

# ROGI News

**Doors open at 6.15 so members can visit the library, shop or seed bank or just have a chat before our meeting starts. Please be seated by 7pm ready for the fun to begin**

**Salvation Army Church  
Cnr McDonald Rd & Macarthur St  
ALEXANDRA HILLS**

## **Admission**

**Members:** Gold coin

**Visitors:** \$5

**Please bring a plate of food - savoury/sweet or nibbles preferably home-made.**

**Tea/coffee provided**

You are welcome to provide a quality plant to help share plants with other members. Bring a bag/box /basket for your purchases.

**See you Wednesday ...**

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*If you're always losing your tools in the garden because they're well camouflaged, here's an idea. Buy some multicoloured duct tape from one of the 'cheap' shops and decorate the handles of your tools. Then they become truly outstanding!*

# Jill's Jottings

Hello fellow gardeners

**R**OGL is growing. There were 131 ROGL members in July last year. Now there are 196. That's a fifty percent increase!

It's clear that interest in organic gardening is growing, and it's clear that ROGL is providing members with plentiful opportunities to help improve their gardening skills.

In the past 12 months there have been 28 occasions where you could meet with other ROGL members and be inspired to get into your garden.

Even if you can't make it to the Wednesday night meetings, you can come to garden visits, workshops or field trips. Have a look at page 5 for a review of everything that was available to you since last July.

**W**e're about to elect the ROGL Management Committee for the following 12 months.

At the July meeting a change was made to the constitution to remove reference to time limits for Management Committee members.

An overwhelming majority of members present, and proxy votes, voted for the change.

There were a few arguments against the change, mostly concerning the fear that a member could become entrenched within a role and be impossible to dislodge. Also that new blood and ideas are needed to prevent the group from becoming stale.

It was suggested that this couldn't happen as every position is declared vacant at the AGM every year: if a member isn't doing the job satisfactorily, then someone else could nominate and do the job themselves.

**S**ome of our Office Bearers wish to stand down and give someone else a chance to share in the fun and learning experiences.

They run the:

**Seed bank** Learn more about seeds, their seasons and how, when and where to source them.

**Newsletter** Learn more about all aspects of gardening and also ROGL.

**Shop** Get to know lots of ROGL members. A great job for someone who has always wanted to run a shop—now you can do so with no cost to yourself!

Please approach any of these people to learn more about the roles.

The other Office Bearer positions are:

**PR and Marketing**  
**Club Events**  
**Supper**  
**Membership**  
**Library**

Every Office Bearer needs at least one helper to prevent burn-out and to have a stand-in in case of absence. This can involve working behind-the-scenes or staffing a stall at meetings and/or events.

We understand from the recent survey (see p 8 for more on the survey) that many of you want to help out, but don't want a job with a name attached to it. Doing something like this gives you the opportunity to give back to ROGL without committing to a role.

Have a chat with the people doing these jobs to offer your assistance. You will be much appreciated.

**H**aving Franco of Lunar Farm Organics coming along to sell his biodynamic produce has been a big hit.

This is a classic 'win-win' situation whereby Franco has eager purchasers for his freshly-harvested bounty and ROGL members can access fine produce direct from the farmer. Perfect.

Franco will continue to come to meetings with whatever he harvests on the day.

Please remember to bring along your own bags, boxes or baskets in which to take home your purchases.

See you Wednesday. *Happy Growing,*  
*Jill*

# Coming Events

Aug	Wed 12	6.15pm	ROGI meeting and AGM	
	Sun 16	1pm	Garden Makeover workshop *	p 12
	Sun 30	9-3	BOGI Fair	p 19
Sept	Wed 9	6.15pm	ROGI meeting	
	Sun 13		Oaklands St Garden Open Day	p 10
Oct	Sun 11	TBA	Garden Visit Wendy Boglary *	
	Wed 14	6.15pm	ROGI meeting	

\* Book with Toni B on [events@rogi.com.au](mailto:events@rogi.com.au) or 0402 323 704

## Membership Fees

- **Cash** payment at ROGI meeting
- **Cheques** made payable to "Redland Organic Growers Inc." Pay at meeting or by post (PO Box 1257, Cleveland 4163)
- **Direct Deposit** BSB 633-000 Acc 136 137 296  
Bendigo Bank, Capalaba **Central**

**VERY IMPORTANT!** Reference - Your initials and surname are essential to identify who has paid. This is our only way of knowing it's YOU. Please bring your membership application form to the next meeting. Email [group@rogi.com.au](mailto:group@rogi.com.au) for application form.

Please provide evidence of pensioner status to claim discount.

Fees	New member/s joining in...			
	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec of following year
Member Category				
Single	\$30	\$22.50	\$15	\$37.50
Family	\$50	\$37.50	\$25	\$62.50
Pensioner Single	\$20	\$15	\$10	\$25
Pensioner Couple	\$30	\$22.50	\$15	\$37.50

## August Meeting

*After the AGM ...*

In this, the International Year of Soils, learn about the **importance of your soil** and how to tell what type you have.



Then there'll be a Q&A session with an emphasis on '**Humungous Fungus**'. In other words—the diagnosis and organic treatment of powdery mildew and downy mildew.

Bring along your questions about this and other issues in your garden.





# ROGI Committee Positions

All committee positions will be declared vacant at the beginning of the AGM.

## **PRESIDENT**

- Leads and inspires ROGI
- Delivers monthly meetings to members
- Seeks guest speakers, field trips and other opportunities
- Promotes ROGI and organic gardening to the community

## **VICE PRESIDENT**

- Assists planning and delivery of meetings, initiatives and events as above
- Stands in if president is absent

## **SECRETARY**

- Keeps records of the business of ROGI, including the rules
- Records office-holders and trustees of the association
- Sets agendas and records minutes of committee meetings
- Completes and sends documents to Office of Fair Trading after AGM
- Manages correspondence

## **TREASURER**

- Handles all monies paid or received and issues receipts
- Deposits monies into ROGI bank account
- Makes payments from ROGI funds with appropriate authority
- Complies with Associations Incorporation Act
- Submits report, balance sheet or financial statement to committee
- Has custody of all accounting records of ROGI
- Reviews transactions online prior to all meetings

## **Four other committee members**

- These committee members may be Office Bearers of the club, or they may be members who have no other role but want to be a part of the decision-making process.

The eight committee members are expected to attend regular ROGI committee meetings.

## Positions Vacant

Some of our Office Bearers want to take a break, so we're looking for people to run the **SEEDBANK** and the **SHOP**, as well as **helpers**. Also, we need a **NEWSLETTER** editor and offers from a few people to take notes and write an occasional article. See job descriptions on right. The beauty of doing any one of these jobs is that you learn so much about organic products, seeds and more. Please help.

# ROGI Office Bearers

## **Internal Events Secretary (and Aide)**

- Sources and coordinates member workshops, garden visits and field trips

## **Membership Secretary (and Aide)**

- Updates membership list monthly; sends to committee
- Updates email list for distribution of notices – sends to president
- Compiles list of visitors each month
- Sends an individual welcome letter to each new member
- Sends reminders to unpaid members in February each year

## **PR & Communications Co-ordinator**

- Handles advertising and press releases
- Arranges maintenance of website and social media
- Assists with newsletter compilation and editing

## **Public Events Co-ordinator (and Aide/s)**

- Organises public ROGI events eg Garden Expo, Indigi Day Out

## **Website Manager** Manages and maintains website

## **Newsletter Editor (and Aide/s)**

- Liaises with president, committee, office bearers to publish their articles, upcoming events, and other relevant articles/news
- Develops ideas and arranges for members or self to write articles
- Arranges for write-ups from events and speakers
- Edits for accuracy of spelling, grammar, sources and facts
- Sends finished document to president for review and distribution

## **Seed Bank Co-ordinator (and Aide/s)**

- Purchases, saves or procures fresh quality seed for seed bank
- Maintains records of seed stock and rotates to maintain viability
- Sells seeds at ROGI meetings, garden visits and events
- Arranges for envelopes, labels and seed-packing days
- Ensures seed bank has seasonal stock

## **Library co-ordinator (and Aide)**

- Maintains records of books etc in stock and all loans; Acquires new books

## **ROGI Shop Co-ordinator (and Aide/s)**

- Purchases or otherwise procures quality gardening inputs
- Maintains a stock list and publishes in newsletter
- Operates shop at ROGI meetings and events
- Co-ordinates members' swap, share and sell table/s

## **Supper co-ordinator (and Aide/s)**

- Supplies milk, teas, coffee, sugar, ROGI herbal tea etc and keeps receipts
- Lays out supper provided by members on table/s
- Ensures kitchen is clean after meetings with help of volunteers
- Launders tea towels, etc

# What we did and where we went this year

<b>Speakers</b>	August	Gennaro De Rosa	What is jicama? ... and more
	September	Phil Ryan	Secrets of an Organic Gardener
	October	Steve Capeness	Healthy Soils, Hardy People, Happy Planet
	November	Lindsay Peel	Pipes, Pumps and Plants: irrigation
	December	No speaker	Gardening trivia quiz
	February	John Klumpp	Australian stingless bees
	March	Steve	Tool sharpening
		Linda Brennan	Edible flowers
	April	Dave Tardent	Macleay Island gardens project
	May	Guy Lewington	Diatomaceous earth
	June	Margaret Foley	Medicinal weeds
	July	Assorted members	Workshops and discussion groups

<b>Garden visits</b>	August	Ian and Jill Nixon
	September	Naomi Wynn
	November	Rhonda Binns
	December	Danny Bonney
	February	Linda Brennan
	March	Francois Grobler
	April	Angela Stafford
	May	Janet Crighton
	July	Garry and Sophie Bromham



on Macleay Island in June

<b>Field trips/ Workshops</b>	Sept	Permaculture Research Institute
	October	No-dig workshop for the Salvos
	May	Sheet compost workshop/tool sharpening—Francois Grobler
	June	Gardens of Macleay Island
	July	Herb farm visit and workshop

<b>Events</b>	August	Open Day at Oaklands St Community Garden
	April	Redlands Good Gardening Expo
	June	Indigi Day Out

## One of the many benefits of ROGI membership

is having the opportunity to exchange plants, cuttings, seedlings and home-grown produce. Please consider contributing to any or all of these at various times.

There are three ways this can happen:

**ROGI Rewards.** Gift-quality plants and other garden-related items brought along by members. These to be worthy of being called a 'prize' and could be valued in the order of \$15 if purchased retail rather than being home-produced eg nice healthy fairly mature plants in medium to large pots. Everyone who attends a meeting is eligible to acquire a ROGI Reward. Please label plants before they're placed on the table.

**Members' Sale Table** is for items you have produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, jam, seedlings, lemons – things that have cost you money (and time and effort) to produce. Please ensure items are labelled, named and priced. You may be asked to staff the stall if you are needed.

**FREE swap/share/give-away table** (for members only) is for those items you don't want payment for eg shredded paper, unwanted volunteer plants or cuttings, surplus chillies, empty pots or strawberry runners and so on. This is where you may want to work out an arrangement with other members to do some swapping outside of the meetings.

**Bring a bag/basket to carry everything home.**



# Garden Visit Garry and Sophie 'The place of potted productive plants'

The weather forecast for Sunday 12<sup>th</sup> July was for a cold windy change. Having plants in pots meant that Sophie and Garry could move the plants, like the tomatoes below, at risk of wind damage to more sheltered spots.

They've been growing in pots as they intend to move and want to take their plants with them. Also the soil is not very good and it would take time to improve it sufficiently for a productive garden. Their garden demonstrates you can certainly grow a productive garden of healthy plants in pots.



Garry makes up his own potting mixes and is experimenting with different recipes. He has devised over 20 to date. He uses potting mix (new and recycled), compost of some type, whatever is on hand, but the soil would have been prepared by adding humus, rock dust and organic fertiliser. He basically follows the 4 step NTS fertilising program, with some variation and sprays with eco oil and eco fungus. He demonstrated the importance of the potting mix with two identical polystyrene boxes of the

same plants, silver beet, that he sowed from seed - same day and same fertilising regime. Though the plants in both looked healthy, the plants in the one above were twice the size of those in the lower box.



There were 3 pawpaw trees growing along a fence a few metres apart. The first was loaded with fruit but the neighbouring ones, planted at the same time, were disappointing—dropping their fruit at an early stage and didn't look as healthy. As they were all in the same soil it was thought to be a problem with competing roots from other plants and the soil drying out.

Gennaro suggested mulching the area to help keep the moisture in the soil, applying some trace elements and perhaps some gypsum to break up the soil. As the leaves had a trace of fungal infection, it was advised to remove any visibly affected leaf and spray the leaves with wettable sulphur.

There was discussion about when to pick the fruit. The consensus was that it was good to pick it when about 30% coloured, hopefully before the possums and fruit bats spotted it.

There was an egg plant growing in a protected sunny area. Gennaro suggested grafting the plants onto a Giant Devil's Fig *Solanum chrysotrichum*, an extremely vigorous grower, and then growing it on a trellis for support. He showed us a photo of one of his that you need a step ladder to harvest and produces a prolific number of egg plants each year.

The New Guinea Impatiens and SunPatiens were spectacular and the flowers are edible. We sampled them and thought they would be great for decorating food to add that wow factor.





## 'The place of potted productive plants'

Garry showed how he propagates impatiens. You need a stem with two nodes immersed in water. Any more than two is actually counter-productive as it may rot. When roots form on the nodes they can be potted. Garry gave us cuttings of them, a fine dainty leaf croton and a Snow Flake Hibiscus for us to propagate for ourselves. Other colourful plants were Gerberas Coleus, Poinsettia, Lobelia and Alyssum. With pots it's important not to over water.

Ginger, preferring dappled light, was growing in pots under the eaves. The longer it is left in the ground the stronger the flavour. It is usually harvested when it dies down in winter.

Garry grew turmeric for the first time last year. Gennaro suggested to leave it for a second year so the tubers grow bigger and the flavour stronger. He advised to cut back on nitrogen in the fertiliser to encourage growth of tubers rather than leaves—though can use leaves in cooking for flavour. It was put into a bigger pot with a good layer of mulch to help keep the moisture in and to maintain a more even temperature. It is expected to die back over winter but reshoot in spring. It likes part shade.



Several boxes of strawberry plants with giant strawberries were propagated from a plant Sophie bought at a supermarket. It is a great variety that does best in full sun. In the first year Garry took about 15 suckers from it to build up the numbers. Recently he removed all the suckers and threw them away, forcing the energy to go to fruit. They not only looked great but had a lot of flavour. Garry grows strawberries because,, having no protective coating, they absorb anything they are sprayed with. His daughter's skin problems were cured by a naturopath whose first stipulation was to stop eating strawberries that had been sprayed with chemicals.



Garry uses mushroom compost and had some enormous mushrooms growing in some he had bought for potting. Each one was a meal in itself and great for stuffing.

The secret to growing carrots in foam boxes is to choose a small variety like Little Finger—only 7-10cm long. However it was not uncommon for them to grow 20cm to the bottom of the box by the time he finished harvesting. He was

growing a large radish variety called Watermelon Radish that becomes milder in taste as it ages. Unlike traditional radish they're white outside and red in the middle when mature.

This interesting black tomato is from one of many tomato seeds he's collected and planted. He saves the seeds by covering them with water in a bowl covered with cling wrap with a few holes to allow it to breathe. After about four days he rinses the entire residue off the seeds and dries them on lunch wrap before placing them in a small ziplock bag inside a brown envelope.



One of Garry's tomato plants was not well. With curling leaves, it appeared to be tomato leaf curl virus—not treatable. The plant needs to be removed and put in the rubbish bin, not in the compost.





## 'The place of potted productive plants'

To protect his plants from possums, birds etc, Garry has erected frames using bevelled hard-wood stakes which fit neatly into steel brackets and he covers the frame with different gauge netting. Once the moths start and the sun is stronger, the mesh will be replaced with a very fine one.



Afternoon tea was a veritable feast with an amazing array of plates such as hot vegetarian sausage rolls, homemade bread with a chick weed pesto, scones with jams and cream, a ginger and pineapple loaf and more. No-one went home wondering "what's for dinner?". See over the page for some of the recipes.

Thanks Sophie and Garry for your generous hospitality. It was a very enjoyable afternoon in your beautiful sunny garden in spite of the wind and we all learnt so much.

Thank you also to the members who shared their knowledge and skills with us and in particular Gennaro who could out-do Costa any day.

*Mary Irmer*



Here's an idea—recycled pool filters cut in half become big beautiful practical pots after some holes have been drilled in the bottom. Garry has several of these huge pots. He collects them from pool shops.

## Survey comes up with great ideas

A big thank you to members who took part in our first survey, which was all about getting your ideas about making ROGI even better.

Nearly 92% of respondents said they were satisfied or very satisfied overall with ROGI's membership services.

Best of all were the hundreds of great thoughts about all aspects of ROGI services—meeting topics, possible workshops, the newsletter, buddy program and garden visits.

Add to these some great suggestions for field trips such as: Brymac blueberry; Maleny Dairy; Tropical Fruit World and various other places in northern NSW – and we can look forward to a terrific year ahead for explorations.

We have now identified quite a few new and existing members with skills and talents they are willing to share with the ROGI community.

So, over the next few months, we think the new ROGI committee will find a wealth of great comments and ideas to consider and incorporate into our program.

We would also like to thank ROGI member, Damien Brennan, who facilitated focus groups and created and collated the online survey and results. Other members who deserve a special mention are: Jan Haughton, Linda Brennan, Linda Barrett, Toni Bowler, Terry Sullivan, Kathy Petrik, Carolyn Lassen, Jill Nixon, Naomi Wynn and Emma Baker.

*Kathy Petrik*



# Requested Recipes from Garry's and Sophie's Garden Visit

## My Chickweed Pesto

½ cup Brazil nuts  
2 cups backyard chickweed—washed and dried  
2 decent-sized garlic cloves—whole  
¾ cup parmesan cheese  
1 lemon—rind and juice  
½ cup (or more) olive oil

Heat a dry frying pan over medium-high heat. Add the whole nuts and toast, stirring often. When they are fragrant with a light-brown colour, remove from heat. It shouldn't take longer than a couple of minutes. Let nuts cool on a plate before using.

Place nuts, chickweed, garlic, cheese, lemon rind and juice in the bowl of a food processor and process until finely chopped.

With the motor running, gradually add oil in a steady stream until well combined (best done by eye)

Season with salt and pepper to taste and enjoy.

*Sharr Ellison*

## Vegetarian Sausage Rolls

1 cup cottage cheese  
½ cup pecan nuts  
3 eggs  
1 onion  
1 tablespoon soy sauce  
1 cup quick-cooking oats  
½ cup dry breadcrumbs  
3 sheets puff pastry  
1 tablespoon milk

Place cottage cheese, pecans, eggs, onions and soy sauce in food processor and process until fine. Transfer mixture to large bowl, add oats and breadcrumbs and mix well.

Cut pastry sheets in half and spoon mixture down edge of each strip. Brush other edge with milk. Roll to enclose filling with pastry and repeat with remaining pastry sheets

Cut each roll into 5 even lengths. Place on lightly greased oven tray, brush with milk and prick with fork.

Bake in hot oven, 200 degrees, for 15 min or until crisp and golden.

*Sophie Bromham*

## How to make turmeric powder.

Boil the whole tubers for 45 minutes  
Peel or scrub the tubers (gloves are essential or your hands will be orange for weeks)  
Cut into pieces (julienne)  
Dry in dehydrator or sun if hot and dry weather  
Grind in a spice grinder or coffee grinder  
Sift  
Store in airtight container

*Gennaro De Rosa*

## From seed-packing day at Angela's

### Sunset Dip

*This dip is smooth and sweet with a lemon tang. Serve with warm bread, crackers or raw vegetable pieces. A great after-school snack for the kids!*

350g peeled and chopped pumpkin  
1 tablespoon of oil  
1 large red capsicum, seeded and halved  
½ a head of garlic, unpeeled  
1 cup of raw cashews  
juice of ½ a lemon  
1 small red chilli, seeds removed (optional)  
½ teaspoon of sea salt  
freshly ground black pepper to season

Preheat oven to 180°C convection or 160°C fan-forced.

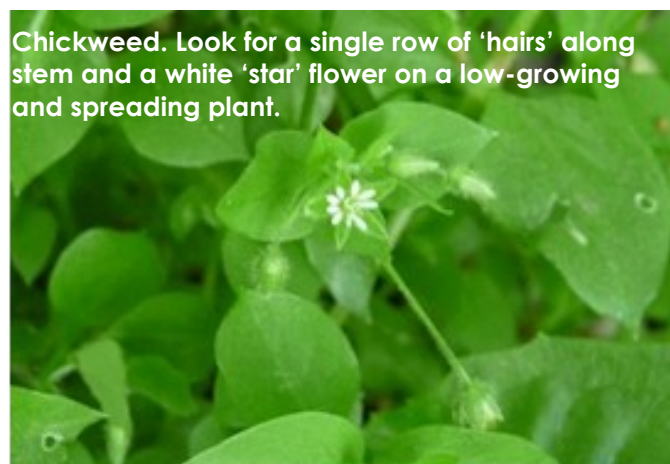
Coat pumpkin in oil and place on a baking tray with capsicum and garlic.

Roast in oven until garlic is soft and vegetables are slightly charred. You will probably need to take the garlic out earlier. Time will depend on the size of your pumpkin pieces. For small pieces I find half an hour is sufficient with the garlic taking only 20 minutes.

Once vegetables are cooled, place in a food processor with other ingredients and puree. Taste test for seasoning and adjust salt, pepper and lemon juice to your liking.

*Angela Stafford*

This recipe is one of the many in Angela's book *Fairytale Food Safari*—available for borrowing from the ROGI library, or see Angela about buying a copy.



Oaklands St Community Garden  
Open Day Sunday 13 September

# Help Needed

Making Mini Gardens



Would you have time to make one of these?

We need 10 to 12 to raffle at Oaklands Street Community Garden Open Day on Sunday 13th September. Jerry Coleby-Williams will be there, so we're expecting a good crowd and want to have a wonderful display.

These mini-gardens are a demonstration of 'small-space' gardening showing how it's possible to have a salad and/or herb garden even on an apartment balcony. As well as that, they are our main method of fund-raising.

You can choose to make any of the following (or others that you may think of):

- Asian herbs
- Mediterranean herbs
- Tea-making herbs
- Salad greens
- Unusual salad greens

- Asian-style plants
- Non-lettuce greens
- Companion plants

They would need to be planted out now so they look really good on the day. You can claim any out of pocket expenses with our treasurer. We can help get the broccoli box to you if you need one.

Please contact Mandy 0419 538 845 or email your interest to Mandy [hsp@powerup.com.au](mailto:hsp@powerup.com.au)

## Honeybee Hives

Do you want one on your property?

One of our members has honeybees and is on the lookout for more spots to place her hives.

If you think your garden may be a candidate—plenty of flowering plants, no poisons being sprayed nearby, not close to a council tip—please get in touch with Joy on 0413 430 999.

This is a great opportunity for a mutually-beneficial arrangement.



## Using eggshells in the garden

1. As pot drainage: Crumble them up and add to the bottom of potted plants that need drainage. Tomatoes and eggplants will love the calcium to prevent blossom end rot.
2. If you have hens feed them crushed eggshells as an all-natural calcium supplement.
3. If snails and slugs are pests in your garden crushed eggshells are a great chemical-free way to deter them because they don't like the feeling of the sharp pieces of shell.
4. Let your seedlings sprout in rinsed out eggshells - they make pretty and environmentally-friendly little pots. A carton full of sprouting eggshells on the windowsill is a great way to start a dozen seedlings.
5. Crushed eggshells are great in a compost pile because they decompose quickly and are full of minerals and nutrients.
6. Keep eggshells in the bottom of the can you use to water your plants. Lots of plants don't thrive because they lack calcium or other minerals and eggshells are full of these minerals.

*NOTE: if you have used any of these methods, or if you give them a go after reading this, please let us know how you went.*

*Was the method successful?  
Any suggested alterations/improvements?*



# Mudbrick Cottage Herb Farm

Almost 50 ROGI members enjoyed their morning at Mudgeeraba in July.

We went for four things and we were rewarded amply.:

1. Walking through the sunny and shady and dappled areas of the garden gave us a good idea of the best environment for the various herbs to not just survive but thrive.
2. Being able to purchase herbs that are propagated and raised out the back of the cottage gave us confidence that they are local enough to do well in the Redlands.
3. Partaking of the sumptuous spread that was rather humbly called 'morning tea'! Every dish included culinary herbs and the variety was educational!
4. Learning how to harvest, dry, freeze and use herbs in other ways to make the most of what we have growing was a real eye-opener for many and inspired us to do it.

A couple of highlights:

- The toilet—you have to go and see it! No photos. Sorry!
- Sandra and her husband made all the mudbricks for the cottage themselves.

Make sure you come next time. A great day!



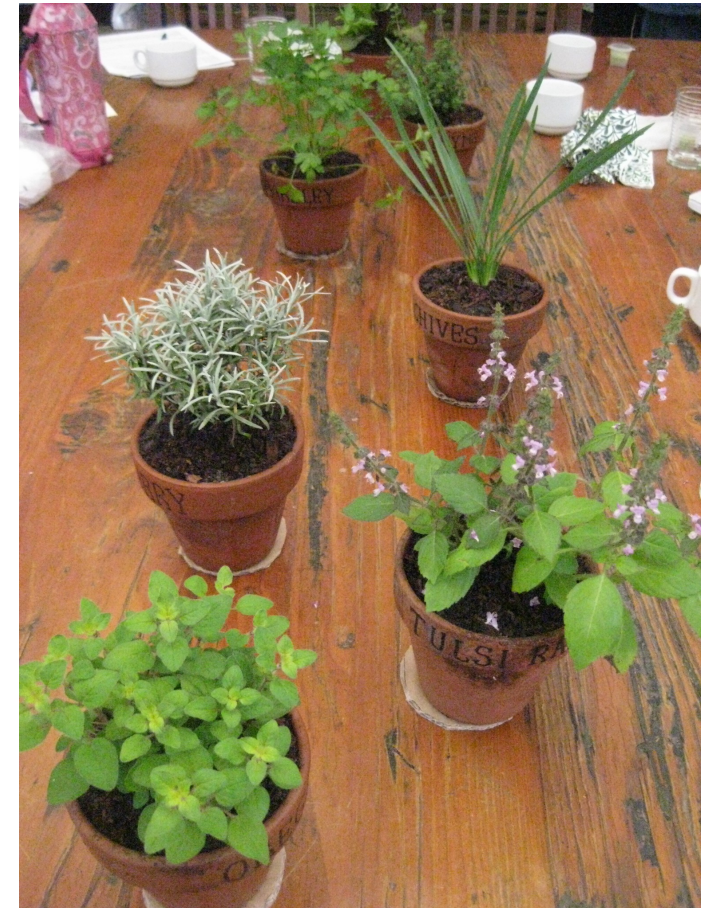
People were wandering around almost trance-like, so peaceful was the atmosphere. Note the deep shade and the full sun.



Being inspired by the culinary herb garden radiating from a potted bay tree Six pots grow different types of thyme.



A quirky spot with ornamental and edible kale.



Nice idea: potted herbs as table decorations  
F to B: oregano, tulsi basil, curry plant *Helichrysum italicum*, chives, Italian parsley, thyme.

These are just a few of what we ate with the herbs they included:

**Herb Muffins** - thyme, parsley, chives;

**Butter** - chives, parsley, marjoram and basil;

**Frittata** - sambung, chervil, sorrel, mibuna, mushroom plant leaves, parsley;

**Coriander Pesto** (to go with Asian-style pumpkin soup) - coriander, garlic, galangal;

**Cannellini Bean Dip** - chives, parsley, basil, oregano, thyme;

**Pineapple** - ginger, mint—mint sweetens pineapple



# Mudbrick Cottage Herb Farm



Making a herbal cleaning product –

1 litre white vinegar  
peel of 1 citrus fruit (try Kaffir lime fruit)  
handful fresh rosemary  
Lemon verbena or myrtle

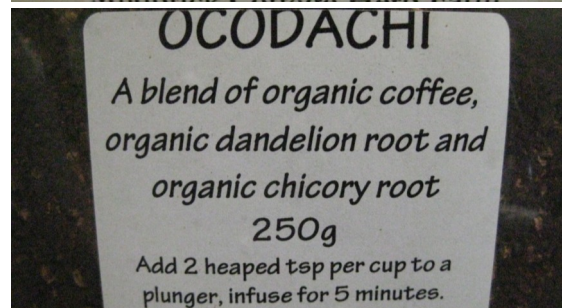
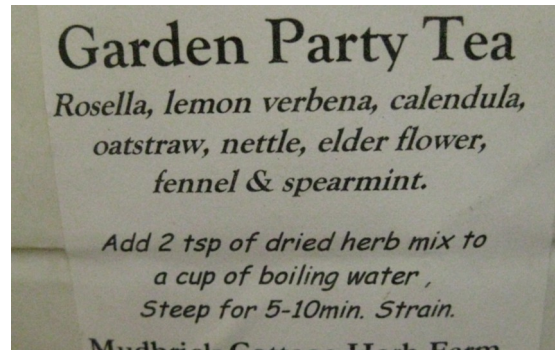
Leave it sit for 24 hours.  
Dilute 50/50 with water.  
Spray to clean greasy surfaces.



On tap:  
Thirst-quenching water flavoured with citrus slices, mint, rosemary, fruity sage, lemon balm, fennel leaves, and frozen jaboticaba fruit.



Sleep pillows with dried lavender, rose petals, chamomile, lemon balm.  
Bath bags with Epsom salt and a choice from rosemary, chamomile, lavender, calendula, mint, rose petals and more.



These were pretty good too.  
You could make them with our own herbs.

## Garden Makeover Workshop

A reminder—it's next Sunday 16 August

Many of us in the Redlands have problems with the local wildlife—possums, bandicoots, bush rats, crows, scrub turkeys—taking more than their fair share from our gardens.

If that sounds like you, come along.

Here is some of what we'll do and learn:

1. Construct a cage to keep them out. This is something you could easily do at your place once you know how.
2. How to use wood chips and mulch in organic gardening.
3. As usual, we will have afternoon tea, share plants and produce and learn a lot about growing organic food.

If you want to come to the workshop on Sunday afternoon 16th August, get in touch with Toni pretty soon [events@rogi.com.au](mailto:events@rogi.com.au) or 0402 323 704



This is the 'before' photo of Mena's veggie garden. You'll see the after shot later.

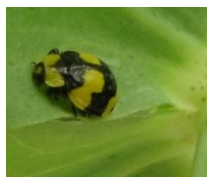


# Buzzing around your garden with Linda Brennan

Visiting the Southbank Parklands in summer I was delighted with the Epicurean Garden of vegies and herbs. They had a mass of zucchini growing. I noticed beautiful black and yellow striped ladybirds on the zucchinis which looked quite healthy at the time. In my garden they are my early warning system to start a fungus (mildew) treatment strategy, even if I can't as yet detect the powdery mildew fungus.

## Fungus-eating ladybird

Have you seen these ladybirds in your garden too? They are fungivores, consuming powdery white fungus on leaves, and will move in quick smart at the first sign of food. While I have plenty of organic treatments to prevent the early onset of this disease, there are some excellent ways of treating it.



## Grandma's solution

Our grandparents would have used a lot of washing soda on washing day, flushing affected plants with it. The Electric Washing Soda my grandma used was as effective, but added lots of sodium salt to the soil. Potassium bicarbonate in a product like Eco Fungicide, is an alkaline solution like sodium bicarbonate, but is made from potassium salts - not as detrimental to the soil. A bonus in applying potassium is that it meets a need in our plants. It promotes flowering, fruiting and the maintenance of a healthy abscission zone\* in the stem reducing flower drop. More on this at the next meeting.

\* The leaf is connected to a tree via its petiole and the twig-to-leaf connection is called the **abscission zone**.

## What to do now

If you can't wait until then to get started on fungal control, wait until late in the day and spray affected plants with an organic product like potassium bicarbonate (Eco fungicide). It makes the leaf surface alkaline which seriously affects the growth and spread of the fungal hyphae in the leaf.

## Beneficial insects in your garden

Wander into your garden on a fine day and pause a moment; you are likely to observe a thriving community of insect life busily fluttering, flitting, creeping and buzzing around you. A huge number of these busy insects are vital for the health and future of our gardens and food supply. Apart from the obvious bees we hope are pollinating our flowers, tiny *Aphitis* and *Trichogramma* wasps will be laying eggs into caterpillars. The *Cryptolaemus* ladybirds will be doing their best to lay their eggs near mealybugs so the larvae will have a good feed when they hatch out. Assassin bugs are sucking the juices from a whole range of insects both good and bad, and damsel flies will be zooming in on the cabbage moth larvae.

We also have many coloured ladybirds in the garden apart from the black and yellow ones I mentioned earlier. Not all ladybirds are black and red spotted either. Many adults and their spikey, furry-looking larvae can be mistaken for

At the August ROGI meeting, (time permitting) I will hold a special short info session on identifying and treating powdery and downy mildew using organic methods, so do come along. Bring your powdery-looking leaves to identify too.



pests, so do take a careful look at what is on your plants before spraying or squashing.

You'll find about 18 species of ladybirds around Brisbane. The website called 'What is that Ladybird beetle?' is a great resource [www.brisbaneinsects.com](http://www.brisbaneinsects.com) Take a look and arm yourself with the information as you identify your friends and foes in the garden.

My parting caution is to make sure you identify your insects correctly. Avoid spraying insects and diseases unless you know what you are targeting and how best to do it. All chemical sprays and many organic certified sprays also have a wide target audience that may affect your predatory insects in the garden.

Cheers Greenthumbs!

Linda

Linda Brennan is an organic horticulturist who inspires people to grow sensational organic food and edible flowers. Catch her workshops, talks and news via her webpage [www.ecobotanica.com.au](http://www.ecobotanica.com.au) or search out Linda at the monthly ROGI meetings.

### Learning more

If you'd like to learn more about identification and organic control of pests and diseases, come along to my workshop on this topic. Sunday 9 August 10-4 at Ecobotanica Capalaba <http://www.ecobotanica.com.au/Workshops-pg11057.html> or call to book 32063676

# Humus Saves the World Graeme Sait

*Working together we can make a difference – every little bit helps*

It sounds too good to be true – that humus could save the world. But, during three hours on a gorgeous winter Saturday on Macleay Island, Graeme lead us through a scenario that makes it seem not just possible but do-able ... with a will.

First, what is humus? In the context of his presentation, Graeme described humus as the stabilising soil 'glue' which determines whether dust storms and floods strip our thin veil of precious topsoil.

A climate crisis is looming, caused by carbon dioxide and methane. The chief contributors are industry, deforestation, agriculture, transport, fossil fuel use, livestock, and garbage breakdown. Business as usual will result in a 6°C increase in global temperature – beyond human survivability.

**The International Energy Agency claim a 3.5°C increase by 2030!** This will bring rising sea levels, more droughts and floods, glacial retreat, species extinction and increased ranges for disease vectors eg malarial mosquitoes.

We have 60 years of topsoil remaining. Building up humus in the top 15cm of soil will store 30% of CO<sub>2</sub> emissions and help to restore soil quality.

A great deal of the carbon once stored in soil is now stored in the atmosphere. We desperately need to return this carbon to the soil as humus.

*Humus is the dark organic material in soils, produced by the microbial decomposition of plant and animal residues and essential to the fertility of the earth. Much of the carbon compounds in these residues provide proteins and carbohydrates for the bacteria, fungi and actinomycetes involved in the process of decay.*

## What can we, as organic growers, do? ... Starting now ...

1. Buy from growers who practise **regenerative farming**.
2. **Compost** everything possible. Collect coffee grounds and food waste from coffee shops etc to prevent it emitting methane at the tip.
3. Write to your councillor requesting an organised **composting system** for the entire city.
4. Inoculate your soil with humus-building organisms, especially **mycorrhizal fungi**.
5. Don't burn crop residue – **turn it into the soil**: it is carbon.
6. Use **green manure and cover crops** to feed the soil while building humus.
7. Use Crassulacean Acid Metabolism (CAM) plants to sequester carbon. **Moringa** is one, grows anywhere and is a nutrient-dense food plant.
8. Use **biochar** in your garden.
9. **Include a carbon source** with every nitrogen-based fertiliser.
10. Direct investment and superannuation funds to **renewable energy enterprises**.

ROGI members would do most of this anyway.

Of course, there is much more than this to be done, many of which require leadership and changes in regulations.

Graeme is in demand as a speaker internationally and will return to Redlands as soon as possible to repeat this vitally important message.

**Move heaven and earth to be there next time!**

## Seed Sowing Guide

Compiled with information from  
Gennaro De Rosa & Annette McFarlane

### August

Artichoke  
Asparagus  
Beans, French  
Beetroot  
Capsicum/Chilli  
Carrot  
Celery  
Chicory  
Cucumber  
Eggplant  
Jerusalem a'choke  
Kohlrabi  
Lettuce  
Okra  
Potatoes  
Pumpkin  
Radish  
Silver beet  
Squash  
Sweet potato  
Tomato  
Turnip  
Zucchini

### September

Asparagus  
Beetroot  
Beans, French  
Beetroot  
Capsicum/Chilli  
Carrot  
Chicory  
Choko  
Cucumber  
Eggplant  
Jerusalem a'choke  
Kohlrabi  
Lettuce  
Okra  
Potatoes  
Pumpkin  
Radish  
Rockmelon  
Rosella  
Silverbeet  
Squash  
Sweet corn  
Sweet potato  
Tomato  
Watermelon  
Zucchini

Keep in mind that this is a guide. Be aware that micro-climates and weather conditions may mean certain seeds may be sown other than recommended times.

**ROGI Seed bank is available at  
ROGI meetings and Garden Visits.  
\$1 packet for members.  
\$2 for non-members.**



# Jobs that ROGI members can help with ...

For some time now ROGI has been in dire need of more helpers.

It's not fair that only a dozen of us are having the fun of running the club, when we have over 180 members.

Seriously. It is fun. However, even having a lot of fun can become too much after a while.

A big part of the success and growth of ROGI is the very many services we offer you, and we'd like to offer you the opportunity to give something back to ROGI.

Below is a list of lots of jobs—some small and some not-so-small—that need to be done.

Have a look and see what you can do to help ROGI fulfil its aim which is *'to encourage as many people as possible to grow as much of their own food as possible'*.

At the July meeting there will be the opportunity for you to talk with people who are doing these jobs and who need assistance. Or you can complete a slip and ask for information to be given to you outside of meeting time.

We need your help with:

**Sourcing** guest speakers

## Printing

seed bank labels,  
shop labels,  
membership cards,

## Newsletter

writing and editing newsletter articles,  
taking notes at meetings, garden visits and club events,  
taking photos  
arranging for printing and mail out of newsletter for members with no email

## Meeting night

Room set up: placing equipment before meetings  
greeting visitors,  
co-ordinating giveaway, members' sales and prizes  
running the plant clinic at meetings  
staffing the sign-in table at meetings,  
receiving the supper at meetings  
stand-in for John at the sound desk  
Room bump out: putting away equipment after meetings

**Assisting** at busy times and/or deputising for:  
PR person  
Events person  
Seeds person  
Membership person  
Shop person  
Treasurer  
Secretary  
Supper person  
Library person

## Managing website

**Co-ordinating** annual events -  
Garden Expo, Indigi Day Out,  
Oaklands St Garden Open Day

## Buddy-ing a new member

**Co-ordinating** box gardens  
(three-times-a-year)

## Storing large ROGI equipment

*Those who really get involved with ROGI say that they end up with much more productive gardens than they started with. It's the inspiration gleaned from the conversations and the visits to other gardens that are key. So join us!*

## We want your Strawberry Punnets

We need **250gm cube -shaped strawberry/ cherry tomato punnets** for use at our public events.

One of ROGI's activities is making a seed-sowing pot out of newspaper. After making this pot visitors sow a seed into it and take it home in a strawberry punnet for safe-keeping.

At Oaklands St Garden Open Day, Redlands Good Gardening Expo and Indigi Day Out each year, we use thousands of them, so please bring them along to every meeting and we'll store them until they're needed.

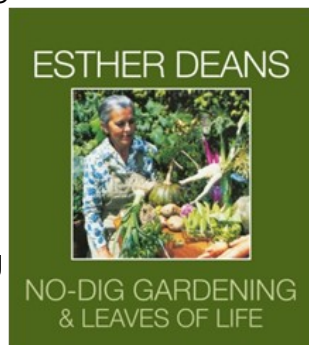


# ROGI Library News

Hello to all our members.

August is a great month in the garden as it is still cool but the soil is starting to warm a little and you have a mixture of spring and winter vegies. I am sure you'll be able to find a book in the library to inspire you with your spring plantings. Please check out the books we carry in the library on your next visit.

I made my first no-dig garden in the late 70's after reading Esther Deans' *Growing Without Digging*. It was a great success. I'm not sure if it was the lucerne she recommends or the fact it was a no-dig garden. If you're a new gardener I recommend you try a no-dig garden following the guidelines used by Esther. The garden breaks down beautifully into compost and will teach you about composting and



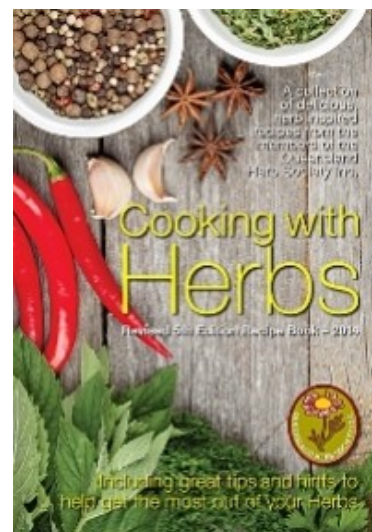
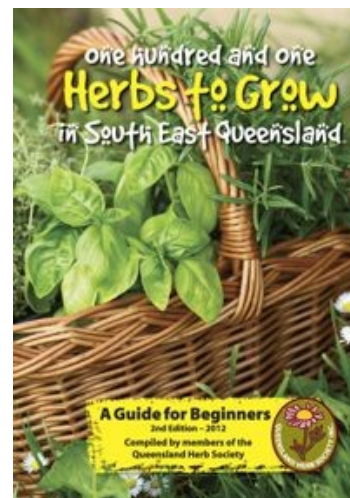
encouraging worms and growing lovely healthy vegetables. Don't follow Esther's growing guide as it's suited to Sydney's climate. I recommend you buy the Queensland Planting Guide from our shop for \$7.50 and follow the seed planting times for subtropical plantings. The book we carry in the library of Esther Deans is an updated version of the one I used in the 70's. *No-Dig Gardening & Leaves of Life*

We do carry other books that would help you start or improve your gardening journey. Then follow up with more specialised books ie on container growing or composting, microbes etc.

Quite a number of ROGI members visited the Mudbrick Cottage Herb Farm recently to learn more about using herbs. If you're like me, after listening to Sandra, you feel inspired to grow more herbs and to make better use of the herbs you have growing.

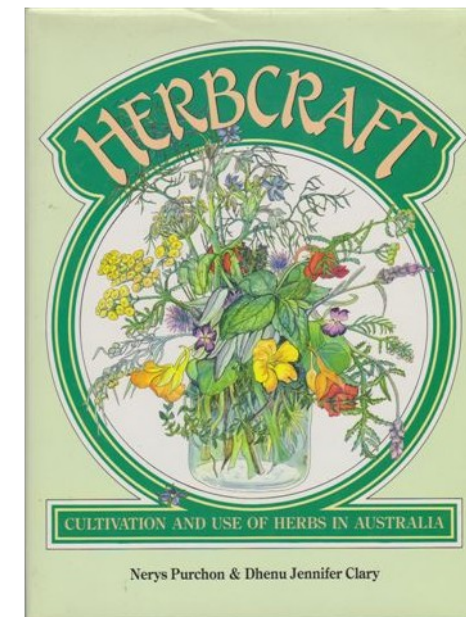
We carry all the Isobel Shippard books that they had for sale

there and we also carry both books from the Queensland Herb Society for some lovely recipes and advice on herbs.



We have several other books on herbs so take a look.

One of the more popular is *Herbcraft - Cultivation and Use of Herbs in Australia* by Nerys Purchon & Dhenu J Clary.



This book has good information on growing, harvesting, storing and using herbs organically, as well as using herbs in cooking, cosmetics and medicine.

Don't forget to bring your library books back and please come and check out our other books.

See you in the library.

Mandy and Joh



ROGI is a beneficiary of the My IGA Card Program for the **Cleveland IGA** store.

This is how it works:

- Pick up a My IGA Card next time you are in the store
- Register online
- Tick ROGI as the community group you wish to support

Then, every time you shop in the store and use your card, not only do you receive discounts, you are also helping to raise funds for ROGI.

ROGI uses its funds to help provide more services to members such as new library books, discounted gardening products, paid expert speakers, and free or low-cost field trips and workshops



## Request for Articles

**What can you share?**

**It could be to do with:**

- your garden
- a photo
- an unusual plant
- a request
- garden/nutrition info
- a recipe
- a current affair of relevance to ROGI members.....

**Send your articles to keep the newsletter Interesting, topical and relevant**

**[info@rogi.com.au](mailto:info@rogi.com.au)**

# Plant Clinic

Puzzled by a pest?

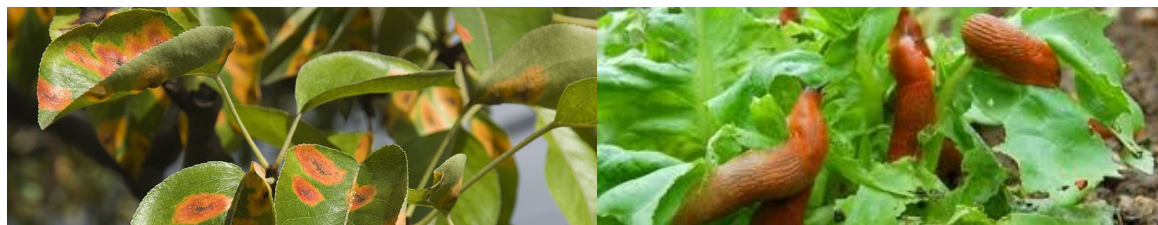
Not sure if your plant is a weed or a 'goodie'?

Does it have a deficiency or is it a disease?

That's what **Plant Clinic** is about.

Bring along your plant, fruit, leaf, root (as many parts of plant as you can) in a sealed plastic bag (if it's a diseased plant) and fill in the form.

Place the plant parts together with the form on **Plant Clinic** table well before the start of the meeting. Someone will have a look and may be able to answer your questions.



Pineapples. So easy to grow, they're almost 'set and forget'. And you get the tops for free whenever you purchase a pineapple. Keep the tops of the nice ones and let them dry out a bit to heal and seal. Plant them by setting them on posting mix in a terracotta pot or in a well-drained spot in your garden. These were in Francois garden in March.



## Next Newsletter Deadline

Please send your contributions to the newsletter editor by 28th August for the September edition.

# ROGI Shop Products

For any pricing or technical advice, or if you have a suggestion, please see Frank at the ROGI shop.

Products Dry	3kg	2kg	1kg	500g	100g	Each
<b>Soil Conditioners</b>						
Blood & Bone	7.50		4.00	3.00		
Blood & Bone 25kg						29.50
Blood & Bone 16kg						24.00
DE Fine Food Grade		15.00	8.00	4.50		
DE Fine Food Grade 20kg						110.00
DE Pet & Garden	16.00		7.00	4.00		
DE Pet & Garden 20kg						80.00
Dolomite	5.50		3.00	2.00		
Eco88	8.50		4.00	2.50		
Gypsum	5.50		3.00	2.00		
Humic Acid					3.50	
Organic Booster	6.50		3.50	2.50		
Organic Xtra	6.50		3.50	2.50		
Organic Xtra 25kg bag						18.50
Organic Xtra 16kg bag						14.00
Organic Xtra 5kg bag				2.50		7.00
Rock Dust #3 25kg bag						29.50
Rock Dust #3 Mix	6.50		4.00	2.00		
Sea Mungus						
Turf Master	5.50					

\*DE is Diatomaceous Earth—can kill insects by desiccation.

## Tools & Equipment

Soil pH Test Kit	15.00
Banana Bags	3.50
Fruit Fly Exclusion Bags set of 4	5.00
Paper Pot Maker	28.00

Products Wet	5 litre	1 litre	500ml	150ml	100ml
<b>Soil conditioners</b>					
Eco-Amingro		18.00	10.00		
EcoFish	32.00				
Eco Naturalure				15.00	
Eco-Neem					16.00
Eco-Oil		22.00	16.00		
Fish & Kelp solution		13.00			
Potassium Silicate					3.00

## Pest & Weed Control

Burn Off		9.00			
Eco-Pest Oil			10.00		
Naturassoap			17.00		
Pyrethrum Spray					20.00
Wild May (for fruit fly)					2.00

## Aloe Vera

Aloe Vera Raw Material	33.50	9.50
Aloe Vera Raw Bio Fertiliser	37.00	10.00



Please note:  
ROGI Shop has Soil  
pH Test Kits for only  
**\$15.**



## EXECUTIVE TEAM

<b>President</b>	Jill Nixon 0418 717 735 <a href="mailto:president@rogi.com.au">president@rogi.com.au</a>
<b>Vice President</b>	Terry Sullavan <a href="mailto:group@rogi.com.au">group@rogi.com.au</a>
<b>Treasurer</b>	Lindsay Peel <a href="mailto:group@rogi.com.au">group@rogi.com.au</a>
<b>Secretary</b>	Margaret Sear <a href="mailto:secretary@rogi.com.au">secretary@rogi.com.au</a>
<b>Membership</b>	Jenny Sando <a href="mailto:membership@rogi.com.au">membership@rogi.com.au</a>
<b>Seed bank</b>	Angela Stafford <a href="mailto:seeds@rogi.com.au">seeds@rogi.com.au</a>
<b>PR &amp; Marketing</b>	Kathy Petrik 3206 1267 <a href="mailto:info@rogi.com.au">info@rogi.com.au</a>
<b>Club Events</b>	Toni Bowler 0402 323 704 <a href="mailto:events@rogi.com.au">events@rogi.com.au</a>
<b>Newsletter</b>	Position vacant <a href="mailto:info@rogi.com.au">info@rogi.com.au</a>
<b>Shop</b>	Frank Huysing 3390 2277 <a href="mailto:group@rogi.com.au">group@rogi.com.au</a>
<b>Library</b>	Mandy Harrison 3824 3222 <a href="mailto:library@rogi.com.au">library@rogi.com.au</a>
<b>Supper</b>	Yolanda Sampson <a href="mailto:group@rogi.com.au">group@rogi.com.au</a>

[info@rogi.com.au](mailto:info@rogi.com.au)

[www.rogi.com.au](http://www.rogi.com.au)

PO Box 1257, Cleveland 4163

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

The views expressed in ROGI NEWS are those of the editor and submitters, not necessarily those of Redland Organic Growers Inc



**ROGI** Redland Organic Growers Inc

Brisbane Organic Growers Inc

# Organic Fair

Sunday 30 August 9am - 3pm

102 Mc Donald Road, Windsor  
(near Albion Railway Station)

free gardening advice & talks

free animal nursery

herbs

books

chooks

seedlings

jams

tools

fruit trees

food & drinks

**No pets please**

enquiries

email: [bogifair@bogi.org.au](mailto:bogifair@bogi.org.au)

phone: 0417-733-050

website: [www.bogi.org.au](http://www.bogi.org.au)

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