

# ROGI News

ROGI meetings are held on the 2nd Thursday night of the month (except Jan). Doors open at 6.15pm. You can visit the plant table, library, seed bank and stalls or just have a chat over tea before the meeting. Please be seated by 7pm ready for the proceedings.

*Bayside Community Church*  
*Cnr McDonald Rd & Macarthur St*  
**ALEXANDRA HILLS**

## REMEMBER:

- There will be supper before & after the meeting
- Return washed pots
- Swap and share
- ROGI Rewards
- Bring a basket/box/bag for your purchases
- Queries for Plant Clinic
- Pay your membership dues

## Inside this edition

	Page
ROGI Secretary's Message	2
Fair at IndigiScapes	3
May Meeting	3
Coping with caterpillars on brassicas	4-6
Diamondback cabbage moth	7
Research on Upland Cress	7
Planting Poppies	8
Testing seed viability	9
How to grow carrots from seed	10
Seed-raising mix. June deadline	11
Field Trip, Sustainability Festival	12
Other various events in May	13
Book review, Team App	14
Committee Details	15

*Weed potential. Take care.*

*Tagetes minuta*  
**'Stinking Roger'**

This marigold can reach 1.8m - the 'minute' part is the size of the flowers. It's useful to grow near tomatoes as its root secretions have an insecticidal effect on the soil, effective against root knot nematodes. There are seeds available for free at ROGI Seedsavers table. More information at <https://jerry-coleby-williams.net/2020/03/28/scientific-companion-planting> about halfway down the page.

# Michael's Musings

Standing in for Jill and her Jottings, this is my first segment. The difference is obvious: I know about 5% (I'm being optimistic!) of what Jill knows about plants, soils and bugs, but I pretend to know a lot about the 'big picture' of the environmental issues affecting gardening in an ever- and fast-changing climate.

Well, 'Alfred' and the big rains are behind us, and we all are assessing the damage to our gardens. Some of us may find that waking up to full water tanks (many times over) and lots of moisture in the ground is just what we wanted. Others will have to deal with soil erosion, wilting plants and possible downed trees, not to mention structural damage.

Here at our place in Wellington Point it was not too bad at all. We are blessed that the ground is sloping away from the house, we seem to have good enough drainage around the house and pool, and the heavy clay soil soaked up a lot of water. I will never complain again when I dig another post hole! A couple of weeks ago, when planting a dwarf mango tree, we found that the soil was basically dry below the top 20cm. Amazing!

I think we all realise that rainfall events like this, with or without cyclonic winds, will occur again, and occur in ever shorter

intervals. The proverbial 'one-in-a-hundred-year' event is becoming a one-in-five or one-in-10 years occurrence.

We just cannot put more and more heat into oceans and the atmosphere and expect the climate NOT to change. Add to that hotter summer days and nights, warmer winter nights and high humidity for longer, and our gardener's life is becoming more and more difficult.

There are upsides, too. Moving from a subtropical to a more tropical climate opens up our gardeners to a whole new range of plants. Just to name a few: dragonfruit, Malabar spinach, cassava, taro...other fruits like passionfruit will just grow faster. Our growing season may be longer, but so will be the growing season for all sorts of bugs. IPM, or Integrated Pest Management, will become even more crucial. Jill's talk at the April meeting, presented by me, was instrumental to understanding the powerful non-chemical tools we have in our arsenal. It is really

exciting, and it is the best way forward if we want to eat healthy fruit and veg.

The recent rains were also a good test run for our swales (if we have any), types of mulches, drainage and the like. Now is the time to prepare our soil and garden beds and replenish lost nutrients and minerals, particularly on sandy or loamy soils.

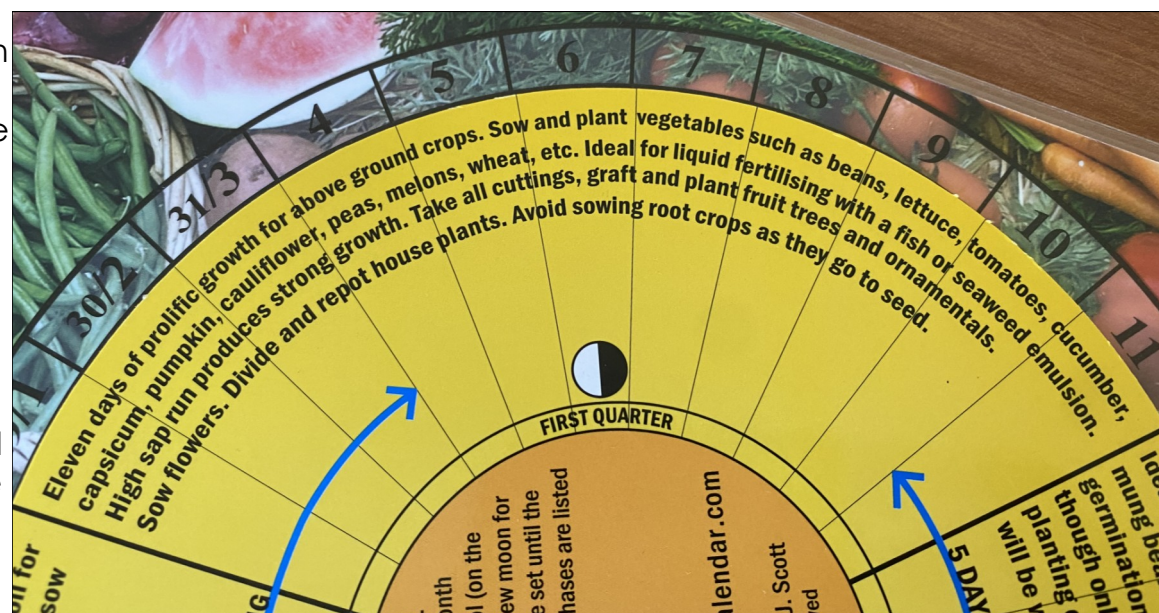
Enjoy your autumn gardening. According to the Moon Calendar, we have just entered a period (April 29 to May 11) of prolific growth for above ground crops.

See you next week.

Mike

*There's a comprehensive seasonal planting guide for each month on ROGI website under Resources.*

*Moon Calendar available from J. Scott.  
info@moongardening.com*





**Saturday 7 June**  
**9.00 to 2.00**

Join us as we celebrate World Environment Day.  
The theme for 2025 is **Beat Plastic Pollution.**

ROGI has a presence at this fair every year and we meet many future gardeners as a result of their participation in the activity of making a little pots out of newspaper and then sowing a seed or two to take home.



**Sowing seeds in newspaper pots**

We also have seeds, plants and seedlings for sale. There will be several recycled containers with Mini Gardens planted in them, which will be raffled during the day.

Please join us to help out on the day, and/or to set up the day before, and/or to help with prior planning. This event is a great way for new and old members to get to know other ROGI members and have a good time in general. Please get in touch very soon with [aniko.major88@gmail.com](mailto:aniko.major88@gmail.com) or [jill.nixon@bigpond.com](mailto:jill.nixon@bigpond.com) 0418 717 735 to learn more or to offer to help.

## May Meeting

# Growing microgreens indoors

Jeremy Trevatt will talk about the various benefits of microgreens and demonstrate how to grow them. Growing microgreens requires minimal space and effort regardless of weather or climate.

This makes growing them a convenient way to incorporate fresh, nutritious foods into your diet.



There will be short presentations from our Seed Savers group. Also, you can bring your garden problems to Plant Clinic.

*The usual attractions will be there: Plant Clinic, the well-stocked library, the seed bank and a selection of seedlings and plants. Also, for sale are local honey, jams etc, organic gardening inputs and more. You may bring something gardening-related for the 'swap/share' table.*

**ROGI Members \$2-00 entry**  
**Visitors \$5-00 entry**  
**Free tea and coffee**

**Supper is held before and after the meeting.**  
**Please contribute by bringing a small plate of finger food to share (hot or cold). The meeting starts at 7pm.**

## Coping with Caterpillars on Brassicas

The small Cabbage White Butterfly *Pieris rapae* was accidentally introduced into Melbourne markets in 1929 and soon spread widely..

It measures up to 48mm and is a social butterfly – often she can be seen flitting around with others.

She lays her eggs on the leaves of *Brassica* family of plants. She is called the Cabbage White, but she certainly doesn't restrict herself to cabbages alone!



*There is a cabbage moth, which is VERY different – it's not white, is active at night and can cause havoc as well. See page seven for information on this pest.*

The Cabbage White lays her egg singly (not in a cluster) on a brassica leaf. The egg grows into a well-camouflaged solitary caterpillar about 20mm long, which proceeds to eat the leaf.



Over the past 66 years several control methods have been devised with varying degrees of success.

### Chemical methods.

Many chemicals have been used in that time, such as Carbaryl which is banned in many countries, is a likely carcinogen and has a negative effect on the environment. As organic gardeners, we don't want to go down that road.

### Physical methods.

**Exclusion netting.** This covers the entire plant or entire garden bed to exclude the butterflies. It also excludes anything that's bigger than the holes in the mesh, which can mean many beneficial insects that manage other pests such as aphids. I tried this and it was a disaster – no caterpillars but lots of other pest problems.

**Decoys.** You can buy or make fake white butterflies in the hope that the real butterflies will stay away. However, as a social butterfly she is more likely to be attracted. *(There is a large 78mm Cabbage White butterfly that is solitary but it doesn't exist in Australia, so I assume it works on her.)*



**Trap crop.** Upland Cress (*Barbarea vulgaris*) can act as a trap crop. Research shows that cabbage **moths** are attracted to it and lay their eggs, and then the caterpillars are poisoned and die when they eat the plant's leaves. This system **DOES NOT WORK** with the butterfly, *Pieris rapae*, only with the cabbage moths which operate at night, so it is still worth doing. See page **seven**.

**Confusion.** Grow different size, shape, height, colour and scent plants amongst brassicas so the butterfly has difficulty finding them. Don't grow a lovely straight landing strip of brassicas to make it easy for them - interplant with herbs and flowers.

**Manual.** Pick off caterpillars off by hand and throw to chooks. Birds can do this – I've often seen it happen.



## Coping with Caterpillars on Brassicas

### Biological methods.

**Bacterial.** *Bacillus thuringiensis* (Bt) is readily available as Dipel (brand name). It needs to cover each plant comprehensively and needs to be re-sprayed after rain. It works well on *all* caterpillars and kills all caterpillars. This means we won't have any good butterflies! It works well for farmers who are growing large areas of brassicas with nothing else growing nearby.

### Parasitoid Wasps.

*Cotesia glomerata*. She's tiny, up to 6mm long and looks a bit like a flying ant. She's **not** like those nasty wasps that sting you – she's not interested in humans, she just wants to lay her eggs. She lays her eggs inside the green caterpillar of the Cabbage White butterfly - about 20—60 eggs at a time! The wasps then develop inside the caterpillar.



Then ... the caterpillar is compelled (by instinct?) to protect its load! It moves to the underside of the leaf to avoid predators!

The wasp larvae eat their way out of the caterpillar and pupate in yellow silken cocoons. The caterpillar eventually falls away dead.

Finally the adult wasps emerge and fly off, to repeat the process all season.

The whole process takes 22 to 30 days.



**To perpetuate the cycle**, cut off the part the leaf where the caterpillar and the cocoons are and bring in to be safe from weather and predators. These are on Red Russian kale leaves on a nursery tray on our back porch. I look at them a few times a day to monitor their progress. Many times I have witnessed them hatching and flying away. It's wonderful seeing Nature doing pest control for us!



To keep *Cotesia glomerata* wasps in your area, ensure you have a constant nectar source for them to feed on. Grow a wide range of flowers to keep them happy. Then there is more you can do ...



## Coping with Caterpillars

You will sometimes see a chrysalis like these on the underside (usually) of your brassica leaves. DO NOT keep and protect it. It contains the developing Cabbage White butterfly. Squash it. Give it to the chooks or put in the compost.



Below: Hopefully you won't find many of these empty ones—the butterfly has emerged and flown off.



## What to do now

(late March/early April is better—next year!)

- Prepare your brassica bed/s.
- Decide where each individual plant will go – leave enough room – they can get big!
- Surround that spot with plants – put low-growing plants near the future brassica. Tall ones further away.
- Plant early so they are more developed than the brassicas.
- Invasive plants in pots on saucers.
- Grow lots of flowers and herbs—

**Size. Shape. Height. Colour. Scent.**

**The aim is to do as much as possible to confuse the Cabbage White butterfly so she'll lay her eggs somewhere else.**

## Brassicas and their companions



## Consider these as companion plants:

- In pots on saucers: land cress. Mints. Curry plant (it has the soft grey leaves). Mexican tarragon (aniseed smell). Lemon verbena. Lemon balm. Sage. Rosemary. Fennel. Dill. Yarrow. They can be used every year.
- Beside the brassicas in the garden bed: Spring onion. Chives. Coriander. Alyssum. Edible flowers: Calendula. Dianthus, viola/pansy, marigold sp.
- In the ground, outside the garden bed: Queen Anne's Lace. Tansy. Statice. Daisy family.

## Once your brassicas are up and doing well.

A daily job (if you choose to do it) is to pick off the green caterpillars (and the tiny eggs if you can see them). Chooks love caterpillars.

*I wish you well in your brassica-growing endeavours.*

*Please let us know how you go.*

Jill Nixon



## Diamondback Moth

aka

Cabbage Moth

*Plutella xylostella*



This moth is night-flying and the adult female can lay 100 to 150 eggs in her 3—to—7 day life span.

Their caterpillars chew through *Brassica* leaves as do the Cabbage White butterfly caterpillars. Both can devastate *Brassic*as.

The strategies used for the Cabbage White butterfly should help with the moth as well. But there's an extra strategy for foiling the moth ... and it works!



## Dead-end trap plant research success

Upland Cress *Barbarea vulgaris*

The term 'dead-end trap cropping' is used to identify a plant that is highly attractive for oviposition (laying eggs) by an insect pest, but on which offspring of the pest cannot survive. The potential of *Barbarea vulgaris* to allure and serve as a dead-end trap crop for the diamondback moth *Plutella xylostella*, an important pest of cruciferous\* crops worldwide, was examined in laboratory experiments. When the moths were provided with a dual-choice of plants of *B. vulgaris*, and Chinese cabbage *Brassica campestris* in one arena, they laid 2.5-6.8 times more eggs on the former than on the latter.

When the moths were provided with a dual-choice of plants of *B. vulgaris* and common cabbage *Brassica oleracea* (broccoli, cabbage, kale) they laid virtually all their eggs on the former and ignored the latter. Nearly all moth eggs laid on the three species of *Brassica* plants hatched successfully, but nearly all individuals on plants of *B. vulgaris* died as caterpillars.

Adapted from: <https://pubmed.ncbi.nlm.nih.gov/15541190>



*Barbarea vulgaris*

So ... we should have at least one of these plants growing somewhere near our *Brassica* plants to give us the best chance to grow them successfully and organically.

*Barbarea vulgaris* plants prove to be rather difficult to source.

There will be several plants for sale at the meeting next week, purchased from the Herb Cottage, then potted on for you. [www.mudbrickherbcottage.com.au](http://www.mudbrickherbcottage.com.au) (Mudgeeraba)

You can purchase seeds from [www.greenpatchseeds.com.au](http://www.greenpatchseeds.com.au) (Taree)

\* Cruciferous—plants of the *Brassica* genus



# Planting Poppies

It's possible to grow wonderful poppies from seed here in the Redlands.

We have seeds of Breadseed and Red poppies for members in the Seedsavers stash of free seeds. Give them a go this year and prepare to be delighted.

## A few tips for growing poppies:

Sow seed in autumn, directly into the spot they are to grow, as they don't transplant well.

Chill the seeds in the fridge, in their packs, for at least a week before sowing.

Most poppies, e.g. Shirley poppies, Flanders poppies, Oriental poppies and the huge Breadseed poppies, need to be sown on the surface of soft, friable soil that's been prepared with compost and organic fertiliser.

I mix seed with sand to dilute it and prevent over-sowing in one area.

Most poppies need light to germinate, so there's no need to cover them with soil or vermiculite, with the exception of California poppies. (California Poppies are covered with a light application of vermiculite.)

Germination takes 1-2 weeks. Icelandic poppies are slower to start. I take the seeds from the fridge and throw-to-sow them in June.

They pop their first leaves through the soil about 3-4 weeks later.

## Seed Storage:

Keep the poppy heads after flowering, storing them upside down in a paper bag. They'll release their seed as the head dries. After all the seed is released, bag it up and store in the fridge.

Linda Brennan





## April Seedsavers at Linda's

The topics were:

- how to test seed viability
- a hands on session making up the new and improved ROGI seed raising mix
- transplanting seedlings
- seed saving activity assisted by John Borg.

### Transplanting seedlings tips:

Use an old fork to separate and scoop up seedlings

Water with a solution of seaweed and fulvic acid to help strengthen cell walls, improve pest resistance and reduce transplant shock.

## Testing seed viability

**Sink or Float Test:** Generally, seeds that sink are viable, but lettuce seeds always float!

For a more accurate result, some of us took some trial seeds to test their germination.

### Viability is defined as:

The percentage or number of seeds that germinate in ideal conditions.

Seed viability is expressed as a percentage of the seeds tested e.g. 50% viability means that half of the seeds tested germinated.

**Seed vigour** is the speed at which seeds germinate. A vigorous seed will germinate quickly in ideal conditions.

### We test viability when:

- seeds have an unknown best before date
- seeds are approaching their use by date or when they have passed it. This is because seeds lose their viability as they age.
- we don't want to waste our time sowing a whole crop of less vigorous seeds, so we check whether they are worth sowing.

Professional laboratory testing for viability is carried out at a temperature of 21C with 100 seeds planted in trays of a moist sandy mix. They are counted at 7-10 days after most of the seeds seem to have germinated.

Only the perfect plants are counted as being viable. Those with missing parts, discoloration, or diseased seedlings are not included in the viability count.

If seeds are 85% viable or above, this is ideal. If viability falls below this, you will have to adjust your sowing to account for the loss of germination capability.

So, if they are 50% viable, you will need to sow double the seeds to account for the 50% that will not germinate.

### How to test:

For the home gardener, we usually test 10 seeds. They can be sown into a plant tray covered with seed raising mix, **or** they can be sown onto a moist paper towel on a saucer or on the lid of a takeaway container.

Linda usually sows them onto the clear plastic lids of takeaway containers as they can be layered on top of each other and wrapped together with an elastic band.

This way they take up very little room.

### What to do with the germinated seeds?

Plant them! They will grow into healthy adult plants.

### And the ones that don't germinate?

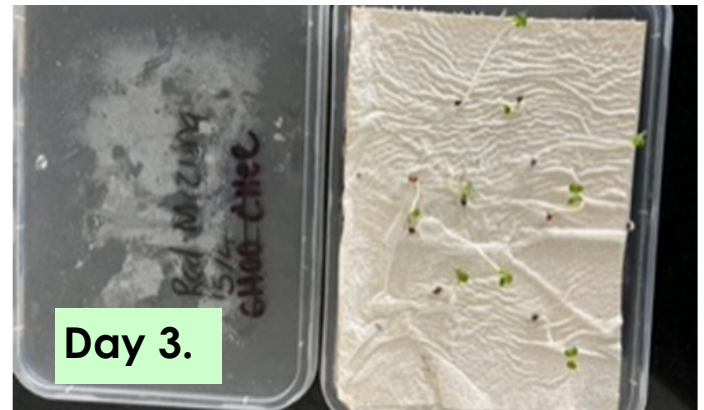
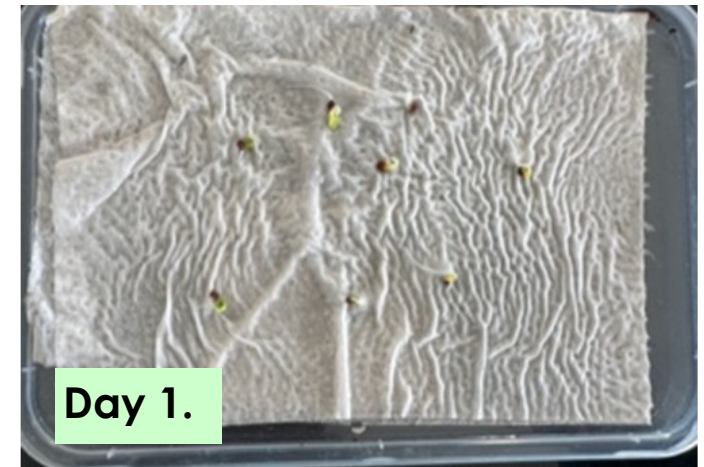
Compost them.

**Day 1. 10 Mizuna seeds on wet paper towel between two takeaway container lids.**

**Day 3. Mizuna seeds germinating.**

**Day 7. All seeds sprouting.**

**This equals 100% viability and over 85% vigour.**



Information from Linda Brennan.  
Experiment and reporting by Tracey Lees  
and Dee Armstrong.

## How to grow crispy carrots from seed by Linda Brennan

Carrots can be a tricky seed to grow successfully. They are tiny seeds and it can be tricky to get them to germinate, let alone grow to the lovely straight carrots we expect. I'll share a few steps to success with growing your own beautiful carrots.

### 1. Preparing your soil

Carrots are a good crop to sow after fruit-bearing crops such as tomatoes.

They grow best from April to September in our climate, and need a soft, deep soil. This can be in a garden bed that's been dug and raked to a fine tilth (a soft, small crumb size of soil particle); or a raised bed or even a large pot or trough.

For success, add some compost and humates to the soil. (Linda can connect you with Organic Humates if you don't have any already.)

Avoid adding fertilisers to the soil, as the carrots will grow leaf at the expense of root.



### 2. Choosing and sowing the seed

Seed is best used when fresh, sown within two years from harvesting the seed. It loses viability and vigor after that.

My favourite carrots are Parris Island or Golf ball types for shallow soils. They take about 12-14 weeks from seed to harvest.

Baby Dutch, Baby Amsterdam and Little Finger are lovely little bunches of crunchy sweet carrots and take 14 weeks to harvest.

For the long-rooted types for those with deep soil, choose King Chantenay and Nantes, or for rainbow colours, grow Cosmic Purple, Lunar White or Solar Yellow which take 16 weeks until harvest.

When sowing carrot seeds, make shallow furrows in the soil with your finger or a stick, about 20cm apart.

Mix the seed with ¼ cup slightly damp sand, then sprinkle along the furrows. The sand helps to spread out the seed so we don't over plant. Adding a few radish



seeds to the mix will see them come up first and break the soil for the delicate carrots.

Fill in the furrows no deeper than one cm. Water gently and cover with cardboard or carpet to keep the soil damp. Dampen down regularly.

The seeds germinate in 5-12 days so keep an eye on them and lift off the cover when they have germinated.

### 3. Caring for your carrots

Keep the soil damp. They will grow well, producing leaves before the roots fatten.

If the plants are too close, wait until small carrots develop and pick out a few of these babies to thin out the rows. They are delicious in salads.

### 4. Harvest

Carrots are ready to harvest when roots begin to appear at soil level. This helps to give an indication of the root development. Pull them out when the soil is damp or you'll leave the root in the soil and end up with a handful of leaves.

PS make carrot-top pesto from the leaves. It's delicious.





## ROGI's New Seed Raising Mix reported by Tracey Lees

Linda Brennan has developed a new and improved seed raising mix.

This is perfect for almost all your seed raising needs. If your plants are in it for the medium to long term, please add fertiliser and consider foliar feeding your plants.

### Seed raising mix

Use a 1 litre container (yoghurt or ice-cream or old jug) to measure out the following. You'll also need an old 250ml cup:

- **1 cup Organic Xtra pellets** (add water to it an hour or so before to break down the pellets OR put it through a blender to break it down) ...NOT your food blender!! You can substitute pulverised cow manure for Organic Xtra
  - **8 containers of fine coir peat** brick or block which has been soaked in plenty of water for an hour or two to reconstitute it to a fine soft mix
  - **2 containers of fine or medium perlite**
  - **1 cup Garden Mate fertiliser** (or fine rock minerals)
  - **1/4 cup powdered lime** (or you can use 60 ml of liquid lime instead)
- Vermiculite**—to sprinkle on top of fine seeds (this is optional)

Please note:  
Do this outdoors.

*This mix is for sale at the seed table at ROGI meetings. \$3 a bag or, preferably, bring along a 2kg container. We'd love someone to take over managing the making of seed-raising mix. Could you do this? Please see Linda or Jill at meeting.*

Wet all materials down well before mixing to avoid inhalation of dust. (This is particularly important with perlite—pour water inside its bag to avoid the very fine dust.) Wearing a dust mask and gloves is also recommended when preparing all types of planting mixes.

Mix well in a barrow or large tub to completely incorporate ingredients. Store any unused mix in a wide brimmed, open container, or it will become anaerobic and smelly.

Success at starting seeds can depend on the time of year, temperature and the type and age of the seed sown.



*Seedsavers about to make the seed raising mix ... outdoors.*

## About the ingredients

**Coir Peat** fibre is made from pulverised coconut husk. It's a renewable resource, is natural and free from GM and is acceptable for organic growing – more sustainable than peat moss. Coir blocks come in two sizes. A large block almost the size of a besser block and makes up to 12-15 litres of reconstituted coir. Small brick-sized blocks are suitable for home gardener use. Soak in a tub of water to make up to about 9 litres. Drain off excess water before using.

**Perlite** is a volcanic silica rock which expands after heating to become a granular white material. Each particle is crisp yet spongy which creates a large surface area. The air spaces trap moisture making it available to plant roots. It also improves the aeration/air filled porosity of the growing media.

**Vermiculite** is a natural rock mineral that expands with the application of heat. It improves moisture retention and drainage, provides insulation from heat, and allows light penetration to seeds that require it to germinate.

**Deadline for the June newsletter is Thursday 29 May. Send articles, photos or ideas to [jill.nixon@bigpond.com](mailto:jill.nixon@bigpond.com)**



# Sustainable BNE Festival

## Brisbane's ultimate celebration of sustainable living!

Roma Street Parkland.

- Free
- Family- and dog-friendly
- Inspiration, entertainment, & practical ways to live more sustainably
- Live music
- Artisanal market stalls
- Delicious food trucks
- Thrift shopping

Take the 50c train

Formerly known as Green Heart Fair, the festival brings together local sustainability experts for a full day of interactive workshops, insightful talks, and hands-on experiences designed to help you lower your environmental impact. Don't miss your chance to collect a free native plant.

**Sunday 25 May  
9.00am**

<https://www.sustainablebrisbane.com.au/whats-on/sustainablebnfestival>

Please **return seedling pots** (that have been washed—soak them in a bucket of water) to the plant table so that they can be reused, especially the small tubes, singles, 4-cell and 10-cell packs like these:



These are often blue.

We also want you to save punnets from strawberries and cherry tomatoes.

These are perfect for taking home the newspaper pots with seeds in them from our stall at IndigiScapes in June. Please bring them to our May meeting.



## Field Trip to Community Garden in Lota

**Sunday 18 May  
9.30—11.30**

Bethania Street, Lota, near the primary school.  
Walking distance from Lota Railway Station.

Our visit to this inspirational garden include its history, and a walk and talk around the seasonal beds, the food forest and the composting areas.

Please wear closed shoes and note that there are some uneven surfaces in the food forest area.

Bring along a plate of finger food to share. Tea, coffee and milk will be provided.

A gold coin donation would be appreciated.

**Book on Team App or text 0418 717 735**





# Upcoming Events

## OAKLANDS STREET COMMUNITY GARDENS Oaklands Street, Alexandra Hills



### Workshop: Soils Good Enough to Eat Presented by Linda Brennan of Ecobotanica Wednesday 14th May - 10am

Join us for a workshop to show you organic methods of creating and supporting healthy soils. Living, enriched soil is the basis for all good food. If soil is lacking, then our food plants will be too. Depleted soils can increase risk of disease and pests and thus smaller harvests. Improving soil quality will produce healthier and more nutritious crops. Those soils will be good enough to eat! (Well, at least for our beneficial microbes).

**Cost: \$20-00 per person. Morning tea is included.**

**Bookings: Please email [hello@oaklandsstcommunitygardenqld.org](mailto:hello@oaklandsstcommunitygardenqld.org)**

**Bring: ½ cup of soil from your vegetable bed for some simple testing**

## QUEENSLAND HERB SOCIETY INC.

### Herb Awareness Day

Sunday 25th May, 9am - 3pm

Albion Peace Hall - 102 McDonald Road, Windsor

**Free Entry. Celebrate 50 years with us and dress in 70's fashion!**

It's the Qld Herb Society's 50th Birthday. We're going back to where it started and celebrating in 70's style! Includes Cafe Sage, Stallholders, Guest Speakers and Demonstrations. Discover a large variety of medicinal and culinary herbs and plants for sale. Browse a wide variety of stalls with herbal products including preserves, fertilisers, teas, spices, skincare, bushfoods, gin distillery and all sorts of yummy delights. Relax at Cafe Sage for delicious home baked, herb inspired food and herbal punch.



## BETHANIA STREET COMMUNITY GARDEN

Bethania Street, Lota

[bethaniastreet@gmail.com](mailto:bethaniastreet@gmail.com)

[www.bethaniastreetcommunitygarden.org](http://www.bethaniastreetcommunitygarden.org)

### Workshops for May:

#### Introduction to Permaculture in Suburbia

Sunday 4th May 2025, 10:00am - 2:30pm

Permaculture is the conscious design and maintenance of productive ecosystems which have diversity, stability, and resilience. Learn about its foundations and ethics and how these can be applied in an urban setting. Using the Community Garden as a demonstration, we will consider how permaculture can be incorporated into our own communities, homes, and lives.

**Free - BOOKING ESSENTIAL - please text 0439 048 585, including name of the workshop and your name and phone number**

#### Autumn Seasonal Get-Together

Sunday 25th May 2025, 2:30pm - 4:00pm

Everyone is welcome to join us for our Seasonal Get-together. Bring your friends and neighbours to wander through our productive garden, talk to our friendly gardeners, meet new people, have a cuppa, and celebrate our garden and wonderful community. This is the perfect opportunity to share the joys of our garden with your family and friends.

Bring a plate of food to share.

**Gold coin donation - No booking required**

## Book Review

### Fresh Food From Small Spaces

by RJ Ruppenthal

Even with shrinking backyards in city scapes or suburban sprawl, we can still be productive.

It just takes some planning and consideration of the light conditions required by different types of edible plants.

Ruppenthal's book steps out the processes needed to make the most of our little patch of the world so we can meet the challenges of climate change and ensure we are, at least in part, self-reliant.

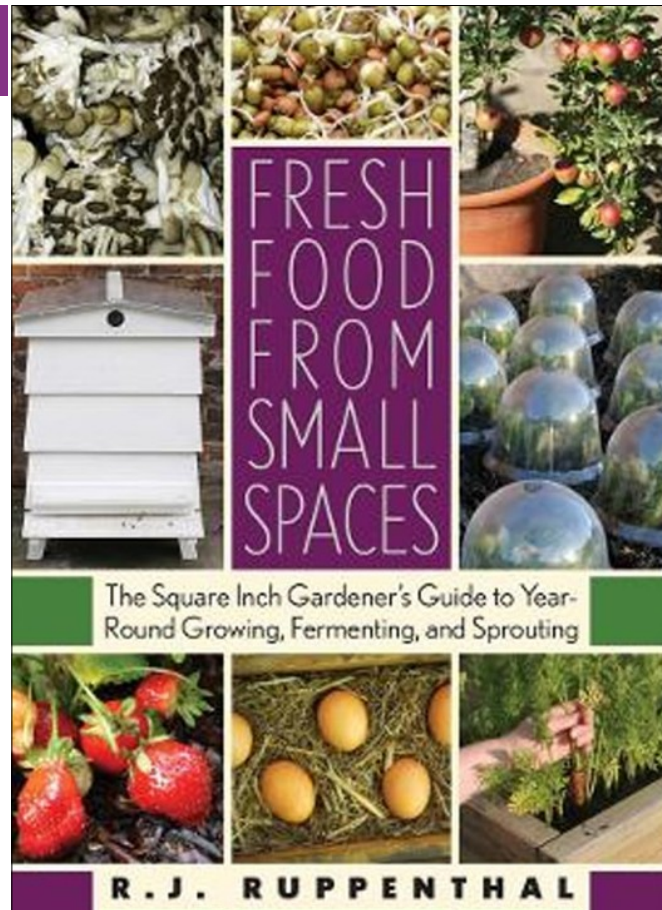
There are chapters on making best use of vertical spaces, harnessing indirect light and even fermenting and yogurt-making.

Ruppenthal details how to make self-watering pots from inexpensive everyday items, and uses his personal experiences of gardening in the city to prove that even limited and overshadowed hard scapes can be repurposed for food growing.

Whether your vegetable patch is small or not, this book can help you make the best use of all your available space.

I am trialling some of the principles in this book to grow food in a self-watering bed in a south-east facing location under eaves, and it works! It could work for you too.

*Rose Faleafa*



### THINK ABOUT THIS.

There's one thing that can help to solve all of the following problems at once:

- The high cost of organic produce
- The topsoil crisis
- Dependency on long supply chains
- Stale, lifeless, and tasteless vegetables
- Lack of exercise

And that one thing is ... **growing food!**

## TEAM APP

With TEAM APP, you can:

- keep up to date with club events in real time
- not have to wait till the meeting to book your place for Garden Visits, Workshops and Field Trips.
- make bookings as soon as they are posted on TEAM APP.
- Cancel your booking if needed to free up a spot for someone on the waiting list

If you haven't already registered for TEAM APP, here's how to get TEAM APP on your phone or computer.

### On your smart phone or tablet.

- Go to the App store (apple smart phones) or Playstore (android smart phones)
- Look for the TEAM APP logo. (above)
- If you need assistance to set up your TEAM APP account on a phone or tablet, Lisa can help you at the next meeting.

### On your computer.

- Go to <https://www.teamapp.com>
- SIGN UP using your email address and a password. Click on MY TEAMS and select your team as ROGI.

**For help with TEAM APP please see Diana at a ROGI meeting.**



## ROGI MANAGEMENT COMMITTEE

PRESIDENT	Jill Nixon	<a href="mailto:president@rogi.com.au">president@rogi.com.au</a>
V. PRESIDENT	.....	
SECRETARY	Michael Qualmann	<a href="mailto:secretary@rogi.com.au">secretary@rogi.com.au</a>
TREASURER	Rose Faleafa	<a href="mailto:treasurer@rogi.com.au">treasurer@rogi.com.au</a>
COMMITTEE MEMBERS	Rhonda Binns, Aniko Major. Two vacancies (you?)	

## OFFICE BEARERS

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PUBLIC EVENTS	Aniko Major	<a href="mailto:publicevents@rogi.com.au">publicevents@rogi.com.au</a>
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<https://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. 3357 3171 <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—Monday,

Wednesday & Friday 9 - noon. Oaklands Street,  
 Alexandra Hills. 0410 974 458

## General Information

Please consider contributing to any of these at various times:

### ROGI REWARDS:

**Good quality** plants and other garden-related items brought along by members. Everyone who attends and signs in is eligible for a Reward. **Please label plant with its name and some growing 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 – seedlings, eggs, honey, lemons, jam, sustainable craft items – things that have cost you time, money, and effort to produce. Please make sure 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:

For items you don't want payment for— empty pots, cuttings, unwanted volunteer plants (named), surplus produce, shredded paper, strawberry runners and so on. You may want to work out an arrangement with other members to do some swapping outside of the meetings. Take home anything still left at end of meeting.

### PLANT CLINIC:

Bring along your plant problems—insect/plant/weed (as many parts as you can - fruit, leaf, root) in a sealed plastic bag. Fill in form on the Plant Clinic table (just inside the door to the main hall) before the meeting starts. Someone will look and may be able to answer your questions. Any solutions will be given on the night and published in the newsletter. *Please be aware that, although we do our best, there may not be anyone present who can solve your problem or identify your plant, especially if it is not related to organic gardening.*

### ROGI WEBSITE:

- Under the RESOURCES tab, you will find:
- ROGI's month-by-month Seed Sowing Guide
  - Seed viability Chart
  - No-dig gardening ideas
  - How to make compost
  - Qld fruit fly research ... and lots more. Have a browse.