

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:

- Pay your membership dues (**only fully paid members may attend**)
- Observe social distancing
- A plate of finger food for supper
- 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



Photo by Margaret Sear

Ladybirds (Coccinellidae) are wonderful to have in your garden - they eat the aphids, mites and scale insects that destroy a lot of plants. Plant coriander, fennel and dill to attract them. There are around 6,000 species of ladybird in the world, with about 500 species in Australia. They can be many different colours, and range in size from 1-10mm.

March Meeting

Grow delicious nutritious food, health, community and save money - the how, what and why



Leonie Shanahan is founder of the Edible School Gardens program, author of three books, and qualified in horticulture and permaculture. She is passionate about growing nutrient dense organic food, community, and living and loving life.

From how to grow from seeds, seedlings, plants and grow soil, plus maintenance of your edibles and soil. Lots of tips and tricks to create naturally delicious nutritious abundant food ... organically, of course!

A ROGI member will talk about what is happening this month in their garden. Bring along your questions for Plant Clinic (see p. 6), and we'll see if someone can help.

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

Visitors most welcome - \$5-00 entry
Please bring finger food (preferably home-made)
to share for supper. Free tea and coffee.

MEMBERS - PLEASE PAY YOUR MEMBERSHIP DUES
ONLINE OR AT THE MARCH MEETING
(more info on page 11)

ROGI Events

Thursday 9 March
ROGI MEETING

Thursday 16 March - 9 to 10.30am *
SEED SAVERS MEETING

At the March Seed Savers meeting, we'll explore the topic 'Pollinating intentionally to create new varieties'. We'll practice on the morning plus explore: how to do it, open and closed pollination, the results you can expect, and variation stability.

We will also make up some ROGI seed raising mix and sow seeds that you can take home to grow. Some will be for your own garden and some for the ROGI sales table at the April meeting. Please BYO cup for morning tea, a small plate of food to share if you like, and a small box (e.g. a shoebox) to take home the seed pots in so they don't spill in your car.

It's at Linda's - 8 Silverash Court, Capalaba.

This event is for members of ROGI. If you have trouble registering your name on TeamApp, please call me on [0416157470](tel:0416157470).

PS. This meeting will be held outside - please bring a hat and sunglasses, and take sun care precautions.

Sunday 19 March - 3pm *
GARDEN VISIT - Jill & Ian Nixon, Birkdale

Visit this 7-year-old suburban garden for some inspiration ... full of vegetables, fruit trees, flowers and also back yard chickens.

*** PLEASE REGISTER TO ATTEND THIS EVENT ON TEAMAPP.**

February Meeting Photos

by Roberta Bonnin



Below left: Lara and John at the Seed Savers' seed bank

Mid below: Munch & Crunch guest speakers Rebecca, Mathew and their children.



Happy ROGI members at our first meeting for 2023!

Far Left: Chris and VP Kathy

Left: Gaby and the delicious supper

Below: Toni and our amazing ROGI Rewards



Above: Francke & Margaret selling plants

Below: Ecobotanica's Linda Brennan and ROGI Newsletter Editor Ann



Oaklands Street Community Gardens News

By Terry Sullavan

A Pacific Islands Style Polyculture in Alexandra Hills

Oaklands Street always receives interesting visitors. Cathy Curry turned up late last year, after being a patron of the gardens during its early years. She'd been busying herself with her business, *Kapilou Products* - Australian grown islander veggies on sale every Sunday morning at the Mt Gravatt markets.

Cathy was keen to show us an island style polyculture system of agriculture. After losing half of our potatoes and much garlic due to the wet winter we had, it seemed like a fantastic chance to learn something new. She started planting in October.

On the list were taro, sweet potato, cassava, aibika, basil, chilli and peanuts. All of these are known to be hardy, low maintenance and compete well with weeds. They are also mostly edible - roots, stems, almost everything.

As we prepped the bed and planted, she patiently explained that the polyculture system took advantage of the fact that the larger plants, taro and cassava, don't need much root space throughout the summer. They will grow a lot of leaves and start fattening their roots as the weather cools. This leaves opportunities to inter-plant with other crops in the time and spaces between.

By January, after three months of just watering, it became obvious that the bed needed some attention. The sweet potato was running rampant, and looked to be crowding out other things. When we met up again, she said this was fairly typical of this style of bed, what was missing were the people!



Cathy ready for planting



Planting in October 22



Fast forward to mid-January



First harvest - January 23

Oaklands Street Community Gardens News (continued)

People I asked?? We've been here all summer. As she answered, she laughed. "Islanders would have been grazing on this all summer long. The sweet potato leaves make a healthy spinach substitute, the peanut and taro leaves are also eaten, taro stems can be used like rhubarb. Aibika leaves are used to wrap rice parcels, like dolmades. The peanuts are legumes - they're not planted for the nuts (they can be eaten of course), but more to fix nitrogen.

During summer, the above ground parts of the plants will grow back. Animals get leftover surplus". As I visualised life in a village, it became obvious, and I was amazed.

Cathy is now a regular at Oaklands Street, and she's enthusiastic to show what she knows, and will share more as the moments arise. Keep an eye out for healthy home-grown snacks from the peoples of the Pacific Islands!

INTERESTED IN JOINING OAKLANDS ST COMMUNITY GARDENS?

Oaklands Street Community Gardens is a not-for-profit incorporated group situated at Oaklands Street, Alexandra Hills (behind Aldi - access from the roundabout behind the Alexandra Hills shopping centre). The garden was established in 2005 and operates under the licence of the Redland City Council. It covers an extensive area tended by volunteers who give their free time and skills to keep the gardens growing.

Our mission is to inspire, share and teach organic and sustainable gardening practices to all who wish to join us at the gardens. Our gardens are a place to make new friends and enjoy social interaction. We are open to the community **Wednesdays and Fridays 9am-12pm, and Sunday 2-5pm.**

We have raised beds, swales, tropical fruit trees, flower beds, orchard and a nursery. The garden is supported by a large compost supply and water tanks.

We do not have gardens to rent - we endeavour to garden communally. Vegetables and fruit grown at the gardens are shared amongst the volunteers. Annual membership fees are kept to a bare minimum to cover our costs and allow anyone to participate. **Family \$25-00, Single \$20-00, Concession \$15-00.**

For enquiries, please email: hello@oaklandsstcommunitygardenqld.org

DON'T FORGET OUR OPEN GATE ON SATURDAY 11 MARCH
(more details on page 10)



Plant Clinic

Managed & Reported by Margaret Sear

Lime: John

Problem: Leaves are mottled in colour

Diagnosis:

John's lime is grown in well-composted soil. Leaves appear mottled in colour, with dark green veins and yellow between. This is a boron deficiency. It is also deficient in the minerals magnesium and manganese. (Thank you Linda Brennan for help in diagnosis). Our soils are naturally deficient in boron and minerals, as we are an ancient continent with ancient soils.

Treatment:

Feed often and in small amounts organic fertiliser, mulching with compost. Water in some Epsom salts. Add small amount of boron (preferably liquid boron) - usually required in small amounts each year. Citrus are heavy feeders especially when in fruit.



PLANT CLINIC

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

Bring along the insect or plant (as many parts - fruit, leaf, root - as you can, and in a sealed plastic bag if it's diseased or very seedy) and fill in the form. Place the plant parts together with the form on Plant Clinic table (just inside the door to the main hall) before the meeting starts.

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

TEAM APP



Not sure what Team App is? Team App is a FREE platform managing the communication and membership of ROGI.

With TEAM APP, you can:

- Keep up to date with club events in real time
- Not have to wait till the meeting to book your place for Garden Visits, Workshops and Field Trips.
- Make bookings as soon as they are posted on TEAM APP.

Here's how to get TEAM APP on your **smart phone or tablet:**

- Go to the App Store (Apple smart phones) or Playstore (android smart phones)
- Look for the TEAM APP logo (pictured above)
- **If you need assistance to set up your TEAM APP account, please see Lisa at the next meeting for help.**

On your **computer:**

- Go to <https://www.teamapp.com>
- SIGN UP using your email address and a password
- Click on MY TEAMS and select your team as ROGI

You will now receive notifications of events, and you can make bookings to attend... it's so easy!

Did you know?

You can go online www.rogi.com.au/resources.php and read every edition of ROGI News since September 2014.

A Handy Gardening Tip

By Rosie Harvest

Puddling Seedlings

This is a tip I was given many years ago by a local farmer. We were planting bare-rooted tomato seedlings for a commercial crop in the Redlands salad bowl area. I had never come across this method before, and I think it should be more widely used.

I was advised to dip the roots in water, and then dust/dredge the wet roots with fine, dry, friable soil. This covers the fine root hairs and roots, coating them and blocking them from direct air contact, and protects them from drying out. The seedlings were then planted by hand in a pre-prepared furrow, and covered with soil in the normal manner.

I have done this for many years, and noted that the plants have minimal plant-out shock. I use this method when:

- repotting cuttings,
- planting vegetable seedlings, and
- picking up seedlings of all varieties from the garden.

Also, if you run out of time, seedlings treated in this manner and then wrapped in damp newspaper, will survive happily overnight.



GIVE AWAY - USED HESSIAN SACKS

ROGI has been offered access to large, used hessian sacks by the Ozfish team who create artificial oyster reefs around the Brisbane coastline.

However, they need to be picked up from the "Shuckit" premises along Lytton Rd.

If anyone is interested in getting some bags, or goes over that way sometimes and can do a pickup, please contact me.

No point getting a whole lot of bags if no one wants them.

Thanks,

Chris McIvor - 0448 481 954

Bananas

By Roberta Bonnin

We were raised on bananas, my children too, and now my grandchildren. My grandparents planted Williams Cavendish on their land here at Wellington Point in 1949. Generations of the same plants bearing generous bunches of bananas have fed us for over 70 years, and their fruit has been shared with family, friends and neighbours.

My grandparents' bananas are a low growing manageable variety with good sized bunches and sweet fruit. When I returned here to live permanently in 1983, I asked the DPI to inspect the bananas and teach me how to recognize Panama disease or bunchy top virus in case they should ever infect the plants. Their one rule was that I wasn't to distribute suckers or corms from the property.

Now we have access to many different varieties of bananas and can buy Cavendish suckers from nurseries, but my grandparents' Williams Cavendish are my favourite. There is nothing like picking and eating the first ripe banana straight from the bunch (before the fruit bats have spotted the glow of ripening fruit).

Check out the Australian Banana Growers Council on [www.facebook.com AustBanana Growers](https://www.facebook.com/AustBananaGrowers) or ABGC Youtubes. Note that Biosecurity Queensland still discourages the transfer of banana plants from properties for biosecurity reasons.

Moving backyard banana plants is a biosecurity risk, as this can spread serious banana diseases like Panama disease or banana bunchy top virus. With 94% of Australia's bananas grown right here in Queensland, further spread of these diseases would be detrimental for our industry. We all have a general biosecurity obligation to take practical measures to minimise biosecurity risks.

😬 *DON'T buy or sell your backyard banana plants online, or even share them with your friends.*

😬 *DON'T buy from private sellers on social media marketplace sites.*

😊 *DO source QBAN branded banana plants from bona fide retailers like nurseries, garden centres and hardware outlets.*



Biosecurity Queensland February 2023

Banana Recipes

Banana Bread (Roberta Bonnin)

This banana bread recipe was requested after members tasted it at the ROGI February meeting. I like the recipe because it uses a good cup of ripe bananas. It's highly adaptable so you can reduce, swap or delete ingredients for vegan, gf, whole grains etc, and simplify the method for modern appliances. This bread has a rich, moist texture and deep banana flavour. It is better made 1-2 days ahead.

125g butter
1/3 cup brown sugar, firmly packed
2 eggs, lightly beaten
1 teaspoon vanilla essence
1 teaspoon bicarbonate of soda
¼ cup thick sour cream
¾ cup wholemeal flour
¾ cup plain flour
¼ teaspoon salt
1 cup white raisins (plumped in tea)
1 cup mashed, ripe bananas (about 3-4)

- Grease a 25 x 10cm loaf pan, and line the base and long sides with baking paper.
- Cream butter and sugar until light and fluffy, then add the eggs and vanilla and combine well.
- Dissolve the bicarbonate in the sour cream and stir into the butter mixture.
- Sift the flours with salt, and add to the mixture with the mashed bananas, stirring until well blended.
- Bake in a preheated moderate oven 180°C for 1 hour, or until a skewer inserted in the centre comes out clean.
- Cool in the tin for a minute, then turn onto a wire rack.

Banana & Pecan/Sultana/Choc Chip Muffins

(Ann Roffey)

This is a family favourite - great for using up ripe bananas and for adding to lunch boxes. It freezes well.

125g melted butter, cooled
½ cup white sugar
1 egg, beaten lightly
½ teaspoon salt
1 teaspoon vanilla
1 ½ cups plain flour
1 teaspoon baking powder
1 teaspoon bicarb of soda
1 cup mashed banana (3-4 bananas)
½ cup chopped pecans/sultanas/dark choc chips

- In a large bowl combine cooled melted butter, sugar, egg, salt and vanilla.
- Sift flour, baking powder and bicarb of soda into bowl.
- Stir batter until just combined.
- Fold in banana and pecans/sultanas/choc chips.
- Spoon into greased 12 cup muffin tin, 2/3 full.
- Bake in a moderate oven for 15-20 minutes.
- Makes 12 large.

Upcoming Events

OAKLANDS STREET COMMUNITY GARDENS OPEN GATE

Saturday 11 March - 9am to midday

21 Oaklands Street, Alexandra Hills (behind Aldi)

Free Entry

Public access to gardens. Plants, crafts and bric-a-brac for sale, open playground. Sale of tea, coffee, biscuits, slices and poppers.

BROMELIADS & TROPICALS AUTUMN SHOW & SALES

Saturday 11th March 2023, 8.00am - 4.00pm

Sunday 12th March 2023, 8.00am - 1.00pm

Belmont Shooting Complex, 1485 Old Cleveland Road, Belmont

Admission: \$4.00

Thousands of bromeliads and other tropical plants for sale. Display and show of competition plants. Free advice from growers. Monster raffle, book sales and refreshments.

Website: bromsqueensland.com.au

Facebook: facebook.com/BromeliadSocietyOfQueensland/

BETHANIA STREET COMMUNITY GARDEN

Introduction to Permaculture in Suburbia

Sunday 7 May, 10.00am - 12.00pm & 12.30pm – 2.30pm

Cost: Free - Bookings necessary

Please email Bethaniabooking@gmail.com with your name, phone number, date of workshop and number of places required.

(Participants to attend both sessions and bring their own refreshments for lunch).

Permaculture is the conscious design and maintenance of productive ecosystems which have diversity, stability, and resilience. Learn about its foundations and ethics and how these can be applied in an urban setting. Renowned presenter Michael Wardle will use the community garden as a demonstration, and explain how permaculture can be incorporated into our own communities, homes and lives.

USED POTS NEEDED

Please **return seedling pots (that have been washed)** to the Plant Table 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.

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 April newsletter deadline is 23 MARCH 2023

ROGI MANAGEMENT COMMITTEE

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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

Your Membership Renewal is Due NOW!

How to renew your membership . . . fast and easy

1. Go online to <https://www.rogi.com.au/renew-membership.php>
2. Fill out the application, press SUBMIT.
3. Go to your online bank to make a transfer to ROGI -
BSB 633000, Account Number 136 137 296
(Use your name as a reference please)
4. Find your 2023 Membership card name tag on the hanger near the sign-in table at the February 2023 meeting.

PLEASE NOTE - We now have a 'square reader' so you can make your payment with your credit card (at the ROGI meeting).

However, please keep in mind ROGI is charged for this option.

Member Category	Members Renewing for 2023	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct 23-Dec 24
Single	\$35	\$35	\$27.50	\$20	\$42.50
Family*	\$55	\$55	\$42.50	\$30	\$67.50
Pensioner Single**	\$25	\$25	\$20	\$15	\$30
Pensioner Couple**	\$35	\$35	\$27.50	\$20	\$42.50

***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.

PLEASE NOTE:

ROGI Membership fees have increased by \$5-00 per category. The ROGI Management Committee has reviewed all income and expenditure, and due to rent increases and other growing costs, we have no alternative but to increase membership fees. Thank you for your understanding.