present who can identify your plant, especially if it's not related to organic gardening.

## Friend or Foe?

Someone brought along a leaf with this cluster of small, yellow cocoons on it.

### **Don't spray them or feed them to the chooks.**

They are **friends** and will not become garden pests. The cocoons are the pupation stage of a very small, black wasp. This wasp belongs to the *Braconidae* family. Braconids are parasitic wasps and very beneficial insects to have in your garden.

The female adult wasps, which are barely five mm long, lay their eggs in caterpillars of the Cabbage White Butterfly, which feeds on the leaves of stressed broccoli, Brussels sprouts, cabbage, cauliflower, horseradish, kale, radish, rocket, swedes and turnips.

The wasp larvae then feed on the caterpillar from the inside until they are ready to pupate. (Sounds gruesome, doesn't it? The caterpillar remains alive for long enough to spin a small cocoon over the pupae which then hatch out two or three weeks later to repeat the cycle.

Adult wasps feed on nectar from flowers. So grow some nectar-producing plants to encourage these useful pest predators.

<http://aussieorganicgardening.com/2009/08/cocoons-on-brassicas>



# Christmas Party

Here is how you can help make our Christmas party in December a success:

**BRING SUPPLIES FROM YOUR OWN GARDEN** - list to come (eg eggs, herbs, salad) These will need to be dropped off at Sharr's house in Thornlands the day before or at the hall on the day.

**PICK UP SUPPLIES** - from IGA Cleveland, bread from (not sure where as yet) to be dropped off in the afternoon on the day. Vegetables - Mt Cotton organic farm, supermarket - Wray Cleveland. Some of these to be picked up first thing in the morning and dropped off at the hall.

**COOK** - at the hall any time between 9am - 4pm Wednesday 14th or bring along a dessert to share on the night.

**SET UP** - help set up chairs, tables. Setting tables starts 5pm

**SERVE FOOD** - dish up and serve dinner to members.

**WASH UP etc** - after dinner. Also bring hall back to its original condition.

Please see Sharr at the November meeting, phone 0423 503 983 or email to [president@rogi.com.au](mailto:president@rogi.com.au)



# Garden Makeover Workshop

The Stanway's have four acres in rural Alexandra Hills and, over nine years, have created a children's paradise. We were welcomed by Bronson and his lamb, which we were encouraged to hold and pat.



The sheep are Damara, an African heat-tolerant, self-shedding breed. Note the dam.

Linda Brennan from Ecobotanica was the workshop leader. Her neighbour sent along two guinea pigs as part of the giveaway table (or else they'd be euthanised on Tuesday). They went home with Jill as a gift for Ian, along with an old rabbit hutch courtesy of Bryce.

The workshop began with a focus quiz. Divided into four groups, we spent a few minutes at each of the four stations Linda had set up:

1. Seeds - heritage or hybrid
2. Recycling in the garden
3. Fertilisers and tonics
4. Saving seeds

Linda chose Bryce's garden as good compact example as it was suitable for crop rotation and these was interest in this at ROGI

Several weeks earlier Bryce had dug the area, created four beds, added liquid gypsum as the soil was heavy, and added manure from his sheep to improve it. The pH at 6.5 was fine. He had planted a green manure crop in one beds and various plants in the others.

A narrow bed inside the perimeter fence is for perennials such as asparagus and strawberries and for flowers and herbs for their ability to attract pollinators and other beneficial insects.

After a walk around the garden to see all of this, we talked about crop rotation.

Linda gave us prepared notes showing the plan to rotate Bryce's crops and how we could do our own.

In our climate, we can grow something all year round and shouldn't leave a field fallow, as is done in European climates. Instead, we should grow a 'field' or bed of **improver crops** to improve the soil ready for the next crop.

## Crop Rotation - why?

- Rotate or sequence your plantings through the garden to help prevent pests, diseases and to increase soil life and fertility
- Avoid planting annuals of the same family in the same bed season after season. Give the bed a break from the same plant or plant family. (See over for the families and some of their plants.)
- Plant a green manure crop to help improve the soil and build fertility.

## Crop Rotation - how?

1. Divide your garden into four areas or beds.
2. Name the beds A, B, C and D.
3. Each season plant a selection of plants in each bed that occur in one of the following categories:
  - Improver
  - Leaf or Stem
  - Flower or Fruit
  - Root(See over for plants in these categories)
4. Rotate the beds in this order: improvers, then leaf and stem, then flowers and fruit, then roots, and improvers again five seasons later.

Leaves and stems need a rich soil, so they are always planted in the newly-improved bed



## Garden Makeover Workshop

Linda always plants some BQ mustard or marigolds with, or directly after, tomatoes to reduce the incidence of root knot nematode.

There are many fruit trees. Gennaro suggested keeping the pruned branches for use as trellises and supports.

**TIP:** Put them into the ground upside down to prevent them from shooting and growing.

It's a good idea to dig over the green manure (aka improver) bed two weeks prior to planting the next crop. On the day, Bryce whipper-snipped the improver bed and then several ROGI members dug it in.

**TIP:** If you have chooks and if you're not in a hurry (as we were), put your chooks into the bed and let them do the work—except that for them it's fun, not work! And they add manure.

We brought along seedlings, plants and cuttings for Bryce and for swap/share. Some of us planted these out, while others weeded and encouraged Bryce's children to harvest peas, beans and tomatoes.

The day was finished by watering with Liggy Max and a seaweed solution to feed all plants and cuttings.



Digging in the green manure crop.

## Plant families - annual vegetables that should not be repeatedly planted in the same spot.

Brassicaceae	Solanaceae	Alliceae	Chenopodiaceae	Apiaceae
Cabbage Kale Broccoli Asian greens Cauliflower Radish	Tomato Eggplant Capsicum Chilli (some are perennial) Potato	Garlic Leek Onion Chives Spring onion	Silver beet Beetroot Spinach Quinoa Purslane	Carrot Parsnip Celery Celeriac Florence fennel

### Crops to sow in spring and early summer

#### Improver:

Soybean, edamame, buckwheat, cow pea, mung bean.

#### Leaf and Stem:

Celeriac and celery; coriander; mizuna and mibuna; non-heating lettuce (cos, Frillee pink, red oakleaf, mignonette); parsley; perpetual spinach; rocket; spring and red onions; warrigal greens

#### Flowers and Fruit:

Bush beans; cucumber (mid east prolific); eggplant (eg Rosita); Hong Kong broccoli; snake beans; snow peas; tomatoes such as yellow peach fuzz, green zebra; zucchini (black jack, Rondo de Nice, stripey yellow)

#### Root:

Baby carrots and beetroot (in early spring); daikon; Jerusalem artichoke; kohlrabi (in spring); radish; yacon; yam bean (jicama)

### Crops to sow in autumn and winter

#### Improver:

lupins, field peas, broad beans, BQ and giant purple mustards, fenugreek.

#### Leaf and Stem:

Cabbage and Chinese cabbage; celery and celeriac; English spinach (in spring only); Kale; leeks, spring onion, red and brown onions; lettuce (loose leaf, and hearting such as iceberg in winter); mizuna and mibuna; rocket; warrigal greens.

#### Flowers and Fruit:

Broad beans and French or bush beans; broccoli; Brussels sprouts (if you have a cold spot); cauliflower; climbing beans; snow peas and regular peas; tomatoes; zucchini (at start of winter only if soil is still warm and only if you have no frosts)

#### Root:

Beetroot; carrot (in shallow soil grow baby, and golf-ball shapes); daikon, purple-topped turnips; swedes



# Garden Visit

## Julia and Chris

Chris and Julia's garden was amazing - showing what two enthusiastic, experienced organic gardeners can achieve in just 18 months.

They had a ten acre farm in New Zealand with many different animals including cows and chickens as well as an orchard and a commercial kitchen where they processed their produce for sale. Their farm was certified organic and they were constantly busy!

They came to the Redlands four years ago and grew everything in pots until buying their present property. It was covered in weeds, nut grass, bindii etc so they mowed it and then covered it with cardboard and mulch. While that hasn't completely eradicated the weeds, as some have grown through the mulch, it is more manageable as the odd weed can be dealt with as it appears.

They thought the property would have the rich volcanic red soil Redlands is noted for, but the topsoil was probably removed and what they have is very alkaline (pH 8-9) - very unusual for this region. Consequently improving the soil by adding compost and mulch has been a priority.

There was a row of *Murraya* along the back fence which they dug out. As much as possible, they have made use of the materials that were already there like the besser bricks to make raised gardens and have put in a very effective irrigation system. Not only have they worked on their own garden but have supported an aged care facility by potting and growing plants for them as well.



*Area was mowed, covered with cardboard and mulched to help deal with persistent weeds.*



*Passionfruit growing from the neighbour's yard over the fence to get the sun. Chris and Julia have planted one as well further down the fence.*



*Elderflower which is used to make drinks*



*In a green corner herbs and a white sweet potato are thriving. Gennaro suggested covering the runners of the sweet potato with soil to encourage them to root and produce more potatoes.*



*This healthy crop of asparagus has been in for just six months. Gennaro suggested growing asparagus in the wettest spot in your garden as it loves water. As with a citrus tree, where you don't allow it to fruit until the plant is mature, it is best to not harvest the spears for a year or two.*



## Garden Visit



Bamboo structure to support the long feathery asparagus and stop it spilling over the pathway.



Kaffir lime tree below. The leaves are used in Thai and other Asian cooking. Young leaves are chopped up or the older leaves can be used like bay leaves to add flavour and removed before serving. The variegated nasturtium is being grown around it as a companion plant and to attract the bees. Julia showed us the shrubber sprinkler that she has on a spike at the base of the tree. The sprinkler can be manually turned on and off.



The bilobed (two lobes) leaves of the kaffir lime.



Seedlings have been planted here where a compost bin had been. They will benefit from the nutrients in the soil.



The advantage of growing a variety of different plants together is that they don't compete so much for the same nutrients and therefore grow more healthily and are not as prone to bugs and insects.

Julia was actually happy to see the first lot of snails and slugs there as they were an indication that her garden was improving as there were none to be seen when they first started their garden.



The irrigation system weaves around the garden like spaghetti.



## Garden Visit



They use the two-bucket Bokashi method. Bokashi mix is sprinkled on the kitchen waste and acts like a yeast to initiate a fermentation process. When it is well fermented it is then buried in the soil. This method is particularly suitable for Chris and Julia's garden as it is acidic until the microorganisms in the soil completely break it down and so counteracts the alkalinity of their soil.

The worm farm (in top photo) is well-established. The castings had just been used in the garden the week before so there was only one layer. They use mainly horse manure and kitchen waste such as banana skins. Worm juice is being collected and will be used as a natural fertiliser and conditioner for the soil.

When Julia pulled back the paper covering under the worm farm lid there were many worms busily working their way through the mulch. (Next photo)



Another addition to improve the soil in the garden is mushroom compost. Sometimes when they buy it in the bags, it continues to produce mushrooms - this depends on how old the compost is, the weather, and if it hasn't been stacked up. Purple quandong fruit from a tree next door litter the ground.



Julia is experimenting with making a mulch garden. Gennaro suggested piling up sticks beneath it and planting into the pile. The sticks provide structure for the garden and in a couple of years will have changed to rich compost.

A black Genoa fig has taken off in a very short time and is already producing fruit!





## Garden Visit



In this raised garden Julia has planted cucumbers and Sunflowers, with onions to keep bugs away, directly into bales of sugar cane. Blood and bone have been used to help fertilise the plants.



Strawberries planted directly into the straw with a bamboo structure over which a cover can be draped to keep the birds out.



A feijoa (pineapple guava) growing with its tough silvery leaves. Feijoa are used in New Zealand for hedges, but unfortunately are very popular with fruit fly in Australia (NZ doesn't have fruit fly).



(Previous photo) The battery-operated irrigation pump with auto and manual settings. It waters the whole garden effectively and efficiently. Their water consumption is less than the average for a two person household.



Marjoram plant with its fine leaves and an oregano plant is growing on the right. There was some discussion about the difference between these two herbs, which belong to the same family. Julia prefers the marjoram as she thinks it is more delicate in flavour and eats it while walking around the garden.



Some of the older leaves of the zucchini plant are developing some mould but the yellow-and-black mould-eating lady beetles have moved in so it is not affecting the harvest.



## Garden Visit



On the right is pineapple sage which has red edible flowers and the leaves is used to flavour drinks. On the left is comfrey – an excellent compost activator and fertiliser as well as having medicinal uses.



Lavender flourishing in the sunny north-facing area along the drive does not get any extra watering and seems to like the runoff from the cemented area. Jasmine has been planted as a low care plant to climb up the fence beside the long driveway.



Spotted at the garden visit were several gardeners with striped shirts!



The feast at afternoon tea time.

Gennaro brought a pepino for us to try. It tasted a little like rockmelon or mixture of honeydew and cucumber. He gave us some cuttings to grow our own. It is related to an egg plant and the fruit is shaped like one.

Reported by Mary Irmer



## Requested Recipe from the afternoon tea Flax Crackers

- 1 cup flax seeds
- 1 cup golden flax meal OR almond meal
- 2 tablespoons psyllium husks
- 2 tablespoons pumpkin seeds
- 3 sundried tomatoes, soaked in ½ cup hot water
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ cup chopped parsley/spinach
- 1 teaspoon salt
- Filtered water to mix

Chop tomatoes into small pieces and retain the soaking water.

Put them in food processor with the soaking water, flax seeds and meal, psyllium husks, pumpkin seeds, cumin, paprika, parsley/spinach and salt. Process on low speed until combined. It will be very thick at this stage and thickens further, very quickly.

Add enough extra filtered water with the processor running, to make the mix smooth enough to have a spreadable consistency. It will take about ½ to 1 cup as a guide.

Working quickly, tip all onto a tray lined with baking paper or a dehydrator sheet lined with a teflex sheet. Spread to a ½ cm thickness. Mark into squares and either put into the oven or dehydrate. Oven: 150C for ½ hour or until firm and crisp.

Dehydrator 41C overnight.

They will crisp further once cooled.

Store in airtight container. If they go soft, pop them back into a warmish oven over 10 minutes to crisp up.

This recipe changes each time I make it according to what I have available and my taste. Linda Brennan





# Coping with a Colossal Cucumber Crop

Jill Nixon

If, like me, you grossly under-estimated your success at growing cucumbers, you'll be looking for ways to use them, apart from in salads (or forcing them on your friends ... or even your enemies!)

Even though I thought I'd forestalled the glut by harvesting many of them when they were tiny to preserve as gherkins, they keep coming.



A few easy ideas:

- Blend cold yogurt and cucumber soup with a decent dose of garlic and dill, a bit of green onion and maybe a touch of chilli.
- Add to a stir-fry or stew.
- Dredge slices in cornflour and fry; or crumb in cornflake crumbs and fry.

I recall that, when we were in China, we had never eaten cucumbers cooked in so many ways (but never raw!), so I went looking for some ideas. Here are some that I found:

## Baked Cucumbers

If you don't withdraw the moisture content beforehand, cucumbers exude so much water when heated that you'll end up with a tasteless mush. Soaking in salt draws out water and also bitterness, and leaves the flavour, which vinegar and a pinch of sugar accentuates.

- 6 cucumbers about 20cm long
- 2 tablespoons wine vinegar
- 1 ½ teaspoons salt
- 1/8 teaspoon sugar
- 3 tablespoons melted butter
- ½ tsp dill or basil
- 3 to 4 tablespoons minced green onions
- 1/8 tsp pepper

1. Peel cucumbers. Cut in half lengthwise and scoop out the seeds with a spoon\*. Cut into lengthwise strips about 1cm wide. Cut the strips into 5cm pieces.
2. Toss cucumbers in a large porcelain or stainless steel bowl with the vinegar, salt, and sugar. Let stand for at least 30 minutes or for several hours. Drain. Pat dry in a towel.
3. Preheat oven to 180°C.
4. In a 30cm diameter, 2cm deep baking dish, toss cucumbers with butter, herbs, onions, and pepper. Set uncovered in middle shelf of pre-heated oven for about 1 hour, tossing a few times, until cucumbers are tender but still have some crispness and texture. They will barely change colour during the cooking.

Taken from *Mastering the Art of French Cooking* - 1961 Julia Child, Louisette Bertholle, Simone Beck, Alfred A. Knopf

See also Parsleyed Cucumbers, Creamed Cucumbers, Creamed Cucumbers with Mushrooms, and Cucumbers with Cheese Sauce.

\* (give these to the chooks)

The following three recipes from Hugh Fearnley-Whittingstall

## Cucumber Sorbet

- 2 large cucumbers (around 750g in total)
- 25g bunch mint, roughly torn
- Juice of 2 medium lemons
- 125g icing sugar
- 50ml Pimm's (optional)
- Strawberries and/or borage flowers, to serve (optional)

1. Peel cucumbers, cut them in half lengthways and scoop out the seeds. Roughly chop the flesh and put in a food processor with the mint, lemon juice and icing sugar. Process to a wet puree (it will be slightly coarse), then add the Pimm's, if using.
2. Transfer to a jug and refrigerate until chilled. Churn the mix in an ice-cream machine until soft set, then transfer to the freezer. Alternatively, pour the mixture into a plastic, Tupperware-type container and freeze for about an hour, until the sides start to get solid. When this happens, mash up the mixture with a fork, mixing the frozen sides into the liquid centre, and return to freezer for another hour. Repeat this at hourly intervals, until the sorbet is soft-set, then let it freeze solid.
3. Transfer sorbet to the fridge about 30 minutes before serving, to soften a little.
4. Serve in glasses, straight up, or decorated with a few strawberries and borage flowers.





## Coping with a Colossal Cucumber Crop Cool Cucumber & Almond Soup

150g blanched almonds

50g slightly stale, robust white bread, such as sourdough, crusts removed

2 medium-large cucumbers (about 700g)

1 large garlic clove, peeled and halved

100ml extra-virgin olive oil, extra to serve

1-2 tbsp sherry or balsamic vinegar

Sea salt and freshly ground black pepper

A few toasted, flaked almonds (optional)

1. Heat the oven to 180°C. Put blanched almonds on a baking tray and toast them in the oven for five to eight minutes, checking them frequently, until they've turned a light golden-brown. Spread out on a cold plate, leave to cool completely, then tip into the bowl of a food processor.
2. Tear bread into chunks and soak in cold water for a couple of minutes. Squeeze out excess water and put the bread in the food processor bowl with the almonds.
3. Slice off a 10cm length of one cucumber and set aside. Peel, deseed and roughly chop the rest, and add to the food processor bowl. Add garlic, olive oil, a tablespoon of vinegar, a good quarter-teaspoon of salt and a little pepper, and blend to a thick soup. Add a touch of cold water to thin it a little, if you like, but keep it pretty thick.
4. Transfer to a bowl or jug, and refrigerate until thoroughly chilled.
5. When chilled, taste and add more salt or vinegar as needed. Finely chop the reserved cucumber. Serve the soup in bowls, garnished with the chopped cucumber, a swirl of olive oil and a few flaked almonds, if desired.

## Marinated Cucumber with Mint

1 medium-large cucumber (350-400g)

1 tsp cider vinegar

1 tbsp olive or rapeseed oil

2 tbsp finely chopped mint

Pinch of sugar, sea salt, black pepper

1. Peel the cucumber (or leave the skin on, if you prefer), halve it lengthways and scoop out the seeds. Slice into thick half-moons.
2. Put in dish with vinegar, oil, mint and sugar, salt and pepper. Toss together thoroughly, then set aside in a cool place (but not the fridge) for 15-30 minutes.



**Many people are surprised by the spines on their cucumbers when they grow them for the first time. All cucumbers have spines, but the process of harvesting and transporting them to market rubs off the spines.**



## Gherkins (aka Dill Pickles)

1 cup plain salt to 8 cups water (brine)

2 cups white vinegar

3 cups water

2 tbsp coriander seeds

½ cup sugar

1 bunch fresh dill, chopped

2 cloves garlic

1. Soak tiny cucumbers 24 hours in brine. Remove from brine, rinse in fresh water, and wipe clean and reasonably dry.
2. Make a vinegar solution with the water. Add coriander, sugar and dill. Bring to the boil and simmer for 3 - 4 minutes. Remove from heat and add gherkins at once.
3. Into each large sterilised jar place the cloves of garlic. Pack gherkins into jar with more dill, if desired.





# Plants of the Month - Spinaches for Our Hot Summer

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 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	<i>Basella alba</i> (green) <i>Basella rubra</i> (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; Warri-gal 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.
Sambung	<i>Gynura procumbens</i>	Propagate from top cuttings. Perennial. Raw or cooked.
Okinawa spinach	<i>Gynura crepioides</i>	Propagate from rooted cutting. Perennial. Raw or cooked.
Cranberry hibiscus	<i>Hibiscus acetosella</i>	Propagate from cuttings. Perennial. Raw or cooked. Contains oxalic acid.

## 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:** naturally-occurring substances found in plants, animals, and humans. Our bodies always contain oxalates, and our cells convert other substances into oxalates (for example, vitamin C). In addition to the oxalates that are made inside of our body, oxalates arrive in our body from the outside, from certain foods. Consumption of foods high in oxalates should be avoided or limited by people with 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](https://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.



## Warrigal greens; Native Spinach, 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 (good groundcover) 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, but semi-shade is preferred in very dry areas. Mulch well. 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.



## 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.



## Egyptian Spinach

*Corchorus olitorius*

Hardy fast-growing annual to 1 metre. Once known as the food of the Pharaohs, it's been cultivated for millennia and is recognised for its medicinal and nutritional qualities.

Sow seeds in summertime; 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 or 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 better than regular spinach and doesn't wilt as rapidly.



## Aibika; Pacific Spinach

*Abelmoschus manihot* (was *Hibiscus manihot*)

Many types – different leaf shapes.

The most popular leafy green eaten through the Pacific— ideal for northern Australia. Attractive planted in groups in the garden providing 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.

Easy to grow in full sun or part shade, but prone to insect attack - grasshoppers and leaf curl caterpillars find it delicious. Growing near chillies and/or basil helps to protect it. 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. If overcooked leaves 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.



## Sambung; Life Extender (Malay)

*Gynura procumbens*

This vine grows from 30-100 cm and has a thick, fleshy feel. Stems are green with maybe purple tinges. Orange flowers (like milk thistle flowers) in spring. Good ground cover.

From the Asteraceae (daisy) family, sambung like full sun to part shade and needs ample water and rich, fertile well-drained soil kept mulched and a good hair cut throughout the year to stop it taking over.

Isabell Shipard tells how wonderful this plant is "... noted for anti-viral, anti-histamine, anti-inflammatory, anti-pyretic, anti-oxidant, anti-cancer, anti-allergy properties, and also a blood cleanser, tonic, diuretic and pain killer." She recommends taking 2-3 leaves a day as a routine for its health benefits.

<http://herbsarespecial.com.au/articles/SAMBUNG.pdf>

The leaves have a mild flavour (some say better than spinach, others say they taste like green beans) and can be used raw in salads, added to soups, stir-fries, casseroles, sauces, rice dishes. Use fresh or dried leaves for tea.





## Kangkong; Water Spinach

*Ipomoea aquatica*

Semiaquatic, tropical vegetable grown for its tender shoots and leaves. 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).



## Suriname Spinach

*Talinum fruticosum*

Tender perennial that grows erect, reaching a height of 30 -100cm. It bears small, pink flowers and broad, fleshy leaves. Widely grown in tropical regions as a leaf vegetable.

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 it contains oxalic acid, so don't 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, don't overcook or it will become excessively soft and mucilaginous. Rich in iron, calcium, vitamins A and C.



## Okinawa Spinach

*Gynura crepioides*

A dense, low growing plant to 70cm. Low-maintenance perennial leaf vegetable, it is hardy and relatively pest-free. Thrives in warm, wet conditions (eg our summers).

Attractive plant with shiny leaves that are green on top and purple beneath; flowers are very small and orange. Grows best in full sun to part shade and needs ample water and rich, fertile well-drained soil that is kept mulched.

Okinawa has been used or is being investigated for use as an antioxidant with anti-cancer properties, an anti-inflammatory. It is also known as cholesterol spinach, and there are many claims that it lowers cholesterol.

Very nutritious eaten raw or cooked. Leaves and shoots are steamed, used in stir fry, tempura, stews, and soups. Young leaves taste better than older leaves.





## Betel Leaf; Wild Pepper

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

Evergreen, perennial creeper to one metre high. It has glossy heart-shaped leaves to 15 cm with small white flower spikes.

A vigorous grower, it is useful as a ground-cover 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 one 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.



## Brazilian Spinach

*Alternanthera sissoo*

Perennial low-growing bright green crisp crinkled leaves, it 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.



## Cranberry Hibiscus

*Hibiscus acetosella*

Short-lived perennial shrub in subtropics—related to rosella. It grows rapidly to 1.7 m high with deeply cut leaves similar to maple. The deep cranberry red leaf is highly ornamental; the edible flowers are small and a very pretty rose-pink.

A hardy plant, it thrives in warmth and wet; full sun but okay in part shade. It loves ample water, rich, fertile, well-drained soil that is kept mulched.

The young leaves have a pleasantly tart flavour—raw in salads or cooked as for spinach—as they contain oxalic acid. Do not eat large amounts. Leaves retain their colour when cooked.





# Library Reviews

## There is no excuse for ugliness NEW BOOK

Clive Blazey

Well-known for developing *The Diggers Club*, his anti-GMO stance and for promoting the growing of organic fruit and vegetables, Blazey has turned his attention to flowers to encourage gardeners to beautify their surrounds.

The beginning of the book gives a history of the gardens that belong to *Diggers*, and then provides insights by various authors into different elements of gardening.

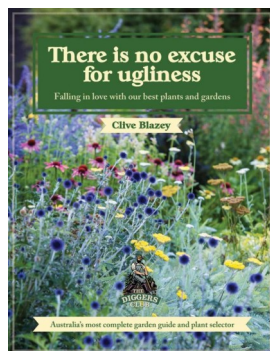
Blazey doesn't hold back from expressing his very strong opinions regarding eucalypts (they have no place in a suburban garden as they don't give summer shade and are easily inflamed); too many annuals that peak in spring and leave summer colourless; rhododendrons and camellias (dull in summer); clashing flower colours; the use of white polystyrene boxes (ugly); and much more.

He would rather grow a hedge of avocado trees than of camellias as they are productive and attractive all year round.

I think the most helpful sections are those detailing which flowers do best at which times of the year and in which climate zones.

The hardcover book is replete with photographs and information so that the reader can plan and plant a garden that is not, in Blazey's words 'commonplace'.

Jill Nixon



## Backyard Self-sufficiency

Jackie French

With her typical energy, enthusiasm and whacky sense of humour, French gives a whole bunch of inspirational ideas for becoming a self-sufficient as you want to be.

There are no rules: just do what you feel suits you.

Chuck a few seeds in and see what happens. Develop a garden that's a ramble of productivity. Avoid doing those things that are too hard for your ground/climate/time available—they aren't worth bothering with.

French was a pioneer (in the days of 'The Good Life' television show), and knows how hard it is to be completely self-sufficient, and warns against the 'insular and exhausting' nature of going hard-core.

Instead, she paints an alluring picture of a backyard jungle full of fruit trees, vegetables inter-grown with flowers, tangled grape vines, and of tomatoes jostling for space while ripening on windowsills. There are no recommendations for orderly rows and neatly trimmed edges; no prescriptions for doing things a certain way.

Nevertheless, you come out of reading this book with a hunger to get outside and to get growing your own Garden of Eden. And to harvest your crops and get stuck into doing interesting things with them in your (not very neat and tidy) kitchen. Chamomile shampoo anyone?

When you've finished with this book, you'll be sure to want to read the seven other gardening books written by French that are in the ROGI library.

Jill Nixon



## DVD - Establishing a Food Forest

Geoff Lawton

Every ROGI member should watch this. I've watched it three times and each time I learn more.

Permaculture consultant, teacher, designer and speaker, Geoff Lawton specialises in permaculture education and design among others.

The DVD provides theory on how a food forest can be developed considering aspects of natural forests, the land and water use.

The establishment of a food forest is shown from planning through to showing sites over differing time periods – three months to many years later – one occupied by one Vietnamese family over 28 generations (approx 300 years!) and another 2 000-year-old oasis food forest in Morocco (in the 'extras' on this DVD.)

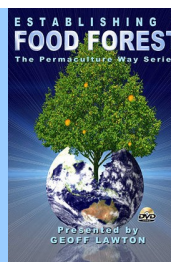
Lawton clearly states that a food forest can be developed anywhere, and he shows tropical to desert landscapes to demonstrate. He clearly talks through strategies to get started and how to maintain the area.

A food forest is not an intensively-controlled area and is unlikely to be possible in most of our small gardens. However many strategies that he uses (many from observing the natural environment) we can use in our gardens.

Some of these include:

- better use of our 'garden waste' such as hard wood cuttings and 'chop and drop' pruning;
- planting of more leguminous plants such as pigeon pea, *Calliandra* and *Cassia* that fix nitrogen (their pruned branches and leaves are valuable in perennial areas as the prunings feed soil and other plants)
- more stacking in the vertical space to produce more edible foods.

Overall, I find Geoff Lawton to be one of the best educators in permaculture.



Linda Barrett

Please note that the ROGI library has the following items available for borrowing:

- sail needles (for sowing shade cloth)
- pH kits
- a refractometer for testing the quality of your produce (*this is missing—please return it if you have it*)





# OPEN GARDEN

*Ian and Judy Wintle invite you to their 'Giving Garden'*

A garden for plant lovers and collectors!

**Saturday 19th & Sunday 20th Nov 2016**

**(9:00am to 4:30pm)**

Our visitor friendly garden is a one acre property which has become one of South East Queensland's best known and loved sub-tropical gardens. Why not relax and spend a few hours in this wonderful and interesting garden. Welcome to the world of rare, bizarre and beautiful botanicals. This is the garden of avid plant collectors and there are thousands of unusual and interesting plants to be viewed while walking the long meandering garden pathways to shade houses full of plants. Must sees include collections of amorphophallus, beehive gingers, costus, orchids and a fabulous collection of bromeliads. Sustainable and smart garden practices abound in this garden and inspires and motivates all who visit. Ian and Judy will be again supporting the 'Lions Club' to raise money for disabled children. If you have been before please come again as, there's always something new to see as Ian has created new gardens this year and planted 100s of new plants.

## Refreshments

Lions Club will be providing refreshments all day. Sit back under our back patio and enjoy a refreshing 'cuppa', home-made delicacies or a sausage sizzle, and enjoy the views.

## On the Web

Garden Blog:

[www.ianjudy.blogspot.com](http://www.ianjudy.blogspot.com)

Product Reviews Blog:

[gardenproductreviews.com](http://gardenproductreviews.com)

Facebook:

<http://www.facebook.com.au/birkdalegarden>

## Plant Sale

As usual, Judy has prepared a large variety of rare and beautiful plants that will be available for sale at very reasonable prices. Get in quick to get a bargain as the plant sale is very popular.

5 Carlton Ct  
Birkdale



Gennaro, Bryce and Linda in Bryce's vegetable garden.



# Tropical Foliage Festival

**Saturday 19th November 2016, 8:00am - 3:00pm**

**Sunday 20th November 2016, 9:00am - 2:00pm**

**Cleveland Assembly Hall, Smith Street, Cleveland.**

This years Tropical Foliage Festival will provide an opportunity for gardeners and collectors to purchase many varieties of tropical foliage plants including new release, rare plants and old favorites offering the best quality cordylines, bromeliads, gingers, costas, heliconias, orchids, palms and much more. Experienced growers and garden experts will be on hand to answer all your questions.

Special guest speakers will be on stage throughout the weekend.

We'll be holding our famous rare plant auction Saturday.

There will be plant displays and a monster raffle. The event will be fully catered.

Admission - Adults \$3, Children free, free parking and EFTPOS available.

For more information visit [www.cordylines.org](http://www.cordylines.org) or ph. (07) 3396 9956



# Garden Visits, Field Trips and Workshops

There are no more ROGI Garden Visits or Field Trips planned for this year. We already have plans in place for the first half of 2017 and these will be announced in the February newsletter.

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

Discuss with Toni (at a meeting or 0402323704 or [events@rogi.com.au](mailto:events@rogi.com.au)) or a committee member when you'd like a Garden Visit at your place, or if you have a suggestion for a workshop or field trip.



Bryce was very happy with the results of the garden makeover workshop.

## ROGI Shop

### Proposed Changes

Most regular meeting attendees will have noticed that there have been some changes in relation to the ROGI Shop. Frank and Marion who ran the shop for many years decided some time ago to discontinue being the shop co-ordinators and concentrate on their own enterprises.

Consequently this has led to the shop being in abeyance in its old format. This has given ROGI an opportunity to assess the viability and cost-effectiveness of running a shop at meetings. There is an enormous amount of work involved in the old format of various weights and sizes of products, plus the time taken to set up and demount the stall ... let alone the time involved in stocktaking and ordering new goods. While Frank and Marion ably did this for many years, not one of ROGI's members, including ourselves, were willing to follow in their footsteps.

Therefore we propose that the ROGI Shop be run as an online ordering system with orders being prepaid and either picked up at meetings, or large bags directly from Frank and Marion's house on Old Cleveland Road at Belmont. Final details are still being worked out, but there will be an online list. For the time being a paper list and order form will be available at meetings.

Frank has offered to continue to source fertilisers and soil amendment

products for us and store bulk bags at their house, thus eliminating the need for ROGI to store products at the hall.

Small bags and buckets of some products will no longer be offered for sale at meetings. If smaller amounts are required, it is proposed that members get together and divide up a bulk bag between them. As the prices offered by Frank are very reasonable this would be worthwhile doing.

Products still held at the hall will be available at the next few meetings at greatly reduced prices to clear old stock, so bring your cash!

*Julia Geljon and Chris McIvor (Shop Co-ordinators)*

### ROGI Shop Products Available

<b>Products</b>	<b>Size</b>	<b>\$ Price</b>
<b>Organic Booster</b>	<b>5 kg</b>	<b>12</b>
<b>Organic Xtra</b>	<b>16 &amp; 25 kg</b>	<b>14 &amp; 22</b>
<b>Blood &amp; Bone</b>	<b>16 kg</b>	<b>24</b>
<b>Natural Gypsum</b>	<b>25 kg</b>	<b>15</b>
<b>Dolomite</b>	<b>25 kg</b>	<b>12</b>
<b>Turf Master</b>	<b>25 kg</b>	<b>18</b>
<b>Rock Dust (# 3 Blend with 18 minerals)</b>	<b>25 kg</b>	<b>27</b>
<b>Zeolite Coarse (Soil amendment)</b>	<b>15 kg</b>	<b>19</b>
<b>Zeolite Fine (Food Grade)</b>	<b>400 gm</b>	<b>32</b>
<b>DE (Food Grade)</b>	<b>20 kg</b>	<b>100</b> not 108
<b>DE (Fine Pet &amp; Garden)</b>	<b>20 kg</b>	<b>80</b> not 100
<b>Biochar (Coarse)</b>	<b>4 litres 12</b>	
<b>Biochar (Fine)</b>	<b>4 litres 15</b>	
<b>* Compost Worms (1000 with bedding)</b>		<b>40</b>
<b>* Compost/Worm Bins</b>		<b>180</b>
<b>* Compost/Worm Towers (with worms)</b>		<b>20</b>

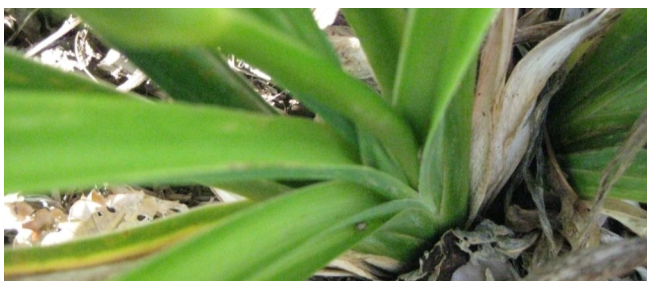
\* Ask at the shop how to get these





The **daylily** is in season now. You can eat the shoots, tubers, buds and flowers. Just make sure you leave the tangled roots and a few tubers behind for next year's crop.

Correct identification is important: look at the leaves: they open and face each other like praying hands.



## Seed Bank Request

- Please **return seedling pots** the month after you have bought the seedlings so they can be re-used.
- Please bring along **other clean used pots**—small sizes only, up to 120mm diameter. The almost-square ones are good.
- One- and two-litre clean **yogurt and ice-cream containers** and lids

## 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 Sowing Guide

### November

Asparagus  
Beans - snake, Madagascar  
Lablab, pigeon pea  
Beetroot  
Capsicum/Chilli  
Choko  
Cucumber  
Eggplant  
Lettuce  
Okra  
Pumpkin  
Radish  
Rockmelon  
Rosella  
Squash  
Sweet corn  
Sweet potato  
Tomato  
Watermelon  
Zucchini

### December

Asparagus  
Beans - snake, Madagascar  
Lablab, soy, pigeon pea  
Beetroot  
Borage  
Capsicum/Chilli  
Carrots  
Choko  
Cucumber  
Eggplant  
Jicama  
Lettuce  
Melon - Honey, Rock, Water  
Okra  
Pumpkin  
Radish  
Rockmelon  
Rosella  
Silverbeet  
Squash  
Sunflower  
Sweet Corn  
Sweet Potato  
Tomatoes  
Zucchini

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.

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.



## Produce available

Here is the pesticide-free (some certified organic) produce that will be available from Shane at the November ROGI meeting.

### Vegetables

Beetroot Bunched  
Capsicum - Red  
Carrot – Orange – Organic  
Coriander  
Cucumber Lebanese  
Egg Plant  
Garlic - Aussie Purple (New Season)  
Ginger  
Kale– Green Curly  
Leeks  
Lettuce  
Mint  
Mushrooms  
Onions – Brown; Red Salad  
Parsley  
Potato Sebago, Dutch Cream — Organic  
Shallots  
Snow Pea  
Spinach  
Sweet Potato – White/Purple; Gold  
Tomato - Cherry; Gourmet Round  
Wheat Grass & Barley Grass  
Zucchini Green & Lebanese

### Fruit

Apples - Granny Smith, Red Delicious  
Bananas – Cavendish, Lady Fingers  
Strawberry - New season from Stanthorpe

### Other Products

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

## Workshop Questions

Here are some of the questions we were asked to consider at the garden makeover workshop.  
What do you think?

What is a tonic designed to help reduce insect attack and improve disease resistance?

Why are some seeds artificially coloured?

Which seeds would you avoid using in an organic crop rotation garden? Why is that?

What is an heirloom seed? Give a definition.

Name an heirloom seed that you know of or have growing at home.

We were given the following items in a shoe box and asked how we would recycle/reuse them in our rotation garden. We were encouraged to draw sketches to help explain our ideas.

Soft drink bottle

Brown paper bag and piece of string

Old toothbrush

CD

Right-angle wooden book-ends

Sachet of silica gel (we weren't sure if this was intended or if it was still in the box from when it held shoes)



Working on their answers



The companion-planting border



## 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. You may be asked to staff the stall if you are needed.

### 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.

### Bring a bag/basket/box to take everything home

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 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.

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.

### News Update:

**We have received notification from IGA that ROGI has accumulated credits of over \$600 because so many people have nominated ROGI as their community organisation of choice.**

**We'll let you know how we'll use this to help promote ROGI's aims.**

## Request for Articles

**What can you share?  
It could be to do with:**

- your garden
- a photo
- an unusual plant
- a request
- garden/nutrition info
- a recipe or technique
- a current affair to do with organic growing

**Send your items to the editor and help keep the newsletter topical, interesting, local and relevant**

**[info@rogi.com.au](mailto:info@rogi.com.au)**

## December/January Newsletter Deadline

**Please send your contributions to the newsletter editor by 29 November for the December edition.**



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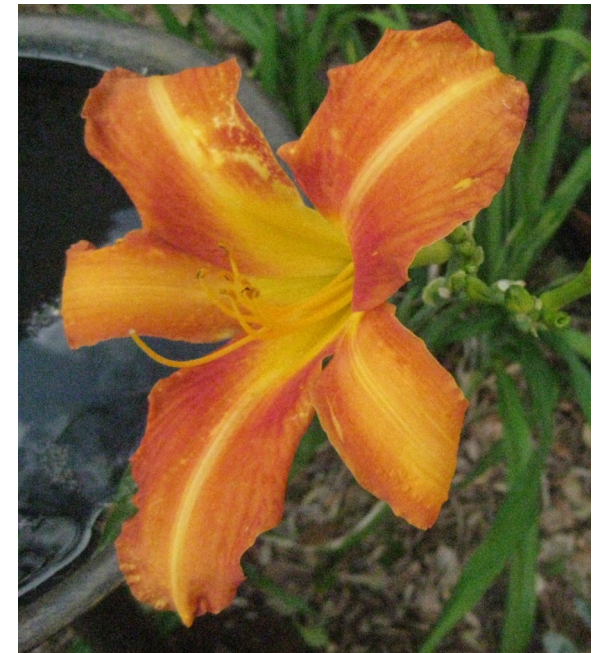
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The views expressed in ROGI News are those of the editors and submitters, not necessarily those of Redland Organic Growers Inc



The ephemeral daylily *Hemerocallis fulva* - its not a lily at all, but its flower does only last a day. And it's not just a pretty face ... every part of it is edible.