

Next meeting: Wednesday 11th May 2016

ROGI News

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

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

Admission

Members: Gold coin

Visitors: \$5

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

Tea/coffee provided

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

See you Wednesday ...

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These coriander seeds were sown as Nature does it—by dropping them fairly thickly onto the ground. You can see that there are seeds atop the new leaves as they emerge from the soil.

Jill's Jottings

Notes from our President

Hello fellow members

You'll agree, I'm sure, that there's really nothing quite like the joy of gardening carrying with it the serenity of being one with nature and the satisfaction of growing your own food, flowers and other plants.

There's another big benefit of gardening—the health benefit. The garden is a great place to give the mind and body a workout. Gardening has been compared to moderate cardiovascular exercise—providing what you're doing is more than just holding the hose! Strenuous activities such as weeding, digging, raking,

planting, pruning, shovelling, turning compost can burn up to 500 calories an hour.

Doing these improves and maintains your flexibility, sensory perception and balance. And since it's functional exercise, it seems to make more sense than going to a gym to exercise on a machine, which fulfils no practical function other than the exercise.

Even with all the hard work involved in serious gardening, you can find yourself in a calm and relaxed state of mind as you concentrate on the job at hand and let go of the pressures of the everyday. This is because being outside gardening boosts endorphins—your feel-good hormones.

As with most exercise, we're cautioned to gradually build up to it—don't spend eight

hours gardening after doing nothing for six months. That's asking for trouble

I was prompted to write about this topic after 12 cubic metres of melaleuca tree mulch were tipped onto the driveway on Friday. Obviously, it needed to be moved. There's the barrow and the shovel, ready and waiting.

I'd discussed it with my chiropractor beforehand. Here's what she suggested:

- alternate the shovelling action between right-handed and left-handed
- have a break *before* anything starts hurting
- drink lots of water
- don't overdo it (Who? Me?)

Along the way I discovered some extras:

- wear thick gardening gloves
- don't wear crocs on your feet—the mulch gets in the holes and is very annoying
- set a goal of, say, ten barrow-loads before a break for chocolate
- it's satisfying seeing the pile shrink
- don't overdo it

And what are we doing with all that mulch? The greater part of our yard is lawn which uses up space, water and mower fuel. We want to grow food instead. Rather than digging up the lawn, we're covering it with mulch which will break down into chocolate brown, worm-filled matter. To hasten the process and prevent nitrogen drawdown we'll apply nitrogen-rich additives such as urine, blood and bone, Organic Xtra, chook poo etc. It won't happen overnight ... But we've got other spaces to be getting on with.

Happy and productive gardening

Jill



Coming Events *There's a lot happening!*

May	Thur 5	BOGI (Brisbane Organic Growers) meeting
	S&S 7&8	Jerry Coleby-Williams Open Garden
	Wed 11	ROGI meeting
	Sun 15	Yandina Community Gardens Open Day See p16
	S&S 21&22	Plant Collectors' Fair See p14
June	Sun 22	Herb Awareness See p20
	Sun 29	Garden Visit * See p16
	Thur 2	BOGI meeting
	Tues 7	Herb Society meeting
	Wed 8	ROGI meeting
	Sun 26	Field Trip Tropical Fruit World * See p16

* Book with Toni on events@rogi.com.au or 0402 323 704

Membership Fees

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

- **Cash** payment at ROGI meeting
- **Cheques** made payable to Redland Organic Growers Inc - pay at meeting or to PO Box 1257, Cleveland 4163
- **Direct Deposit** BSB 633-000. A/C 136 137 296 Bendigo Bank Capalaba Central

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

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

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

* **Family** - two (2) adults residing at the same address and children under eighteen (18) years ** Please provide evidence of **pensioner** status to claim discount

May Meeting

Learn tips and practical skills you can use right away in your garden.

At this meeting there will be several activity stations so you can 'have a go' – in sessions of approximately 15 minutes.

Move from one station to another during the night—you'll get to about three in the time available.

Think about what you want to do, see and hear, and then bring the listed resources you need from home. Here's what we have on offer:

ACTIVITY STATION	PRESENTERS	WHAT YOU NEED TO BRING
Soil pH: demonstration and discussion	Mary and Rai Imer	Teaspoon of your soil from depth of about 10cm. Test kits available to use.
Biochar – the what, why, how	Frank Huysing	Biochar will be available to buy
Q & A / Plant clinic	Gennaro De Rosa	All your questions to ask GDR
Seed bank and planting	Janet Crighton Sharr Ellison	Bring a small box to take some planted seeds home
Getting started on your veges	Linda Brennan	Beginner's sessions – a talk. Bring questions on how and where to start
Soil types, sausage texture test	Jill Nixon	Demonstration - you can do this at home
Supper	Cheryl McWilliams & team	Your plate of food and your appetite – starting after 8.15
How to take a cutting. Demonstration.	Margaret Hester	<u>BYO secateurs</u> Bring pots /cans and a box to take planted cuttings home
How to do a simple graft - demonstration	George Allen & Bob Cosgrove	Demonstration - so you can do this at home

Designing a Garden

Naomi Wynn – Balance Garden Design

Reported by Margaret Sear

Naomi gave an enlightening presentation at our April meeting and started off with design principles.

Design: What is it good for?

Design is:-

- A drawing that shows how something is to be made
- To plan or intend something for a special purpose
- The way something is made or arranged

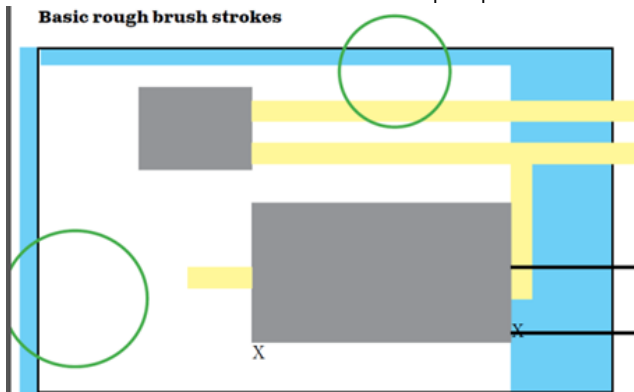
Naomi referred to the design workshop at the Nixon's garden visit in March. These are the design elements that need to be considered on site before starting the design process.

A drawing that shows how something is to be made.

Directionality e.g. which way does the property face - north, south, east and west, to gain maximum sun for vegetable garden etc?

Where are the permanent utilities on the block, e.g. existing trees that will remain, power lines or underground cable, water, sewerage, sheds, driveways, paths and entrances etc?

These need to be noted on a simple plan.



Grey—buildings; Yellow—paths; Green—trees to remain
X—water taps; 2 black lines—water and stormwater pipes

To plan or intend something for a special purpose.

Mark on the plan all the spaces and positions that could potentially be used to grow vegetables or fruit trees, house chickens, store garden implements, tools, soils and fertilizers and the spaces needed for composting systems etc.

These are noted in red on the plan.

In the Nixon's plan example, north is at the front of the property and west on the top side of the plan. There is potential for growing right along the western side and fenceline beside pathways, at the front along the fenceline and in the grass area with three existing round garden beds, along the shadier eastern side of the house and at the back of the property beside and behind the shed and across the yard below the clothes line.

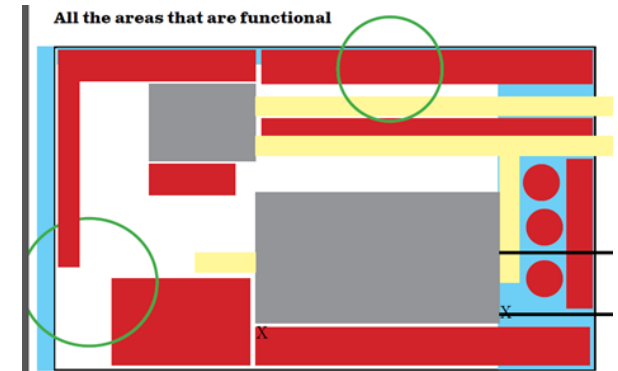
An existing persimmon tree in the backyard will shade the new chicken enclosure and run, and an existing lillypilly tree provides shade from the western sun for the living room and the car.



Next, it is a good idea to work out which of the potential areas are going to be functional. Note where car access, foot traffic and deliveries of soil, compost and necessary materials will require ease

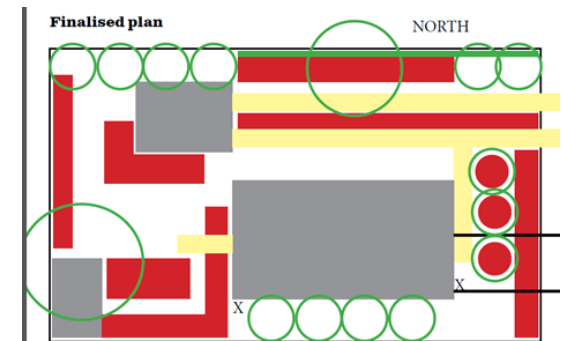
of access and manoeuvrability. This will necessitate tweaking your plan slightly.

Note some red areas removed.



This will then allow you see where to best add and position the trees and gardens you are considering. You can then work out the final design on the plan. On this particular plan, this means citrus trees would best suit along the western side of the shed where it's warm, with other fruit trees at the front northwest corner and along the eastern side of the house in a more shaded position.

Vegetable and herb gardens would go across the yard behind the front fence, with herbs and small fruit trees in the centre of the round garden beds. Along the western side fence, sweet potatoes and herbs would be positioned to still maintain car and delivery access due to their low growth habit.



Designing a Garden continued

More productive gardens could be installed under the clothesline, beside the shed and along the eastern fenceline of the backyard. It would be possible to utilise the rinse water from the washing machine at the back of the house to assist in watering these beds.

The way something is made or arranged



Repetition, combination and scale

Naomi then spoke about the elements of design, such as shape, repetition, combination and scale.

Using paper and pen Naomi showed ways of utilising height and shape to bring focal points and harmonious elements into the design.

Height can be achieved by building structures such as arches or tepees of steel, wood or bamboo.

This allows for ease of access to your garden and picking your crops.



Considering how you will **move through your garden** means looking at pathways and making them functional and artistic which also adds interest to your garden spaces. Concrete pavers arranged with herbs between or perhaps timber tree cookies work well ...



Utilising **vertical space** can also work well for herbs and vegetables, and walls can provide options for planters such as recycled bottles or guttering in which to plant smaller herbs and vegetables.



Using alike **shapes** such as rectangles or squares, and also combining shapes, can work to create interest and ease of picking.

For example, squares can be used as fence or garden enclosure, bed shape or even trellis support bringing harmony to the design.



Combinations of similar shapes also work well.

Designing a Garden continued

Curves add softness to design. They can be created using existing equipment such as drums or wheels, or formed using a multitude of natural, recycled materials such as bottles and bricks or purchased materials such as rocks, concrete blocks, and aluminium sheeting.



Summary

- Repetition: shape, materials, colour
- Asymmetric: work in groups of 3, 5, 7 etc
- Symmetric: work in groups of 2, 4, 6 etc
- Horizontal and vertical space
- Scale: GO BIG! and have a focal point.
- Give your eye something to look at that is appealing.
- Have a theme: rounds, rusted steel, cottage, modern symmetry



From Naomi Wynn's presentation at April ROGI meeting.

Naomi Wynn is a garden designer and horticulturalist. For more information go to <http://balancegardendesign.com.au> and <http://www.repeatharvest.com.au>

Redlands Good Gardening Expo

Saturday April 16th was a great day for the Gardening Expo. Although the weather was a bit overcast at times, it kept fine for the whole day. The place was buzzing with busy people when I arrived at 7am and didn't slow down all day.

An abundance of interested visitors wandered casually through the many garden areas, checking out displays and stands with garden-orientated products.

There were stalls offering a variety of food from yummy bush tucker to pizzas. My favourite Redlands band Mama Juju and the Jam Tarts were playing during the middle of the day.

There were four areas where a variety of speakers, many of them ROGI members, enlightened visitors with information on all aspects of good gardening, plus workshops on Taking Cuttings and The No Dig Garden.

Also many visitors to the ROGI stand learned how to create a seedling pot from newspaper, planting a seed or two in it to take home for their own garden.

The ROGI stand was the largest there and we had a lot of people milling around much of the day.

There was a healthy increase in new memberships, so I'm looking forward to seeing some new faces at the next ROGI meeting on May 11th.

The almost-famous Box Gardens, as usual, were very lush, attractive and tempting (a quick and easy way to get a salad garden started) and the raffles went very well.

A new initiative that proved to be extremely popular was having seedlings and plants for sale at the seed bank stall, with some types of seedlings and plants selling out.

Many people went home with something from the ROGI stand.

Thank you to all the many volunteers for your part in making this a successful day. A fantastic effort was made by all involved.

Carolyn Lassen

The ROGI seed bank, plants and seedlings stall.



Top: Landscape architect Emma Baker talking about sensory gardens.

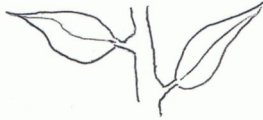
Middle: part of the ROGI stall

Bottom: Naomi Wynn from Repeat Harvest showing the finishing touches at the no-dig garden workshop

Taking Cuttings Workshop

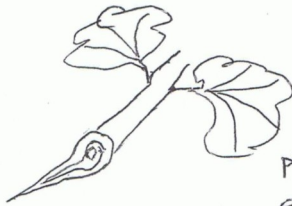
Here is the handout prepared by Julia for this workshop at the garden expo in April.

- Nodes



- where a leaf joins the stem
- roots will grow from these points.

- Heels



- side shoots taken from the stem with a piece of the main stem attached. (Grevilleas)

- Soft tip cuttings



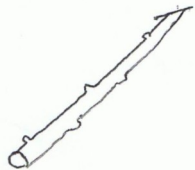
- new growth where bark is just changing colour to darker green or pale brown.
- usually taken late Spring to early Summer.

- Semi-hardwood

- more mature, bark turning brown or grey.
- taken mid to late Summer

- Hardwood cuttings

- from deciduous plants
- taken in winter when leaves have fallen.
- Each cutting needs 3-5 nodes



- Rooting Hormone - encourages quick root growth. Can use honey water

Plant Clinic

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

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

Someone will have a look and may be able to answer your questions.

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

OPEN GARDEN Jerry Coleby-Williams
Weekend 7th & 8th May 9am—4.30pm

56 Daisy Street, Wynnum \$10 Under 16 free

Don't miss this opportunity to visit the amazing and affordable sustainable garden of well-known Gardening Australia presenter, Jerry Coleby-Williams, and get a first-hand look at what can be achieved on a suburban block and using average gardening skills.

<https://jerry-coleby-williams.net/2016/03/13/bellis-open-day-mothers-day-weekend-7-8th-may-2016>

Please note: these are the only open days at Jerry's garden this year. ROGI will not be able to have a private tour as previously stated.

Kale

Brassica oleracea var. sabellica

Kale is also known as borecole, which in Dutch means 'farmer's cabbage'. There are many varieties in Australia now, the most common being cavolo nero (Tuscan kale, with dark green 'dinosaur' leaves) and Scotch kale with tightly curled frilly leaves. Red Russian kale is beginning to make a name for itself. There are many more with over 200 types of kale.

Kale likes to grow in rich soil, high in organic matter with a slightly acidic pH (5.5 - 6.5). We grow kale for the leaves, so the high nitrogen content provided by organic matter is crucial.

The optimal soil temperature for planting is 15-20°. All varieties prefer cool temperatures—hot weather will turn kale bitter, so now is a great time for kale to grow.

Seeds can be sown direct in the garden and should be up within five to eight days. Cover seeds with about 1cm of soil and don't allow the seeds to dry out before germinating. In the seedbank we use a mix of coir peat 65%, vermiculite 20% and perlite 15%.

Kale matures quickly (two months or less) so, if

How do you prepare and eat your kale? Please send in your suggestions and recipes to go in the next newsletter. It won't be long before everyone will be desperate for new ideas to use their bumper crops. Kale is so good for us, we can't waste it, can we?

you prefer, start your plants later or even plant multiple crops by succession planting.

Something I like to do for my kale is side dressing - throughout the growing season I make a furrow and add compost and worm tea. It gives it the boost I feel my kale needs and, remember, mulching around the plants will keep the soil cool and moist, the way kale likes it.

Kale is a member of the cabbage family which is notorious for attracting insect pests, although it's less prone to problems than cabbage or broccoli. It can be susceptible to cabbage moth, white butterfly, aphids, snails, slugs and some soil-borne diseases.

Suggested companion plants are celery, the onion family, potato and beetroot. The best defence is to monitor the plants often, for signs of eggs or feeding and treat accordingly.

The seed bank has heaps of kale seeds, plants and seedlings. As well as that, there'll be some kale chips for you to try at the next meeting.

Sharr Ellison



Above: Mature Red Russian kale. These plants produced for more than 6 months before succumbing to aphids.



Right: Mature Cavolo Nero or Tuscan kale



Far left: Red Russian kale seedlings ready to grow up

Left: Tuscan kale seedlings ready for you to grow

Soil pH

Soil pH is a measure of its acidity or alkalinity. The pH scale ranges from 1 to 14, with 7 being neutral: Below 7 is acidic and above 7 is alkaline. On the scale, the 'p' stands for potential, and 'H' is the chemical symbol for hydrogen. The more acid your soil is, the more hydrogen (H) ions* in your soil.

As H ions are replaced by calcium (Ca) ions on the charged sites, soil pH rises. Just to make it confusing, the pH scale is shown as a negative logarithm - the more hydrogen ions in topsoil, the lower the pH number. Also, because soil pH is expressed as a logarithm, a pH of 6.0 is ten times more acid than a pH of 7.0, and a pH of 5.0 is a hundred times more acid than 7.0.

Soil pH controls many chemical processes. It specifically affects plant nutrient availability by controlling the nutrient's chemical forms. Plants can only absorb nutrients as electrically-charged ions that attach themselves to clay and organic matter ions with the opposite electrical charge (+ or -).

Depending on the level of acidity or alkalinity, varying amounts of different nutrients can be taken up by plant roots. At some pH levels, nutrients become locked up and unavailable to plants. The optimum pH range for most plants is between 5.5 and 7.0, however some plants have adapted to thrive at pH values outside this range.

Most vegetables and exotics remain healthy growing in a range of 6.0–7.0, but potatoes and strawberries do best when pH is ~ 5.5, and brassicas and beetroot require a pH close to neutral.

Few plants survive when the pH is below 4.5 where major nutrients are strictly limited and trace elements become available in toxic quantities, or above 9.0 where calcium becomes insoluble.

* An ion is an atom or group of atoms that has an electric charge. Positive ions (cations) are formed by the loss of electrons and negative ions (anions) are formed by the gain of electrons.

Sources of soil pH

Sources of Acidity

Acidity in soils comes from Al^{3+} (aluminium) and H^+ ions in the soil solution. Other processes contribute to acid soil formation including rainfall, fertiliser use, plant root activity and the weathering of primary and secondary soil minerals.

Acid soils can also be caused by pollutants such as acid rain and mine spoilings.

Sources of Alkalinity

Alkaline soils have a high saturation of base cations (K^+ [potassium], Ca^{2+} , Mg^{2+} [magnesium] and Na^+ [sodium]). This is due to an accumulation of soluble salts, classified as either saline soil, sodic soil, saline-sodic soil or alkaline soil. All saline and sodic soils have high salt concentrations, with saline soils being dominated by Ca and Mg salts and sodic soils being dominated by sodium.

Alkaline soils are characterised by the presence of carbonates. Soil in areas with limestone near the surface are alkaline from the calcium carbonate in limestone constantly mixing with the soil. Groundwater sources in these areas contain dissolved limestone.

Nutrient availability in relation to soil pH

Nutrients needed in large amounts by plants are referred to as macronutrients - nitrogen (N), phosphorus (P), K, Ca, Mg and sulphur (S).

Elements that plants need in trace amounts are called trace nutrients, trace elements or micronutrients. These are not major components of plant tissue but are essential for growth. They include iron (Fe), manganese (Mn), zinc (Zn), copper (Cu), cobalt (Co), molybdenum (Mo) and boron (B).

Both macronutrient and micronutrient availability are affected by soil pH.

In slight to moderately alkaline soils, Mo and macronutrient (except P) availability is increased, but P, Fe, Mn, Zn, Cu, and Co levels are reduced and may adversely affect plant growth.

In acidic soils, micronutrient availability

(except for Mo and Bo) is increased. Most nutrient deficiencies can be avoided between a pH range of 5.5 to 6.5, provided that soil minerals and organic matter contain the essential nutrients to begin with.

Changing soil pH

Adjusting pH without the buffering effect of decomposed organic matter is difficult.

Rectifying your soil pH

Increasing pH of acidic soil

The most common amendment to increase soil pH is lime (CaCO_3 or MgCO_3) usually in the form of finely ground agricultural lime. Other amendments that can be used to increase the pH of soil include wood ash and oyster shells. White firewood ash includes metal salts that are important for processes requiring ions such as Na^+ , K^+ and Ca^{2+} , which may or may not be good for the select flora, but decreases the acidic quality of soil.

Decreasing pH of alkaline soil

Iron sulphates or aluminium sulphate as well as elemental sulphur reduce pH through the formation of sulphuric acid. The addition of organic matter in the form of plant litter, compost, and manure will decrease soil pH through the decomposition process.

Source: https://en.wikipedia.org/wiki/Soil_pH

pH soil testing available at our May meeting

Bring along a teaspoon of your soil from a depth of about 100 -150mm (the root level of plants) into your garden.

We will have pH test kits available for your use and Mary and Rai Irmer will teach and assist you.

Garden Food Workshop SMBI Food Growers Group

Saturday 20 February @ 'Pretty Produce', MACLEAY ISLAND

"A Piece of Delightful Cake!"

It was the delight of the presentation and comprehensiveness of the SMBI flyer advertising the Garden Food Workshop that first enticed me to sign up for this event. The entire process was made easy and within no time I had a written confirmation of my and my friend's placement, a meet-and-greet connection, a ride up from the ferry and a lunch table secured for after the event; my proffered funds 'up front' weren't necessary... to use a frequent expression of mine... 'a piece of cake!' – that's what I like (see writer's note).

What a great entry to what became a fabulous day in terms of organisation, information, hospitality, food insights, discoveries and new connections.

The parking issues at the Weinam Creek ferry terminal were trying to disillusion us but the brilliant blue sky weather smiled on all day.

Half way across Moreton Bay, the skipper quietened the motors of the ferry and brought our attention to a dugong swimming at our side – no special tour required!

Noel Rawlins met us with the Island Taxi Service – wearing his bright red hat as promised as we disembarked on Macleay Island and were swiftly whisked off to **Simone and David** Jelley's stunning home on Perulpa Bay. We were



Above: View over to Stradbroke Island
Below: Inside Simone's and David's house



warmly greeted by them, with surrounding views over the bay to North Stradbroke Island in the background. Their home was beautifully set up inside and the large timber atrium area beyond was laid out for what was to be four very different presentations that delighted about 40 people.

The knowledgeable, well-read Simone shared great insights and dozens of fragrant

samples of **Edible Flowers and 'Weeds'** that are the stem of her growing business which supplies some top notch restaurants in Brisbane and beyond. The smell, touch, taste and identification experience was a sensation in the true sense, as was her Oxalis Aioli dip.

She and David, who does the infrastructure building and takes the refrigerated van delivery service of their **Pretty Produce** to clients and agents, are expanding their farm garden soon to a larger historic piece of land on Lamb Island.

I am keen to experience the next stage of their business and how they make the best and respectful use of their environment regardless of some tough conditions.

Then the most divine loaves of **Sourdough Bread** appeared for us to feast our eyes on! These were prepared by **Naomi Zaks** who demonstrated efficient kneading, gave detailed hints and responded to many questions. All her bread samples, starter packs healthy dog treats and cheese bickies were soon all purchased by attendees, as they are by locals on Macleay regularly.



Garden Food Workshop cont'd



We shared the delicious varieties for morning tea with platters of cheese and dips that were showered in colourful edible flowers...and that was just the beginning of a near feast washed down with 'blue tea'! (Yes, what a discovery)... I'm going to leave you hanging about the details of that – you'll have to come along to the next SMBI event on Lamb Island.

The most decadent Apple and Date Lumberjack Cake was scoffed down by us all. Through my drooling I had to beg the recipe (despite my groaning collection).

In his ever-efficient style as the organiser and communicator, **Dave Tardent** had the recipe emailed to us all before 24 hours had passed!

After much communal sharing of ideas and food we took ourselves back to our seats and were well rewarded by an extensive outline of **Fermenting** and the benefits of probiotics, kefir, kombucha, brining veges and the various health benefits of them all.



Marion and Frank, on Simone's delightful terrace, talking about fermenting foods

Marion Lennon supported by partner **Frank Huysing** came over from the mainland and presented sustainability products, brought along samples to try and gave advice on the importance of fermented foods for good gut health which is becoming well recognised as a major health issue. (Poor microbiological balance can trigger a person's DNA predisposition for major diseases eg auto immune, diabetes etc.)

Barefoot and full of life and appropriate technology ideas was **Tim Barker** (mobile mechanic on the Islands and qualified diesel mechanic to boot) who gave us a blast of a demonstration with his **Rocket Stove**. With a wealth of knowledge, he imparted concepts of the technology of fuel-efficient heating and cooking that could be applied in a variety of situations, formats and climates.

Tim participates as a presenter in events in New Zealand and the USA and showed photographs of numerous terrific examples of



Tim's rocket stove in operation

how it has been applied. We were all well warmed by his stove and ideas.

After reluctant good-byes to our splendid hosts and environs we were efficiently driven to lunch at the Water's Edge Bistro at Club Macleay – no transport issues here! Before settling to a chilled wine and hot food, I was excited to have word of the next event.

Attendees were sparkling with comments about the fabulous presentations and variety of information and great organisation.



Garden Food Workshop cont'd

I recommend that all sign up for the next event and be delighted to get an education from islanders about their food and culinary pursuits on these residential islands so close to a major city.

What a delightful piece of cake just waiting for you!

Writers note:

I have a background in Tourism and Hospitality marketing over many years and have initiated and hosted many Epicurean style events and organised large international groups for corporate events and trade fairs etc.

More recently, as an Aussie patriot, I have been growing tropical fruits and native bush foods in my humble suburban backyard and completed a sustainable agriculture course. I make mention to say "Well done to all!" I understand what it takes to put together a great event seamlessly.

Leanne Hayes (B.Ed, Dip.Teach, Body Psych, CFP, TTC, FAMI.)
Member Qld Bushfoods, Sub Tropical Fruits Qld and ANPSA.

ROGI will be visiting two bay islands (Lamb and Karragarra) on 31st July. See page 16.
We will see Simone Jelley's farm on Lamb Island which she has developed since our last year's trip to her Macleay Island property.

Did you know? You can recycle most plastic!

The REDcycle Program gives you a way to keep most plastic packaging—even soft and clingy—out of landfill.

Collect the following soft plastics you can't recycle at home. Drop them into the REDcycle bin at a participating supermarket—Coles at Capalaba Central, Capalaba Park, Cleveland, Victoria Point—most Coles stores.

RED Group collects and processes the material and Australian-based manufacturer Replas re-processes it into new products such as outdoor furniture for schools.

For more information, see:

<http://redcycle.net.au/redcycle/how-to-redcycle>

<http://www.replas.com.au>

These can go in the REDcycle bin at Coles	These go in usual recycling bin or compost
Bread bags Biscuit packets Frozen food bags Rice and pasta bags Confectionery packets Cereal Box Liners Newspaper wrap Plastic shopping bags Old green bags Bubble wrap	Plastic bottles Plastic containers Glass Paper and cardboard Tin cans Food waste





Brisbane Plant Collectors Fair

A first time event with a strong focus on rare, unusual and difficult-to-find plants of all kinds for enthusiastic plant collectors, direct from special plant breeders, propagators and importers.

Guest speakers include Jerry Coleby-Williams, Noel Burdette, Wes Vidler, Carol Kerkin, Russell Young and Genny Catlin.

Saturday 21st May 8.30—4.00

Sunday 22nd May 8.30—3.00

\$5.00 adults (Children under 15—free)

Brisbane Botanical Gardens, Mt Coot-tha

More info at <https://www.facebook.com/events/1036406336381234>



World Urban Farmers Day

Celebrated on May 22 each year, this special day recognises all urban and city farmers worldwide.

Since most of us live in an urban or sub-urban area, and we aim to grow our own food, this will apply to us.

Here is a list and statement of the most important points for urban farmers around the world to live and work by.

Urban farming must:

- be fun
- be meaningful
- be organic or natural
- feed your family or community
- make an income (*well ... maybe not this*)
- help the planet
- be kind to nature
- practise earth care, people care and fair share

Do you agree?

Go to <https://www.facebook.com/World-Urban-Farmers-Day-May-22-1552243135067140> if you want to read more or make any comments.

Critter of the Month—Curl Grubs

Well, the magpies have been scrounging in my veg patch where I used to have a compost pile ... and coming up with huge curl grubs and some beetles!

Curl grub is the common name given to the larvae of different species of beetles including the African Black Beetle, Christmas beetle and scarab beetle. My curl grubs are definitely the larvae of the rhinoceros beetle, one of the scarab beetles.

Curl grubs are white or pale cream, with six legs and a brown head and greyish end. It is their habit of curling up into a C shape that gives them their common name and they grow to around 2.5cm long. They are sometimes mistaken for witchetty grubs.

The grubs mostly live underground or under debris, so aren't exposed to sunlight. Many scarabs scavenge and recycle dung, carrion, or decaying plant material. Others live on the roots or stems of a broad range of plants (except legumes) including lawns. As the curl grubs feed, plants and lawns fail to perform well and often appear to need watering despite the ground still being moist. In pots, a heavy



infestation of curl grubs can eat the entire root system of a plant.

It is during warmer weather that the new eggs hatch and older larvae move closer to the soil surface feeding more heavily on plant roots. The hotter weather adds to the burden of plants trying to survive with a diminishing root ball. Infestation levels are usually worse after prolonged periods of very dry, hot weather ... the sort of weather that we have been experiencing here in Redland City this year.

Organic Control Methods for Curl Grub

Please note that coming across one or two curl grubs in a garden bed is usually no cause for alarm. It is only when you discover larger numbers that significant damage occurs and treatment is required.

In potted plants they should always be controlled regardless of the number found.

- Apply eco-neem to lawns, garden beds and potted plants as a soil drench using a watering can. Optimum application time is between mid-spring to mid-summer when the eggs are hatching and larvae are near the soil surface. Ensure thorough coverage of treated areas.
- Where practical turn over the soil to expose the curl grubs. Remove them by hand and feed to the birds or chooks. They love them!
- Minimise the use of outdoor night lighting as this may attract adult beetles to the area.

Rhinoceros Beetles are among the largest beetles in the world. They can reach 60mm in length. They have two horns, one on the top of the head and the other projecting forward from the middle of the thorax.

Rhino beetles are the strongest animals on the planet, proportionally. They can lift up to 850 times their own weight! Scientists believe that the beetle has become so strong to be able to forage through heavy litter on the jungle floor and dig its way to safety.

They are nocturnal, can fly strongly and are attracted to lights at night. Hiding during the day under logs or in vegetation, they are invisible to the few predators big enough to want to eat them.

The fearsome appearance of these beetles is increased by the loud hissing squeaks they give when disturbed. This squeak is merely a bluff and is produced by rubbing the abdomen against the ends of the wing covers.

In spite of their fierce appearance, they are all totally harmless. They cannot bite or sting or hurt you with their horns. The horn of the male is not used for protection but rather for the occasional battle with another male over a feeding site. Female rhino beetles have no horns and are quite plain and less frequently seen.

In Redland City they are only seen in the late summer months.





Yandina Community Gardens OPEN DAY

Sunday 15 May 2016

Scrumptious food, plants for sale, live music and coffee



Program

9:00 AM	Gardens Open
9:30 AM – 10:00 AM	Official Opening
10:00 AM – 11:00 AM	Jerry's Talk
11:30 AM – 12:00 PM	Anne Gibson – Quick Easy Micro Gardens for Busy People
12:30 PM – 1:00 PM	Elizabeth Fekonia Pulsing the Permaculture Edibles
1:30 PM – 2:00 PM	Morag Gamble Waste Not – Sustainable Living
2:30 PM – 3:30 PM	Jerry's Talk ... At the RSL Hall
3:30 PM – 4:00 PM	Jerry's Wanderings ... At our Gardens

Featuring Jerry Coleby-Williams

Jerry is a down-to-earth gardening expert with a wealth of knowledge on all things horticultural, a passionate conservationist, organic gardener, seed saver and writer, an inspirational example of sustainable living and gardening, as well as a well-loved TV host.

We are excited to have Jerry visit our beautiful gardens and share his knowledge.

A great day for everyone from backyard gardeners to serious Permaculturalists!

Where: "The Blue House", corner North and Farrell Streets, Yandina

Entry: \$10 pp, free for children under 16 yrs.

Come along and enjoy!



LIVING SMART



Event Sponsors



www.yandinacommunitygardens.com.au



Yandina Community Gardens

Field Trips

Sunday 26th June to Tropical Fruit World

Leave about 8am and travel by bus (or buses) to Duranbah in northern NSW. We will spend half an hour tasting fruit and then do a tour of the park before having lunch.

Prices: \$28 for senior (in a group of 15+) and \$36 for adults.

ROGI will cover the cost of the bus/buses and will also subsidise every member who comes to the tune of \$10—thus \$18 for seniors and \$26 for adults.

Lunch is extra at \$16 each or you may only want a snack for \$6 after all that fruit-tasting.

You can find more details at <http://www.tropicalfruitworld.com.au>

Sunday 31st July to gardens of Karragarra and Lamb Islands—more about this in June ROGI News

Garden Visits

Sunday 29th May—Bronwen's garden in Capalaba

A Sunday in June—Sharr's garden in Thornlands

A Sunday in July—Gail's garden in Capalaba

As always with these events, spaces are limited, so get in early.

Please book with Toni B. on events@rogi.com.au or 0402 323 704

Toni welcomes suggestions for workshops and field trips related to ROGI's organic growing interests. Also, discuss with Toni when you'd like to host a Garden Visit at your place.



What leaves are these?

The first leaves (the cotyledons or seed leaves) of plants of the brassica or cabbage family are easy to identify.

If you look at them closely (and use your imagination) you will see that they resemble a capital B—B for Brassica!

The leaves that follow are completely different.

Seed Bank Request

- Please return seedling pots the month after you have bought the seedlings so they can be re-used.
- Please bring along other clean used pots—sizes up to 120mm diameter.
- Collect and bring takeaway coffee cups so we can use them for the larger seedlings.

Please note that the guide to the right is a seed-sowing guide, not a seedling-planting guide.

There could be several days or even weeks between the optimal time to sow a seed and to transplant a seedling that you may have bought from a nursery.

Seed Sowing Guide

May

Artichoke; Jerusalem a/choke
Asparagus
Bean: Broad, French
Beetroot
Broccoli
Brussels sprouts
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence fennel
Kohlrabi
Leeks
Lettuce
Onions/garlic
Parsnip
Peas
Potatoes
Radish
Silver beet
Spinach
Other spinach: Brazilian, Egyptian, Warrigal, Kangkong
Swede
Sweet potato
Tomato
Turnip

June

Artichoke; Jerusalem a/choke
Asparagus
Bean: Broad, French
Beetroot
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence fennel
Kohlrabi
Leeks
Lettuce
Onions/garlic
Parsnip
Peas
Potatoes
Radish
Silver beet
Spinach
Other spinach: Brazilian, Warrigal
Swede
Sweet potato
Tomato
Turnip

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 Seedbank is available at ROGI meetings and Garden Visits. \$1 per packet for members. \$2 for non-members.

ROGI Library News

Last meeting Naomi Wynn from Balance Garden Design gave a talk about the importance of good design in the way your garden functions and its productivity. This is the theme we have chosen for this month's reviews of books available for loan from your library.

Bob Flowerdew's Organic Bible

Bob Flowerdew

Written in the UK and aimed at colder climate gardens than we have here in the Redlands, this book still has much useful information.



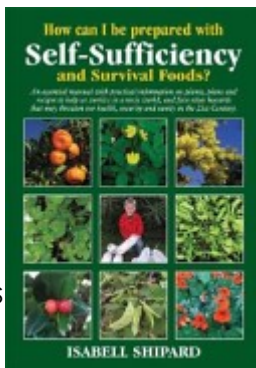
One of Bob's aims is to show us how we can plan our garden so that it works efficiently and looks beautiful throughout the year.

Key sections: The flowering of the garden; Making your garden naturally beautiful. Well-indexed, this book is "a comprehensive guide, filled with sensible and good-humoured advice" (*BBC Gardeners' World*).

How can I be prepared with Self-Sufficiency and Survival Foods?

Isabell Shipard

Isabell established the Herb Farm at Nambour and taught courses on herbs, always including a segment on the importance of self-sufficiency and survival in hard times.



The Key Section related to this week's topic is: Section 2 of "How can I be prepared", including "Grow an edible garden; Organic gardening and mulching" and "Permaculture" – these sections demonstrate how to plan a practical edible garden.

The book includes an Index along with a Bibliography and a list of useful websites.

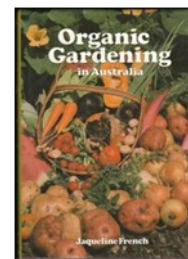
This is not only a great source of information for every organic gardener but also offers a wealth of practical advice and information for those wishing to live a more self-sufficient lifestyle.

Organic Gardening in Australia

Jacqueline French

You could call this book an oldie but a goldie!

Jackie can be said to be a practising example of all that she believes as an organic gardener.



On her farm in the Araluen Valley, NSW, she has successfully experimented with microclimates and their effect on design.

The key sections within this book that relate to Naomi's talk are: Garden planning (Chapter 1), in which she says gardeners must first decide how much effort they are prepared to make to grow the things they want. She goes on to stress the importance of microclimates within the garden. Organic garden beds (Chapter 2); The Organic vegetable garden (Chapter 11); and The Organic backyard orchard (Chapter 12).

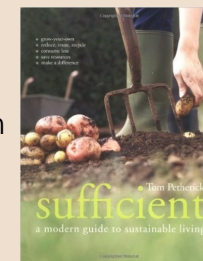
Easy to read and well set out, this book also includes a very helpful Index.

Cheers
Stephen Legge

Sufficient: a modern guide to sustainable living

Tom Petherick

Again, a book from England aimed at cold-climate gardeners, this book still has much to offer:



It begins with an overview of "Where are we now?" – where our food comes from, sourcing food, the idea of food miles and "First Steps" – rolling back a part of your lawn and surrounding your home with an edible landscape.

The section on Growing discusses growing your own and organic versus non-organic. This is followed by a very comprehensive section on Site and Design for various sized spaces and types of cultivation. There is also a section on keeping animals, including the advantages of domestic pets. It concludes with a list of books for Further Reading and an Index.

Packed with advice, this book also argues succinctly why a low-energy lifestyle has to be more than a passing trend.

Exchange plants, cuttings, seedlings and home-grown produce

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

ROGI Rewards

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

Members' Sales

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

FREE swap/share/give-away

(This is for members only)

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

Bring a bag/basket/box to take everything home



Rosella season is coming to a close ... and what a season it has been! Perhaps you've made so much rosella jam that you'd like to bring along some to sell on the members' sales table. Or ... maybe you still have some rosellas available and you're heartily sick of them by now. Bring them along to either give away or sell. Not everyone has grown rosellas this year.



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

This is how it works:

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

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

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

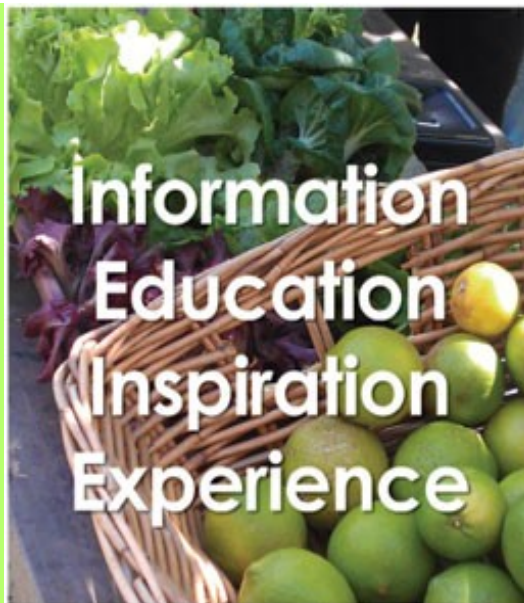
Request for Articles

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

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

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

info@rogi.com.au



 **Redland Organic Growers Inc**

Herb Awareness 2016

QUEENSLAND HERB SOCIETY ANNUAL SHOW

For everyone who wants to learn more about growing and using herbs!

- **Herbs and plants for sale.**
- **Lots of herb related stalls.**
- **Café Sage** herb inspired food.
- **FREE demos and talks.**
- **FREE entry.**

Go to www.qldherbsociety.org.au closer to the date for guest speaker and demonstration timetables.

Albion Peace Hall,
102 McDonald Road,
Windsor, Brisbane Q



9am to 4pm Sunday 22nd May

This event is supported by the Lord Mayor's Suburban Initiative Fund and Hamilton Ward Councillor, David McLachlan.



What type of soil do you have?

Clay, sandy, loam?

How can you tell?

What is the pH of your soil?

Bring along a sample (or samples, if it differs over your property) to the May meeting and find out.

See the program on page 3 for more details.

June Newsletter Deadline

Please send your contributions to the newsletter editor by 25th May for the June edition.

ROGI Shop Products

Products Dry	3kg	2kg	1kg	500g	100g	Each
Soil Conditioners						
Blood & Bone	7.50		4.00	3.00		
Blood & Bone 25kg						29.50
Blood & Bone 16kg						24.00
DE Fine Food Grade		15.00	8.00	4.50		
DE Fine Food Grade 20kg						110.00
DE Pet & Garden	16.00		7.00	4.00		
DE Pet & Garden 20kg						80.00
Dolomite	5.50		3.00	2.00		
Eco88	8.50		4.00	2.50		
Gypsum	5.50		3.00	2.00		
Humic Acids					3.50	
Organic Booster	6.50		3.50	2.50		
Organic Xtra	6.50		3.50	2.50		
Organic Xtra 25kg bag						18.50
Organic Xtra 16kg bag						14.00
Organic Xtra 5kg bag				2.50		7.00
Rock Dust #3 25kg bag						29.50
Rock Dust #3 Mix	6.50		4.00	2.00		
Sea Mungus						
Turf Master	5.50					

*DE is Diatomaceous Earth—can kill insects by desiccation.

Tools & Equipment						
Soil pH Test Kit						15.00
Banana Bags						3.50
Fruit Fly Exclusion Bags set of 4						5.00
Paper Pot Maker						28.00

Products Wet	5 litre	1 litre	500ml	150ml	100ml
Soil conditioners					
Eco-Amingro		18.00	10.00		
EcoFish	32.00				
Eco Naturalure				15.00	
Eco-Neem					16.00
Eco-Oil		22.00	16.00		
Fish & Kelp solution		13.00			
Potassium Silicate					3.00

Pest & Weed Control					
Burn Off		9.00			
Eco-Pest Oil			10.00		
Naturasoap			17.00		
Pyrethrum Spray					20.00
Wild May (for fruit fly)					2.00

Aloe Vera		
Aloe Vera Raw Material	33.50	9.50
Aloe Vera Raw Bio Fertiliser	37.00	10.00

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

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



As well as being beautiful and prolific, cosmos flowers are very attractive to bees. It's an annual, but if you dead-head and drop the spent blooms, it will readily self-sow and you'll have flowers again next summer without having to sow seeds.