

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 elegant flowers of pineapple sage *Salvia elegans*. The leaves and flowers are both edible and impart the distinctive aroma of pineapple.

Jill's Jottings

Notes from our President

Hello fellow members

It has been interesting noticing the variety of seedlings that are available at nurseries recently.

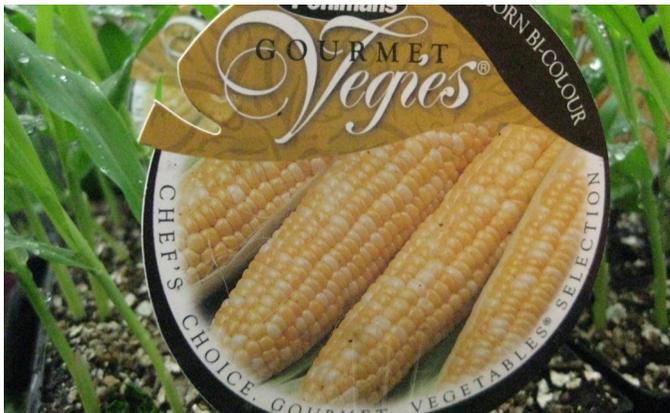
Amongst others, I've seen rosella, okra, cucumber, aubergine/eggplant, sweet corn and zucchini. Why do I mention these in particular when there are also many brassicas (kale, broccoli, cauliflower, cabbage etc), tomatoes and lettuce seedlings?

I mention these because they are warm-season crops—they're not going to thrive (or even survive) with the cooler weather coming on.

It's important to remember that just because a production nursery is able to raise these seeds to seedling-size and just because retail nurseries stock them for sale doesn't automatically mean that you



These seedlings of warmth-loving plants were all for sale at a local nursery on 3rd June—the beginning of our cool season



should buy and try to grow them. You are destined to be disappointed.

Peruse the seed-sowing guide (see page 21) to get an idea of what does well in this season.

There are other seedlings that are on sale at nurseries that really shouldn't be there ... these are the plants that do best by sowing their seeds direct into the garden where they are to grow. The main ones are carrots (in particular), radish, beetroot (ie root vegetables that appreciate no disturbance), large seeds such as peas and beans, and coriander which resents being transplanted will let you know by bolting to seed prematurely!

If you want to raise these above-mentioned seeds inside rather than sowing direct into the ground, there is a way of doing it. You make seed-raising pots from newspaper; then you plant the resultant seedlings, pots and all, into the soil with no root disturbance.

These purpose-made wooden pot-makers are available from the ROGI shop to make this easier—you can create the pots while you're watching television.



Happy and productive gardening

Jill

Coming Events *There's a lot happening!*

| | | |
|--------|---|---|
| June | Tues 7 | Herb Society meeting |
| | Wed 8 | ROGI meeting |
| | Sun 19 | Garden Visit—Sharr * See p20 |
| July | Sun 26 | Field Trip Tropical Fruit World * See p20 |
| | Tues 5 | Herb Society meeting |
| | Thurs 7 | BOGI meeting |
| | F/S/S 8,9,110 | Qld Garden Expo, Nambour See p15 |
| | Wed 13 | ROGI meeting |
| Sun 17 | Garden Visit—Gail Bruce * See p 20 | |
| Sun 31 | Field Trip—Gardens of Karragarra & Lamb * See p20 | |

* Book with Toni on events@rogi.com.au or 0402 323 704

Membership Fees

2016 fees are now overdue. You will be a 'visitor' until fees are paid.

- **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 633-000. A/C 136 137 296 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 children under eighteen (18) years ** Please provide evidence of **pensioner** status to claim discount

June Meeting

Simone Jelley

Simone has developed and grown her business *Pretty Produce* which delivers unique, vibrant produce—salad leaf mixes and edible flowers.



Hers is an interesting journey: she will talk to us about ...

Just What Is Edible?

Leaves, Weeds, Flowers, Trees & Shrubs.

How *Pretty Produce* came to be, where I came from, where I am now, where I'm going ...

"My leaf adventures started a couple of years ago with a patch of virgin dirt. I come from a long history of full urbanisation with no personal gardening history; I didn't think it would be that 'hard'. HA!!!!."



May ROGI Meeting

Many people have commented about how much they got out of our 'Activity stations' meeting in May. In fact there have been requests for us to do it all again so they can visit more of the activities on offer. The committee has noted this and will look into a repeat performance. If you have suggestions for extra activities, please let us know.



Clockwise from left: Mary and Rai discussing the finer points of soil pH testing; Linda Brennan giving pointers of 'Getting Started'; Frank talking about the benefits of using biochar; Linda Barrett giving everyone the lowdown on how the evening was to work—the group at the front was waiting to watch a grafting session.



Garden Visit Bronwen Thomas

When Bronwen bought her property in 2009 there was a lot of grass, a big slope down the back, palm trees every three metres along the back fence and camellias planted very close together at the front. With limited time for gardening, she collected the free papers from her two driveways (she has a corner block) and built up an Australian native garden at the back—she thought that would be low maintenance and provide a habitat to bring life into her garden.

She built retaining walls and planted fruit trees. Some of these trees she brought to her new property in pots. In the 2012 Australian Day storm her mulberry tree blew over and split at the base. She then had a trench dug along the back which she filled with mulch and kept covering and filling with mulch.

Her dog, as many dogs do, likes to do a border patrol around the fence line so she has made provision for that with a pathway for him. The possums tease him by running along the fence top out of reach.

Bronwen has an amazing variety of healthy and productive vegetables in her patch in a terraced area near her kitchen. Included are chocolate and Vietnamese mint, turmeric, kang kong, Thai and lime basil, red dragon fruit, spring onion, red onions, beetroot, broccoli, cauliflower, ivory and little finger eggplants, rocket, Lebanese cress, fennel, chives, curry leaf bush, lettuce, Tuscan kale, Surinam and Malabar spinach, snow peas, ginger, yacon, Hawaiian sunshine sweet potatoes, Mexican tarragon, dill, climbing and wing

bean, capsicum, mushroom plant, Tommy Toe tomatoes and asparagus. Trellises, terracing and pathways are very cleverly used through her garden. She has incorporated Wettasoil to help the water absorption and retention in her soil. Marigolds have been liberally used for companion planting and to attract the bees.



The dainty pink flowers of the Surinam spinach



Ginger tucked away in a corner where it receives dappled light.



Madagascar beans from Gennaro growing and flowering really quickly. How are yours going?



Clockwise: Marigolds, fennel in pot and Lebanese cress to left of pot.

Garden Visit



Bronwen places her vegetable scraps in this aerated pipe which feeds the worms in the soil. Also, note the irrigation hose with drippers and clay pot (ollya) that fills with water from the tank and releases it slowly into the surrounding soil.



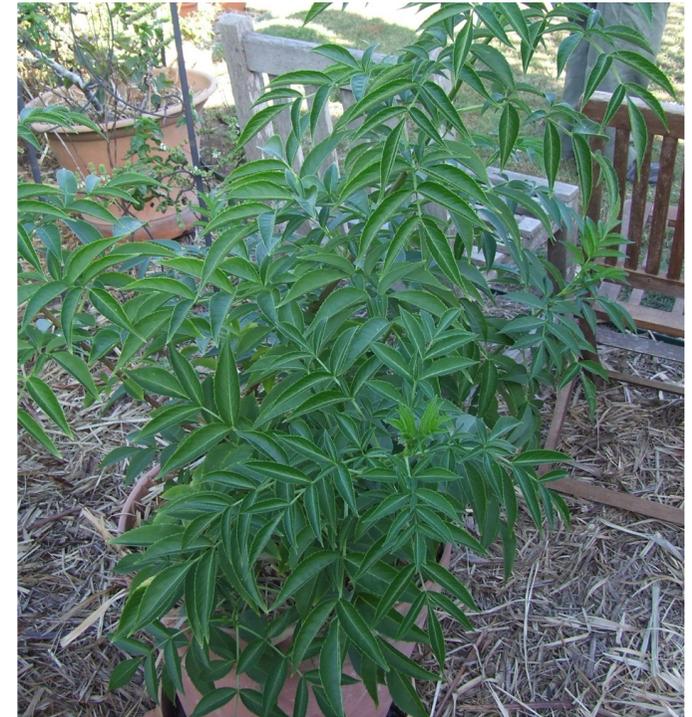
Asparagus that Bronwen got from ROGI three years ago. She was harvesting spears just a week ago.



Hawaiian Sunshine sweet potato (white skin with purple flesh) with Little Finger aubergine on the right.



L-R: Mint, kang kong and turmeric.



Elder tree that Bronwen planted after tasting elderberry drink at Linda Barrett's garden visit last year. Below: Elder flowers in bud.



Bronwen brought some fruit trees with her in pots when she moved to her property. Some she has planted out and she's added many more. Her efforts at enriching the soil have paid

Garden Visit

off with healthy-looking fruit trees that produce some really large fruits. She has an extensive collection of fruit trees: Imperial mandarin, Valencia orange, finger lime, cumquat, Lotsa lemons, jaboticaba, pawpaw, tropical peach, cape gooseberry, black Genoa fig, carambola or five corner fruit, Willamette raspberry, African pride custard apple, persimmon, mango, bananas and guava.



A bunch of ladyfinger bananas. The flower has been cut off to enable all the nutrients to go to the ripening fruit. The bananas are bagged to deter possums and flying foxes. A Gold Finger banana tree that had a large bunch of green fruit had blown over in the wind. Gennaro suggested leaving it attached to the tree so the bananas could continue to get some nourishment from the tree to give the fruit a chance to mature.



A clever use of an old clothes' hoist to grow a creeper over to provide a shady spot to sit in the garden.



The guava fruits were filling out.

R2E2 mango tree— Bronwen has erected an unwanted trampoline frame (minus the mat and side netting) around it so that she can



cover it with netting to protect it from possums when fruiting. She has cut the tree back so it's not too tall. Bob suggested opening it up more by removing some of the middle (so it is more exposed to the sun) to minimize anthracnose—a fungal disease affecting lowers and fruiting. The sun also helps to set fruit.

Large Kent (aka Jap) pumpkins were growing around the pathways. They need to be sun-hardened before use.



Garden Visit



Amazing Jiro persimmon, which was loaded with huge deep orange fruit. Bronwen had covered it with netting to keep the possums and birds away. We picked and sampled some of the fruit for afternoon tea. It was delicious and very sweet. This type is not astringent—being sweet even when picked crisp and crunchy.



The *Monstera deliciosa* grows outside the fenced area where the dog patrols, as this plant is poisonous to cats and dogs. Every part is toxic to them. The fruit is really delicious when fully ripe and tastes like fruit salad. It is ready to harvest when the hexagonal caps on the fruit at the base start to spread and separate and show creamy colour between them, usually, about 12 months after flowering. After harvest, place the fruit in a paper bag and in a day or so the green hexagonal caps will fall from the ripened section at the base of the fruit and expose the edible portion beneath. Do not eat from the section where the caps have not been shed, as the small black scales between the edible segments and the oxalate will cause irritation of the mouth and throat. Leave the unripe section in the paper bag until the next portion is ready to eat when the scales come off.



Gennaro demonstrated harvesting white clumping yam whose leaves looked like sweet small potato leaves. Hold the stem just above the soil and tip the pot over. Yams were easily pulled from the soil. The stems can be then broken off to provide more planting material and the tubers, roasted, boiled or eaten like potatoes. Jill recommended baking in butter and garlic. They have a rich creamy texture. They are best grown in rich potting mix in a large pot whose base is placed into the soil so worms and micro-organisms can enrich the potting mix. Thanks Bronwen for the cuttings we all took home to start growing this interesting plant. In six months time we can harvest it. Yum!



Loaded passionfruit vine growing above shed. There is a native bee hive on the shed roof below this vine—this enhances pollination!

Garden Visit



The Imperial mandarin tree, covered in fruit (right) was in a pot in 2000 and planted out in 2011. The tropical peach tree (left) was planted in 2011. The first year it fruited well. The next year the fruit was stung. Bob Cosgrove suggested pruning it back to a vase shape after fruiting to let the sun in as that helps set fruit. It is a good idea to keep fruit trees low so you can pick the fruit as Bronwen has.



Curry bush *Helichrysum italicum* under mandarin tree. Bob suggested planting tansy under the citrus trees to deter ants and scale. Tansy is said to improve the flavour of citrus.



Bronwen reported that her Black Genoa Fig tree produced green fruit that went soft before ripening. Bob thought the leaves were affected by red spider mite and said that they need to be well fertilised and covered with netting when fruiting.



The Carambola tree had extra large fruit hiding among its foliage. Below: A couple of the large fruit which we sampled for afternoon tea. They are quite decorative when sliced, looking like stars, and very juicy and refreshing.



After admiring the abundant garden, we sampled some fruits and had a very enjoyable afternoon tea (some recipes over). Thanks, Bronwen, for the plants and inspiration.

Mary Irmer

Requested Recipes

Apple Crumble Balls

Note: This recipe is for a Thermomix but may work in a food processor.

140 g dried apple rings
120 g dried dates
50 g toasted muesli
30 g desiccated coconut
1 tsp vanilla extract
1 tsp cinnamon
Extra coconut for rolling balls

Place all ingredients in the bowl on speed 6 for 45 seconds until soft dough has formed. If too dry, add extra apple rings or juice. Roll mixture into small balls. Use wet hands if sticky. Roll balls in coconut and put into fridge. Will last up to seven days if in an airtight container.

Louise Lindner



Zucchini slice

5 eggs
1 cup SR flour
375g zucchini, grated
1 large onion, finely chopped
200g rindless bacon, chopped
1 cup grated cheddar cheese
¼ cup vegetable oil

Preheat oven to 170C. Grease and line a 30 x 20cm lamington pan.

Beat eggs in a large bowl until combined. Add flour and beat until smooth and then add zucchini, onion, bacon, cheese and oil and stir to combine.

Pour into the prepared pan and bake in oven for 30 mins or until cooked through.

Bronwen Thomas



Kale Chips

1 bunch kale, any type, mix it up if you grow many types

6tbsp olive oil or coconut oil

Here are three flavour combos to try:

- ½ tomato chopped, 4tbsp parmesan cheese, 2 garlic cloves smashed.
- ½ tbsp fresh black pepper, 1 whole lime juiced
- ½ tbsp sesame oil, ½ tbsp hoisin sauce 1tbsp sesame seeds, 1tbsp honey, ½ chilli

Wash kale and dry in a spinner, then between two teatowels. Rip leaves from stems, put stems in compost, tear leaves into small pieces. NO KNIFE NEEDED.

Mix olive oil and flavour combo. Massage into kale firmly with both hands, like kneading bread.

Place prepared kale on dehydrator tray with a regular mesh sheet, or without sheets if that is how yours come, or use your oven.

Dehydrate on 105° for about 12 hours. If using oven, set at 175° and cook for about 10-15 mins - keep an eye on edges to check they don't burn

Take them out while crunchy. Eat. They don't last long or keep long.

Note:- Although many recipes suggest you add salt, I recommend you don't; they'll be salty enough. Kale is quite salty when dried. Trust me!

These were available to sample at the seed bank at the May meeting.

Sharr Ellson



Requested Recipes

Life-Changing Crackers

Makes two baking sheets of crispbread

- 1 cup sunflower seeds
- ½ cup flax seeds
- 1/3 cup pumpkin seeds
- ¼ cup sesame seeds
- 1 ½ cups rolled oats (or buckwheat or bran or ½ amount of almond flour and cut back on water)
- 2 tbsp chia seeds
- 4 tbsp psyllium seed husks
- 1 ½ tsp fine grain sea salt
- 1 tbsp maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 tbsp melted coconut oil or ghee
- 1 ½ cups water

Rosemary, Garlic and Smoked Salt

Half batch:

- 2 tbsp chopped fresh rosemary
- ¼ - ½ tsp garlic powder (depends on how strong you like it)
- Smoked sea salt, to taste

Fig, Anise and Black Pepper

Half batch

- 3 large dried figs
- 1 tsp anise seed
- 1 tsp cracked black pepper

In a large bowl combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough be-

comes very thick (if dough is too thick to stir, add one or two teaspoons of water until dough is manageable). Divide dough roughly in half and set aside one half.

Place one half of the dough back into the bowl and add any flavouring you like. Gather into a ball and place it between two sheets of baking paper. Using a rolling pin, firmly roll out into a thin sheet. Remove top layer of paper and, using the tip of a knife, score the dough into shapes you like (I chose large rectangles but it's up to you). Repeat with remaining half of dough. Let sit out on the counter for at least two hours or all day or overnight.

Preheat oven to 175°C. Using the baking paper, slide dough onto a cookie sheet and bake for 20 minutes. Remove cookie sheet from oven, flip the whole cracker over (if it breaks, don't worry – it's still edible!) and peel the baking paper off the back. Return to oven to bake another 10 minutes, until fully dry, crisp and golden around the edges.

Let cool completely, then break crackers along their scored lines and store in an airtight container for up to three weeks.

Penny Duthie



Prune Fruit Slice

- 1 ½ cups chopped prunes
- 1 cup of rolled oats
- 1 cup of sugar
- 1 cup of S.R. flour
- 1 cup of coconut
- 1 tablespoon of golden syrup
- 125grams of butter
- 1 egg, beaten

Preheat oven to 180°C. Line a 20cm slice tray. Mix prunes and the dry ingredients together. Add melted butter, egg and golden syrup and mix well.

Bake in a 20 cm lined tin for 20-25 mins in a moderate oven 180c

Treina Densley



Making Peace with the Earth

On the night of 20th April Brisbane Powerhouse was the place to be - for one night Dr Vandana Shiva was in town. She was just passing through but stayed overnight to help celebrate the "festival of Tibet 2016" in Brisbane.

The mood was set by the sweet music from Tenzin Choegy, a Brisbane-based man who played the Ruan (Chinese guitar). His energy and smile hooked me; you could feel, see, hear and crave the peace he has within himself. Then out came Paul Barclay from ABC Big Ideas RN and Dr Shiva.

Dr Vandana Shiva, an Indian scholar, environmental activist, eco feminist, anti-globalisation and author of many books and papers, covered many things in her two hour conversation but what stood out to me was about the future of Monsanto ... she said "in a few years we won't hear the name Monsanto. It will fade out, but Monsanto beliefs won't, the damage it has done and doing won't, it will just re-brand its name and keep ploughing along as fast as they can".

Shiva talked about the green revolution, how they sold it to the world but left some major truths "there will be no child starving". Well that is still happening in so many countries around the world, "Indian farming families will use less land and water to grow more food for the world" - didn't happen either.

Dr Shiva talked about the "hoax" on golden rice and its magical vitamin A. She said, "This is a recipe for creating hunger and malnutrition, not solving it." People with malnutrition need more than vitamin A, and will only get it from a balanced diet not from GMO made food.

GMO talking led her into something I knew little about - the Indian farmers suicide rate. This is a desperate attempt by Monsanto's PR machinery to delink the epidemic of farmers' suicides in India from the company's growing control over cotton seed supply — 95% of India's cotton seed is now

controlled by Monsanto. More than 300,000 farmers have committed suicide in India after Monsanto's Bt cotton seeds largely failed. Many farmers decided to drink Monsanto pesticide, ending their lives.

In all this heavy information she used her dry sense of humour to keep us engaged. Paul Barclay moved the mood to her work with Navdanya (which means "nine seeds"). This is her school - a network of seed keepers and organic producers spread across 18 states in India.

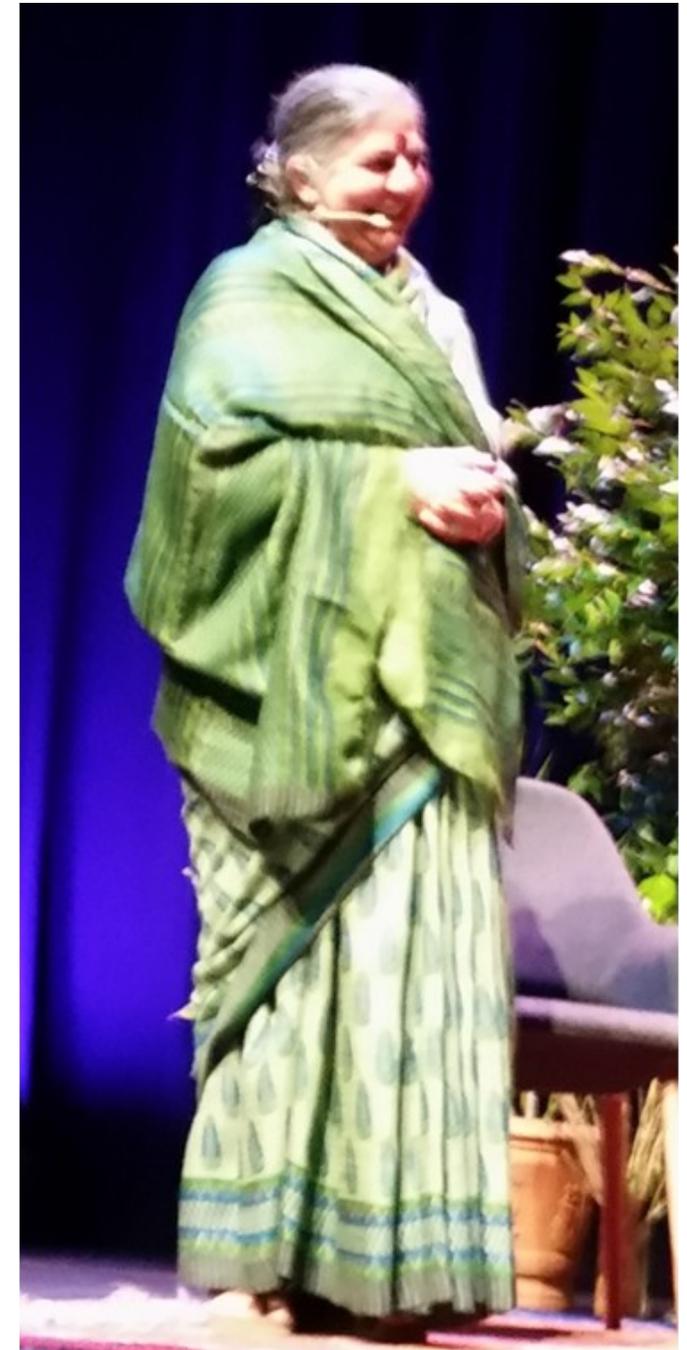
Navdanya has helped set up 122 community seed banks across the country, trained over five million farmers in seed sovereignty, food sovereignty and sustainable agriculture over two decades, and helped setup the largest direct marketing, fair trade organic network in India. AND IT WORKS.

Seed-saving is what we all need to hear, it is what we can do through all she talked about, the thing I (WE) can do to help is seed save!!

Dr Shiva said "The desire to save seeds comes from an ethical urge to defend life's evolution. We all need to seed-save; it is something everyone can do to protect our future. Seeds are our freedom." "They can't take away our ability to do seed-saving. The seeds we save have better nutrition, preserve a bigger biodiversity, will not be corporate-owned, save you money, control your own food supply and help protect and preserve pollinators. Control over seed is the first link in the food chain because seed is the source of life. When a corporation controls seed, it controls life, especially the life of farmers," said Dr Shiva.

This woman is a force to be seen. She has power and guts and she IS making headway in her work and I am honoured to have been in her presence as it was a sold-out room. I hope she comes back to Brisbane again soon.

Sharr Ellson



Recently I was reading some Italian news where they mentioned an interesting new Swiss study about Carbon Exchange amongst plants and trees. This is the closest information in English I could find on the net.

It is truly amazing that, thanks to the mycorrhizal fungi, up to ¼ ton of CO₂ is exchanged amongst plants per hectare per year creating a virtual food bank for those unfortunate specimens who end up in the poorest parts of the forest.

This is yet one more reason why herbicide should be totally banned!
Gennaro De Rosa

Trees trade carbon among each other, study reports

Forest trees use carbon not only for themselves; they also trade large quantities of it with their neighbours. Botanists from the University of Basel report this in the journal *Science*. The extensive carbon trade among trees - even among different species - is conducted via symbiotic fungi in the soil.

It is well known that plants take up carbon dioxide from the air by photosynthesis. The resulting sugar is used to build cellulose, wood pulp (lignin), protein and lipid - the building blocks of plants.

While growing, the tree transports sugar from its leaves to the building sites: to the branches, stems, roots and to their symbiotic fungi below ground (mycorrhizal fungi).

Carbon dioxide shower for trees

Dr. Tamir Klein and Prof. Christian Körner of the University of Basel together with Dr. Rolf Siegwolf of the Paul Scherrer Institute (PSI) now report, that this sugar export goes further than previously thought. In a forest near Basel the researchers used a construction crane and a network of fine tubes to flood the crowns of 120 year old and 40 meter tall spruce trees with carbon dioxide that carried a label. The researchers used carbon dioxide that, compared to normal air, contains less of the rare and heavier ¹³C atom.

While this modification made no difference for the trees, it allowed the botanists to track the carbon through the entire tree using an atomic mass spectrometer. This way they were able to trace the path of the carbon taken up by photosynthesis from the crowns down to the root tips.

The researchers found the labelled carbon not only in the roots of the marked spruce trees. The roots of the neighbouring trees also showed the same marker, even though they had not received labelled carbon dioxide. This included trees from other species.

"Forest is more than the sum of its trees"

The only way the carbon could have been exchanged from spruce to beech, pine or larch tree - or vice versa - is by the network of tiny fungal filaments of the shared mycorrhizal fungi. Understory plants which partner up with other types of fungi remained entirely unmarked. The research group called the

discovered exchange of large quantities of carbon among completely unrelated tree species in a natural forest "a big surprise".

According to the researchers, the discovery questions the concept of tree individuality with regard to the single largest constituent of the biosphere, tree carbon. Furthermore, the results of the study funded by the Swiss National Science Foundation add a new dimension to the role of mycorrhizal fungi in forests. "Evidently the forest is more than the sum of its trees," comments Prof. Christian Körner on the findings.

<http://phys.org/news/2016-04-trees-carbon.html#jCp>



Artificial signals through labelled carbon dioxide: a construction crane is used to treat the crowns of the spruce trees with gas. Credit: University of Basel

Plant of Month

How many names can one plant have? Spanish thyme, three in one, Indian borage, Chinese three in one, Puerto Rican oregano Queen of herbs, five in one herb, season herb. Do you know what plant I'm talking about yet?

Mother of herb—***Plectranthus amboinicus*** (AKA *Coleus amboinicus*).

A plant with this many names ... it must be a beauty.

This perennial herb sprawls to about 50cm high and it smells wonderful (very herby earthy smell). It comes from subtropical Asia and has round, fleshy, hairy stems and leaves, ovate shaped leaves 4-10cm long, with serrated/scalloped edges. In summer it has lovely little mauve/pink flowers that will make many insects happy.

In the seed bank we propagate by cuttings or root division and it works a treat. This plant loves well drained soil - you can treat it quite like a succulent. It's happy in the sun or shade.

Remember this plant loves to sprawl (a great groundcover) and will do so quite quickly if in the right spot but that is good because when you have so much of it you will use heaps of it so this regular trimming will keep it in check or make a wonderful gift for family or friends.

There's a variegated leaf form (two-toned green, with creamy/white markings that can

be around the leaf margins, or blotched on the leaf) which does not spread so rapidly as the leaves can't fix as much light by photosynthesis as the green leaf form.

I love telling you how wonderful this plant is as many of you have bought it from Janet and me already.

Chew a leaf or two for sore throats or a cough; great for stomach cramps, asthma, viral conditions. It's a liver tonic. For insomnia just make a tea with the leaves and sip away. If you have headaches you can rub a few leaves on your forehead and that will dull it down really well.

Also, biting insects don't like the smell so rub a few around your body to keep mozzies away. Even better, grow it around your outdoor sitting area and that would do the trick for everyone.

It's a wonderful culinary herb to use because it has a strong taste of the Mediterranean—oregano, marjoram, thyme, sage and savory. I add it to my families' meat dishes as that herby savoury flavour enhances it and gives a well-rounded finish.

But what a wonderful time-saving herb "5 herbs flavours in one". I love to stuff chickens with lemons and mother of herbs, put it in mayonnaise, great with eggs, any slow-cooking dish or even great in a beautiful salad.

The seed bank will have many types for sale this month and we will have a savory squares (like garlic bread) to try this wonderful herb.

Sharr Ellson



ROGI Committee News

Our AGM is coming up in August and all the committee positions will be declared VACANT.

Some members of the current committee will not be continuing and therefore we need you to consider volunteering for our ROGI committee.

Our ROGI committee consists of:

- President
- Vice president
- Secretary
- Treasurer
- Committee members x 4

It is important to have a change of the guard, so to speak, as some members have been on the committee for some time and we need some new ideas ... that's where you come in!

I have been on and off the committee since 2008 and when I started I was a beginner gardener. By being on the committee and being actively involved in ROGI, I have learnt so much and my garden shows this learning by rewarding me with lots of food.

Yes, committee membership does require some work but not too much – maybe an hour or so a week – as long as the jobs are shared.

So How About It ???

If you need any more information about a committee job – just ask any of us. See back page for contact details.

Linda Barrett



- See plants, plants and more plants with over 55 nurseries represented and over 360 exhibitors.
- There is a full program of free lectures and demonstrations on eight "live" stages every day covering a vast array of gardening topics.
- Head to the 'Gardeners and Gourmets' stage for some great tips on growing your own produce and turning it into delicious gourmet meals.
- The 'Giant Kitchen Garden' features a totally organic food court with a fully planted sustainable garden constructed onsite.
- Get free help with gardening problems and plant identification from the onsite Plant Clinic and be inspired by the fantastic arrangements in the Floral Design Competition.

Speakers at the expo will include:

| | |
|------------------------------|----------------------|
| Sophie Thomson | Phil Dudman |
| Costa Georgiadis | Claire Bickle |
| Annette McFarlane | Noel Burdette |
| Jerry Coleby-Williams | Graham Ross |

People who've been recommend staying overnight so you can take advantage of the range of things on offer over two days.

Fri 8th & Sat 9th 8am - 5pm
Sunday 10th 8am - 4pm

Adult Entry: \$18
Aged Concession: \$16*
Children 15 yrs & under: Free
Groups of 10 or more: \$16
3 Day Pass: \$40
2 Day Weekend Pass: \$30

The Bean Attack!

My climbing beans were planted with love and care and not overwatered. Six seemingly happy beans germinated in usual time and started growing but alas ... one morning, when the plants were about 6 – 8 cm high they started to wilt and then die.

On close inspection the stems at the soil line were brown and damaged, with no structure left to support the plant.

What was the cause of this? I asked myself. *(Google is a wonderful thing)*

Damping Off

Damping off is a soil-borne fungal disease that affects seeds and new seedlings. It usually refers to the rotting of stem and root tissues at and below the soil surface. In most cases, infected plants will germinate and come up fine, but within a few days they become water-soaked and mushy, fall over at the base, and die. *(That's ME!)*

Several fungi can cause decay of seeds and seedlings, including species of *Rhizoctonia*, *Fusarium* and *Phytophthora*. However, species of the soil fungus *Fusarium* are more common in warmer

climates.

Damping off typically occurs when old seed is planted in cold, wet soil and is further increased by poor soil drainage. *(This is not right for ME – I had newly-bought seed and the soil was still warm with our recent weather and had good drainage)*

High humidity levels, rich potting soils and planting too deeply will also encourage its growth. *(Maybe my situation as I had added a lot of homemade compost- not sure if this was a reason)*

Note: Older plants are rarely killed by damping off primarily because the production of secondary stem tissue forms a protective barrier and limits fungal penetration.

Fungal spores live in the soil. They can be transported on garden tools and in garden soils so it is good practice to clean your tools in a mild vinegar solution.

There is no cure for plants that already have damping off. However, you can easily prevent the problem by providing good air circulation.

Steps to prevent damping off

- When starting seeds, use good organic potting soil or seedling mix, or sterilise your own potting soil in an oven. (seed starter mix is light and fast-draining)

- Plant seedlings so that the soil surface is near the top of the container to insure proper air circulation.
- Sow seeds thinly to prevent overcrowding which can lead to humid, moist conditions.
- Watering systems that provide seedlings water from below are preferable to overhead watering.
- Never water past noon so that the soil surface and the plants are dry by dark
- Avoid overwatering seedlings

Then a lady at CWA and I talked about cutworms as they were attacking her bean plants. One morning all her young plants had been cut off at ground level.

What are cutworms?

Cutworms are the larvae of many species of adult moths. Eggs hatching in autumn can produce larvae capable of overwintering in the soil.

They are stealthy, and tend to feed only at night, while hiding in daylight hours. Different species range in colour from grey to pink, green and black and can be as long as five cms.

They can be solid, spotted or striped. They tend to be curled up when they are not on the move.

The Bean Attack! continued



How to identify cutworms

Most cutworm damage occurs on vegetable seedlings, caused by cutworms chewing the stems of young plants at, or slightly above or below, the soil line. Sometimes the severed plants will drop into their burrows.

Vegetable hosts include asparagus, bean, cabbage and other crucifers, carrot, celery, corn, lettuce, pea, pepper, potato, and tomato.

Try patrolling your garden in dusk and evening hours, when cutworms will begin to feed. Watch for plants cut off near the ground or plants that are noticeably wilting (when cutworms chew on the stems but do not sever the plant). You may also detect droppings on the ground, which

can indicate cutworm feeding.

To verify cutworms are present, run your hand over the soil, rolling over soil clumps and other potential hiding places within a one foot square area of the damage.

How to get rid of cutworms

- Make plant collars. Put a 10cm high piece of cardboard around each plant stem to help stop cutworms from reaching tender stems, especially right at transplanting. (Toilet rolls)
- Hand pick. Go out at night with a torch and gloves. Pick off the cutworms and drop into soapy water; repeat this every few nights.
- Sprinkle used coffee grounds or crushed egg shells around your plants.
- Circle stems with diatomaceous earth, a natural powder made from ground-up fossils which kills insects after they walk over it.
- Keep up with cultivation. The moths prefer to lay eggs in high grass and weeds. At the end of the season, till the garden and mow surrounding areas to expose cutworms and destroy their winter habitat.

Linda Barrett

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 is not related to organic gardening.

SMBI News

ROGI has been working with people from the Southern Moreton Bay Islands (SMBI) who are keen to develop commercial growing on the islands. Many members visited Macleay Island last year and we are going to Karragarra and Lamb Islands next month. See page 20 for this.

Last year, the SMBI Food Growers Group along with consultant Lisa Nardone and the ROGI committee applied for, and have been successful with, a grant from the Federal Department of Social Services. This was a grant in their 2015 Volunteer Grants Program and was for \$3775 for a cultivator/tiller.

Volunteers will be given training in the use of this equipment which will be made available to the SMBI community for their use. It will alleviate the need for manual digging to establish small plots and will allow our volunteers to better support growers starting organic food growing gardens.

These photos are of the two machines we are considering purchasing. We would welcome feedback and/or suggestions from ROGI members in the equipment choice or as to ideas for its use would be welcome. Please contact Dave on 0456 26611 or email smbifoodgrowers@gmail.com



Above: Honda FRC 800
Below: Husqvarna TR 430 dual



Below: Photo of committee on site at the Lamb Island farm of Pretty Produce.



Some of the SMBI and ROGI committee members were invited to a high tea to receive



the certificate relating to the grant.
L-R: Dave Tardent (SMBI committee); Margaret Sear (ROGI secretary); Linda Barrett (ROGI Vice President); Tim Barker (SMBI committee)



Open Garden at Jerry Coleby-Williams' in May

I remember the very first time I visited *Bellis* (Jerry's garden) - maybe twelve years ago. The main things that struck me then (apart from the long queue to get in—I arrived at 8.30 this time and was first!) were:

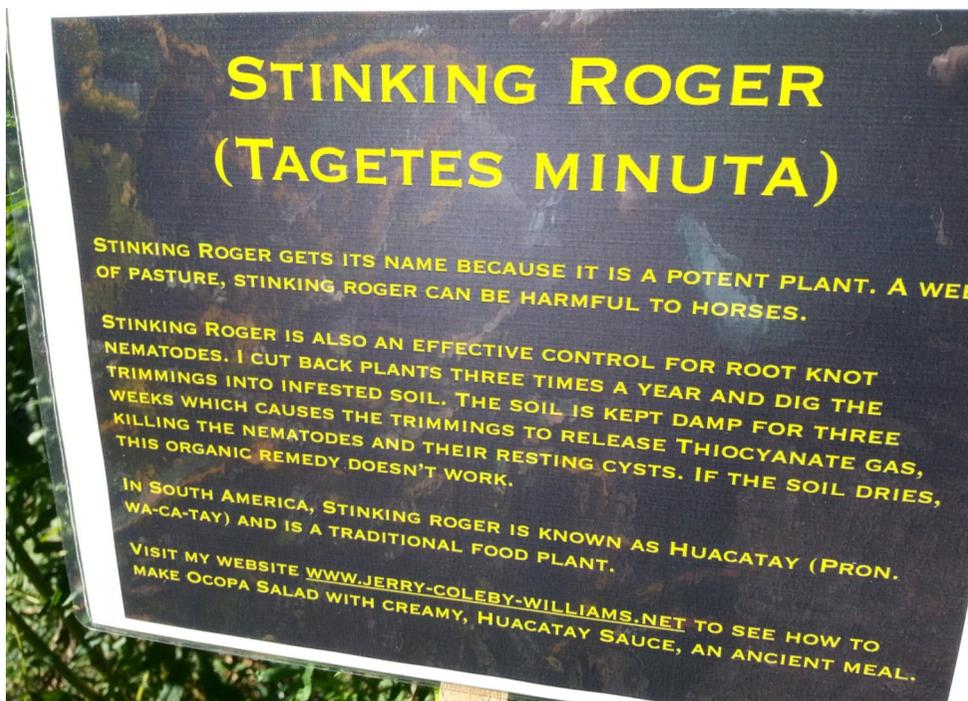
- We don't need as much sun as we think; Jerry has a lot of shade in his garden and everything appears to be doing very well indeed
- The density of planting that is possible. Granted, Jerry constantly improves his soil, but the output from a standard-sized backyard is impressive.

Nothing has changed in that regard (well ... apart from the fact that the neighbouring trees on the northern side have grown even taller and shadier), but there's still a lot of ideas to take home. And seedlings and unusual plants to buy.

This time I got the opportunity to see *Tagetes minuta* 'in the flesh' so to speak. With a name like that I could be forgiven for assuming that it would be a marigold of miniature proportions. Wrong! Look at it! It was taller than me—well over 150 cm. Now I want to grow some.

Next time you get the opportunity, visit Jerry's garden. Take a camera and get there early!

Jill Nixon



Field Trips

Sunday 26th June to Tropical Fruit World

Leave about 8am and travel by bus (or buses) to Duranbah in northern NSW. We will spend half an hour tasting fruit and then do a tour of the park before having lunch.

Prices: \$28 for senior (in a group of 15+) and \$36 for adults. ROGI will cover the cost of the bus/buses and will also subsidise every member who comes to the tune of \$10—thus \$18 for seniors and \$26 for adults.

Lunch is extra at \$16 each or you may only want a snack for \$6 after all that fruit-tasting.

You can find more details at <http://www.tropicalfruitworld.com.au>

Sunday 31st July to gardens of Karragarra and Lamb Islands—more about this in July ROGI News

Garden Visits

1.30 Sunday 19th June—Sharr's garden in Thornlands. It's been two years since Sharr won the ROGI Garden Makeover competition, so we're revisiting her garden. She has an interest in herbs and weeds—we'll be having a demo on how to make a salve cream from plants in your garden. Please bring an amber glass jar along to put your salve in.

Sunday in 17th July—Gail's garden in Capalaba

As always with these events, spaces are limited, so get in early.

Please book with Toni B. on events@rogi.com.au or 0402 323 704 Toni welcomes suggestions for workshops and field trips related to ROGI's organic growing interests. Also, discuss with Toni when you'd like to host a Garden Visit at your place.

WIN a ROGI MINI GARDEN MAKEOVER and WORKSHOP

Sunday 28th August 2016

Eligibility criteria to enter

You must: be a ROGI member; be the garden owner; live in the Redlands; be available on Sunday 16th August; be prepared to host ROGI members at your garden for this workshop and we'll all learn together while helping your garden to flourish; agree to your name and photos of the workshop to be used in ROGI newsletter and internet sites and local media.

Entries close Friday 15th June 2016. Entry form attached to newsletter.

The winner will be announced at July ROGI meeting and in July ROGI News.

Linda Brennan, our organic gardening horticulturist from Ecobotanica, will plan the makeover of a compact area of the winner's garden in consultation when she visits prior to the workshop. The lucky person then will have the necessary items ready for the day so we can help create a bountiful patch. For more about Linda go to www.ecobotanica.com.au

To enter, on the entry form write, in up to 50 words, why you would like (or need) your productive garden to have a makeover.

The most convincing application will win. Good Luck!

Previous winning gardens have been Jenny's backyard vegetable patch where we did soil testing and included trench composting, the southern section of Sharr's garden where we planted fruit trees and companion plants, and an enclosed garden at Mena's acreage to keep the marauding wildlife out. Will it be your turn this year?

Good Time to Plant June

| | | |
|-------------------|-------------------|---------------------|
| Borage | Italian parsley | Parsley |
| Brazilian Spinach | Kale | Perennial coriander |
| Calendula | Lavender | Radium |
| Catnip | Lemon balm | Rice paddy herb |
| Chamomile | Lemon grass | Rocket |
| Chervil | Lovage | Rock samphire |
| Chickweed | Marjoram | Rosemary |
| Chicory | Mint | Sage |
| Chives | Mizuna | Salad burnet |
| Coriander | Misome | Society garlic |
| Dill | Mustard lettuce | Sorrel |
| Evening primrose | Giant red mustard | Thyme |
| Fennel | Mushroom plant | Upland cress |
| Herb Robert | Nasturtium | Watercress |
| Hyssop | Oregano | Winter savoury |

www.herbcottage.com.au

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.

Please note that the guide to the right is a seed-sowing guide, not a seedling-planting guide.

There could 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.

Seed Sowing Guide

June

Artichoke
Asparagus
Bean: Broad, French
Beetroot
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence fennel
Jerusalem artichoke
Kohlrabi
Leeks
Lettuce
Onions/garlic
Parsnip
Peas
Potatoes
Radish
Silver beet
Spinach
Other spinach: Brazilian,
Warrigal
Swede
Sweet potato
Tomato
Turnip

July

Artichoke
Asparagus
Beans, French
Beetroot
Cabbage
Capsicum/Chilli
Carrot
Celery
Chicory
Endive
Jerusalem artichoke
Kohlrabi
Leeks
Lettuce
Peas
Potatoes
Radish
Silver beet
Swede
Sweet potato
Tomato
Turnip

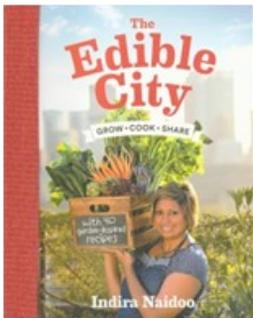
Keep in mind that these are only guides.

Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times. ROGI Seedbank is available at ROGI meetings and Garden Visits. \$1 per packet for members. \$2 for non-members.

ROGI Library News

Last meeting we all had a great evening learning tips and practical skills we could use right away in our garden. We came away wishing there had been more time to visit additional activity stations. This month we've chosen a selection of recent (and one not-so-recent) donations to the ROGI library.

The Edible City: Grow. Cook. Share Indira Naidoo



Written by one of Australia's most popular broadcasters who recently, after transforming her tiny balcony into a thriving kitchen garden, turned her attention to the issues of food, gardening and sustainability.

Following on from *The Edible Balcony*, this book sees her visiting some of Australia's most innovative kitchen gardens. Along the way she offers gardening tips and practical advice, recipes with a wealth of colour illustrations.

This book includes an index and bibliography for further reading.

Small space, big harvest: inventive ideas for growing your own food.

Edited by Penny Warren



Many people in Redlands have downsized and find the space they have available for gardening much reduced when compared to the old quarter-acre block ...or larger!

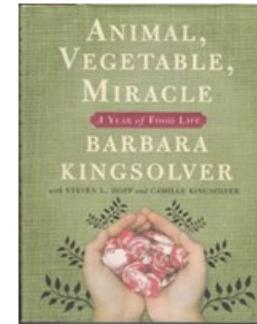
This guide proves that it is possible to grow food anywhere, no matter how small the space available: it demonstrates how you can get every inch of your outdoor space producing tasty fruit, herbs and vegetables year-round.

The book is divided into sections, including what to grow where and being space efficient; small-space projects (making various planters, many from recycled materials); crops in small plots; and plant know-how, including a season-by-season planner.

Includes a section on useful resources, listing suppliers of seeds and plants; and an Index.

Animal, Vegetable, Miracle: a year of food life

Barbara Kingsolver

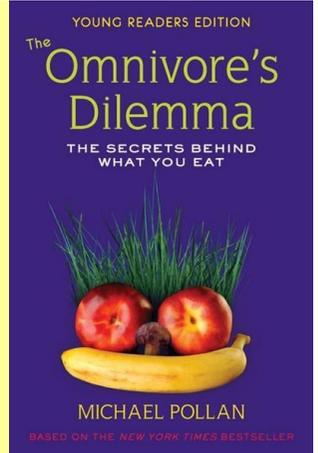


This book, by popular novelist Barbara Kingsolver, narrates "A year of food life" for her and her family.

While set in the USA, with little practical relevance to the growing of food in the Redlands, this is nevertheless a fascinating insight into one family's journey away from Arizona and a life dependant on the industrial-food pipeline to rural Virginia and, in Barbara's own words: "...the story of a year in which we made every attempt to feed ourselves animals and vegetables whose provenance we really knew ... and of how our family was changed by our first year of deliberately eating food produced from the same place where we worked, went to school, loved our neighbours, drank the water and breathed the air."

This is an inspirational read of one family's efforts to live and eat locally according to the seasons.

The Omnivore's Dilemma: The secrets behind what you eat *Michael Pollan*



Again, a book from the USA, yet

this still has much to offer (and I will never look at a chicken nugget in quite the same way again after reading it).

Ever stood in a supermarket aisle and wondered ... where did all this food come from? This book delves behind the scenes of the average American supermarket dinner and digests the fascinating (and sometimes outright disturbing) puzzle of what's on the plate and how it got there!

Reading this made me want to delve deeply into the first two books on this page once again and go out and surround every home on the block with an edible landscape!

(We have the original edition of this book for adults, as well as this easier-to-read version)

We will be purchasing some new books for the library shortly and if anyone has suggestions for purchase please let us know. We look forward to seeing you at the library next meeting.

The ROGI library now has pH kits that you may borrow for one month.

Cheers Angela and Stephen

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.

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

July Newsletter Deadline

Please send your contributions to the newsletter editor by 29th June for the July edition.

ROGI Shop Products

| Products Dry | 3kg | 2kg | 1kg | 500g | 100g | Each |
|--------------------------|-------|-------|------|------|------|--------|
| Soil Conditioners | | | | | | |
| Blood & Bone | 7.50 | | 4.00 | 3.00 | | |
| Blood & Bone 25kg | | | | | | 29.50 |
| Blood & Bone 16kg | | | | | | 24.00 |
| DE Fine Food Grade | | 15.00 | 8.00 | 4.50 | | |
| DE Fine Food Grade 20kg | | | | | | 110.00 |
| DE Pet & Garden | 16.00 | | 7.00 | 4.00 | | |
| DE Pet & Garden 20kg | | | | | | 80.00 |
| Dolomite | 5.50 | | 3.00 | 2.00 | | |
| Eco88 | 8.50 | | 4.00 | 2.50 | | |
| Gypsum | 5.50 | | 3.00 | 2.00 | | |
| Humic Acids | | | | | 3.50 | |
| Organic Booster | 6.50 | | 3.50 | 2.50 | | |
| Organic Xtra | 6.50 | | 3.50 | 2.50 | | |
| Organic Xtra 25kg bag | | | | | | 18.50 |
| Organic Xtra 16kg bag | | | | | | 14.00 |
| Organic Xtra 5kg bag | | | | 2.50 | | 7.00 |
| Rock Dust #3 25kg bag | | | | | | 29.50 |
| Rock Dust #3 Mix | 6.50 | | 4.00 | 2.00 | | |
| Sea Mungus | | | | | | |
| Turf Master | 5.50 | | | | | |

*DE is Diatomaceous Earth—can kill insects by desiccation.

| Tools & Equipment | |
|-----------------------------------|-------|
| Soil pH Test Kit | 15.00 |
| Banana Bags | 3.50 |
| Fruit Fly Exclusion Bags set of 4 | 5.00 |
| Paper Pot Maker | 28.00 |

| Products Wet | 5 litre | 1 litre | 500ml | 150ml | 100ml |
|--------------------------|---------|---------|-------|-------|-------|
| Soil conditioners | | | | | |
| Eco-Amingro | | 18.00 | 10.00 | | |
| EcoFish | 32.00 | | | | |
| Eco Naturalure | | | | 15.00 | |
| Eco-Neem | | | | | 16.00 |
| Eco-Oil | | 22.00 | 16.00 | | |
| Fish & Kelp solution | | 13.00 | | | |
| Potassium Silicate | | | | | 3.00 |

| Pest & Weed Control | | | | | |
|--------------------------------|--|------|-------|--|-------|
| Burn Off | | 9.00 | | | |
| Eco-Pest Oil | | | 10.00 | | |
| Naturassoap | | | 17.00 | | |
| Pyrethrum Spray | | | | | 20.00 |
| Wild May (for fruit fly) | | | | | 2.00 |

| Aloe Vera | | |
|------------------------------|-------|-------|
| Aloe Vera Raw Material | 33.50 | 9.50 |
| Aloe Vera Raw Bio Fertiliser | 37.00 | 10.00 |

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Cats whiskers, above, and beautiful blue rosemary flowers will attract bees, who find them irresistible, into your garden



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