

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
ROGI Email: info@rogi.com.au



Hannah Maloney of Gardening Australia fame with ROGI volunteers Francke Latter and Terry Sullavan at the recent IndigiScapes Eco Fair. ROGI's stall was a huge success. More photos on page 10.

July Meeting

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



Are you unsure which bugs are good and which are bad in your garden? Would you like to learn more about the important roles insects play in the environment?

Michelle Gleeson (aka The Bug Lady) is the director, co-founder and SEQ presenter for Bugs Ed, and author of *Miniature Lives*.

Since an early age, she has been captivated by bugs, and this has led to a career in entomology, sharing her passion with young and old. Michelle will talk about pest and beneficial insects in our gardens, and which ones we want to encourage.

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. Bring along your questions for Plant Clinic and we'll see if someone can help.

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 13 July
ROGI Meeting

Saturday 22 July
BUNNINGS BBQ, Capalaba

Sign up to help at the ROGI June meeting, or contact Terry at events@rogi.com.au More details on page 3.

Sunday 30 July - 2pm
GARDEN VISIT - Mitchell & Anthea Smith, Thornlands *

This acreage property features a variety of fruit trees, vegetable gardens and numerous environmentally sustainable initiatives - 50,000 litres of rainwater tanks, a roof full of solar panels, power charger for electric vehicle, and a Biolytix Biopod to treat their wastewater.

Thursday 10 August
ROGI Meeting & AGM

We'll be having an E-Waste collection on the night - details on page 3.

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).

*** Please book your spot on TeamApp**

Bunnings BBQ - Help Needed!

A huge thanks to those volunteers who have already put down their name for the Bunnings BBQ fundraiser on **Saturday 22 July!** This is a great way for our community group to raise funds and raise awareness of ROGI. After all, who hasn't been to the big green shed for gardening supplies!

We'd really love to see some new folks help on our stall. Truth is, many hands make light work, so if you haven't volunteered before and would like to help the worker bees who keep the ROGI hive buzzing, why not lend a hand?



HELP NEEDED! Volunteer for a timeslot, here's what we've got:

- 7am to 10am - pick up supplies, morning setup, staff stall
- 10am to 1pm - staff stall
- 1pm to 4pm - staff stall, pack up

**** Please nominate the time/s you are available and also if you are flexible.**

On the stall -

- The Treasure keeper - takes cash/cards
- Head Chef - cooks snags and onions
- The Providers - serve food and drinks
- The Floater - this legend hands out ROGI flyers, fills in for rest breaks, and restocks.

There will be a sign-on sheet at the next meeting, or you can email Terry Sullavan at events@rogi.com.au if you can help out on the stall or lend an esky.

Please help raise funds to keep ROGI supporting you, the organic growers of the Redlands!

WE'RE HAVING AN E-WASTE COLLECTION IN AUGUST!

Please put aside your electrical waste for pick up at our AUGUST 10 meeting. Logan company Substation33 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



More info: https://www.substation33.com.au/files/ugd/dala73_139a8f826c4e419a9385ba424c7ba6b8.pdf

Garden Visit - Luisa Aguiar, Chandler

Report and photos by Romana Langdon and Ann Roffey

This beautiful garden on approximately three acres, is a sprawling oasis of edibles, a succulent garden and anything that took Luisa and her late husband's fancy. Over 20 years Felix built fences, a shade house, a heart garden, a cubby house with sand pit, and a flying fox. These changed as needs and children grew. In the last 20 years, Luisa has continued Felix's dream, and she enjoys the fruit and vegetables the garden produces.

Coming from Goa and wanting to cook food they knew, Felix looked for the Asian fruit and veg plants they enjoyed cooking with. He also came across others he wanted to try. Forty-five years ago, Asian food was not common. He found ivy gourd (tendli), sapodilla (chico), Malabar (Ceylon spinach), and others way before they became trendy.

The soil is hard and clay-like, but a mowing guy has been dropping grass to the property for over 30 years and this has helped to improve the soil. There is no watering system, everything is done by hand held hose.

Luisa's fruit trees include avocado, bananas, blackberry, custard apple, citrus (lemon, mandarin, orange), dragon fruit, fejoa, gooseberry tree, grapes, grumichama, guava, jackfruit, Jambolan plum, lychee, Malay gooseberry, Malabar chestnut, mango, mulberry, persimmon, rose apple, sapodilla, sapote (black and white), soursop, tamarillo, tamarind, and wampee. Also growing are cassava, curry tree, moringa, yacon and more!

We were delighted to see the hard work Felix, and now Luisa, have put into their botanical paradise. Thank you for sharing your amazing garden with ROGI.



Garden Visit - Luisa Aguiar, Chandler (cont'd)



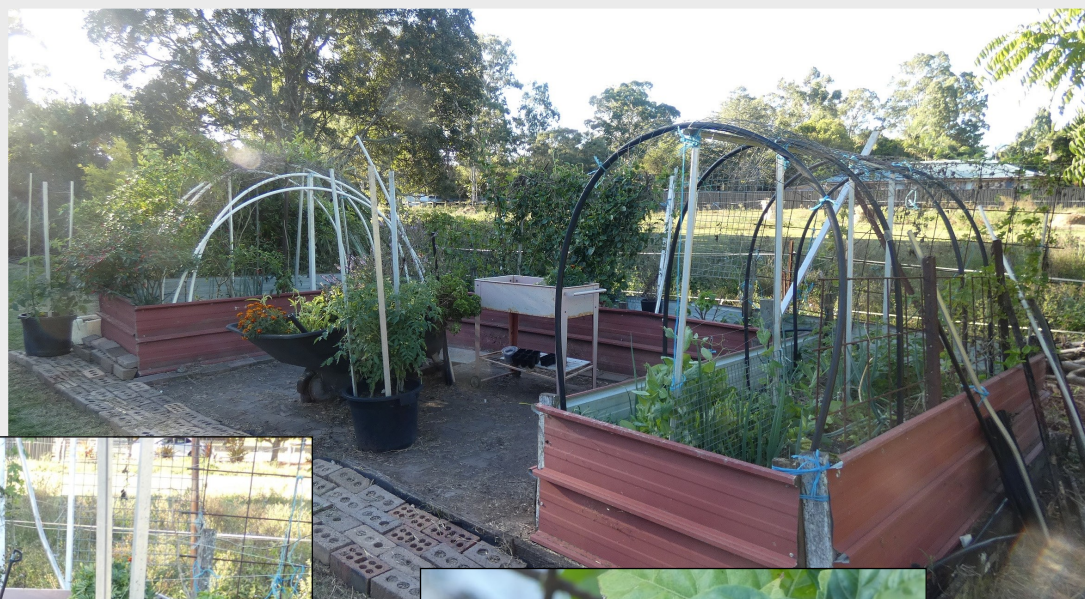
Left: Malabar/Ceylon spinach - an edible perennial vine that does well in the tropics. It is used in any dish that uses spinach (eg. curries)

Right: Bitter melon. Luisa uses it to reduce her diabetes.

Below: Vegetable patch. Note the old trailer (bottom left), which has been repurposed as a wicking bed.

Bottom right: Eggplant doing extremely well in a pot.

Bottom middle: Chillies



Garden Visit - Luisa Aguiar, Chandler (cont'd)



Left: Curry tree and berries. The leaves are an essential ingredient in Indian cuisine. Luisa only uses the leaves. The seed in the berries is highly toxic.



Above: Luisa grows many bananas, including the dwarf above (name unsure). Other varieties include Monkey/Senor, Blue Java, and Semi Dwarf Ducasse. She also grows many varieties and colours of dragon fruit (behind banana tree and pictured left).



Right: Fruit from Ivy gourd, *Coccinia grandis* - a tropical vine. The green fruit is used in soups and curries; ripe fruit is used raw or stewed with other vegetables.

Left: Betel leaf (*Piper sarmentosum*) is a perennial creeping plant growing to about 60cm. Luisa grows it in a pot, otherwise it can take over a garden. It likes a warm spot in the shade with rich soil and good drainage. Uses for betel leaves include: cook like spinach; shred and add to soups, stews, and stir-fries at the end of cooking to give a subtle peppery flavour; tear or shred into salads (particularly nice in rice salad); use them to wrap small pieces of food.



Garden Visit - Luisa Aguiar, Chandler (cont'd)



Left: Fruit on the Star gooseberry tree (*Phyllanthus acidus*) - the fruit is very sour so they pickle it.

Right: Seed pods on the tamarind tree. In India the tamarind is mostly combined with meat or legumes eg. lentils, chickpeas or beans. The tamarind is a slow growing but long lived tree reaching up to 30m. The leaves, too, are edible and enjoyed in salads, curries and chutneys.

Below: Luisa's succulent garden.



Above right: Wax jambu (*Syzygium jambolana*) is a fast growing tree which bears attractive red pear-shaped fruit. It grows and crops abundantly in most subtropic conditions, provided it is protected from frost when young.



Left: Fruit of sapodilla (chico). Sapodillas are highly prized in Asia for their sweet, brown-sugar cinnamon flavoured fruit that look like kiwi fruit. They have a slightly gritty texture like pears.

Right: One of Luisa's favourite flowers is Brazilian red cloak (*Megaskepasma erythrochlamys*)



Mount Cotton Organic Collective

Mount Cotton Organic Collective is at the forefront of the organic gardening industry, pioneering the way with our unwavering commitment to providing ethically sourced soil inputs. Our steadfast focus on sustainability and adherence to organic principles ensures that our products offer a multitude of benefits for the discerning organic gardener.

At the core of Mount Cotton Organic Collective lies a deep-rooted belief in ethics and sustainability. We proudly collaborate with local organic farmers, who adhere to stringent ecological guidelines - ensuring that our soil inputs are free from harmful chemicals and pesticides. By choosing our products, organic gardeners actively contribute to the preservation of biodiversity, soil health, and the long-term sustainability of our planet.

We take immense pride in delivering unparalleled quality when it comes to our organic soil and inputs. Our biodynamic living soil is meticulously created through our proprietary blending process, it is a veritable powerhouse of nutrients that fosters robust plant growth.

Carefully harvested plant material from local gardens are ingredients for our Korean Natural Ferments, which act as a potent organic fertiliser, providing essential nutrients to the soil and plants. Additionally, our natural amendments (such as seaweed extracts and rock dust) are meticulously selected for their high quality. They supplement the soil with vital trace minerals, enhancing plant health and resilience. Organic gardeners across Australia have witnessed significant transformations in their gardens since incorporating our inputs into their routines.

By embracing Mount Cotton Organic Collective's soil inputs, organic gardeners unlock a world of benefits for their gardens.

Our inputs improve soil structure and aeration, leading to enhanced water retention and increased nutrient availability. Strong root development reduces the need for excessive watering and use of fertilisers, resulting in healthier, thriving plants. Our inputs nourish beneficial soil microorganisms, fostering a vibrant soil ecosystem that supports plant growth and fortifies natural defences against diseases. Moreover, our unwavering commitment to ethically sourced inputs ensures a safe and environmentally friendly gardening experience.

We are proud to champion the organic gardening movement. By providing organic gardeners with premium soil and inputs, we empower individuals to cultivate healthy and sustainable gardens. Through active engagement with organic gardening communities, knowledge sharing, and support for initiatives promoting organic practices and environmental stewardship, we actively contribute to the growth and success of the organic movement.

Mount Cotton Organic Collective has proven to be a catalyst for transformative experiences in organic gardening. Our commitment to ethically sourced soil inputs has revolutionized the way organic gardeners approach their craft, delivering exceptional results while upholding ethical values. Join the movement and experience the wonders that Mount Cotton Organic Collective can bring to your garden.

Jarryd Goode,
Lead consultant
Mount Cotton Organic
Collective

Mount
Cotton
Organic
Collective.



your plants will dance

Plant Clinic

Managed & reported by Margaret Sear



Garden Weed

Problem: Weed plant in lawn. What is it and how to get rid of it?

Possible Diagnosis: Checking weed ID apps and discussing with other ROGI members, it could be a member of glycine family. It spreads and has a very strong, long tap root. Unsure of correct diagnosis or control, but persistent hand weeding may help.



Avocado

Problem: Leaves have blotchy patches and dried ends, with pale green spotting along the central vein.

Possible Diagnosis: Appears to have a small infestation of scale along veins. Oil spray may help. Leaves show symptoms of nutrient deficiency, so give a good feed of rich compost, organic fertiliser/minerals and a deep water and this may help.

Kra Chai (aka Boesenbergia rotunda, Chinese Keys, fingerroot)

Problem: Two plants showing difference between good nutrient-rich soil and poor soil.

Possible Diagnosis: The swollen rhizomes are used as a herb/spice in Asian cooking, so they need to be quite plump before harvest. This is done once the leaves start to die back. It is obvious that the good, nutrient rich soil has improved the growth of the rhizomes and made them more suitable to harvest and use.

"Fingerroot possesses many medicinal benefits. It can relieve abdominal discomfort and inflammation, nurture the cardiovascular system and promote brain function, as well as tackle bone deterioration. Its efficacy also covers lowering blood pressure, promoting aphrodisiac health and stimulating urine production."

Google.

"Although it sounds like it should be used in Chinese cooking, Kra chai is loved by Thai people and features in many dishes. The long clusters of finger-like roots are richly aromatic, giving the dishes cooked with it a lemony, spicy flavour quite unlike anything you've ever tasted. It adds wonderful depth of flavour to soups, curries, and fish dishes, but a little goes a long way due to its intensely delicious flavour. It also has medicinal qualities, with the roots being used as treatment for colic and diarrhoea.

We scrub it clean and store it frozen in small zip lock bags in the freezer, where it keeps well for 12 months. You can sometimes find it in Asian shops pickled in brine. It tends to be very expensive to buy pickled, so having your own is a real bonus.

This attractive little plant is from the ginger family. Its lush tropical leaves grow to about 60-70cm tall. It's happy in semi-shade with moist soft soil, where it grows through the summer and only begins to die down in winter as the cold weather sets in. This is when you can dig it up and harvest the roots, replanting the nodes above the roots for next seasons harvest."

Ecobotanica



Plant Clinic (continued)

Bunya Pine, *Araucaria bidwillii*,

commonly known as the bunya pine or bunya-bunya

Problem: The leaves are swollen at the base, brown in colour and disfigured in appearance on branch ends.

Solution tried: Oil spray.

Possible Diagnosis: The most likely possibility is that it is a type of fasciation. The cut cross section provided didn't appear to show insect damage. One solution would be to remove the disfigured limbs, which shouldn't affect the pine. It usually develops a very long and strong tap root in its early growth to be able to support the huge tree into maturity. Grow it in the deepest pot possible, or preferably in the ground – but a small backyard is not ideal for such a long-lived and large tree with enormous cones.

There is a bunya at the Canberra Arboretum showing a similar form of fasciation.



Below: ROGI's stall at the IndigiScapes Environment and Community Fair on June 3 was a resounding success. Many thanks to those who volunteered!



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.

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 eight committee members (listed above, left) are expected to attend Management Committee meetings. Currently these are usually held two weeks after the ROGI monthly members' meeting.

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 second and signed by the nominee.*

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. Green Heart Fair and IndigiScapes)

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 Committee Positions *(continued)*

ROGI OFFICE BEARERS *(continued)*

PR & Communications Co-ordinator/s

- Handles 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; rotate 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

Upcoming Events

QUEENSLAND GARDEN EXPO

Nambour Showgrounds

Friday 7 July to Sunday 9 July

Entry - \$22.50 Adults, pay online or at gate

Go to: <https://qldgardenexpo.com.au/>



BETHANIA STREET COMMUNITY GARDEN

Bethania Street Lota

Growing and Caring for Citrus

Thursday 27th July, 10:00 -12:00pm

Cost: Free - email bethaniabooking@gmail.com to book

Learn how to select, plant and care for a variety of citrus trees. The presenter will use the Community Garden's fruit grove to illustrate fertilising, pruning and prevention and management of common pests and diseases.

Harvest Share

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

Gold coin donation - No booking required

Grow your Own Health

Sunday 27th August, 9:30am – 12:30pm

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

Email 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.

ROGI MANAGEMENT COMMITTEE

PRESIDENT	Peter Haakman	president@rogi.com.au
VICE PRESIDENT	Kathy Petrik	vp@rogi.com.au
SECRETARY	Patricia Stewart	secretary@rogi.com.au
TREASURER	Bernadette Reid	treasurer@rogi.com.au
COMMITTEE MEMBERS	Rhonda Binns, Toni Bowler, Ann Roffey, Terry Sullavan	

OFFICE BEARERS

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TECH DESK	Terry Sullavan, Bevan Saul	
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The views expressed in ROGI News and at ROGI meetings are those of the Editor and submitters and guest speakers, not necessarily those of Redland Organic Growers Inc.

Email: info@rogi.com.au **Webpage:** www.rogi.com.au
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

PLEASE RETURN YOUR POTS TO THE PLANT TABLE

Please **return washed seedling pots and punnets** to the ROGI plant table so that they can be reused - especially small pots and 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.

We'd like to hear from you!

For example, send us:

- A story about your garden
- A photo of an interesting plant
- An article about an unusual plant
- A request for items or information
- Specific garden or nutrition information
- A recipe for home-grown produce
- A notice that you have something to give away or sell
- A handy technique or tip
- A gardening problem solved
- Anything to do with organic growing
- A review of a ROGI library book

Please send your items to the editor and help keep the ROGI Newsletter topical, interesting, local and relevant.

Email info@rogi.com.au

The August newsletter deadline is 27 JULY 2023