

# ROGI News

**Doors open at 6.15 so members can visit the library, shops or seed bank or just have a chat before our meeting starts. Please be seated by 7pm ready for the speaker to begin.**

**Salvation Army Church  
Cnr McDonald Rd & Macarthur St  
ALEXANDRA HILLS**

## **Admission**

**Members:** Gold coin

**Visitors:** \$5

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

**Tea/coffee provided**

You are welcome to provide a quality plant to help share plants with other members. Bring a bag/box for your purchases and/or winnings.

**See you Wednesday ...**

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Luscious cumquats growing in Gail's garden. They can be eaten fresh—skin and all—and makes into delicious marmalade.

# Jill's Jottings

## Notes from our President

Hello fellow members

Another ROGI year is drawing to a close and we're looking forward to some changes in ROGI over the next several months as a new president and vice-president take over the reins.

Please have a good look at what roles are available and put some thought to how you could help ROGI. We really do mean it when we say that you learn so much more about organic growing and are greatly inspired to grow more (and better) when you become really involved. Have a chat with some current and former committee members and office bearers to hear what they say.

Please note that the ROGI Shop won't be at the August meeting. Shane Gishford will have products and produce for sale as he did last month—see p 6.

There have been 25 opportunities (*see right*) for ROGI members to get value from their annual membership fees so, even if you can't do Wednesday evenings, you can attend our garden visits (which are our alternative ROGI meetings on weekends) or field trips or workshops.

ROGI will be at the Green Heart Fair at Carindale in September. Gennaro is organising this, so please see him for more information on how you can help.

I am writing this in Melbourne where I'm experiencing a more authentic winter than we have in Brisbane—and I can't say I'm lapping it up! it will be good to get home to the warmth.

Happy and productive gardening



## Speakers and Meetings

August	Naomi Wynn	The Importance of Soil
September	Linda Barrett	Evolution of a Backyard
October	Linda Brennan	Powdery Mildew and Downy Mildew
	Dave Praeger	Pests and Predators
November	George Allen	Trees for Staples & Green Vegetables
December	No speaker	Gardening trivia quiz
February	Gennaro De Rosa	Sowing Seeds for Successful Growing
March	Holly Smith	Companion Planting
April	Naomi Wynn	Designing a Garden
	Julia Geljon	Mexican Tarragon
May	Various members	Workshops & discussion groups
June	Simone Jelley	Just What is Edible? Weeds & Flowers
July	Shane Gishford	Microbes under your Garden
	Sharr Ellson	Pulses

## Garden visits

October	Wendy Boglary
November	Tony and Linda Garbett
December	Linda Barrett
February	Margaret Sear
March	Ian and Jill Nixon
May	Bronwen Thomas
June	Sharr Ellson
July	Gail and Barry Bruce

## Field trips and Workshops

August	Garden Makeover for Mena Stoke
October	Organic Taste Tour
Feb	Irrigation workshop
June	Tropical Fruit World

## Events

September	Open Day at Oaklands St Community Garden
April	Redlands Good Gardening Expo

## Coming Events

Aug	Wed 10	ROGI AGM and meeting
	Sat 13	Discovery in the Gardens See p 15
	Sun 14	Field Trip to SMBI gardens and farms * See p 19
	Sun 28	BOGI Fair See p 16
Sept	Thurs 1	BOGI meeting
	Tues 6	Herb Society meeting
	Sun 11	Green Heart Fair, Carindale (More info Wed night)
	Wed 14	ROGI meeting
	Sun 18	Garden Makeover * See p 16
	Sun 25	Garden Visit * See p 19
Oct	Sun 23	Garden Visit * See p 19

\* Book with Toni on [events@rogi.com.au](mailto:events@rogi.com.au) or 0402323704

## Membership Fees

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

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

**IMPORTANT!** Reference - Your initials and surname are essential to identify who has paid. Please bring your membership application form to the next meeting. Email [membership@rogi.com.au](mailto:membership@rogi.com.au) for form.

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

Member Category	Annual Fee for Renewal	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct16-Dec17
Single	\$30	\$30	\$22.50	\$15	\$37.50
Family*	\$50	\$50	\$37.50	\$25	\$62.50
Pensioner Single**	\$20	\$20	\$15	\$10	\$25
Pensioner Couple**	\$30	\$30	\$22.50	\$15	\$37.50

\* **Family** - two (2) adults residing at the same address and their children under eighteen (18) years

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

## August Meeting

# The Sensory Garden

Emma Baker

Gardens are places where our visual senses are stimulated, but a sensory garden is designed to stimulate other senses as well.

What distinguishes a sensory garden from a traditional garden is the considered inclusion of features with particular sensory qualities, with the intention of creating a stimulating and beneficial environment.

This stimulation occurs courtesy of plants and the use of materials that engage the senses of sight, smell, touch, taste, and sound.

There is lots to learn about developing a sensory garden so come along to ROGI to hear Emma Baker.

Emma was ROGI's first president and she, with a bit of help, started ROGI in 2008.





# Shane the Microbe Man - July Guest Speaker

A bit of background:

Shane studied at Qld Agricultural College 1973 - 79 earning Certificate in Animal Husbandry & Bachelor of App. Sc. In Rural Technology – Agronomy

He was first Independent consultant in the Emerald cotton area where he started to implement IPM – Integrated Pest Management. Worked as cotton consultant also for broadacre crops of sorghum and soybeans in Theodore

Moved to Gatton in 1982 and still there. With help from the local spray pilot started consulting in vegetables, soybeans, seed sunflowers etc. IPM has always been the main focus of his crop consulting on Insects. Crop and soil nutrition is a large part of the business. In the last two years he has developed a soil calculator to quickly work out from soil tests which soil amendment is called for and how much to use to keep Ca:Mg, Mg:k and K:Na ratios in balance.

Used a neutron probe to measure soil water usage. Newer and easier-to-use technology has replaced this probe now. In 1995 he was introduced to brewing microbes in a nursery. The next year he heard Elaine Ingham talk on the soil food web and compost tea. Over the few years he went to Elaine's courses and became a soil food web adviser, during which time he set up a compost tea brewing centre and learnt how to brew very concentrated tea. He started to make brews with known microbes ie the Azotobacter mix, Protozoa and A-100. The range now has known microbes for specific purposes and he has been involved in developing a product for commercial use. His focus has now changed from IPM to ICM – Integrated Crop Management

## Microbes—Friend or Foe

### What is the Soil Food Web?

- Interaction and combination of all the organisms in the soil. Made up of an incredible diversity of organisms.
- They range in size from one-celled bacteria to small vertebrates, and plants.
- Fuelled by Carbon, Nitrogen, minerals, water and Oxygen
- The major components are Carbon cycle and the Nitrogen cycle

### How do Fungi and Bacteria affect soil pH?

- pH is the measure of the log of the Hydrogen Ions in the soil
- Fungi produce exudates with a pH of 5.0 – 5.5
- Bacteria produce exudates and slime with a pH of 7.5 – 8.5
- Soil cultivation produces a bacterial bloom which produces carbon dioxide to the air and oxygen to the soil which increases the soil pH

### Materials to Change pH

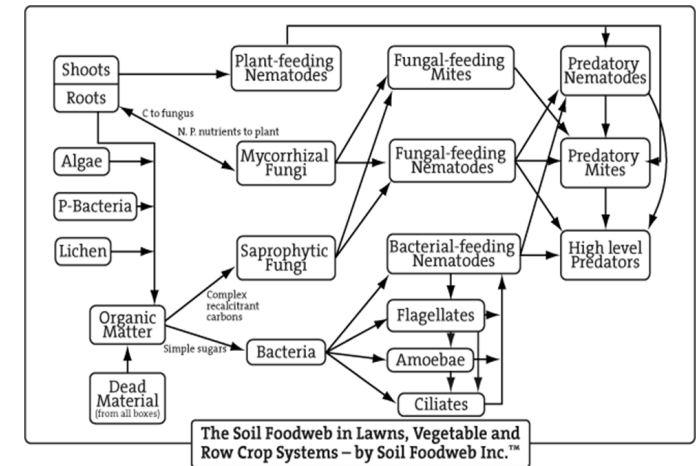
#### Fungal-Producing Material

- Fungi have a 30:1 C:N ratio
- High Carbon, Low Nitrogen
- Brown Lignated Material -  
Wood and wood chips  
Straw from harvested grain crops
- Paper and Cardboard
- Humates

#### Bacterial-Producing Material

- Bacteria have a 5:1 C:N ratio
- Lower Carbon, High Nitrogen
- Green Material with sugars in the plant material.  
Green Grass; Baled hay which was cut green, dried and baled. i.e. Lucerne; Oats before grain has matured; Green leaves
- Molasses
- Fish

How do microbes recycle nutrients especially Nitrogen ????



### How is Nitrogen released back into soil?

Bacteria

C:N  
5:1  
 $\times \frac{6}{30}$   
1

5

Protozoa

C:N  
30:1

Bacteria release Nitrogen (see above  $6 - 1 = 5$ ) back to soil for plants' use, whereas protozoa have none to spare.

### Beneficial Microbes for Soil Application

- Compost Tea
- Vesicular Arbuscular Mycorrhizal Fungi – VAM
- Trichoderma
- Rhizobium
- Azotobacter
- Efficient Microbes (EM's)
- A-100
- Bacillus subtilus
- Pseudomonas
- Streptomyces
- Protozoa mix

More details on these over:

## Microbial Applications

### Compost Tea Requirements

- Well-made Compost or Vermicast to include all the beneficial elements of the soil food web – Bacteria, Fungi, Protozoa and Nematodes.

#### • Food

Basic Food requirements - Fish; Molasses

Other Foods and amendments to add—

Seaweed; Humates; Rock Minerals;

Aloe vera; Calcined Silica

Basic Recipe for 10 litre in bucket

- 500 gm Compost
- 100 ml Fish Hydrosate
- 300 ml Molasses

### Mycorrhizal Fungi

- Symbiotic relationship with plant roots
- Lives in plant roots and extends further into soil than the plant roots
- Plant water-use efficiency – by extending the plant root system
- Nutrient absorption from the soil solution – by solubilising phosphates and absorbing nutrients required by the plant
- Plant establishment and growth
- Soil aggregation – by producing compounds that bind soil particles together
- Spores sold in powder form
- Apply direct to seeds or to seedling roots.
- Spores require plant roots to survive once wet.
- Spores cannot be brewed to further increase the numbers.

### Trichoderma

- Predatory fungi—Several Species
- Non discriminate
- Occurs naturally – Companies trying to find local strains for some specific diseases
- Buy as a powder – Mix at recommended rate and drench the effected area.
- Apply early

### Rhizobium

- Symbiotic relationship with legumes– lives on roots
- Takes Nitrogen from the atmosphere and converts it into available Nitrogen for plants
- Several species available – each plant requires a specific species
- Buy as powder, mix to sludge and roll the seed in it
- Don't apply any nitrogen



### Azotobacter

- Free-living bacteria in the soil
- This is a microbial brew Shane makes—It has the following microbial mix in it:
  - Azotobacter species -
    - One species is a free-living nitrogen-fixer
    - One helps make phosphorous available
    - One helps make potassium available
  - Compost Microbes
  - Bacillus and Pseudomonas – Generalist bacteria for soil
  - Fish & Molasses
  - 2 Silica Products

### EM – Efficient Microbes

- A mix of Lactic Acid Bacteria, Yeast, Phototrophic Bacteria and Ray Fungi
- This is a facultative mix – will produce oxygen when in the anaerobic phase so will help with water logged soil.
- Will help with the control of plant diseases
  - Powdery Mildew, Botrytis, Black spot
  - Apply regularly
  - Apply in front of rain (*new to us!*)

### A-100

- A mix of 20 Bacteria and 3 Fungi
  - Azotobacter sp
  - Bacillus sp
  - Bradyrhizobium sp
  - Chaetomium sp
  - Pseudomonas sp
  - Rhizobium sp
  - Streptomyces sp
- Increase known microbial sp in ground to help suppress soil pathogens to improve crop quality
- Improve nutrient uptake with nitrogen fixation and increased phosphorus availability.
- Increase *Bacillus subtilis*
- Yield eg in potatoes will reduce the dominance of the first tuber to set and allow remaining tubers to increase in size
- Crop quality improvements
- Has to be brewed for 24–36 hrs – (Shane has it available brewed as a liquid

Shane the Microbe Man continued

### Bacillus subtilus

- Over 150 species - soil and foliar
- Generalist
- Products available of different strains

### Pseudomonas

- A Generalist Bacteria
- Helps protect roots
- Increases the number of beneficial microbes to out-compete pathogens in soil
- Available in vacuum-sealed vials



### Streptomyces

- A Generalist Bacteria
- Helps protect roots
- Increases the number of beneficial microbes to out-compete the pathogens in the soil
- The metabolites produced by fermentation of Streptomyces is available as a liquid – Bio Act

### Protozoa mix

- Very important in recycling of nutrients in soil food web
- 3 Types – Flagellates  
Amoebae  
Ciliates
- Available as a liquid which takes 72 hr to brew
- Protozoa only survive in mobile forms for 24-48 hrs in liquid. Will last much longer in the cyst form in the liquid brew

## Now for some specifics that may be of benefit in your garden:

### Beneficial Microbes for Leaf and Fruit

- EM's – Efficient Microbes
- Bacillus Subtillus
  - Several Species
  - Shane has BioMyx BS & BP as vacuum-sealed vial or mixed in liquid form for home gardeners
  - Mix with EM's to control Bacterial disease on Tomatoes and Capsicums
- Bacillus thuringiensis (BT) - Dipel
  - Controls moth larva – Larvae has to eat the bacteria and they then effects the gut
  - Available as a powder
  - Will survive on the leaf for a period of time in wet showery conditions.
  - Infected larvae can be collected, frozen, then ground up and mixed with water and sprayed out
- Beauveria sp. Metarizhium sp. Verticillium sp
  - Available as a powder—Myco Force
  - Works on most insects but needs high humidity or moisture to work well
  - Works best on social insects such as aphids, thrips and plague locusts
- Nuclear Polyhedrosis Virus – Gemstar, ViVus
  - Larvae sp. Specific
  - Commercially available
  - Works best under wet showery conditions
  - Infected larvae can be collected, frozen, then ground up and mixed with water and sprayed out

*Editor: I have compiled these notes from the 89 pages of Shane's PowerPoint presentation. No doubt there will be some slight errors or misunderstandings.*

*If you wish to know something in particular regarding microbes and their application in your garden, please get in touch with Shane at the ROGI meeting or email to [shane@indccs.com.au](mailto:shane@indccs.com.au)*

**Shane will have produce for sale again on Wednesday night. Most of these will be available. All are grown organically—some are certified. Prices may vary.**

Beetroot Bunched \$3.50 bunch  
Bok Choy – Organic \$3  
Broccoli – Organic \$6 kg  
Butternut Pumpkin – Organic \$1.50 kg  
Cabbage – Drum Head – Organic \$5 ea  
Cabbage – Red – Organic \$5 ea  
Cabbage – Sugar loaf – Organic \$4 ea  
Carrot – Orange – Organic \$2 kg - \$30 20 kg bag  
Carrot – Purple \$2.50/Kg - \$35 20 kg bag  
Cauliflower – Organic - \$6 ea  
Celeriac - \$8 ea  
Celery – Organic - \$6 ea  
Garlic Russian (Australian) – Depends on size about \$1 ea  
Ginger - \$13 kg  
Jap Pumpkin - Organic \$1.50 kg  
Kale– Green Curly \$3.50 bunch  
Leeks - \$2.50 ea  
Lettuce Cos- Organic \$2.80 ea  
Mushrooms \$10 kg  
Parsley - \$3.50 bunch  
Parsnip- \$4 kg  
Organic Potatoes—Desiree, Nicola and Sebago  
All \$2.50 kg or \$30 for 20 kg bag  
Shallots - Organic \$3.50 bunch  
Silver Beet \$3.50 bunch  
Sweet Potato – White/Purple \$3.50 kg  
Taro - \$5 kg  
Apples—Granny/Red Delicious \$4 kg or \$30 for 10 kg Box  
Avocado – Organic - \$2 ea  
Bananas – Cavendish \$2 kg  
Bananas – Lady Fingers \$3.50 kg  
Custard Apple - \$5 kg  
Lemons - \$5 kg  
Limes - \$5 kg  
Mandarins - \$4 kg  
Apple Cider Vinegar (with mother)- 750 ml for \$15  
Eggs 700gm Free Range - \$5.50 doz, 2 doz for \$10  
Pure Apple and Ginger Juice  
Pure Apple and Pear Juice  
Pure Apple Juice – Filtered and Unfiltered  
All juice - \$6.50 bottle  
3 for \$16.50 (\$5.50 ea)  
Carton of 8 \$36 (\$4.50 ea)  
Pecan Nuts - \$4 punnet



# Tropical Fruit World Field Trip by Mary Irmer

Well-rugged-up ROGI members met at PCYC where our cheerful drivers, Toni and Leigh, were already warming up the buses for us. It was great to be chauffeured, giving us the opportunity to look around and chat with other members.

Tropical Fruit World sits on a ridge and the view to the west from the entrance over the Tweed Valley to Mt Warning was lush, green and serene - the perfect place for a tree change.



*Western view from the entrance over the Tweed Valley to Mt Warning.*



*We checked out the fruit shop. There were fruits such as the Rollinia most of us had not seen before.*



*Members board the tractor train for a tour of the fruit plantation.*

Our guide told us the farm history and gave details as he drove us around making some stops to pick fruit for us to try.

From 1937 to 1972 it was owned by the NSW Dept of Agriculture where they experimented with growing varieties of avocados, macadamia, banana, mango and lychee. Bob and Val Brinsmead bought it in 1972 turning it into a commercial fruit plantation.

The farm consists of 175 acres of volcanic soil formed over 20 million years ago. This deep, rich red soil is ideal for growing an extensive range of fruit

and nut trees and Bob has sourced fruit trees from around the world and now boasts 541 varieties. With that many different kinds of fruit trees there is always some fruit in season. He has over 2,000 mature avocado trees of 19 different varieties, producing avocados from March to October.

We saw that some had been blown over or damaged by a bad storm. These were replaced by new trees and the old trees were mulched to return carbon and nutrients to the soil. Nothing is wasted as they use environmentally-sustainable methods.

The fruit trees we saw fruiting, eg some of the citrus, were covered with fruit.

We passed many unusual fruit trees, some of which we had not heard of. They were grouped in different sections according to their origin.

There were many varieties of even common fruit such as mangoes and papayas. They grow 25 different varieties of mangoes.

There was a plantation of dragonfruit plants growing up stumps that were doing exceptionally well. They harvested six tonnes of fruit from them last year. They are excellent converts of carbon dioxide into oxygen. The seeds are high in omega 3 fatty acids and enhance the immune system.



*Left: Dragonfruit growing on stumps*



*Right: This papaya variety has fruit the size of a large berry.*



A large monkey pod fruit was high up in a tree which had been growing for decades and Bob had almost given up ever getting fruit from it. It was so high he thought he might have to hire a helicopter to harvest it but he certainly is determined to try it after waiting all this time.



Some of the fruits our guide picked and that he cut up on a table covered with a banana leaf for us to try.

There was Jamaican lemon (looked like a mandarin but definitely tasted like a lemon), passion fruit, abiu, biriba, macadamia and a Rollina deliciosa. The rollina had an oyster-like consistency and tasted like a lemon curd or meringue. The biriba fruit was more creamy and its skin more rough.



Interesting tree trunk of a guava tree. Note the irrigation and drip feeders around the trees.

There is also a bush tucker garden where native plants such as Davidson's plum, different types of lillypilly, lemon myrtle, Atherton raspberry and macadamia are grown.

After the tour of the plantation we went to the fruit tasting room.

Interesting points about the fruit we tried:

- Fruit have seeds so even some fruit we think of as a vegetable like pumpkins are actually fruit.
- Pineapples have seeds in the skins but take 18 years to produce fruit from seed but just 18 months to three years from growing the pineapple top. It belongs to the bromeliad family.
- Bananas are the most widely consumed fruit in the world and produce natural energy quickly.
- Papaya seeds have more nutrition than the fruit though they are not to everyone's taste. They can be dried and used like pepper corns to sprinkle over food. They have enzymes which are good for the digestive system. The leaves can be dried to make a drink. Green papayas are also good for you and can be used to tenderise steaks and calamari. Some have claimed that it is good for treating cancer. (I would advise caution for pregnant women as I have heard that green papayas can cause a miscarriage)
- Pomelo is a grapefruit hybrid and has very thick skin.
- Carambola or five corner fruit is Malaysian and is good for stabilizing blood sugar and reducing blood pressure. It can be used with salt to soothe a sore throat.
- Abiu is like a persimmon. Its skin is edible. It goes brown after being cut up.
- Jack fruit have been reported to grow to 80 kg in India where they originate and are called God's fruit as they are a

blessing for the homeless - the trees can produce up to 150 in a season! There are about 200 polyps attached to the core and the fruit is crunchy and moist. Cooked seeds taste like chestnuts. Unripe fruits are used in curries.

- Davidson plum is a native fruit and looked like a big red juicy plum and is considered a super-food being nutritionally dense and high in antioxidants. While it is refreshing and looks inviting, it is sour but makes a really tasty jam.
- Avocados are rich in oils, antioxidants, vitamins and minerals. One avocado contains 30% of one's daily vitamin C requirements. We tried the guacamole that they make to their recipe. They also have a chocolate mousse recipe.

We also tasted different jams and sauces that they produce with their fruit.

We enjoyed our lunch at the restaurant overlooking the extensive orchard. What a beautiful tree change!

Our wonderful drivers returned us home after a very interesting and enjoyable day. Thanks Toni and Leigh, and ROGI for organizing this day.

Mary Irmer

Below: Fruits prepared for us to try pineapple, banana, pomelo, carambola, abiu, jack fruit, Davidson plum, avocado





# Garden Visit - Gail and Barry Bruce

Gail and Barry originally bought a block in Lyndon Road but the trucking business was not popular in the area so they looked for a more suitable spot and found eight acres behind two smaller two-and-a-half acre properties on Redland Bay Road. When the two blocks at the front became available they bought them as well so now have a couple of houses and enough sheds, big trucks and machinery to keep any man happy.

Gail, with Barry's help as the 'maintenance man', started working on the garden from the back of their property where it is bush. They wanted it to be wildlife friendly and nurturing so there are no cats, dogs or horses on the property. So that the native fauna feel safe, the aim has been to provide lots of habitat so the animals can be camouflaged and this has been a much higher priority than aesthetics. The bush is kept as natural as possible with all leaf litter, dead sticks and branches being naturally recycled.

The exotics were culled so that native plants would provide for the abundant wildlife. A Duranta hedge was replaced by a hedge of Melaleucas which have showy red new growth and beautiful scented flowers. An African Tulip tree was replaced with a beautiful native Flame Tree and the Cocos Palms with Grevilleas and Banksias.

Gail introduced John Moss who has done considerable research on the plants and insects of our area. He has recently published a book on Mistletoe. He worked in the medical field but from an early age his fascination for insects was encouraged by his father. Disappointed when he took an insect into the museum and no one there could tell him much about it, as no one had written a description of it, he set himself a challenge to do so.

We started our tour of the property from the Redland Bay Rd end. Gail has fruit trees on the northern side to receive maximum sunlight all day.

She keeps her trees happy by growing them in the spot that suits them best.

Gail recently pruned her mandarin tree so the middle of the tree was more exposed to the sun and would air well. Gennaro warned against pruning too much at a time as exposing branches to the sun can cause sunburn on the branches. Best to prune a little often. When picking fruit give it a light prune. Prune some this winter and more next. To protect the branches from sunburn, try using a lime wash or diatomaceous earth paste applied with a paint spray bottle – not an ordinary spray bottle as it will clog the nozzle. Any branches which are crossing each other need to be pruned as one or both will die if they rub on each other.



Gail thought she'd pruned away all the galls from the Tahitian lime but the keen eyes of ROGI gardeners spotted more. Galls need to be cut out before August and burnt or placed in a sealed bag and put in the rubbish. You need to check trees carefully for galls and remove before August. Any with holes in them can be left as the wasps hatched and escaped from them last year.



The citrus gall wasp (*Bruchophagus fells*) lays its eggs in the new growth of citrus in early spring—preferably on grapefruit and rough lemons, but also other citrus.

Three weeks later, larvae hatch and feed inside the stems, forming lumps called galls (see photo above). As the larvae grow, the galls become larger. The adult wasps emerge September to October.

It doesn't kill the trees, but repeated annual attacks can make the trees unproductive by weakening them.

Limes are best picked before they go yellow as otherwise they become too acidic and the fruit can develop problems.

The only fertiliser Gail uses for her citrus is fowl manure and she mulches well around the tree but not too close to the tree trunk.

Gail observes the growth of the trees to ensure that she is growing them in the right place. The Butterscotch grevilleas were growing outwards so she planted them along the footpath to give them plenty of room to grow outwards.





## Garden Visit

Banksias next door almost died after a neighbour used horse manure on them so Gail carefully removed any residual manure that would affect remaining trees and the ones on her property.

Right: *Banksia spinulosa* – note the dead log edging.

Any cuttings from trees such as native hibiscus or debris from trees are used to form natural mulch to cover and protect soil and build it up organically.



Leaf and plant litter under the native trees.

Right: Gail puts a stick in containers of water so that the native wildlife (possums, lizards, frogs, birds etc) can get out and are not trapped and drown in it.



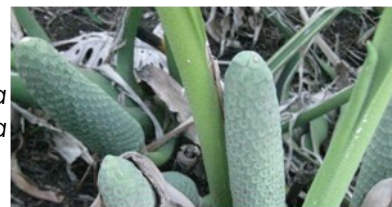
Comfrey growing near a macadamia tree.

The roots of comfrey penetrate up to two metres and help break up soil and provide nutrients to the tree. The leaves are very soft and are good in the compost as they break down quickly and provide micronutrients to the compost.

There had been a choko vine in the corner of the patch but it had died back. Gennaro told us that the tuber of choko is edible and can be dug up and cooked like a yam.

There is a loquat tree and a fruiting *Monstera* plant nearby.

Right: *Monstera deliciosa*



Hens enjoying a walk under the watchful eye of Henry.



Eggs that the happy hens had laid.



Gail uses camouflage and pots to protect her pumpkins and produce from the bandicoots, possums and other wild life that love pumpkin. This pot was put back over the pumpkin after its photo was taken.



## Garden Visit



Gail uses wicking beds to grow herbs and veges. The pink pipe with holes, which is capped, is to put vegetable and fruit scraps in to encourage worms, and the other is for watering the bed.



Another wicking bed is covered to keep wildlife out. If you provide food and shelter for worms they will come: the covered purple pot is partly submerged in the garden and food scraps are put in for worms.

Right: Worms that have been attracted to the purple pot are feeding on the scraps



We broke for afternoon tea and a chat before continuing to look at the wildlife corridor Gail has created maintains.



As always there was an abundance of tasty home-cooked food to enjoy.



Sharr's passionfruit curd was really popular eaten with scones and the freshly-cooked damper.

Homemade jams that Gail and Jill made were also much appreciated on a winter afternoon.

We resumed the walk, going along the bush corridor Gail has established. She has declared war on weeds invading from neighbouring properties that have taken over in this area. Some of the weeds are sold as garden plants at nurseries but become weeds in the bush as they are so pervasive and take over. One such plant was the creeping inch plant *Callisia repens*, a rampant succulent ground cover with purple stems (see photo below). When removing it you have to be careful as it breaks easily and every little piece will grow. Gail has been rolling back the Singapore daisy and working hard to eradicate a very effective ground cover that has tough roots and purple flowers.



One technique Gail has used is to have small fires using pine cones when it is about to rain to kill the weeds and encourage natives to grow in their place. Native grasses and plants such as Tuckeroos have been planted in the place of weeds.



Green Panic, while not a native grass, holds back a lot of the creeping weeds from neighbouring properties and the wallabies love it.



## Garden Visit



A green peaceful spot for the wildlife to refresh with plenty of shelter and places to hide. There is a Fine Leaved Tuckeroo which is an endangered plant.



Native ducks enjoying the dam.

Insect damage to tree which at first we thought might be a native bee hive.



A great spot near the dam to rest.



Rain water harvested from shed  
Below: This tree had blown over and is trying to regrow. A koala was spotted enjoying the new leaves a few days before we visited.



A very healthy and happy Koala at Gail's (he went into hiding when we visited).



Large fungi growing in leaf litter on the bush floor.



John Moss helped us distinguish trees by their bark and leaves, but the flowers are important for definite identification. Bloodwoods like this tree have 'bubbles' on their bark. Some of the trees he pointed out to us were Eucalyptus seeana, E. robusta, Tallowwood, Iron Bark, Scribbly Gum and E. propinqua.

A very old stately tallowwood tree providing hollows and homes for wildlife.



Thank you Gail and Barry for a wonderful afternoon visiting your garden and the bush habitat you are caretaking for the wildlife of the Redlands.

Mary Irmer

ROGI members enjoy visiting gardens of all sizes and types. Talk to Toni if you'd like to show us your garden some time next year.



## ROGI Committee Positions

**The ROGI Annual General Meeting will be on 10 August.**

All committee positions will be declared vacant at the beginning of the AGM.

### **PRESIDENT**

- Leads and inspires ROGI
- Delivers monthly meetings to members
- Seeks guest speakers, field trips and other opportunities
- Promotes ROGI and organic gardening to the community

### **VICE PRESIDENT**

- Assists planning and delivery of meetings, initiatives and events as above
- Stands in if president is absent

### **SECRETARY**

- Keeps records of the business of ROGI, including the rules
- Records office-holders and trustees of the association
- Sets agendas and records minutes of committee meetings
- Completes and sends documents to Office of Fair Trading after AGM
- Manages correspondence

### **TREASURER**

- Handles all monies paid or received and issues receipts
- Deposits monies into ROGI bank account
- Makes payments from ROGI funds with appropriate authority
- Complies with Associations Incorporation Act
- Submits report, balance sheet or financial statement to committee
- Has custody of all accounting records of ROGI
- Reviews transactions online prior to all meetings

### **Four other committee members**

- These may be Office Bearers of the club, or they may be members who want to be a part of the decision-making process.

The eight committee members are expected to attend ROGI committee meetings. Currently these are held the third Wednesday of the month.

## Positions Vacant

Our secretary and treasurer are happy to continue, but we need a new **president** and **vice-president**.

You may nominate for any committee position (vacant or not) if you wish to a part of the decision-making process.

We also need a **membership secretary, public events co-ordinator, library co-ordinator** and **audio-visual desk operator** at meetings.

## ROGI Office Bearers

### **Internal Events Secretary**

Sources and coordinates member workshops, garden visits and field trips

### **Membership Secretary**

- Updates membership list monthly; sends to committee
- Compiles list of visitors each month
- Checks bank statement for online membership payments
- Sends an individual welcome letter to each new member
- Sends reminders to unpaid members in February each year

### **PR & Communications Co-ordinator**

- Handles advertising and press releases
- Arranges maintenance of website and social media
- Assists with newsletter compilation and editing

### **Public Events Co-ordinator**

Organises public ROGI events eg Garden Expo. Indigi Day Out

### **Website Manager** Manages and maintains website

### **Newsletter Editor**

- Liaises with president, committee, office bearers to publish their articles, upcoming events, and other relevant articles/news
- Develops ideas and arranges for members or self to write articles
- Arranges for write-ups from events and speakers
- Edits for accuracy of spelling, grammar, sources and facts
- Sends finished document to president for review and distribution

### **Seed Bank Co-ordinator**

- Purchases, saves or procures fresh quality seed for seed bank
- Maintains records of seed stock and rotates to maintain viability
- Sells seeds at ROGI meetings, garden visits and events
- Arranges for envelopes, labels and seed-packing days

### **Library co-ordinator**

- Maintains records of books etc in stock and all loans; Acquires new books
- Writes book reviews for monthly newsletter

### **ROGI Shop Co-ordinator**

- Purchases or otherwise procures quality gardening inputs
- Maintains a stock list and publishes in newsletter
- Operates shop at ROGI meetings and events
- Co-ordinates members' swap, share and sell table/s

### **Supper co-ordinator**

- Supplies milk, teas, coffee, sugar, ROGI herbal tea etc and keeps receipts
- Lays out supper provided by members on table/s
- Ensures kitchen is clean after meetings with help of volunteers
- Launders tea towels, etc

### **AV Desk Operator/s (two or more people could share the job)**

- Operates desk on meeting nights

# Plant Clinic from July Meeting

Zena asked a couple of questions trying to track down the names of plants so she can find them for her new garden space she is preparing:

What is the name of the old style lavender?

The oil-producing one is *Lavandula angustifolia* (left) BUT this does not grow well in this area. The beautiful-smelling one (French lavender type) that will grow well here is *Lavandula dentata* (right).



What is the name of the old style strawberries that used to be grown in Redlands in the 'good old days'?

(From Editor – that's when we used to have strawberry farms in the Redlands folks!!)

The strawberry may be Redland Crimson or Camarosa.



Toni showed some sunflower seeds she had bought some time ago. When opened she found they were blue – obviously coated in a product. There was no notice on the packaging to state what they were coated with.

Members said it was a fungicide coating on the seeds.

Mary brought along a couple of older citrus fruit that were brown and soft at the stem end

These were identified as limes and indicated that the plant had a significant calcium deficiency.

On fact-checking: Like in tomatoes, in layman's terms this is called blossom-end rot. Calcium deficiency usually occurs on acidic soils where native Ca has leached. Continuous use of ammonium-containing fertiliser, particularly ammonium sulphate, accelerates Ca loss from soils. Use of muriate of potash and sulphur cause similar losses of soil Ca. Liming the soil not only neutralises soil acidity but also supplies available Ca. Calcium deficiency can also occur in highly saline soils due to the excessive sodium (Na) concentration. In such a situation, gypsum can correct the deficiency and reduce the deleterious effect of Na (without affecting pH). Calcium deficiency can also be corrected by foliar spraying with a water-soluble Ca source.

(Reference: <http://edis.ifas.ufl.edu/ss421>)

Wendy had a very large avocado that comes from a friend's large and productive tree. What type is it?

It is a 'Reed' avocado ... creamy and flavoursome.

On fact-checking the Reed is a tall avocado tree. It is the largest of the avocado varieties - a hefty fruit that can easily weigh a half kilo or more. It is produced less in a commercial setting, likely because its skin is thinner and therefore it may be damaged easier. (Reference: <http://mimiavocado.com/2013/10/reed-avocados-things-know/> <http://www.simpsonfarms.com.au/FreshProduce/Avocado/Varieties.aspx>)



## Plant Clinic

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

Bring along the insect or plant (as many parts - fruit, leaf, root etc - as you can, and in a sealed plastic bag if it's diseased or very seedy) and fill in the form. Place the plant parts together with the form on Plant Clinic table well before the meeting starts. Someone will have a look and may be able to answer your questions.

Please be aware that, although we do our best, there may not be anyone present who can identify your plant, especially if it's not related to organic gardening.



# New Guinea Bean

*Lagenaria longissima*

First of all—it's not a bean nor does it originate in New Guinea!

As most of us know, growing green beans, zucchinis and cucumbers can be troublesome in the middle of our subtropical summer.

Fungal diseases such as rust and powdery mildew can turn a gardener's best-laid plans to dust in no time ... which is where New Guinea bean comes in.

This amazing plant can replace many of our favourite vegetables, and it can grow from 15 to 60 centimetres long!

It's an edible gourd that tastes somewhat like green beans and can replace cucumber and zucchini in most recipes.

It thrives in humid climates and produces heaps of long, skinny green fruits. Around Redlands, it usually survives over winter ready for a large crop as soon as the soil warms up in spring.

*Lagenaria longissima* is a variety of *Lagenaria siceraria*, also known as: white-flowered gourd, Calabash, bottle gourd, edible gourd, 'Cucuzzella', 'Zucca da Pergola' in Italian, Yugao in Japanese, Lauki in Hindi, Dudhi in Gujarati (apparently 'Dudhi khaaye toh Budhi aave' means 'If you eat bottle gourd you'll get good brains'!)

Different *Lagenaria* varieties are used in numerous ways around the world.

Many are grown not for food but to be made into useful objects and ornaments – everything from musical instruments to bird houses.

To use in this way (or to save seeds) leave one or more to fully grow and leave on the mother plant for at least the following month or until they turn brown and sound hollow.

To make sure you end up with properly-viable seeds and suitably-cured containers, separate each fruit from the mother plant by cutting it off

and leaving a five-centimetre-long stalk, then leave the fruit undisturbed in a dry place for a further couple of months before processing it.

Please, also remember that if you choose to do this (allow it to grow to a large size), the mother plant puts most of its energy into maturing those fruits, hence it will stop producing fully-grown green fruit for you to eat.

So ... my suggestion... grow one plant for harvesting to eat and another one further away for gourd containers and seed saving.



## Discovery in the Gardens

13 August 2016 10am-2pm

At Gold Coast Regional Botanic Gardens,  
230 Ashmore Rd, Benowa

Discovery in the Gardens is a FREE day of hands-on science and gardening fun at the beautiful Gold Coast Regional Botanic Gardens.

Kids can get their hands dirty with nature adventures, mini-beast hunts, wildlife show, bats, butterflies, boomerang throwing, fire stick lighting, nature craft, pasta making and live fire displays.

For the grown-ups, there is an excellent speakers programme, led by Gardening Australia experts Jerry Coleby-Williams and Phil Dudman and local ABC Garden Talkback hosts Kate Heffernan and Amy McDonald, as well as plant propagation and bush foods workshops, guided walks, and displays on gardening, composting, worm farming, sustainable energy, botanical art, native flower arranging, plus live music and yummy food.

Bring your plants and gardening questions along to our plant clinic and get advice from the experts!

[Discovery in the Gardens – 2016 event program](#)

**To purchase seeds of this long and tasty vegetable, see Janet and Sharr at the seed bank at our next ROGI meeting.**

Submitted by Gennaro de Rosa

Reference: <https://www.organicgardener.com.au/blogs/new-guinea-bean-keeps-its-cool>

Left: Here is a plant with two fruit growing in Gennaro's garden—beside a bamboo post. Note the secateurs to give you an idea of the size!

Brisbane Organic Growers Inc

# Organic Fair

Sunday 28 August 9am - 3pm

102 Mc Donald Road, Windsor  
(near Albion Railway Station)

free gardening advice & talks

free animal nursery

herbs

books

chooks

seedlings



jams

tools

fruit trees

food & drinks

**No pets please**

enquiries

email: [bogifair@bogi.org.au](mailto:bogifair@bogi.org.au)

phone: 0435916577

website: [www.bogi.org.au](http://www.bogi.org.au)

Proudly supported by



*Dedicated to a better Brisbane*

BOGI members look forward to welcoming Annette McFarlane as the keynote speaker at their fair this year.

There will be lovely stalls to visit, other knowledgeable speakers, scrumptious delights at our café and an animal nursery to entertain the children.

Why not talk with some other ROGI members at the meeting and arrange to go together?

## Coriander, Avocado and Preserved Lemon Dip - as tasted at July ROGI meeting

1 whole big avocado  
6 stalks washed coriander - use the stalks and leaves  
½ a preserved lemon  
pepper to taste (no salt is needed)

Put all ingredient to a bowl and use a stick blender to bring it to a smooth consistency.  
Add pepper to taste.

Scoop into a beautiful serving bowl.

Note: the persevered lemon will help keep the avocado a beautiful rich green colour.

*Sharr Ellison*

## ROGI Garden Makeover Workshop Winner

We have changed the date for the workshop as it was to be held on 28th August—BOGI Fair day.

**It will now be on Sunday 18th September starting at 1pm.**

The winner is **Bryce Stanway** who lives on acreage in Alexandra Hills. He has a fenced are set aside as a vegetable garden and this is what we'll be working on. Linda from Ecobotanica will discuss soil, companion planting, what to grow for the season, crop rotation ... and more.

Book with Toni [events@rogi.com.au](mailto:events@rogi.com.au) or 0402323704



Students across South-East Queensland . . .



# CICADA AWARDS



Giving Youth a Chance to be Heard

. . . let your imagination, creativity and passions flow to create a short film with an environmental theme

## MAJOR PRIZES

Senior (12 & Over)

1st \$1000 2nd \$500 3rd \$200

Junior (Under 12)

1st \$500 2nd \$250 3rd \$150

ENTRIES CLOSE 10TH OCTOBER 2016



You may know some young people who'd be keen to enter the Cicada Awards.

They can enter as individuals or as part of a school group.

Debra, a former ROGI member, suggested that a film about some aspect of organic growing would be an fitting topic.



For more information: [bayside@wildlife.org.au](mailto:bayside@wildlife.org.au)

<https://cicadaawards.wordpress.com/>

Steve: 0423 036 676 Debra: 0439 914 631

# Plant of the Month

## Cucumber

At this time of year the soil is starting to warm up just enough for the seeds to germinate with no trouble which makes it a great time to start to grow cucumbers ... and cucumber plants just love growing through the hot months.

Cucumber seeds, like the related squash, pumpkin and zucchini, need good soil preparation—loose, well drained soil, full of organic matter, especially compost. Plant in a mound, with two cucumbers to each mound. This is to improve drainage. Add a good mulch (sugar cane) to help keep the roots cool, stop the soil drying out, to prevent the fruit coming into contact with the ground, and to help prevent diseases (more on that later).

As the plants grow, feed them every couple of weeks and when they show signs of flowering back off. Water the plants regularly at their bases, always keeping the leaves as dry as possible. Fungi need moist conditions to develop and, even though cucumbers are susceptible to fungal diseases, if the leaves stay dry it's far more difficult for disease to take over.

Downy mildew is one of the most common diseases that attack cucumbers, especially during damp weather. The best control is to make sure that your plants do not get it in the first place. Downy mildew needs water to survive: the best thing you can do to prevent downy mildew is to water your plants from below as stated earlier. Water that sits on the leaves of the plant gives the mildew a way to infect and spread on the plant. The spore of downy mildew spread by literally swimming

through water until they come across live plants to infect. If there is no water on your plant leaves, the mildew cannot travel to or infect your plants.

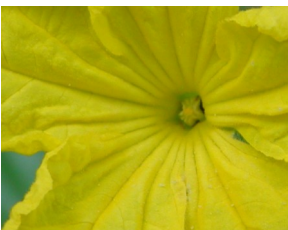


Cucumber plants have both male and female flowers so they must be pollinated by pollen from the male flower. This important transfer is usually conducted by bees, but we can increase the quantity of fruit by carrying out some hand pollination. The female flowers are easy to identify because each has a tiny cucumber at the base. Use a small brush to remove some of the pollen from the male flower and gently brush it onto the center of the female flower.

If cucumbers drop off the vine just after they start to develop, it's usually because they haven't been properly pollinated so I like to



*Female flowers above and male below.*



hand-pollinate all my female flowers just to make sure the job is done.

Good growing conditions (watering and fertilising) will also improve the size and quality of a cucumber crop.

**The ROGI seed bank will have a few types of cucumber seedlings and seeds for sale next Wednesday night.**

*As cucumbers are out of season, here is a recipe for a wonderful face mask for you to make when you have a bumper crop later in the year.*

### Cucumber Face Mask

- ½ cucumber (pureed, skin and all)
- 1 tbsp aloe vera pulp
- ½ teaspoon lemon juice

Into a blender, place all ingredients and mix thoroughly. Pour into a small bowl.

Use clean fingertips to apply the mixture to your face.

Put your feet up, grab a book and wait for 15 minutes for the face mask to do its magic.

When the time is up, rinse your face with cool water and pat dry with a towel.

#### NOTES

1. Aloe vera contains powerful antioxidants which have healing properties that can visibly reduce fine lines and age spots.
2. Lemon juice fades dark spots and acne scars. A natural astringent, it has antibacterial properties and can kill acne germs and bacteria on skin surface.
3. Cucumber hydrates, softens, relaxes and strengthens your connective skin tissue. It prevents water retention and reduces swelling, relieves skin irritations, soothes sunburns and cools you down.
4. Do not add more than a half teaspoon or five drops of lemon juice. It can burn (bleach) and redden the skin for some skin types.

*Sharr Ellison*



## Field Trip

### Gardens of Karragarra and Lamb Islands

**Sunday 14 August.**

The plan is for us to travel by ferry from Redland Bay to Karragarra Island to visit their community garden. Then we'll board the ferry for Lamb Island where we'll have morning tea and then walk to the new Pretty Produce farm.

Lunch will be BYO to share.

Transport will be available for those who have difficulty walking for about 10 to 20 minutes.

More details will be given to you when you book with Toni.

## Garden Visits

### September 25

The large gardens of Margaret Slootjes and her neighbour at Chandler

### October 23

Chris McIvor and Julia Geljon at Birkdale

Pal's garden visit, which was to be held in August, has been deferred until next year.

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

**Please book with Toni B.** on 0402323704 or [events@rogi.com.au](mailto:events@rogi.com.au)

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

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

## To Give Away

I am renovating my bathroom on 16 August and thought a ROGI member might like a free bath, cabinet/basin, shower screen, windows/security screen. First in, first served. Phone Wendy on 0437190039

*Ed: Wendy said you'd have to turn up on the right day, but you can discuss that when you phone her. I know that baths, in particular, are very popular in the permaculture setting. We recently used a window security screen as a gate for the chook run. So use your imagination ...*



*On our field trip to Tropical Fruit World— dragonfruit almost as far as the eye can see.*

New product

## Seed-raising Mix

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

Janet has been making her own seed-raising mix and experimenting with using various blends of ingredients. The current **seed-raising mix** (a blend of coir peat, vermiculite, perlite and biochar) has proven to be quite successful at getting the little blighters to come up!

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

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

We are able to offer wonderful prices as we source well and we are a not-for-profit group. Our passion is to get you gardening and growing more food ... and nothing else.

Sharr Ellson



## Seed Bank Request

- Please return seedling pots the month after you have bought the seedlings so they can be re-used.
- Please bring along other clean used pots—sizes up to 120mm diameter.
- One and two litre yogurt and ice-cream etc containers and lids please.

Please note that the guide to the right is a guide for sowing seeds, not seedlings. There could be several days or even weeks between the optimal time to sow a seed and to transplant a seedling that you may have bought from a nursery.

## Special Offer

*When you buy five packets of seeds from the seed bank, you will receive one litre of the special seed-raising mix to sow them in – free!*

## Seed Sowing Guide

### August

Artichoke  
Asparagus  
Beans, French  
Beetroot  
Capsicum/Chilli  
Carrot  
Celery  
Chicory  
Eggplant  
Jerusalem artichoke  
Kohlrabi  
Lettuce  
Okra  
Potatoes  
Pumpkin  
Radish  
Silver beet  
Squash  
Sweet potato  
Tomato

### September

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

Keep in mind that these are only guides.

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

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

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



# ROGI Library News

Last meeting Shane Gishford gave a very informative talk on the importance of the soil food web and the advantages of using beneficial microbes in your garden.

Sharr Elson also gave us a brief overview of the importance of pulses in recognition of 2016 being the International Year of Pulses: <http://www.fao.org/pulses-2016/en/>

*The first three books are new to ROGI's library and will be on display, and available for loan, at our next meeting:*

## Organic Gardening for Dummies

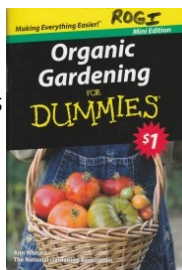
Ann Whitman [et.

This book is a pocket guide 'for people who want to grow food and maintain their landscape without using synthetic chemical pesticides and fertilizers', enabling them to grow a bountiful garden without harming the environment.

Contents include:

- . Organic gardening 101
- . Building healthy soil
- . Weed it and reap!
- . Getting physical with pests.

The authors recommend this minibook be used as a reference – a starting point from which you can delve deeper into the subjects covered by making use of more specialised books available in the ROGI library.



## Seed Production for the Australian Home Vegetable Garden

Allen & Christina Barry

Prior to writing this book, Allen and Christina Barry ran the Henry Doubleday Research Association Seed Bank.

With excellent detail, this book is simply stated for gardeners of all levels who are interested in saving their own seed. It explains plant pollination, along with the collection and storage of seed.

Illustrated with line drawings, the chapters that include:

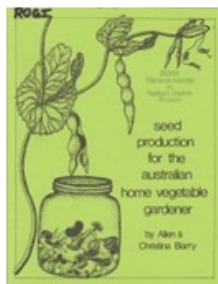
Save our seed (highlights the importance of saving our own seed)

A Botanical briefing (the botanical classification of commonly grown vegetables)

Choosing a plant for seed (specific cultivation and harvesting methods for seed saving);

Dormancy and the storage of seeds.

A concise guide enabling you to save your own seed for your garden.



## The Seed Savers' Handbook

Michel & Jude Fanton

Angela and I first met Michel and Jude Fanton many years ago at The Channon Markets not long after they had started The Seed Savers' Network and we were very impressed by their sincerity and dedication.

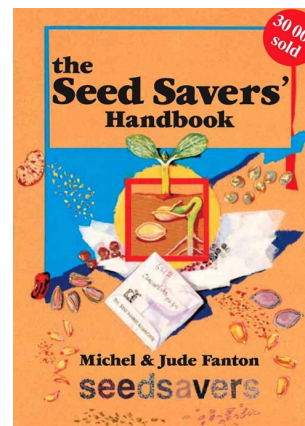
In this book they 'show how gardeners', such as ourselves, 'can protect our global food heritage – and eat it too.'

They describe the seed collecting, growth cycles, propagation, cultivation and traditional kitchen and medicinal uses of well over one hundred vegetables, culinary herbs and edible flowers, including pulses.

The book is divided into three sections:

- The Issues (Seed Savers and Biodiversity)
- The Practicalities (What Seeds to Save, Collecting, Storage and Planting)
- The Plants.

It includes an Index, Appendices, and a Glossary of Terms



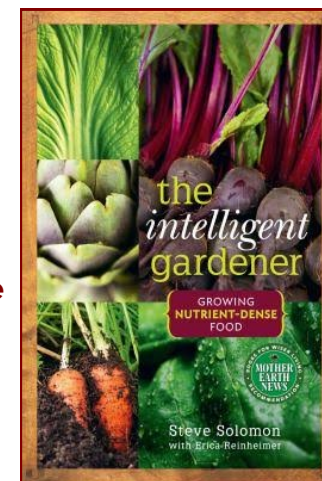
## The Intelligent Gardener: Growing Nutrient-Dense Food

Steve Solomon

**Starting with an overview of nutrient density, the history of organic agriculture and a brief primer on soil chemistry, Solomon demonstrates how home gardeners can use the results of an inexpensive soil test to create their own unique soil prescription.**

**We are what we eat, and our food is only as healthful as the soil it grows in.**

**This is an excellent read for anyone wishing to get the highest food value from their garden.**



*Happy reading,  
Angela and Stephen*



## Exchange plants, cuttings, seedlings and home-grown produce

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

### ROGI Rewards

Gift-quality plants and other garden-related items brought along by members. Everyone who attends a meeting is eligible to acquire a ROGI Reward. **Please label plant with its name and variety before placing it on the table.**

### Members' Sales

Items you have produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, seedlings, jam, lemons – things that have cost you money (and time and effort) to produce. Please ensure items are labelled, named and priced. You may be asked to staff the stall if you are needed.

### FREE swap/share/give-away

(This is for members only)

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

### Bring a bag/basket/box to take everything home



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

This is how it works:

- Pick up a My IGA Card next time you are in the Cleveland store
- Register online
- Tick ROGI as the community group you wish to support

Then, every time you shop in the store and use your card, not only do you receive discounts, you are also helping to raise funds for ROGI.

ROGI uses its funds to help provide more services to members such as new library books, discounted gardening products, paid expert speakers, and free or low-cost field trips and workshops.

## Request for Articles

**What can you share?  
It could be to do with:**

- your garden
- a photo
- an unusual plant
- a request
- garden/nutrition info
- a recipe
- a current affair to do with organic growing

**Send your items to the editor and help keep the newsletter topical, interesting, local and relevant**

**[info@rogi.com.au](mailto:info@rogi.com.au)**

## September Newsletter Deadline

**Please send your contributions to the newsletter editor by 31st August for the September edition.**



# MANAGEMENT COMMITTEE

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TREASURER	Garry Bromham		<a href="mailto:group@rogi.com.au">group@rogi.com.au</a>
COMMITTEE MEMBERS	Kathy Petrik, Toni Bowler, Sharr Ellson, Julia Geljon		

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CLUB EVENTS	Toni Bowler	<a href="mailto:events@rogi.com.au">events@rogi.com.au</a>
PUBLIC EVENTS	Position vacant	
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White flowers to attract bees — camellia, coriander, and the little-known cherry of the Rio Grande