

Next meeting: Thursday 12 October 2023

# 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:

- **\$2-00 entry all members**
- **\$5-00 entry visitors**
- BYO keep cup so there's less washing up for kitchen volunteers
- 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](http://www.rogi.com.au)  
ROGI Email: [info@rogi.com.au](mailto:info@rogi.com.au)



*S. Mystic Spires*



*S. Splendens Salsa Purple*

*Salvias (also called sages) are a diverse group of plants that are easy to grow and produce flowers in almost every colour. They are long flowering, come in a variety of sizes, attract bees, butterflies and birds to the garden. What's not to love?*



*S. Dorisiana*



*S. Costa Rica Blue*

## October Meeting

### Nurture your Soil Naturally

One of ROGI's main aims is to encourage people to use organic methods in their gardens instead of chemicals and artificial fertilisers. Caring for the soil naturally through composting, worm farming and mulching allows plants to grow stronger and develop a healthy defence against insects and diseases.

October speaker Bronwyn Holm from Earthfood will explain how we can repair the earth the way Mother Nature intended. Bronwyn will show how liquid foliar concentrates are being used in conjunction with syntropic farming on the Sunshine Coast, and how the same principles can be used to enhance growing in our suburban food gardens.



*We'll also hear from a ROGI member about what is happening in their garden. Bring along your questions for Plant Clinic and we'll see if someone can help.*

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

**All ROGI Members - \$2-00 entry**

**Visitors welcome - \$5-00 entry**

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

## ROGI Events

### ROGI MEETING

**Thursday 12 October**

### FIELD TRIP - Rocks Community Garden \*

**Rocks Riverside Park, 39 Counihan Road, 17 Mile Rocks**

**Wednesday 18 October**

Rocks Community Garden is a voluntary group that is focused on the production and harvesting of crops using sustainable principles and organic techniques, and fostering community in the process.

We will be car pooling to this event, leaving at 8.30am from the PCYC in Degen Road, Capalaba.

You will need to bring morning tea, your cup and a flask (as they have no power). Seating is provided. **Please book your spot on TeamApp.**

### SEED SAVERS MEETING \*

**Thursday 19 October, 7-8.30 pm**

**Topic: Our favourite tips from *The Seed Savers Handbook* by Michel and Jude Fanton**

Many of the ROGI members enjoy the resource that is *The Seed Savers' Handbook*. Michel and Jude have a lifetime of knowledge in the pages, and we'd like you to read and pick out your snippets of wisdom from the book to share the best bits.

There's a copy in the ROGI library, and copies in both BCC and Redlands Libraries. If you'd like your own copy of this wonderful resource, please let Linda know on 0416157470, as we can buy in bulk to get a group discount.

Bring: BYO cup for supper, a small plate of food to share, a container to take seed punnets home in, and non hybrid seeds to share and save.

**\* PLEASE BOOK ON TEAMAPP**

## Field Trip - Fly Farm & Larvalicious

Our field trip in August was to Fly Farm and Larvalicious, located just down the road from ROGI's meeting venue in Alexandra Hills. **Black soldier fly larvae (BSFL)** have become increasingly popular in recent years due to their numerous benefits. These include:

- ⇒ **Sustainable protein:** BSFL are a highly nutritious source of protein that can be sustainably produced. They require minimal space and resources, and can be fed on a variety of organic waste materials.
- ⇒ **Waste Management:** BSFL can consume large quantities of organic waste, helping to reduce the amount of waste that ends up in landfills. This makes them an ideal solution for waste management.
- ⇒ **Soil Health:** BSFL are rich in nutrients, and when used as a composting agent, can help improve soil health and fertility.
- ⇒ **Animal Feed:** BSFL can be used as a nutrient rich substitute for traditional animal feed, providing a cost-effective and sustainable source of nutrition for livestock and pets.
- ⇒ **Economic Benefits:** The production and use of BSFL can provide economic benefits including job creation, decreased waste disposal costs, and revenue from the sale of larvae or products made from and by larvae.

### Facts & Benefits of Black Soldier Fly Larvae Frass (Poo)

BSF Frass is a natural fertiliser made from the excrement of black soldier fly larvae.

- ⇒ **High Nutrient Content:** BSF frass is a rich source of nitrogen, phosphorus and potassium, as well as other micronutrients that are essential for plant growth and health.
- ⇒ **Sustainable and Environmentally Friendly:** Using BSF frass as a fertiliser is a sustainable and environmentally friendly alternative to synthetic fertilisers, that reduces harmful effects on the

environment and greenhouse gas emissions.

- ⇒ **Improves Soil Health:** BSF frass can help improve soil health by increasing soil structure, water retention, and microbial activity, leading to healthier and more productive plants.
- ⇒ **Reduces Waste:** BSF larvae are able to consume and break down a wide range of organic waste, including food scraps and agricultural by-products, which can help reduce waste and promote a circular economy.
- ⇒ **Cost Effective:** As BSF frass is utilised in waste management, it is a cost-effective, economical and eco-friendly alternative to synthetic fertilisers.

#### Ingredients:

100% black soldier fly larvae frass and exoskeletons.

#### Nutrient Analysis:

Nitrogen (N)	3.7%
Phosphorus (P)	0.9%
Potassium (K)	0.6%
Sulphur (S)	0.4%
Calcium (Ca)	0.1%
Magnesium (Mg)	0.3%
Iron (Fe)	950.5 mg/kg
Manganese (Mn)	46.9 mg/kg
Zinc (Zn)	96.8 mg/kg
Copper (Cu)	20.2 mg/kg
Boron (B)	25.1 mg/kg
Molybdenum (Mo)	2.3 mg/kg
Silicon (Si)	1487.2 mg/kg
Cobalt (Co)	< 1mg/kg
Carbon ©	46.2
Organic Matter	78.5 %

\*Average analysis tested over multiple samples over a six (6) month period. To be used as a guide only.



### How to Use Frass:

*These are suggested uses only. Please use as a guideline and adjust rates and quantity applied to suit specific purposes.*

#### In the Garden (Flowers, vegetable/garden beds)

- Apply approx. 50g (2/3 cup) per square metre and water in.
- Gently incorporate into the soil for best results.
- After planting, top dress by sprinkling a thin layer above the root zone.
- Reapply every 6 weeks during the growth season.

#### Roses

- Apply 50g per square metre, starting a minimum of 10cm from the base of the plant, then water in.
- Reapply every 6-8 weeks from spring until mid-autumn.

#### Acid-lovers and Native Australian Plants

- Apply 25g per square metre or 35g for fast-growing plants, starting a minimum of 10cm from the base of the plant, then water in.

#### Indoor & Potted Plants

- Sprinkle a thin layer leaving a small clearance around the base of the plant and water in.
- Reapply as a top dress every 6 weeks.

#### On Fields (Golf courses, turf and lawns)

- Broadcast 250kg per hectare or 2.5kg per 100 square metres.
- Lawns: Apply in spring and early autumn.
- Ovals: Apply 200kg per hectare or 2kg per 100 square metres.
- Golf Tees: Spring to autumn every 4-6 weeks apply 2.5kg per 100 square metres. Autumn to winter every 4-6 weeks apply 3-4kg per 100 square metres.

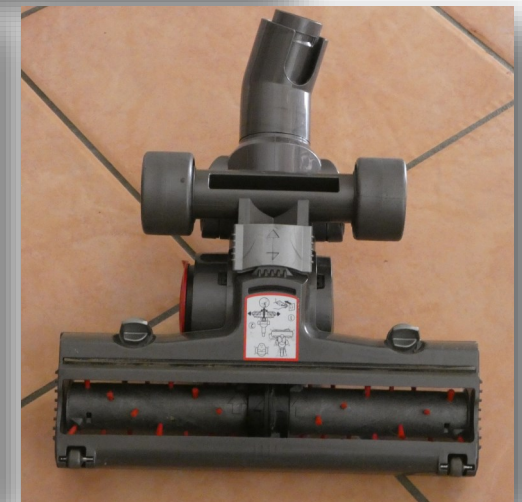
For more information go to: <https://larvalicious.com.au/>

### GIVE AWAY - DYSON VACUUM ACCESSORIES

*Alas, my Dyson DC23 vacuum cleaner died earlier this year. I have (unsuccessfully) tried to find a home for the genuine accessories I purchased for it. This includes a genuine Dyson turbo head, which is only about 12-18 months old.*

*The parts will fit the following models - DC19T2, DC23, DC23T2, DC29, and DC32.*

*Please contact Ann at [newsletter@rogi.com.au](mailto:newsletter@rogi.com.au) if you would like these (for free), and I will bring them to the next ROGI meeting.*





## Round Robin September Meeting

### FRUIT FLY PREVENTION

Jill Nixon and Col Harris told us how to prevent fruit fly in your backyard using an augmentorium. Here are the links to their articles:

[https://www.rogi.com.au/uploads/Augmentoria%20board\\_on%20one%20page.pdf](https://www.rogi.com.au/uploads/Augmentoria%20board_on%20one%20page.pdf)

<https://www.rogi.com.au/uploads/pdf.of.Publisher%20version%20of%20QFF%20article.pdf>

<https://www.rogi.com.au/uploads/Augmentoria%20leaflet%20revised%20Dec%202022%20print%20version.pdf>



### CROP ROTATION

Terry Sullavan and his audience could be heard singing a little ditty about fourfold crop rotation - leggy, leafy, fruity, rooty. As Terry explained, rotate your crops from legumes (beans, peas) to leafy vegetables (lettuce etc.), to fruit bearing plants (eg. tomatoes, cucumbers, eggplants), to root vegetables (eg. potatoes, onions, garlic carrots). Read more about this topic in ROGI October 2019 newsletter on page 9:

<https://www.rogi.com.au/uploads/ROGINewsOctober2019.pdf>



### SUCCESSFUL WORM FARMING

Greg Lindner has kindly shared his invention (pictured right) of a worm farm that doesn't require much work! This one is a smaller version of his big worm farm at home. He uses two polystyrene broccoli boxes, and cuts out a piece in the middle and inserts wire mesh for the worms to travel from one side to the next. He made the outside from fence palings to protect the polystyrene boxes. Start your 'farm' with bedding such as shredded paper or coir peat; dampen. Add worms and food scraps that have been pulverised in a food processor. He also feeds the worms with pre-soaked horse manure to increase the nutrient level of the castings. He covers the worms with wet newspaper as a blanket. When one side is full, start feeding on the other side and the worms will move over. When the second side is full you can now easily remove the worm casting from the side that is not being used as the worms and eggs have vacated the castings.



### IRRIGATION

Thanks go to Lindsay Peel, who taught us all we need to know about irrigating our vegie gardens. Timely advice for what looks like being a scorcher of a summer!





## Top Tips for Spring Growing

By Linda Brennan, Ecobotanica

We have new warm season bulk garden starter packs for sale at meetings. They are great to purchase if you are not sure what to plant now. They have growing instructions for getting the best results from your seed growing, and the seeds are fresh and ready to thrive for you. Price: Just \$7 for 8 packs. Save \$1.

This season they contain:

Tomato Cherry Rainbow Mix

Sweet Corn Bicolour

Kai Lan (Chinese broccoli)

Salad Mix

Basil

Sugar snap peas

Kohl Rabi Purple Vienna

Zinnia Lilliput mix



My four top seeds for growing now (as well as those in our packs) are:

**Tomatoes:** These are heavy feeders. They love nothing more than a compost enriched soil with regular fertilising during their growing period. Cover your tomatoes with a fine netting to prevent fruit fly and budworm attack.



**Lettuce:** Plant in a fertile, composted and shady spot for summer. Lettuce need a damp soil, so don't forget your watering or they will run to seed prematurely. Fertilise weekly with a foliar fertiliser (e.g. Searles 5 in 1).

**Eggplant:** They are so soft and buttery when cooked right, and very easy to grow. Sow seed into small containers or direct into the ground. Here's a link to a family favourite eggplant recipe of ours:

<https://ecobotanica.com.au/scrambled-eggplant-2/>



**Beans:** My favourites at the moment when the patch is so full are climbing beans. They take up vertical rather than horizontal space. *Giant of Stuttgart*, *Climbing Blue Lake* and *Purple King* are all excellent performers.

# What is biodynamic gardening and why should you try it?

By Rohanne Young

Simply put, biodynamics is a form of organic gardening. And, like other forms of organic gardening, it's based on the principles of growing food without using artificial or man-made fertilisers, pesticides, herbicides or genetically modified organisms.

I like to think of biodynamics as the ultimate in organic gardening, as many "organic" practices still allow, and even encourage, additions such as rock minerals and "natural fertilisers". They also allow the use of pesticides, as long as they are "natural", for example pyrethrum.

## Fighting Nature

Don't get me wrong. I used to garden using organic and permaculture principles. And I used to get some great results. But sometimes it felt like I was fighting against nature!

The ants would attack and suddenly I'd have an infestation of mealybug in my citrus trees, or rats would decimate the veggie garden. And I seemed to be constantly fighting a scale infection in my fernery. If you know anything about scale, the organic method of control is white oil, which doesn't go well when you apply it to delicate maidenhair ferns!

A lot of the "control" mechanisms when using organic gardening principles, necessitated applying some type of exclusion, such as netting to keep bats and possums away from fruit trees. Or finer nets to protect against fruit fly. Or building exclusion fences to keep out wildlife and which seemed to do a better job of keeping me out!

I really didn't enjoy either the process of applying nets to large trees, or the visual aesthetics of a garden swathed in plastic nets!

And if I had a rat problem, of which I had several, it seemed the only option was to kill the rats, either through poisons or brutal snap traps.

However, since I discovered biodynamics and converted my gardening practices to biodynamics principles, I'm pleased to report that I no longer have any scale, the rats have scarpered, and it's been about four years since I've seen any sign of mealybug or fruit fly! The possum and I have come to an arrangement!!

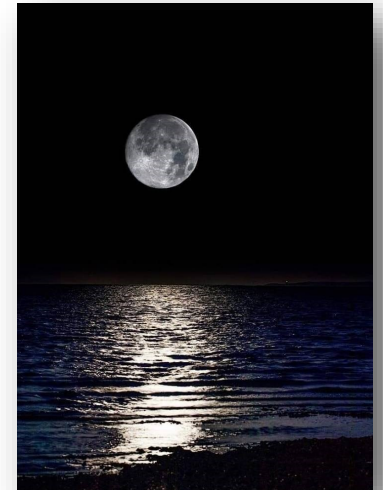
## Why do I love Biodynamics?

Simply put, biodynamics aligns with my values for a sustainable garden and a healthy earth. I feel like I tread lighter on the earth! And, best of all, I no longer feel like I'm fighting nature!

Using biodynamic practices and the biodynamic preparations, I no longer apply any chemicals or poisons in my garden, not even "safe" or "nature identical" chemicals like pyrethrum. And I don't net my fruit trees or kill any rats or other wildlife!

What I do use, though, is energy! Biodynamics works to optimise the forces of nature, including the moon, the planets and subterranean forces. Yes, I have to tell you that biodynamics is a bit **Out There!** My family and friends all call it my "Woo-Woo" gardening!

The "Woo-Woo" bit comes about when you accept that the moon, and other key planets of the solar system, have a major impact on life on earth. These impacts include influencing the growth of plants. Personally, I love the "Woo-Woo" and it was largely what attracted me to biodynamics. However, I know several biodynamic gardeners who don't believe or accept the "Woo-Woo" and they still get great results!





## What is biodynamic gardening? (continued)

### Using Biodynamics Preparations

When I first started using biodynamic preparations and practices, it took me a bit of time to wrap my head around it all. I come from a science background, and it was far easier to believe in adding calcium if my soil was deficient than it is to believe that *horn manure*, in minute concentrations, could do a better job to correct the deficiency!

There are eight biodynamic preparations, numbered BD500 to BD508. More commonly they are known as *horn manure*, *horn silica*, *camomile*, *yarrow* and so on.

These biodynamic preparations are produced in strange ways, for example filling the horn of a cow with fresh cow manure and burying it in the soil over winter. The resulting substance helps to re-energise your soil. It sounds really strange but, when you try it, miraculously it works.

Best of all, biodynamics has a method and preparation for dealing with pests like rats and possums, weeds like nutgrass and oxalis and insects like scale and fruit fly. These are called *peppers*.

And I have to tell you, peppers are seriously "woo-woo"! They were the last biodynamic practice that I tried, and I was certain they couldn't work! Peppers are created from the reproductive parts of the weed or skin of the pest animal. And they use the energy of animal or weed that you want to deter, to make them unwelcome in your garden.

Biodynamic gardeners seem to be divided on peppers, with some loving them and others not being fans. Personally, I'm a convert!!

When I first created and applied a Cane Toad pepper, my garden was overrun by cane toads. On an average night there would be 15 to 20 cane toads hopping around my back garden, with an equal number out the front.

A week after applying the pepper, I went out one night and was amazed by the silence. No cane toads scurrying or hopping away. Just silence. I eventually found one solitary cane toad! In the whole garden. However, what has thrilled me most is to welcome frogs back into my garden. I had lost all the frogs as the toads were out-competing them for food!

I've had similar success with rats. I have chickens and it seemed that a part of having chickens is that you accept you're going to attract rats. I was constantly battling rats, putting down traps, making sure I didn't leave any chook food out etc. However, since making and applying the *Rat pepper* I no longer have any rats.

I now have a range of peppers for controlling everything from *Nutgrass* and *Oxalis* to *Rat*, *Mice*, *Bush Turkeys* and *Bandicoots*. See my website, [www.thedelectablegarden.com.au](http://www.thedelectablegarden.com.au) if you want the full list.

And I'm currently working on a *Positive Pepper*! This will be a biodynamic preparation that encourages beneficial insects into your garden, boosts plant growth and helps boost the soil microbiome.

If you are interested in learning more about biodynamics or biodynamics peppers, please talk to me at a ROGI meeting. I'll be down the back with all the other lovely ROGI members selling their wares.

## Upcoming Events

### BETHANIA STREET COMMUNITY GARDEN

Bethania Street, Lota

#### Compost and Worm Farms

Sunday 8th October, 10:00am - 12:00pm

Cost: Free - email [bethaniabooking@gmail.com](mailto:bethaniabooking@gmail.com) to book

Join us for this hands-on workshop, where you will learn the basics of composting and worm farming, various types of composting and what is compostable. There will be time for troubleshooting problems and answering your questions.

#### Harvest Share

Sunday 30th October, 2:30pm - 4:00pm

Gold coin donation - No booking required

Everyone is welcome to join us for our 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 and celebrate local food growing and community.

Are you a gardener or a foodie? Bring along any spare home grown produce or homemade food to share. While this is not the venue to share household products, ornaments, clothing or books etc it is the perfect opportunity to share the joys of our garden with your family and friends.

### HELP NEEDED!

*ROGI will be holding a stall at the Welcome Back Shorebirds Festival (see advert on the right). We'll be selling plants, mugs and hats, and telling the public about ROGI. We'll also be having a children's 'potting up' activity.*

If you can help, please call Toni Bowler on 0402 323 704.

**FREE EVENT!**

**BEAKO THE LARGE PUPPET WILL BE ATTENDING!**

TOONDAH ALLIANCE PRESENTS

# WELCOME BACK SHOREBIRDS FESTIVAL

CELEBRITY MC HANNAH MOLONEY

MUSIC FROM RENOWNED FIRST NATIONS SINGER/SONG WRITER JOE GEIA  
~TALENTED LOCAL MUSICIANS~  
CHUCK'S BLUES WAGON AND CLARA DURBIDGE

- FIRST NATIONS SMOKING CEREMONY • YUMMY FOOD VANS •
- FUN KID'S ACTIVITIES • JUGGLING/ACROBATICS •
- ART COMPETITION W/PRIZES • ROCK ART • PHOTO BOOTH •
- SHOREBIRDS EXPERIENCE • COMMUNITY STALLS AND MORE!

**SAT 14 OCT 1PM - 5PM**  
**GJ WALTER PARK**  
SHORE STREET E, CLEVELAND QLD 4163

Bring a picnic rug/chair to relax  
Arrive by public transport

Shuttle bus 12:20pm - 5:20pm

Details here:

AUSTRALIAN CONSERVATION FOUNDATION | Ubuntu Foundation | ACF Community Bayside | birdlife AUSTRALIA | Redlands 2030 | Wilderness Society |



## ROGI MANAGEMENT COMMITTEE

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

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[www.facebook.com/groups/redland.organic.growers](http://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

## 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  
0404 892139  
[bees@zabel.com.au](mailto:bees@zabel.com.au)  
[www.zabel.com.au](http://www.zabel.com.au)



**The November newsletter deadline is**

**26 October 2023**

Please email [newsletter@rogi.com.au](mailto:newsletter@rogi.com.au)  
with your contribution