

ROGI News

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

Salvation Army Church
Cnr McDonald Rd & Macarthur St
ALEXANDRA HILLS

Admission

Members: Free
Visitors: \$5

Please bring a plate of food (sweet/savoury or nibbles, preferably home-made) for supper after the meeting. Tea and coffee provided.

You are very welcome to provide a **quality plant** to help share interesting plants with other members (**see p 22**).

Remember to bring a bag, basket or box to take home your items.

Inside this edition

	Page
President's Message	2
Coming Events. Membership	3
November meeting	3
October Speaker—Shane Holborn	4-5
Garden Visit—Ann & Mark Roffey	6-9
Plant of the Month—Bee Food	10
Pruning Dragon Fruit	11
Protecting Fruit Crops. Free Seeds	12
Seed Saver News	12
Sauerkraut Workshop	13
Plant Clinic	14,15
Organic Christmas Feast	16,17
Garden Events November	17
Book Reviews	18
IndigiScapes News	19,20
Sharr's Spring Rolls Recipe	20
Seed Bank. Seed Sowing Guide	21
Meeting Info. Gardening Tip	22
Garden Visits. Deadline. Plant ID	22
ROGI Committee and Office Bearers	23
Oaklands Street Community Garden	23



European bee on flowering Syzygium luehmannii (small leaved lilly pilly). Learn about the importance of bees at our next meeting (details on page 3), and read about bee food plants on page 11.

Jill's Jottings

I've just read a book by a woman who went from 'city life' in Sydney to a small farm in northern NSW after she became aware of environmental issues. She and her husband went back-to-basics to try to be self-sufficient. Preparation for their dramatic lifestyle change included a permaculture course with the redoubtable Bill Mollison.

One of the many statements he made that affected her was: *"Agriculture is one of the greatest contributors to the destruction of our environment. Forty percent of the world's soil and water have been polluted by farming. The great challenge for sustainable agriculture is to produce the food and fibre needed, while maintaining fertile soils and clean water, and enhancing the health of ecosystems."*

Read that again. The act of using conventional methods of growing food and fibre for the people of the world is damaging the very soil we need to continue to grow that food, and is degrading the water we need to drink and to grow the food. How crazy is that? What to do?

Well ... for the soil, part of the answer lies in another recent read: *Composting: The Ultimate Organic Guide to Recycling Your Garden* by Australian Tim Marshall, which is available in our library.

Here's the point: we need to increase organic matter in our soil. This means increasing the soil's carbon content, resulting in a greater volume of humus.

'Humus ... can store 20 to 30 times its weight in water, protecting it from evaporation or deeper infiltration beyond the reach of plants, but the water held in humus is available to plant roots,' he writes. Also, humus-rich soil absorbs and holds water quickly, ensuring maximum use of summer storms. Most Australian soils have lost organic matter since European settlement—from 5% down to 1.75%.

'Raising the organic matter of all Australian soil by 1% by applying compost, green manures and mulch, would improve crop yield, water use efficiency, lift the nutritional value of food and

improve general health, and stop up six to eight years of carbon emissions from Australia,' he says.

Everyone can do something to help bring this about—from potted plants to parks and gardens, to even the largest broadacre farms.

Well-made compost is the ideal soil additive for organic growing because it works as a fertiliser, a soil conditioner and a biological inoculant. Worm castings are rich in humus, also.

Some people struggle to source enough materials, apart from kitchen trimmings and garden waste, to make compost. This is where you can do a community service.

Ask at the local fruit shop what they do with their 'waste'. Often it goes into the skip. Same with most coffee shops and juice bars: coffee grounds and pulp left after juicing goes in the bin and thence to the tip. The problem with this is that the decomposition process at the tip releases methane, and it's about 30 times more potent than carbon dioxide as a greenhouse gas. Just one fruit shop can dump many cartons of organic matter every day.

Maybe you can get your neighbours involved, and ask them to drop off their food scraps at your place instead of putting them in the bin. Every now and then you could give them some organically-grown tomatoes or beans when you have a glut. Win/win. Look up ShareWaste and become involved as a receiver. <https://sharewaste.com/>

Using compost is only part of the solution to Bill Mollison's challenge. Stay tuned for more.

For some time now, Frank and Marion have had a stall at our monthly meeting selling organic gardening inputs such as rock dust, biochar, DE and more. Unfortunately, the interest level has not been enough for them to continue with this service. I'd like to thank Frank and Marion for all they have done to assist ROGI members over the years.

May your garden flourish and your harvest dreams come to fruition.

Jill

Coming Events

November	Wed 13	ROGI Meeting
	Sat 16	Field Trip
	Wed 27	Seed Savers Meeting (see p. 12)
December	Tues 3	Qld Herb Society
	Thurs 5	BOGI Meeting
	Wed 11	ROGI Christmas Party (see p. 16-17)
January	NO MEETING	
February	Wed 12	ROGI Meeting

Membership Information

- **Cash** payment at ROGI meeting
- **Cheques** made payable to *Redland Organic Growers Inc* - pay at meeting or to PO Box 1257, Cleveland 4163
- **Direct Deposit** BSB 633 000. A/C 136137296 (Bendigo Bank, Middle St, Cleveland) **IMPORTANT!** Reference - Your initials and surname are essential to identify who has paid.

When paying your fees online, please be sure to complete a membership renewal form online at <http://www.rogi.com.au/renew-membership.php>

Member Category	Members Renewing For 2020	New member/s joining in...			
		Jan-Mar	Apr-Jun	Jul-Sep	Oct19-Dec20
Single	\$30	\$30	\$22.50	\$15	\$37.50
Family*	\$50	\$50	\$37.50	\$25	\$62.50
Pensioner Single**	\$20	\$20	\$15	\$10	\$25
Pensioner Couple**	\$30	\$30	\$22.50	\$15	\$37.50

* **Family** - two (2) adults residing at the same address and their children under eighteen (18) years of age.

** Please provide evidence of **pensioner** status to claim discount

November Meeting

The Importance of Bees

Paul Sattler has been working with bees for more than 50 years. He'll share with us his knowledge and experiences. Find out how pests and diseases, climate change, and loss of vegetation are impacting bees—and what you can do to encourage bees into your own garden.



You'll also hear from ROGI member Maurie Foley, who'll tell us what is happening '**This month in my garden**'.

The usual attractions will be there—the well-stocked library, the seed bank and seedlings (at bargain prices) - plus local honey, organic produce, . . . and more.

Please note: This will be the last month in 2019 you will be able to purchase plants, seeds and other items for sale. They will NOT be available for sale at our next meeting in December.

Plant Clinic: Submit your questions at the table (just inside the door to the main hall) by filling out the form before the meeting starts. Bring along as many parts (fruit, leaf, root) as you can, in a sealed plastic bag. Solutions will be given on the night (if possible), and published in the next newsletter.

October Meeting — Shane Holborn

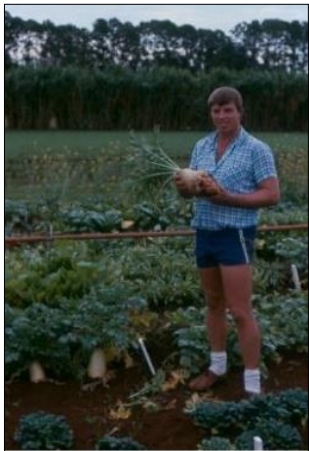
Shane Holborn is the Facility Manager at the Redlands Research Facility in Cleveland. The property was purchased in 1948, and covers 68 hectares. In the early days, the facility housed general horticulture—vegetable, fruit and ornamental. It has gradually evolved to focus on servicing the needs of nursery, cut flower, parks and gardens, landscape and turf industries.

The site has built facilities including administration and offices (with accommodation for 70 staff), conference and meeting rooms. General storage and machinery sheds, a mechanical workshop and chemical store. A wide range of plant and equipment including tractors, truck and cultivators required to support research and growing a broad range of crops.

The RRF site also has a large amount of bushland that provides habitat for wildlife including birds, turtles, lizards, snakes, koalas, echidnas and wallabies. There is a dam (52 megalitres of water) and creek running through the site.



Redlands Research Facility at the corner of Delancey Street and Finucane Road in Cleveland.



Fruit and vegetable research in the 1970s.



Flowers and nursery plants in the 1980s. Ornamental horticulture in the 1990s.



Strawberry research in the 2000s. Did you know that all strawberries grown in Qld came from the site in this era!



Nursery research 2000's. Also cut flower and sports turf research in this era.

October Meeting — Shane Holborn (cont'd)

Today, there are a number of groups that use the Redlands Research Facility site, including:

- Department of Agriculture & Fisheries (DAF)
- Qld Boating & Fisheries Patrol (QBFP)
- QUT—Science and Engineering
- Biodiversity Assessment & Management (BAAM)
- Qld Arboricultural Association (QAA)
- STRI Australia
- Labosport

The site also has a connection with the community:

- Redlands Heritage Gardeners
- U3A
- Bayside Beekeepers

Redlands Research Facility is removing its frangipani trees, and has kindly donated cuttings to interested ROGI members. These will be available at our meeting on November 13.



Euphorbia Peplus
Radium weed/Cancer weed/
Milk weed/peplin

DAF research, in partnership with a private company developed a product from the plant *Euphorbia Peplus* called Dovobet. It is used on the skin to treat plaque psoriasis (*psoriasis vulgaris*) in adults. Radium weed is the only plant to be grown organically at the Redlands Research Facility. RRF assisted in taking the product from testing stage to full commercialisation.



The facility is also home to the Redlands Heritage Garden, which was set up to celebrate the Bicentenary in 2001. It has themes for recognising the parts of horticulture that contributed to the Redlands area being the 'salad bowl' for Brisbane. The garden is maintained by a keen group of community gardeners, some who have farmed the area for 40 years before retiring.



U3A Community Garden at the Redlands Research Facility

Garden Visit—Ann & Mark Roffey

Having visited a number of ROGI member's gardens (and got some great ideas), it was time to give back and show ours. We've lived in Calamvale for the past 24 years on an 837m² block towards the end of a cul-de-sac. We had the house built, and did the gardens from scratch. When you build, there is no habitat left for birds and animals, as everything is cleared. Wanting to attract them back, we set about designing a mostly native garden. On one side the neighbours watered every day, so that became a rainforest garden. On the other drier side, an Australian native garden with shrubs and small trees such as grevillea, bottlebrush, banksia, melaleuca and eucalypt was planted.

Since our three children have grown up and left home, we have reclaimed the areas that were put aside for them—the sandpit is now part of the chook run, the trampoline area is a raised veggie garden, the swing set area is a fire pit and seating, and the front yard (which was all grass besides gardens around the perimeter) now boasts a flower garden and vegetable wicking bed. On the utility side (washing line, shed and chook house), more grass has been killed off, and herbs and plants to attract bees and beneficial insects have been planted.

We've always had a vegetable garden, but it was the last thing I attended to in the yard. For a long time I've felt like I wasn't very good at veggie gardening. I didn't have a compost bin, because I gave the scraps to the chooks. I thought the soil they made and I subsequently used was good enough. Why they had to keep going on about compost on Gardening Australia was beyond me! That was until I met my friends John and Colleen, who live a few streets away. John encouraged me to start making compost, and also taught me how to grow tomatoes in a pot. Compost makes a HUGE difference to our gardens, and we are eating something from them every day now. Being part of ROGI has also helped me enormously with my fruit and veggie growing.



Our new “no-dig” front garden for bee--attracting plants and some vegetables (when I need the space!) Go to https://www.rogi.com.au/uploads/rogi_no_dig_gardens.pdf We agist native stingless bees for Russell Zabel (below left), and have ten hives placed around the yard in shady spots.



Left: Using a trolley helps moving heavy items such as pots and potting mix around the yard easier. This one is from Team Systems in Yatala.



Right: Our footpath tree fell over last year during heavy wind, damaging 2 fence panels. We were able to reuse the fence spears by cutting them and heat applying water irrigation pipe. They form the frame for a tunnel, with bamboo on the top to hold it together, and shade cloth pegged with Green Harvest jumbo pegs clamps.



Garden Visit—Ann & Mark Roffey (continued)



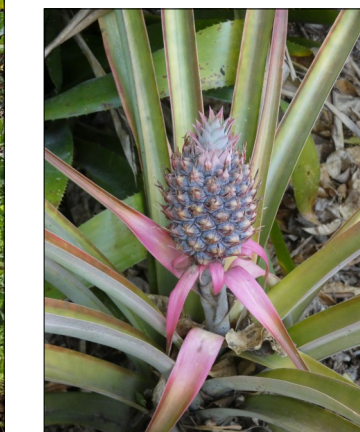
The girls enjoying their 'Clucker Tucker' - seeds available from Green Harvest. Grown in pots with a grate over the top so they can't scratch out the roots, and given to them when it is a decent size. Then regrow (outside their pen).



We've been keeping chickens for 18 years. This is their new 'Cluckingham Palace'. The chook house is made out of recycled roller doors by my Dad, with most fittings also recycled materials. Fully insulated so the girls don't suffer from heat stress under that hot tin roof.



The rodent-proof chook feeder was also made by my Dad out of recycled materials. The food container is a 3 litre rice bran oil tin!



The lemon tree (pictured left) is a dwarf Meyer, 10 years old, bought from Forbidden Fruits at the BOGI fair. It is a prolific bearer. The strawberries are from 3 plants bought over 20 years ago at the Cabanda railway station when we took the kids on a steam train ride. Each year I plant new runners. I find they do better in pots than the ground.



Above right: Janet noticed there were heaps of flies on my Euphorbia hypericifolia. They are not common houseflies, but Tachinid flies (see inset)—they feed on pollen, nectar and honey-dew, and are important pollinators ("Attracting Beneficial Bugs to your Garden" by Jessica Walliser).



Garden Visit—Ann & Mark Roffey (continued)

My friend John has been teaching me how to grow tomatoes in a pot. Our favourite variety is *Mini Roma*—the tomatoes hang in trusses and can be easily bagged. Tomatoes are very susceptible to root knot nematodes, and shouldn't be grown in the same spot for three years. So growing in pots makes good sense.

The *Mini Roma* tomatoes are not easy to find. Usually I contact my local Bunnings (garden department), and they will order a tray in for us (you don't have to buy them all).

They don't seem to get too many pests and diseases—just fruit fly (which we bag them for), and the odd grub or two. Occasionally the leaves will get brown spots (like rust), I cut these off and bin them.



In summer, I put cut-out broccoli boxes around the black pot so they don't overheat. *Mini Romas* are pictured right. John has tried other varieties, but he keeps going back to this one. Unfortunately, it is an F1 hybrid, so if grown from saved seed it will revert back to one of its parents.



Please note that the following 'recipe' can be adjusted to what you have in your own back yard. Experiment!

How to grow tomatoes in a pot:

- Buy 125mm tomato plant. Pot tomato plant into a larger 8" pot using premium potting mix and a small handful of blood and bone. Water in with liquid sulphate of potash.
- While it is growing in this pot DO NOT pinch out any laterals.
- When large enough (about 50-60cm high), pot into a larger 50cm across black pot or similar. Place rocks at the bottom for drainage, and put sugarcane mulch over them.
- Mix in a wheelbarrow:
 - Compost (1/3)—1 & a bit buckets
 - Premium potting mix—3 buckets
 - Blood and bone—1 handful
 - Cow manure—1/3 of a bucket
- Water in with liquid sulphate of potash to promote flowering.
- Two weeks later add lime (dolomite) - 2 handfuls.
- Stake with a sturdy hardwood stake, and use bamboo stakes for offshoots. Mulch with sugarcane mulch (not in winter).
- Now let the laterals grow into branches (you want about 4-6 decent ones to produce lots of fruit). Once you have them growing well, begin pinching out any laterals that grow. Also prune any leaves that have disease or are blocking light. You want the energy to go into the fruit, not the leaves. Water again with sulphate of potash when you have some fruit growing. Bag at flower stage to protect from budworm and fruit fly.
- Spray every two weeks with a liquid fertiliser.

Reusing *Mini Roma* tomato mix for another tomato:

- All materials from pot to wheelbarrow
- Remove 2 buckets and discard (to chooks or compost).
- Add 1 bucket of wormy compost.
- Add 1/2 bucket of aged cow manure
- Add 1 bucket of premium potting mix.
- Add 2 good handfuls of blood and bone.
- Add 1/2 handful of baked, crushed eggshells.
- If possible, let stand and keep moist for a couple of weeks. Then add a couple of handfuls of dolomite. Plant your tomato plant. Water in with sulphate of potash and grow as above.

Garden Visit—Ann & Mark Roffey (continued)



Queen Anne's Lace



Coreopsis



Bisexual Pawpaw

Italian Pink garlic planted in April-May in 3 different spots. Some in the back vegie garden, which has had garlic planted in previous years and beans nearby (didn't do very well). Some in the front flower bed, and the rest in the new wicking bed. Surprisingly, the garlic in the wicking bed did best!



Salad Mix



Asparagus in a bathtub



Wicking Bed Garlic

The garlic is 'curing' for a month before eating. It is drying on fridge racks (thanks for that idea Leong) that are attached to my clothes airer (thanks Jill). Wicking bed garlic are the biggest!



The corkscrew aerator designed by John and made by my Dad. Helps me make great compost!



Bush Sweet potato



By Ann Roffey. Photos by Margaret Sear, Greg Lindner, Ann Roffey

Plant of the Month—Bee Food

Growing food for bees

Growing a productive garden means much more than growing food for ourselves. When we grow a garden, we can grow one that is teeming with animal and insect food, habitat and biological diversity that contributes to a healthy ecosystem. For plant of the month, I'm suggesting that we grow a whole range of plants that will provide food in the form of nectar and pollen for bees. And plants that contribute resins, and even leaves for habitat for our native bees.

Linda's Tips:

- Grow a range of plants for flower production through the year. Even in the vegie patch you can include *alyssum*, *borage*, *nasturtiums*, *cosmos* and *calendula*. Bees love these and will visit throughout the day.
- Native plants indigenous to our own areas are great food sources and habitat for many other species of insects, animals and birds. Try *Pultenea*, *Bulbine lily*, *Melaleuca*, *Callistemon* and *Baeckia*.
- Native trees including the *Eucalypts* offer huge food and resin collecting opportunities for bees. Try a smaller growing eucalypt (e.g. *E curtisii*). Other bee favourite trees include *Leptospermum*, *Ivory Curl*, *Paperbarks*, *Lilly pillies*, and *Golden Penda*.
- Fruiting trees also provide a source of pollen and nectar. *Jaboticaba*, *avocado* and *macadamia* are renowned as bee magnets for all types of bees.
- Allow some of your vegetables and herbs to go to flower. Bees often love those flowers. They may include *brassicas*, *radish*, *beans* and *peas*, *basil*, *coriander*, *parsley*, *zucchini* and other *curbits*.
- Provide plants for resin collection and leaf cutter bees too. For resin collection: (Source: Bob The Beeman) *Callitris* (Bribie Is Pine), *Corymbia citriodora* (Lemon scented gum), *Xanthorrhoea* (Grass trees).

For leaf cutter bees: *Native gingers*, *Harpullia pendula* (Native tulipwood), *Cissus species*, *Kennedia rubicunda*, *Hardenbergia*, *Pavetta*,

- Grow a garden that's organic. By not using herbicides, fungicides and insecticides that kill bees, you will have a healthier environment and healthy bees.

Linda Brennan, Ecobotanica



Pruning Dragon Fruit

At the last ROGI meeting someone asked about how to prune dragon fruit. These are my thoughts on the subject.

The simple answer is to cut the complete segment off when harvesting the fruit, but this does require more information. I grow mine on a structure similar to the method commercial growers use, and that makes pruning more straightforward.



I have a pole with a ring at the top for the plant to climb and then spill over and hang down. With this setup, you can grow four plants planted around the pole. Commercial growers only have poles a little higher than the height of an average person, so they can be managed from the ground. My structure is a little higher than that so I can use the ground underneath to grow other plants. I therefore have to use a ladder when cutting off segments.

Where the dragon fruit has been trained to climb the pole, this section of the plant should be kept free of extra segments branching out. This section of the

plant will also send out aerial roots. You only want the plant to climb against the pole to the ring at the top. If fruit does form on this section of the plant, consider that a bonus, but don't let new segments branch out.

When the plant reaches the ring at the top, the segments will hang down, although some strong segments will "reach to the sky". When harvesting fruit from these segments (above the ring), completely cut the segment off. In this way you are pruning

the dragon fruit and promoting multiple segments to branch out, thereby increasing the harvest in the future.

After several years, the ring part of the frame can become so crowded you may need to thin it out. There is no right and wrong way to do this, just make sure you leave some segments hanging down for future fruiting.

Some people grow dragon fruit on fences etc. To apply the above principles, you will need to train the dragon fruit into some sort of form. You could try to train it into some type of espalier formation, but I doubt you will achieve a neat V shape or horizontal branching. Once you have established the basic form, allow segments to grow and fruit, and then cut the fruiting segments back to maintain the form of the plant. Where you cut the plant should promote multiple segments to grow, thus your fruiting segments will increase. However, because of the two-dimensional setup against a wall or fence, I doubt you will be able to achieve the same amount of fruit.

Hope this helps.

Greg Lindner



Protecting Fruit Crops

At the last meeting I suggested organza bags to protect against fruit fly. It was pointed out that these bags will not protect against flying foxes, birds, possums etc. Here is an idea that may be helpful for fruits such as mangoes and avocados:

- Use a 2 litre plastic milk bottle and cut a slit up one of the longer sides (not affected by the handle). Continue the cut across the bottom of the bottle to the centre. Cut a small hole to accommodate the stem of the mango without damage.
- To fit to the fruit, hold the bottle up-side-down, open the slit and pass over the mango.
- Make sure the cap of the bottle has been removed to allow any rain or water to drain out.

If you also have a problem with fruit fly you could put an organza bag on the fruit before fitting the milk bottle.

Greg Lindner



FREE SEEDS! The ROGI Seed Savers group has been busy saving seed from various plants this year. These are donated to the Seed Bank for use by members—for FREE! See Linda at the Seed Bank to check out what seeds are available. Come along to our next meeting to see what else we learn about!

Seed Savers News

We had a very good attendance at our October meeting, when we met to learn how to save seed from wet/moist fruits such as tomato, zucchini, cucumber, pumpkin, capsicum, gooseberry, passionfruit and okra. It is best to save seed from very ripe fruit, preferably left on the bush or plant. And of course, from your best.

Fermenting is done for seeds with very moist or jelly-like surrounds such as tomatoes, cucumber and passionfruit. Choose slightly overripe fruits; scoop out the seeds into a jar and top with water. Leave in a warm spot for 2-5 days, until foam forms on the top. As soon as you see the foam, wash it off, rinse the seeds in a sieve under water, and then dry—in the sieve or on non-stick baking paper. A few days later, scrape them off the paper and store.

Linda demonstrates how to save seeds from eggplant—the fruit is cut into pieces, put in a blender, and then processed till the seeds fall to the bottom. Collect and ferment them as above before storing.



For our final meeting of the year we will be learning all about **propagating**. We receive expert tuition from ROGI member and Ecobotanica organic garden consultant Linda Brennan. **All ROGI members are welcome.**

Meetings are held at Linda's house in Capalaba. If you would like to join us on **Wednesday 27 November at 7pm** see Janet at the plant table if you haven't registered to attend—more details will be sent by email closer to the date.

Ann Roffey

Sauerkraut Workshop—16/10/19

Sauerkraut recipe:

- 1 kg shredded cabbage (green or red)
- 1 tablespoon of salt (*salt must be free of iodine*)
- Caraway seeds, optional
- Carrot, grated; thickly sliced apples, optional

1. Shred cabbage on cutting board using large knife. Put into a large bowl (about 30-35cm diameter).
2. Sprinkle salt on cabbage and mix with your hands, then start kneading cabbage until you create a lot of water and air bubbles.
3. Using your hands put cabbage into a glass jar, press it with your fist a few times to make sure that water and air bubbles come to the top and are covering all cabbage. Make sure you have left a 5cm space from the top of the jar to allow for rising when fermenting.
4. Cover the jar with a saucer (to protect from bugs entering the jar) but still allowing air to get in.
5. Place the jar in a dark cupboard, on a plate. When cabbage starts fermenting, it will rise up in the jar, and water created during this process will spill out.
6. Check cabbage every day, pushing it down with a spoon. If you have too much water drain it into a separate container and use for cooking on the day or just drink it - it should be very tasty.
7. After five days sauerkraut is ready to eat. It can be kept in the cupboard longer, and will get more and more sour. Make sure the cabbage is below the water line, or it will go mouldy. When you like the taste, cover the jar with a lid and put into the fridge. It can be kept there for a few months.

You may check the link below where health values of sauerkraut are well described. A few of the benefits are:

- *Improves your digestion*
- *Boosts your immune system*
- *May help you lose weight*
- *Helps reduce stress and maintain brain health*
- *Contributes to stronger bones*

<https://www.healthline.com/nutrition/benefits-of-sauerkraut>

A great morning had by ROGI members Angie, Diana, Janet, Jill, Mary, Rhonda and Treina—who were keen to learn how sauerkraut was made.



Workshop Presenter & Recipe by Viga Misztal

Photos Diana Vujanic, Viga Misztal

Plant Clinic *(Managed and reported by Rohanne Young)*

We had another busy month in Plant Clinic this month, with questions about what was causing spots on vegetable leaves, why Kipfler potatoes had died, how to prune dragon fruit to get them to grow more upright, two plants to identify and a query on how to deal with Nutgrass.

1. Rust on Vegetable Leaves

Sandra asked about spots that had appeared on the leaves of many of her green leafy vegetables. After consulting with Linda,



we determined that the spots were caused by rust. Rust is a fungal infection which reduces a plant's health, strength, and productivity. Although it won't kill the plant, if left untreated it will spread to other nearby plants, either through water splashes or by wind spreading the spores. Rust can be treated by spraying the affected plants with Eco Fungicide. As with all spraying, even organic substances, make sure that you spray late in the afternoon after the beneficial insects have retired for the evening. When spraying ensure that you spray both the top of the leaves and under the leaves and stems.

2. Dragon Fruit Advice

Robert sent in a photo of some dragon fruit he had grown from seed. A number of plants had grown successfully, but they were all short and horizontal. Robert wanted to know if pruning would trigger the dragon fruit to grow a trunk. After researching the matter, it looks as if Robert has two options. The first option is to prune the dragon fruit heavily so that only one or two main branches remain. These branches then need to be attached to a post and trained upward. All side growths need to be removed until the plant has reached



the desired height, after which it should be allowed to branch out for flowering and fruit production. The other option is to dig the plants up and replant them into a large pot positioned on top of a post, so that the branches can hang down, allowing easy pollination of the flowers. Dragon fruit are a member of the cacti family and, as such, they need well draining soil. They do not grow well in poor or compacted soil, so I would think the second option would be best in Robert's situation. Unlike many cacti they like to be watered regularly.

3. Mickey Mouse Plant

Mary Irmer brought along a cutting from a bush that had been sown either by birds or animals, and was now growing under trees in her garden. Linda Brennan identified the plant as *Ochna serrulata*, known as the Mickey Mouse plant. This plant is a significant environmental weed in South East Queensland and is quite difficult to eradicate once it has become



established. Linda recommended digging the plant out with a mattock as it has a very strong taproot.

4. Pest on Lilly Pilly

Viga sent in a photo of an insect nest on her Lilly Pilly that she was hoping could be identified. She thought that it may be the larvae of a Timber Moth. Despite checking with DPI and a number of local nurseries, I was unable to get a clear identification. Viga advised that she had subsequently cut the Lilly Pilly back severely, as it appeared to be dying anyway. In doing so, she had found that the trunk had been hollowed out. Although the pest had not been identified, the Lilly Pilly appeared to be responding well to being pruned severely.



Plant Clinic (continued)

5. Nutgrass

Kristy wanted to know how she could get rid of nutgrass in her lawn and cleared ground before she planted a garden. She specifically wanted to know if there was an organic solution as, having read the side effects of using the commercially available product, she did not want this in her soil. Nutgrass is actually a sedge rather than a grass, and grows well in areas that are well watered and irrigated, which probably explains why it is such a problem in many lawns in South East Queensland. Linda Brennan advised that she has found an organic solution which she would be happy to share with Kristy directly.



6. Unknown Plant for Identification

Bill brought along a seedling that he wanted identified. Twelve of these seedlings had come up in his worm farm, and he wanted to know if they were friend or foe. As the plant was still on its first set of leaves, it was determined that it could be a number



of different plants, so it was unable to be identified with any certainty. Bill thought that it may have been a *Black Sapote*, as he had dropped a number of *Black Sapotes* into the worm farm. However, he would have expected the seed to still be attached. I took the seedling home in the hope of getting it to the next set of leaves, but unfortunately the seedling decided that it didn't like being uprooted and promptly died.

7. Kipfler Leaf

Cheryl brought along a leaf from her *Kipfler* potatoes. The potatoes were growing well until we had an expectedly hot day, after which the leaves turned yellow and the plants died off without producing any potatoes. To grow potatoes in South East Qld, you need to plant them in winter and harvest them in spring. Potatoes are generally considered a cool climate crop. They need a cool root run and will die quickly if their roots become overheated, which seems to be the case with Cheryl's *Kipfler* potatoes. Potatoes will also rot quickly if their roots become too wet. Based on my research, *Kipfler* potatoes don't seem to be the potato of choice for Queensland—with *Dutch cream* and red *Pontiac* giving the best results.



Tip of the Month

Ann Roffey provided a great tip at her garden visit about how to speed up your composting. Instead of putting her compost ingredients in layers (lasagne method), she puts all ingredients (leaves, fresh lawn clippings, cow manure, kitchen scraps, sugar-cane mulch mixed with chook poo from the hen house, coffee grounds, shredded paper, spent potting mix, and some comfrey leaves) into a wheelbarrow and mixes them altogether (tossed salad method). This speeds up the process, as it is already aerating and mixing the pile. Ann cuts her fruit and vegie peelings into small pieces (so they break down quicker), stores them in a container in the fridge, and adds them when she makes up her mix. Ann gets to select a plant from the Plant Stand at the next meeting to thank her for her tip.

If you have any tips that you would like to share, please complete the Tip of the Month form at the meeting and you too can be taking home one of the fabulous plants from the Plant table.

Correction: Last month's tip regarding the use of buster collars to prevent possum attack was supplied by Linda Brennan.

Christmas Party, December Meeting

As a celebration of the year we have had together, we will once again be holding our annual . . .

Organic Christmas Feast!

On offer is a *locally sourced* organic feast—buffet style serving, with nibbles, drinks and desserts.

Wednesday 11 December
6.15 for 7pm start

RSVP Email events@rogi.com.au by 4/12/18 or sign up at the next meeting if you want to come. No walk-ins.

Please bring:

- * Your own **dinner plate, bowl, glass, cup, and cutlery, in a bag** (take home to wash).
- * A **donation** to the Salvo's Christmas appeal of non-perishable goods.
- * **One hand tool** (with your name on it) to be sharpened for free, for members only—a gift from ROGI (*more details page 17*).

Help is always welcome—with setting up, preparing food, bringing a dessert (ROGI will reimburse for ingredients) or growing herbs, flowers or vegetables. See Sharr at the November meeting or drop an email to ellsonslkz@gmail.com to offer help.



Please note:

There will be no stalls on this night—no seed bank, plants or selling.

Salvo's Christmas Hamper Suggestions:

- 1 litre long life milk
- 1 litre long life custard
- 375g Weetbix or similar cereal
- 500g family assorted biscuits
- 1 kg rice
- 1 litre fruit juice
- 825g tinned fruit
- 500g pasta
- 500g pasta sauce
- 3/5 pack instant 2 minute noodles
- **100g teabags (approx. 50 teabags)***
- **100g coffee (either instant or flavoured coffee satchets)***
- 1 pkt potato chips, corn chips, Pringles or pretzels
- 500g tin baked beans or spaghetti (or 3 pack of smaller tins)
- 400g tin salad item (eg. peas/corn/beetroot)
- 1 fruit cake/Christmas pudding
- **200g Jam or spread (vegemite, peanut butter, honey, Nutella)***
- 1 large bag confectionery
- Christmas bonbons
- Christmas napkins
- Gift for young male

***heavy demand**



Christmas 2018

Christmas Party, December Meeting

FREE TOOL SHARPENING:

Steve from Bayside Mobile Sharpening will be sharpening tools at our December meeting.

ROGI members may bring 1-2 tools per family/person for sharpening. Please bring clean hand tools, not spades.

Please write your name on each tool in indelible ink or name tag them. Your second tool will be sharpened if there is enough time.



E-WASTE COLLECTION:

Electronic waste is the fastest growing waste in Australia. Most electronic appliances (such as computers and televisions) can be reused or recycled.

ROGI will be having an E-Waste collection at our December 11 meeting. **Substation33 will set up their vehicle outside the entrance of the hall—please give them your e-waste as you arrive.**

Electronic waste (E-Waste) is any electric or electronic product that has become non-working, unwanted or obsolete, and has essentially reached the end of its useful life.

What Substation33 accepts:

- Computers
- Monitors
- Servers
- Office Equipment
- Televisions
- Household Appliances
- All obsolete or unwanted electronic equipment

*At **Substation33**, we say if it had a plug or a battery we can recycle it. We are seeking your help in diverting e-waste from landfill!*

Garden Events November

Wintle Giving Garden—Open Garden

Saturday 23 & Sunday 24 November—8.30am to 4.00pm

5 Carlton Court, Birkdale

Entry: \$7-00, children free

Although celebrating 18 years of openings, this wonderful one-acre garden never stops changing. Many new projects have been completed in the last 12 months. The plant sale is always popular, with rare, bizarre and amazing plants available (CASH ONLY, please bring a bag or box). Kaspar will be there with his fruit trees and Erica with her wildlife cards. A toilet will be available and a coffee van will be onsite selling a selection of drinks and cakes. Black sapote fruit also for sale. Gate takings will support disabled sport.

More information at: <https://ianjudy.blogspot.com/>
<https://www.facebook.com/birkdalegarden>

The Tropical Foliage Festival 2019

Presented by the International Cordyline Society

Saturday 23 November—8am to 3pm

Sunday 24 November—9am to 2pm

Belmont Shooting Complex, 1485 Old Cleveland Road, Belmont

Entry: \$4.00, Children free

An incredible variety of tropical foliage plants including new release, rare plants and old favourites. Offering the best quality cordylines, bromeliads, gingers, costas, heliconias, orchids, palms and much more. Experienced growers and garden experts will be on hand to answer all your questions. There will be plant displays and a monster raffle. The event will be fully catered. Free parking and EFTPOS available. BYO boxes and bags please.

More info at: <http://www.cordyline.org/>

Book Reviews

1000 Garden Ideas

By Stafford Cliff

In more than 40 years of travel, Stafford Cliff has gathered a planet's worth of inspiration on elements to enhance a garden. The result is this book—bursting with just about every garden idea ever invented by man or inspired by nature, artfully presented in



over 1000 photographs. Plantings may be the essence of the garden, whether it's a tiny patch in the backyard or acres of land extending for as far as the eye can see, but elements worthy of the planting can take a garden to unique and exciting new heights. With a designer's eye and a gardener's heart, Cliff has assembled an array of ideas from all over the world to make a garden more personal: fences, pools, paths, benches, statues, waterfalls, borders and bridges— even birdhouses and

follies. Each category has hundreds of illustrated examples, from traditional to contemporary; simple to complex; homey and rustic to downright Byzantine.

There's glorious visual advice on plants and plantings: what kinds of containers to use; how to use them in your space; what to surround them with; and more. If you're a seasoned gardener, or even if you're an aspiring one, this book will inspire you—it's lush with ideas for the garden of your dreams.

Reviewed by Jill Nixon

We welcome reviews from readers of ROGI library books you've read. Please tell the newsletter editor or our librarian that you are doing a review, and email it to info@rogi.com.au.

Sprinter and Sprummer; Australia's Changing Seasons

By Dr Timothy J. Entwisle

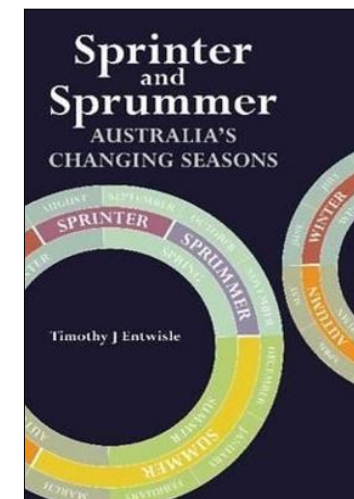
Dr Timothy Entwisle is a highly respected scientist, and Director and Chief Executive of the Royal Botanic Gardens, Melbourne. Entwisle's prose is loaded with information about the traditional 'Vivaldi' (yes, the composer) seasons and how they suit the British and European way of life, and why this system is not relevant in Australia.

Entwisle shows an incredible interest and knowledge of Indigenous Australians and their seasons, from the Kimberley region to Northern Territory, and the eastern and western seaboard. As a result of his research, Entwisle has proposed 'Five very Australian Seasons'—and he has coined the terms 'Sprinter' and 'Sprummer', to more accurately reflect Australia's changing seasons. His amusing descriptions of months make for an entertaining and interesting read, and a credible argument. October and November (Sprummer) for example, are described as the cranky, adolescent months, as they are unpredictable and just trying to sort themselves out.

Entwisle doesn't focus solely on seasons, but also explores the special and amazing adaptations of plants. For example, reasons why trees sacrifice their leaves. Another diversion describes how a melancholy corpse introduced some of the first weeds on the banks of Botany Bay. He also explores the potential consequences of changes to our climate, already affecting some migratory birds and insects.

As gardeners, we are probably already aware of the various climatic zones and microclimates within our own area and backyards, as well as the variance in climatic zones throughout Australia, so it was easy to appreciate Entwistle's logic.

Reviewed by Tracey Mann



Spring is in Full Swing

Spring is the perfect time to get your hands grubby in the garden, soak up all that nature offers and feel inspired. Plants love the warmer soil of spring, helping their roots to establish faster.

Native plants add interesting foliage texture and colour, complementing more exotic plants. Whether you plant just a few natives or theme your garden around native plants indigenous to your area, there are so many benefits.

- They are drought tolerant – with changing climate conditions plants that cope or even thrive through our long hot summers are ideal.
- You will be providing essential shelter and food for many of our friends including birds, butterflies and insects.
- Many natives have beautiful bright flowers, seeds and fruit, flowering all across the seasons.
- Native plants often require little or no maintenance after planting.

Pop in and chat to our native plant experts at the IndigiScapes Nursery, open the first Saturday of the month. They'll be happy to give you advice on the best plants to add to your garden this spring, and you'll feel great knowing you've created a small patch of habitat in your own backyard to attract birds, native fauna, pollinators and beneficial insects.



Helping our Wildlife

Our furry friends the possum and koala are feeling very thirsty. Birds, bees and so many others are also being affected by this unusually hot weather.

Leaving water out for our wildlife is a great way to help. Bees and small birds might need a helping hand, so pop a rock or stick in the water.

For possums and koalas, leaving a bowl of water on the ground in a safe, quiet place gives them a chance to stay hydrated. Flying foxes "belly dip" where they swoop down on water, dip their belly fur and lick the water from their fur, but many of them are so hungry and thirsty they don't have the energy. Try hanging a bowl of water in a tree.

If you see sick or injured wildlife please contact our Wildlife Rescue Service - 24 hours a day [3833 4031](tel:38334031).



Save the Koala Month

September was Save the Koala Month, and the Koala Action Group is working with the Redland City Council to collect valuable information so we can understand more about our local koala population.

Koalas are on the move between July and December, many with bubs on board, so if you see a koala in your local area we'd love you to submit your sighting through [Atlas of Living Australia \(ALA\)](#). Using ALA is very easy, simply:

1. Register your contact details.
2. Confirm your account and log in to ALA.
3. Go to the [Koala Action Groups Koala Count](#) and click submit a sighting.

Head out into nature this weekend and tell us what you find.



IndigiScares News (continued)

Flying Foxes Starving

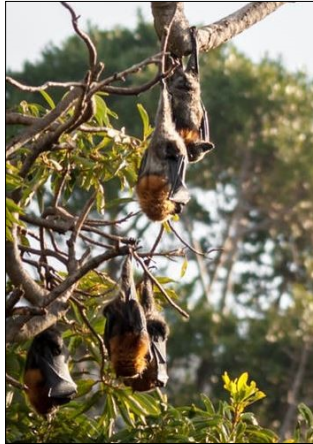
Things are pretty grim out there for our wildlife, in particular our flying foxes. With the ongoing drought and recent fires, there is a critical lack of flowering and native fruits for bats to feed on. Water is an issue with many of our natural water bodies drying up.

Increasing numbers of flying foxes are currently coming into care, with most of them seriously underweight and in poor condition. It is heartbreaking, especially with many of them being heavily pregnant females.

Rescue groups are reporting high numbers of flying foxes being hit by cars and attacked by dogs, as they venture down low, looking for food. There are also many that simply do not have the energy to fly, leaving them stranded in backyard trees, street trees or at their roosts. Other local government officers are reporting a high number of deaths at local roosts and parks. Flying fox researchers have declared - this starvation event extends from Coffs Harbour to Gladstone.

If you have food trees in your yard you can expect a visit from flying foxes and other hungry wildlife who will be grateful if you're willing to share your bountiful harvest with them. If you do decide to net your trees *please avoid 'bird netting' as it can trap visiting flying foxes and cause them a slow and painful death.* The trick to picking the right netting is all in the size of the holes - if you can poke your finger through, it's the wrong netting.

Some residents are placing water and food in their trees to help flying foxes and other wildlife suffering through these extreme conditions. You can also help by keeping your dogs in at night. If you come across a sick, injured or dead flying fox please, do not try and handle it, but call Bat Conservation and Rescue Qld on [0488 228 134](tel:0488228134).



Cheese and Herb Filled Spring Rolls

Sharr's spring rolls were very popular at the October garden visit. Here is the recipe you asked for:

1pkt of spring roll wrappers
1L good frying oil
300g firm ricotta
100g walnuts chopped
1 tbs local honey
1 egg whisked
1 whole lemon, zested
1/2 cup mixed herbs (eg. chives, parsley, mother of herb, thyme),
finely chopped
Salt and pepper to taste

- Place all ingredients in a bowl except spring roll wrappers and oil, and mix well together.
- Place one spring roll wrapper on a flat surface with one corner facing you.
- Cover remaining wrappers with a dry tea towel to prevent them from drying out.
- Place 2 tablespoons of the mixture across corner.
- Fold corner over filling.
- Roll up firmly to enclose, folding in the edges.
- Brush final corner with cold water to seal.
- Place on a tray lined with baking paper.
- Repeat with the remaining ingredients.
- Deep fry on medium-high heat. Cook rolls in batches for 3 to 4 minutes or until golden.



Seed Bank Info

Please **return seedling pots and punnets** to the seed bank so that they can be reused –especially the 4-cell ones like these.



Also other clean used pots (small sizes up to 120mm diameter). Square pots are good too.

Bigger pots, such as those you get through ROGI Rewards can be put on the swap/ share/giveaway table in the foyer.



ROGI is a beneficiary of the My IGA Card Program for **Cleveland IGA** store. This is how it works:



- Get a My IGA Card at the Cleveland store
- Register online
- Tick ROGI as the community group you wish to support

Then, every time you shop in the store and use your card, not only do you receive discounts, but you also help to raise funds for ROGI, which we use to benefit our members.

Seed Sowing Guide

November

Asparagus
Beans: Snake, Lab Lab, Pigeon
Pea, Madagascar
Beetroot
Capsicum/Chilli
Carrot
Choko
Cucumber
Eggplant
Jerusalem artichoke
Lettuce
Melon—Honey, Rock, Water
Okra
Pumpkin
Radish
Rosella
Silver beet
Squash
Sweet corn
Sweet potato
Tomato
Zucchini

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

December

Asparagus
Beans—snake, Madagascar,
Lablab, soy, pigeon pea
Beetroot
Capsicum/Chilli
Carrot
Choko
Cucumber
Eggplant
Jicama
Lettuce
Melon—Honey, Rock, Water
Okra
Pumpkin
Radish
Rosella
Silver beet; other leafy greens
Squash
Sunflower
Sweet corn
Sweet potato
Tomato
Zucchini

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

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

Meeting Information

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

ROGI Rewards: Good quality plants and other garden-related items brought along by members. Everyone who attends the meeting (including visitors) are eligible for a ROGI Reward. **Please label plant with its name and some details before placing it on the table.**

Members' Sales: Items you've produced that are surplus to your requirements that **you wish to sell** to other members - eggs, honey, seedlings, lemons, jam, sustainable craft items – things that have cost you time, money, and effort to produce. Please make sure items are labelled, named and priced. It is preferable that you staff the stall yourself or time-share with a friend.

FREE swap/share/give-away:

(Members only) For those items you don't want payment for—empty pots, cuttings, unwanted volunteer plants (named), surplus produce, shredded paper, strawberry runners and so on. You may want to work out an arrangement with other members to do some swapping outside of the meetings.

Remember : bring a bag/box/basket to take everything home.

A GARDENING TIP:

These 60 litre black bins (available from the big green shed) have a turn'n'lock lid! We use them for keeping the contents dry, bug and vermin free! For example: Organic Xtra, chicken mash, garden lime, charcoal, ash, gypsum, wood chip, mulch, minerals, shell grit, sand, seed raising mix, perlite, blood and bone, coffee grounds etc. The uses are endless!

Francke Latter



Garden Visits & Field Trips

There are no more garden visits planned for this year. If you would like to host a garden visit in 2020, please see Toni Bowler or Kathy Petrik at the next meeting, or email events@rogi.com.au to put your garden on the schedule. Suggestions for field trips and workshops related to ROGI's organic growing interests are also welcome.

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 ROGI News topical, interesting, local and relevant. info@rogi.com.au

DECEMBER NEWSLETTER DEADLINE— Please send contributions to the newsletter editor by the 27/11/19.

If you are unable to get identification of a plant from your local nursery, go to <https://www.qld.gov.au/environment/plants-animals/plants/herbarium/identify-specimens>.

Fill out the Botanical specimens cover sheet, and send with your plant cutting (between two sheets of newspaper) to:

Botanical Information & Advisory Service,
Queensland Herbarium, DSITI, Brisbane Botanic Gardens
Mt Coot-tha Road, TOOWONG QLD 4066

They will identify your plant for free and send you a reply by your choice of post/email/fax/phone.

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

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

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—

1st Thursday every month (except Jan), Albion Peace Hall, 102 McDonald Rd, Windsor, 6.30 for 7.30pm. 3357 3171 <http://bogi.org.au>

Qld Herb Society—1st Tuesday every month,

Albion Peace Hall. 7.30pm. 54268299 <http://www.qldherbsociety.org.au/qhs>

Oaklands Street Community Garden—Wednesday & Friday 9 - noon, Sunday 2- 5pm. Oaklands St, Alexandra Hills. 0419987870

Oaklands Street Community Garden

Do you:

- Have a love of gardening and the outdoors
- Want to learn how to grow fresh fruit and vegetables organically
- Want to reconnect with the land and our food supply
- Seek companionship in an informal setting
- Want to build community

Then **Oaklands Street Community Garden** at **Alexandra Hills** welcomes you! Our garden includes common shared beds (not individual plots), and the produce grown is then shared and enjoyed by everybody, and is a regular talking point.

We are open on Sunday 2-5pm, Wednesday 9am-12pm, and Friday 9am-12pm.

Our annual membership fees are kept to a bare minimum to cover our costs and allow anyone to participate.



**Family \$20-00,
Single \$15-00,
Concession \$10-00.**

For enquiries,
please call:

**Glenda Brown -
0414 735 417/
Terry Sullavan -
0408 259 445**

WELCOME LEISA—ROGI welcomes Leisa Fien to the role of Secretary. Thank you for taking on this important job, and we look forward to working with you.

ROGI Management Committee & Office Bearers