

Next meeting: Thursday 10 August 2023

# ROGI News

ROGI meetings are held on the 2nd Thursday night of the month, with doors opening at 6.15pm. Members can visit the plant table, Seed Bank, library and stalls or have a chat before the meeting. Please be seated by 7pm ready for the proceedings.

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

Don't forget:

- **\$2-00 entry all members**
- **\$5-00 entry visitors**
- **Return washed seedling pots**
- **Bring a basket/box/bag for your purchases**
- **Any questions for Plant Clinic**
- **A plant for ROGI Rewards**
- **Free swap/share/giveaway**

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**ROGI webpage:** [www.rogi.com.au](http://www.rogi.com.au)  
**ROGI Email:** [info@rogi.com.au](mailto:info@rogi.com.au)



Assassin bugs are ferocious predators. Over their life-time they kill hundreds of pests, targeting caterpillars, flies, bees, other bugs and beetles. More info about good and bad bugs from our July guest speaker, entomologist Michelle Gleeson on pages 8 and 9.

# President Pete's Post

Hello Rogi Members, and welcome to the August newsletter.

This is an important time of the year for our gardening club, as our current committee is up for review and re-election. I had never been part of a voluntary community committee until I signed up as your president. It has been a very rewarding experience to be part of the decisions that contribute to the running of ROGI.

Reflecting on the past twelve months, we've have some great speakers, garden visits, field trips and extras for ROGI members. Our financial situation has markedly improved since membership fees increased, an entry fee was reinstated, and money raised at our first Bunnings BBQ. Here's what we got up to in the 2022-2023 year:

## Guest speakers:

September	Dr Ketah Silvester	Backyard bush food plants
October	Round Robin	Various topics
November	Jerry Coleby-Williams	Are you prepared?
February	Munch & Crunch	Sustainable gardening
March	Leonie Shanahan	Growing organically
April	Round Robin	Various topics
May	Brian Klepzig	Neutrog garden products
June	Jarryd Goode	Mt Cotton Collective
July	Michelle Gleeson	Good and Bad Bugs

## Garden Visits/Field Trips:

September	Julia Geljon & Chris McIvor at Redland Bay
October	Carolyn Lassen at Alexandra Hills
November	Peter Haakman at Alexandra Hills
November	Pretty Produce property in Canungra
December	Margaret Sear at Capalaba
February	Munch & Crunch in Wellington Point

March	Jill & Ian Nixon at Birkdale
April	Bevan Saul at Birkdale
May	Luisa Aguiar at Chandler
June	Roma Street Parklands
July	Mitch & Anthea Smith at Thornlands

## Events:

June	IndigiScapes Environment & Community Fair
July	Bunnings BBQ Fundraiser

## Extras:

Seed Savers	October, December, February, March, May, August
December	Christmas Gathering
E-Waste	Collections December, August
Newsletter	monthly February to December

I would like to personally thank Kathy Petrik, our Vice President for covering her role as well as stepping into mine as President. I was unfortunately unable to give what was required at times throughout the year. I would also like to thank the rest of the committee for their understanding and support.

The committee, and those members in the background who give their time, share ideas and share experiences, are what make our gardening club successful. I encourage you to take a leap of faith and consider giving a little bit of your time, to give back to the future of our little gardening club. You will find it rewarding in so many ways.

I wish the next committee every success and best wishes. Be safe and look after each other.

Pete Haakman, ROGI President

## August Meeting & AGM

### Design A Wildlife Garden

Our guest speaker this month is Maree Manby of the Redland City Council's Environmental Partnerships team. She will share tips for designing habitat gardens that not only benefit native animals and birds, but also assist in protecting garden plants from predatory insects. This includes a device that protects native frogs from cane toads.

This will be preceded by **ROGI's AGM** and **Plant Clinic**—so bring along your gardening problems.

Collect **unwanted e-waste** (anything with a battery or plug) of yours, your friends and neighbours, and bring it along for pickup by Substation 33 who will repurpose it. More info on page 5.

The usual attractions will be there - Seed Bank, the well-stocked library, some seedlings and plants, plus local honey, home-made jam, wax wraps and more.



All ROGI Members - \$2-00 entry

Visitors welcome - \$5-00 entry

Please bring finger food (preferably home-made)  
to share for supper. Free tea and coffee.

## ROGI Events

**Thursday 17 August - 10 to 11.30am**

### **SEED SAVERS MEETING \***

Our topic is *direct sowing* – what works best sown directly into beds, and what to sow in pots or punnets first before transplanting. We'll be outside, so bring a hat. Bring a cup for a cuppa, and a snack if you get hungry or wish to share something. Also, bring any organically grown non-F1 hybrid seeds that you'd like to separate, share and save. (Tip: We usually save seed from only our best, healthiest plants so future food grown is top quality).

**Wednesday 23 August - 10am**

### **FIELD TRIP - LARVALICIOUS INSECT FARM, Alexandra Hills \***

Larvalicious is an online live black soldier fly larvae shop. At their farm in the Redlands (just down the road from the ROGI meeting venue), discover how insects can play a vital role in providing sustainable, ethical protein for animals that love the excitement of natural food - e.g. chooks, reptiles, aqua, pet birds and more. An overview of Larvalicious and FlyFarm will be followed by a tour of the breeding section, onsite research facilities, waste processing mills, and drying station. We'll also be guided through their brand-new production facility. Please note phones and cameras must be either left in cars or turned off. A big part of their work involves research and development, and some information has not been made public yet.

**Thursday 14 September**

### **ROGI MEETING**

\* Please book your spot on TeamApp, or contact ROGI Events Co-ordinator Toni Bowler at [tonibowler@hotmail.com](mailto:tonibowler@hotmail.com)

## ROGI Committee Positions

**The ROGI Annual General Meeting will be held on Thursday 10 August, 2023.** All committee positions will be **declared vacant** at the beginning of the AGM.

**You may nominate for any committee position (vacant or not) if you wish to be part of the decision-making process.** All nominations must be lodged in writing on the appropriate form before the AGM, with a proposer and a seconder and signed by the nominee.

### **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
- Reviews and distributes the monthly newsletters to membership

### **VICE PRESIDENT**

- Assists the president in planning and delivery of meetings, initiatives and events as above
- Represents president if absent
- Reviews and distributes monthly newsletters to membership if president is unable to do so

### **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 the Office of Fair Trading after the 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 the committee on a monthly basis

- Secures all accounting records of ROGI
- Reviews transactions online prior to all meetings
- Prepares and forwards financial statements and supporting documents to auditor before the Annual General Meeting

### **COMMITTEE MEMBERS (4)**

The committee members will have Office Bearer positions and be an integral part of the decision-making process.

*The committee will consist of the President, Vice President, Secretary, Treasurer, and four of the Office Bearers (listed below and overleaf). They are expected to attend Management Committee meetings, which are held once a month (usually two weeks after the ROGI monthly members' meeting).*

### **ROGI OFFICE BEARERS**

#### **Events Co-ordinator - Internal**

- Sources and coordinates member workshops, garden visits and field trips

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

- Organises public ROGI events (e.g. IndigiScapes and Green Heart Fair)

#### **Membership Secretary**

- Updates membership list bi-monthly; sends to committee
- Receives and processes new membership applications and renewals
- Sends a welcome letter to each new member
- Oversees sign-in and visitor's tables at monthly meetings
- Compiles list of visitors each month

#### **Newsletter Editor**

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



### **ROGI OFFICE BEARERS** *(continued)*

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

- Coordinates advertising and press releases
- Arranges maintenance of website, including Directory and Public Events
- Arranges maintenance of social media (Facebook, Instagram, TeamApp)

#### **Library Co-ordinator/s**

- Maintains records of books in stock and all loans
- Acquires new books as directed by the committee

#### **AV Desk Operator/s**

- Operates audio visual desk on meeting nights

#### **Seed Bank Co-ordinator/s**

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

#### **Plant Sales co-ordinator**

- Sells plants at ROGI meetings that have been grown and donated by members
- Arranges for leftover plants to be looked after by members until the next meeting

#### **Supper Co-ordinator**

- Supplies consumables and keeps receipts for reimbursement by Treasurer
- Lays out supper provided by members
- Ensures kitchen is clean after meetings with help of volunteers
- Launders tea towels and tablecloths

## **E-Waste Collection at August Meeting**

Logan company Substation33 will pick up your electrical waste (E-waste) at our next meeting on 10 August. They will dismantle it and separate the components into parts that can be recycled, reused or repurposed, and diverted from landfill. You will be doing the environment a favour, helping them to give people meaningful work and helping to create innovative products.

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*

[What e-waste we accept and what we do with it.  
\(substation33.com.au\)](http://substation33.com.au)





## June Field Trip - Roma Street Parklands

*Photos by Toni Bowler*

Roma Street Parklands encompasses the area that was once Brisbane's main rail and goods yard, a flower and produce market, and the part of the historic Albert Park. These beautiful gardens opened in 2001, and are widely considered one of the best contemporary display gardens in Australia, having received acclaim from horticulturists around the world.

The garden's horticulturist and curator Gary Entwistle took ROGI members on a fascinating journey along its pathways, highlighting attractions, plants and hidden treasures in each precinct.

One comment that Gary made was that unless residents utilise parks such as this, they will lose them to units. Let's make sure that doesn't happen!

## BUNNINGS BBQ - THANK YOU!

Many thanks go to those members who volunteered on the 22<sup>nd</sup> July for a day of sizzling snags! We actually had to ask some volunteers to stay home for the day, because there was so much enthusiasm for ROGI's first ever fund raiser of this kind.

The day flew by, we sold about 65kg of sausages wrapped in 35 loaves of bread to generate over \$1600 for the club. Plus, customers of Bunnings who stopped by now know where to go if they need to brush up on their gardening skills.

A great team effort by all involved, and a huge thanks for your contributions.

*Terry Sullavan, ROGI Public Events*





June Field Trip - Roma Street Parklands (continued)





## July Meeting - Michelle Gleeson

Report by Ann Roffey, photos by Michelle Gleeson & Ann Roffey

### Insects in your Garden - the Good, the Bad and the Ugly

Entomologist Michelle Gleeson has been captivated by insects since an early age, and that passion has not wavered since. She is the director, co-founder and presenter for Bugs Ed, and at our July meeting she shared with us how to encourage good insects to keep the bad ones at bay. Here are some notes taken on the night, and some information from Michelle's PowerPoint:

- How many insects are there on Earth? That's individuals, not species. 10 000 000 000 000 000 000!
- Pest insects = chewers, suckers and wrigglers.
- Insects provide ecoservices - services that we take for granted and on which our lives depend.

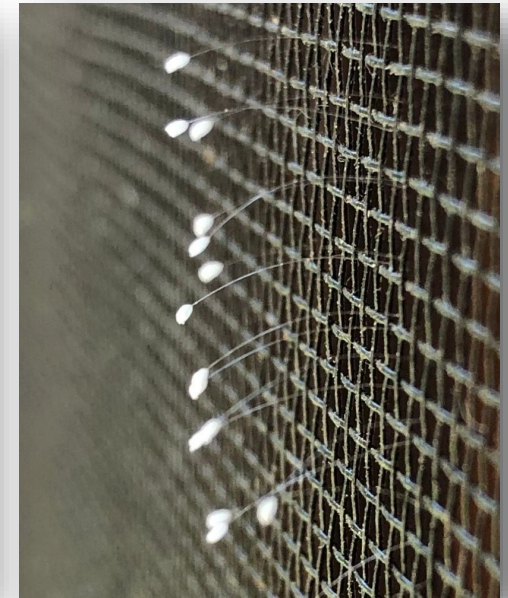
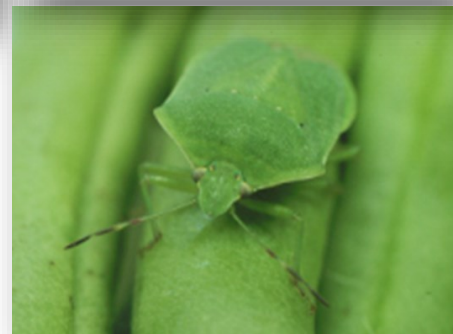


Pest insect examples -

Above: Chewers include fig leaf beetle larvae

Top right: Wrigglers include maggots

Right: Suckers include the green veggie bug



Left: Plant flowers to attract good bugs and pollinators.

Right: Don't clean lacewing eggs off, they're from a good bug!

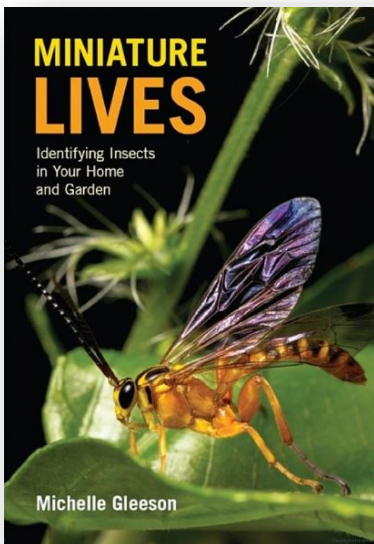
- Ecoservices that insects provide:
  - ⇒ Recycle nutrients - herbivory, decomposition, scavengers
  - ⇒ Pollinate our plants
  - ⇒ Keep other insect populations in check
  - ⇒ Encourage seed dispersal
  - ⇒ Aerate soil
  - ⇒ Provide food for vertebrates
- The *Cactoblastis* moth was introduced from America in the late 1920s. It has saved millions of hectares of land in Qld and NSW from prickly pear.
- Assassin bugs are an amazing biocontrol agent, particularly in citrus.
- Lacewings are "insect crocodiles". They can eat an aphid a minute! Green lacewings lay their eggs in a straight line, blue eyes lacewings lay their eggs in a horseshoe shape.



## July Meeting - Michelle Gleeson (continued)

- Wasps are among the best insects to keep pests under control, as they eat caterpillars. If their nest is not in a place where you'll get stung, leave them be.
- Nearly every insect has a parasitic wasp that feeds on it.
- How do we encourage good insects to keep the bad ones under control?
  - ⇒ More flowering plants = more good insects
  - ⇒ Better soil and plant health = less susceptible to pests
  - ⇒ Remove pests by hand, not with chemicals
  - ⇒ Eg. to remove fig beetles and kill instantly, take off fig tree by hand and place in a jar of boiling water. When cool, tip on the base of the tree. The smell will detract natural predators.
- Encourage microhabitats - don't be too clean in your yard. Leave piles of leaves etc for insects to hide in.

Below: Michelle's book *Miniature Lives - Identifying Insects in your Home and Garden*. Unfortunately she didn't have copies for sale, as she is negotiating with her publisher for another print run. However, the good news is her book IS available in the ROGI library!



### IDENTIFICATION TOOL:

iNaturalist is a website and app that can be used to identify insects.

One of the world's most popular nature apps, iNaturalist helps you identify the plants and animals around you. Get connected with a community of over 400,000 scientists and naturalists who can help you learn more about nature! What's more, by recording and sharing your observations, you'll create research quality data for scientists working to better understand and protect nature.



Michelle brought along a couple of live insects for us to ooh and ahh about:

Above: Spiny leaf insect - eats gum leaves. Found from far north Qld down to Victoria.

Below: Spot the insect! The True leaf insect is a master of disguise.







**Washington Navel Orange: Ella**  
**Problem: Leaves being eaten.**

**Possible Diagnosis:** Leaves look like they have been eaten by insect/s – possibly by the Citrus Butterfly Swallowtail or Dainty swallowtail larvae or even grasshoppers. Butterfly larvae damage (or grasshopper chewing) is usually not a problem or harmful for the tree, even if it's still small. It mainly looks untidy and disfigured. Damage has most likely occurred prior to winter, and the tree will flush more growth in spring. As new growth appears,

feed with compost and small amounts of organic fertiliser and minerals. Remove grasshoppers by hand in the early morning or late afternoon and feed to chooks (if you have them).

**Emperor Mandarin: Ella**  
**Problem: Leaves have some sort of disease**

**Possible Diagnosis:** This appears to have some citrus leaf miner damage. Horticultural oil spray may help as the new growth comes in. The damage was done prior to winter, so spraying will not be effective now. A good feed of rich compost, organic fertiliser, minerals and a deep water may help at end of winter. You can purchase CLM (citrus leaf miner) traps to hang in the trees as new



growth begins. Lacewings and parasitic wasps are predator insects of the leaf miner, so encourage them with some flowering plants nearby.

**Avocado: Penny**

**Problem: Leaves appear to have brown blotches along one side – spreading. Is it a fungus?**

**Solution Tried: Sprayed with copper.**

**Possible Diagnosis:** There are two fungal diseases that affect avocados. Verticillium wilt, which lives in the soil and is transmitted to the plant through the water-conducting tissues, then fungus spores travel up through the plant. It can live for many years in the soil. In avocados the leaves suddenly turn brown and remain attached. If it spreads and you suspect this, remove and destroy the plant.

The second fungus is Anthracnose. This is favoured by humid weather when the spores are spread by wind and rain. Brown spreading spots are a sign on leaves and fruit. Small spots sometimes with yellow margins can join to form large, damaged areas. Improving air circulation can help, and don't water the leaves. Prune away damaged leaves and destroy. Apply a registered fungicide such as a copper-based one to control.



## THANK YOU MARGARET!

*With the help of ROGI experts Linda Brennan, Rohanne Young and others Margaret has managed ROGI Plant Clinic to help solve your problems in the garden. She will not be continuing in this role. Please consider whether you can give back to our Club by filling her shoes at the AGM. Thank you Margaret!*



## Growing Yacon (*Smallanthus sonchifolius*)

By Ann Roffey

One of the things I love about ROGI is how we share different things to grow. Last year at Seed Savers we were given yacon setts to grow. I had tasted yacon before at a ROGI supper and thought it wasn't too bad, so decided to give it a go. The only place I really had 'free' for a longer-growing plant was in my flower garden. I don't think it looked out of place, as this hardy plant belongs to the Asteraceae family, and has an interesting structure and pretty flowers.

**Description:** Also known as Peruvian ground apple or sweet root, yacon is a herbaceous perennial native to South America. It produces two types of underground tubers. The reddish rhizomes (setts) growing directly at the base of the stem are used for propagation, and the larger brown tubers are the ones for eating. These are sweet and crunchy, tasting like a cross between an apple and pear.

**Uses:** Tubers can be eaten raw, boiled, dehydrated, roasted, or processed into beverages, jams, syrup, vinegar, flour, chips and juice. Green Harvest has some great ideas on their website on how they can be used in cooking - see link below.

**Nutrition:** Yacon tubers have many health benefits. They store carbohydrate in the form of inulin (a type of fructose), making them a suitable food for type II diabetics. They are also high in fibre and potassium.

**Planting:** Yacon tubers can be planted from July to December in the subtropics. Grow in full sun, in well-composted soil with good drainage. Plant your large yacon rhizome (with several sprouts) to a depth of 3cm, then mulch well. Space 0.5-1m apart, as plants are large and vigorous. Although drought tolerant, regular watering will promote good growth. The plant grows 1.5 to 2m, and takes 6-7 months to reach maturity. The long stems can look ungainly and are prone to breaking, so tip prune to encourage branching.

**Harvesting:** After it has produced pretty daisy-like yellow flowers at the end of its growing season, the plant will die back. Cut the stalks 10cm from the ground. Pull and lift the tubers rather than using a spade, to avoid damage. The brown tubers can be 'cured' by leaving in the sun for up to a week (they will sweeten more). Eat and enjoy straight away, or store in a cool, dark place.

Sources: <https://greenharvest.com.au/Plants/Information/Yacon.html>  
<https://www.abc.net.au/gardening/how-to/yacon/13861050>  
<https://en.wikipedia.org/wiki/Yac%C3%B3n>

Organic Vegetable Gardening by Annette McFarlane



Above: Yacon growing in the garden



Left: Rhizomes (setts) for growing

Below: Peeled brown tubers for eating



## Upcoming Events



### **BETHANIA STREET COMMUNITY GARDEN**

**Bethania Street, Lota**

#### **Harvest Share**

**Wednesday 16th August (EKKA holiday), 10:00am - 11:30am**

**Gold coin donation - No booking required**

Everyone is welcome to join us for our Harvest Share, focusing on gardening, home grown food and local produce. Bring your friends and neighbours to wander through our productive garden, talk to our friendly gardeners, meet new people, have a cuppa, listen to some local music and celebrate local food growing and community.

Are you a gardener or a foodie? Bring along any spare home grown produce or homemade food to share. While this is not the venue to share household products, ornaments, clothing or books etc it is the perfect opportunity to share the joys of our garden with your family and friends.

#### **Grow your Own Health**

**Sunday 27th August, 9:30am – 12:30pm**

**Cost: \$5 to cover cost of take home plants**

**Email [bethaniabooking@gmail.com](mailto:bethaniabooking@gmail.com) to book**

Why pay top dollars for supplements when you can grow your own? Participants will learn to grow and care for a range of plants that are rich natural sources of antioxidants, prebiotics, vitamins, minerals and other health supporting elements and take away some starter plants.

### **Organic Gardening - Backyard Abundance**

**Friday 8th September, 10:00am - 12:00pm & 12:30pm - 2:30pm**

**Participants should attend both sessions and bring their own refreshments and lunch.**

**Cost: Free - email [bethaniabooking@gmail.com](mailto:bethaniabooking@gmail.com) to book**

Learn how to grow abundant organic fruit and vegetables in small suburban backyards. You will gain knowledge on the establishment and the ongoing maintenance of a thriving backyard system.

Acclaimed presenter, Michael Wardle, will use the community garden environment for hands-on activities including design, plants and seasons, soil relationships, nutrient cycling for the backyard – (worms, compost, compost teas), preparing garden beds for planting and crop rotations.

### **BRISBANE ORGANIC GROWERS INC.**

#### **Organic Fair**

**Sunday 27th August - 8am to 2pm**

**102 McDonald Road, Windsor**

- Learn how to “grow with confidence”
- Free demonstrations and talks
- Free gardening advice
- Free animal nursery
- Free children's activities 10am to 12 noon
- Stalls selling herbs, books, seeds, plants, jam, tools and much more
- Relax with friends in the BOGI Café
- Browse the produce from members' suburban gardens
- Stay for the auction of competition entries

Enquiries:

Email [bogifair@gmail.com](mailto:bogifair@gmail.com)

Phone 0417 574 149

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



## Upcoming Events *(continued)*

### INDIGISCAPES

#### Wildflower Walk

**Saturday 19 August - 9am to 10am  
and 11am to 12pm**

**Days Road (end of), Redland Bay**

**FREE Event**

**RSVP: Email:** [indigiscapes@redland.qld.gov.au](mailto:indigiscapes@redland.qld.gov.au)

*Note: Redland residents only*

Would you like to learn more about the unique wildflowers found on the Redlands Coast? Join us on a guided walk through a kaleidoscope of colour and beauty. You will learn about some beautiful wildflowers and hopefully spot some local wildlife!

**What to Bring:** Water and a snack

**What to Wear:** Long sleeves, long pants, hat, closed in shoes suitable for walking

### ROTARY CLUB OF WELLINGTON POINT

#### Community Park Social

**Saturday 19 August - 9am to 12pm**

**Wellington Point Village Green**

**369-375 Main Road, Wellington Point.**

Come join us on our first community garden adventure as we turn Wellington Point Village Green into a haven for the local community.

- ⇒ Pruning session
- ⇒ Expert conversation on gardening tips and tricks
- ⇒ Info session about Wellington Point Rotary
- ⇒ Free pancakes

*At this time of year many of us have a serious glut of citrus (lime and lemons in particular). Here are two things you can make to help with the surplus:*

#### **Shampoo (a scalp cleanser and hair conditioner)**

**You will need:** Lemons and/or limes (Tahitian or Kaffir) – any quantity  
2 squeeze sauce bottles (*I got mine from a cheap shop – 2 for \$3.50*)

#### **How to make:**

- Cut lemons and/or limes into quarters and remove seeds and hard or sharp bits.
- Put in a saucepan with water to barely cover. Bring to a boil. Simmer for about 15 minutes. Allow to cool.
- Process in a blender or bullet until very fine. Strain. Pour liquid into a container to be stored in the fridge.

*I keep a quantity in a small squeeze bottle in the fridge (see right), and refill it from the larger container as needed.*

**How to use:** Squeeze about a teaspoon (experiment with this – it depends on how much hair you have) into empty squeeze bottle. Add water to dilute it 1:4. Squirt liquid into your hands and rub over your **dry** hair. Add more until hair is wet with the liquid. There'll be no lather. Massage hair and scalp. Don't get it in your eyes! Rinse thoroughly. No need for conditioner. Your hair should feel clean but not squeaky. And shiny! No chemicals, no bottles going into landfill, and no cost.



#### **Lime and/or lemon cordial – sweet, sour and bitter – perfect!**

18 ripe limes

550g caster sugar

- Using a microplane, remove peel from fruit (avoid the bitter, white pith). Set peels aside. Juice the naked limes.
- In a large bowl combine juice and sugar. Stir until sugar dissolves.
- Stir peels into mixture. Crush to ensure oils from the skin are extracted.
- Stir, cover, and leave to chill in fridge for 24 hours.
- Strain cordial into a sterilised sealable bottle and refrigerate (it will keep for months). Dilute to taste with water. *This is a luxury cordial – not for children!*

*By Jill Nixon*

## ROGI MANAGEMENT COMMITTEE

PRESIDENT	Peter Haakman	<a href="mailto:president@rogi.com.au">president@rogi.com.au</a>
VICE PRESIDENT	Kathy Petrik	<a href="mailto:vp@rogi.com.au">vp@rogi.com.au</a>
SECRETARY	Patricia Stewart	<a href="mailto:secretary@rogi.com.au">secretary@rogi.com.au</a>
TREASURER	Bernadette Reid	<a href="mailto:treasurer@rogi.com.au">treasurer@rogi.com.au</a>
COMMITTEE MEMBERS	Rhonda Binns, Toni Bowler, Ann Roffey, Terry Sullavan	

### OFFICE BEARERS

MEMBERSHIP SEC'Y	Rhonda Binns	<a href="mailto:membership@rogi.com.au">membership@rogi.com.au</a>
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PR & COMMUNICATIONS	Gail Bruce & Bevan Saul	<a href="mailto:info@rogi.com.au">info@rogi.com.au</a>
CLUB EVENTS	Toni Bowler	<a href="mailto:tonibowler@hotmail.com">tonibowler@hotmail.com</a>
PUBLIC EVENTS	Terry Sullavan	<a href="mailto:events@rogi.com.au">events@rogi.com.au</a>
LIBRARY	Viga Misztal & Astrid Strich	<a href="mailto:library@rogi.com.au">library@rogi.com.au</a>
SEED BANK	Geoff & Cheryl Rynja	<a href="mailto:seeds@rogi.com.au">seeds@rogi.com.au</a>
SEED SAVERS GROUP	Linda Brennan	<a href="mailto:linda@ecobotanica.com.au">linda@ecobotanica.com.au</a>
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The views expressed in ROGI News and at ROGI meetings are those of the Editor, submitters and guest speakers; not necessarily those of Redland Organic Growers Inc.

**Email:** [info@rogi.com.au](mailto:info@rogi.com.au) **Webpage:** [www.rogi.com.au](http://www.rogi.com.au)  
[www.facebook.com/groups/redland.organic.growers](https://www.facebook.com/groups/redland.organic.growers)

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 and Friday 9-noon, Sunday 2-5pm. Oaklands Street, Alexandra Hills. 0408 259 445

## HERB ROBERT

*Geranium robertianum*, commonly known as Herb Robert, is an annual plant 30-40cm high. It grows best in dappled shade in sub-tropical areas. It self-seeds readily, ensuring an abundance of plants.

The leaves of Herb Robert are anti-inflammatory, antioxidant, astringent, antiseptic and mildly diuretic. They can be used for diarrhoea, gastrointestinal infections, peptic ulcer, haemorrhage, and inflammation of the uterus. External use includes for inflamed gums and throat, skin eruptions, wounds and herpes.

Herb Robert is a potential treatment for cancer. It has the ability to make oxygen available to the body's cells, helping the body to fight disease.



Source:

[www.herbcottage.com.au](http://www.herbcottage.com.au)

We will have some plants for sale on the Plant Table and in ROGI Rewards.

Jill Nixon uses the leaves in salads.

**The September  
 Newsletter deadline is 31 AUGUST 2023  
 Email [info@rogi.com.au](mailto:info@rogi.com.au)**