Next meeting: 12 September 2024

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 and something to eat before the meeting. Please be seated by 7pm ready for the proceedings.

Bayside Community Church 1-9 MacArthur Street ALEXANDRA HILLS

Don't forget:

- A small plate of finger food to share for supper (hot/cold)
- Your keep cup for a cuppa
- 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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Incide this edition

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



ROGI Seed Bank stocks non-hybridised, heirloom and some organic seeds for the benefit of members.
Featured are two fruiting plants, a leafy green and a root. All varieties are suitable for September planting. Located at the rear of the Salvo's hall at meetings.





Jill's Jottings

S pring is a time for new beginnings, and not just in the garden. In ROGI it is the start of a new committee, and often many new committee members which is the case this year.

I would like to extend thanks and appreciation to the five retiring committee members, Terry Sullavan, Patsie Stuart, Bernadette Reid, Romana Langdon and Ann Roffey, who have managed ROGI commendably over the past year, even without the assistance of a vice president. Thank you also to those who contribute in many and various ways to the running of ROGI - they are listed on the back page.

Welcome to our new committee members: Vice President Mike Qualmann, Treasurer Rose Faleafa (who is also our new librarian), Suzanne Simpson, and also to Rhonda Binns and Toni Bowler who are continuing in their previous roles.

At the time of writing this we are still without a secretary which is essential, since we are an incorporated organisation. We'd also love to have an extra committee member. A full complement of committee members enables ROGI to offer more to our members and being on the committee gives you an insider's view of what's going on. The perk is that we have interesting discussions about plants, gardens and such before, during and after our committee meetings. Please get in touch if you'd like to be a part of this! You get more out of it than you put in.

What's in your garden? What we in ROGI have in common is the desire to grow food – and to grow it organically so it is the best it can be for our families.

Then what? Years ago we started with food. **Vegetables** and **fruit** with food metres, rather than miles, and grown in season makes

sense. Then we realised (and ROGI helped with this realisation) that for optimal pollination we needed more **flowers**, so we added flowering annuals, herbs and shrubs. Of course, flowers add beauty and many are edible.

Along with the pollinators came birds and butterflies as well as predators and parasites (**beneficial insects**) – these are good to have in your vegetable garden, even though it sounds a bit gruesome. Some of the best plants from a beneficial insect's point of view are also considered weeds by humans, so we try to not to get upset when they flourish (although we aren't happy about nut grass!) Nature is not neat and tidy.

To create enough space for all of these we removed lawn and also made beds between redundant car tracks. So now we have fruit trees, annual and perennial vegetables, herbs and flowers, and lots of beneficial insects helping us with pest control and pollination services. We now agist six native bee hives in our yard. Indigiscapes is a good source of advice for natives that thrive in our area. This all contributes to **biodiversity** so that our garden is an oasis that is good for us humans and for other creatures as well.

Ave a browse through ROGI's Seed Bank and the free Seed Savers' collections. There are lots of flower seeds available so you can increase your garden's attractiveness to beneficials. Then, when you sow your seeds, please do some extras so you can bring the seedlings along for our plant sales table.

Growing your own food – it's worth it.

Jill Nixon, ROGI president

Welcome New Committee Members!

VICE PRESIDENT: MICHAEL QUALMANN

I and my wonderful wife Elvira (Ella) are rather new to ROGI – having moved to the Redlands only a year and a half ago – but we've always been interested in gardening.

I actually lived on a semi-rural property for 21 years in Northern NSW, with too much space to really look after well, while raising 3 girls at the same time. I tried a lot, failed a lot, but had the benefit of SPACE. So much space on volcanic soil that forgave me (almost) all the



errors I made. Plenty of them! My fruit trees (21 in total) were growing despite the little attention I gave them.

Elvira had different experiences. Always living on small blocks or in apartments, she successfully tried to make the most of what she had with amazingly surprising results, given the limited space.

Now, living on 750sqm in Wellington Point, we are trying to combine both to create a productive fruit and veggie garden as well as a haven for bees and birds. Twelve fruit trees planted so far, lots of tomatoes, flowering natives, and a maze of other plants... I cannot remember all the names! In a year or so, we'll be proud to have a garden visit at our place.

As your Vice President, I will try to fill the big boots of my formal and informal predecessors. I have every intention of relying on Terry, John, Rhonda, Ann, Linda Toni and others (sorry, I'm not familiar with all names yet) as much as they wish, and work as a team. I'm not afraid to be told what to do next, what I'm doing wrong and what I could do better. Teamwork is all that matters to me. My phone number is below, so ring me anytime (I might not pick up straight away, but I will always ring back).

Michael Qualmann, phone 0415 875 672

COMMITTEE MEMBER: SUZANNE SIMPSON

I'm Suzanne, and my decision to join ROGI this year was to gain more knowledge in growing edible plants. I'm particularly interested in growing and using herbs. However, I'm also interested in gaining more knowledge about what plants best suit our Qld climate. I'm finding the garden visits with ROGI very helpful.

Outside of ROGI my other interests include tai chi, learning about tea ceremonies, reading, and travelling. I have travelled extensively, however I particularly enjoy travelling to Japan. I visited Hiroshima in March and I will be returning to Japan in October for my long service leave.

I have recently completed a Bachelor of Justice and Legal Studies degree which covered areas such as criminal, tort and family law. I've always had an interest in the law, so I have found the last three years very interesting.

I'm also a Volunteer Community Visitor, which I find very rewarding. In this role I've met some wonderful people.

The ROGI members have made me feel very welcome, and I am looking forward to being part of the Committee.

Suzanne Simpson

September Meeting

Understanding and Exploiting Microclimates in the Garden

Subtle differences in the climate within our gardens can be the difference between a plant thriving or dying. Plants that should like our subtropical climate may struggle for you, and others that shouldn't like our subtropical climate may thrive. This is all a reflection of the microclimates in our garden. This talk will highlight some of these differences, making them far easier for you to recognise and exploit them. When you work with these microclimates you will find gardening so much easier, but will also be able to turn them to your advantage to grow so many more plants.



Kate Wall will present this topic at our September meeting. Originally working in Environmental Science, Kate turned to professional gardening after the 2011 floods. She is the author of three books, and her work has seen her receive peer recognition and industry awards.

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

> All ROGI Members \$2-00 entry Visitors \$5-00 entry Free tea and coffee

Supper will be held at the beginning of the night (6.30pm). It would be appreciated if all attending could contribute by bringing a small plate of finger food to share (hot or cold). The meeting starts at 7pm.

ROGI Events

GARDEN VISIT - Keith Heslop, Birkdale Saturday 28 September, 2 pm Sunday 29 September, 2 pm

In the ten years that Keith has owned his suburban property he has set about transforming the gardens from open grass and tall hedges to a highly productive space. In preparation for his retirement, he hopes to have a passive income from the fruit, vegies, and other systems he has developed. Solar panels have been installed and produce enough power so that he has no power bills. He has chickens and a pond with guppies that provide nutrient-rich water to irrigate his seedlings. Keith is completing an aquaponics house, and also has a vertical wall garden. Vegetables are growing in raised wicking beds, and many fruit trees have been planted including cashews, achacha, abiu, and numerous varieties of bananas. Orchid and staghorn lovers will not be disappointed. Keith is developing better ways to improve his soil, which he will share with us.

Please bring your own chair and a small plate of food to share. Tea and coffee will be provided. The address will be supplied closer to the date. Email Toni at <u>tonibowler@hotmail.com</u> or phone her on 0402 323 704 to book your spot.

SEED SAVERS GROUP * Tuesday 15 October - 10 to 11.30am

* PLEASE BOOK ON TEAMAPP

All You Need to Know About Fire Ants

The National Fire Ant Eradication Program is a world leading, multi-faceted program working with key stakeholders, including community, industry and all levels of government to eradicate fire ants from Australia. Fire ants present a threat to our environment, economy and outdoor way of life.

Fire ants can hitch a ride in organic materials and establish nests in new areas. If you transport materials that can carry fire ants - such as **soil**, **baled materials**, **mulch**, **green waste**, **manure**, **quarry products**, **turf or potted plants** - you must follow fire ant biosecurity zones and associated movement controls.

Fire Ant Identification

Fire ants are aggressive and will swarm when disturbed. Their distinguishable features make them easy to identify against other ant species. They are:

- copper brown with a darker abdomen
- small, measuring 2-6mm
- found in a variety of sizes within the one nest

Fire ant nests can look like mounds or flat patches of soil **with no obvious entry or exit holes.** They are usually found in warm, open areas such as:

- lawns, pastures and cropland
- footpaths and driveways
- garden beds and in piles of organic matter
- water sources (taps, dams and irrigation lines)
- utility pits (water and gas meters)
- cultivated land
- along fence lines
- disturbed soil and newly developed areas

How does Fire Ant Treatment Affect Organic Farming?

Fire ant treatment is compulsory if you're in a planned treatment area. The National Fire Ant Eradication Program can offer you bait and options for treatment. They have the tools to treat between rows so that bait doesn't touch the plant. After the bait is distributed, it breaks down quickly (within days). It is non-toxic to humans and animals.



Above: Fire ants are small compared to other ants (2-6mm).

Below: Fire ant nests can appear as domeshaped mounds or be flat and look like a small patch of disturbed soil. For more images go to: https://www.fireants.org.au/look/nests



All You Need to Know About Fire Ants (cont'd)

Treatment types include:

- Insect growth regulator (IGR)
- \Rightarrow consisting of S-Methoprene or Pyripoxyfen. This treatment sterilises the fire ant queen.
- Fast-acting insecticide (FAI)
- ⇒ Indoxacarb or a combination of hydramethylnon and pyriproxfen.
- Direct nest injection (DNI)
- \Rightarrow Fire ant nests are flooded with Fipronil
- \Rightarrow This treatment is used by a treatment team and pest operators.
- \Rightarrow This treatment is used where there is an immediate risk to the public or animals.

Source: National Fire Ant Eradication Program website. https://www.fireants.org.au/look



This online map shows sites in Queensland that have had fire ants in the last 12 months. The data is updated daily. https://www.fireants.org.au/ fireantmap

IF YOU FIND A SUSPECT NEST OR ANTS, REPORT THEM WITHIN 24 HOURS AT fireants.org.au or by CALLING 13 25 23.

GIVE AWAY: Large garden shed to give away, some time at the end of September. It requires dismantling (we are willing to help with that). ABSCO brand. Size 6m x 3m, 2.1m tall at sides, one single and one double door. One panel is missing. We are using this shed as part of the pool fence, had to close both doors with bars and take one panel out for access. Contact: Michael on 0415 875 672



Garden Visit - Rhonda Binns, Cleveland Report and photos by Ann Roffey

Rhonda Binn's gardens looked as pretty as a picture when we visited in late July. Her suburban block has the beautiful rich red soil that the Redlands is renowned for.

There was a lot of garden envy when we saw how well her vegies were doing in the wicking beds. Here, flowers and herbs are interplanted with vegetables, and everything is thriving! Growing are lemon balm, beetroot baby, kale Red Russian, lettuce, radishes, leeks, shallots, celery, peas, borage, calendula and nasturtiums.

Nearby are Dwarf Ducasse bananas, asparagus, lemon Meyer and lemon Villa Franca, pawpaw tree, tomatoes, cumquat and Lots of Limes. Most of Rhonda's citrus trees are growing in pots as she doesn't have room for them in the ground.

Other edibles in her yard include some blueberries in pots (fruiting abundantly), jaboticaba, sour cherry, curry plant, betel leaf, beehive ginger and kangkong.

It was great to see how well Rhonda's garden was doing, many thanks for sharing with ROGI!

Right: Rhonda planted the bottom of a store-bought celery, and look how well it is doing! She uses a small piece of PVC pipe to blanch the celery. Blanching prevents the celery from becoming bitter.

Far right: Truss tomatoes are planted on fence palings attached to the new timber fence. Rhonda previously had a bougainvillea growing here, but got sick and tired of pruning it all the time. And it had way too many thorns!



Above: To find out how Rhonda's wicking beds were made, go to: https://www.rogi.com.au/uploads/ROGINewsMay2021.pdf





Garden Visit - Rhonda Binns, Cleveland (cont'd)



Above: Rhonda's Rondeletia amoena was flowering beautifully.









Left: Malabar Spinach. It is a mucilaginous spinach. Easy to grow, needs a decent climbing frame. There are two varieties, Rubra and Alba. Rhonda's is Alba. When it's growing well, she uses the leaves in stews, stir fries, and a vegetarian lasagne.

Above left: Bisexual red pawpaw doing well despite being winter. Above right: Rhonda's curry plant.



Garden Visit - Rhonda Binns, Cleveland (continued)





Left: Rhonda has three varieties of blueberries growing in these large pots. They have a nifty frame around them and will be netted once the fruit start to ripen.

Right: A pond out the front with goldfish and kangkong growing in it. Also habitat for frogs and dragonflies.



Above: Nutmeg Bush, Tetradenia riparia, is a beautiful, semideciduous shrub native to southern Africa. Displaying greygreen leaves and charming lavender-pink flowers, it adds a touch of beauty to any garden. Although called "Nutmeg Bush," it is not related to the tree that produces nutmeg spice (Myristica fragrans).

Source: <u>https://www.herbcottage.com.au/products/nutmeg-bush</u>

Left: The best room in the house ... Rhonda's potting shed.



Fruit and Veg Harvest Tips

By Linda Brennan, Ecobotanica

If you are new to fruit and vegetable gardening or growing something for the first time, it can be tricky knowing when and how to harvest your crop. So, I thought it might be timely to share some tips from almost a lifetime of gardening and teaching. I've focussed on one fruit type and four commonly grown crops that you may be harvesting about now.



Carrots

It's hard to know when to pull up your carrots, because the roots grow underground of course. • First up, check your date of sowing the seed...they take about 16 weeks from seed to beginning the harvest. Carrots can be pulled up earlier for teeny

baby carrots, but the remainder can be left a few weeks in the ground while you eat your way through progressive harvests. However, pull them before they send up the stiff central stalk that indicates flowering. The carrot will be woody by this stage. Allow your best to flower and set seed for your next crop.

- Carrots will extend their roots up out of the soil a little as they
 mature. You'll see the orange top of the carrot at or just
 above the soil level. It gives you an idea of the size of the carrot. It's normal for the top of the root to turn green when
 exposed to sunlight.
- Water the soil deeply before pulling up any carrots. It will allow the carrot to be pulled whole and not broken in the soil.

Citrus will hang on the tree for a month or so. I don't hurry to harvest all the fruit at once unless I'm giving the tree a big prune.

My one tip is to pick each fruit using secateurs! Leave a little piece of stem with up to one leaf on each fruit. Pulling the fruit off the tree with your hands leaves a nub on the tree, often with skin or fruit attached. This is a haven for infection. Plus, your fruit keeps longer when the skin is intact. I often cut off the fruit with a longer stem to give the tree a natural light prune when harvesting.





Lettuce grown from seed are very successful salad greens. Generally, you only need a few plants to keep you in salad for weeks.

• Some varieties like Butter Crunch, First Fleet and Cos, can be harvested by pulling off leaves around the perimeter of each plant. These are called 'cut and come again' varieties and are usually non-hearting or soft hearting. The alternatives are Great Lakes and Iceberg lettuces which form a dense heart and are usually harvested whole.

• To harvest the whole lettuce, take a sharp knife and cut the head

off the stem at the base of the leaves. I leave the roots in the soil. They will contribute organic matter and beneficial microbes, fungi and bacteria back to the soil as they rot away.

Fruit and Veg Harvest Tips (continued)

Potatoes

Potatoes, like carrots, can be a 'lucky dip' kind of plant. You don't know what you have until you start digging. You should get about 1-2 kilos of potatoes from each seed potato originally planted.

- Start your harvest when the leaves go brown and die down. Ensure the soil is damp and use a garden fork, not a spade. Make the first dig about 30-40cm from the stem of the plant, plunging the fork in vertically and deeply to avoid piercing the potatoes. Lift the soil up with the fork to reveal the potatoes. Work around the circumference of the stem in this way, picking out potatoes as you go.
- Remove the main stem and root, then carefully fork through the centre of the hole to dig up the deeper-rooted potatoes.
- Remove even the tiny ones, as you need to crop rotate potatoes to prevent disease.



Silver beet

This is possibly the one I feel most distressed about when I see them incorrectly harvested, as it shortens the life of the plant. I remember my dad teaching me the right way to harvest silver beet when I was a little tacker.

• Silver beet may be harvested as soon as you have more than 6 leaves the size of your hand. Initially they will be small, but as the plant matures, the leaves will increase in size. Never take more than 1/3 of the leaves off the plant - they need them for photosynthesis. The aim is to leave a clean plant after taking each leaf. So, don't use a knife or scissors to cut the leaves or stems. Do it by supporting the plant, tear off outer leaves with a sideways motion, taking them off with the stem, at the base of the plant. They will come away cleanly leaving no remnants on the plant to rot back and harbour fungal disease.

To learn more about organic vegie growing, enrol now for my **'How to Grow Great Organic Food and Flowers'** class on Sunday 15 September. Details at www.ecobotanica.com.au



I went to water the front pots but a gorgeous blue tongue was sleeping on the hose. I must have disturbed him when I went to get my phone as he was on the move but I did get a photo. I then had to quickly put the dogs out the back as he decided to wander across the front. I think he lives near the rainwater tank and veggie patch. One of the many reasons why I don't use any toxic chemicals!

By Rohanne Young

Are Black Soldier Flies the Next Frontier?

Jill Nixon has forwarded this recent article in The Guardian about using modified black soldier flies to ramp up their consumption of food waste.

A team of Australian scientists is genetically engineering black soldier flies so they can eat more of humanity's organic waste while producing ingredients for making everything from lubricants and biofuels to high-grade animal feeds.

They are already being used commercially to consume organic waste, including food waste, but tweaking their genetics could widen the range of waste their larvae consume while, in the process, producing fatty compounds and enzymes.

In <u>a scientific paper</u>, the team based at Sydney's Macquarie University outlined their hopes for the flies and how they could also cut the amount of planet-warming methane produced when organic waste breaks down. "We are heading towards a climate disaster, and landfill waste releases methane. We need to get that to zero," Dr Kate Tepper, a lead author of the paper, said. Dr Maciej Maselko runs an animal synthetic biology lab at Macquarie University where Dr Tepper has already started engineering the flies.

Maselko said insects would be the "next frontier" in dealing with the planet's waste management problem, which weighs in at about 1bn tonnes a year in food waste alone. Black soldier flies are found in all continents except Antarctica. "If you've got a compost bin, then you've probably got some," Maselko said.

The fly larvae can eat double their body weight a day and, like other insects, their larvae are used for animal feed. Maselko said the flies could already do the job of consuming waste faster than microbes.

Scientists are looking for ways to create circular economies, where waste is turned from being a problem to becoming part of a process of reuse and income generation. The university team has created a spin-off company, EntoZyme, to commercialise their work and hopes to have the first genetically engineered flies for use in waste facilities by the end of the year.

But could the flies escape and generate unknown risks to the environment? Maselko said that as part of the genetic engineering, the flies can also be given weaknesses – such as an inability to fly, that make them unviable outside a waste processing facility. The work to eat organic waste is done when the fly is in the maggot stage. The maggots, which then turn into pupae, are harvested.

Creating a suite of genetically engineered flies would see them also produce enzymes used in animal feeds, textiles and pharmaceuticals, and fatty compounds that can be used to make biofuels and lubricants. Another proposed use is for some flies to be able to consume contaminated waste, which would then leave behind their poo that could be used as fertiliser.

The <u>research and proposal</u> is published in the journal Communications Biology.



GIVE AWAY: 4 mealworm starter kits (used to feed chooks/geese/ reptiles/fish).

They have been cared for and loved for around 5 years but it's time to let them go.

If anyone would like some please get in contact with me. Kit includes: organic oats, eggs, pupa, beetles, worms.

Sharr, ellsonslkz@gmail.com

Almond and Quince Cake Recipe by Rohanne Young

Cake: 250g butter, at room temperature 1¼ cups caster sugar 1 tsp finely grated lemon rind 3 eggs ½ cup almond meal ½ cup flaked almonds ¾ cup milk 2 ¼ cups self-raising flour, sifted Icing sugar, to serve

Poached quinces:

2 large quinces, peeled, quartered, cored

- 1 cup caster sugar
- 1 cinnamon quill
- 2 star anise
- 3 cups water

Method:

- Place water and sugar in a medium saucepan. Stir over low heat until sugar dissolves.
- Add cinnamon, star anise and quince. Bring to the boil, reduce heat and simmer for 1½ hours or until a deep pink colour. Set aside to cool. Slice quince.
- Preheat oven to 180°C or 160°C fan forced. Grease base and sides of a 22cm spring form pan and line with baking paper.
- Mix butter, sugar and lemon rind in a bowl until light and fluffy.
- Beat in eggs, one at a time. Stir in the almond meal and flaked almonds. Stir in milk and flour.
- Spoon 2/3 of cake batter into prepared pan. Top with half of the quince slices. Top with remaining cake batter. Top with remaining quince.
- Bake for 1 hr 20 mins or until a skewer inserted in centre comes out clean. Stand in pan for 5 mins, then remove sides of pan.
- Dust top with icing sugar. Best served warm with double cream or ice-cream.

Bethania Street Community Garden Workshop Bethania Street, Lota

A Beginners Guide to Organic Gardening Sunday 8th September 2024, 9:30am - 12.00pm

Learn how to get the most from your garden and enjoy an abundance of organic vegetables. This hands-on workshop is designed for the beginner. It will cover the basics of organic gardening including location, soil and plant choice. You will then be ready to develop your own productive organic vegetable garden.

Free - Bookings essential. Email <u>bethaniabooking@gmail.com</u> including your name and phone number.

NEWSLETTER DEADLINE

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 <u>newsletter@rogi.com.au</u>

The October newsletter deadline is 26 SEPTEMBER 2024

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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.

TREASURER

MEMBERS

COMMITTEE

Email: info@rogi.com.au Webpage: www.rogi.com.au 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.gldherbsociety.org.au/ghs

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

Book Review

The Bee Friendly Garden Easy ways to help the bees and make your garden grow By Doug Purdie

As a child I remember being repulsed by my father having to clean the windscreen of splattered bugs whenever he pulled up at a petrol station. I don't know when was the last time I had to do this for my own car. A disturbing indicator of the declining biodiversity in our ecosystems.

All is not lost! Doug Purdie has come to the rescue with a book that in his own words he wrote because "...he realised that there are lots of people who don't necessarily want to become beekeepers themselves but understand that our insect populations are under threat..." (page 4).

The Bee Friendly Garden is an easy-to-read and follow book that explains the why and how of making our gardens a gourmet delight for bees and insects in general. It is beautifully and bountifully illustrated, and written in small sections so that it can be picked up and read for snippets of time while having a cup of tea.

Purdie has included sections on organic ways to control weeds, changes we can all make, and the many different plants (both edible and ornamental) that are beneficial to creating a bee friendly and attractive garden.

It is an excellent read for newer gardeners and reaffirming for the more experienced. Individuals can make a difference - one backyard at a time.



The

Bee Friendly

Garden *

asy ways to help the bees and

make your garden grow