

ROGI News

PLEASE NOTE:

ROGI meetings are underway again, but with some changes. To ensure we comply with COVID-19 regulations and our COVID-safe plan, only ROGI members can attend. No visitors until further notice.

- observe social distancing
- no supper, tea or coffee
- no swap and share
- no ROGI rewards
- maximum 100 people

However, we will still have plant and seed sales, and members' stalls such as sustainability products, soap and honey.

**Our next meeting will be held on
WEDNESDAY 11 NOVEMBER, 2020.**

**N.B. THERE IS NOW NO NEED TO BOOK
TO ATTEND THE MEETING**

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Cabbage Savoy Vertus and non-hearting lettuce looking very healthy in Linda Brennan's garden. The vegetables were not bothered by pests as French marigolds Tagetes patula growing amongst them acted as companion plants.

Jan's Jottings

It's jacaranda time, and I always think its stunning canopy is our farewell to the cooler months and the move towards summer storms and incessant heat. Three days of rain have registered 80mm at my place and thankfully no damaging winds. Rainwater is magical and it has benefits that tap water can't deliver. It contains varying amounts of major and minor ions together with ammonia, nitrate, nitrite, nitrogen and other nitrogenous compounds that plants need. So these summer storms not only give our plants a good watering, but also release micronutrients that are locked up in our soil. The benefits can be seen almost immediately. Of course, there can be too much rain and the resultant runoff can lead to a loss of valuable topsoil.

The November meeting's guest speaker is new ROGI member Erik van Zuilkom who will talk about his background in botany and horticulture, and designing the living architecture of vertical gardens for commercial clients. He recently moved to the Redlands and is adapting his garden to suit organic gardening in the subtropics.

Attendance numbers for our regular monthly ROGI meetings have been well below the limits of COVID-19 regulations, so I'd like to encourage you to come along, especially if you haven't been for a while. At October's meeting we only had 60, but we can have up to 100 people with some readjusting of the layout to comply with physical distancing.

ROGI has a tenancy agreement with the Salvation Army at the Bayside Community Church that requires us to legally comply with COVID-19 restrictions. Please be reassured that a thorough clean-

ing occurs before each meeting, which involves all surfaces wiped with antiseptic cleaner. We are required to clean all surfaces used during each meeting, not only chairs and tables but door handles, light switches, toilets, etc. A compliance checklist has to be produced by ROGI and lodged with the Salvos after each meeting. We take this procedure seriously and are committed to providing a safe environment for you.

2021 will see a change in the monthly meeting night at the same venue with meeting nights moving to the following day i.e. the second Thursday each month rather than the existing Wednesday. The Salvos will be using all other nights for their own activities and they have offered this alternative to us. Extensive research last year by the committee failed to produce a suitable alternate venue that meets ROGI's needs. Your committee is also planning an eventful 2021 for ROGI members to spark your interest.

We are also adapting our meetings with a varying range of topics to entice and interest you, and of course we'd always like feedback and ideas from you as well. For the final meeting for the year in December we are planning something different to herald the end of what has been an unforgettable year. There will be no sit-down dinner, but rather a surprise for every member compliments of ROGI. Please put Wednesday December 9th as a date claimer in your calendar.

So, come along. There is no need to book but you must sign in as a member at the door. See you at the next meeting.

Cheers,

Jan Haughton, Vice President

(President Jill is having a short hiatus due to family commitments)

Coming Events

NOVEMBER	Wednesday 11	ROGI Meeting
	Sunday 22	Field Trip (see p. 16)
DECEMBER	Wednesday 9	Christmas Celebration
	Tuesday 15	Seed Savers (see p. 7)
FEBRUARY	Thursday 11	1st ROGI Meeting for 2021

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** to BSB 633 000, Account Number 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	Oct 20-Dec 21
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.

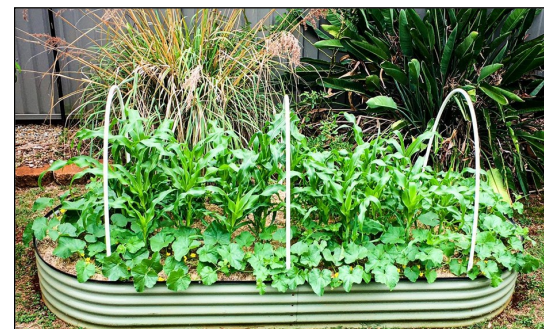
** Please provide evidence of **pensioner** status to claim discount

November Meeting

Growing food in a different climate

Our speaker this month will be Erik van Zuilekom, who has a background in botany and horticulture. He designs the living architecture of vertical gardens and also roof gardens.

Having recently relocated to Thornlands from southern climes, Erik has needed to adapt his approach to growing food organically in his home garden in our very different sub-tropical climate.



If you have an interest in any of these topics, come along to hear Erik.

There is no need to register to attend, BUT you must be a ROGI member.

As usual, you're welcome to bring your gardening problems to the Plant Clinic and we'll see if someone can help. The usual attractions will be there—the well-stocked library, the seed bank and seedlings (at bargain prices) - plus for sale are local honey, organic produce, organic gardening inputs and more.

October Meeting—Linda Brennan

50 Free Meals—From Seed to Supper

At the October ROGI meeting I presented '50 Free Meals from Your Garden'. I focus on growing meals from seed (the original slow food I guess), and saving seeds for your next crop so you have more opportunities to grow food for free. I'd like to do a quick scoop on the presentation; you are welcome to email me to get your copy of the recipes that accompanied the talk. So here we go...

My philosophy for gardening and free meals is five-fold...

1. Save seeds and propagate plants
2. Grow a wide range of heirloom varieties for diversity and resilience
3. Grow organically
4. Grow the soil web of life
5. Eat from the garden every day!

In order to fulfil my philosophy I plant seasonally, which means taking note of what really grows well in the garden in a particular season. Before planting I add compost, humates (which are the stable organic carbon) and natural fertilisers. We practise four-crop rotation using green manure crops, followed by leafy greens, then flowers and fruit and finally root crops. It creates a beautiful cycle of fertility and soil health as the crops, residues and microbes inhabit the soil and crop rootzone.

I've been chopping all crops off at the root, leaving the roots to rot in situ. That has made a difference to the soil too. I just prepare the soil and plant in between the rows of old stems. Another keystone of the garden is to plant in order to attract beneficial insects. That means lots of flowers in the vegie patch, the herb garden and under fruit trees.

Green manure crops

These are dug into the soil to add nitrogen and organic matter, but I tend to harvest from them for meals first. We are planting

two green manures this summer: *Mung Beans* - I'll harvest some of the sprouts then wait until mid-summer and collect the mature seed pods. *Buckwheat* is such an attractive plant, it produces young sprouts but it's the dried seeds I'm most interested in. It's a pretty plant worthy of any garden.

Leafy greens and stem A couple of ideas for abundance include: *Red callaloo amaranth* will produce many greens over many months. Useful in muffins, soups and main course meals. Planting just six *non-hearting lettuce* in the shade or under shade cloth as consecutive crops will give loads of salads. Estimate how long it takes you to eat six lettuce and then plant that many repeatedly. e.g. we eat six lettuce per week, so I plant six lettuce per week over summer. This gives a continual supply.

Kohlrabi are a favourite with us. Six plants give six meals from the swollen bulbs and even more from the edible leaves which make a great alternative to kale chips. I'm constantly planting them from seed or ROGI seedlings.



Purple Vienna kohlrabi



Red callaloo amaranth

Flower and fruit

In this category you can't go past *beans*. You may not plant all of the types, but try one or more varieties. *Winged beans*, *snake beans*, *sword beans*, *bush beans* or *Purple King climbing beans*. If you lack horizontal space, choose a climbing bean and grow them up a trellis. They are great protein packed vegies. My bean



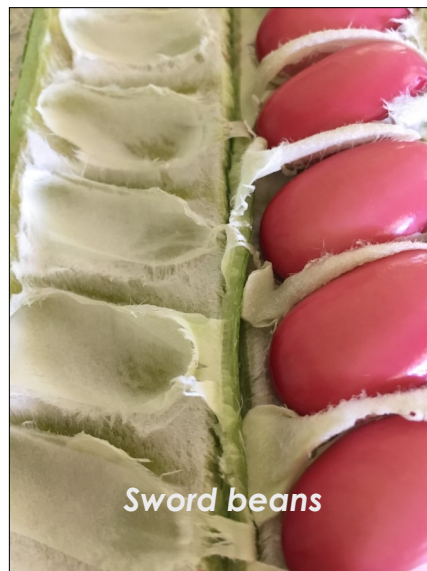
Tromboncino zucchini



Daylilies are a yummy flower



Wing bean harvest



Sword beans

recipe is for sword bean patties. You must plant *tomatoes*, as these contribute such a lot to our meals. Just three plants should provide 1-10 kilos of fruit each plant. Imagine that! The cherry types are fruit fly resistant too. *Tromboncino zucchini* are great value and again, can be grown up a trellis or fence. Ann Roffey's couple of seeds turned into a bonanza last summer, giving her plenty of fresh little ones to cook as per zucchini. Leave them to mature and they are like a butternut pumpkin. *Eggplant* and *rockmelon* are both excellent for our hot summers. Ensure your melons get plenty of water as they develop to ensure sweet, full fruit. Eggplant on the other hand are very forgiving of heat and dry. You'll get 6-12 fruits per plant, so a couple of plants may be all you need. And I've popped *daylilies* in as a must. They are a really lovely edible flower. Stuff them with sweet or savoury filling and eat them raw.

Roots

These are our 'meal filler' vegies. They provide plenty of carbs and each of the following are root to leaf vegies, meaning that you can eat the whole lot. First, I've suggested *radish*. They are ready in a few weeks and don't forget to make pesto from the leaves and soup from the roots. It's curiously mild and smooth. YUM! *Sweet potato* is good value too. Eat the leaves, but don't expect tubers in a hurry. They can take around a year before harvest, depending on when you planted them and the variety. And finally, grow *carrots*. My warning is NOT to grow from shop bought seedlings. Sow seed in rows, using sand to 'dilute' the seed. Keep them damp as they germinate and grow small varieties such as Baby Amsterdam or Paris Market if you are either impatient like me, or if you have shallow soil.

And that's a quick outline of the talk. Email me for a copy of the recipes at linda@ecobotanica.com.au and join me at an organic class at www.ecobotanica.com.au.

By Linda Brennan

Plant of the Month—Spaghetti Squash

I have been growing the very versatile and healthy vegetable spaghetti squash (*Cucurbita pepo*) for a few years now. It really suits my low maintenance style of gardening, and everyone in my family has been pleasantly surprised by how nice it tastes.

Start with a reasonably healthy soil rich in organic matter in early spring to early summer. Create mounds and plant 3 seeds on the top of each one. Thin out to the strongest one once they sprout, and let the vine run along the ground or up a trellis. A pH of 6 is ideal, however this isn't usually an issue as most squashes are tolerant of a wide range between 5.5 and almost 7, with most of our gardens falling into this range.

On seed packets you might find that the suggested spacing is 80cm to 1 metre. However, I personally plant them much closer (50cm) to achieve maximum weed suppression and increase production of the little garden space I have.

Apply a thick layer of mulch to the soil around it (sugar cane is best), and keep moist if you don't receive much rain. Water the soil and not the leaves, and don't over fertilise. Use fertiliser with high nitrogen sparingly.

Initially you will see a lot of male flowers (delicious in frittatas or filled with ricotta). Once your plants are around six weeks old you will see female flowers that you can help set early in the morning by dabbing a male flower into the female part. The maximum fruit each vine can carry is 6 to 8. The fertilised fruits will be ready to be used after around three months if you want to cook them right away (fruits picked younger than three months will be okay but very bland). For the fruit you prefer to store, leave them on your plant as long as possible (cage or cover them if you have famished rats/possums visiting your garden) and harvest them by leaving a "T" of stem attached to each fruit (the upright of the T is the stem and the cross part is 1-2cm of the original vine). These cured fruits are supposed to last many months, but we usually use them within six months—up to 18 months according to this YouTube video I follow [How Long Will A Spaghetti Squash Last!?](#)

Store in a dry spot away from direct sunlight and use as you need them by splitting them in half length ways. Remove the seeds (chickens love them), drizzle with a little bit of extra virgin olive oil plus salt and pepper to taste, and bake at 180°C for 35-45 minutes, or until you can pierce the skin with a fork. Allow to cool and then scrape out your low carbs, keto-friendly spaghetti and use as you would use any other pasta or noodles. Cooked portions of these freeze really well.

In terms of disease, the main one to try and keep at bay is powdery mildew. Don't worry too much if only the older leaves are affected (just remove them), or if you see yellow and black lady beetles on them (they are your friends and allies who feed on the powdery mildew). If it starts getting onto younger leaves you can control it organically by spraying as often as you need to using a one part milk to nine parts water mixture.

Happy Gardening and Buon Appetito!
Gennaro de Rosa



Seed Savers News

Our second Seed Savers meeting for the year saw us wandering around Linda Brennan's amazing garden collecting the seeds of edible and some non-edible flowers. We collected seeds from calendula, petunias, phlox, cornflowers, coreopsis, violas, and cosmos. And we learnt about collecting seed from sunflowers, German chamomile and borage. Each flower has a different way of dispersing its seeds, but they all need to be dried for a time (in a paper bag) before they can be sown.

Flowers make great companion plants under fruit trees, and in herb and vegetable gardens. They attract beneficial insects, deter or confuse pest insects and provide food and habitat for beneficials.



Collecting seed from Linda's violas. The seeds are brown when ready, as pictured above.



The delicate and edible flowers of borage only contain one seed (and if you're lucky two). Place the spent flowers into a paper bag, and when it's dried the seeds will fall out.

We always share at Seed Savers, whether it be seeds we've saved or information. Margaret told us how she saves seed from snapdragon flowers.



Our next Seed Savers meeting will be on **Tuesday 15 December** at Linda Brennan's house in Capalaba, from **9.30—10.30am**. All ROGI members are welcome to attend. More details on the topic and how to book will be in the December newsletter.

FREE SEEDS! ROGI Seed Savers group has been busy saving seed from various plants. These are donated to the Seed Bank for use by members—for FREE! See the Seed Bank to check out what seeds are available.

Rock Minerals

Rock minerals are made from rock that has been ground to fine particles almost to a dust. By selecting rock from various sources, manufacturers are able to blend rock dust that contains various minerals that are beneficial to the soil and plants. Crusher dust or road base is not a substitute for specially blended rock minerals.

The advantage of rock dust minerals is that they are more stable in the soil than regular fertilisers—the elements are not as easily leached out with watering and rain. They are a slow release fertiliser, especially for the micronutrients.

At the recent Permaculture Potager workshops, facilitator Michael Wardle used a product by Ag Solutions called NatraMin. This product is available for agricultural purposes and the home gardener.

All NatraMin blends contain bio-activated broad spectrum minerals and trace elements such as calcium, phosphorus, iron, sulphur, potassium, magnesium, silicon, carbon, manganese, zinc, copper, cobalt, boron and molybdenum. NatraMin also contains trace amounts of other naturally occurring elements that are beneficial to plant growth including selenium, nickel, vanadium.

Two options are on offer:

NatraMin Original Blend (Cost: \$13.00 for 20kg)

This is a bio activated broad spectrum mineral fertiliser and soil conditioner. It is excellent to restore the mineral and biological balance in all soil types.

NatraMin Cal-S (Cost: \$14.00 for 20kg)

This product is being tested by the University of Qld School of Agriculture and Food Sciences and initial reports are very positive. NatraMin Cal-S is formulated with extra calcium and sulphur for dark, sodic, cloddy or crusting soils with a calcium imbalance and low in sulphur. It is suitable to use in small crops, cotton, lucerne, pasture and grain. NatraMin Cal-S is a cost effective alternative to gypsum as a soil conditioner, and contains high levels of silica as well as other essential minerals and trace elements.

The table on page 9 provides an analysis of NatraMin products. In addition to providing broad spectrum minerals, all blends of NatraMin are formulated to stimulate microbes and worm activity in your soil, helping to release locked up nutrients for your crop.

ROGI has already purchased a pallet load of 50 x 20kg bags which has sold out. If you wish to purchase the original or Cal-S NatraMin rock minerals, we will be ordering a second delivery.

Please register your interest on the ROGI website—there is a link above the meeting details: “NATRAMIN ORDER FORM, click here.”

Orders will be closed one week after the next meeting, or when a total of 65 bags (a pallet load) is reached. First in, best dressed. An email will be sent to you with details for payment and the delivery date. Timbara Nursery in Thornlands is the pickup point.

For more information check the ABC segment on rock minerals:

<https://www.abc.net.au/gardening/factsheets/rock-minerals/9430552>



Improved soil structure and
Improved crop and pasture
Reduced chemical fertiliser costs Great
Soil pH and reduced salinity



NatraMin Analysis

Natra **Min**



	Calcium (Ca)	Phosphorus (P)	Sulphur (S)	Potassium (K)	Magnesium (Mg)	Silicon (Si)	Iron (Fe)	Carbon (C)	Manganese (Mn)	Zinc (Zn)	Copper (Cu)	Cobalt (Co)	Boron (B)	Molybdenum (Mo)
	%	%	%	%	%	%	%	ppm	ppm	ppm	ppm	ppm	ppm	ppm
NatraMin Original	5.0	0.08	0.04	3.0	2.5	25.0	5.5	3500	1000	150	60	25	20	6
NatraMin Cal-S	10.7	0.06	5.8	2.0	1.7	17.3	3.7	2300	660	100	40	16	13	4
NatraMin S	4.7	0.07	6.3	2.8	2.3	23.3	5.1	3255	930	140	56	23	18	6
NatraMin Cal-K	10.2	0.06	6.4	3.9	1.6	16.5	3.5	2200	630	100	40	15	12	4
NatraMin K	4.7	0.1	1.0	4.9	2.2	23.5	5.1	3300	950	135	55	22	15	7
NatraMin HI-Phos	11.0	2.0	2.5	2.4	1.7	22.0	4.7	3000	1100	140	55	20	18	7
NatraMin K-Phos	10.1	1.9	3.3	4.2	1.4	20.5	4.3	2850	1050	125	50	18	15	8

Natra **Min**
Original

Natra **Min**
Cal-S

Natra **Min**
S

Natra **Min**
Cal-K

Natra **Min**
K

Natra **Min**
HI-Phos

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Plant Nutrients in the Soil

Soil is a major source of nutrients needed by plants for growth. The three main nutrients are nitrogen (N), phosphorus (P) and potassium (K). Together they make up the trio known as NPK. Other important nutrients are calcium, magnesium and sulfur. Plants also need small quantities of iron, manganese, zinc, copper, boron and molybdenum, known as trace elements because only traces are needed by the plant. The role these nutrients play in plant growth is complex, and this document provides only a brief outline.

Major Elements

Nitrogen (N) is a key element in plant growth. It is found in all plant cells, in plant proteins and hormones, and in chlorophyll. Atmospheric nitrogen is a source of soil nitrogen. Some plants such as legumes fix atmospheric nitrogen in their roots; otherwise fertiliser factories use nitrogen from the air to make ammonium sulfate, ammonium nitrate and urea. When applied to soil, nitrogen is converted to mineral form, nitrate, so that plants can take it up. Soils high in organic matter such as chocolate soils are generally higher in nitrogen than podzolic soils. Nitrate is easily leached out of the soil by heavy rain, resulting in soil acidification. Nitrogen should be applied in small amounts often so that plants use all of it, or in organic form such as composted manure, so that leaching is reduced.

Phosphorus (P) helps transfer energy from sunlight to plants, stimulates early root and plant growth, and hastens maturity. Very few Australian soils have enough phosphorus for sustained crop and pasture production, and the North Coast of Australia is no exception. The most common phosphorus source on the North Coast is superphosphate, made from rock phosphate and sulfuric acid. All manures contain phosphorus; manure from grain-fed animals is a particularly rich source.

Potassium (K) increases vigour and disease resistance of plants, helps form and move starches, sugars and oils in plants, and can improve fruit quality. Potassium is low or deficient on many of the sandier soils of the North Coast. Also, heavy potassium removal can occur on soils used for intensive grazing and intensive horticultural crops (such as bananas and custard apples). Muriate of potash and sulfate of potash are the most common sources of potassium.

Calcium (Ca) is essential for root health, growth of new roots and root hairs, and the development of leaves. It is generally in short supply in the North Coast's acid soils. Lime, gypsum, dolomite and superphosphate (a mixture of calcium phosphate and calcium sulfate) all supply calcium. Lime is the cheapest and most suitable option for the North Coast; dolomite is useful for magnesium and calcium deficiencies, but if used over a long period will unbalance the calcium/magnesium ratio. Superphosphate is useful where calcium and phosphorus are needed.

Magnesium (Mg) is a key component of chlorophyll, the green colouring material of plants, and is vital for photosynthesis (the conversion of the sun's energy to food for the plant). Deficiencies occur mainly on sandy acid soils in high rainfall areas, especially if used for intensive horticulture or dairying. Heavy applications of potassium in fertilisers can also produce magnesium deficiency, so banana growers need to watch magnesium levels because bananas are big potassium users. A deficiency in magnesium can be overcome by applying dolomite (a mix of magnesium-calcium carbonate), magnesite (magnesium oxide) or Epsom salts (magnesium sulfate).

Sulfur (S) is a constituent of amino acids in plant proteins and is involved in energy-producing processes in plants. It is responsible for many flavour and odour compounds such as the aroma of cabbage and onions. Sulfur deficiency is not a problem in soils high in organic matter, but it leaches easily. On the North Coast

Plant Nutrients in the Soil *(continued)*

sea spray is a major source of atmospheric sulfur. Superphosphate, gypsum, elemental sulfur and sulfate of ammonia are the main fertiliser sources.

Trace elements

Iron (Fe) is a constituent of many compounds that regulate and promote growth and is readily available in the North Coast's acid soils.

Manganese (Mn) helps with photosynthesis. It is freely available in the North Coast's acid soils, often in toxic amounts in very acid soils, but can be deficient in sandy soils. Toxicity is remedied with lime.

Copper (Cu) is an essential constituent of enzymes in plants and is readily available in North Coast soils, although it can be deficient in red soils. Overuse of another trace element, molybdenum, can cause copper deficiency in animals. Toxicity can be a problem for horticulturists who regularly use Bordeaux mixture or copper oxychloride sprays to control diseases on horticultural crops.

Zinc (Zn) helps in the production of a plant hormone responsible for stem elongation and leaf expansion. It is readily available in acid soils, but combines easily with iron in the North Coast's red soils. This is easily cured with the addition of zinc sulfate or crushed zinc minerals. Fruit trees can be sprayed with zinc.

Boron (B) helps with the formation of cell walls in rapidly growing tissue. Deficiency reduces the uptake of calcium and inhibits the plant's ability to use it. It is chronically deficient in North Coast soils used for horticulture but this is easily remedied with borax applied to the soil.

Molybdenum (Mo) helps bacteria and soil organisms convert nitrogen in the air to soluble nitrogen compounds in the soil, so is particularly needed by legumes. It is also essential in the formation of proteins from soluble nitrogen compounds.

By Greg Lindner

Giveaways



Our **elderflowers** (above left) are in beautiful blossom. Do you want to harvest some? I usually make elderflower cordial from the flowers, but don't have time to do it this year. You can also make elderflower wine, if that's your 'thing'. If the flowers don't get harvested, they become fruit - elderberries, and they can be also used for wine and syrup. I use them to make elderberry tincture. The instructions to make all of these things are available on the Internet.

Raspberries - these are all the new plants coming up, as they do in spring. This is the thing ... they multiply every year, and I haven't had time to thin them out. I usually do this by giving them away to keen gardeners. They are Willamette raspberries (which are the non-native type) - they are like the raspberries you buy from the shops. Willamette is a dual-cropping fruit, meaning they fruit in summer and then again in autumn; although this year there were still fruit coming on well in winter! If you are interested, you will need to dig them up yourself. Not a difficult job, but I am short on time and have an injured wrist, so I can't do it anyway.

Please text Jill on 0418717735 if you're interested. I am at Birkdale.

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

We had very busy month in Plant Clinic this month, with questions about what was causing spots on vegetable leaves, what was attacking pawpaw fruit, fungal problems on pawpaw leaves and several plants to identify.



Suriname or Brazilian cherry—Teresa asked about a fruit that had appeared in her garden. She wanted to know if it was edible. The fruit in the photograph was identified as a Brazilian or Suriname cherry. The fruit is edible when ripe. It has a sweet taste reminiscent of a cherry, hence the name. It can be quite tart if eaten before it is ripe. The Brazilian cherry is native to South America, but has become a weed in many countries including sub-tropical Australia. It has a large seed, which grows easily. The fruit makes a great jam.

Bacterial Infection on Red Sorrel Leaves

—Vic asked about some spots that had appeared on her red sorrel leaves. After consulting with Linda, we determined that they were caused by a bacterial infection. This was most likely caused during the recent humid weather. Although it won't kill the plant, it does make parts of the infected leaves inedible. It is recommended that Vic strengthen the leaves of the plant through the application of a seaweed tonic to the soil surrounding the plant, making sure not to splash the leaves.



Plant for Identification—Vic asked for a plant to be identified. It had appeared as a hitch-hiker in a punnet of red sorrel. We tasted it, in case it was green sorrel, but it lacked the sharp lemony flavour. After lots of research, it is possibly a weed of the Rumex family, some of which are commonly known as dock. These are of the same family as the sorrel plant. It is edible, but don't let it go to seed as it is very weedy.



Plant for Identification—Vic asked for a plant to be identified. The plant was identified by several ROGI members as Okinawa spinach. It is a member of the Chrysanthemum family, and has bright orange flowers. The underside of the leaf is purple. The plant is edible. It grows well in the sub-tropics and is a great summer green, thriving during our hot summers. The leaves are best eaten small when fresh. The older leaves can be steamed or stir-fried, but can develop a slimy texture.

Query—Luisa presented a photo of a white grub that she found in her vegetable garden. She wanted to know if these grubs were responsible for the death of her snow peas. After further questioning it was determined that the snow peas had suffered from powdery mildew, which had probably resulted in their demise. Although the grubs do eat the roots of plants, they are unlikely to attack the roots of plants from the legume family. The best way to deal with soil and lawn grubs is to feed them to the chickens!





Singapore Daisy—Rosanna asked about ways to deal with Singapore daisy in her garden. Singapore daisy is a significant environmental weed in south east Queensland and is quite difficult to eradicate once it has become established. There are no organic methods of dealing with

this weed. The best method is to dig the plant out manually, making sure that all parts are collected, as it can reshoot from the smallest piece. Chickens enjoy the weed and can help to keep it under control.



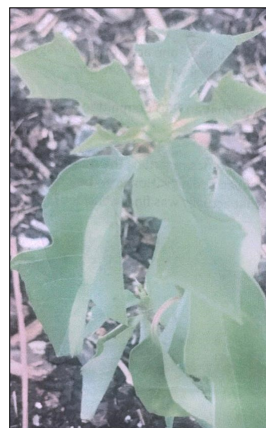
Fungal Infection on Pawpaw Leaves—John brought along a leaf from his pawpaw tree. He wanted to know what had caused the spotting on the leaves, and was it treatable. Rohanne stated that this was caused by a fungal infection. To treat this it was suggested that a black-strap molasses solution be created by dissolving a splodge of molasses in 10 litres of water. This should be applied in early spring to the soil around the plant at two weekly intervals until new leaves are formed.

There was some discussion about how much molasses to use (i.e. what was a splodge), as molasses is also used as a pest control to control nematodes. In this method a splodge is less than one cup in 10 litres of warm water (i.e. a 1:40 dilution). As a pest control for pests such as nematodes you need a 1:4 dilution. Don't use this long term - regard it more as a quick fix restorative.



Pawpaw Query—John brought along one of his pawpaw fruits. It had developed a sticky substance in a few places on the skin and he wanted to know if the pawpaw had been stung by fruit fly. Although a fruit fly sting didn't seem obvious, it wasn't able to be eliminated without cutting into the fruit. As a knife couldn't be found, this could not be ruled out. During discussion, Paula advised that she had had a similar problem and

had actually seen the fruit fly trying to sting the papaw. However if the skin was too tough in the green state, the fruit fly could not break the skin and so no eggs were laid. However, later she had observed a sticky substance similar to that encountered by John. It had not affected the quality of the fruit, apart from the sticky substance on the skin.



Plant for Identification—This was identified as a weed by an outside source, and was removed from the garden before it could sap nutrients from the soil. Rohanne has a very different view of weeds. Firstly, she believes that they are telling us what is wrong with our soil, and only grow in areas which meet their specific needs. For example, broad leaf weeds, which your weed is an example of, prefer to grow in soils that have an imbalance in their phosphorus and potassium levels, and are more likely in soils that are deficient in calcium. The more

damaged your soil, the stronger and healthier the weed will grow. Instead of sapping nutrients, these plants can actually help repair your soil.

Plant Clinic (continued)

Many of our "weeds" are actually great sources of food and often contain much higher nutrient levels than the foods which we grow as vegetables. For example, purslane is described as a weed, but it contains among the highest levels of omega3 fatty acids essential for our health, of any plants yet tested. It is also very tasty and chickens love it, which is great as it makes their eggs a better source of nutrients. If you don't have chickens you could add the weed to your compost so that it can return those nutrients back to your garden.

PLANT CLINIC

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

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

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



My corn got blown over in a storm (left), so I set about hilling them (right) so they would stand upright. In her book Organic Vegetable Gardening, Brisbane horticulturist and author Annette McFarlane recommends hilling soil around corn as they develop, not just to prevent them being blown over but to encourage the development of prop roots. These roots substantially increase the uptake of water and nutrients, boosting the production of side growths or tillers that have the potential to produce additional cobs.

Ann Roffey



EXCLUSION BAGS

These can be found in K-Mart in the party section, with all the party loot bags.

\$2.00 for a pack of 8, measuring 14.5 x 9.5cm.

Great for exclusion of snails and slugs on strawberries or a small truss of cherry tomatoes to protect against fruit fly.

"The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago.

Until then, where was all the food?

Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bedsides. It was in the pantry, the cellar, the backyard."

Joel Salatin

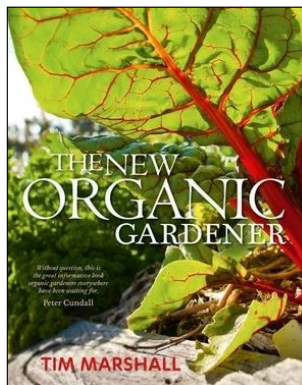
ROGI Library News

Next time you borrow a book from the ROGI library, please consider writing a review of the book. It doesn't matter whether you thought the book was wonderful and valuable to you in your gardening endeavours, or whether it was such a waste of your time that you gave up after the first few pages. Let us know what you thought about it and why. We have a broad range of library books covering all aspects of the food-growing spectrum, including how to:

- collect and save seeds
- make compost and improve your soil
- design your garden
- grow every type of plant
- know what to plant and when
- identify, prevent and treat weeds, pests and diseases
- grow native plants
- use permaculture
- choose and grow fruit trees
- keeping chooks and bees
- use companion planting
- grow and use herbs
- recognise and use edible weeds

There are also books that give you food for thought, covering topics such as sustainability, self-sufficiency, environmental concerns and the philosophy of food. So there is plenty to choose from. Visit the library at the next meeting and borrow a book or two ... and tell us about it!

<https://www.rogi.com.au/uploads/ROGILibrary%20BooksInventory-CategoryFeb2020.pdf>



BOOK REVIEW

The New Organic Gardener by Tim Marshall

Tim Marshall has been involved in the organic movement for over 30 years and has a deep understanding of all the versions of organic growing. Before writing this book, Marshall started a new organic garden. This was because he wanted to write a book with a new

take on organic gardening; one where the entire book was organic, not just a couple of chapters. He starts out with his ten principles of organic gardening:

1. Improve the soil
2. Make compost
3. Use healthy planting material
4. Provide natural pest control
5. Practise natural disease control
6. Control weeds without poisons
7. Encourage local biodiversity
8. Use polyculture planting
9. Take time to observe
10. Make room for nature

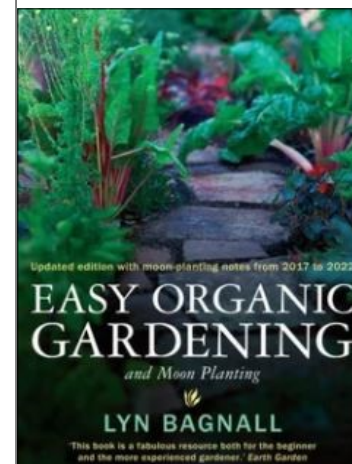
What follows is 340 pages giving detailed lists, information, charts, guides, illustrations and photos to help you achieve these ten 'goals'. Some examples:

- There are eleven pages on tomatoes
- Tim's top tips for weed control
- Tools—pros and cons of 17 different digging tools.
- Tim's eight great benefits of cover crops
- Some useful hints for garden design

Borrow the book and peruse it; you'll want to keep it. Don't—return it and buy your own.

By Jill Nixon

NEW BOOKS in the LIBRARY



RETURN YOUR LIBRARY BOOKS

Please note library books are on loan for one month only, and need to be returned before the end of the year.

Salvo's Christmas Food Drive

Christmas time is hard to celebrate when you are doing it tough. ROGI members are asked to donate non-perishable food item/s and groceries for the Salvation Army food drive **at our December 9 meeting**. When giving, please think of things people would not buy if they were on a tight budget—something special to celebrate Christmas Day.

Suggestions:

- Christmas puddings or cakes
- Long life milk/cream/custard
- Tinned biscuits
- Chips
- Chocolates and lollies
- Bonbons
- Disposable plates and cutlery
- Tablecloths and paper napkins
- Tinned vegetables
- Packet and tinned soups
- Tinned spaghetti/baked beans
- Tinned tuna and salmon
- Tinned ham
- Instant noodles
- Pasta and pasta sauces
- Rice and rice sauces
- Jelly packets or cups
- Tea, coffee, sugar
- Milo, Quick
- Cordial, soft drink
- Long life fruit juices
- Cake mixes
- Pancake mix
- Flours
- Muesli bars
- Breakfast cereal/oats/muesli
- Nuts
- Pretzels
- Popcorn
- Sweet biscuits
- Savoury biscuits (Shapes, Jatz)
- Environmental shopping bags/boxes/baskets to package into
- Deodorants
- Toothpaste and brush
- Combs and hairbrushes
- Antiseptic wipes
- Shampoo and conditioners
- Bath towels



Please ensure foods are non-perishable with expiry dates well into next year.

People will be receiving these packages as a gift. Help our battling Aussies feel a little extra special at Christmas by purchasing a brand name (not 'no name' brands please).



E-WASTE COLLECTION

ROGI will be having an e-waste collection at our **December 9** meeting. Please put aside your unwanted electronic waste (e-waste) and bring it along to our final meeting of the year. 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. Sources of e-waste include:

- IT and telecommunication equipment
- Large household appliances
- Small household appliances
- Consumer and Lighting Equipment
- Electrical and Electronic Tools
- Toys, Leisure and Sports Equipment
- Medical Devices
- Monitoring and Control Instruments

Garden Visits & Field Trips

COME & SEE MY GARDEN:

(Details on how to book in accompanying email)

Saturday 14 November—Vicky Leggatt, Capalaba

Vicky is converting her whole front yard into an edible garden, including fruit trees. This promises to be an inspiring visit for ROGI members, with the chance to learn how to convert the front lawn so beloved by many, into a productive enterprise. Vikki is overcoming the problems of a difficult soil and adjusting it to suit plant growth.

If you'd like to have a few ROGI members come to your place please contact Jan on 0423 529 685 and she'll help you organise and publicise.

FOR SALE—TWIN WHEELBARROW, \$40-00

Good condition, but wheels need inner tubes.

Contact Jan on 0423 529 685.



FIELD TRIP:

(To book email Toni at tonibowler@hotmail.com)

Sunday 22 November—Higgledy Piggledy Farm, Eight Mile Plains

An urban farm on a 1/4 acre block, growing food for themselves and sharing abundance with others. Rell, Viv and Oscar live by the principles of permaculture - care for the earth, care for others and fair share.

We'd like to hear from you!

For example, send us:

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

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

Email info@rogi.com.au

The December Newsletter deadline is 25 NOVEMBER 2020

Used Pots Needed

Please **return seedling pots (that have been washed)** to the plant table so that they can be reused – especially the 4-cell ones like these:



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

At this stage, we ask that you NOT bring larger pots, as we are not having the swap/share/giveaway table.



Linda Brennan's 'Chioggia' beetroot/ Gennaro's eggplant

Please Note:

This guide is for sowing seeds, not seedlings. There may be several days or even weeks between the optimal time to sow a seed and to transplant a seedling.

Seed Sowing Guide

November

Asparagus
Beans: Snake, Lab Lab, Pigeon
Pea, Madagascar
Beetroot
Capsicum/Chilli
Carrot
Choko
Cucumber
Eggplant
Jerusalem Artichoke
Lettuce
Okra
Pumpkin
Radish
Rockmelon
Rosella
Silver beet
Squash
Sweet corn
Sweet potato
Tomato
Watermelon
Zucchini

For a list of the seed bank stock, please go to the ROGI website www.rogi.com.au and click on RESOURCES tab.

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

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

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SUPPER	By Roster	group@rogi.com.au
WEBSITE	Pal Juvancz	pal@pcpals.com.au

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. 0408 259 445

These groups may have temporarily stopped their face-to-face operations to comply with Covid-19 regulations. Please check with them for further details.

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

HIVE PARKING FOR NATIVE BEES

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

Here are some requirements:

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

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

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

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

Russell and Janine Zabel
Keepers of Australian
Stingless Native Bees
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www.zabel.com.au



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