

ROGI News

ROGI meetings are held on the 2nd Thursday each month (except January). Doors open at 6.15pm. You can visit the plant table, library, seed table & stalls or just have a chat over tea before the meeting. Please be seated by 7pm ready for the proceedings.

Bayside Community Church Cnr McDonald Rd & Macarthur St ALEXANDRA HILLS

Members \$2 entry, visitors most welcome \$5 entry.

REMEMBER:

- Return washed pots
- Swap and share
- ROGI Rewards
- Bring a basket/box/bag for your purchases
- Queries for Plant Clinic
- Pay your membership dues
- Bring a plate of food for supper (home-made is best!)

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Supper will be available after the meeting only. Tea and coffee before and after.

ROGI Management Committee positions filled since the recent Annual General Meeting

President	Jill Nixon	president@rogi.com.au
Vice President	Linda Barrett	
Treasurer	Rose Faleafa	treasurer@rogi.com.au
Secretary	Mike Qualmann	secretary@rogi.com.au
Membership Secretary	Rhonda Binns	membership@rogi.com.au
Library	Rose Faleafa and Lin Peart	library@rogi.com.au
PR Communications	Gail Bruce	
Club Events	Linda Barrett	
Speakers	Tom Bohl	guestspeakers@rogi.com.au
Newsletter	Mara Savic	newsletter@rogi.com.au
Seed Bank	Geoff and Cheryl Rynja	seeds@rogi.com.au
Seed savers	Linda Brennan	linda@ecobotanica.com.au
Tech Desk	Helen Brady and Gary Edwards	
Website	Pal Juvancz	pal@pcpals.com.au

Jill's Jottings

When I ask people 'Why did you join ROGI?' the answer is invariably along the lines of 'I want to grow my own food'. This makes sense, as an aim of ROGI is to encourage as many people as possible to grow as much of their own food as possible ... organically.

That may explain why people who are beginning food-gardeners join ROGI, but how to explain those of us who have been growing a substantial amount of our food for several years? Why do we still belong to ROGI?

The more time we've been in ROGI and the more involved we get, the better our food-growing becomes. We share ideas and cuttings, visit other gardens and learn from the experiences of others. We get to know the nuances of our climate and our own microclimate and how to make the most of it.

It can be easy to get rather disheartened when something out of our control happens such as a whole crop of thriving seedlings being wiped out, as happened with Cyclone Alfred in March. Having others in a similar situation somehow helps us get through it.

There are times when you think how much easier it would be to go to the supermarket and buy *all* our food, just like 'normal' people do. That's the time to visit a ROGI friend who will help talk you down, so to speak.

Going back to the answer to 'Why did you join ROGI?' the next question should be 'Why do you want to grow your own food?' The answer to this is what we really come back to when we get disheartened.

There are so many reasons why we would want to grow our own food. Here are some. What are your reasons?

- To avoid ingesting herbicides, pesticides and chemical fertilisers which harm us and the natural world
- To try to live as our grandparents lived and grow and preserve our food to reduce reliance on industry
- To save on food miles – food metres instead!
- Home-grown food is more nutritious and fresher
- To know exactly what you're eating
- To eliminate packaging
- To achieve a degree of food security
- To live more sustainably
- To reduce food waste
- To satisfy an innate human need to be in Nature
- To improve mental well-being
- To get exercise doing 'real' stuff instead of on machines at the gym
- To be a part of a community where you can share produce and knowledge with neighbours and friends
- To be more healthy by not ingesting ultra processed foods (UPFs) *
- To show the next generation where their food actually comes from
- ... and more ...

When I get disheartened and overwhelmed by the harvesting and the cooking-from-scratch, after having nurtured the plants lovingly for so long, and would love to just get something pre-cooked and delivered, or to open a jar or two and heat something up, I remind myself of the above list and just get on with it.

We, your ROGI committee, want to give you every opportunity to achieve whatever you want from your ROGI membership. Please take advantage of the services we offer. If you can think of other ways ROGI can help, please let us know.

Jill

* <https://www.theguardian.com/food/2023/sep/06/ultra-processed-foods-the-19-things-everyone-needs-to-know>

Field Trip

Mudbrick Herb Cottage 27 July 2025 – Impressions

By Mike Qualmann

It is impossible to give a comprehensive account of all the marvels we, a group of 17 ROGI members and two guests, encountered on that Sunday. It was just overwhelming.

Sandra, our host, knows a lot, and is a wealth of inspiration. As if herbal tinctures are running in her veins...

Our field trip was centered on learning how to make herbal tinctures from fresh or dried plant material. We were shown both options. Apart from that, we were given a tour of the garden and farm. Yes, it is a big (!) operation, much bigger than I would have expected. The Herb Cottage is a large on-line seller of seedlings, seeds and related products – mostly grown on-site, although some herbs, where seeds are unavailable or not ready for harvest, are purchased. As far as possible, everything is organic.

We started out on this cold and windy Sunday with having morning tea with delicious organic home-made scones and other delicacies with a choice of herbal tea or organic 'coffee' (mostly made from chicory and dandelion) – I found it a very nice alternative to the usual stuff.

The building itself, built by Sandra and Michael, is of mudbrick construction, with the 'mud' harvested on their farm. The timber construction of the huge undercover outdoor area is a marvel in itself! Needless to say that birds and bees were everywhere we looked.



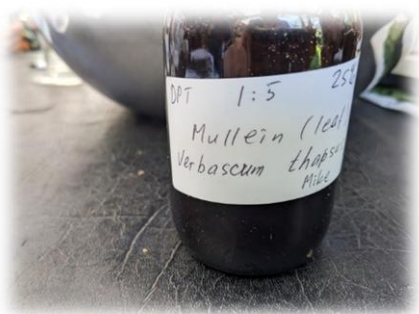
Sandra started by giving us the story of how this place developed from humble beginnings into a big commercial enterprise.

We talked about all the different approaches to making tinctures. All involve a high-octane alcohol infusion (vodka or higher %) and lot of processing of herbal plant material.

I cannot describe the entire process here, but for those interested, we can supply detailed instructions on how to make tinctures. It won't be on our website (for legal reasons). Please apply to Jill or Mike for a copy. And make sure you are over 18 as it involves alcohol!

Some images showing the process:





Everyone is hanging on Sandra's words...

We had a choice of making an Echinacea or a Mullein tincture. Everyone knows what the former is used for, however, I had never heard of Mullein before.

Its main benefits are helping to ease respiratory conditions such as dry coughs or excess mucus. Good to know! I went for the Mullein!

The tour of the truly amazing garden was next on the agenda. One would struggle to name one herb that is not being grown there, somewhere, or in different places.

Here are some photos:



Radium weed



Do you recognise the beautiful Milk Thistle?



Brazilian Cherry

Interesting, too, was the herb called radium weed *Euphorbia peplus*. There is evidence which is supported by some in our group that it can remove or help with BCC and minor skin blemishes, lesions and the like.

Look at the research, some of which was done in the Redlands. <https://era.dpi.qld.gov.au/id/eprint/14249/1/02-001.pdf>
Dr James Aylward is the man who drove the research.

Lastly, we had a tour through the wholesale operation with dozens of cool rooms, propagation benches, shade houses and machinery.

Here are some impressions:





All up, it was a day well worth the effort of driving there. The fee of \$30, seen against what we received in return, appeared to be a bargain.

Almost everyone went home having spent some money on the vast range of top-quality seedlings, many of which are very hard to come by elsewhere.

This day was the perfect example of the difference ROGI has made in my life and Ella's life. There is so much to learn, so much to enjoy, and life is pretty short!

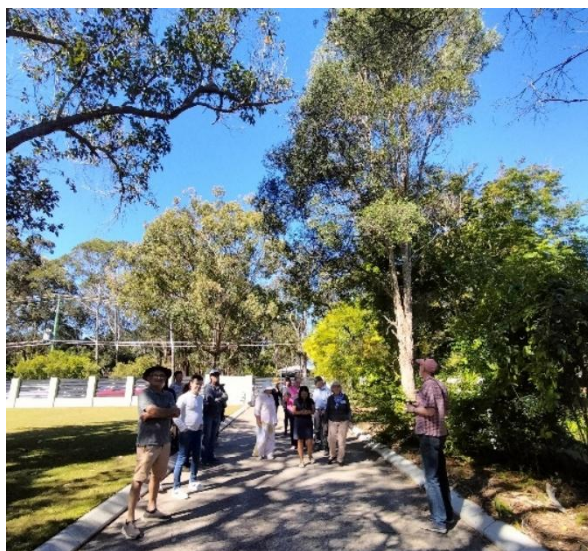


Garden 1 - Rachael and Andrew's garden

18 members were welcomed to Rachael and Andrew's home. In November 2019, they moved to their 0.48 Hectare (1.2-acre) property, where there were established trees and shrubs including fruit trees: White Mulberry, White Guava, Black Sapote, Carambola, Brazilian Cherry, Grumichama, Jamaican Tangelo (Ugli fruit), Navel Orange. Papaya, Macadamia, Coolamon and a Passionfruit shared with the neighbour. The mature Coolamon *Syzygium moorei* had many of us intrigued – Also known as a star apple or watermelon tree, the flowers grow directly from branches and are bright pink.



Rachael has a herb garden including a variety of mints, lemon grass and other plants that enables her to brew our ROGI tea. Another garden bed has ginger, turmeric, fennel and spring onions. Also, there are many plants in pots, for example: sawtooth coriander, kang kong, chilli, Vietnamese mint.



Rachael did highlight some areas of concern. Several younger citrus were badly infected with **citrus gall** wasp (*Bruchophagus fells*).



The common name comes from the swollen lumps (galls) on the tree branches that harbour the larvae of the wasp. These can weaken and eventually kill the trees. Sadly, we all believed the small trees were unlikely to ever thrive however some control methods are listed below.

- Prune off the branches below the gall, dispose of them in a plastic bag in your red top bin. Don't put stems in your compost bin/ green bin, as this can enable the life cycle to continue.

- The timing of pruning is important. Gall-affected stems should be removed before the new adults emerge from the gall in spring, leaving tell-tale small holes in the gall. Aim to prune in autumn or winter. If you leave pruning until spring, the wasps may have already emerged and the whole cycle starts again. The female lays her eggs the day of emerging from the gall.
- Prevention is always better than cure. Smaller trees can be covered with fine netting (the holes need to be 2mm or less) during spring when the adult wasps are active. Regular monitoring from late December.
- A new method you might try is shaving off one side of the gall with a sharp blade or a kitchen peeler to expose the contents of the gall. This will dry out and kill any larvae inside. You only need to do one side though – if you shave all the way around the gall you will ringbark that stem.

Department of Primary Industries and Regional Development – Citrus gall wasp

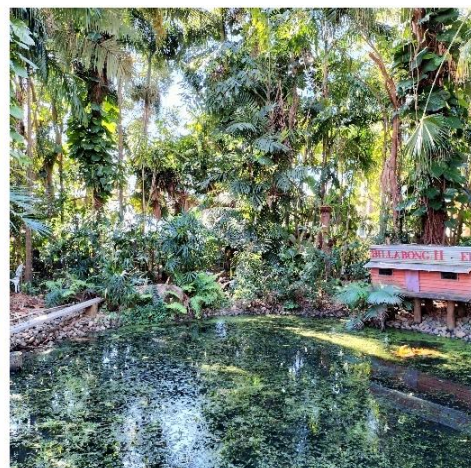
Another discussion included pruning some trees – particularly the mulberry. Members highlighted that mulberries can be forced to produce a few crops a year. As fruit grows on new growth, the tree can be pruned soon after fruiting to promote the next crop.

Mulberries that are well established are hardy. Basic rules include using clean, sharp tools to initially remove crossing branches and dead or damaged ones. A hard prune can take height off the tree and then allow future fruit to be picked from more accessible branches. A lighter prune can improve shape and promote fruiting by cutting the branch just below an outward facing node.

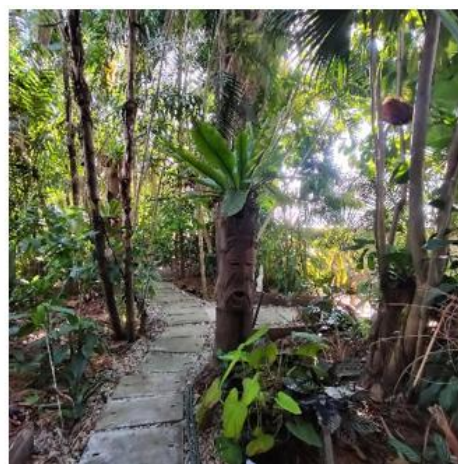


Garden 2. Dianne and Ramy's garden – “Billabong Song”.

This 0.6 Hectare (1.5-acre) property has been their home for 30 years and boasts many subtropical and tropical fruits - mango, bananas, dragon fruits, citrus, coffee, carambola, guava.



A 60,000 litre 'billabong' dam is surrounded by a rainforest and has paths throughout. Huge figs, palms and many varieties of understory plants are incorporated into this amazing space, along with some art works and sculptures that attract the eye. Interestingly, Ramy is removing some palms by cutting them at about 1.8 metres and he is using the trunks as tall plinths to display crows-nest ferns in wire baskets.



Water management includes building stone-lined 'creek beds' directing run-off water into the dam. Also three tanks, holding over 40,000 litres, catch water from large sheds and with the ability to pump from the dam into the tanks in dry weather, Ramy hand waters the gardens.



Thank you very much Rachael and Andrew, Ramy and Dianne for your hospitality and guided tours. And - The betel leaves with ugli fruit, and the key lime pie were fabulous!

Garden Visits

SEPTEMBER GARDEN VISIT	OCTOBER GARDEN VISIT
<p>Linda Barrett – Thorneside</p> <p>Sunday 28th September 2025 2.00pm to 4.00pm</p> <p>This larger suburban block, established over 17 years, has 6 seasonal beds, fruit trees and natives. You will see the garden at the end of our cooler temperate season, with preparation to transition to warmer season vegetables.</p> <p>Linda will talk about her management of the beds and fruit trees to maintain them as a resource that does not become overwhelming while supplying some produce throughout the year.</p> <p>Bring along a small plate of homemade food or home grown produce to share, and a mug for a cup of tea or coffee. This is a free event for ROGI members, but numbers are limited.</p> <p>Please register your intention to attend on TEAM APP or at the <u>September</u> ROGI meeting.</p> <p>Contact Linda Barrett 040115713</p>	<p>Marissa Hughes – Capalaba</p> <p>Sunday 26th October 2025 2.00pm – 4.00pm</p> <p>This abundant 800m² block is a wonderful example of making the most of a suburban garden. Out the back, a mixture of raised garden beds, pots and trees hosts a diverse collection including natives, fruit trees, permaculture species, annual vegetables, flowers, medicinal and shamanic plants. The front garden is non-edible, designed to require minimal maintenance while providing privacy and habitat for wildlife. The property is home to bees, chickens and dogs, with an active honeybee hive in the centre of the garden. There are also two dogs (one large) who will be outside unless they've been naughty.</p> <p>⚠ Caution is advised for anyone allergic to bees or uncomfortable around dogs.</p> <p>Street parking is minimal as this is a small court, so please be respectful and use an adjoining street where possible.</p> <p>Bring along a small plate of homemade food or home grown produce to share, and a mug for a cup of tea or coffee. This is a free event for ROGI members, but numbers are limited.</p> <p>Please register your intention to attend on TEAM APP or at the September/ October ROGI meeting.</p>

Workshop at Bethania St Community Garden, Lota



Sunday 14th September 2025

Composting and Worm Farms

9:30am - 11:30am

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/questions.

Workshop is free.

Bookings essential

Text 0439 048 585 including your name

SEEDSAVERS with Linda Brennan

Sunday 19 October 9.30 -12 midday

How to Prepare Your Organic Soil for Planting *Hands-on prac:*

This session will be at the time of the lunar calendar with increasing vitality, when we prepare soil for growth, planting etc. It is a perfect opportunity to learn how to create the ideal conditions in your soil for excellent growth.

Linda has a particular technique to create good, fertile soil conditions and she will show us how she does it today.

Wear gardening clothes, bring a hat and gloves and a share plate for morning tea if you like.

Free for ROGI members.

Book with Team App or at ROGI meeting.

*And please, remember to **save and bring along the seeds of any plants that have been particularly delicious or gorgeous**, so that we can share them with others.*

Guest Speakers at ROGI meetings

9 October 2025

Choose two out of these three topics:

Colin [Queensland Fruit Fly](#)

Click the above link for article about this and get your questions ready for Colin in October.

Tom – his top subtropical perennial edible plants for our summertime

Maurie - selecting and sowing seeds & protecting plants for the coming high-growth season

13 November 2025

Jerry Coleby-Williams

English/Australian conservationist & gardener

[Jerry Coleby-Williams](#) is an English–Australian conservationist, horticulturalist, plant curator and television and radio personality. He has been a presenter on ABC TV's Gardening Australia since 1999. He is the director of The Seed Savers' Network and an Executive Member of the Queensland Conservation Council.

Events out and about

12 September to 6 October

Toowoomba Carnival of Flowers

Four Floral-Filled Weekends Across Toowoomba and surrounds

[Explore Events here](#)

Check the website for details

Saturday 4 October

Maleny Spring Fair

Maleny Showground Pavillion,
Maleny Stanley River Road, Maleny
**open gardens as well as a garden market at
Maleny Showgrounds**

Entry to the Garden Market at the Maleny Showgrounds Pavilion is \$2.00 per adult. Children to 16 years are free.
Entry fee to each garden is \$5.00 per adult. Children to 16 yrs are free.

NEXT Meeting Thursday 11 September 6.15 for a 7pm start

Seed Bank - Seek out Seed Bank table for organic and heirloom seeds for sale - \$2.00 packet.

Library - ROGI maintains a comprehensive library of books, magazines and DVDs available for members only, come early and look at the range of topics on offer.

Seedsavers – Visit John and Erin, see what locally-grown and saved seeds they have. Free.

Tips for terrific compost – Linda Brennan

Linda will explain the basic frameworks for compost creation, then cover compost troubleshooting.

We can all experience issues such as:

- When is it ready to use?
- Why isn't it breaking down?
- Why does it smell?
- How can I stop vermin from infesting the compost?
- Is pH important?
- Should I add anything else to my compost pile?

There will be time for questions, and you may even like to bring a sample of your own compost for assessment.



Plant Clinic - Bring along your questions and plant samples for Plant Clinic and we'll try to give you answers. All samples must be contained (perhaps a zip-locked bag), with your name and query.

Plant Stall

When you're ready to plant your seeds for the season, plant a couple of extra pots for donation to our ROGI meeting night stall to sell. Make sure you label clearly. Your surplus seedlings will help to raise funds for our club.

Please return seedling pots (*that have been washed /soak them in a bucket of water*) to the Plant table so that they can be reused, especially the small tubes, singles, 4-cell and 10-cell packs like these:



These are
often blue



Note that there are usually **additional stalls** inside the hall selling goods such as honey, soap, jam, seasonal produce, garden tools and sustainability items.

Swap and Share Table – outside - Bring something along that you no longer need but potentially someone else could use, and place this on the table outside.

Note: If the items you bring along are not taken by someone else then you must take them home.

ROGI Rewards - Bring something along that you would potentially gift to someone, could be a larger plant, a book, seed box,

October newsletter deadline is **Thursday 25th September**. - Send contributions to newsletter@rogi.com.au

What to plant this month in the Redlands – September

Vegetables or herbs that are grown from leaf/root/fruit – not seeds – are marked with an *

Amaranth Asian Greens Asparagus* Basil Beetroot Beans: French Borage Capsicum / Chilli Carrots Chicory Choko* Coriander Corn: Flint, Maise, Pop, Sweet Cucamelon Cucumber	Dill Eggplant German Chamomile Ginger* Jerusalem Artichoke* Jicama Kale Kohlrabi Lettuce Marigold Melon: Honey, Rock, Water Mizuna Nasturtium New Guinea Bean Onions: Spring, Scallion	Okra Parsley Pigeon Pea Pumpkin Radish Rocket Rosella Silver beet Spinach: Sambung* Squash Sweet Potato* Tomato Turmeric* Yacon* Zucchini
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What to plant next month in the Redlands - October

Amaranth Basil Beans: French, Snake Beetroot Borage Capsicum / Chilli Choko* Coriander Corn: Flint, Maise, Pop, Sweet Cucamelon Cucumber	Eggplant German Chamomile Jerusalem Artichoke* Jicama Lettuce Marigold Melon: Honey, Rock, Water Mizuna Nasturtium New Guinea Bean Okra	Parsley Pigeon Pea Pumpkin Radish Rosella Spinach: Sambung* Spring Onion Squash Sweet Potato* Tomato Yacon* Zucchini
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Courtesy of ROGI's **Sow, Plant and Grow Guide for South-East Queensland (Subtropics) Revised November 2022**

For the full year list available from the ROGI website, [Click Here](#)

Recipe for MULLED APPLE JUICE

This recipe is so quick and easy to make to enjoy on those cold winter nights as we enjoyed at the August 14 AGM meeting.

Pour 3-5 litres of the best apple juice you can find into a saucepan and add the following:

- 1-2 sticks of cinnamon
- 1 orange - 4-5 pieces of orange peel and juice
- 3-4 Star Anise
- 3-4 Cloves (optional)
- Bring to a gentle simmer for 15 minutes and serve.
- A sliced knob of ginger might do the trick too, (maybe next time)

Rhonda Binns

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. phone 3357 3171

[Qld Herb Society](#)

1st Tuesday every month,
 Albion Peace Hall. 7.30pm. 54268299

[Oaklands Street Community Garden](#)

Monday, Wednesday & Friday 9 - noon.
 Oaklands Street, Alexandra Hills. 0410 974 458

Let me introduce you to:

Vice President - Linda Barrett	Tech Desk - Helen Brady
<p>Linda has been involved with ROGI since 2008. Having held several positions on the management committee she has returned this term as Vice President. Linda has been a long-time gardener, building her first gardens and in-ground fishponds as a teenager. (Her parents were very patient people).</p> <p>Buying in Thorneside in the late 70s allowed Linda to establish a small vegetable garden, and over the years the love of researching and planning, seed raising, and growing productive gardens has been an important part of her leisure activities. She describes herself as a home gardener and joining ROGI allowed her to find her 'tribe' as you mix with people with common interests who are willing to share their knowledge, experience and skills.</p> <p>She has also been a member of Bethania Street Community Garden for the past 10 years, attending their weekly gardening sessions. Being a committee member and on a working group to establish the food forest area has allowed Linda to have a 'bigger space' to garden while working side by side with others.</p> <p>Linda enjoyed a long career as a nurse and worked across all sectors – but now she is happily retired. Redlands has been home for over 40 years and family live close by, with the g/kids loving the garden and chickens. Now Linda enjoys seeing her children growing their own produce.</p>	<p>I am very new to ROGI, only joining earlier this year. I have been growing veggies for several years, particularly when living on a large acreage block with stand-alone power and water.</p> <p>I now live on a corner suburban property with my husband, Peter, and son, Luke, who are also members of ROGI.</p> <p>Our garden has several different areas including native plants, veggies, herbs (community pick-your-own at the front), pretty annual flowers to help people smile and for the insects, a tropical shaded area and a chook yard for our 3 gorgeous chickens - Agnes, Gertie and Doris.</p> <p>I volunteer as the leader of a bush care group in conjunction with B4C, Logan City Council and SEQ water. The group is currently working to improve the (drinking) water quality in Priest Gully flowing into Tingalpa/Leslie Harrison Dam.</p> <p><i>Helen</i></p>
Newsletter editor – Mara Savic	Guest Speakers - Tom Bohl
<p>Mara has been a ROGI member for a few years but only started attending meetings 2 years ago. You've no doubt seen her in the kitchen pouring ROGI tea on meeting night.</p> <p>As a child, gardening was little more than a backdrop, no one in the family showed any interest, and the joy of tending plants or growing flowers or vegetables was left unexplored. As an adult, Mara's gardening interest ebbed and flowed over many years with a large, fenced plot at the first house to a concrete alleyway in Melbourne's east. Retirement has finally brought time and opportunity, filled with the chance to learn, experiment, and connect with others who share the same passion.</p> <p>Mara now tends a 'not-quite-finished' garden that offers both colour, nourishment</p>	<p>Tom joined ROGI in late 2024, shortly after moving to the Redlands on a small suburban block, driven by big ambitions to turn it into a productive garden space whilst minimising the inputs required due to a busy home and work life.</p> <p>Tom was born and raised on the French tropical island, Guadeloupe, where he developed his interest in engineering and later made a career out of it. His early roots into gardening are tied with his cooking interest as a teenager but the international travelling and city life meant working with limited growing space.</p> <p>Home ownership allowed Tom to express his itching passion for growing organic food particularly in the context of his newborn son, Mateus and his wife, Lais, currently completing a degree in Naturopathy. Looking for a logical, natural and low maintenance framework, he quickly adopted the</p>

and pleasure. It's a mix of edible plants and flowering shrubs, with hibiscus a favourite for its brilliant variety of blooms. Days in the garden are spent pruning, planting seeds or seedlings, watering, or harvesting, or simply listening to the birds with morning coffee.

For Mara the garden has become both a creative project and a place for a quiet minute. It's a place to try new ideas whilst also a retreat for relaxation and reflection.

Mara is a member of the (very young) Cleveland Community Garden and enjoys the Thursday morning working bee with other garden members.

permaculture ethics and principles to approach his gardening journey.

This and the mentoring by members have already lead him to experiment making his own 18 day hot compost, hardscaping swales on contour and diverting arborist mulch destined to landfill.

For now, he mostly focuses on growing hardy low maintenance species and building up good soil. He does so by breaking down his block into manageable sections to work and learn on whilst finalising the longer term (permaculture) design. This shall also incorporate aspects of sustainable infrastructure (e.g. composting toilet) that he hopes can also influence regulations.

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