

Next meeting: Wednesday 10 July 2019

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, basket or box to take home your items.

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Amaranth growing in Roman Spur's garden in Fernvale. They are best planted in late winter or spring. Grow them as a sacrificial plant, or for its many health benefits. More info on page 5.

BACKYARD BURBLINGS

Hello ROGI Member,

It might be a little late to remind you, but I trust everyone noted the winter solstice on the 22nd of June. By now the amount of daylight will be slowly getting longer as the sun starts to rise higher in the sky each day. Even if we don't pay much attention to this yearly cycle, the plants in our gardens will be starting to respond to the extra light.

Apart from this annual kick start to the growing season, we've been lucky in the Redlands to have had some lovely rain over the last week (over 60mm here in Birkdale!) There's nothing quite like some regular showers to rejuvenate our gardens!

The cabbages and cauliflowers in our garden are just loving the cooler wetter weather, and seem to be getting larger by the day. Wonderful for a big pot of warming soup of cabbage, beans, fresh herbs and vegetables. Since planting the brassicas about 10 weeks ago, we've kept them covered with a fine mesh cloth to exclude the white cabbage moths. This appears to have been very effective in reducing their numbers this season.



In the April newsletter I wrote an article on growing garlic and suggested that here in the Redlands, late April to mid-May is probably the optimal time to plant garlic cloves after keeping the bulbs in the fridge for a few weeks. We ended up planting our garlic on the 16th May (a root day, according to this year's bio-dynamic calendar). Most of the cloves, from five different sources had shot above the mulch within a week. By now the leaves are all around

30-40cm high and looking very sturdy. I'll keep you posted on the results later in the year.

As the year rolls on, so do our commitments to ROGI's Constitution. Therefore, we hold our AGM shortly after the end of each financial year. This year our AGM will be held on Wednesday 14th August, prior to the regular monthly meeting. Please consider if you would like to support ROGI by becoming an active participant—either as a Committee Member or as an Office Bearer. Full details of all the positions and jobs are detailed on page 13.

In the meantime I would like to thank all the members who have worked so hard to keep ROGI functioning so efficiently during the year. We couldn't do it without you, and really appreciate your gifts of time and commitment. Some, like Cheryl McWilliams, who manages our supper at every meeting, deserve a special thank you for always having the supper ready for us to enjoy and share her delicious herb teas. While various members help her in the kitchen at each meeting, it would be great if Cheryl could have a permanent assistant. These fantastic suppers couldn't happen without the amazing goodies brought by the members, so a big thanks to all the bearers of food gifts.

You may recall that a few meetings ago we mentioned ROGI's mini-garden makeover competition, and that our usual convener Linda Brennan was not available this year. Your committee has now decided that this event will not be held, as only a limited number of members can attend the workshop. Instead we are planning to have a second Round Robin evening at our September meeting, so that everyone gets a chance to learn more about some of the topics requested by members earlier this year. Proposed topics so far include keeping chooks, visual soil testing and pH testing, fermenting foods, and crop rotation, including use of green manures.

After the success of the bed preparation workshop at Oaklands Street Community Garden, we are also looking at holding more external workshops in partnership with them sometime in the near future—we just need to finalise the topic and dates.

Happy Gardening

Julia Geljon, ROGI President

Coming Events

July	Sun 7	Garden Visit (see page 20)
	Wed 10	ROGI Meeting
August	Thurs 1	BOGI Meeting
	Tues 6	Herb Society Meeting
	Wed 7	Seed Savers Meeting
	Wed 14	ROGI Meeting & AGM
	Sun 18	Garden Visit (see page 20)

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

July Meeting

How to make a rail-yard into award-winning parklands

Gary Entwistle is the curator of Roma Street and South Bank Parklands.

He will tell us about what goes on at Roma Street to develop and maintain these gardens so beautifully well that they have won the *Green Flag Award*.

You will hear about the cycle of the garden—from day one of the annuals to the time when the plants come back as part of our composted soil; everything that happens in between.

This will include the use of predatory mites to control pests, the advantages of using decomposed granite and mulch, and other interesting aspects of his job growing in such a large area—all of which can be scaled down to a backyard garden.



These annuals will eventually become compost (below) for next year's garden displays.



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.

June Meeting — Sarah Heath, Basilea Living Herbs

Sarah Heath is very passionate about growing plants! She started her farm in 2014 from her mother's herb farm, moving equipment from one side of Burpengary to the other. On her 3/4 acre block, she grows herbs for culinary use, balms and remedies, health, cleaning, and essential oils.

As well as herbs, Sarah also grows a large selection of edible flowers, salad, spinach and mustard greens in pots, with plenty of growth to use straight away but also enough to plant tomorrow. Hence her motto, *"Eat tonight, plant tomorrow"*.

In a week, Basilea produces over 800 plants, four kilos of gourmet edible greens, and two kilos of edible flowers. These are bought by restaurants and the culinary market. Mature seedlings go to independent grocers, which are advertised on her website.

The plants are grown hydroponically, and also organically. To combat pests and also attract beneficial insects, **sacrificial plants** are grown underneath the plant stands. These include:

- * *Purple Sweet Potato (from Linda Brennan)* - this gets covered in grasshoppers, who don't touch her plants for sale. It will grow in shade as well as full sun.
- * *Amaranth—1-2 m tall. A good sacrificial plant for her Asian Spinach, as birds love red plants and eat the grasshoppers.*
- * *Perennial Basils (3 types)* - Bush (white flowers), African Blue Basil and Tulsi Basil. They are wonderful for bees and flower all year round.



Sacrificial plants are grown under seedlings to utilize space and control pests. If plants are not doing well they are thrown under the tables and composted.



Tulsi Basil will grow from seed. Use for skin complaints; makes a good tea.



African Blue Basil will only grow from cuttings. Flowers can be used in ice-cream or on cakes.

June Meeting — Sarah Heath, Basilea Living Herbs (continued)

Being a member of the Qld Herb Society, Sarah espouses the benefits of growing herbs in all gardens—not only are they great to eat, they also make good companion plants. Her favourites include:

- **basil** as an inflammatory, relieves pains
- **mint** soothes the stomach, aids digestion
- **oregano** is antibacterial, use for chooks, dry for use in cooking

Sarah uses Grow bio organic liquid fertiliser on her plants, which has been developed as an alternative to chemical fertilizers, seaweed fertilizers and other garden products. It is safe to use around kids and animals, and best of all, it comes in refillable bottles.

I think everyone who listened to Sarah's passionate talk was inspired to grow more herbs in their gardens!

Ann Roffey



Amaranth is a fantastic source of manganese and calcium, also high in vitamins A and C. Great for women's health. Amaranth has been known for centuries for its many health benefits. Easy to cook, widely used across Asia and India in stir-fries, soups, broths, curries and dals. Baby leaf amaranth adds amazing colour to salads, juicing and smoothies. Very easy to grow, all year round—it's practically a weed!

Sarah will be opening up the farm gate for public sales every 3rd Saturday of the month, 8am to 1pm. The address is 135 Hawthorn Road, Burpengary. To view the complete range of herbs and plants, check out her website: <https://www.basilealivingherbs.com/>
For more information about the next workshop in July, see page 18.



Purple sweet potato has highly attractive flowers and tubers, which are both edible. Use leaves and flowers in salads and as a spinach green. Plants will spread as a groundcover, or you can grow in a hanging basket as a decorative feature. Sarah uses this and regular sweet potato varieties to break up hard ground and start new growing beds. Amazing as a sacrifice plant—grasshoppers love the leaves and stay away from her plants for sale. Easy, fast grower, will grow in full sun to part shade (slower in shade though).

Garden Visit—Linda Barrett

ROGI foundation member Linda and her husband Bill built their home in 2008, on a sloping 900m² block in Thorneside. Linda had a hard time deciding how to design her gardens, as the block is quite narrow. A friend came up with the idea of a zigzag, with vegie gardens on one side and fruit trees on the other.

The only plant in the yard when they bought was a Poinciana tree, which provides shelter for the many birds that visit. She has planted a lot of natives as they like to attract birds to their garden. Water-loving natives melaleuca and banksia especially like their soil as they are only 3m above sea level.

The gardens in the back yard face north-east and get plenty of sun during the day (too much in Summer, Linda feels). They keep 2-3 chickens, who have plenty of room to scratch and nibble at greens that grow through the fence. Earlier this year Linda set herself the goal of only feeding themselves from the garden (fruit and veges), and she succeeded—having only to buy onions from the shop.



The back yard in at the last ROGI garden visit in December 2015.



The same area . . . 3 1/2 years later. How the plants have grown! The chook house was made from a medical equipment box, and they added the roof.

The variety of fruit trees was amazing—several mandarins, a Washington navel orange, a mango tree (which gets cut back each year to keep it smaller), a Brazilian cherry, ladyfinger and Ducasse bananas, a canistel, grumichama, mulberry tree, raspberries, dragon fruit, passionfruit vine, blueberries, grape vine, soursop, brown turkey fig and pawpaw.

The vegetables, in seven raised beds, were equally impressive—snow peas, carrots, beetroot, garlic, leeks, sweet potato, kale, cabbage, broccoli, cauliflower, tomatoes, asparagus, lettuce, silver beet, perennial capsicum and sambung spinach.

Compost is made in scrounged black bins, placed directly onto the soil. She puts freshly mowed grass clippings, prunings and chicken waste into them. When the compost is ready, the bin is moved elsewhere in the garden, and there is a great place to plant a new plant—soil teeming with microbial life.

It was inspirational to see the variety of edible plants that Linda has in her garden. Good planning has ensured that it will be fruitful and sustainable.

Ann Roffey



Garden Visit—Linda Barrett (continued)



Linda will be cutting back her Grumichama ('Eugenia brasiliensis', also known as Brazil Cherry) by 1/3 after fruiting. It is a highly ornamental evergreen tree native to Brazil. It needs to be netted to stop birds from getting the fruit. This tree is well suited to suburban gardens as it is only medium sized. The fruits have a sweet, cherry-like flavour.



These bananas are Ducasse (right), and Linda will be cutting a few out as there are too many. Above are examples of the 2 types of leaves—you want to keep the ones with sword like leaves (bottom), rather than the fatter ones (top).



The Lambrusca grape growing on the chook pen fence is fruiting already! Not a table grape, but juices well and makes great pink ice blocks for the grandkids.



The Freemont Mandarin is a great eating variety—the skin is hard to peel, but the taste is fantastic. A good idea is to cut aluminium tins and engrave the name of your tree with source and date planted.



Canistel "Pouteria campechiana"—the fruit has the texture of boiled egg yolk. Linda thinks it tastes best when eaten with something else (like ice cream).

Garden Visit—Linda Barrett (continued)



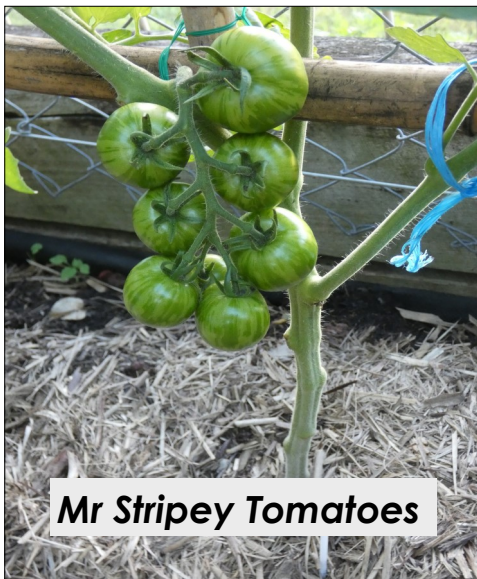
Brassicas growing in a netted garden to exclude white cabbage moth. Linda has found that tomatoes also grow well with brassicas.



Oakleaf Lettuce



Linda calls this a 'pop-up garden'. She uses spent banana trunks as the border—it is only temporary, and makes good use of space.



Mr Strikey Tomatoes

Linda likes to plant seeds straight into a bed, and she always over-plants. Garlic and carrots are doing well side by side (below).



Linda LOVES asparagus. She bought a box of 10 x 2-year old crowns from Green Harvest and they didn't eat them for another 2 years after planting. She will cut these back when they all brown off. They are a heavy feeder, and do require lots of nutrient. Spears will be harvested every 2 days from August to November. Then it is time to let the fronds grow again. They are also getting run-off from the compost bin, so are very happy here (they love growing in a wet spot).



ROGI stall at Ormiston organic markets

On **Thursday 25th July from 2pm–5pm**, ROGI will participate in the organic market in the grounds of the Cleveland Scout Den in Gordon Street, Ormiston. We plan to use the occasion to speak to people about organic gardening and growing our own food, and promoting ROGI to the community. We will have seeds, some seedlings for sale and a spot for visitors to pot their own seed to take home. Please spread the word—pop by and support ROGI and the market stall holders to keep these markets viable.

Margaret Sear



at
Ormiston Scouts
Ground
on Gordon & Bainbridge
Streets



**Organic Produce Harvest -
HERE every Thursday 2-6pm**



BCO Brisbane Certified Organic Meat.
Lunar Farm Organic Veg & Fruit
Dairy, Bread, Dry Goods and more.....
Sausage Sizzle, Coffee, Tea under the tree..

☎ Amanda 0413 632 935

BEGINNING 7th February 2019

We need your strawberry and tomato punnets!

We need **250gm cube-shaped strawberry and cherry tomato punnets** for use at our public events. One of ROGI's activities is making a seed-sowing pot out of newspaper. After making this pot, visitors sow a seed into it and take it home in a punnet for safe-keeping.

At the Green Heart Fair we use thousands of them, so please bring them along to the July and August meetings and we'll store them until September when they'll be needed. **The Green Heart Fair will be held on Sunday 8 September in Carindale. More details in the August newsletter.**



20 Reasons to Grow NASTURTIUMS

- 1 Entire plant is edible
- 2 High in minerals
- 3 Repels pest insects
- 4 Medicinal health benefits
- 5 Great companion plant
- 6 Attracts beneficial insects
- 7 Cheap space filler
- 8 Beautiful cut flowers
- 9 Drought tolerant
- 10 Long flowering
- 11 Easy & quick to grow
- 12 Free seeds to grow more
- 13 Colourful & cheerful
- 14 Living ground cover/mulch
- 15 Flavour improver
- 16 Gorgeous edible garnish
- 17 Weed barrier
- 18 Poultry pharmacy
- 19 Fragrant perfume
- 20 Press & dry flowers

© themicrogardener.com/how-to-grow-use-nasturtiums/



For more information go to:

<https://themicrogardener.com/20-reasons-to-grow-this-amazing-herb/>

<https://themicrogardener.com/how-to-grow-use-nasturtiums/>

Field Trip—Spurtopia Homestead, Fernvale

When Roman Spur moved with his family to their one acre property in Fernvale three years ago, there was absolutely nothing sustainable about it—no rainwater tanks, no solar for heating and electricity, no gardens and no fruit trees. He has done 30 months of work, and his goal is to use the site to its maximum potential, aiming for self-sufficiency.

The greatest challenge Roman faces in his garden is the lack of water. Fernvale gets 30% less rain than Brisbane, and even though he has 100 000 litres of water storage, he is still finding it is not enough. He also has a grey water system, that recycles all the water from the house except the toilets. He recently drilled a bore by hand, and at 10m hit water, but unfortunately, it was too salty to use.



Mandala energizing pyramid garden—built to the exact proportions of the Great Pyramid of Giza. A covered crock of the family's drinking water has been placed in the centre to purify. Roman is going to attach wire to the frame and grow grapes so they can provide shade for his vegetables during summer. Birds can land on the wire and help clean up any pests. The garden surrounds were again made using recycled corrugated iron, and the bed is also wicking. Note the Amaranth growing to help with pest control.



Roman has also made wicking bed gardens out of old bathtubs (pictured above). He has problems with possums eating his produce, so he covers some beds with netting and also grows garlic and shallots nearby, which seems to help. "Go with nature, not against".



The gardens face north, and are on a slope. A retaining wall made out of stones from around the property was built so that the kitchen gardens are on a flatter surface. Here Roman has built several wicking bed gardens; the corrugated iron has been repurposed from his neighbour's roof! He believes we should repurpose as much as we can.



The herb spiral is also self-watering. An explanation and step-by-step photos on how to make this can be found on Roman's website at: <https://spurtopia.blogspot.com/>

Field Trip—Spurtopia Homestead, Fernvale (cont'd)



Guisaro is a type of guava. It fruits multiple times a year. The good thing about it is that it does not suffer from fruit fly infestation. Drought hardy, grows to about 3m. A hardy, useful plant!

This kohlrabi plant was growing in a corner next to the hard concrete of the pergola.



Parsnip



Parsnip left to flower so that seed can be saved/dispersed and also to attract bees and beneficial insects.

Pigeon pea is high in protein. It is a nitrogen fixer, and breaks down the soil. Roman has planted it in his swale gardens. For more info: <https://greenharvest.com.au/PoultrySupplies/Information/PigeonPeaGrowingInformation.html>



Pigeon Pea



Roman next to a bean plant (a type of lab lab). He lets it ripen, and then cooks. It is very productive.



Mustard

Roman got this unusual eggplant as a seedling. He marinates it and grills it on the BBQ. Beautiful!

The seed from this mustard green can be harvested to make mustard. It was growing in a lot of places, and seems quite hardy.



To harness the rainwater running down the slope towards his neighbour's house, Roman has built swales from crusher dust, decomposed granite, horse and cow manure, woodchips and topsoil (nutgrass an unwanted bonus!) His aim is that no water that falls onto his property will leave it.

Field Trip—Spurtopia Homestead, Fernvale (continued)

When he started out at his rental property in New Farm, Roman knew nothing about beekeeping. He read books, and joined a beekeeping club. Now, he harvests about 100kg from one hive (he has several) at Fernvale. His bees provide pollination, honey, pollen, propolis and wax.

Roman truly believes in the 3 'r's—recycle, reuse and repurpose. Rather than go out and buy a product, he will exchange his produce (honey, excess fruit and vegetables, mead etc) for what he needs. He believes in living simply—that it doesn't matter if you're rich or poor, as long as you are healthy and happy. "Life is beautiful!"

It was very inspiring to see what Roman has achieved on his 1 acre block in only 2 1/2 years. His enthusiasm, energy and passion for living sustainably made this a very interesting field trip. If you would like to see more photos from when he first started out at Fernvale, go to:

https://drive.google.com/file/d/16z-lvJT3hjdCMCi4FuvbK2xR1_rMidAW/view

Ann Roffey



We were told about some of Roman's inventions—Left is a chicken water feeder made from a champagne bottle and piece of PVC pipe, with a lid. Middle is a chicken grain feeder, made from an old bucket, and again a piece of PVC pipe. Holes are cut into the bucket to allow chickens to feed. Right is a maggot grower tin—a 4 litre oil tin with holes punched into the bottom and sides. Place meat scraps into tin, and hang above the chicken coop. Great protein source.



Roman has built a 'cob' oven from recycled materials, using 8 recycled bricks and an old BBQ cast iron plate. Use a BBQ lid the same size (with handle attached) to create the 'oven'. Cook pizza (quicker than Domino's!) and bread.



To access instructions on the many inventions Roman has made go to: <https://spurtopia.blogspot.com/search/label/inventions>

ROGI Committee Positions

The ROGI Annual General Meeting will be held on the 14 August, 2019.

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 the president in 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 the committee on a monthly basis

Has custody of all accounting records of ROGI

Reviews transactions online prior to all meetings

COMMITTEE MEMBERS (4)

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 (listed above) are expected to attend ROGI committee meetings. Currently these are usually held on the 4th Monday of the month.

POSITIONS VACANT: 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 beforehand, with a proposer and a seconder and signed by the nominee.

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

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. Green Heart Fair, Indigi Day Out)

Website Manager

Manages and maintains the ROGI website

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 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

Ensures seed bank has seasonal stock

Library Co-ordinator

Maintains records of books in stock and all loans; acquires new books

Supper Co-ordinator

Supplies milk, teas, coffee, sugar, ROGI herbal tea 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

Brown marmorated stink bug (BMSB)



BMSB—Exotic Plant Pest

Thanks go to ROGI member Amanda Loudon, who alerted us to this exotic plant pest. The Brown marmorated stink bug (BMSB) is an insect from East Asia that could cause major damage to agricultural crops, nursery stock and ornamental plants if it established in Australia.

Brown Marmorated Stink Bugs pose a high biosecurity risk due to their tendency to hitchhike in sea cargo and their highly mobile nature.

Its features are shield shape, adults are mottled reddish-brown, white bands on antennae, legs, and rear margin of body.

Home gardeners are asked to keep an eye out for this plant pest, and if found (dead or alive) please report to Biosecurity Queensland. The exotic plant pest hotline is 1800 084 881.

Further information can be found at:

<https://www.outbreak.gov.au/current-responses-to-outbreaks/brown-marmorated-stink-bug>

<https://www.interstatequarantine.org.au/look-out-for-invasive-hitchhiker-stink-bug/>

<http://agriculture.gov.au/pests-diseases-weeds/plant/brown-marmorated-stink-bug>

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

On receiving some photos of pawpaws with very brown leaves I consulted with George, Gennaro and the internet. Together we have come up with a solution for Robert and some general information about pawpaw care.

These trees look in good health and have good colour apart from the affected leaves. All trees continuously lose old leaves as they die off and this senescence is more evident on pawpaws since the leaves are so big. Also it is more likely during the colder months as the roots are not efficient at gaining nutrients from the soil. This commonly leads to deficiencies in magnesium, potassium, and phosphorous.

You can supply magnesium with Epsom salts, phosphorous with rock phosphate or chicken manure and potassium with wood ash or potassium sulphate. In general, at this time of year mulch your pawpaws well and keep applying dilute liquid fertilisers.

Once these old leaves start to die, they can also get a secondary fungal infection of one kind or another. Keeping trees healthy all year and spraying sulphur and/or copper before the cold weather helps keep diseases like black spot and powdery mildew in check. Also remember garden hygiene—remove and destroy old or mouldy leaves to prevent build-up of spores. Infected fruit can be immersed for 20 minutes in water warmed to 45 °C.

This link is a very interesting and informative site on pawpaw health and diseases: <http://era.daf.qld.gov.au/id/eprint/1646/6/5probpap.pdf>



Plant of the Month— *Mint, Mentha*

What is the best sauce to add to the Sunday lamb roast? Mint sauce made fresh from your own mint growing in the backyard; but mint has a longer history than as a humble condiment.

The Romans believed that eating mint made them smarter. The Norse healers would feed their warriors mint before going into battle, so they could identify any internal damage sustained in battle by smelling for the scent of mint. Persian women would feed their husbands mint to keep them faithful, which might explain why mint tea is now their national drink.

Mint thrives in moist positions with filtered sun, as the Queensland sun is just too harsh on it. It grows quickly via underground runners, which is why everyone says “grow it in a pot”. And yes, this is true, it can be wild and hard to find if you want to remove it. However, I don't abide by this—go ahead and plant it in the ground, as mint is a great plant to cover a shady or boggy part of a garden. It is also good for small beneficial insects that increase the biodiversity of your garden, and fortify the symbiotic relationship between our plants and insects.

There are so many sweet and savoury dishes that call for mint. For example: watermelon and mint sorbet, fruit salad, chocolate mint mousse, hot pulled mint tea, spinach and cheese pie, Greek salad, tabbouleh salad, minty peas, mint sauce, rice paper rolls, mojitos; and that is only a few examples. So don't be afraid to let your mint go, as it has many uses. However, if I have not sold you on the culinary uses for mint, do grow it in a pot. Around every two to three years trim it back and repot it (adding new potting mix), and you will have this wonderful plant for years to come.

There are hundreds of types of mint worldwide. A few of my favourites are: the common mint, chocolate mint (which boasts a very strong taste and resembles chocolate rather than tasting like it), spearmint, peppermint (strong and sassy), Egyptian mint (best used for making tea), apple mint (soft, fluffy, pale green leaves), pennyroyal (a bushier shape and great for beneficial insects), Moroccan mint (leaves as big as ladies' hands, great for beneficial insects as well) and Corsican mint (a tight mat of wonderful smelling tiny leaves of mint).

At the plant stall we will have the common mint for sale, but I know many members have different types of mint growing—so ask around at the next meeting and see what other types are available.

Sharr Ellison



Getting the environment right in your crop

From the Autumn 2019 “Bugs for Bugs Update”:

One of the most important messages we try to get across to commercial growers and backyard gardeners alike is the need to get the environment right in your crop.

It is pointless to release biological control agents or to expect naturally occurring ones to help you in your battle against pests if you don't offer them conditions in which they can survive and flourish.

Some of the most useful things you can do in this regard include:

- Avoid toxic pesticide residues (spray less and use safer chemicals if you really need to spray)
- Minimise dust and extremes of temperature
- Offer pollen and nectar sources through plant biodiversity
- Use banker (sacrificial) plants to provide alternate hosts if available

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Bugs for Bugs specialises in integrated pest management (IPM), and is one of Australia's leading suppliers of biological control agents. Their mission is to help Australian growers achieve best control management with minimal pesticides.

For more information go to: <https://bugsforbugs.com.au/>

Seed Savers News

Our meeting in June focussed on preparing for spring planting. We covered prepping soil, planning crops, ordering in or swapping seeds, starting spring seeds in trays or nursery 'flats', pricking out, planting out and feeding.

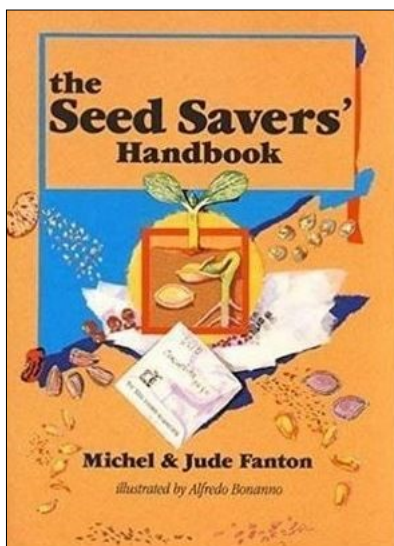


Pictured above left: Janet gives us instructions on how to “prick out” (thin) our seedlings. On the right, look at the lovely long roots of this beetroot seedling—very healthy!

If you would like to learn more about seeds and how to save them, our topic for the next meeting will be **“Back to Basics”**. As always, all ROGI members are welcome. It will be held at **7pm** on **WEDNESDAY 7 AUGUST** at Linda Brennan's house in Capalaba.

If you haven't attended a seed saver's meeting before, register your interest at the plant table with Janet or Ann. You will be emailed the details of the meeting closer to the date.

Book Review



The Seed Savers' Handbook **By Michel & Jude Fanton**

This book is a gem for anyone who likes to eat, and isn't that all of us?

Jude and Michel Fanton started the Seed savers network in 1986, encouraged by luminaries including Bill Mollison, the co-creator of permaculture. Both Jude and Michel have travelled the world, educating communities in remote and developing countries to save the best of their non-hybridised seeds. They saw this as an essential

service as large multinationals began taking over seed production and farming practices that removed swiftly and effectively, the heritage and heirloom seeds that had grown so well through times of adversity, and that had fed people for millennia.

They recognised the dwindling range of plant varieties had the potential to wipe out old varieties that tasted better, withstood environmental extremes and that had characteristics that led to disease resistance, increased nutrition and so many other essential life-giving properties.

In this handbook, (which by the way has been reprinted many thousands of times and distributed around the world) they explain the need for saving non-hybridised seed (i.e. seed that is not all genetically identical), for growing your seed regularly and sharing it with others to maintain the old varieties that we risk losing. Varieties like tomatoes that do well in the subtropics without being smothered in spray; potatoes that provide meals for much of the year because of the range of varieties that grow well in

varied climatic zones and that keep well; beans, cultivated since prehistoric times, that will provide our protein input when meat becomes too expensive to the environment and to our pockets to continue eating daily, and lots more.

Every gardener needs this book on their shelf. Mine is well read and in regular use. It's a book with information on growing and harvesting a huge range of food crops that we can all be enjoying on our plates. You'll be delighted with the tables that tell how a plant is reproduced, how long your seeds will last in storage and how to collect and store them. You'll learn the easy techniques of how to test your seeds for viability, that is, whether they germinate or not, and how to go about sowing them in the garden using the best growing information we have. And as a bonus it's all organic. Of course!

Their website: <https://seedsavers.net/> is a font of knowledge, videos, stories and suggestions. Dip in and out for a fun look at what the rest of the world is up to.

You can also purchase a copy of The Seed Savers' Handbook through ROGI. See Janet on the plant sales table next meeting. Proceeds from sale of the books support the establishment of seed saving groups in developing countries and allow horticulture and farming courses to be run—teaching more people world-wide about organic growing, feeding their people and collecting seeds so that their livelihoods, the gene pool and the planet's biodiversity can be shared.

Reviewed by Linda Brennan, Ecobotanica

If you would like to do a book review for ROGI, please talk to Sophie or Treina at the library when you borrow your next book. Or, email info@rogi.com.au.

Garden Events & Workshops July



Friday 12th July –
8am to 5pm
Saturday 13th July –
8am to 5pm
Sunday 14th July –
8am to 4pm

Adult Entry: \$20
Aged Concession: \$18*
Children 15 years and under Free
Groups of 10 or more: \$18
3 Day Pass: \$45
2 Day Weekend Pass: \$30

* Concession will be given to Pensioner Concession Card, Qld Senior Card, Disability Card and Qld Carer Card holders only.

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



Solar Cooking Workshop Bethania Street Community Garden

Thursday 18 July—10am to 1pm

Cox Park, Bethania Street, Lota

Cost \$10-00

Booking Essential—phone 0439 048 585 (limited places available)

Learn how solar cooking works, view a variety of solar cookers and make your own simple solar cooker to take home.

Basilea Living Herbs Herbal Tea Infusions Workshop

Sunday 21 July

9.30am—12.30pm

135 Hawthorn Road,
Burpengary



Herbal Tea Infusions Workshop

21st July
At Basilea Farm

Immerse yourself in a large variety of herbs of teas and herbal infusions at Basilea Farm that you can grow yourself at home. Learn the fundamentals and the health benefits of drinking teas and herbal infusions, discover how easy it is to grow and make your own herbal tea infusions to take home.

Cost \$62.00. To book online, go to:

<https://www.eventbrite.com.au/e/herbal-tea-infusions-workshop-tickets-62422420139>

Mudbrick Herb Cottage Open Weekend

Sat 20 & Sun 21 July

9am—4pm

491 Gold Coast Springbrook Road, Mudgeeraba

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 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.

The Seed Sowing guide (*right*) is for sowing seeds, not seedlings. There may be several days or even weeks between the optimal time to sow a seed and to transplant a seedling.

Seed Sowing Guide

July

Artichoke: Jerusalem Artichoke
Asparagus
Beans: French
Beetroot
Cabbage
Capsicum/Chilli
Carrot
Celery
Chicory
Endive
Kohlrabi
Leeks
Lettuce
Peas
Potatoes
Radish
Silver beet
Swede
Sweet Potato
Tomato
Turnip

August

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

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

Keep in mind that these are only guides. Be aware that micro-climates and weather conditions may mean that certain seeds may be sown before or after the recommended times. **ROGI Seed Bank is available at all ROGI meetings and Garden Visits. \$1 per pack for members, \$2 non-members**

Meeting Information	Plant Clinic Info	Garden Visits
<p><i>Please consider contributing to any or all of these at various times.</i></p> <p>ROGI Rewards: Good quality plants and other garden-related items brought along by members. Everyone who attends the meeting (including visitors) are eligible for a ROGI Reward. Please label plant with its name and some details before placing it on the table.</p> <p>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.</p> <p>FREE swap/share/give-away: (<i>Members only</i>) For those items you don't want payment for— empty pots, cuttings, unwanted volunteer plants (named), surplus produce, shredded paper, strawberry runners and so on. You may want to work out an arrangement with other members to do some swapping outside of the meetings.</p>	<p><i>Puzzled by a pest? Not sure if your plant is a weed or a 'goodie'? Does it have a deficiency or is it a disease?</i></p> <p>That's what plant clinic is about. Bring along the insect or plant (as many parts as you can—fruit, leaf, root etc) in a sealed plastic bag and fill in the form. Place the plant parts together with the form on the plant clinic table (located just inside the door to the main hall). Someone will have a look and <i>may</i> be able to provide an answer. Any solutions will be given to you on the night and published in the next ROGI newsletter.</p> <div data-bbox="804 874 1458 1345">  </div>	<p>Sunday, 7 July— Margaret & Maurie Foley, Cleveland</p> <p>Sunday 18 August—Jill & Ian Nixon, Birkdale</p> <p>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.</p> <p>We'd like to hear from you!</p> <p>For example, send us:</p> <ul style="list-style-type: none"> • 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 <p>Please send your items to the editor and help keep ROGI News topical, interesting, local and relevant. info@rogi.com.au</p>
<p>Remember to bring a bag/box/basket to take everything home</p>	<p>JULY NEWSLETTER DEADLINE— Please send your contributions to the newsletter editor by the 31/07/19.</p>	

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

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

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—

1st Thursday every month (except Jan), Albion Peace Hall, 102 McDonald Rd, Windsor,
6.30 for 7.30pm. 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

Hive Parking for Native Bees

We are always interested in keeping our native stingless bees in other people's backyards. We need new spots for the coming season.

Here are some requirements:

- * Suburban acreage
- * South, east and south-west side of Brisbane and also south of Brisbane along the coast to say Ballina.
- * The site needs to be safe, secure, tamper-proof, shady and accessible

We would like to keep at least 12 colonies at each site. Please get in touch if you think this is possible for your place or you know someone who would be able to help.

Some ROGI members are already happy hosts to our bees—talk with Margaret Sear or Ann Roffey.

We do not pay an agistment fee; the benefit to you is that you enjoy the pollination services provided by our bees.

*Russell and Janine Zabel
Keepers of Australian
Stingless Native Bees*

0404 892139

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