

ROGI News

ROGI meetings are held on the 2nd Thursday night of the month, with doors opening at 6.15pm. Members can visit the plant table, Seed Bank, library and stalls, or have a chat before the meeting. Please be seated by 7pm ready for the proceedings.

Bayside Community Church
Cnr McDonald Rd and Macarthur St
ALEXANDRA HILLS

Don't forget:

- Pay your membership dues
- Observe social distancing
- A small plate of food for supper
- Return washed seedling pots
- Bring a basket/box/bag for your purchases
- Any questions for Plant Clinic
- A plant for ROGI Rewards
- Free swap/share/giveaway

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ROGI webpage: www.rogi.com.au
ROGI Email: info@rogi.com.au



Giving back - Margaret collects coffee grounds from her local coffee shop for her garden and ROGI friends. During Covid, she helped establish a garden filled with vegies, herbs and flowers, which are now used in the café. Read more on pages 4-5.

October Meeting

Learn from ROGI Garden Gurus

Four of ROGI's 'garden gurus' will share their knowledge, tips and tricks for a more successful gardening experience in individual breakout sessions. You choose which three you wish to attend (each will be 20 minutes).

- **Sharr shares how to turn a bountiful harvest into a full pantry using pre-serving methods such as canning and sun drying.**
- **Terry talks about the importance of soil and how to improve it to produce nourishing food.**
- **Chris and Julia cover tried and true methods of organic pest and weed control.**
- **Ann presents a beginner's guide to backyard chickens, and how to keep them happy and healthy.**



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

ROGI members and visitors welcome.

Visitors: \$5 entry. Members: free

Please bring finger food (preferably home-made) to share at supper. Free tea and coffee.

ROGI Events

Thursday 13 October
ROGI MEETING

Wednesday 19 October - 7 to 8.30pm
SEED SAVERS MEETING *

Our next Seed Savers meeting is an evening one on Wednesday 19 October, 7pm at 8 Silverash Court, Capalaba. We look forward to having you join us. At this meeting we'll be packaging up our saved seeds, so please save and bring along seed heads of any of your winter and early spring vegies and flowers. We will be sharing some of those seeds so we can take them home to grow for ourselves, as well as some to sell at ROGI meetings.

The focus of the meeting is 'A PRODUCTIVE SUMMER'. We'll look at a sowing and planting calendar for October to December in our gardens. Please bring:

Seeds to save and share; envelopes/paper bags/little plastic zip-lock bags for your take-home seeds; a shoe box or similar to take home your punnets of seeds to grow for the ROGI meetings. And perhaps a little something for supper and your cup.

Sunday 23 October - 2pm (maximum 10-15)

Tuesday 25 October - 2pm (maximum 6)

GARDEN VISIT *

Margaret Sear, Capalaba

A half-acre garden with lots of mature trees and under plantings. At the rear of the property are many fruit trees, covered vegie garden beds, and chooks. Margaret agists native stingless bees, and is passionate about all things gardening!

** Please book to attend event on TeamApp or email ROGI Events Coordinator Toni at tonibowler@hotmail.com. The address will be supplied closer to event date, check your text/email messages.*

ROGI SPECIAL EVENT - JERRY COLEBY-WILLIAMS DATE CLAIMER - **BOOK NOW**

Jerry Coleby-Williams, ABC TV's Gardening Australia's popular Queensland presenter, will be special guest speaker at ROGI's **10 November** meeting.

This will be Jerry's first visit to ROGI and we're very excited he can fit us into his busy schedule. Jerry's horticultural experience is extensive, having originally trained at the Royal Botanic Gardens, Kew. He has also managed the Royal Botanic Gardens, Sydney. He has been a familiar presence in Australian gardening media for many years. Some ROGI members will have visited 'Bellis' - his unique, affordable, sustainable house and garden not far from the Redlands.

If you plan to come along to hear Jerry, we urge you to get in early to reserve your ticket. It will be on a 'first come, first served' basis, and we are limited in terms of audience capacity. There will be a small charge to cover costs - **\$5 members; \$10 visitors**. Stay tuned for more details of Jerry's background and talk in ROGI's November newsletter.

RSVP: 7th November

Here's how to book your ticket NOW:

Pay by TeamApp OR online banking or cash at the October meeting.

To make a transfer to ROGI via online banking use:

Redland Organic Growers Inc

BSB# 633000

Account# 136 137 296

(Use your name as a reference please, followed by JCW)



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 info
- A recipe for home-grown produce
- Give away/for sale notice

- 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 item/s to
info@rogi.com.au and help
keep the ROGI Newsletter topical,
interesting, local and relevant.**

**The NOVEMBER
Newsletter
deadline is
27 October 2022**

Watch out for this:

**LINDA BRENNAN'S GARDEN STORY IS
EXPECTED TO AIR ON THE ABC'S
GARDENING AUSTRALIA ON FRIDAY
30 OCTOBER 2022.**

Giving Back to Community

By Margaret Sear

Over the past few years, I have been fortunate to be able to collect spent coffee grounds from a local coffee shop in my neighbourhood. I have used these in my garden and shared them with other ROGI gardening friends. During this time, it has changed hands three times, but I have still maintained this connection to the coffee shop, assisting them with a more sustainable use of their spent grounds and unwanted waste, and building my connection to local community. Through the years I often took a bouquet of parsley, herbs, greens and edible flowers as a thank you. The latest owner Michelle took over the shop just before the very first Covid lockdown in 2020, so she has had a bumpy journey to establish the business and build her clientele and community. As time passed, I learned that they wanted to establish a garden of herbs and veggies to use in their menu.

On the outside of the building facing Redland Bay Road was a raised garden which held a sewer inspection cover. At that point it was full of hard builder's soil fill and wood chip – even weeds were sparse. I decided to offer my help and see what we could do. So, in August of 2021 we began by clearing as much wood chip as possible. The space was watered and I added rock minerals, lots of coffee grounds, locally sourced horse manure and mushroom compost, Organic Xtra and Seasol soaked biochar. Using a broad-fork, the mix was worked into the "soil". The area was then covered with sugarcane mulch, and the staff kept the garden space watered.

In September, I forked it over again and planted seedlings from ROGI and my garden, and some purchased and donated herbs. Planting consisted of two tomatoes (*Roma* and *Tommy Toe*), a donated small rosemary and lavender bush, basil (both blue and sweet), lots of parsley, scallions, chives, rocket, alyssum, marigolds, viola and calendula seedlings, a pot of garden mint and one of Lebanese cress. I was excited to find a few worms this time - positive signs that the soil had improved. Several large tiles for walkways were added to avoid compressing the soil as herbs



and plants were harvested. Fingers crossed the plants survived the exposed public position.

Over the next few months, the plants slowly grew, much to our delight. It was a sunny aspect and the improvements to the soil had paid off. By the end of the year, they had been picking parsley, chives and basil, and the tomatoes were forming lots of fruit.



Giving Back to Community (continued)



In December I also planted a passionfruit vine at the side of their outside patio and deck eatery area, and we began training the stems around the deck fence wire.

During the Christmas/New Year break, the owners popped in and kept up the water. In the new year they were adding *Tommy Toe* and *Roma* tomatoes to their menu along with the herbs, and jazzing up their plates with edible flowers like calendula, viola and blue basil. This continued right through to April.

Then in May this year I had to remove all the plants, as a major plumbing issue needed fixing. I transferred the rosemary and lavender, chives and scallions and alyssum into pots and we crossed our fingers.

When the work was completed the soil was dreadful once again, due to the major disturbance bringing lots of the clayey builders' soil back to the surface. So again I added the minerals, coffee grounds, manures and mulch as before, and watered it back in.

Finally, at the start of August I replanted the garden. Forking through found an enormous number of worms this time, which was a very positive sign. Likewise, there were lots of marigold seedlings starting to appear throughout the garden, which I've mostly left in situ. The lavender was left in its pot outside the kitchen window behind the café, as it is thriving there in the warmth radiating from the brick wall and hot water system. I've replanted the rosemary bush close to the back wall of the garden, and positioned several tomato plants towards the front this time. I've replanted most of the same herbs and flowers, as they are the ones the café can use in their menu. Now, we just have to wait till they grow lush for picking.

The passionfruit is growing across the deck wires and is now heading along the front, and I've added a raspberry hibiscus to this small garden to extend the culinary options.

It has been good to give back to my local coffee shop after all these years of using their grounds, and everyone is excited to see the garden back in production.

*If you would like to check out Margaret's garden and grab a coffee to support local business, **Frontier Coffee House** is located at 145 Redland Bay Road, Capalaba.*

6 Super Easy Vegies from Seed (and what to do about Rats)

By Linda Brennan, Ecobotanica

I know I often sprout on about growing from seed, but it really is so rewarding to grow from a tiny seed, resulting in a meal on your table. I also love growing from seed because it means my garden is unique and varied - not just a grown-up replica of a nursery punnet list. And, it's so much cheaper.

But there are challenges... Just this week, rats got into my nine trays of freshly germinated seeds, some of which I'd sent away for and planted only when conditions were right. They scuffled up the lot and ate most of them. So, I set traps and covered the seeds with thick fruit fly netting. The following morning, two rats were caught and drowned, then added to the compost heap, but there were holes in the netting too. Those seeds just didn't have a chance. Today I sprayed Rohanne Young's Biodynamic rat peppers, set more traps, and covered again. Let's see about tomorrow...

But on a cheerier note, rats notwithstanding, there are some seeds worth growing for their sheer successful simplicity. Before you start though, prepare the soil well so it's fertile, moist and easy to dig. Choose to plant fresh seed that's been stored correctly. The first watering should be with seaweed liquid, plus worm farm liquid if you have any, to encourage germination. Once planted, keep the seed bed moist.

Start fertilising with a liquid feed like Fish and Kelp when your seeds have germinated and grown 2-4 leaves. They need a feed 1-2 times a week when young, and less as they grow older and spread their roots into the fertile soil.

Here are my 6 faves:

Beans

Sow all beans into a hole about twice the depth of the size of the bean. To avoid rot, water once then leave a few days until they germinate (unless it's frightfully hot and dry). Try French or bush beans, Borlotti, and climbing beans such as *Purple King*. Snake beans and Madagascar beans are heat tolerant beans that climb furiously over a trellis or tepee.

Radish

These are the quickest seeds of all to grow and harvest. Plant into rows you've scratched with a stick or dibber to about 1cm deep. Shapes include long reds, long pink and whites, or round red varieties. Harvest six weeks later.

Snow peas and sugar snaps

These need some lime or dolomite mixed into the soil before you plant. A cup per square metre is good, plus add some humates (available from Linda) to reduce powdery mildew. Plant seeds a hand width apart, 1cm deep, and give them a climbing frame.



Lettuce

A lettuce plant will go to seed quickly in warm weather, but don't just toss out the flowers and fluffy seed heads. Keep them and dry them off in a bag. Then sprinkle onto moist, freshly fertilised soil. Add a light cover of soil or vermiculite and water in.

6 Super Easy Veggies to Grow from Seed (continued)

Asian greens

These open cabbage type plants are simple to grow. Sow individual seeds about a hand width apart, in rows about 30cm apart. They need constant moisture as do all leafy greens, so they don't wilt as they mature. *Tatsoi*, *Pak choy* and *Kai lan* are just a few to consider.



Sweet corn and Glass Gem corn

They are greedy feeders, so add plenty of manure and compost to your soil before planting. Corn grows well with 2 seeds per hole so they help each other stand up. Sow them 30 cm apart and in blocks of 6 or more rows for good cross pollination. I also feed them again when they are about six weeks old.

HOW TO STORE SEED CORRECTLY (From Seed Savers notes, November 2021)

Seeds have a life span. If stored in cool, dry and dark conditions (e.g. cupboard or draw) the seed will survive for a longer period than those stored in hot and moist spots.

If you have room, seed can be stored for longer periods in the fridge (not freezer). Store them in an airtight container.

Garden Visit - Carolyn Lassen

By Ann Roffey

Carolyn has lived on her suburban block in Alexandra Hills since 1996. There were no gardens when she bought - just lawn. She didn't do anything to the yard for a while. Then she got the gardening bug, and started with raised garden beds growing herbs. All the plants in Carolyn's gardens have been gifted to her from a former work colleague, or are from ROGI Rewards. She loves to grow the vegetables she likes to eat.



Garden Visit - Carolyn Lassen (cont'd)



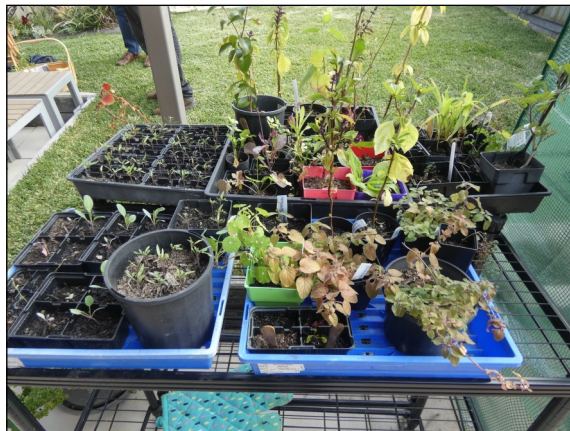
Right & Left: Carolyn's vegies are grown in raised garden beds. She uses old screen doors as trellises (find at the tip), and insect netting for plants prone to attack (such as brassicas).

Growing in her garden now are kale, corn, cauliflower, lettuce, cherry tomatoes, zucchini, climbing beans, capsicum and lettuce.

Below right: Flowers and colourful plants all gifted from a former work colleague or from ROGI Rewards.



Carolyn grows a lot of her own plants from seed. They start their life in the shade house, which is close to her back door so she can keep an eye on their progress. Plants are gradually sun hardened before being planted into raised beds.



Coffee Grounds: To Use or Not to Use in Your Garden?

By Rohanne Young, *The Delectable Garden*

At the last ROGI meeting our speaker ended her talk with advice about NEVER to use spent coffee grounds in your garden. She said that research available on the internet warned against this practice. This is not the first time I had heard this advice.

This statement caused a bit of concern with some of our newer members, so I thought it warranted further discussion. And, like most things in gardening, there is some truth to this, but it is not quite as black and white as stated!

If you search the internet, the research states that coffee seeds contain a substance (present in the grounds) that inhibits plant growth, so the coffee tree doesn't have competition from other plants. And I've also read (on the internet) that coffee grounds are the best thing since sliced bread for your garden, as they contribute much needed nitrogen.

I've also read that they can be used directly as a mulch, but also that they should not be used directly on soil as they will kill your soil and your plants! Oh, the joys of the internet where everyone's opinion has equal weight!

So, what should you believe?

Like most gardeners, I am a keen observer of what happens in my garden. This is an underlying principle of both permaculture and biodynamic gardening principles.

I also come from a science background, although I have never conducted scientific experiments to determine whether you should use coffee grounds in your garden. However, I do use them, so here are my thoughts and experiences.

In my garden I have three coffee trees. All three produce Arabica coffee beans. Two have red berries and one has yellow berries. I harvest the beans and make my own coffee, but all three trees are prolific fruiters, so lots of beans fall to the ground. And they grow!! Right under the adult tree (see photo)! Until I manually weed them out. So much for no competition!



Coffee seedlings under coffee tree



Coffee seedlings competing with lime and ginger

Adjacent to these trees are a variety of plants including azaleas, gardenias and chrysanthemums in two gardens, and several fruit trees including limes, pomegranates and quinces in another garden. There does not appear to be any growth inhibition being experienced with these plants either.

In addition to growing coffee trees, I also use coffee grounds on all but one blueberry bush. I only drink plunger coffee (old fashioned I know) where the grounds are quite coarse. I dilute the spent grounds in water before I add this to the blueberries. They take turns and, apart from rainwater, this is the only drink they get.

I have been doing this for about the last eight years, and have yet to have any of the blueberries turn up their toes! In fact, they are thriving and provide me with plenty of fruit each year. They are between 1 to 2 metres in height, are not showing any signs of stunted growth, and are crazy in flower now.

The sole exception to this is one little blueberry that is tucked down the side and has somehow missed out on the weekly drink of coffee. And guess what, it's the smallest and least fruit bearing! I will now be including it in the coffee drinking cycle.

Coffee Grounds: To Use or Not to Use in Your Garden? (continued)



Blueberry bush



Blueberry flowers

So, should you use coffee grounds and if so, how much?

As I have said, I do use coffee grounds in my garden. But I mostly use quite coarse grounds from plunger coffee. Like anything, it's a personal choice. My advice? Try it and observe how your plants respond.

That said, make sure the plants that are getting a drink of coffee are acid loving! The pH of my coffee grounds is around 5 when tested. Most of the plants that thrive in my garden are acid-loving plants, so no surprises there.

Always dilute them!

When I use coffee grounds, I always use them diluted in water, about 2 tablespoons of spent grounds in a litre of water. This is no different to Seasol, liquid fertiliser or even worm juice!

Should you apply them directly to the soil as a mulch?

I don't create enough coffee grounds to do this. However, if you are using grounds collected from a café, I would caution against

this. Not because of the potential to stunt plant growth, but because these grounds are very fine and can cake together to form a mat which, when dry, can be impenetrable to water.

Should you add them to your compost?

Some advice I found on the internet says to add no more than 20% coffee grounds to your compost as this will negatively impact on the worms and microbes. My concern about this advice is that I would not have 20% of anything in a layer in my compost, as it will unbalance the compost. Don't forget that coffee grounds are considered "green" waste in the compost system, so should be diluted by brown waste at roughly two to one. In this way it's no different to deep layers of grass clippings or anything else.

So where is this advice coming from?

A final word on the original research - I was left with more questions than answers. Were the coffee grounds organic? Where did they come from? Was there potential contamination from Glyphosate or other herbicides which are being found in increasing levels in our food? Were they from a single café or several cafés? Were the plants being grown acid loving? Were the plants known to be susceptible to growth inhibitors (some plants are more susceptible)? I could go on...

Happy to hear your views on whether you use coffee grounds in your garden.

Rohanne Young
The Delectable Garden

Link for September's guest speaker:

<https://brisbaneediblegardening.org/>

Check out Dr Ketah Silvester's edible perennial garden and lots of interesting information on her website.

Plant Clinic

Managed and reported by Margaret Sear

Nasturtium: Jenny

Problem: Leaves are yellow and have marks on them

Possible Diagnosis: Some leaf miner trails and Bacterial Spot. The plant appears to need a good feed as the colour of the leaves is very pale. Give a foliar feed of Seasol, as well as adding compost to the soil. Use leaf miner traps as the season warms and insects become active.

Cobbler's Pegs: Rosanne

Problem: Leaves: *Is it rust or bad bugs such as white fly?*

Solution Tried: Has heaps of flowers and keeps snipping off seed heads

Possible Diagnosis: It appears to be rust as the area is red, fuzzy and raised on the back of the leaves. Info suggests removing all infected and fallen leaves in the area and bin – not compost. Spores transfer to the compost and will likely spread the disease through the garden. Rust likes moist conditions followed by warm. Water first thing in morning before 10am rather than in the evening. If other plants can support insects in the garden, remove the infected plant/s altogether.



Tomato: Kaarina

Problem: Leaves have gone hard and wrinkly

Solution tried: Cutting off leaves with the problem

Possible Diagnosis: It is likely to be a tomato virus, although the leaf still looks reasonably healthy and strong. If leaves wrinkle and are dry, and spotting under the leaf is more pronounced, a virus would be more likely. Remove infected leaves (no more than 1/3 of leaves on the plant), and bin (do not compost) them. You can try a copper or bi-carbonate based fungicide and a foliar spray of Seasol every few weeks. Always water soil from below and preferably in the morning.

Parsley: Terry

Problem: Triple curled leaves of parsley appear very tightly curled and the back of the curl is exposed at the front of the leaf

Possible Diagnosis: Parsley appears very strong and healthy. No pest or disease issues apparent. Doesn't appear to be a virus as no yellowing apparent. Asking around, others appear to have noticed the same issue with their parsley, so could be a fancy variation. Possibly cross pollination as it is a self-sown seedling, or super healthy from good compost and soil.

Plant Clinic (continued)

Dwarf Grafted Mango: Lara

Problem: *Die back on top growing point and branches of tree*

Possible Diagnosis: This appears to be Anthracnose damage and die back. The mango was only planted approximately 8 months ago. I would suggest you contact your supplier (Daleys Fruit Tree Nursery) and inform them of the problem. Anthracnose is a fungal disease often brought on by adverse wet weather conditions. Treat with fungicide for anthracnose - Mancozeb, copper hydroxide and copper sulphate products are recommended. You could try removing the damaged section of the tree, if well above the graft and if spraying doesn't halt the disease.

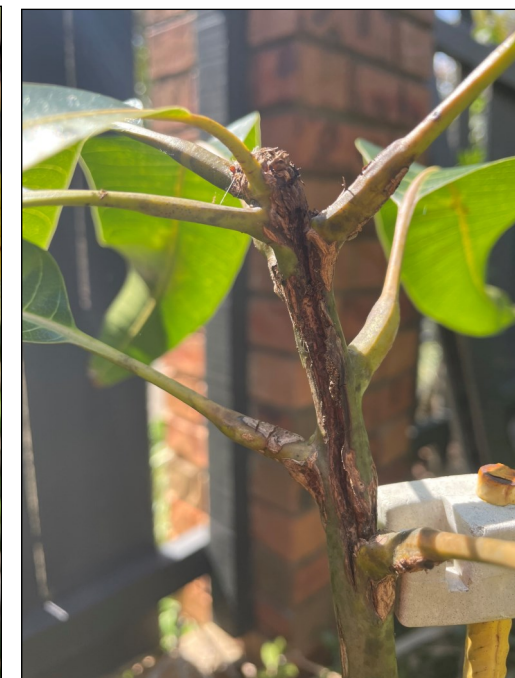
Thanks to Linda Brennan and Rohanne Young for their assistance.

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.



The punches below were on offer at the AGM. Recipes supplied by Jill Nixon.

MULLED PUNCH *(serves 10)*

1 litre cranberry juice
1 litre white or red grape juice
6 whole cloves
2 cinnamon sticks, broken

**Note: 1 serving
= 200 mls**

- Pour juices into large saucepan. Place cloves and cinnamon in large saucepan with the juices.
- Bring to a boil. Reduce heat; cover and very gently simmer for 30 minutes or until flavours are blended.
- Strain before serving.

MULLED POMEGRANATE JUICE *(serves 5)*

1 litre pomegranate juice
1 small sprig rosemary
1 cinnamon stick
1/2 tsp cardamom seeds
1/2 orange, sliced

- Pour the pomegranate juice into a large saucepan.
- Add the rosemary, cinnamon stick, cardamom seeds, and orange.
- Bring to a simmer and leave it to stand for about 30 minutes before pouring through a sieve into a jug.

MULLED APPLE JUICE *(serves 5)*

1 litre cloudy apple juice (or pear juice)
Strips of orange peel (or lemon peel)
1 cinnamon stick
3 cloves

- Simmer the juice with the strips of citrus peel, cinnamon stick and cloves for about 5-10 minutes, until all the flavours have infused.

Upcoming Garden Events

Bethania Street Community Garden, Bethania Street, Lota Harvest Share Sunday 30th October - 2:30 to 4:00pm

Everyone is welcome to join us for Harvest Share, focusing on gardening, home grown food and local produce. Bring your friends and neighbours to wander through our productive garden, talk to our friendly gardeners, meet new people, have a cuppa, listen to some local music, celebrate local food growing and community.

Gold coin donation. No booking required.

IndigiScapes News

To celebrate **National Gardening Week (9-15 October)**, we're providing workshops to help you enhance your garden spaces:

Creating Wildlife Friendly Gardens Workshop

Wednesday 12 October, 10am to 11.30am

Learn how creating habitat in your backyard will attract bees, butterflies, birds and a variety of our local wildlife to your garden.

Chemical Free Gardening Workshop

Thursday 13 October, 10am to 11.30am

Create a bountiful and healthy garden using homegrown chemical-free alternatives with Linda Brennan. You will taste test organic produce and problem solve your garden issues.

Fungi Feast and Talk

Friday 14 October, 8am to 9.30am

A special fungi feast breakfast and talk where you will learn all about the fascinating world of fungi.

Earth Repair Gardening Workshop

Saturday 15 October, 9am to 11am

Ecologist Kate Wall will cover many aspects of sustainable gardening. Plus, receive a free native plant from our nursery to take home and plant in your garden.

For more information and to book go to:

<https://indigiscapes.redland.qld.gov.au/whatson>

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

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PO Box 1257, Cleveland 4163

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

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)—

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

Qld Herb Society—1st Tuesday every month,

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

Oaklands Street Community Garden—Wednesday
and Friday 9-noon, Sunday 2-5pm. Oaklands Street,
Alexandra Hills. 0408 259 445



Vale Margaret Foley

Margaret Foley, local naturopath and herbalist, died peacefully on the 24th September. After being diagnosed with terminal cancer in 1980, Margaret was successfully treated utilising natural healing methods.

In recent times, 42 years after the initial diagnosis, her health had deteriorated to such a degree that the pain and resultant medication just became overwhelming. As she said in the memoir she wrote earlier this year, 'death is more welcome than continued pain'. She is now without that pain.

Being treated for cancer caused Margaret to take an active interest in natural healing, to the extent she obtained formal qualifications and opened her clinic in Cleveland in 1992. After this Margaret worked with over 20,000 patients. She practised evidence-based nutritional medicine working alongside general practitioners, and was featured on radio and television.

Margaret's gentle manner and wonderful smile have sometimes belied her struggle, but she persevered and was very keen to help as many people as possible ... if they were prepared to listen. You may wish to hear more about Margaret's journey in her inspirational memoir, which is part of her legacy. There is a copy in the ROGI library.

Margaret and her husband Maurie have been ROGI members over the years, being passionate about healthy living and eating. Their gorgeous and very productive organic garden is testament to this. ROGI members had the privilege of visiting in 2019 - see p. 9 [https://www.rogi.com.au/uploads/ROGINewsAugust2019%20\(2\).pdf](https://www.rogi.com.au/uploads/ROGINewsAugust2019%20(2).pdf) Margaret was interviewed by Linda Barrett about using 'wild medicines' - see p. 4 <https://www.rogi.com.au/uploads/roginewsJuly2015.pdf>

By Jill Nixon