

ROGI News

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

Salvation Army Church
Cnr McDonald Rd & Macarthur St
ALEXANDRA HILLS

Admission

Members: Free
Visitors: \$5

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

Tea/coffee provided.

You are very welcome to provide a **quality plant** to help share interesting plants with other members (**see p 19**).

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

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Comfrey leaves are a useful addition to compost—they contain silica, nitrogen, magnesium, calcium, potassium and iron. They can also be used as mulch, and readily decompose when soaked in water to make a liquid manure. The flowers are an excellent bee forage, and leaves are nutritious and readily eaten by poultry, but should only be given in small quantities.

Backyard Burlblings

Hello ROGI Member,

The annual Gift Giving Season is almost upon us again as we rapidly approach the end of another year. At this time of the year we usually think of gifts in relation to family and friends for Christmas. While it is great to give to loved ones, there are many people in our wider community who may not be lucky enough to receive gifts or even have someone who cares.

Our ROGI family is once again showing that it cares for its members by putting on another Fabulous Free Christmas Feast on December 12th at our regular meeting place in the Salvation Army Church. If the last 2 years are any indication, it will again be a sumptuous meal prepared with love by many willing helpers. Secure your place at the table by booking well in advance as numbers are limited.

As most of us would be aware, the Salvation Army do an amazing job of looking after the less fortunate in our well-off society. We see little evidence of this at our meetings, but the place is packed during the day with men, women and children looking for some company, advice or a meal. The demand on the Salvos resources is

hugely increased at Christmas time and we at ROGI like to help by asking everyone coming to the Christmas Feast to donate non-perishable food items for families and toys for the children. This year we will also have a donation box for those who prefer to give cash.

The above giving is a one-off yearly effort, but there are other ways ROGI members can show they care for their community. Recently, 2 ROGI members and myself visited an inspiring Social Enterprise Initiative in Alexandra Hills run by a group called Traction. It's a voluntary organisation working with adolescent (year 7 and 8) school boys, who find themselves in difficult family or emotional situations that impact on their school attendance and ability to learn. These kids are referred by their schools and then work with mentors to gain skills and confidence. Currently they are learning to restore bikes which they are then allowed to keep. The Traction Group at Alexandra Hills also employs a Permaculture Teacher, who is teaching the boys food growing and other gardening skills.

It occurred to us that this is another area where ROGI members' expertise in gardening could be of benefit to this Community Group. So far, ROGI has donated some plants and seeds to Traction, but they would be very happy to consider other kinds of help - like cleaning out a large shade house, or weeding, pruning and planting gardens. To find out more, or offer your services,

contact the co-ordinator Richard, at www.traction.community/redlands.html

As our ROGI Group is now into its 10th year of contributing to organic gardening in the Redlands, it is fitting that our next Guest Speaker is one of the Founding Members of ROGI. Debra is actively involved in community groups that help to protect our environment by fostering community awareness of local issues that could harm Mother Nature and the creatures she nurtures – including us.

I would also like to mention that during its 10 years of existence, ROGI has built up a wealth of resources like Library books, DVDs, Gardening magazines and numerous articles in the monthly Newsletter. Unfortunately, it would seem that only about 6 or 7 members actually borrow a book or magazine at any meeting. Our Librarian, Sophie Bromham has now started to cull the older magazines. These will be available on the free trading table.

We are also in the process of bringing the book register up to date. Please note that the current Book List and all the Newsletters are available on the resources page on ROGI's website— www.rogi.com.au/resources.php

Happy reading & gardening!

*Julia Geljon
President*

Coming Events

Nov	S/S 9/10	Electric Vehicle Expo	See p 16
	Wed 14	ROGI meeting	
	S/S 17/18	The Giving Garden	See p 15
	Tues 20	ROGI Seed Savers	See p 12
	S/S 24/25	Tropical Foliage Festival	See p 15
	Sat 24	Garden Visit - Karina Lay	See p 16
Dec	Tues 4	Herb Society meeting	
	Wed 12	ROGI Christmas Feast	See p 12

Membership Information

- **Cash** payment at ROGI meeting
 - **Cheques** made payable to *Redland Organic Growers Inc* - pay at meeting or to PO Box 1257, Cleveland 4163
 - **Direct Deposit** BSB 633000. A/C 136137296 (Bendigo Bank, Middle St, Cleveland)
- IMPORTANT!** Reference - Your initials and surname are essential to identify who has paid.

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

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

Member Category	Members Renewing For 2018	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct18-Dec19
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

eighteen (18) years

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

November Meeting

Healthy Waterways—Healthy Us

Debra Henry is one of ROGI's founding members and a former Redland City Councillor. She has spent decades actively working to support all aspects of our local environment. Her talk tonight will explain how organic gardeners can make a difference to the environment in their own back yards.



She has a strong commitment to educating people about actions they can take to improve local waterways and the Moreton Bay marine environment for future generations.

She will share her experiences leading an environmental monitoring program for citizen scientists in Moreton Bay and what they achieved – and point out some of the future threats.

Organic produce and meat is now available at ROGI meetings—See Page 4 for more details.

November Meeting

Organic produce and meat is now available at ROGI meetings

Franco, Bonnie and Luke will have seasonal **biodynamic produce** from their Lunar Farm at Birkdale. No credit card facilities, cash only please.

Karra and Steve will have their **organic meat** available for sale from their van outside the hall before the meeting. Most of it is refrigerated rather than frozen. **Bring your cooler bags to take your meat home in.** Their prices are very reasonable and they have credit card facilities.

They are offering some specials for ROGI members at the meeting:

- | | |
|--|-----------|
| • Certified organic, chemical-free corned silverside | \$15.50kg |
| • Certified organic fresh sliced sirloin steak | \$24.00kg |
| • Certified organic fresh beef cheeks | \$17.99kg |

PRE-ORDERS of ORGANIC MEAT:

Go to the website <https://ausnaturalfoodco.com.au/shop>

You can order online by midnight on the Monday prior to the meeting, and it will be ready for you to take home on the night.

Happy tenth birthday ROGI!

Redland Organic Growers Incorporated
Postal: 13 Tipuana Drive CAPALABA Q 4157 Email: ne.baker@bigpond.com
Edition 1 **NOVEMBER 2008**

To the right is part of the first page of the very first ROGI newsletter.

You can understand why Emma and other BOGI members who lived in the Redlands were keen to set up a Redland City version of BOGI. We still have some original members.

Since October ten years ago, ROGI has grown from strength to strength; our membership hovers around 200 and we regularly have about 100 people attending our monthly meetings.

Four years ago, we changed venue because we could no longer fit into the room at IndigiScapes.

We plan to celebrate our tenth birthday at our Christmas feast meeting in December.

ROGI Launch

About 100 enthusiastic people attended the launch of ROGI – Redland Organic Growers Inc on Tuesday night, 7th October 2008 at IndigiScapes.

ROGI is an initiative of Emma Baker, a long-term supporter of BOGI (Brisbane Organic Growers Inc).

Graham Crombie, President of BOGI was guest speaker providing potential members with a history of organic gardening; outlining the benefits of organic grown produce as opposed to so called traditional methods. He also offered ROGI ongoing support from BOGI.

Emma recommended that:

- a Standing Committee be formed to perform the

Why ROGI?

- To have a local organisation for the benefit of Redlands residents who are, or wish to be, involved in organic gardening;
- To provide access to the supply of all necessary components such as fertilizers, organic pest control and soil additives, etc and obtain discounts where possible for such supply;
- To establish a local seed bank for the benefit of members to access non hybridised and heirloom varieties of seed;
- To have access to reliable advice and interaction with other organic growers and knowledge sharing;
- To arrange field trips and workshops for the on-going education and experience of members
- To provide guest speakers to meetings to expand the knowledge and benefits of organic gardening.

October Speaker—Anne Gibson

How to Work with Nature's Moon Cycles for a Healthy Productive Garden

At the October meeting, I presented an introduction on using moon phases to your advantage in the garden. As a follow up, I thought I'd share some key points and photos as a reminder and for those not able to attend.

WHAT IS MOON OR LUNAR GARDENING?

Simply the ancient practice of planting, growing and harvesting in harmony with lunar (moon) cycles. This practice works on the principle that at different moon phases, the gravitational pull of the sun and moon are combined to create a high or low sap run in plants. This creates favourable times for planting, pruning, fertilising, grafting, harvesting and quick seed germination.

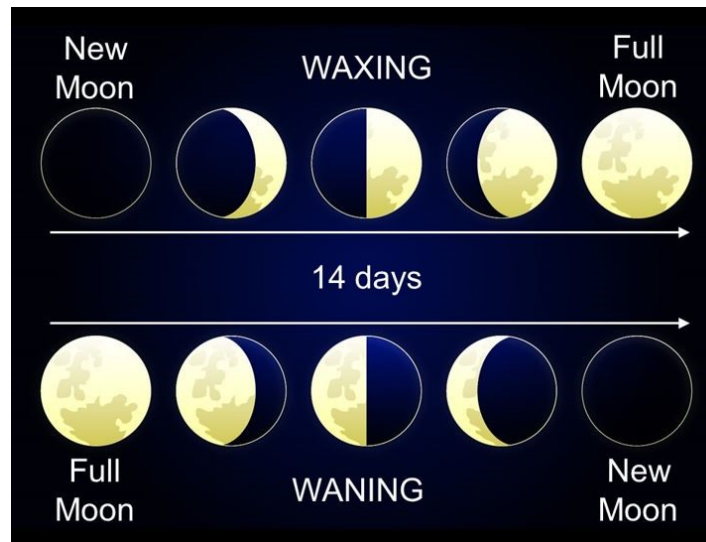
Moon planting is based on the synodic month (approximately 28 days) or the time it takes from one New Moon to the next.

The gravitational pull of the moon not only influences large bodies of water like oceans, rivers and tides, but also smaller amounts of liquid in the earth's water table, soil and plants.

The movement of the ground water creates a **rise and fall in the pressure of water in plants**, resulting in periods of high and low sap run at different times of the

lunar month. As plants contain a high proportion of water, their **sap and hormone flows** are also affected by this rhythmic force.

Put simply, **the moon's magnetic force pulls everything containing water**. The soil's water content is vital for seed germination and plant growth.



WAXING MOON

This 14 day period is from the New Moon to the Full Moon each month, when you see increasing light. Similar to an empty glass (New Moon) becoming gradually filled with water until it reaches the top (i.e. Full Moon)! During this waxing phase, the gravitational pull of moisture in plants increases sap flow and thus above ground growth. An easy way to remember this is FULL = Foliage, flowers and fruit flourish!

As the lunar gravity pulls water up, this causes seeds to swell and burst.

TIP: Ideal timing to sow seeds for above ground plants = faster germination.

During the waxing moon:

- Sow leafy and fruiting crops (seeds or seedlings).
- Plant fruit trees and ornamentals.
- Take cuttings = more nutrients available to strike successfully.
- Prune or cut back for fast regrowth.
- Graft and divide plants.
- Sow all flowers and transplant.
- Liquid fertilise for quick take up.

FULL MOON

This is generally a poor time for planting because there is too much light which makes growth spindly.

WANING MOON

This 14 day period is from the Full Moon until the next New Moon, when you see decreasing light. Like a full glass (Full Moon) becoming gradually emptied with water until it reaches the bottom (i.e. New Moon)! During this waning phase, above ground growth slows down and sap is concentrated in the roots. There is also a resting or dormant period during the last quarter.

During the waning moon:

- Sow root crops, bulbs and grass seed.
- Mow or prune to slow growth. An especially handy strategy in summer!
- Spray weeds for optimum effect.
- Weed and prepare soil for planting.
- Apply solid fertiliser and make compost and mulch.
- Harvest crops for long storage.

How to Work with Nature's Moon Cycles for a Healthy Productive Garden—continued

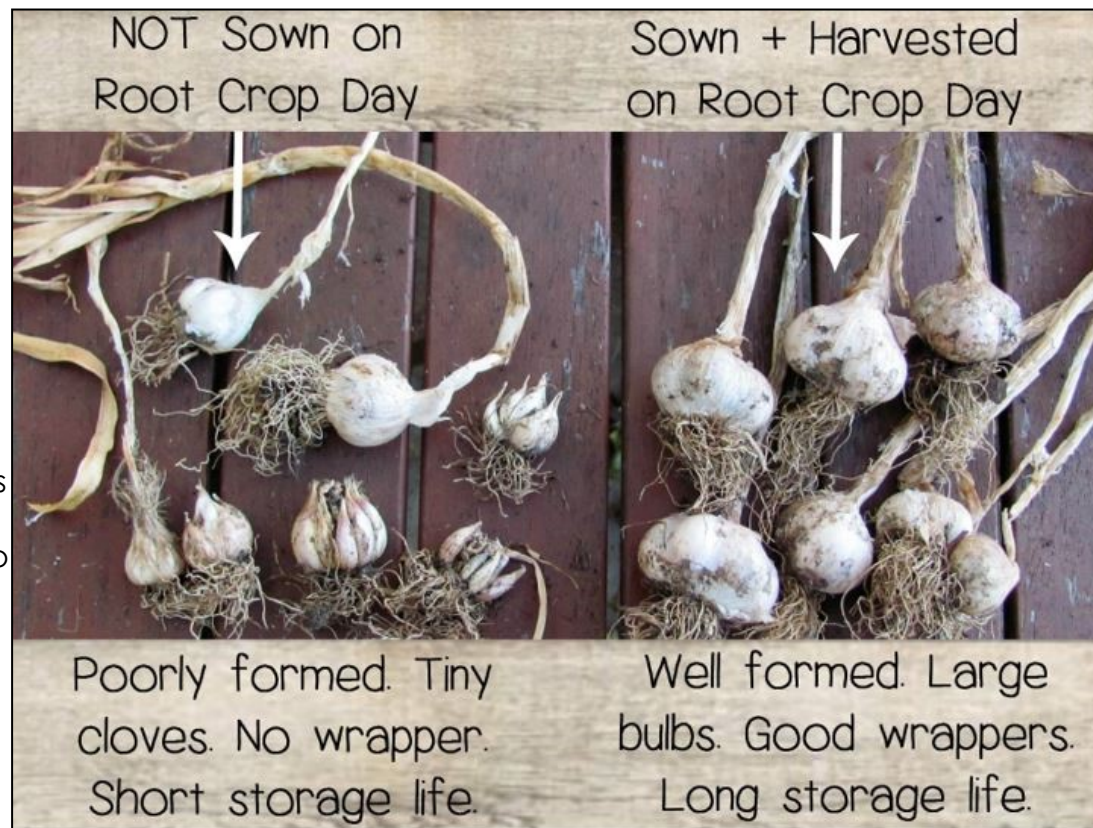
Here are a couple of examples from my own 'Garden Lab' experiments to show you the difference that timing makes when planting with the moon versus a 'hit and miss' approach!

GARLIC EXPERIMENT (ROOT CROP)

I sowed 100 garlic cloves into a garden bed on a day ideal for sowing root crops (waning phase). 2 days later, 100% of these cloves were shooting! The plants grew strong healthy green leaves and 3 months later exactly, I harvested the entire crop on a root crop day (for better storage life). The bulbs were well formed, large for the variety, had thick papery wrapper layers and plump cloves. The longest bulb lasted nearly 12 months!

What about the 20 garlic cloves I sowed **just 2 days after** the 100? Well, they were sown during the dormant phase, when it's a poor time for planting anything. The results? It took 30 days for the shoots to appear. So **I wasted one month waiting!** As they grew, the plants were thin, spindly and weak looking. It took 5 months before they were ready for harvest, rather than 3 months. In total, **I had to wait twice as long (6 months vs 3 months) for my crop.** When I harvested them, the 'bulbs' were tiny, many without cloves properly formed. The thin or non-existent wrappers affected storage life, so they had to be used within 2 weeks. All garlic plants were in the

same bed, fed identical nutrients, well mulched and watered at the same time. **The only difference was the time of sowing - 2 days apart in different moon phases.** Interesting? I thought so and have repeated this same experiment several times just to make sure!

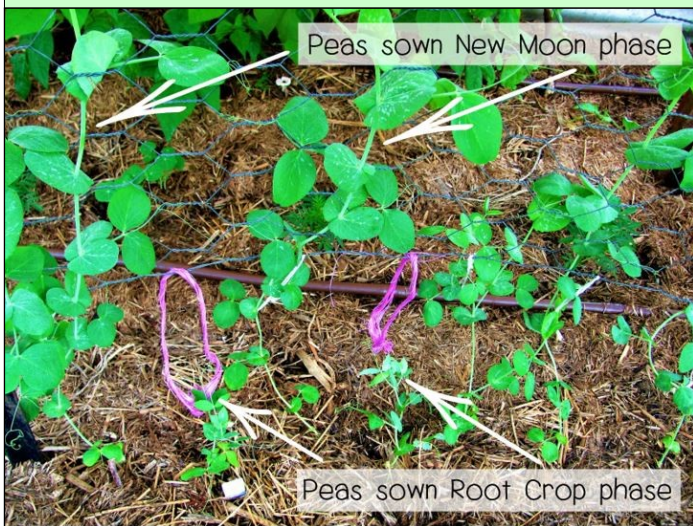


PEA EXPERIMENT (ABOVE GROUND CROP)

What about crops that are harvested for their leaves, fruit or flowers? My 'Garden Lab' has been put to good use with experiments with a diverse range of crops but let's look at peas as an example. Snow pea seedlings were sown in the same garden bed – just at different times in the moon cycle, one week apart. The first seedlings were **planted towards the end of the new moon phase (waxing) when the sap run was very high.** These plants took off in growth and within 2 weeks were well established with thick stems and healthy leaves. A week

after planting these seedlings, I sowed another punnet in between (*identified by pink tags—see picture next page*) on a root crop day. What happened to these plants? Very little! They grew no bigger than 15cm high, some died and others popped out one little pea as a last effort to reproduce. The first peas were prolific producers, with hundreds of flowers and a huge harvest of snow peas. Again, **the only difference was timing.** Why not try experimenting in your own garden?

How to Work with Nature's Moon Cycles for a Healthy Productive Garden—continued



HOW OLD IS MOON GARDENING?

Historically, people around the world in many different cultures and countries, have been **planting in harmony with moon cycles for thousands of years**. These practices developed when ancient gardeners had a lot of free time and **were more in tune with nature**. Their very survival depended on their ability to grow food successfully. No supermarkets, farmer's markets or technology distractions back then!

Instead, these gardeners **worked with nature, carefully observing the lunar patterns**. They adapted their gardening habits accordingly, so **crops stored better and timber lasted longer**.

Claudius Ptolemy (AD 85-165), a famous Roman astronomer wrote: "*Farmers take into account the aspects of the Moon when at Full, in order to direct the **setting of plants or***

sowing of seeds; and there is not an individual who considers these general precautions as impossible or improbable." Back then, working with the moon's phases was normal! Pliny the Elder (23–79 CE), a Roman historian recommended farmers **harvest their fruit at the full moon after absorbing moisture**. Why? They knew it **would weigh more**, so it would **store better** and they could sell it for a **greater profit**! Roman farmers **grafted and sowed** between new and full moon as **this stimulated the plants and grafts 'taking' successfully**. They also used this phase for **harvesting foods that were eaten fresh**.

The Romans used the **waning moon phase** to help **drying and curing**, to **prune, cut timber and harvest food like garlic that needed to be stored** for many months.

WHAT ABOUT SCIENCE?

Vera Rubin, an American Astronomer who pioneered work on galaxy rotation rates once said: "***Science progresses best when observations force us to alter our preconceptions.***"

There are many scientific papers involving the effect of the gravitational pull of the moon. One aspect scientists tend to agree on is that variations in sap flow and biological functions in plants, and subtle changes in the earth's electro-magnetic fields, correspond to the moon's gravitational pull.

From research studies undertaken between 1927-1935, Lili Kolisko established evidence of plant growth variations in harmony with the moon's synodic rhythm. Kolisko's work revealed vegetable, flower and cereal seeds **sown in the waxing phase 2 days prior to the full moon**, had enhanced germination, more flowers and stronger growth. These plants also

produced a **superior harvest** compared to seeds sown two days before the new moon. Dr. Frank Brown of Northwestern University conducted research over a ten-year period, keeping meticulous records of his results. He found **plants absorbed more water at the time of the full moon**. Even though Dr Brown conducted his experiments in a laboratory without direct contact from the moon, he found the plants were still influenced by it! In 1923, the researcher Elizabeth Semmens mentioned in 'Effect of Moonlight on the germination of Seeds' that mustard (*Sinapis spp.*) seed germination was strongly accelerated by the effect of moonlight.

"Reason; observation and experience; the holy trinity of science."

– Robert Green Ingersoll

If you are inclined to dig deeper, these resources are a starting point: Professor Ernst Zürcher - [Plants and the Moon: Traditions and Phenomena](#). In his study, he found that speed of germination, rate of germination, and average height and growth rate of seedlings showed better results and larger seedlings if the seeds were sown before the full moon. The phenomenon of lunar effect on patterns of seed germination and initial growth rate has been documented for numerous species. [Leaf movements of bean plants and lunar gravity](#).

[Farewell to the Internal Clock: A contribution in the field of chronobiology](#). (Book preview)

The wisdom of working with moon phases to grow a healthier garden has been hiding in plain sight!

How to Work with Nature's Moon Cycles for a Healthy Productive Garden—continued

MOON CALENDAR DEVELOPED BY AUSSIE FARMERS

Jean and Ray Scott, food farmers in far North Qld, first heard about moon gardening in the early 1970s from their Italian seedling supplier, who also divined water for their 10 acre farm. They found one field of lettuce would germinate quickly, be lush and ready for market, whilst another sowed at a different time, would bolt to seed and be wasted. Rather than taking a 'hit and miss' approach to sowing crops, they began planting by the moon and keeping detailed records of the results. Instead of taking losses, their crops thrived and they had more control over the quality and speed of seed germination. They went on to open a plant nursery, propagating thousands of cuttings in harmony with the moon's phases.

The Scotts used their own handwritten moon calendar until retiring in 1998 but kept the calendar for home use. Jean always knew it was valuable information and didn't want that lost, so in 2007 they created a laminated version that would help home gardeners follow the moon phases, as they had done for decades. It's a legacy to their years of work.

Their [Moon Calendar is available online](http://www.aussiegardenerscalendar.com) as a sustainable, buy-once, use forever perpetual model. I have been using this calendar for nearly 9 years, and have found it the easiest way to get into a monthly routine for

planting, fertilising, propagating and pruning. You can time your activities to take advantage of soil moisture and plant sap flow to maximise seed germination, yields, healthy plants and less pests. It's one of the most useful gardening tools I've ever discovered!

I hope these tips have helped enlighten you about the fascinating topic of moon gardening.

"Observation is a passive science, experimentation an active science."

- Claude Bernard, French Psychologist

Go forth and experiment in your garden!

November Moon Planting Dates:

1-3, 27-30: Dormant phase – prepare but don't plant.

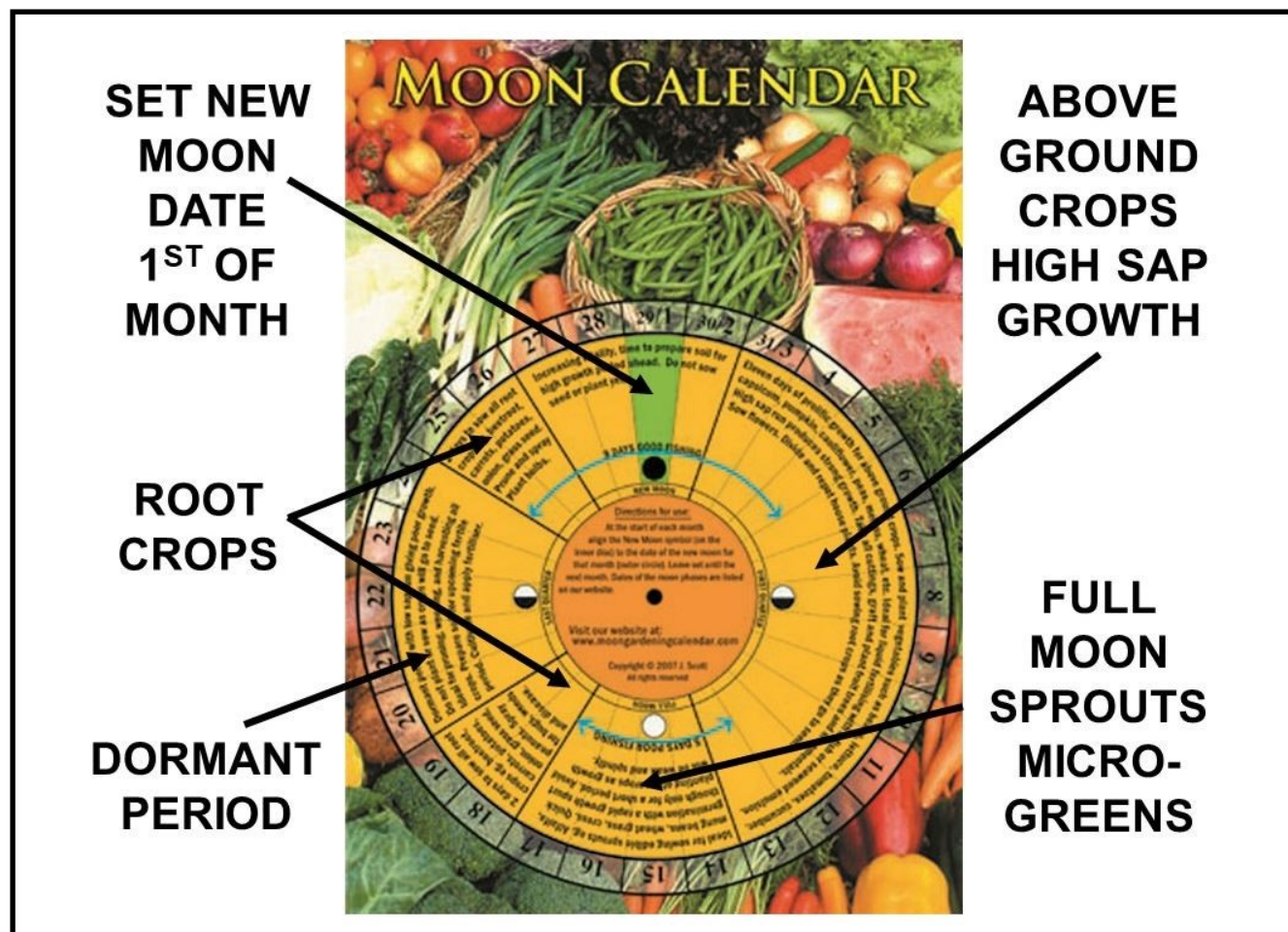
4-5, 25-26: Sow and harvest root crops.

10-20: Sow above ground crops.

Anne Gibson,

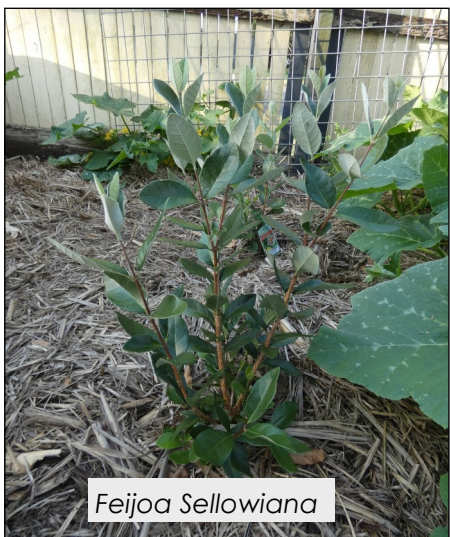
The MicroGardener

<https://themicrogardener.com/>



Garden Visit - Pal Juvancz

Pal is an avid gardener and has been a member or ROGI for a number of years. His front garden has recently been extended (using the no-dig method) to include a pumpkin vine, trellis with peas and snake beans, and he has planted 2 Feijoa Sellowianas and some chilli plants.



Feijoa Sellowiana



Pal has a small ground orchid collection, and would love some more!



Right: Pal thinks his banana trees are "Redlands Banana" - half the size of a ladyfinger. Last year he got around 60 bananas from his trees.

Rhonda suggested thinning them out to increase productivity—one fruiting, one half grown, and one baby(3 in total).



Gennaro suggested cutting this pawpaw tree back (pictured below) to the end of Winter growth. If not, the diseased pawpaws can be treated as per Plant Clinic notes on page 14.

Pineapples growing in a garden situated on the western side of the house. Pineapples take 2 years to flower, and are very hungry feeders. Liquid fertiliser and additional compost should be applied at regular intervals to boost plant growth and fruit size.



Garden Visit - Pal Juvancz (cont'd)



Pal asked for some suggestions re his corn—they are quite yellow. Corn is a heavy feeder that likes a lot of nutrient. Hill up to the bottom of the leaves so they don't fall over. They also love lots of water. Gennaro says you shouldn't grow any less than 30 at a time, as they are wind pollinated. Plant in a block, not in a row.



Malabar Spinach

Pal's back garden features many fruit trees, including a black mulberry (above), lychee, peach, nectarine, pawpaw, tropical apple, lemon, orange and passionfruit vine. His chickens are allowed to scratch in this area.

He also has a large vege patch, where he has successfully grown kale and cabbage over the Winter months.



Cherry Tomatoes were also productive over Winter

Tropical Apple, doing well. Fruiting as well as flowering (see right & below)



Garden Visit - Pal Juvancz (cont'd)



Pal grows edible greens in a wire-covered enclosure for his chickens in his fruit tree area. The chook pen is totally shaded by a massive flowering Star Jasmine vine, which keeps them sheltered all year round.



Linda gave each of Pal's 3 chicken's a wing clipping. It doesn't hurt them, and they were happily foraging straight after their "pruning". They will not be able to fly over fences or get into places they are not wanted!

Thank you, Pal for showing us your garden, and for your hospitality and enthusiasm.

Report and Photos by Ann Roffey

Recipe—Feta Cheese and Fresh Herb Loaf

I brought the other half of this to Pal's Garden Visit—the recipe was requested by several people, so here it is:

1 1/2 cups plain flour
3 teaspoons baking powder
3 eggs
1/3 cup olive oil
1/2 cup milk
200g feta cheese, crumbled
50-100g grated parmesan cheese
2-3 handfuls fresh herbs (basil, parsley, chives/garlic chives, spring onion tops) - chopped
Salt, pepper (*I only used pepper—enough salt in Feta*)



Preheat oven to 180°C. Grease and line a large loaf tin with baking paper.

In a large bowl, mix together the sifted flour and baking powder. In another bowl, whisk together the eggs, oil and milk. Season with salt and pepper.

Pour the egg mixture into the flour mixture and fold gently to combine. Stir in the feta, parmesan and fresh herbs.

Pour into the prepared tin and bake for about 40 minutes. Test with skewer. Allow to cool in the tin (for 5 minutes) before turning out.

Serve sliced with butter or cream cheese. (*I served it plain, it is moist and tasty enough without the extra calories!*)

Seed savers news

At our last meeting we learnt about legumes and the benefits of planting green manure crops. We also made our own paper pots (*right*). Using ROGI's seed-raising mix, we planted seeds and took them home to 'grow on' and plant, and hopefully save seed from!

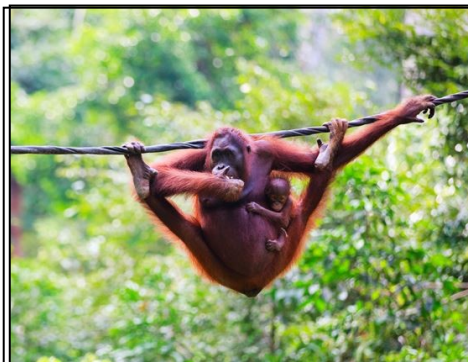


ROGI Seed Savers now have FIRST FLEET LETTUCE SEEDS available for members at the Plant Table. This Cos Lettuce (*pictured left*), is a non-hearting variety which is easy to grow, heat tolerant and very pest resistant.

The Seed Savers Group meets bi-monthly at Linda Brennan's house in Capalaba. The topic for our next meeting is "Saving for next Spring. Storing the best for future Crops". We'll be learning how to identify and select the best seeds, and provide safe storage of them over time.

Our next meeting will be
7 - 8.30pm Tuesday 20 November

All welcome! Any ROGI member may join this group, which is a free service to members. See Janet or Sharr at the Seed Bank & Plant Table at the ROGI meeting for more details.



Experience the botanical delights of Borneo

We are planning (hoping) to visit Borneo next year, again, and see many of the same things we saw five years ago. Yes! It was *that* good! Too good not to share, in fact.

We toured with Ross Garden Tours and our tour leader was Libby Cameron, who is a horticulturist. It was well-organised and geared to gardeners and growers of food.

A highlight was the visit to the private garden (yes, a garden visit in Borneo!) of the family that owns the tour company *Exotic Borneo*. Martin is a botanist, so he was interesting to talk with. We have possum problems, he has monkey problems in his productive gardens!

Have a look at the last tour they did, and see if you'd like to come along too. <http://www.rosstours.com/sabah>
Get in touch with us to discuss it, and even look at photos.

Ian and Jill Nixon 0418 717735



A celebration of the year we have had together and to include a look back over the last 10 years of ROGI.

Organic Christmas Feast

On offer is a *locally sourced* organic feast—buffet style serving, with nibbles, drinks and desserts.

Wednesday 12 December
6.15 for 7pm start

RSVP Email events@rogi.com by 5/12/18 or sign up at the next meeting if you want to come. No walk-ins.

Please bring:

- * Your own **dinner plate, bowl, glass, cup, and cutlery, in a bag** (take home to wash).
- * A **donation** to the Salvo's Christmas appeal of non-perishable goods.
- * **One hand tool** (with your name on it) to be sharpened for free, for members only—a gift from ROGI.

Please note there will be no stalls on this night—no seed bank, plants or selling.

Help is always welcome—with setting up, preparing food, bringing a dessert (ROGI will reimburse for ingredients) or growing herbs, flowers or vegetables. See Sharr at the November meeting or drop an email to events@rogi.com to offer help.

Salvos Christmas Hamper Suggestions:

- 1 litre long life milk
- 1 litre long life custard
- 375g Weetbix or similar cereal
- 500g family assorted biscuits
- 1 kg rice
- 1 litre fruit juice
- 825g tinned fruit
- 500g pasta
- 500g pasta sauce
- 3/5 pack instant 2 minute noodles
- **100g teabags (approx. 50 teabags)***
- **100g coffee (either instant or flavoured coffee satchets)***
- 1 pkt potato chips, corn chips, Pringles or pretzels
- 500g baked beans or spaghetti (or 3 pack of smaller tins)
- 400g tin salad item (eg. peas/corn/beetroot)
- 1 fruit cake/Christmas pudding
- **200 Jam or spread (vegemite, peanut butter, honey, Nutella)***
- 1 large bag confectionery
- Christmas bonbons
- Christmas napkins
- Gift for young male

***heavy demand**



Garden Visits

Saturday 24 November—Karina Lay's acreage property at Redland Bay

As always, space is limited, so book early. Please see Kathy at the next meeting or phone or email her (see below).

Our Garden Visit calendar is full for 2018, and we're planning for 2019. If you'd like to put your garden on the schedule, please get in touch with Kathy Petrik on 0468434791 or email her at kathypetrik@tpg.com.au (Toni is away).

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

Plant of the month

Liquorice Herb *Hierbe de Anise* *Sweet. Irish Lace. Tagetes Filifolia*

If you like Liquorice the lolly, you will love this plant of the month! This herb is as sweet as Stevia, with a beautiful strong floral Liquorice Allsort flavour.

The bonus to this lolly tasting plant is that Mother Nature made it with no artificial colours, flavours or calories, and it is gluten free and gelatine free.

I love to walk around the garden just chewing on a few leaves while I work (the flowers and stems are also edible). I have taken the herb into my kitchen many times and made many things with it –hot teas, cold teas (both sugar free), raw bliss balls, sweet coconut rice, and a cordial that I then added to the soda stream.

Liquorice herb is a relative of the common Marigold, and it grows just as easily as it.

It has a frilly, lace- like appearance, and produces small white flowers in Autumn. It grows as a low mound to 30 cm high, with a spread of 30 cm.

Liquorice Herb likes to grow in any good garden soil, and a good watering during dry hot weather should keep it happy.

The best thing you can do to keep Liquorice Herb looking good is to trim it (eat , cook, and create), and to dead-head regularly as it self-seeds easily.

At the last seed and plant stall for the year we will have plants for sale -\$2-\$3 each.

Sharr Ellison



Sharr liquorice sticky rice

500 g glutinous rice, soaked in water overnight (or use sushi rice or jasmine rice)
400 ml coconut milk
2 long sprigs of Liquorice herb, chopped
½ tsp sea salt
200 g caster sugar or 135 g Rapadura sugar
1 tbsp low flavoured oil (eg. rice bran, light olive oil)
4 large banana leaves, cut into 20 cm x 30 cm rectangles

Strain the rice and place it in a hot saucepan. Stir in the coconut milk, liquorice herb, salt and sugar. Bring to a simmer and cook for 4-6 minutes, or until the coconut milk has been absorbed and the rice is thick and sticky. Stir in the oil, then transfer the mixture to a tray and cool for 5-10 minutes.

Soften the banana leaves, either waving over a gas stove or in a hot frying pan. Lay a banana leaf on the bench. Place 1 heaped tbsp of the cooled rice in the centre of the leaf. Now fold the sides of the leaves over, as you would a parcel.

Repeat with the remaining banana leaves and rice. If you have softened the leaves properly, you won't need to use anything extra to secure the parcels.

Half-fill a large steamer, wok or saucepan with water and bring to a rapid boil over high heat. Place the parcels in your steamer basket, seam side down, and set it over the pan of water. Steam for 30 minutes.

Plant Clinic

We had only a couple of queries at our meeting in October, and one of them was answered and demonstrated very clearly on "Gardening Australia" last week.

This was the ongoing problem of **black spots on pawpaw fruit and leaves.**

The advice given was:

Hygiene: clean up/remove all affected leaves, stems, fruit as the fungal spores will lie about ready to re-infect new growth.

Double spray—first with wettable sulphur before temperatures get too hot, then with Copper Hydroxide.

Fruit picked early enough will ripen and be useable if there are not too many spots, but later other diseases will add on.



Keep trees well mulched, healthy and watered.

A photograph of a "Plant Clinic" form. The form has the following handwritten entries: "Name of plant: Gardenia", "Part/s of plant: leaf (youngish)", "Problem: Bright yellow", and "What solutions have you tried?". There is a small dried leaf sample attached to the form. The form also has fields for "Name:" and "Ph:". A logo for "ROGI" is visible in the top right corner of the form.

Next we were given one bright yellow gardenia leaf to see what was wrong with it. This is a common sight with older leaves on these plants, especially if drainage is poor, pH is too high, there is a magnesium deficiency or perhaps an iron deficiency.

The poor drainage and incorrect pH will lead to the deficiency problems.

With the entire leaf being yellow and no green veins present it is more likely lacking magnesium, so try using Epsom salts and correcting drainage and pH.

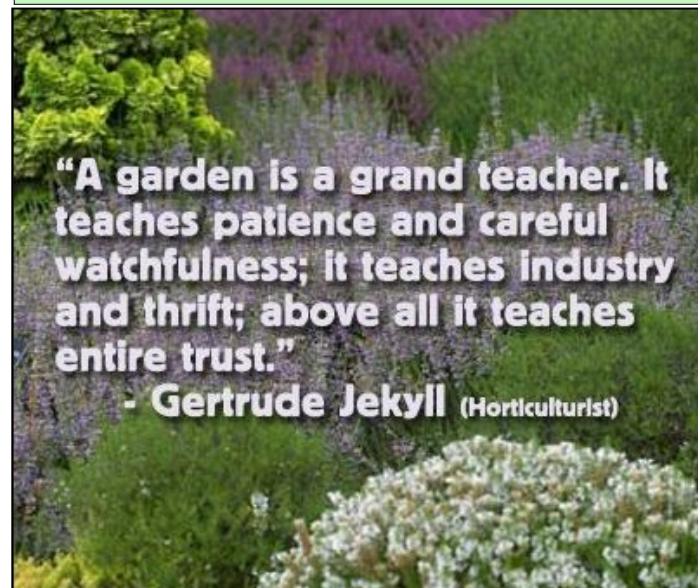
Plant Clinic is managed and reported by Chris McIvor

PLANT CLINIC

If you have an odd-looking pest, think 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 - 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 (just inside the door to the main hall) before the meeting starts.

Someone will have a look and may be able to answer your questions. Any solutions will be given to you on the night and published on this page. Please be aware that, although we do our best, there may not be anyone present who can solve your problem or identify your plant, especially if it is not related to organic gardening.



Garden Events in November

The Giving Garden at 5 Carlton Court, Birkdale
Open Sat 17 and Sun 18 November from 8.30am—4pm.



Ian and Judy Wintle generously open their beautiful one acre sub-tropical garden each year to the public. **Entry is \$5-00** (please note—**cash only**, there will be no Eftpos or credit cards).

"After raising round about \$60,000 for charity through our previous openings, we thought this year would be a good idea to help our son who is a paraplegic compete in his last 'Disabled World Water Ski Championships' which are going to be held in Norway 2019."

Plants are for sale, many of them rare. **Please bring your own bags and boxes.**

Fruit trees will also be for sale, as well as cards and wildlife photos.

There will be no catering or a toilet available (but there is a toilet within walking distance at a nearby service station).

Tropical Foliage Festival 2018
1485 Old Cleveland Road, Belmont
Sat 24 and Sun 25 November (see times below)

The International Cordyline Society's Tropical Foliage Festival 2018

Saturday 24th November 8am to 3pm

Sunday 25th November 9am to 2pm

New Venue

Bigger & Better

The Belmont Shooting Complex

1485 Old Cleveland Road. Belmont

..... just follow the signs



Featuring:

Rare plant auction Saturday morning

Guest speakers Saturday

Monster plant raffle

Plant display

We have organised an incredible variety of tropical foliage plants including New release , rare plants and old favourites, offering the best quality cordylines, bromeliads, gingers , costas, heliconias , orchids , palms and much more.

Experienced growers and garden experts on hand to answer your questions.

The event will be fully catered.

Admission – Adults \$3.00 Children Free

Free Parking

EFTPOS available

For more information contact

The International Cordyline Society Secretary – secretary@cordyline.org

Or Pam O'Neill – PO Box 5309, Algester Qld 4115 – Ph 0409 494149

This promises to be an interesting expo if you're interested in the future of cars. More info at: <https://evfest.aeva.asn.au/queensland-ev-2018>

electric vehicle

EXPO & CONVENTION



NOVEMBER 9 AND 10, 2018
BRISBANE CONVENTION AND ENTERTAINMENT CENTRE

PRESENTED BY
AUSTRALIAN ELECTRIC VEHICLE ASSOCIATION

- ▶ THE CARS
- ▶ THE QUESTIONS
- ▶ REQUIREMENTS
- ▶ CONVERSIONS
- ▶ DISCUSSIONS

THE purpose

PROVIDING INFORMATION ON

GOVERNMENT INITIATIVES
MANUFACTURERS AND THE TRADE SECTOR
HEALTH BENEFITS



CHARGING OPTIONS

NETWORKING FOR INDUSTRY PROFESSIONALS
TRADE DISPLAYS
INCREASING AWARENESS OF THE SUPPORT INDUSTRY
HELP TO MAKE INFORMED DECISIONS

For the latest information go to:
<http://www.aeva.asn.au>

Pest Control Recipes

MAKE YOUR OWN FRUIT FLY TRAPS

(Thanks to A&H Gugger—Mary Valley Orchards)

To make 4 traps, you will need:

4 x 2-litre clear juice containers with 4 x 6mm holes drilled (or burned) around them about 1/4 from the top. This is to give access to the fruit flies.

2 litres water

300gm sugar (any type, even molasses)

40ml cloudy ammonia

5ml vanilla essence

Mix the ingredients together and divide between the 4 bottles. Hang them from trees in your garden. They will give you an indication of the presence of fruit flies in your garden.

MAKE YOUR OWN WHITE OIL SPRAY

You will need:

4 parts of oil—any old food oil will do: used frying oil is fine, strain well

1 part Sunlight (or similar) pure soap liquid

1 litre spray bottle

Put oil and soap liquid into container and shake well. This concentrate can be stored in a cool spot for years.

When you are ready to use it, shake it well again, then put 15ml (1 tablespoon) of the mixture into a spray bottle with one litre of water. Shake well and use within a few hours.

Use to suffocate mites, scale and other soft bodied insects. It helps to repel leaf miner moths and is sometimes effective against grasshoppers. Avoid using on plants with hairy leaves and during very hot weather.

Seed bank news

Plant your own seed

... at the next ROGI meeting

We'll supply a container to sow the seed in, ROGI seed-raising mix and the seeds.

At home, you need to:

- keep the mixture moist
- keep pots in a protected well-lit, shaded spot
- harden off new seedlings by gradually increasing their exposure to sun and heat
- water with weak Seasol solution or worm liquid when the second set of leaves appears (the first 'true' leaves)
- transplant into a larger pot or the garden

The seeds this month will be ...

various seeds saved through the seed savers' group including First Fleet Lettuce.

Seed savers' group

Next session is 20 November - see page 12 for details. More info at the seed bank and plants table at the ROGI meeting.

Our **seed-raising mix** works well.

You can purchase some for your own use. We put it in used yogurt or ice cream containers.

Fifty cents a litre.

We can offer such good prices as we source well and we are not-for-profit.

Special Offer

For every five seed packs you buy, you'll receive one litre of ROGI seed-raising mix to sow them in.

Please **return seedling pots and punnets** to the seed



bank to be reused – especially the 4-cell ones like these.

Other clean used pots—small sizes up to 120 mm diameter.

Square pots like these are good too.



Bigger pots, such as those you get through ROGI Rewards, can be put on the swap/share/ giveaway table in the foyer. See page 19.

This seed sowing 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.

Seed Sowing Guide

November

Asparagus
Beans - snake, Lab Lab, Pigeon Pea, Madagascar.
Beetroot
Capsicum/Chilli
Carrot
Choko
Cucumber
Eggplant
Jerusalem artichoke
Lettuce
Okra
Pumpkin
Radish
Rockmelon
Rosella
Silver beet
Squash
Sweet corn
Sweet potato
Tomato
Watermelon
Zucchini

December

Asparagus
Beans—snake, Madagascar, Lablab, soy, pigeon pea
Beetroot
Capsicum/Chilli
Carrot
Choko
Cucumber
Eggplant
Jicama
Lettuce
Melon—Honey, Rock, Water
Okra
Pumpkin
Radish
Rockmelon
Rosella
Silverbeet; other leafy greens
Squash
Sunflower
Sweet Corn
Sweet Potato
Tomato
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 all ROGI meetings and Garden Visits.

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

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

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

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

ROGI Rewards

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

Members' Sales

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

FREE swap/share/give-away

(This is for members only)

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

Remember to bring bags/boxes/baskets to take home everything that you buy, win or pick up for nothing.

Green Tomatoes

Early in the season we prepared the spot where our dwarf lemon would be planted out. As normally happens some tomatoes came up from the compost we had added and we decided to let the 2 strongest grow until it was time to plant the lemon out.

When that time came the tomatoes were almost finished but we still had a crop of green tomatoes to harvest. Not being someone to waste produce I decided to resort to the internet for recipes to use up the green tomatoes. I did not want to get involved with anything that required a lot of work so we chose 3 recipes from the website thespruceeats.com and were pleasantly surprised.

The **classic fried green tomatoes** are coated in cornmeal and are delicious for breakfast with bubble and squeak. The **green tomato quick bread** with cream cheese icing is truly delicious, and the **green tomato cake** with nuts was also very moreish.

Next time you have a crop of green tomatoes give this website a thought. There are lots of other recipes besides the ones we chose.

Garry and Sophie

<https://www.thespruceeats.com/search?q=green+tomato>

Classic Fried Green Tomatoes



We'd like to hear from you.

For example, send us:

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

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

December Newsletter Deadline

Please send your contributions to the newsletter editor by 30 November

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



This is how it works:

- Get a My IGA Card at the Cleveland store
- Register online
- Tick ROGI as the community group you wish to support

Then, every time you shop in the store and use your card, not only do you receive discounts, but you also help to raise funds for ROGI, which we use to benefit our members.

Did you know?

You can go online www.rogi.com.au/resources.php and read every edition of ROGI News since September 2014.

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

Other gardening groups using organic methods

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

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

Oaklands Street Community Garden—Wed & Friday 9 - noon, Sunday 2- 5pm. Oaklands St, Alexandra Hills. 0419987870

Hive parking for native bees

We are always interested in keeping our native stingless bees in other people's backyards. We need new spots for the coming season.

Here are some requirements:

- suburban acreage
- south, east and south-west side of Brisbane and also south of Brisbane along the coast to say Ballina.
- the site needs to be safe, secure, tamper-proof, shady and accessible.

We would like to keep at least 12 colonies at each site. Please get in touch if you think this is possible for your place or you know someone who would be able to help.

Some ROGI members are already happy hosts to our bees (talk with Margaret Sear or Ann Roffey).

We do not pay an agistment fee; the benefit to you is that you enjoy the pollination services provided by our bees.

*Russell and Janine Zabel
Keepers of Australian
Stingless Native Bees*

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