

ROGI News

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

Salvation Army Church
Cnr McDonald Rd & Macarthur St
ALEXANDRA HILLS

Admission

Members: Free
Visitors: \$5

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

Tea/coffee provided.

You are very welcome to provide a **quality plant** to help share interesting plants with other members (see p 24).

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

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A bee on a borage flower in Lara's garden. Borage is a favourite plant of honey bees and our small native bees, and also attracts various other beneficial insects (pollinators and predators) into the garden. It is an ornamental plant (although it can get somewhat straggly), and is also edible and medicinal. Although borage is an annual, it self-seeds readily and, once you've allowed it to go to seed once, will pop up randomly in your garden year after year.

Backyard Burlblings

Hello ROGI member,

Recently we've been woken early by the annual harbinger of spring, the migratory Koel. This Eastern Cuckoo's strident call lures smaller birds off their nests so that his mate can steal the nest, lay her eggs in it and leave their young to be reared by the poor unsuspecting bird. Not a good parenting example but it obviously works for them. As we're lucky enough to have a few very large old trees in the neighbourhood, the Koel seems to go from tree to tree looking for potential victims and rousing anyone within earshot from about 5am onwards.

Once up and about, one of the first tasks of my day is to walk around our small garden to see how everything is faring; not that I expect to see much change from the day before, but now that spring is here and the days are lengthening there is always something new to see, smell or admire. Sometimes I just stand and listen to the birds or look at the sky. Other times I'll notice the way water droplets sparkle in the sun or on the luscious shiny leaves of coriander or parsley. Some mornings, the myriad colours of flowers seem to demand attention. At this time of the year there could also be some strawberries to pick or some asparagus spears to eat or even a ripe tomato.

In short, a food garden or any other kind of garden is never static and can be one of life's quiet pleasures.

Apart from enjoying the look and feel of our productive garden, another source of pleasure is gathering vegetables and herbs for the kitchen. Then there is the joy of preparing, cooking and eating the bounty. As cooking is something I



really enjoy, having a garden to forage in for vegetables, herbs and salad greens means meals are mostly unplanned. How good is it to be able to pick and choose what to gather just before preparing a meal! Sometimes it's even a surprise for the cook.

It never ceases to amaze me how much food one small garden can actually produce without really trying too hard. Even sowing only small patches of carrots, beans or beetroot, or planting one or two eggplants at a time can mean a brief glut. Our lettuces are especially prolific this year; a variety we bought from the ROGI plant stall, it won't stop growing. We've been harvesting from the same six lettuces for at least two months now. I gather leaves by the handful and a few days later they've grown again. Janet tells me it's called *Tango* and comes from a *Caterer's Mix*. Well worth growing, so we're letting some go to seed. Culinary herbs such as coriander, rocket, land cress and parsley also seem to have been incredibly prolific this year. Thus, there is usually far more food than two can eat. I suspect other ROGI members' gardens may have the same overabundance 'problem'.

We try to share our garden's and Nature's bounty by offering surplus to neighbours, family and friends. Some gladly accept, happily taking a basket of whatever is available every week to supplement their family's diet. On the other hand, there are also some who are not interested in fresh salad greens or green vegetables claiming they and/or their children don't like them or they don't have time to prepare them.

In the meantime, we'll just keep on enjoying the vegetables and herbs and sharing them when and where we can.

Happy Growing!

Julia Geljon
ROGI president

Coming Events

October	Wed 10	ROGI meeting	
	Tues 16	Seed Savers meeting	See p 12
	S/S 20/21	Biodynamics workshop	See p 16
	"	Buderim Garden Festival	See p 19
	"	Brisbane Tomato Festival	See p 19
	Sun 28	Garden Visit	See p 19
Nov	Thurs 1	BOGI meeting	See back page
	Tues 6	Herb Society meeting	See back page
	S/S 9/10	Electric vehicle expo	See p 17
	Wed 14	ROGI meeting	
	Sat 24	Garden Visit	See p 19

Membership Information

- **Cash** payment at ROGI meeting
- **Cheques** made payable to *Redland Organic Growers Inc* - pay at meeting or to PO Box 1257, Cleveland 4163
- **Direct Deposit** BSB 633000. A/C 136137296 (Bendigo Bank, Middle St, Cleveland)

IMPORTANT! Reference - Your initials and surname are essential to identify who has paid.

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

Member Category	Members Renewing For 2018	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct18-Dec19
Single	\$30	\$30	\$22.50	\$15	\$37.50
Family*	\$50	\$50	\$37.50	\$25	\$62.50
Pensioner Single**	\$20	\$20	\$15	\$10	\$25
Pensioner Couple**	\$30	\$30	\$22.50	\$15	\$37.50

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

October Meeting

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

Anne Gibson, The Micro Gardener, will talk about this fascinating and little-understood topic.

During her presentation, Anne will be covering:

- How the gravitational pull of the moon affects soil moisture, plant sap and the water table, and its impact on us as gardeners.
- Timing your planting to take advantage of moon phases for quicker seed germination and propagation, robust plant growth, and better harvests.
- Does it really make a difference? Experiments and results with a variety of food crops.
- Using a moon calendar to optimise planting times each month.

Anne will have the following available to help you with your gardening:

Moon Calendars \$14.50

Subtropical Planting Guide \$9
(laminated) - designed for our climate.

How to Make Potting Mix at Home Guide \$10 (laminated) - recipes for making many different potting mixes and 5 seed raising mixes.

Microgreens Growing Guide Chart \$13
- 28 different herbs and vegetables to grow as microgreens.



See next page for information on the organic produce available for sale at the meeting.
Remember - bring your reusable bags, boxes, baskets etc.

Community gardens

At our September meeting, ROGI members spoke about their experiences with community gardens in our area. Here is Linda's story:

Linda Barrett is a member of **Bethania Street Community Garden** at Lota.

Here is a summary of her presentation:

They are called 'Community Gardens' for a reason. Two words 'Community' and 'Garden'.

Historically, gardening was often done on 'the Commons' - the common land used by all in that locality. Later these commons became 'enclosures' and were fenced off to become private land. This caused the loss of land for use by all in the area .

The Community Gardens movement is causing a re-establishing of land for common use. However, productivity may not be the central focus.

The garden may be about building an aesthetically pleasing area to beautify the space for residents.

It may be to re-establish native vegetation, or increasing the diversity of plants in an area, which then increases bird and animal life.

These actions offer the community itself inspiration, social links and education around

gardening and sustainability.

The word 'Community' precedes the word 'garden'. It's about people in the garden, about nurturing them and building human relationships within a local area.

Of importance is the critical relationships that support the garden; the members, the neighbours, people in council such as the parks and assets personnel and of course the councillor; local businesses – all these people can be integral to the success of the garden.

Also important is to build your garden community and have diversity that reflects the local community. A community garden can be a place of support in the community - a



place where people can gather, work, talk, laugh, celebrate and support one another.

Some people approach a community garden at a brittle time of their lives and by simply being involved; working side by side with others can give them support, exercise and a feeling of belonging.

History of our garden

2009 - a group of local people got the ball rolling. Local councillor involved early on. There were early planning discussions including the need for Incorporation – to enable the group to apply for grants .

2010 - Subcommittees formed: Construction & Maintenance; Composting; Marketing and Events; Garden Design; Grant applications Then the group applied for a grant, wrote a Strategic Plan, formed not-for-profit incorporated group, developed Mission Statement, Values and Objectives; identified BCC sites in Wynnum/Manly/Lota area; sought information on biosecurity (fire ants, soil hygiene); applied to Department of Justice for incorporation.

The initial land offered by the Brisbane City Council in 2010 was not successful so another site was offered in 2011. Council and Management Committee met with local residents to gauge community support, and the new garden started in September 2011.

Organic produce and meat available at ROGI meetings

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

Karra and Steve will have their **organic meat** available for sale from their van outside the hall before the meeting. Most of it is refrigerated rather than frozen.

Bring your cooler bags to take your meat home in. Their prices are very reasonable and they will have credit card facilities.

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

- Certified organic, chemical-free corned silverside \$15.50kg
- Certified organic fresh sliced sirloin steak (T-bone with no bone) \$24.00kg
- Certified organic fresh beef cheeks (perfect for show cooking) \$17.99kg

Community gardens: Bethania Street at Lota

The garden is east-facing on sloping land in Cox Park, Lota, near the primary school and train station. The original site is 758 m². In 2017 a further 285 m² was licensed to WMCGG.

We have 20 beds, a herb spiral and bush food garden. All are communal gardens (none allocated to individuals). All produce is shared.

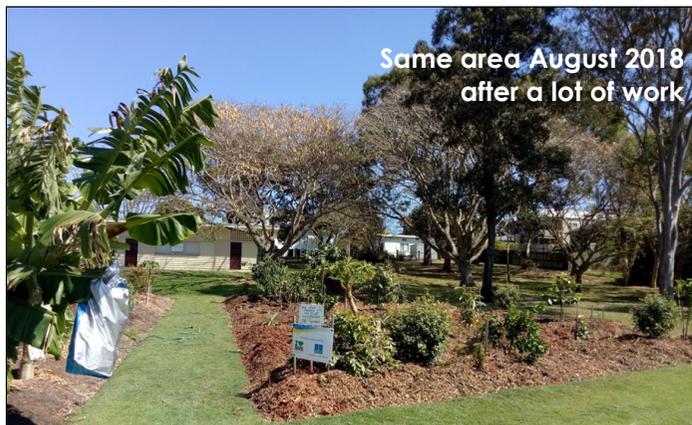
There is a fruit grove, six large compost bays, a pergola, three water tanks and garden shed.

Garden objectives

1. To grow organic food
2. To use the garden as a place for learning and creativity relevant to sustainable living
3. To use the garden for social interaction with all sectors of the community



Fruit grove area August 2017



Same area August 2018
after a lot of work

Bethania Street activities

Here are some of the ways members can be involved in the garden, which fulfil the objectives:

- Wednesday 7—9.30 gardening with morning tea afterwards
- Watering roster
- Mowing roster
- Gardening working bees
- Come Visit My Garden
- Under 5s Gardening Times – Monthly
- Gardening bees – 3 times a year
- Harvest Share – 4 times a year. Community event to trade and share all things gardening and cooking.
- Community Composting hub
- Darling Point Special School – three year 13 young men attend the garden each Wednesday for the school year.

Wednesday's gardeners are important to the garden's success, not only their work but also their ideas. They are mostly older, retired or on Newstart, as those with families are working and busy. We tried a Sunday group; it wasn't successful, so now we have just a few special weekend activities throughout the year.

Communication amongst the members is paramount - there is a direct link between the gardeners and the committee, quarterly newsletter, notice board, website, email and Facebook page. We want everyone to feel that they are a part of the garden.

Funding the garden

The garden's running costs are \$2,800 per year - licence fees (rent), electricity, insurance and plants seeds and mulch.

We have 75 families (103 adults, 32 children) who pay membership fees of \$10 concession,

\$15 single and \$20 for a family.

These don't cover costs. We also receive monetary donations from local business and private donors. We have had grants from the council and the Gambling Community Benefit Fund.

Community support from a mowing contractor who mows monthly and tree loppers who provide forest mulch helps keep costs down. Other businesses give us grass clippings, fruit pulp and waste, and coffee grounds for our hungry compost bays.

Some challenges

- Changing climate—increased water requirements
- Finances: as costs increase – some members are providing some community education and running workshops and donating the money back to the garden.
- Succession planning for our committee is in our mind, as many of the original committee are still involved.
- Theft of produce has recently become a problem. It happened here and there over time but has increased in past few months. We have erected some signage over the past few weeks .

Why is it successful?

- We took time to plan well at the start
- Clear mission and objectives to guide strategic planning, roles and garden and activity planning
- The garden and the members are the focus
- Good communication between members and the committee.

Linda Barrett

Talk with Linda at the Seed Bank if you'd like to visit the garden.

Garden Visit - Lara Brits

Lara's garden in Alexandra Hills backs onto bushland.

In wet weather there are waterfalls and water views.

Her aim is to create a food forest, so she bought 110 root stock from Indigiscapes.

To help her achieve her goal she is undertaking a certificate course in Permaculture design.



The bush is frequented by numerous birds including beautiful king parrots and the black-faced cuckoo shrike (pictured left).



Right: This garden is designed for Lara's boys to enjoy, and be involved in, the outdoors.

Pawpaw trees had sprouted from compost and Lara was loath to dig them out. They are producing lots of fruit but are thin and weedy looking as they are so close together. Gennaro thought that, with pawpaw trees, the genetics is important, and some are more resistant to black spot and grow more vigorously than others.

Fortunately, they grow quickly and can be replaced when not doing well.



Lara has achieved a lush and productive veggie garden since she bought the property less than two years ago. There is a huge variety of plants growing in this corner in raised beds and pots.



Having pots grouped close together like this makes hand watering easier.

Healthy happy hens are protected from predators in a fully-enclosed chook house.



Nasturtiums are a great companion plant and the leaves, flowers and seeds are edible. They have spread through the garden attracting bees and other beneficial insects as well as providing colour to the garden. They will self-seed year after year.



Finger Lime (L) and Guava (R) growing happily in pots. The soil in Lara's yard is not conducive to food-growing, so pots are required until Lara has finished working on the soil to improve it.

This compost tumbler has two barrels that operate independently so that one compartment can be maturing while the other is still being filled, and one can be emptied once it's ready. It stands high enough above the ground that filling and emptying is comfortable.



Garden Visit - Lara Brits



Lara has chopped out unwanted shrubs such as *Murraya paniculata* (which is classed as a weed in the Redlands) to make a path on the sloping land at the front of the house. She has piled them up to make a swale as they decompose. The boys love riding their bikes along the trail. Lara wants to work on water management and swales are one of the options she is thinking about.



Fast-growing pigeon peas along the front side fence to improve the soil and for a quick green cover. They produce edible seeds (soak and cook first) and the flowers and leaves can be used as fodder.

An innovative structure for dragon fruit. These plants can become extremely bulky and heavy and require sturdy support. This is a bicycle wheel repurposed for the cause.



Quirkiness! These very special frogs were brought to Australia by Lara's sister.



Water garden includes moisture-loving plants such as Brahmi, and Pacific Blue Eye fish to eat mosquito larvae.

As for many ROGI members, the front garden is used for growing food - in this case, arrowroot (*Canna edulis*), as well as tomatoes and garlic.



A massive banana bunch has already developed a tree beside the west-facing garage wall. As you can see, it is a dwarf variety and the bunch will be easily cut down.



Established Lilly Pilly 'Cascades' trees (a good tasting variety, a cross between *leuhmanii* aka Riberry and *wilsonii*) grow along the driveway screening it from the neighbouring property. Bees, birds and butterflies are particularly attracted to these trees.



More quirkiness. Repurposed boots make an interesting plant pot.



Some of the ROGI members present, discussing various gardening issues. There is always a lot to learn and to contribute at a ROGI Garden Visit. After touring the garden, we enjoyed afternoon tea and more conversations. Thank you Lara for showing us your inspirational garden.

Report and photos by Mary Irmer and Ann Roffey

Garden Visit - Raneë Zeller

Raneë's Sheldon property comprises five acres, and she has been there for 16 years. We were welcomed by Johnny, her very friendly horse, who loves to get his rear end scratched, and is a ready source of manure for the gardens!



There was broccoli that was going/had gone to seed.

Linda Barrett advised that it would be ready to save seed soon. *[Come along to the Seed Savers Group to learn how. See p 12]*



Vegetable wicking bed gardens

The 7m x13m vege area is fully enclosed by wire mesh to keep out wildlife (rats, possums, foxes). However, galvanised tin had to be installed as rodents and snakes were still getting in! The only pests now are slugs and grasshoppers.

The five wicking-style beds are made from five rows of three (free) old bathtubs lined up. Each row is enclosed with 100 Besser blocks (\$1.00 each from garage sales and extensively cleaned up); the blocks extend above the surface of the tubs to create soil depth for the plants.

The plugholes are blocked and the tubs covered with rigid 2.5mm mesh, then shade cloth across the top (to keep the soil from falling through); then soil to the top of the Besser blocks. They look like regular raised garden beds. The soil is enriched with worm castings - delivered six times yearly from a compost-worms business.

The beds are not watered in the usual sense. Water is poured through a pipe to keep each tub full. The beds never dry out because there are 90mm pipes with rag 'wicks' that draw water up and into the soil, keeping it moist always.

Raneë pointed out how lush the gardens are, as they always are in this area, no matter how little rain or how much heat there is. Seems there's a lot to be said for wicking garden beds.



Above: Whimsical artwork on the vege garden wall by a French WWOOFer. WWOOFers regularly stay and work for Raneë in exchange for meals and accommodation.

The property is a Koala Zone, so Raneë qualifies each year for money to be spent to look after koalas. The last payment went towards a load of rocks (right), used to slow the flow of the creek water and hopefully allow her to utilise it more on her land.



Right: Guinea pigs patrol the enclosed vege area to keep the weeds and grass at bay. They have a shed to escape to, and pipe tunnels to hide/play in. Old carpet as flooring between garden beds keeps walkways safe.



Raneë uses as many 'alternately-sourced' (free, second-hand, re-purposed, etc) items as possible, along permaculture lines, all of which help with the budget, and add interest to the property.



Raneë has bees for the honey and also for pollination of the fruit trees.



These macadamia flowers will benefit from the bees.



Ranee Zeller Garden Visit

On to the food forest, where ROGI members were able to help her with identification of some plants that had lost their tags.

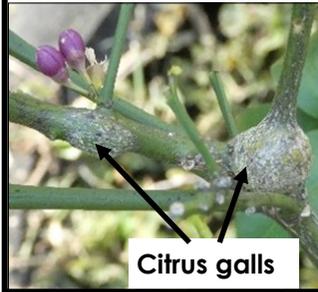
Some of them are Canistel, Sour-sop, Davidson's Plum, Grumichama and *Monstera deliciosa*.

All the trees have tyres around them, as Ranee's chooks have access to this area. She uses grey water to irrigate the plants here, and in five other areas.

The chicken house and compost bays are side by side. Ranee firmly believes in getting her animals to do work for her. Here, the chooks turn over the compost, which is enclosed in large bays covered with wire mesh to keep out rats and possums. She had 22 chooks, but unfortunately lost 15 to foxes.



Near the chook pen and compost bays is another area with fruit trees and the beehive. Gennaro identified galls of the gall wasp in a citrus tree and gave us a lesson on how to remove them. Discussion ensued as to whether citrus gall damages the health of the



tree. However, most experts agree that it will gradually weaken the tree and make it unproductive. The galls really need to be removed by the end of August to prevent the larvae from developing.



Left: the chook house, with the compost bays behind it to the left of photo.

Above: the partly-open top of a compost bay. The frame is covered with mesh and it can be slid open and shut as needed. The chooks have access to the compost bays via their house, so they are safe and can easily do their work.

Right: the roof when closed.



The soil on the property is very poor (shale). Ranee is on the Qld Fill Registry, where she can source free soil. Recently, red soil from Cleveland High School was delivered to areas at the front of her property. It is advised, however, to check first if the soil is free of fire ants.

At the front of the property, Ranee has started a community garden food forest. This will be watered from her nearby dam. She welcomes donations of any plants that will happily grow without much intervention. She also has a lending library.

Below: Ranee has scrounged many strong wire cages that are perfect to protect and give trees a good start.



Ranee has undertaken a massive project and has installed impressive structures that gave us ideas for our gardens. Thank you, Ranee, for your hospitality and enthusiasm.

Report and photos by Ann Roffey and Jill Nixon



Happy tenth birthday ROGI!

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

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

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

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

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

Gennaro took raw **jicama** chips for tasting at Lara's place. They are crisp and mildly sweet. We used them like carrot sticks with a dip.

Jicama is similar to yacon and has inulin (no sugar) and is good for the gut, and for diabetics. It doesn't discolour when cut and

can be cooked as well as eaten raw. A good plant to try growing.



A particularly good specimen of jicama that Gennaro grew.

ROGI Launch

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

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

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

Redland Organic Growers Incorporated

Postal: 13 Tipuana Drive CAPALABA Q 4157
Edition 1

Email: ne.baker@bigpond.com
NOVEMBER 2008

Why ROGI?

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

Experience the botanical delights of Borneo

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

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

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

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

Ian and Jill Nixon 0418 717735

Seasonal gardening tips

from Anne Gibson

As we spring into October, our fifth season here in SE QLD is upon us. 'Sprummer' is a transitional period during October/November.

Based on my observations and from keeping notes on patterns over 20 years, this is a time when we need to be prepared for almost any kind of weather conditions!

We typically have very changeable conditions, often with little to no rain. We can suddenly get a heatwave or storms (often intense heavy rain with gusty winds or hail), a random cold snap, drying winds or early humid weather.

Quite confusing for gardeners!

Based on the BoM's outlook, we can expect warmer and drier conditions than average.

When we do get storms, they are forecast to be less frequent but likely more intense with potential damage to our gardens.

I always have shade cloth structures handy (made with bamboo stakes and zip ties—see photo below right) to help protect plants when needed:

- provide shade on hot days,
- shelter against heavy rain/storms/hail and
- provide wind protection for vulnerable leafy greens that dry out quickly and suffer stress.

Our grace period with fewer pests over winter/spring will soon be over! Watch for aphids, bronze orange bug, citrus leaf miners, QLD fruit fly and grasshoppers.

Exclusion netting and traps are useful strategies.

With so many fruit trees in flower now, it's essential to [attract pollinators to your garden](#) or be prepared to hand pollinate. After fruit set, the trees have a high need for moisture and nutrients.

A shallow bee bath provides water for pollinators and beneficial insects. An insectary garden with a variety of nectar-rich flowering herbs, vegetables and perennials (photo far right) encourages predators to keep seasonal pests under control.

What to Plant Now

Sow broccoli, rocket, chard and peas as seeds and harvest as young [microgreens](#). I sow *Broccoli di Ciccio***; a warm season variety (ready in 7-21 days), which I pick through to December. It has a long harvest period for side shoots. [Rocket](#) prefers moist soil and some shade if growing to maturity.

It's a good time for zucchinis, with enough warmth before high humidity sets in. Swap 'Slow Bolt' coriander for perennial Mexican sawtooth variety to take you through summer. Perennial summer spinach varieties such as Surinam, Brazilian and Okinawan are coming out of hibernation and will provide spinach leaves during our hot humid weather when our winter varieties 'check out'.

Sow turmeric and ginger this month (ideally 4th/5th Oct with the [moon cycle](#)) along with other [root crops](#) like beetroot, carrots, sweet potato, yacon and radish.

Asian greens, [basil](#), [beans](#), capsicum, chilli, celery, chives, choko, cucumber or cucamelons, eggplant, kale, leeks, melons, mustard, okra, oregano, parsley, pumpkin, rosemary, sorrel, [spring onions](#), thyme, tomatoes and Warrigal greens can all be planted in October.

Swap to heat-tolerant loose leaf lettuce varieties- * *Salad Bowl Red* or * *Green*; *Little Gem* and * *Parris Island Cos*; *Royal Oakleaf*; *Summer Harvest*- that are slow to bolt.



Garden Tasks

- Check fruit fly traps. Re-bait as necessary.
- Fertilise citrus and fruit trees. Mulch well.
- Plant passionfruit and de-sucker bananas.

[Join my free newsletter](#) for more monthly tips.

Enjoy the harvest!

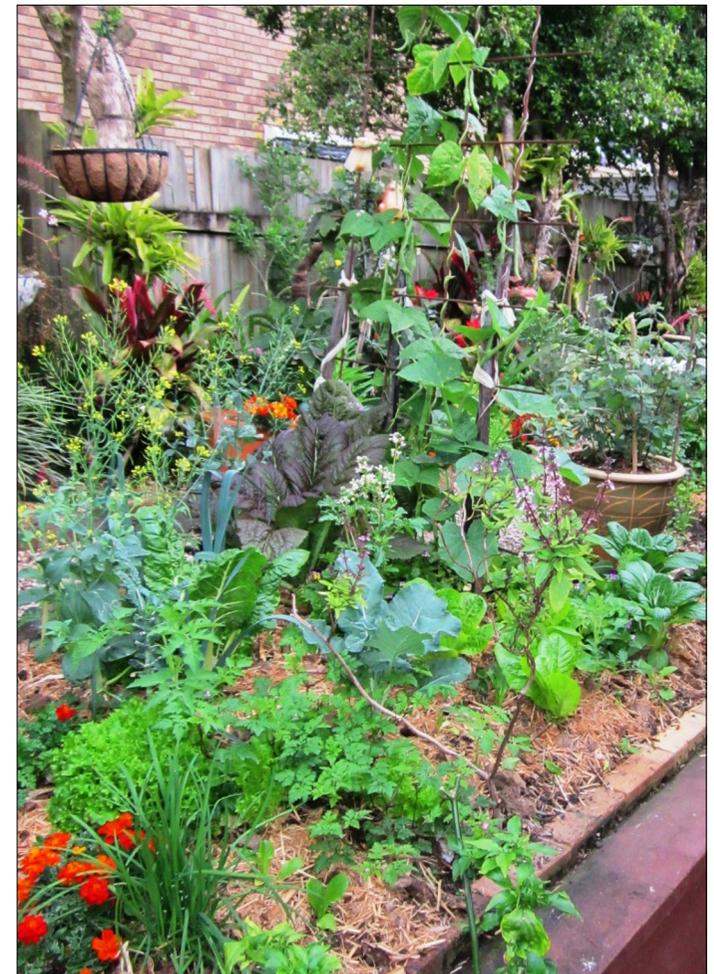
Cheers, Anne

[The Micro Gardener](#)

Anne will be the speaker at our October meeting. See page 3.

* ROGI Seed Bank sells *Organic Lettuce Mix* that contains *Salad Bowl Red*, *Salad Bowl Green* and *Parris Island Cos*, as well as other lettuce types. Also

** *Broccoli di Ciccio* seeds for sprouting.



Seed savers news

Back in May at a Seed Savers Group meeting, Janet asked me to plant eight 'First Fleet' lettuce seedlings and save the seed from them. Not a hard task, as this lettuce is simply delightful – lovely crisp green leaves tinged with red, a welcome addition to any salad.

Google research revealed that this non-hearting lettuce was carried from Britain by the First Fleet to be cultivated at Sydney's First Farm in 1788.

Generations of Australian gardeners have acclimatised this cool temperate plant to suit various climatic regions, from warm temperate Sydney to subtropical Brisbane.

Unlike most other leafy vegetables, 'First Fleet' lettuce doesn't get attacked by pests like aphids and caterpillars.

Back in my garden, the lettuce has started flowering, so look out for 'First Fleet' lettuce in the ROGI Seed Bank in the coming months.

Ann Roffey

The Seed Savers Group meets bi-monthly at Linda Brennan's house in Capalaba.

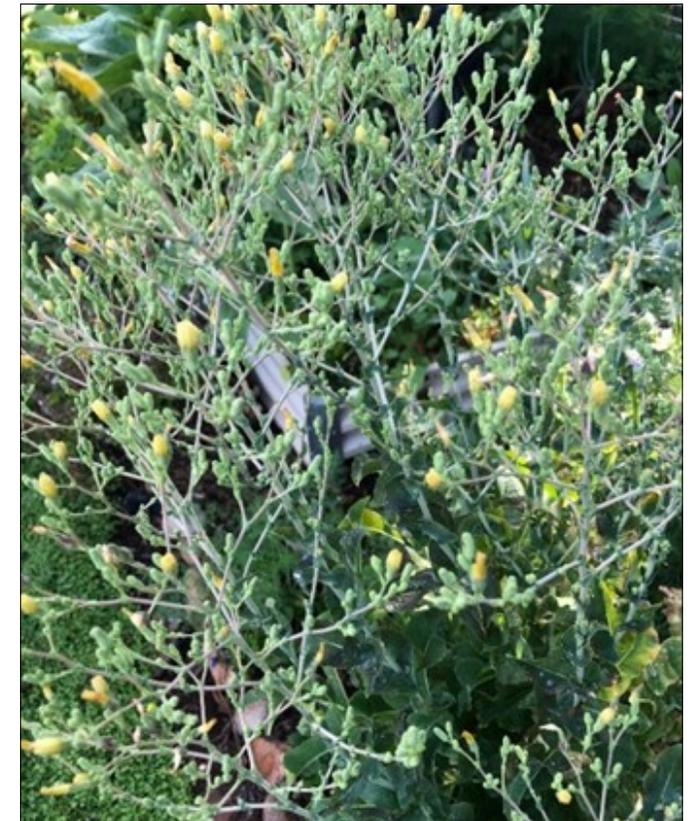
Our next meeting will be
7 - 8.30pm Tuesday 16 October

All welcome; any ROGI member may join this group, which is a free service to members.

See Janet or Sharr at the Seed Bank & Plant Table at the ROGI meeting for more details.



Above: *First Fleet* lettuce ready to eat. Other photos depict the flowering and seed-development process.



Recipe

The food served after Ruth's garden makeover was wonderful, and several people requested recipes for the Chilean foods that Ruth made. The first is a vegan version of empanada. You can find the more typical beef-and-onion version online. There'll be another recipe next newsletter.



Empanada makes about 36 empanada.

Filling - vegan version

Vegetables: (about 200gm weight each, all sliced or diced as appropriate)

- 1 medium eggplant
- 1 medium zucchini
- 1 large brown onion
- 1 flat mushroom
- 1 leek
- 1 red capsicum

Spices, herbs and flavourings:

- 2 heaped teaspoons cumin
- 3 heaped teaspoons sweet paprika
- 1 heaped teaspoon crushed/minced garlic
- 3 sprigs thyme
- 2 sprigs sweet marjoram
- 2 tablespoons chopped Italian parsley
- 4 teaspoons Massel stock powder
- 1 teasp salt
- Chopped/powdered chilli to taste, if desired
- Olive oil

Sauté onion and leek in oil until translucent. Add spices and mix through. Add eggplant, stir and cook further. Add extra ½ cup of oil, combine and then add mushrooms and combine while cooking. Add capsicum while continuing to cook and stir. Add zucchini while continuing to cook and stir. Add herbs, salt to taste, stock and chilli. Reduce heat, put lid on and cook for about 15 minutes. Then add parsley. Allow to cool - can be prepared the day before.

Pastry

- 6 cups plain white flour
- 240 gm fat (butter, oil, lard, dripping, suet)
- 2 teasp salt
- 1½ cups cold water
- Extras: sultanas, black olives – seeded and sliced

Grease two large baking trays or line with baking paper.

Rub fat into flour with fingertips until it resembles dry breadcrumbs. Add salt to cold water and stir. Make a well in centre of flour, gradually pour in the water while stirring. The dough should be soft to medium.

Tip the dough onto bench or board and knead and work the dough, for at least 10 minutes, until it is smooth and will not stick to the bench.

Take a piece of dough about 4cm in diameter; knead it to make a smooth ball and then use your fingers to flatten it (see photo).

Roll it out to about 3mm thickness and cut a circle about 13cm (or larger) in diameter.

Place 1 level tablespoon of mixture in the centre and top with 3 sultanas and pieces of olive.

Fold in half, crimp edges and then fold up as in photo.

Brush the surface with milk (or a milk alternative for vegan).

Bake in oven preheated to 220°C for about 20 minutes, until golden brown. May be served hot or cold.

The uncooked empanadas may be frozen.



Plant of the month

Mouse melon *Melothria scabra*

A what? Mouse melon? What a crazy name for a plant, but it is very fitting for this little cucumber. The fruits are small enough to fit into a teaspoon, as in the photo, and the flavour is cucumber with a refreshing tang of lime.

They're native to Mexico and Central America and they go by many names:

Mexican sour gherkin, Mexican miniature watermelon, Mexican sour cucumber and cucumelon.

They are very drought tolerant, pest resistant and dead easy to grow, making them wonderful to grow in any garden at this time of the year.

Many cucurbits (pumpkin, zucchini and watermelon) can be fussy to germinate (mostly due to temperature). I found that mouse melons are the exception to that rule.

Seeds can either be directly sown into the soil now, or what I did last year was to start them in pots and transplant them into soil and it worked really well.



Sow seeds about 5mm deep and space the plants about 30 to 60cm apart.

Mouse melons require similar growing conditions to regular cucumbers: a sunny position with rich, well-drained soil. The vines are delicate to begin with but soon begin to strengthen and build turgor* pressure.

Letting them run over the ground is not the best because this invites slugs to feast. Support the plants with stakes or a frame just like you would for your peas, then simply let them ramble and scramble upwards.

Mouse melons are drought tolerant plants, but they will produce more fruit if you keep them well watered.

A problem that can face the cucumber family is the lack of bee activity to pollinate the tiny flowers. To encourage bees into your mouse melon vine, plant flowers such as dianthus, pansy, viola, marigold and alyssum. Two bonuses here: 1) the pollinators will be happy and do their work, 2) all these flowers are edible, making them great to serve in a salad with the mouse melons.

Last but not least mouse melons are known to self-seed, so be aware that you may end up having melons for years to come; pick up falling melons so they don't self seed or just leave them there as it is a great crop to have year after year.

At the next ROGI meeting, we won't have mouse melon seeds for sale but we will have them in **'Plant Your Own'** for free. We will have mouse melon **seedlings** for sale.

Sharr Ellison

* Turgor pressure

You can probably recognize a dying house plant. Its stem bends over, its leaves wilt.

If you catch it in time, sometimes a good watering will allow the plant to suck in the water, fill its cells, and return it back to its straight, upright position.

Why does this happen?

Plant cells are very much like your own cells, except they are surrounded by a cell wall.

This cell wall is part of what gives plants such a rigid and sturdy structure.

Plant cells need a certain amount of pressure to make sure that the cell wall stays rigid.

Pressure from fluid within the cell pushing against the cell wall is called *turgor pressure*.

For more see:

<https://study.com/academy/lesson/turgor-pressure-in-plants-definition-lesson-quiz.html>

Printer cartridge for sale

As a result of getting a new printer, a different brand from her old one, Rhonda has a brand new Canon 510 & 511 cartridge surplus to requirements.

If you can use it, please get in touch with her on 0419 987 870.

She is happy to accept half price for it.



Plant Clinic

Some interesting specimens were brought in this month and one in particular elicited lively discussions.

Lillypilly tree leaves which were curled/ deformed and coated with bright yellow spots.

This is a typical presentation of myrtle rust and affects many species of rose apple, tea tree and bottle brush.



Plants that have been affected can carry active spores for up to three months.

Some strategies you can use to limit the spread of this infection are:

- Spraying with fungicide (eg Mancozeb)
- Cutting off affected parts and disposing of them
- Removing and disposing of diseased plants
- Taking no action
- Avoid monoculture of affected species
- Avoid over fertilising with high nitrogen - content fertilisers.

Plant Clinic is managed and reported by Chris McIvor

Eggplant stems and leaves with clusters of shiny brown lumps which were very healthy soft scale insects.

Ants, which often 'farm' scale, can be seen on the leaves nearby. The scale is attached to the plant part steadily drinking the sugary sap.

- The scale can be rubbed off and squashed
- *Cryptolaemus* is a predatory ladybird beetle that controls soft scale and mealybugs and is available from *Bugs for Bugs*. <https://bugsforbugs.com.au/product/cryptolaemus>
- Sprayed with Eco Oil or other horticultural oil.
- They are easier to kill when young, early in the season, as the waxy coat gets more resistant as they age.
- There is a theory that they are attracted by excessive nitrogen in the plant sap.



These **ylang-ylang leaves with completely brown margins** perplexed most of our consultants on the night. It is unusual to see such regular and complete browning around a leaf.

Excessive wet or dry conditions, or wind-burn will cause tip-browning and these conditions had been present.

However, Linda Brennan recognised it as a salt toxicity symptom and found that a new fertiliser, purchased at a garden show had been applied. Quite a few plants were showing similar effects.

A fertiliser high in chicken manure will cause this type of effect so we go back to the time-worn saying: *'Apply little and often rather than a big dump at one time'*.

Plant Clinic

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

Bring along the insect or plant (as many parts - fruit, leaf, root 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 (just inside the door to the main hall) before the meeting starts. Someone will have a look and may be able to answer your questions. Any solutions will be given to you on the night and published on this page. Please be aware that, although we do our best, there may not be anyone present who can solve your problem or identify your plant, especially if not related to organic gardening.

Biodynamics & Beyond Workshop

Sat 20 Oct 9:00 am – Sun 21 Oct 4:00 pm
Kilkivan Community Farm
252 Mudlo Road, Kilkivan

The Workshop:

A unique live-in and hands-on workshop for farmers, gardeners and nature lovers - anyone keen to learn and use practical and natural ingredients in a balanced interaction between producing food and being in harmony with nature.

Two days covering everything from the background of biodynamics, regenerative agriculture, mind-set, intentions, vibrations and breathing....

We will be making biodynamic soil activator, compost, liquid ferments, tree paste, laughing, sharing meals, eating by the fire, watching shooting stars..... and soo much more! Infinite possibilities!

What's covered?

- Background of biodynamics and its origin
- Making biodynamic soil activator
- Making biodynamic compost
- Sourcing your biodynamic needs on farm

Practical application of biodynamics from garden to broadacre

- Making biodynamic tree paste
- Making biodynamic liquid ferments for foliar application
- hands on planting trees with soil activator, compost and tree paste dowsing to ask your land and plants what they want

Facilitator:

Shane Joyce - <https://kc-farm.wixsite.com/kilkivan-farm/shane-s-bio>

Catering:

Shared food prepared by workshop participants.

Please bring food to cater for your special dietary requirements.

Accommodation:

- Onsite camping (donation-based)
 - 6 double rooms available on site (donation-based)
- Both options include access to hot showers*

Arrival and Departures:

- You are invited to arrive on Friday 19 and depart on Monday 22.

Fee:

The level of investment you wish to make in this workshop is your choice.

Our target is to allow as many people as possible to attend this workshop so as to increase the knowledge and uptake of regenerative agricultural practices.

This is our very first fund-raising event for the Kilkivan Community Farm. The immediate target is enough money to pay legal fees to set up a Land Trust to own the land, transfer the title to the Kilkivan Community Farm, and pay stamp duty to our wonderful State Government (\$30k!). Full steam ahead!

We have an amazing team as we go on this adventure of re-designing agriculture, and community, while nurturing farm, crops, livestock, and people.

Come join us!

More information at:

<https://kc-farm.wixsite.com/kilkivan-farm/events/biodynamics-beyonds-workshop>



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



electric vehicle
EXPO CONVENTION

NOVEMBER 9 AND 10, 2018
BRISBANE CONVENTION AND ENTERTAINMENT CENTRE

PRESENTED BY
AUSTRALIAN ELECTRIC VEHICLE ASSOCIATION

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

THE purpose
PROVIDING INFORMATION ON
GOVERNMENT INITIATIVES
MANUFACTURERS AND THE TRADE SECTOR
HEALTH BENEFITS

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

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

Citrus blossom is perfuming many gardens now. This tree at Ranees's property was groaning under the weight of the flowers.

We'd heard about the notion of not allowing a new citrus to bear fruit for the first few years (*it's important to prevent citrus from fruiting for the first three years**) but do we allow it to keep all these blossoms?

This was discussed, and it was decided that the flowers should stay and any excess fruit can be culled later on if needed.

A tree will often drop excess fruit that it won't be able to support to maturity.

* <http://www.abc.net.au/gardening/factsheets/citrus-care/9435810>



BUDERIM
Garden
FESTIVAL

October
 20th & 21st
2018
 9am - 4pm daily

www.buderimgardenclub.com

Buderim Celebrates the Spectacle of Spring!

Proudly sponsored by
 Buderim Bendigo Community Bank Branch
 and Manawee Garden Centre

Garden Visits

Sunday 28 October:

Pal Juvancz at Capalaba. Pal has a small but productive garden area with fruit trees, chooks and an enclosed section for vegetables; and more.

Saturday 24 November

Karina Lay's acreage property at Redland Bay

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

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

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

This event will celebrate growing and cooking with heirloom tomatoes.

- Diggers' Tomato Taste Test - a selection of heirloom tomatoes
- Diggers Club membership marquee both days
- Tomato competition - Best in Show, etc.
- Pop-up shops both days: seeds, plants, gardening materials, tomatoes, cooking gadgetry
- Pop-up restaurants both days; tomato-focussed food
- FREE talks both days on gardening and cooking
- Plant crèche for your special purchases

There will be plenty of opportunity for you to taste tomatoes as well as fresh produce and condiments that go perfectly with tomatoes.

Join us for cooking demonstrations, the Taste Test and a wide range of stallholders who will be creating special blends for the Festival.

There will be innovative tomato-inspired dishes as well as chutneys, relishes, sauces, olive oils and much more. <https://www.diggers.com.au/whats-on/brisbane-tomato-festival>

— THE DIGGERS CLUB —
BRISBANE TOMATO FESTIVAL
20TH-21ST OCTOBER 2018
Brisbane Botanic Gardens
Mt Coot-tha
10—4 and 10—3

Tomato Festival Brisbane

Book Review

The Bee Friendly Garden

by Doug Purdie

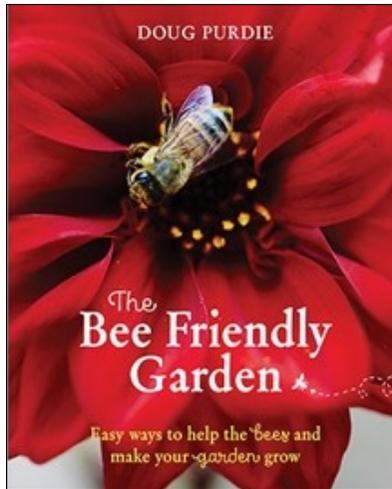
This book was published in 2016 and follows on from his first book *Backyard Bees* which mostly was about keeping bees.

The current volume is more about what we, as gardeners, can do to protect our native bee populations by providing forage for honey bees. Doug wants us to look at our environment from the perspective of a bee with its five eyes and ultraviolet vision.

He points out that we are destroying so much of our bees' habitat by ever-increasing urbanisation and by not replacing bee forage plants in our gardens.

Instead, current new housing areas tend to go for lawns and architectural plants with few or no flowers. As well as the destruction of bees' habitats, he also outlines the plight of the Monarch butterfly because of increasing use of herbicides to control milkweed.

The book goes on to outline the simple changes we can all make in our gardens to encourage bees; such as planting flowers amongst the vegetables and leaving some weeds to grow and flower. Integrated Pest Management by using companion planting,



instead of insecticides, to minimise unwanted pests, is another of the strategies advocated to attract bees and other beneficial insects to our gardens.

Towards the back of the book there is an excellent section on how to add native plants into the mix to ensure a good pollen and nectar supply all year round. It gives a good list of suitable species from groundcovers to trees. There is also a list of exotic plants (with pictures) that encourage bees.

I really enjoyed reading the section on how to construct native bee homes and the best places to put them to encourage them into your garden.

Finally, he deals with good and bad insects that we might find in our gardens and gives recipes for making your own natural pest repellents.

The book is well illustrated with numerous excellent photographs of bees, plants and insects. A worthwhile book to borrow from the ROGI library

Reviewed by Julia Geljon

This book is among the many items available from your ROGI library.

We also have pH test kits and needles for sewing shade cloth on loan.

If you read a book that would be valuable for our library please tell a committee member about it—see back page.

We welcome reviews from readers of ROGI library books you've read. Please!

Good idea! Exclusion bags for strawberries, small tomatoes

These are just great for keeping the snails and slugs off my strawberries. I had made some but they weren't as see-through, which meant I'd have to untie them and potentially damage the fruit. These are SOOOO much better!

They would work well for a single tomato or a small truss of cherry tomatoes to protect against fruit fly.

\$2.00 for a pack of 8, measuring 14.5 x 9.5 cm. Find in K-Mart, in the party section, with all the party loot bags.



Seed bank news

Plant your own seed

... at the next ROGI meeting

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

At home, you need to:

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

The seeds this month will be ...

various seeds saved through the seed savers' group including Mouse Melon.

Seed savers' group

Next session is 16 October. The topic will be wet seeds. More info at the seed bank and plants table at the ROGI meeting.

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

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

Fifty cents a litre.

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

Special Offer

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

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



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

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

Square pots like these are good too.



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

This seed sowing guide is for sowing seeds, not seedlings.

There may be several days or even weeks between the optimal time to sow a seed and to transplant a seedling.

Seed Sowing Guide

October

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

November

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

Keep in mind that these are only guides.

Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times.

ROGI Seed Bank is available at all ROGI meetings and Garden Visits.

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

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

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

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

ROGI Rewards

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

Members' Sales

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

FREE swap/share/give-away

(This is for members only)

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

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

Chook house etc for sale. Chooks free.

Three lovely chickens (Lizzie, Clara and River) looking for a new home. They lay fabulous eggs, love to eat scraps, go totally nuts for rice, yoghurt, strawberry tops, almost anything. Their house (1800W x 900Dx123H) is on legs to raise it 400 off the ground.

There's a door (350x400) to access the two nesting boxes: they only ever use one at a time. Sometimes they switch from one to the other, but they all always use the same one. A vermin-proof feeder (they sometimes bang the lid on this over and over; this doesn't mean there's no feed left, it means they've picked out all the sunflower seeds and would like more. Please and thank you.) A box for the seeds, and two crates - one for feed, the other to store wood shavings. A barrel, pvc pipe, water nipples. Plus ten star posts, (which you'll have to pull out yourself) and you can also have the wire fencing. Pick up Alexandra Hills. \$560 or best offer. Melanie melanie@wiccked.com 0414 571 577 (prefer text or email if possible)



We'd like to hear from you.

For example, send us:

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

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

November Newsletter Deadline

Please send your contributions to the newsletter editor by 31 October

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



This is how it works:

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

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

Did you know?

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

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www.facebook.com/groups/redland.organic.growers

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

Other gardening groups using organic methods

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

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

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

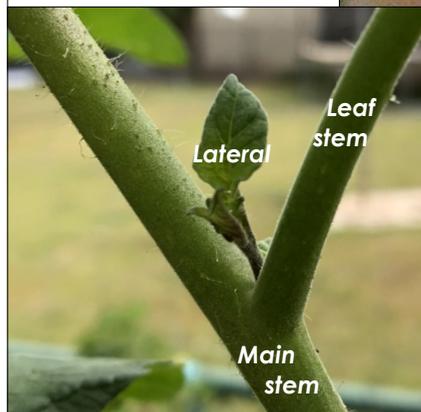
Propagating tomatoes

Most people grow tomatoes from seed. Indeed, many tomatoes actually grow themselves from seed - we call them volunteers!

But did you know you can grow tomatoes from a cutting?

You may have noticed the lateral shoot that appears between the stem and a leaf. This should be removed so the plant can put energy into producing tomatoes. It is packed with growth hormones as it is set to become a whole new branch on your rambling tomato plant.

Instead of throwing it in the compost, place it in a jar of water on a windowsill. After a while



(about a week), it will begin to develop roots all along the stem, as in photo above, at which stage it is ready to pot up.

Propagating a tomato plant this way will guarantee a true copy of the original plant.

Jill Nixon

Left: small lateral side shoot. Let it grow bigger, about 10cm long, before using it as a 'cutting'.