

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 (sweet/savoury or nibbles, preferably home-made) for supper after the meeting. Tea and coffee provided.

You are very welcome to provide a **quality plant** to help share interesting plants with other members (**see p 20**).

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

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Beautiful flowering Turmeric in my sister's garden in Runcorn. She uses fresh turmeric in recipes that call for dried turmeric, but mostly saves it to make a really strong tea with fresh ginger and a few dried herbs for treating laryngitis. For the recipe see page 20.

Backyard Burlblings

Dear Fellow Gardeners

Since our last newsletter we have had a wonderful 228mm of rain here in Birkdale, and what a difference it has made. Trees are shooting new leaves instead of shedding as many as possible just to survive. Grevilleas, Callistemon and Melaleucas are flowering in gardens, roadsides and parks, providing much needed nectar and pollen for birds and bees.

One of the trees in our own backyard which has benefited from the extra soil moisture is the Moringa or Drumstick Tree. It was already doing well during the dry spell, but since the rain the hundreds of pods on the tree have swelled and are almost ready to harvest. *Moringa oleifera* has numerous common names wherever



it is grown in hot climates like India and Africa, but here it is mostly known as the "Miracle Tree", because of its reputed health giving properties. All parts of the tree are edible and are very high in nutrients, vitamins and minerals. Leaves added to a salad or a stir fry add a mild, spicy horseradish-

like flavour. The pulp from young pods can be cooked as a vegetable, while the immature beans can be added to bean dishes. Try a few first, as they may have a laxative effect. Once the pods or drumsticks mature, the beans become truly miraculous in that they retail on eBay at \$7.00 for 10 seeds. With our one tree bearing well over 200 pods, with at least 20 seeds per pod, I'm beginning to believe it really could be a "Miracle Tree".

Most of you who attend meetings on a regular basis will be aware that we have been trying to promote more Library use by members. As you know, we have an extensive library of gardening related books, but they were not always easy to find in the time available. Also, the online catalogue was out of date and some books were missing. Either lost or not returned? An expensive

Spectrometer has also been missing from the library cupboard for a considerable time.

Sophie Bromham, our current librarian, undertook to bring the book catalogue up to date with Garry Bromham's assistance. They have now completed that task and given ROGI an excellent data base. Starting with that list, members of the management committee have checked every book in the library cupboard and placed it in an easy to identify category with appropriate coloured stickers on the spine. There will also be labels on each section as well as a folder on the table for borrowers to peruse and identify what they want to borrow.

Hopefully this will increase library use, but it will also increase the work load for Sophie and her current helper Treina Densley. I would like to appeal for some extra members to assist with the library before and after meetings. It would be very much appreciated if everyone who currently has a borrowed book return it at the next meeting so we can process the book and place it in the right category. We are also aware there are some new ROGI books that have not been properly listed on a card before being borrowed.

Another important area where we need assistance is at the Tech Desk. Steve Gayner, who has been our reliable techie for a long time, is no longer able to manage the desk due to family commitments. It is a vital component at each meeting for which we are grateful to Steve for managing so well. We have people like Pal and Gennaro who can fill in if needed, but it is now time for another member to take on this task on a regular basis. Steve has prepared a template that outlines every step, and would be willing to train someone if they wished. Please let us know if you feel able to take on this job.

We also need more help with setting up the hall before meetings from 5.30 pm onwards. Currently it is mostly 3 or 4 older female members who haul the tables around the hall. We would really appreciate it if some stronger and fitter members could assist. We also don't mind younger!

Julia Geljon, ROGI President

Dates to Mark on the Calendar

April	Thurs 4	BOGI Meeting
	Wed 10	ROGI Round Robin & E-Waste Collection
	Sun 14	Oaklands St Workshop—Bed Prep (see p. 4)
	Tues 16	Seed Savers Meeting (see p. 17)
	Sun 28	Garden Visit - Frank & Laurel Dobson
May	Thurs 2	BOGI Meeting
	Tues 7	Herb Society Meeting
	Wed 8	ROGI Meeting

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 633 000. 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 2019	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 of age.

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

April Meeting

Round Robin—Your choice!

We will have **5 workshops/discussions** which will go for **20 minutes**. Choose **3** topics you are interested in from the following:

1. A Beginner's guide to starting a vegetable patch



2. The joys of composting and worm farming

3. Good and bad bugs in your garden



4. Preserving a bumper garden harvest

5. Questions and Answers

ROGI experts will be on hand for the whole evening for 'one on one' gardening advice.



The usual attractions will be there—the well-stocked library, the seed bank and seedlings (at bargain prices!) - plus local honey, organic produce, organic gardening inputs for sale . . . And more.

Don't forget our E-Waste collection - Bring along your non-working, unwanted or obsolete electrical goods (anything with a cord or battery) so they can be recycled. See page 4 for more details.

E-Waste Collection by Substation 33 — April 10 Meeting

ROGI will be having an E-Waste collection at our April 10 meeting. **Substation 33 will set up their vehicle outside the entrance of the hall—please give them your e-waste as you arrive.**

Electronic waste (E-Waste) is any electric or electronic product that has become non-working, unwanted or obsolete, and has essentially reached the end of its useful life.

Sources of E-Waste include:

- IT and telecommunication equipment
- Large household appliances
- Small household appliances
- Consumer and Lighting Equipment
- Electrical and Electronic Tools
- Toys, Leisure and Sports Equipment
- Medical Devices
- Monitoring and Control Instruments



Oaklands Street Community Garden Workshop

Bed Prep Workshop - Sunday 14th April, 2-5pm

We're very excited to be offering our first workshop to ROGI folks! Our first beds were established 13 years ago and still produce great tasting organic produce. We harvested 80kg of potatoes last year, and we'll show you how you can too.

- Topics Covered:
- *Why prep a bed?*
 - *Bed location & orientation*
 - *Planning & crop rotation*
 - *Common crop families*
 - *Compost & fertilisers*
 - *Planting (potatoes and carrots)*
 - *Q & A*

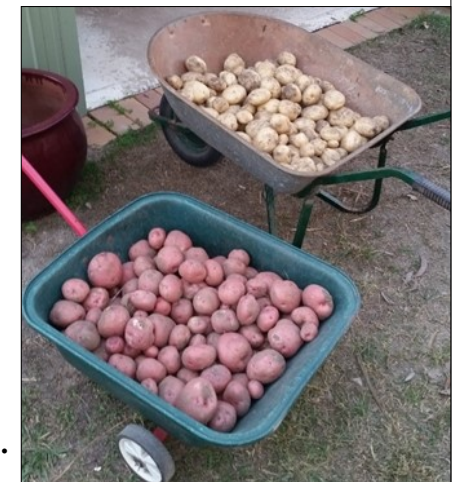
Oakland St Community Garden is behind ALDI at Alex Hills. Access Oakland St from roundabout behind Alex Hills Shopping Centre, there is a sign on the corner. Turn right at the end and follow path to the gate.

Cost: \$10 includes afternoon tea and materials.

Max group size is 20 (half of those are already taken).

Some tools and gloves available on site. If you have a favourite fork or shovel of your own, please bring it. Please wear sun smart clothes and sturdy closed shoes.

For more info talk to Terry Sullavan or Russell Turner at the next ROGI meeting, or call Terry on 0408 259 445.



March Speaker—Adrian Lynch Wellington Point Farm



Adrian Lynch is the farming manager at Wellington Point Farm. He has lived and worked in the Redlands for the past 30 years. At our March meeting he talked about the challenges and rewards of growing “food for flavour” on 10 hectares of lush red soil in the midst of suburbia.

Firstly, Adrian sought to dispel the rumours that the farm is going to be sold (it is not!) During the hot Summer months they close the retail store. They are still planting strawberries and tomatoes this year.

The Redlands has had a rich history of producing small crops for over 130 years. Most of these land holdings would have been small 7-10 acre blocks, run as family farms producing seasonal vegie crops for the Brisbane, Sydney and Melbourne markets.

The spread of suburbia through the 70s, 80s and 90s gave many of these farming families the opportunity to cash in their most valuable asset, and has left us with the Redlands we know today. Pure suburbia.

The property at 623 Main Road (known as Wellington Point Farm) has only had 2 owners over the past 70 years. From 1946-1996 it was owned by Sammy Gargarchef, when it was run as a family concern producing fresh produce for the Brisbane and Sydney Markets.

From 1996 until today, it is owned by Paul Wruck - with Adrian's association with the farm commencing in 2002. When he started, the farm was very much a commercial operation—leasing neighbouring properties and producing potatoes, sweet potatoes, and tomatoes for the Brisbane and Sydney markets.

As their neighbouring properties were sold for housing development, the farm's production area was greatly reduced. It was time to diversify what they were growing. The aim was to sell most of the products grown through their roadside stall, without having to go too far for outside markets. Production was split into three areas:

Tomatoes—7 plantings of 900 plants, 35% Roma, 35% round, 25% Tom Thumb and 5% cherry. This provides their stall with a consistent volume and variety from April until December.

Strawberries—these take up the biggest production area, with 11,000 m of plastic laid last year, equating to about 52,000 plants. Like the tomatoes, they grow 4-6 varieties so as to even out production. One variety will always be flushing whilst another is having a rest. The main criteria for selection is FLAVOUR. This is very different from the larger commercial growers up North, whose main concern is Production.

Winter Vegetables—This can include anything from carrots and beetroot to cabbage and kale, and also brassicas such as broccoli, broccolini and cauliflower. The plan is to commence picking in early June and finish in mid September. Brassica crops are highly beneficial in cleaning up any disease problems that are left behind by the heavily fertilised tomato and strawberry crops.



Farming at Wellington Point Farm “in the old days”

March Speaker—Adrian Lynch Wellington Point Farm



The farm soil is a heavy red loam, and over the years Adrian has added all manner of composts and fertilizers to help with production. The farm's soil has been constantly cropped every year for the best part of 70 years. Timing is everything when working red soil. Get the moisture right and you are well on the way to a successful year. If it is worked too wet or too dry it can take 12 months to get it back to how it should be. With the dry Summer we have had, overhead sprinklers had to be used to wet the soil.



Wellington Point Farm in March 2017

Adrian is a firm believer that healthy soil will set you up for a successful production season. At the end of each season, a green manure crop of forage sorghum and legume pea is planted. This is let to grow until the sorghum is about to seed. Before incorporating the green manure crop into the soil, an application of dolomite or lime will be applied. Once incorporated, the breakdown process begins. The soil receives a deep rip to open it up and let it 'breathe'. The soil is then left to rest and weather over the Summer months.



Beds are then formed, pre-plant fertilizer added and plants are planted. No one factor will contribute to a successful growing season, and it is usually a combination of several that will influence a season.

Consumers have lost a lot of faith with fresh produce, especially strawberries and tomatoes. "Where has the flavour gone?" These 2 crops are very challenging to grow. They are attacked by just about everything—fruit fly, white fly, caterpillars, thrips, and mites. Phytophthora, fusarium, powdery mildew, bacterial spec, blossom end rot, botrytis—the list goes on. As mentioned earlier, getting the soil right is the first step, as a stressed plant will become more susceptible to disease and insect attack.

The challenge is how to produce a product that looks good, eats good and not using something that will kill you.



Winter crops of Kale and Broccoli

March Speaker—Adrian Lynch Wellington Point Farm



A lot of people ask Adrian if everything grown at Wellington Point Farm is organic, and his answer to this is always no. However, his approach to pest control and disease is a 'softly softly' approach. He may use some more conventional products when the plants are small, but as soon as production begins he always looks for the softest option available.

The farm also uses integrated pest management for some problems. They release predatory mites (from Bugs 4 Bugs) to help protect their strawberries. Fruit fly traps and lures are used in both the tomatoes and strawberries, and all the irrigation is drip. Growing through the Winter months also sees a lot less insect pressure on the crops, so products like Eco-Oil, Dipel and Vivus are sufficient for insect control. Adrian is also a firm believer that prevention is better than cure.

Why does Adrian do what he does? He loves the challenges it presents, the rewards that it delivers, and the enjoyment that people receive from the produce he grows.

Ann Roffey



Garden Events in April

Pohlman's Autumn Celebration Weekend

Friday 12 April—Sunday 14 April

171 Redbank Creek Road, Adare

Phone 07/5462 0444

Open 8.30am—5.00pm

<https://www.pohlmans.com.au/garden-club/autumn-celebration-weekend-2/>

10-50% off everything all weekend! So many amazing specials and so much fun at the Retail Nursery.

Coucal's Open Garden

Saturday 27 & Sunday 28 April

8 Belah Street, Mount Crosby

Open 9am—4pm

Entry \$10-00 (children under 18 free)

<http://www.coucalsgarden.com/>

The two acre garden at Coucals is a hillside bush garden which has been landscaped using a local sandstone to retain imported soil and mulch. Exotic plants from temperate, tropical and sub-tropical climes have been integrated with the native gums and smaller trees.

The Pine Rivers Garden & Plant Fair

Saturday 27 April—8.30am to 4.30 pm

Sunday 28 April—8.30am to 2.30 pm

757 Gympie Road, Lawnton

(entry via Lawnton Pocket Road—lots of parking in show ring)

Entry \$5-00

<https://www.pineriversgardenandplantfair.com.au/>

Food, entertainment, guest speakers and many garden and plant stalls.

February Garden Visit—Gabrielle Bell

Gabrielle Bell's property in Sheldon encompasses 2 1/2 acres. She has lived there with her husband and 2 sons for 20 years. Her husband built the vegetable gardens and enclosure in 2015. She then started a small business for her autistic son Jarod, now aged 22, called "Veggie Van" - to enable him to develop skills in as many areas as possible, and also give him the sense of wellbeing that comes from being involved in meaningful work and community life. Last year she wrote ROGI a letter (see newsletter April 2018), asking members to help support "Veggie Van" by either supplying produce or becoming a customer.

3 years on, the business is still going, but it has been a battle to grow enough, regularly. They have come up with an idea that has seemed to take off though—Jarod, with help from support workers, was purchasing bargains weekly from the markets to supplement what he could provide, and was making things like potato salad to sell. They almost always have eggs (as they have around 20 chickens) and sprouts, as well as herbs and sometimes silverbeet and cherry tomatoes. His (select) customer base is small, and they are lovely people who know Jarod and are supportive of his venture. This year, he hasn't sold veges at all, as he is transitioning into his new place and semi-independence.

Has Jarod enjoyed the experience, and does he want to continue? Gabrielle says the Veggie Van idea is a work in progress. There are good days and bad days. Usually he likes it and has pride in doing it. Jarod needs things to go at his pace to avoid overwhelm—he seems to enjoy it best when there is the familiarity of routine, which tends to happen when it is up and running smoothly.

Back to our visit on a VERY hot day in February—we were shown the propagation area (bottom right), which they need to cover at night to protect from rats and possums. There hasn't been a lot growing in the vegetable beds over Summer, as the weather has been too hot. However, in the past, they have grown good lettuce, silverbeet, leafy greens and tomatoes.

Gabrielle really wanted some advice from those of us visiting her garden—how could she improve her vegetable growing? The bones of her vegetable patch were there—a fully enclosed area (to protect from wildlife), with lovely raised beds (as pictured next page). There were many suggestions, but the main one was to convert her vegetable beds into wicking beds.



Eggs have been a good seller for the business



Sprouts grown for customers



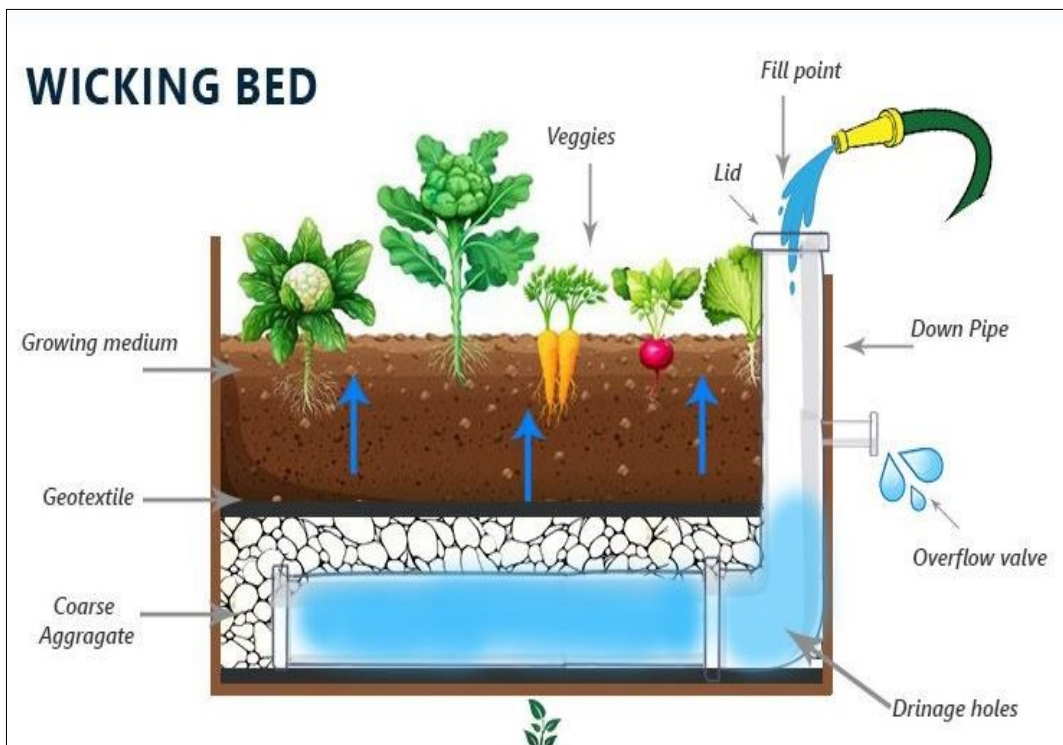
Jarod watering new plants

February Garden Visit—Gabrielle Bell

So what is a wicking bed? It's basically like a gigantic self-watering pot! It is a raised garden bed with a waterproof lining, that holds a reservoir of water at the bottom. Water is drawn up from the reservoir to the soil above via capillary or wicking action. Moisture level in the soil is maintained at a constant rate over extended periods, which minimises the need for watering.

There are many websites on the internet devoted to how to make a wicking bed, wicking bed designs, and wicking bed suppliers. It is just a matter of finding the one that suits you.

I'd like to thank Gabrielle for holding the first Garden Visit for 2019 at such short notice. It was interesting to hear how she and her son have been going with the "Veggie Van" business, and I wish them every success.



We installed a wicking bed last year. It came in a kit, with easy-to-read instructions. There are some for sale at the big green shed and on the internet, but I chose one from a guy who makes them in Toowoomba: <https://watersavergardens.com.au/>

So far, I have been very happy with my wicking vegetable garden. It has almost eliminated the need for watering, and I have grown some lovely vegetables in it. If you want to use less water, this is definitely the way to go!

Ann Roffey



March Garden Visit—Rohanne Young

Rohanne Young lives on a suburban block in Thornlands. When she moved there 10 years ago, it was basically a blank canvas—with only a pool, mango and gum tree to work around. There was mostly couch and nutgrass. She is very proud that she has made her garden organic, with lots of bees and beneficial insects.

There are a huge variety of plants in Rohanne's garden—orchids, fruit trees, vegetables, herbs and spices, roses, water gardens- and also some unusual plants like the Heavenly Tree Lotus and Yellow Magnolia (she usually sources these from Nielsen's Native Nursery).

The main challenge she has is tradesmen—they always seem to make more work for her! (eg. when they break her pots). She has also had to contend with a rat infestation recently.



Herb and Spices are grown in pots on the Southern side of the house to take advantage of the shade—these include Turmeric, Galangal, Pandan, Angelica. Parsley and basil are grown throughout the garden.



What a great idea! An old palm stump has been repurposed as a 'trellis' for orchids.



Arrowroot, growing very nicely out the back in the shade



Rohanne's cure for black spot on her roses is banana skins and coffee grounds



Pomegranate



Surinam Cherry Tree—the fruit is used for making jam. Gennaro told us that if you eat the fruit before it is ready (it needs to be a bright red), it tastes like turpentine!



Rohanne has several solitary native bees visiting her garden, including Blue-banded bees, Teddy Bear bees, Cutter bees and the massive Carpenter bee. The bee hotels give the native bees a place to lay their eggs for the next generation. Thus, hopefully ensuring they continue to visit her garden.

March Garden Visit—Rohanne Young

On the hot western side of the house grow the vegetables. Over the Summer Rohanne normally grows lots of lettuce and Asian vegetables. However during the recent Summer it was impossible to keep up the water, so the only things she grew were Green Zebra Tomatoes (below), Kale and Malabar Spinach. Umbrellas are shading her recently planted seedlings from the still (!) hot weather.



Did you Know??? Rohanne has a gardening website—go to <https://thedelectablegarden.com.au/>

The mango tree out the back hasn't produced much fruit the last couple of years, but Rohanne is hoping for a bumper crop this year. A blue-tongue lizard and green tree snake live in the garden beside her pool.



Transgender Pawpaw—Rohanne grew this tree initially for the flowers, as the perfume is beautiful. However, the native bees also love the flowers, and the tree now produces about 15 fruit a year.



Blueberries grow in pots and in the ground, and are kept in dappled light.



Limes (below) which look very healthy. Gardens are fertilized with Dynamic Lifter or 5 in . The pots are fertilized with Powerfeed or GoGo Juice (alternating) once a month.



Rohanne has water chestnuts growing in this pot (left) filled with water. They are ready to harvest when they die back. She uses them in stir fries—they have a crunchy texture and taste like a Nashi pear in flavour.

March Garden Visit—Rohanne Young



Vanilla Bean Orchid



Visitors were very impressed by this plant—the Vanilla Bean Orchid. It produces about 80 beans in a successful year, and is hand pollinated. If the beans are left on the plant, they will ferment naturally. The green beans (inset) will start to mature in September, just before the next flowering. Vanilla essence is made by soaking 8 of the beans in Vodka for a minimum of 3 months!



Coffee Bush (right), with coffee seeds inset. Rohanne doesn't harvest these, but it was interesting to have a taste.



Coffee Bush

Thank you Rohanne for the opportunity to view your garden. It was very interesting to learn about all your different plants, and to see the huge variety of flowers and edibles growing in your productive and 'delectable' garden!

Report and Photos by Ann Roffey

Vegetables and flowers in pots out the front that need the sun (north facing). Vegetables are left to go to flower so that Rohanne can attract bees and beneficial insects, and also so she can save the seed.



The Davidson's Plum is highly regarded as gourmet bush tucker and generally grows in a single trunk up to 5m. Last year Rohanne cut off about 2m to try and improve fruiting. The fruit is very sour when eaten raw, but makes a brilliant jam. The fruit drops off when ripe.



Davidson's Plum

Successfully Growing Garlic

Recently ROGI was given some garlic bulbs from a local grower, who has apparently successfully grown garlic in the Redlands for a number of years. I was eagerly looking forward to getting some locally grown good bulbs, but ended up being quite disappointed with the quality. The majority were fairly small with many shrivelled and soft cloves in each bulb. While they may have been in excellent condition when first harvested, their storage was probably less than ideal in our climate. In colder climates it is easy to store garlic hanging in bunches, as nature does the job of keeping them cool. Ideally, they should be stored between 0°-10°C to ensure good bulbing next season. This may happen commercially, but most home gardeners acquire bulbs from other gardeners, buy them online or from garden supply stores.

Steer clear of garlic bought at supermarkets or fruit and vegetable shops, as most of these have been treated to stop them sprouting. In our warm climate, garlic bulbs should be stored in the fridge at around 10°C for at least 2 weeks before dividing into cloves. When planting, use only firm and healthy large cloves and discard any soft ones, shrivelled brown, or tiny ones. Use the discards to make a garlic spray to repel insects.

Confusion abounds around when to plant your garlic. The old myth of planting on the shortest day and harvesting on the longest day is still popular, but it is a myth that points to the fact that garlic needs a long growing season of around 5-6 months.

In the Redlands area we need to plant early enough to allow root and leaf development during the cooler, shorter days, while leaving enough time for the bulbs to form in response to increasing daylight hours. For us this usually means planting in late Autumn to early Winter. Depending on the season, this could mean from around late April to mid-May as long as the soil is cool enough. If still too hot wait until it is cooler. Several weeks prior to planting your garlic, prepare a bed for the number of cloves you

intend to plant. They only need to be about 15cm apart so the size is easy to work out. In the past when we grew large quantities of garlic on our Certified Organic farm, we used the following method for planting and growing:

- Put a thick layer of wet newspaper or cardboard on the soil in a sunny site. Full sun is best.
- Add about 10cm of good well matured compost on top.
- Place garlic cloves fat end down halfway into the compost.
- Cover the clove completely with around 15cm thick of mulch (sugarcane mulch would do).
- Water the mulch well and leave it alone. Check and keep compost moist but not wet. At this stage only water again if compost seems too dry.
- The garlic will push its roots into the compost and the new shoots through the mulch.
- Water as needed to keep up the moisture level for the growing garlic.
- Once you have good above ground leaf growth in Spring, fertilise with blood and bone or feed monthly with a fish or seaweed based liquid fertiliser to aid bulb development. We used comfrey tea as well.
- Cease fertilising and stop watering once plants are mature. This forces the bulbs to absorb the nutrients from the leaves. Once most of the leaves are dry with only 3 or 4 central green ones, the bulbs are ready to harvest.
- Pull the garlic on a sunny dry day and leave bulbs on the ground for 2-3 days to absorb all the nutrients and harden in the sun.
- Hang in bunches in a cool airy place until dry. Do not trim roots or tidy stalks until fully dry. Garlic keeps better as whole bulbs, so only divide into cloves as needed.

As the mulch breaks down it adds organic matter to the garlic patch. No further cultivation is needed until harvest, as only a few easily pulled weeds grow. Happy Garlic Planting!

Julia Geljon

Plant of the month

Fenugreek (*Trigonella foenum-graecum* F. Fabaceae)

Also known as: Greek Hay, Foenugreek, Fenigreek, Bird's Foot, Cow's Horn, Goat's Horn

Fenugreek seeds are used as a spice in Indian food and its leaves as a herb. It also makes a fragrant, super-nutritious sprout with over 37 actions in one handful of seeds.

To sprout Fenugreek soak 2 tablespoons of seeds in a glass jar with 1 cup of water for 8-12 hours. Place a piece of net curtain, gauze or old stocking over the top of the jar and secure around the neck with a firm rubber band. Drain off the water - this water is not waste, you can drink it. Turn the jar upside down on an angle to drain on the kitchen sink drainer. Rinse seeds in jar twice daily to keep the seed moist (this time of the year you can get away with one rinse a day). Roll the jar in your hands (so the seed is loosened and does not stick together in a mucilaginous mass); turn up side down on an angle again to drain, each time after rinsing.

Sprouts are ready to eat in 2-4 days (this will depend on the season and temperature). When the sprouts are the length you wish to eat them (best 1-3cm long), store them, covered, in the fridge (or the seed will dry out and not be as tasty).



At home I love to use the bags we sell called "Sproutman Bag". Soak your seeds in a jar, moisten the bag and pour the soaked seeds in. Rinse and hang bag on a hook or knob, or lay in dish rack. Dripping stops after a minute. Rinse sprouts by dipping the bag in water for 30 seconds once or twice daily. This bag is easy to use, organic, resists mould, and is incredibly resilient.

Fenugreek sprouts can be eaten in so many ways—in hand as a snack (quick and simple), added to sandwiches, in tossed and potato salads, with roasted root vegetables, added to stir-fries (just before serving), or used as a garnish on everything (that way you are eating them all the time). I like them in fruit salad or sometimes I make milk smoothies with them.

To grow Fenugreek, soak seeds overnight and then grow in soil or pots by scattering them over the surface. Cover with a thin layer of potting mix or soil. For a green manure, turn plants back into the soil before they flower. To harvest seeds, allow plants to flower and harvest when the seed pods turn yellow. Use young leaves in salads, sandwiches or as a steamed leaf vegetable. Leaves of young plants are very tasty, similar to fresh peas.

Fenugreek is a valued herb for its many medicinal properties and nutritional content—especially the sprouts. So why not get some seeds and start sprouting/or growing it. The seed bank has seeds—\$1 members, \$2 non members. Also sprouting bowls \$12 and Sproutman bags \$14.

Product of the Month—Diatomaceous Earth

Diatomaceous Earth (D.E.) is a remarkable fossil from the past—but what is it?? In short, as far back as the beginning of the Cenozoic Era some 65 million years ago, diatoms have existed and contributed to the build up of sediment on the ocean floor. Fossilizing over eons of time into soft powdery rock many feet thick, geological forces pushed these deposits up to the Earth's surface.

It has many novelty uses:

- Instead of baking soda to deodorise kitty litter, shoes, fridges, vacuum cleaner bags and garbage bins
- Soak up motor oil spills
- Soothe bug bites and bee stings
- Absorbs mould and moisture
- Metal polisher when moistened
- Preserves leaves and dried flower arrangements
- Increase health of fowls
- Helps with young animals health and gives 15 trace minerals
- Protects grains and seeds in storage
- Face scrubs and masks - add to creams
- Increase crop production
- Improve family health, both consuming and around the house
- Have healthy, happy pets and livestock
- Create healthier living areas for pets
- Natural Pest Control
- Internal parasite control for humans and animals

Have a look at the website <http://www.fossilpower.com.au/what-is-de>
They have pages and pages of information for you to read and form your own opinion.

We have had it in our shop for years and swear (in a nice way) by it. We purchase this 100% food grade and organic D.E. in bulk, and pack it in usable quantities to suit your needs. Come visit us at the next ROGI Meeting to check it out!

Frank & Marion

And I can hear you say, what's in it to make it so useful? ---

TYPICAL ANALYSIS OF DIATOMACEOUS EARTH

Silica (SiO ₂)	>92%
Calcium (Ca)	1.00%
Magnesium (Mg)	0.60%
Manganese (Mn)	0.50%
Phosphorus (P)	0.01%
Potassium (K)	0.20%
Iron (Fe)	1.00%
Cobalt (Co)	5mg/kg
Molybdenum (Mo)	5mg/kg
Sulphur (S)	42mg/kg
Zinc (Zn)	42mg/kg



Plant Clinic

(Managed and reported by Chris McIvor)

I expect the recent rains will provide us with a new crop of pests and diseases, but I don't think anyone will complain. Last meeting we had 2 plants to identify and 1 caterpillar.

1. Plant picture brought by Sophie was very difficult to ID until she sent through some photos of the flowers and the way the whole plant grows. These are very helpful aspects for eliminating some possibilities. So, between "Plant Snap", Google and myself I think it is a **Tea Senna**. It used to be grouped with the Cassias (Buttercup Bush) but has been renamed recently: *Chamaecrista Mimosoides*. It is a small perennial growing to around 60cm or more. Leaves have been used as a laxative tea.



Tea Senna closeup



Tea Senna Habit



Acacha Fruit

2. The name of Bill's plant was on the tips of several people's tongues, but it was Linda Barrett who cinched it when she got home. This potted plant (right) is a cousin of the Mangosteen, and originates from the Bolivian area of the Amazon Basin. Called **Achacha** in Australia, the botanical name is *Garcinia humilis*. When picking the fruit leave it to mature on the tree as it will not ripen further once picked.



Acacha

PLANT CLINIC

If you have an odd-looking pest, think your plant may be a weed or have a deficiency or a disease, Plant Clinic may help you. Bring along the insect or plant (as many parts - fruit, leaf, root - as you can, and in a sealed plastic bag if it's diseased or very seedy) and fill in the form. Place the plant parts together with the form on Plant Clinic table (just inside the door to the main hall) before the meeting starts.

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

Plant Clinic *(Managed and reported by Chris McIvor)*

3. Elaine produced a brownish grey caterpillar that seemed to have been feasting on her *Spathophyllum* leaves. It could well be a Croton caterpillar or *Achaea Janata*, which is a type of looper caterpillar. They change colour each time they moult, so can range from brown to black. Eggs are greenish blue and appear scattered on the underside of leaves. These feed on a wide range of plants including the toxic Castor Oil Tree. Control is awkward as there can be sudden outbreaks, however hand picking or having carnivorous birds around is probably the best.



Croton Caterpillar



Chewed Spathophyllum

Seed Storage—A Tip from Seed Savers



Where is the best place to store your newly purchased or saved seed? Certainly not in your hot outdoor tin shed! Keep them in a dark, dry, cool location—a cupboard or drawer, or if you have room, in the fridge.

Seed Savers Group

We had a big turn out at our first ROGI Seed Savers Meeting for 2019 -16 people around the table!

Our focus was making a pack of seeds for new ROGI members. "What would we put in a pack?" Things to think about were:

- A Summer seed pack
- An Autumn seeds pack
- 2 flowers types
- 2 root types
- 2 green leaf types
- 2 green cover crops types

We talked about what we thought would be good options and worked out why some would not be suitable.

As there were some new people we thought it would also be fun to show how to process some seed again. We had a few seeds to save that needed this technique. Garlic Chives and Olaya seeds were put in a blender with water to retrieve the seeds (always entertaining).

Our next Seed Savers Group meeting will be on **TUESDAY 16 APRIL** at Linda Brennan's house in Capalaba. Please bring a small plate of food to share.

The topic for the night will be **Seeds and Plants that need Special Treatment**. We'll cover areas such as vernalisation and scarification.

All Welcome! The meeting starts at **7pm**. See Janet, Sharr or Ann at the Plant Table to register your interest if you have not attended a Seed Savers meeting before.

Sharr Ellson

Book Reviews

Habitat

By A.B. Bishop

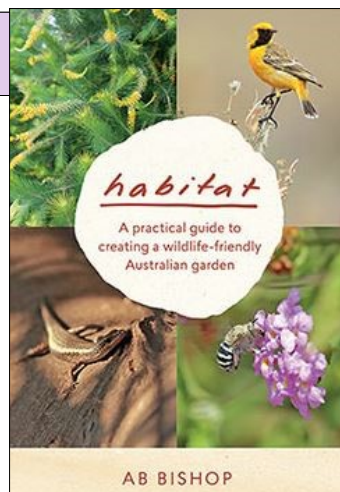
Habitat means the natural home or environment of an animal, plant or other organism. This is a beautifully worded book and a practical guide to create your own Australian wildlife-friendly garden.

The book is easy to read, with stunning photography throughout, visually engaging and wanting you to turn the next page and read more. There is so much information on how to design and build your new garden, identifying wildlife good and bad.

It was pleasing to read that Australia is considered one of 17 megadiverse countries in the world—we need to be working constantly on keeping this record and look after the biodiversity hot-spots that will impact our beautiful country.

I would encourage everyone to read this book; I feel very privileged to have been able to read it before it goes on the shelf at ROGI.

Reviewed by Leigh Malyon



Bush Tukka Guide

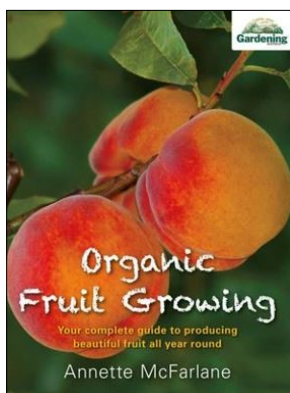
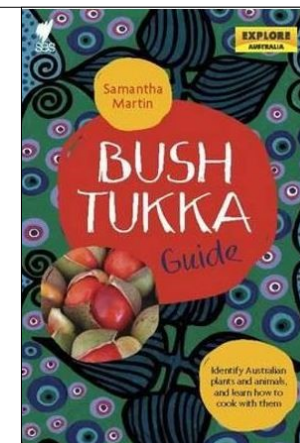
By Samantha Martin

A new addition to our well-stocked ROGI library is the small book *Bush Tukka Guide* by Samantha Martin. It is an illustrated guide to indigenous Australian plants and animals written by a young Aboriginal woman whose family taught her how to eat off the land and surrounding waters.

Bush Tukka Guide is imbued with Samantha's enthusiasm for bush tukka, and gratitude for the knowledge from her ancestors that she is able to share with her readers. This is a beautifully produced book with one or two pages of practical information per species, as well as handy symbols to signify if the species is edible, medicinal or possibly poisonous. The guide covers species from different parts of Australia and contains a recipe section and websites where you can buy bush tucker.

With the heat we are now experiencing it's obvious that we need to rethink some of our gardening selections, and look at more indigenous plants that have thrived in this climate. Another excellent bush tucker book in the ROGI library is "Dark Emu" by Bruce Pascoe.

Reviewed by Roberta Bonnin



Organic Vegetable Gardening; Organic Fruit Growing By Annette McFarlane

These 2 books are my "go-to" reference books for organic vegetable and fruit growing. The author *lives* in Brisbane, so she understands all too well our climate and the growing conditions we experience here. I must confess to not having read them from cover to cover. Rather, I use them as needed—when I am planning what to grow next, I will research the growing requirements and prepare my bed accordingly. I especially love the A-Z sections of each vegetable and fruit. Here Annette outlines when, where and what to plant, with a description and list of varieties. The planting time and harvest period are also advised, along with potential problems. She also outlines in meticulous detail the soil requirements and nutrition needed, which makes it so much easier for those of us who struggle to remember what each plants needs!

Reviewed by Ann Roffey

Seed bank news!

Please **return seedling pots and punnets** to the seed bank so that they can be reused –especially the 4-cell ones like these.



Also other clean used pots (small sizes up to 120mm diameter). Square pots 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.



ROGI Seed Bank is available at all ROGI meetings and at Garden Visits.
\$1 per pack for members,
\$2 non-members

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.

Seed Sowing Guide

April

Artichoke: Jerusalem Artichoke
 Asparagus
 Beans: Lablab/Madagascar/French
 Beetroot
 Broccoli
 Brussel Sprouts
 Cabbage
 Capsicum/Chilli
 Cauliflower
 Carrot
 Celery
 Chicory
 Endive
 Florence Fennel
 Kohlrabi
 Leeks
 Lettuce
 Onions/Garlic
 Potatoes
 Radish
 Silverbeet
 Spinach: Brazilian/Egyptian/
 Warrigal/ Kangkong
 Sweet Potato
 Tomato
 Yacon

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

May

Artichoke; Jerusalem Artichoke
 Asparagus
 Bean: Broad, French
 Beetroot
 Broccoli
 Brussel Sprouts
 Cabbage
 Capsicum/Chilli
 Cauliflower
 Carrot
 Celery
 Chicory
 Endive
 Florence Fennel
 Kohlrabi
 Leeks
 Lettuce
 Onions/Garlic
 Parsnip
 Peas
 Potatoes
 Radish
 Silverbeet
 Spinach & Other Spinach: Brazilian, Egyptian, Warrigal, Kangkong
 Swede
 Sweet Potato
 Tomato
 Turnip

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

Meeting Information

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 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 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:

(Members only) For those items you don't want payment for - eg. shredded paper, unwanted volunteer plants (named), surplus produce, cuttings, 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 a bag/box/basket to take everything home

Laryngitis Remedy

In a small saucepan with about 600ml of water, add:

3cm chunk of fresh grated ginger
2cm chunk of fresh grated turmeric
5 cardamom pods
1/2 teaspoon fennel seeds

Bring to the boil and then simmer for 10-15mins. Allow to cool a bit before pouring through a strainer to remove the used herbs.

Store in the fridge for 3-5 days. Use about 50ml per dose 3-5 times a day. Reheat and add a squeeze of lemon juice. Sweeten with honey if preferred and sip over 5-10 minutes.

If the flavour is too strong then you can water it down, but I find it's strength to be really good at improving laryngitis quite quickly.

Helen Blessing



MAY NEWSLETTER DEADLINE— Please send your contributions to the newsletter editor by the **25/04/19**.

Garden Visits

The Garden visit for this month is:

Sunday 28 April - Frank & Laurel Dobson at Wellington Point

As always, space is limited, so book early. Please see Toni Bowler at the next meeting or phone her on 0402 323 704 or email her at events@rogi.com.au to put your garden on the schedule.

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

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

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

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—

1st Thursday every month (except Jan), Albion Peace Hall, 102 McDonald Rd, Windsor, 6.30 for 7.30pm. 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—Wednesday & Friday 9 - noon, Sunday 2- 5pm. Oaklands St, Alexandra Hills. 0419987870

Cicada Film Festival

Short Film Competition giving SEQ Youth a chance to be heard.
ENTRIES CLOSE 7TH MAY 2019.

The *Cicada Film Festival* (formerly the *Cicada Awards*) is a short film competition open to South-East Qld youth, up to and including 24 years of age. It was initiated by the Wildlife Preservation Society of Qld 's Bayside Branch in 2011. In 2014 it was joined by Ocean Ark Alliance, and in 2019 by Ocean Crusaders (the Organisers).

Believing that youth have the most at stake in actions and decisions being made today, the *Cicada Film Festival* is a means of giving youth a chance to be heard on environmental issues. The cicada was chosen for the title of the Awards to emphasize that small things have a big part to play in our world and that like cicadas youth can, and should be heard, sometimes loudly.

Entrants in the *Cicada Film Festival* have a chance to learn more about environmental issues as they research their projects; develop skills from writing, filming, editing and sometimes performing in, their productions; and, to grow confidence from contributing to important issues that are shaping their lives.

Cicada Film Festival
 Short film competition for SEQ YOUTH

QR code: <https://cicadafilmmfestival.com.au/>

Entries close 7th May

Two themes: General or Oceans
 Two age groups: Under 13 or 13-24

Ts & Cs apply www.cicadafilmmfestival.com.au

Premiere Screening & Awards Night 7th June

Over \$4000 CASH AND OTHER GREAT PRIZES to be won! WILDLIFE to be saved!

Logos: OCEAN CRUSADERS, Wildlife Qld, Ocean Ark Alliance, Intoprise, Wildlife Preservation Society of Queensland, Rotary Club of Cleveland

Go to <https://cicadafilmmfestival.com.au/> for more information.

It's up to every citizen, young and old, to protect wildlife and their habitats. We all have a role to play. Our collective conservation actions can be the difference between a species surviving or disappearing.