

Next meeting: Wednesday 14th September 2016

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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A stunning blossom of Queen Anne's Lace. Along with similar flowers—eg fennel, parsley, dill and coriander—it attracts beneficial insects into your garden. Seedlings available from seed bank now.

Thoughts from the potting shed

I have just harvested my very own potatoes and given away my extra broccoli and parsley ... so excuse me if I boast a bit! Not very exciting to those ROGI kindred spirits who have been doing it for years - but quite a milestone in my gardening journey.

Gardening should be in my blood. (Dad was a great gardener and a Fellow of the Royal Horticultural Society). But genetics unfortunately is not a passport for success.

Far from it. After decades trying to grow things in three countries (UK, Canada and Australia) with very limited success, it's only since my time with ROGI that I have finally started to see results.

Probably it's because I'm finally listening to the great advice from our local gardening gurus. My take-away from this is: learn to work around our individual garden challenges.

Being on small acreage and a member of the Land for Wildlife and Koala Conservation programs, I found my challenge was keeping the fruit and veg out of bounds from the possums, wallabies and birds – rather than providing a tasty supper.

Capalaba's heavy soil was also a serious 'bridge too far' – and not likely to

result in much of a harvest without serious, time-consuming Improvement.

My gardening solution was to start small. Build raised garden beds; fill them with organic layered mix; protect them with a frame and netting; and use containers to grow trees and larger things.

As your new president, I'm not likely to be the first 'go to' person for gardening advice.

The ROGI strength is that collectively we have many experts willing to share their knowledge, good humour – and legendary

culinary skills.

I hope, like me, you'll take full advantage of the great knowledge bank, learning and social opportunities ROGI has on offer.

In closing, a very big thank you to the 2015-16 ROGI Committee under the leadership of Jill Nixon for their great work. It will be a very hard act to follow.

Good gardening

Kathy



Coming Events

| | | |
|--|-----------------|--|
| Sept | Sun 11 | Green Heart Fair, Carindale See p 9 |
| | Wed 14 | ROGI meeting |
| | Fri 16 - Sun 25 | Carnival of Flowers, Toowoomba |
| | Sun 18 | Garden Makeover * See p 10 |
| | Sun 25 | Garden Visit * See p 16 |
| Oct | Tues 4 | Herb Society Meeting |
| | Thurs 6 | BOGI Meeting |
| | Wed 12 | ROGI Meeting |
| | Sun 23 | Garden Visit * See p 16 |
| * Book with Margaret Sear 0418100173 secretary@rogi.com.au while Toni is out of the country | | |

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

| Member Category | Annual Fee for Renewal | 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

September Meeting

Urban Farming with Green Dean

Dean will share his urban farming experiences, and his impressions of the Seoul Urban Agriculture Conference in Korea in May.

Urban Farming is a relatively new term, although the practice has been around since humans first began domesticating plants and animals.

Urban Farming refers to growing and producing your own food, keeping animals, and a variety of other practices in an urban environment, which we usually consider done only on farms.

Urban Farming brings food-growing back into the cities and towns, where traditionally it has always been in sustainable societies.

Carina-based Dean supports homes and communities with education, design and consulting on urban farming, permaculture and food sustainability. While he comes from a rural farming background, he now strongly focuses on urban farming.

Dean founded and runs several related local, national and international groups and projects, and is a popular and passionate presenter at expos, events and workshops. He also supports national and international followers through Facebook groups and his blog.

Dean is the founder of:

- SEQUF (SE Qld Urban Farmers)
- AUFF (Australian Urban Farming Family)
- WUFF (World Urban Farming Family)
- UFIA (Urban Farming for Income Australia)
- HOGPUFF (Hastings Organic Gardening, Permaculture & Urban Farming Friends) in NSW
- Green Dean's Crop Swaps
- The KFC Project
- Co-founder of WUFD (World Urban Farmers Day - May 22)

Shane Gishford will be selling fruit and vegetables as usual. See p 18. Remember to bring your own bags.



Karragarra Is Field Trip by Mary Irmer

Imagine gardening with no possums, turkeys or foxes! It makes Karragarra sound like a gardener's paradise. Not only is it beautiful and peaceful (think we saw two cars drive by while there) but there is a thriving community garden in front of the rural fire brigade building.

After a very enthusiastic meeting (there are only about 160 permanent residents), the garden was started in October last year - hard to believe after viewing what has been accomplished in such a short time. The island is the smallest of the South Morton Bay Islands. It was a gloriously sunny winter day when ROGI visited the island.



View of Karragarra Island from the jetty.



Ferry leaving the island for the mainland.

We were met at the jetty by Shirley who drove some of us to the community garden while most enjoyed the walk.

Right: Pretty flowers on the footpath near the jetty



Below: Mangrove flower seen on the stroll to the garden



View of the thriving garden from the road.

The raised garden beds are made from recycled materials. The garden is next to the transfer station so recyclable, reusable or repurposed items are readily available. The creativity and ingenuity of the gardeners showed in how they had used available materials. There were two more raised gardens behind those made out of wood and metal and between each was an arch span made from reinforcing steel - creating strong climbing frames for plants such as peas and tomatoes.

Right: Clever reminder sign made from a garden glove

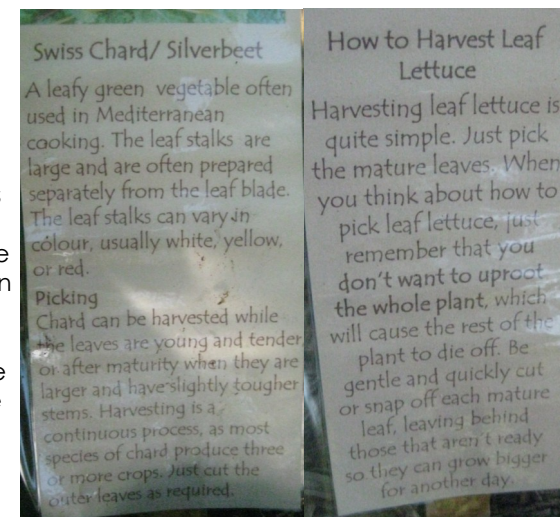


Above & below: arches and raised garden beds



There was a wide variety of plants growing in the gardens with laminated information sheets about each plant, its uses and when and how to harvest.

All island residents are welcome to work in the garden and take produce from the garden.



Karragarra Island Field Trip—continued



A mixture of plants growing happily together illustrating the benefits of biodiversity.



Above: Some protection of seedlings is necessary as kookaburras sometimes dig them out when looking for cut worm grubs.

Right: Sheer covers to protect the cabbage from cabbage white butterfly



ROGI members surrounded by thriving vegetables



Clever planning and construction in progress using recycled materials

Right: a very healthy and productive tomato plant. It was grown by a cutting rather than from seed



Right: A garden bed in the making. Cardboard is covered with mulch and framed with logs or rope washed up on shore or anything available.



Right: Another garden in the early stages.



Below: If you've ever had trouble finding your garden tools such as clippers, trowels, gloves, labels, pen etc these pretty and ingenious repurposed old letter boxes are a great way to house them for easy retrieval.



Karragarra Island Field Trip—continued

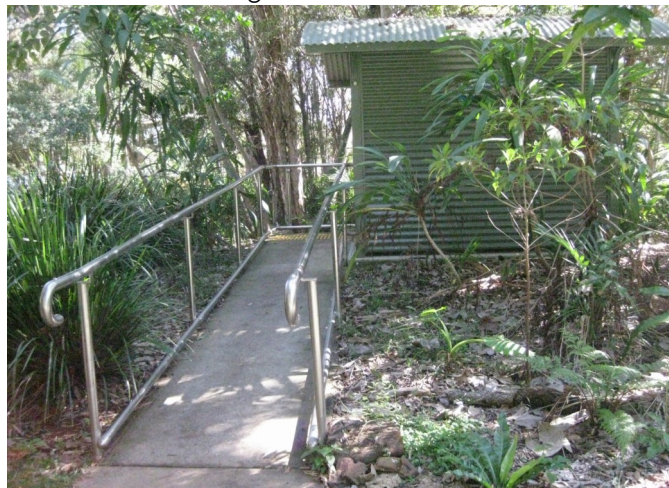


Here's a dilemma—a bird is nesting in the pile of soil!

Right: A raised garden made from an old tank with irrigation pipe around the top as protection from the sharp edge. A tepee has been made from bamboo to support the tomato plant.



The rural fire brigade building - there is a meeting room and kitchen on the right side.



The toilet block is sited in a rather picturesque setting. This capacious building holds one wheelchair-accessible toilet. The room is decorated with numerous pots and vases of flowers. Worth a visit, even if you don't need to.

Top right: This is how high the beds are—to minimise bending.

Others right Future beds under construction.



Lamb Is Field Trip by Mary Irmer

At Lamb Island, ROGI members walked along the main road from the ferry admiring the flowers and trees along the way. Many of the flowers such as crucifix orchids are edible, tasting a little like watermelon.

We were met near the recreation club by Simone Jelley from *Pretty Produce* and Juergen Rehwinkel from *Heliconia Heaven*.

Simone has been farming this beautiful 3 acre block of land since April. The land has the rich red volcanic soil that the Redlands is famous for - and which is pH neutral. It is only five minutes away from her *Pretty Produce* farm on Macleay Island.

It is evident as Simone talks that she is passionate about sustainable farming and growing and researching what is edible as well as the best methods for improving the soil and developing nutritional food all year round. She is soon to be awarded the *National Delicious Produce Award* for her research and work in producing food that is not only good to eat but attractive to look at. As she says we eat with our eyes as well.

She spoke about kitchen gardens and urban growing in the states where people access local food and networks, and about the growing popularity of eateries such as *Wild Canary* that use home-grown garden produce.

She has had problems along the way and is keen to share ideas as well as learn from others.

- Roma tomatoes were grown on the land she is now farming and there have been consequent problems with tomato wilt.
- Cockatoos, corellas and ducks have caused some damage to crops as well.
- The main challenge is to maintain the supply of produce in adverse conditions over the different seasons. Growing tough edible weeds and native plants that can withstand the local conditions is one way of sustaining continuity.



Rows of different plants have been cultivated for their flowers or leaves.



Weeds such as wild thyme are encouraged to provide a healthy biodiversity and edible ones can be repurposed by marketing them such as wild body fennel which looks like fennel but is an invasive weed. Penny royal can be a parsley alternative.



Colourful snapdragons can be opened to sit on the edge of a glass.



The leaves of amaranth are hardy and colourful.



Right: close up



Simone is experimenting with the use of plastic to improve the moisture retention of the soil. With the sugarcane mulch she has been using, the plants can become water stressed while those under plastic survive on half the water.

Lamb Is Field Trip

A visitor was excited to see a plant used back home in China in omelets. She had not been able to access it here in Australia. It is Shepherds Purse (*Capsella bursa*) and is classified as a weed. It will be in your garden for sure!



Simone has also found an edible weed (chick weed) that has seed heads in the shape of small delicate hearts. So before ripping those weeds out it pays to do some research!

Right: Pretty and hardy dianthus (aka Pink, Sweet William and Carnation) flowers – the sweet petals are edible.



Left: Ginger and turmeric are grown in the morning shade.



Pretty Produce!

Keeping plants growing healthy is a challenge. The right balance of water has to be maintained and ants, aphids, white rust and various insects can cause damage and need to be treated quickly and organically.



There is always plenty of work to do on the farm and many plants are propagated to plant out.



Looking down the hill from where we had lunch - the title 'pretty produce' seems very apt.



This is resting in a vertical pipe - ready, perhaps, in case a visitor is overcome by the urge to do some weeding?

We'll have a stall at Green Heart Fair this year. This is something new for ROGI and is being managed by Gennaro who thought it would be the perfect opportunity to let Brisbanites who live near the Redlands know that ROGI exists

The stall will be similar to what we do at the Redlands Good Gardening Expo. As well as giving out information about ROGI in particular and gardening in general, we'll have seedlings and seeds for sale.

Our free family eco-activity will involve sowing seeds in pots made from newspaper to grow at home. It's always a great day at the Fair, so go along if you possibly can ... pop in and say 'hello'.



FREE FUN FAMILY DAY OUT!

GREEN HEART FAIR

SUSTAINABILITY DISPLAYS ♥ ENTERTAINMENT ♥ ACTIVITIES ♥ MARKETS

Octonauts Deep Sea Adventure Live Stage Show
Live music: Anonymous Heroes, West Texas Crude & Pat Tierney
Cooking demonstrations by MKR's Alex and Gareth & Nelly and JP
FOOD TRUCKS, ALL DAY Q&A'S & HANDS ON WORKSHOPS
Free all day kid's activities and entertainment

SUNDAY 11 SEPTEMBER 2016 8AM-2PM

CARINDALE RECREATION RESERVE
CADOGAN STREET AND BEDIVERE STREET, CARINDALE

Travel green! Show your Green Heart and come by bus, bike or on foot.
Visit www.brisbane.qld.gov.au/greenheart for bus and bike info.



Brisbane BILLYCART CHAMPIONSHIPS

BACK AGAIN!
The Brisbane Billycart Championships will be taking place at the Green Heart Fair this year. Register now!

FREE native plants*
from 9.30am
Bring your own carry bag
* Limited number of plants available

BYO water bottle
and refill for FREE at our Hydration Station!

FREE sustainability advice

- ♥ Green living, gardening, waste and recycling
- ♥ Grow your own veggies ♥ Wildlife displays
- ♥ Kids' eco-activities ♥ Bike paths and transport ♥
- Waterways health and weeds ♥ Fashion ♥ Health and beauty

COME, JOIN IN AND MEET



Nelly & JP
MKR



Jack Wilson Stone
Bee One Third



Bill McDonald
7 News



Live for Less
Marquee
All day Q&A's



Annette McFarlane
Gardening Australia

PLUS HEAPS MORE!

- ♥ Personalities from MKR
- ♥ BrisStyle Artisan Markets
- ♥ Little Kickers + Brisbane Paralympic Football Program
- ♥ Meet sustainability experts
- ♥ Brisbane City Council Bus – get behind the wheel

Major Sponsors



#teambne
#greenheartfair



Garden Makeover Workshop

Sunday 18 September from 1pm
Bryce and Wendy Stanway

Linda Brennan from Ecobotanica will be leading the makeover workshop, as she has done for the last three years.

Linda has already helped Bryce to convert his garden to a four-crop and four-bed system in preparation for the day.

We will be learning about, and creating, a four-crop rotation plan for Bryce's organic vegetable garden and one for participants' own gardens as well.

As you may know, crop rotation in a manner suitable for Queensland helps to increase soil fertility and microbial activity, while reducing pests and diseases.

We will also be learning about and planting companion plants in his vegetable garden. These are perfect for increasing pollination and reducing pest numbers, thus reducing sprays.

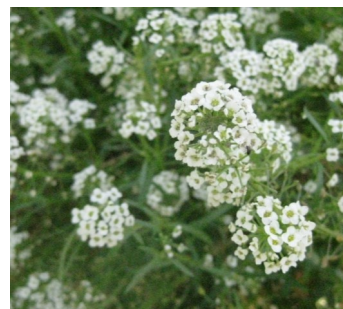
Linda has planned a fun afternoon of quizzes, prizes, planting and planning. Please do join us. Contact Margaret Sear 0418100173 secretary@rogi.com.au (Margaret is taking bookings while Toni is on holidays)

Donations for Bryce's garden. On the day we will plant companion plants. Do you have cuttings, plants or seeds of the following you would like to donate to his garden? Extras will be shared amongst participants to take home.

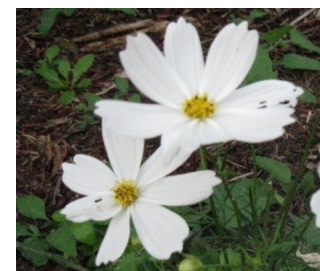
Our wish list:
Alyssum
Queen Anne's Lace
Lavender (plants only)
Parsley
Thyme
Basil
Cassava

Climbing bean seeds
Edible flower plants or seeds

Other herb plants suitable for companions that you use in your garden eg chamomile, chives, garlic, tansy, rue, etc or these pictured here ...



Above: Fruity sage and Alyssum
Below: Lavender and Cat's Whiskers



Left, Top-Bottom:
Cosmos
Lemon Balm
Queen Anne's Lace
Cassava
Borage



Right, Top-Bottom:
Heartsease Viola
Chicory
Thai Basil
Blue Salvia

Centre: Chives



Northey Street City Farm Tour

Margaret Sear and I did a farm tour of Northey Street City Farm. The four hectare farm commenced in April 1994 on the corner of Northey St & Victoria St, Windsor, Brisbane on the banks of Brisbane's Breakfast Creek.

The farm tours are conducted each Tuesday morning at 9.30 - well after peak hour traffic and parking is easy. We entered the farm past a tall stand of clumping bamboo and past two obviously well-used cob ovens.

The farm is built using permaculture principles, so the central area incorporates the open kitchen, eating and teaching areas surrounded by demonstration sites of kitchen gardens – built with conventional

styles, raised beds and also wicking beds. These beds were planted up with mainly picking greens and some brassicas, and the wicking beds had taro in them. The kitchen and raised decking is surrounded by mature mango trees. Our guide highlighted that this area is frequently flooded and the old houses that were in the area were moved or demolished following the 1974 floods. The mango trees—estimated to be about 100 years old—show areas where back yards of established homes once were. On one mango, flood water height markers designate the history of Brisbane floods 1974-2016, with 1974 being the worst.

Under this tree, we met the delightful Bob who runs 'Earth Arts' – showing us, and all the playgroup members, how art can be created using free resources from the earth and items usually thrown away. The day of our visit was also playgroup day with Mums and toddlers playing happily under the big mango trees. At the end of the tour he had made popcorn for playgroup with one of his small earthen fire pits. Bob explained that he sometimes has children as old as ten years that have never seen an

open fire. He regularly runs workshops.

Further on our tour we saw stingless native and European bee hives and chicken runs. The chickens are mainly kept for school groups so the kids can see them and collect eggs. Throughout the demonstration area of the garden are fruiting trees and bush tucker trees.

The Community Farm has been doing restoration work to the banks of Breakfast Creek and this project has created a beautiful walk along the creek that continues on to join a track of over eight kilometres that links to Red Hill. The short area of the track we saw showed the effect of the May 2016 flooding, with much of the undergrowth washed away; however some bigger trees were obviously well established. Further along the creek bank, larger trees grow to protect the gardens from south-westerly winds, creating a sun trap on the northern face for growing.

We saw very healthy citrus, pomegranates, tropical apples, sapotes, guava, finger limes and a few trees that no-one could name.

The composting processes are remarkable - about 40m³ of organic-

ally-certified compost is generated each year. For ongoing certification, the farm must show that each batch has reached required temperature (from memory 70°) for three consecutive days. The photos show compost preparation, and tumblers they use – moving (rolling) once a week, luckily on the day we were there! (There is also a large worm farm in another sector of the farm -the vermicast is used in the nursery)

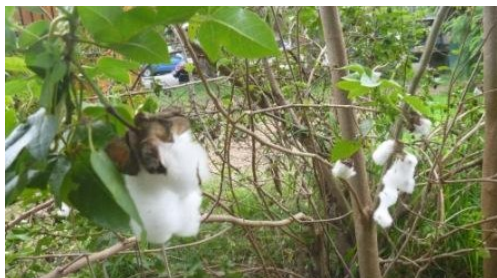


Below: old hinged compost bays



Northey St City Farm Tour continued

An education area - a large mosaic circle and seating - has been built for school groups. Nearby are wild cotton bushes bursting fluffy white 'cotton', and sugarcane, so children can see where these natural resources come from.



There are garden allotments and farm members can rent an area for their own food production.

An area that once had thriving banana circles is being developed into a food forest – the bananas have been moved. This is very much in development at this stage. Near this is the cabinet timber forest—including red cedar and clumping bamboo stands with harvested bamboo poles drying among the trees. Someone with vast knowledge has advised and



Old banana circle - now water collection area

managed this area for many years and the trees have recently had lower branches removed and the area looks healthy. It is expected that in about 15 years some trees will be removed for their timber. An open area near the forest has a large fire pit used by the community for events such as a Winter Solstice bonfire.

As we traversed the large site, we made our way back to the hub of the garden showing the offices which have been built on stilts to ensure they are free from 100 year flood levels. Built with passive solar design, this has eaves that completely shade the walls in summer and allow the lower winter sun to heat the building.

The walls have air vents to draw cool air through the wall and up through vents near the roof. In winter these vents can be closed. The area under the building is used for education and this shaded space has been extended with an earth-planted roof which insulates the area below.

Water tanks with excess water-runoff into small ponds, and solar



Passive solar office above flood height

panels are obvious in the planning of the buildings.

The area around the office shows what can be achieved in small garden and container plantings. Wild raspberries were flowering profusely and fruiting. Many herbs were in this area. People were working and, on asking, we were advised that Tuesday to Thursday there are 40 volunteers a day working in crews with a team supervisor. They're all given a cooked lunch from the farm kitchen.

This farm has been developed for people to enjoy and participate in using the principles of permaculture. It is also a demonstration site where people of all ages can learn through practical hands-on experience. More than 1500 exotic and native fruit trees, bush tucker plants, shrubs and ground covers have been planted. Well worth the visit.

For further information:

<http://www.nscf.org.au>

Words: Linda Barrett

Photos: Margaret Sear



Harlequin beetle.
Interesting bamboo trellis below.



Community garden beds for members to grow their own food

8 Tips for Healthy Crops in Pots

Anne Gibson
The Micro
Gardener

Edible container gardens can provide you with a continual abundance of home grown vegetables, herbs and fruit. With these tips, you can save money and improve your health with delicious, freshly picked ingredients. Tuck in!

- 1. Watering.** Adequate moisture is essential. It's easier to kill your plants by overwatering than *underwatering*. Soil should feel moist, but not too wet or dry. 40-70% soil moisture is a good range for most plants. A moisture meter is a handy tool. It can save you wasting time and money by watering unnecessarily. Water-stressed plants are a green light for nature's pest 'clean up crew'!
- 2. Plant Nutrition.** It's equally important to provide your edibles with a 'soil pantry' of soluble nutrients. Food crops are often heavy feeders. Like hungry teenagers constantly raiding the fridge! Rock minerals and trace elements, like those found in seaweed, help boost plant health. These vital nutrients help plants look vibrant, taste amazingly full of flavour and smell mouth-watering. Just like we get sick and suffer from ailments if our diet is lacking vitamins and minerals, it's the same with our plants!
- 3. Soil Biology.** An active *living* soil community with diverse micro-organisms is essential for healthy plants. Microbes help feed nutrients back to your plants around their roots. Add compost, worm castings and organic matter to your potting mix. Don't expect your plants to thrive in 'dead dirt'.
- 4. Select Plants Carefully.** There are many dwarf varieties of fruit trees and vegetables available now. You can grow your favourite foods without them being space hogs. Try miniature varieties of lettuce, dwarf beans, peas, kale, cherry tomatoes, pumpkins and capsicum. Though the plant or crop may be smaller in size, you can still enjoy a generous harvest. Team up plants with similar water needs in the same pot. e.g. rosemary, garlic chives, aloe vera, thyme and oregano only need minimal watering.
- 5. Sufficient Sunlight.** Find a balance between maximising the space in your container, without overcrowding. Plants need adequate sunlight, moisture and nutrients. Too much competition can weaken your plants. Have limited sunlight? Rotate or move your container on a portable trolley to a sunnier spot. Vertical structures and hanging

baskets can help you take advantage of sunlight up off the ground.

- 6. Miracle of Mulch.** A thick blanket of mulch is an 'insurance policy' for plants. Mulch regulates soil temperature; insulates seedlings against weather extremes; reduces plant stress; retains moisture; reduces watering; and minimises weeds. It also helps build healthy living soil. Try coir peat; finely chopped straw, sugarcane and lemongrass; leaf mould; or dry seed-free grass clippings.
- 7. Sow Little and Often.** Regular 'succession' planting every week or two will provide you with a continual supply of food for your kitchen. Sow seeds if you want to save money. Sow seedlings if you want to get a jump start and save waiting 3-4 weeks.
- 8. Plant for Pollinators.** To improve pollination of fruiting crops, like peas and strawberries, plant edible flowers in your pots to attract bees.

For more tips visit my free online library at:

<http://themicrogardener.com/learn/article-library-category>



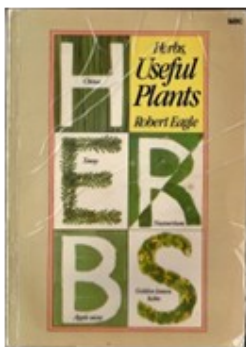
Library News

Last month Emma Baker gave a fascinating talk on The Sensory Garden using a great variety of plant cuttings as props (from which we all benefitted – our particular cutting is doing very well, thank you Emma!). As many of the plants she talked about were herbs, we've reviewed a few of the library's herb books this month:

Herbs, useful plants

Robert Eagle.

Herbs are an essential element of any sensory garden, and are a very practical addition to the home garden.



This book traces the use herbs have been to mankind throughout the centuries, and highlights their practical use as new discoveries are made.

It includes the following chapters: Growing Useful Plants; Cooking and Drying; Herbal Cosmetics. These contain information on growing and drying herbs, plus sections on cookery and herbal beauty preparations.

Grow Your Own Herbal Remedies

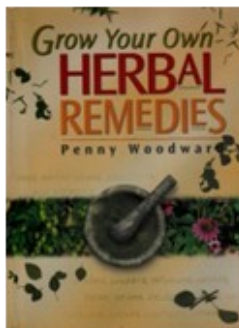
Penny Woodward

Many people today have forgotten, or were never taught, the simple remedies known to our grandparents or great-grandparents! Thousands of years ago Hippocrates (460-357BC) said "Make food your medicine, your medicine your food."

With excellent detail, this book shows how to grow herbs and to make them part of your regular diet: fresh herbs will not only improve the flavour of your food but also the general health of your family.

Divided into four sections: Ailments and remedies; The Herbs; Herbs into Remedies: the Recipes; Sowing, growing and harvesting; it is not designed to be read from cover-to-cover but to be dipped into as needed.

At the back is a useful list of Australian mail order suppliers; a list of books for further reading; and an Index.



Herbcraft: Cultivation and use of herbs in Australia

Nerys Purchon and illustrated by Dhenu Jennifer Clary.

Purchon was a trained nurse and teacher of herbal medicine and nutrition in Western Australia.

She created Rivendell Farm in 1970 after a car accident left her in chronic pain. She dedicated her life to the study of natural medicine and wrote this book, one of the most comprehensive guides to aromatherapy and essential oils available:

This book is divided into five richly-illustrated sections: Getting to know the Herb; Growing, Harvesting and Storing; Herbs that Heal; The Body Beautiful; Eating your way to Health - this includes everything from herb teas, to main meals and desserts and to herbal wines.

Highly informative, it includes an extensive book list for further reading and both an Index of recipes and a general index.

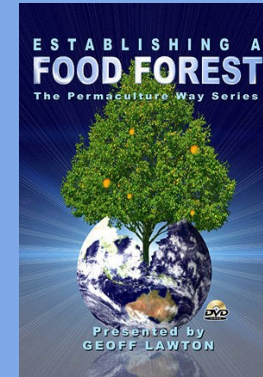


Establishing a Food Forest [DVD]

Presented by Geoff Lawton

In this DVD documentary we join Geoff Lawson as he demonstrates how to grow a food forest from start to finish, thus creating, in the words of Emma Baker, 'a stimulating and beneficial environment'. He begins by talking about food forest basics: the layering of systems (there are 7-10 layers of a forest), succession of systems (how nature repairs itself), and time (working with different events — e.g.: sun, shade, flood over time).

Topics include: Establishing a food forest from day 1; The 3 month food forest; Three years later; Using chickens not spades; an established system 7 years later.



We'd like to thank everyone who's come along to the library over the past twelve months; and especially to those who generously donated books to ROGI's library!

Happy reading,
Angela and Stephen

Plant of the Month

Zucchini

Zucchini or courgette *Cucurbita pepo* is closely related to cucumber, watermelon, pumpkin and squash.

Zucchini were originally brought back from the Americas (along with chillies, tomatoes, potatoes and chocolate) by the Spanish Conquistadors. These are fast-growing, warmth-loving plants and early spring is the ideal time to plant seeds.

Sowing seed: zucchini seeds are quite big and need to be planted about two cm deep (I like to soak my large seeds over night in weak worm tea or even just water). Seeds take six to ten days to germinate. You can just sow three or four seeds in a small mound of organic soil and, after they sprout and get growing, you can thin out the weakest seedlings and allow the strongest one to grow on. If planting several zucchini, space them 70cm apart.

Care: plant zucchinis in a very sunny spot, in soil enriched with plenty of aged manure and compost. Mulch around plants to a depth of about 3-4cm, to preserve soil moisture and suppress weeds.

Zucchini need a steady water supply, so keep plants well-watered. If not, you could get problems like blossom-end rot.

To keep plants growing rapidly, give them a lovely fortnightly drink of liquid feeds such as

Seasol or worm tea.

Harvesting: zucchini plants will start cropping about six to eight weeks after planting.

The plants produce big yellow male and female flowers. You can harvest these flowers, and the baby zucchini if you like, cook and eat them (I love them deep fried—see recipe p21), or you can let the baby zucchinis grow on to a bigger size.

The older and bigger zucchini get, the tougher and less flavoursome they will be, so it's best to harvest crops when small (about 15cm long).

Problems & organic solutions: snails and slugs like to munch on zucchini seedlings – so go on patrol for them, especially on mornings after overnight rain.

During hot, humid weather zucchini plants can be attacked by fungal diseases such as powdery mildew (over the year we have been given heaps of information about how to treat powdery mildew: see November 2015 ROGI News <http://www.rogi.com.au/uploads/ROGINews-November2015.pdf>

You also might have to hand pollinate your zucchini. If flowers are forming but they bloom and fade, with no fruit growing afterwards.

Planting other flowering plants around them, especially nasturtiums which are a good companion plant for zucchini, will help attract bees to your garden and might mean you don't have to hand pollinate as many.

In the seed bank we have Black Beauty and Golden Scaloppini squash

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



Above: Black Beauty zucchini
Below: Golden Scaloppini squash



Garden Visits

September 25

The large gardens of Margaret Sloodjes and her neighbour at Chandler

October 23

Chris McIvor and Julia Geljon at Birkdale

As always with these field trips, garden visits and workshops, spaces are limited, so get in early.

Please book with Margaret Sear

0418100173 secretary@rogi.com.au

(Toni is out of the country for a few weeks)

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

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



Another letterbox storage unit at Karragarra Island garden

Stuffed Zucchini Flowers

You can use either male flowers (attached to a stalk) or female flowers (with a baby zucchini attached).

100g ricotta cheese
120g goat's cheese
1 lemon rind and juice (save ¼ for the batter)
1 tablespoon cut chives
1 tablespoon thyme leaves

Batter

1 cup plain flour (I use spelt flour)
1 level teaspoons bi-carb soda
1 level tablespoon cornflower
pinch salt
1 cup chilled water (must be chilled!)
1 tablespoon rice bran oil
juice of 1/4 lemon

1. First make the filling by combining the ingredients well in a bowl. Then open up the zucchini flowers and remove the pistils inside the flowers (these can taste bitter at times). Use a teaspoon to fill each flower with the filling, then close the flower around the filling.
2. Once all the zucchinis are filled, then make the batter. Sift the flours together in a bowl with a pinch of salt, bi-carb, add ¾ cup water and the oil and mix well with a wooden spoon until smooth. Add the lemon juice and other ¼ cup water. The batter should be a light consistency. Add a few drop of water if necessary.
3. Heat a frypan to medium heat then splash in enough oil for light shallow-frying (5mm deep). Cook the zucchinis in batches. Dip a few prepared zucchinis into the batter, then put straight into the hot oil. They'll cook pretty quickly, so turn them once after about 1 minute, and remove when golden brown and drain on paper towels while you cook the rest/



How's this for a lush fruity sage? Also known as fruit salad sage and botanically as *Salvia dorisiana*, it has a sweet fruity perfume and the flowers look and taste gorgeous.

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.

New product

Seed-raising Mix

After the demonstration about seed-raising at the May meeting, Janet and I got a great deal of positive feedback about the quality of the plants that we grow from seed from the ROGI seed bank.

Janet has been making her own seed-raising mix and experimenting with using various blends of ingredients. The current **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!

Janet thought we could help you get the same results from our seeds by offering this blend to you.

We are selling it for **50 cents for one litre** in a recycled yogurt container. You can purchase larger quantities such as two (for \$1) or four litres (\$2) in recycled ice-cream or yogurt containers (BYO containers would be good).

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 ... and nothing else.

Sharr Ellson



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**—sizes up to 120mm diameter. The almost-square ones are good.
- One and two litre clean **yogurt and ice-cream containers** and lids please.

Please note: the guide to the right 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.

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

September

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

October

Asparagus
Beans, French
Capsicum/Chilli
Carrot
Cucumber
Eggplant
Lettuce
Okra
Pumpkin
Radish
Rocket
Rockmelon
Rosella
Silverbeet
Squash
Sweet corn
Sweet potato
Tomato
Watermelon

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.

Produce available

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

Vegetables

Beetroot Bunched
Broccoli – Organic
Cabbage – Drumhead, Red, Sugar loaf, all organic
Capsicum
Carrot – Orange – Organic; Purple
Cauliflower – Organic
Celeriac
Celery – Organic
Egg Plant fruit
Garlic - Aussie Purple (New Season)
Ginger
Jap Pumpkin - Organic
Kale– Green Curly
Leeks
Lettuce Cos - Organic
Mushrooms
Onions – Brown
Parsley
Parsnip
Potatoes – Dutch Cream, Sebago – both organic
Shallots
Silver Beet
Sweet Potato – White/Purple, Gold
Tomatoes – Gourmet Round, Roma
Wheat Grass & Barley Grass

Fruit

Apples Granny Smith, Red Delicious
Avocado – Organic
Bananas – Cavendish, Lady Fingers
Lemons
Limes
Oranges
Peach - Low Chill
Pineapples

Other Products

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



This is the way to grow lettuce! Let them do it themselves, and they'll grow like weeds! And why not, as they'll help to suppress real weeds. Just allow them to flower and then they'll produce seed heads which will waft seeds onto your garden and lawn. This is what Janet has done here.

If you want to save your lettuce seeds, have a read of this:
<http://www.urbanfoodgarden.org/main/seed-saving/seed-saving-methods/seed-saving-methods--lettuce.htm>



After I'd been using Dad's old soil sieve for years (and he'd used it for decades), it was falling to bits. I approached the Men's Shed at Cleveland Uniting Church and together we designed an improved version.

It has a base big enough to straddle our wheelbarrow, and a sieve that fits into it. This one should last for decades as well.

Jill

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 Shop News

The ROGI shop is undergoing some changes. Stay tuned for more information.



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.

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
- 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

October Newsletter Deadline

Please send your contributions to the newsletter editor by 28 September for the October edition.

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

Ideas from Northey Street City Farm



Above: A trial possum-deterrent system. Apparently it works. Off to buy a pre-loved teddy from the Salvos!

Below: An area designed to be attractive to lizards and other beneficial creatures.

