

ROGI News May 2015

NEXT MEETING WEDNESDAY 13TH MAY

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 our speakers.

Salvation Army Church, Cnr McDonald Rd & Macarthur St. ALEXANDRA HILLS

ADMISSION: Members: Gold coin. Visitors: \$5.

Please bring plate of food for supper after the meeting - savoury/sweet or nibbles preferably home-made. Tea/coffee provided.

You are welcome to provide a quality plant for ROGI Rewards to help share plants with other members. Bring a bag/box for your purchases and/or winnings.

COMING EVENTS

May	S & S 9 & 10	10 – 4.30	Jerry Coleby-Williams Open Garden 56 Daisy St, Wynnum \$10
	Wed 13	6.15pm	ROGI meeting
	Sun 24	9 – 4	Herb Awareness Day – see below
	Sun 24	2.00pm	Garden Visit Janet C. *
	Sun 31	2.00pm	Workshop Francois G. *
June	Sat 6	10am	Indigi Day Out
	Wed 10	6.15pm	ROGI meeting
	Sun 21	TBA	Field trip Macleay Is. *
July	Wed 8	6.15pm	ROGI meeting
	Sun 12	TBA	Garden Visit Garry & Sophie *
	Sun 26	TBA	Field trip herb farm *

* Book with Toni B on 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 A/C No. 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 for application form.

Membership fees for 2015 are now overdue. If you are not a financial member by the next meeting you will be charged the visitor's entry of \$5.

Please renew online at your convenience, and ensure that you complete a new membership form when you are renewing.

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
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

MAY GUEST SPEAKER

What is diatomaceous earth (aka DE)?

Guy Lewington from Mt Sylvia Diatomite is passionate about it.

At our May meeting he will show and tell us all about it: what it is, what it can be used for and his company's research into the uses and effectiveness of DE and related products. After gaining an honours degree in geology and qualifications in mineral economics and organic agriculture, he was instrumental in the discovery and development of some gold mines in W.A.

Then he went in a different direction and grew organic macadamias in northern NSW for seven years. He and a neighbouring farmer became increasingly fascinated with the DE they were both using and ended up buying the mine.

So Guy ticks all the boxes when it comes to talking to us, as organic growers, about this fertiliser and soil conditioner. And ... it is clear that Guy loves what he does - enthusiasm exudes when he waxes lyrical about DE. He can take what one would have thought is a pretty dry subject and make it exciting!

Come along to find out how DE can benefit your garden and your life.

OPEN GARDEN Jerry Coleby-Williams

Visit Jerry's own inspiring, award-winning garden.

Jerry's great depth of knowledge and ten years' experience of living sustainably at Bellis are the key ingredients to its success, with good soil preparation ensuring bounteous seasonal organic crops.

The house is solar-powered and exports electricity into the grid. Rainwater is harvested for drinking, and all waste water is recycled for food growing.

Even the lawn is sustainable - it's mown by guinea pigs and a solar-powered lawn mower! Everything in the garden is grown organically. In the back, never less than 90 different kinds of fruit, vegetables, herbs and spices grow in abundance, while the lush and decorative front garden contains plants chosen for their ability to survive just on rainfall.

This is a unique opportunity to explore Jerry's extraordinary garden, and find out what can be achieved on an ordinary suburban block.

56 Daisy St, Wynnum. Entry: \$10.00. No charge for children under 18

PLANT OF THE MONTH

Euphorbia peplus, Radium Weed, Petty Spurge

George Allen spoke about this very common weed and what he did when he had a medical diagnosis that a small mole needed to be treated. He decided to try first the sap of this nondescript plant on the mole to see what the result was. After a couple of weeks he was able to return to his delighted doctor, who indicated no further treatment was needed. A watch and wait, with a checkup in 3 months was decided.

The chemical properties of this plant have been researched widely and also have been incorporated into an effective, but expensive, topical skin cancer cream, by an Australian scientist. One of the active ingredients is able to turn back on the natural self-destruct that cells have: this is turned off by cancers. Here are some links if you require more information:

<https://www.tga.gov.au/file/1178/download>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4065276/>

<http://www.ncbi.nlm.nih.gov/pubmed/12561967>

<http://www.ncbi.nlm.nih.gov/pmc/?term=%22euphorbia+peplus%22>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3853153/>

<http://www.google.com.au/patents/US8106092>

INDIGI DAY OUT

Red-circle Indigi Day Out set for Saturday 6 June

Once again ROGI has booked a prime spot at Indigi Day Out to promote the joys of organic gardening, sign up new members, sell some seeds and do a bit of fundraising. Our famous raffle prizes of box gardens are already under way thanks to some excellent ROGI green thumbs, coordinated by Mandy Harrison.

We're looking for more volunteers to help set up the display on Friday 5 June and take it down on Sunday morning. More volunteers are needed to staff the display on Saturday from 10am to around 4pm.

If you can help, contact Kathy Petrik on 3206 1267 or 0468434791.

Indigi Day Out is a free event held every year to celebrate World Environment Day. It includes Folk Redlands festival of music, environmental and market stalls, kids' activities, live animals and arts and craft. And when the sun goes down, Folk Redland will put on a bush dance for everyone to kick up their heels.

So put this event in your calendar....it will be a great opportunity for ROGI to show its stuff to the Redland community – and have great fun as well. Kathy Petrik

INTERNATIONAL COMPOSTING AWARENESS WEEK 4 – 20 May

This is a good time to review our composting activities. About half of the rubbish Australians put in garbage bins could be used in the garden as compost and mulch. Audits from 25 councils showed that around a third of the rubbish is food waste and about 15% is garden vegetation. Therefore, almost half of our household waste is organic and can be composted ... although 'waste' is not really the right word to describe it. There's really no such thing as organic waste — only wasted resources. What you don't eat, your garden will! Basically anything that was once alive (apart from meat and dairy) can be composted. Here's a list as a guide:

THINGS YOU CAN COMPOST

From the kitchen

- Coffee grounds and filters
- Tea bags and tea leaves
- The crumbs swept from counters and floors
- Cooked pasta and rice (with no meat, fish or chicken in it)
- Stale bread, cake, crackers and biscuits
- Old herbs and spices
- Pizza crusts
- Stale beer and wine
- Old jam, or preserves
- Nut shells (not walnut shells - can be toxic to plants)
- Stale cereal and boxes (tear into smaller pieces first)
- Used paper plates (not those with waxy coating)
- Wine corks
- Cardboard egg cartons
- Pizza boxes—ripped into smaller pieces
- Paper bags—either ripped or balled up
- Used paper napkins and paper towels
- Toothpicks
- Bamboo skewers
- Paper cupcake or muffin cups
- Paper towel rolls

The bathroom

- Used tissues

- Hair from your hairbrush and haircuts
 - Toilet paper rolls and paper wrapping
 - Old loofahs
 - Nail clippings
 - 100% Cotton balls
 - 100% Cotton buds with cardboard (not plastic) sticks
- The laundry
- Dryer lint
 - Old/stained cotton clothing (rip into smaller pieces)
 - Old wool clothing (rip into smaller pieces)
- The office
- Bills and other shredded documents
 - Envelopes (minus the plastic window)
 - Pencil shavings
 - Sticky notes
 - Business cards (not glossy)
 - Receipts
- Around the house
- Contents of your vacuum cleaner
 - Newspapers (torn into smaller pieces)
 - Subscription cards from magazines
 - Leaves trimmed from houseplants
 - Dead houseplants and their soil
 - Flowers from floral arrangements
 - Used matches
 - Ashes from the fireplace or barbecue grill
 - String (not plastic type)
- Party and holiday supplies
- Wrapping paper rolls
 - Paper table cloths
 - Crepe paper streamers
 - Natural holiday wreaths
 - Real Christmas tree (chop it up first)
- Pet-Related
- Fur from the dog or cat brush
 - Feathers
 - Fish food
 - Dry dog or cat food

GARDEN VISIT 1

Sunday 29th March - Francois Grobler

Messy garden? No - it's permaculture!

Visiting Francois' garden is not for the 'tidy gardener'. In fact, he describes his backyard permaculture garden as ... downright 'messy'.

The 1.5 hectare property in Capalaba demonstrates Francois' permaculture journey over the past 25 years. He has embraced and applied the inter-dependence of all living things – and reaped the benefits of this organic system.

Here's some of what Francois showed the 25 ROGI visitors during the garden visit:

- a lush, jungle-like permaculture garden producing an array of fruit and vegetables, set out in zones of importance and incorporating swale drainage
- waterlily and lotus plants in his purpose-built nursery ponds, which he may convert into aquaponic, 'duck-quackponic' or wicking beds;

- how 1000 cubic metres of wood chip mulch had helped transform his deep, sloping block into a level growing area full of rich soil
- how regular additions of thick layers of wood chip mulch continue to improve soil so 'it's good enough to eat'
- a successful vegetable patch near the house which will shortly be caged to keep out bandicoot bandits
- fruitful pawpaw, banana, jackfruit, Japanese cherry, and yellow dragonfruit in the fruit forest
- a unique approach to deterring critters that try to steal the fruits of his labour. (It's a urinal deodorant block tied in a sock and attached to a tree)
- permaculture 'chop and drop' method where clippings are left to compost 'in situ'

Francois and ROGI members later built wicking beds using broccoli boxes and PVC pipes – and everyone took one home.

The afternoon was so successful that it was agreed to have a workshop with Francois on Sunday 31st May to get hands-on experience in the garden, learn more about the benefits of permaculture and make wicking beds to take home.

A big thank you to Francois for generously sharing his knowledge with ROGI members.

Kathy Petrik



Francois pointing out the wonders of mulch.



Compost good enough to eat. Gennaro and Tony.



A wheelbarrow so light that even Jill could use it. With Gennaro, Jean, Toni and Leigh.



Afternoon tea time. Also nearly Easter time, as you can see.

GARDEN VISIT 2

Sunday 26th April - Angela Stafford

Gardening is fun for the whole family

Five years ago when the Stafford family (Angela, Mitchell and young sons Ethan and Ryan) moved into their half-acre Alexandra Hills' home, they knew there was a lot of work to be done before it met their needs.

First steps were to thin out the densely treed backyard to improve light and growth, while retaining some original fruit trees such as jaboticabas, pomegranates and citrus.

Fast-forward five years, and their organic garden is a hive of productivity - testament to the family's tenacity, hard work and willingness to change plantings as needed.

A large enclosed vegetable garden – with spinach, beans, and tomatoes, is the garden's centrepiece – now is being transformed into a fruit forest to counter nut grass. The mesh covering the area is designed to prevent birds from taking all of the harvest.

This enclosure houses a lush passionfruit vine along one wall that ROGI visitors drooled over. Bitter melon, Madagascar beans also thrive inside. Add to these mulberry, macadamia, kumquat, lemon and fig trees along with jicamas, asparagus and apple cactus, and it's a very productive area.

Angela says the garden is very much a work in progress to see what gives the best outcomes. Towards the back of the garden – just past the chicken run – you'll find pawpaw, mango, loquat, banana, grumichama and macadamia trees – along with star fruit, cherry guavas, lemon myrtle, white sapote and finger limes close by. There's also a

healthy dragon fruit plant with comfrey, basil and other herbs growing along the pool fence.

The garden is very much a family project, with the two boys actively involved in it. What a great place to learn about growing healthy food – and having a lot of family fun doing it. Thanks to the Stafford's for sharing their garden with ROGI members. We had a great time.

Kathy Petrik



Bitter melon (*Momordica charantia*) puts on a brilliant show.



Echinacea purpurea (purple coneflower) an easy-care, water-wise plant once established, with medicinal properties.



Water chestnut in an old bathtub



Clockwise from bottom left: comfrey, nasturtium, pineapple sage, tarragon



Raised garden bed with trellis and arch for support.



Afternoon tea with Cheryl, Marion, Carolyn, Toni, Margaret, Angela and Ethan.

HORSE MANURE Victoria Point; you do the shovelling; as much as you like - one bag or a trailer load; free, but negotiate a barter system. Free of weeds. Contact info@rogi.com.au or see Jean at a ROGI meeting.

WEAR YOUR MEMBERSHIP CARD. It entitles you to buy from the ROGI Shop and borrow from the library, and to buy seeds for only \$1 from the seedbank.

WORKSHOP

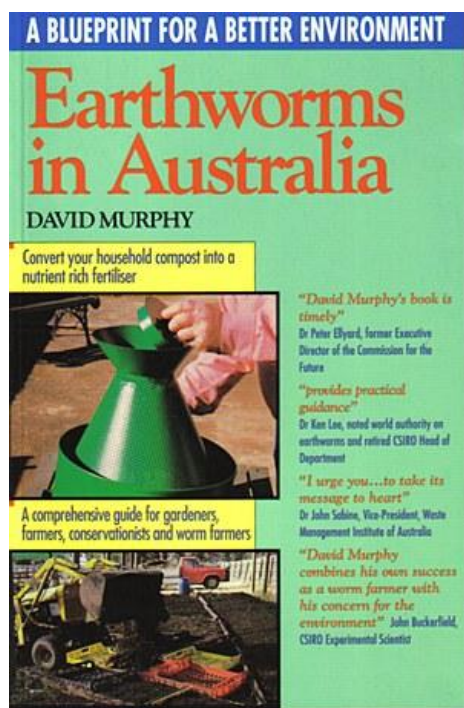
Sunday 31 May at 2.00pm. Many ROGI members went along to visit Francois' garden in late March and were impressed by what he has been doing: so much so that several people asked to go back again and learn some of Francois' techniques firsthand. Hence the workshop this month. He will cover sheet composting and mulching, as well as many other topics that will arise during the afternoon. Also, each attendee will be given the opportunity to make a wicking garden box and to have a gardening tool sharpened by Steve from Bayside Mobile Sharpening. You may bring along extra tools to be sharpened on the day if you wish – costs start at \$6 for a pair of secateurs.

The cost of the workshop is \$5: this includes the wicking bed and the tool-sharpening. Please bring along a plate of food to share for afternoon tea – preferably something you have grown and/or made.

Book your spot now with Toni Bowler on 0402 323 704 or events@rogi.com.au

LIBRARY NEWS

Hi to all our members. We look forward to seeing you in the library at the next meeting. We now carry a book solely on Earthworms. Linda Brennan recommended we get this book in. Thanks Linda. This book is already reserved for borrowing from the May meeting but keep it in mind.



Earthworms in Australia A BLUEPRINT FOR A BETTER ENVIRONMENT by David Murphy

Written by an Australian in Australia for Australian conditions.

This book was written in the 1990s and is still very relevant and covers all types of worms ie red, blue and tiger. I found it interesting that Australian earthworms evolved eating more inferior soil than European worms do, due to Australian conditions. In the UK and Europe you will get a lot more worms per square metre than in Australia unless you breed them up in your soil.

Healthy soil is a living organism and earthworms are an integral part of this. Soil without earthworms is noticeably less productive and more susceptible to wind and erosion and such soil requires constant applications of fertiliser to be productive. Soil with a large number of worms will have a good population of bacteria, viruses, fungi, insects, spiders and other soil animals. This is called a *biota*. Such soil will also be rich in humus. Worms eat at least half of their body

weight daily and as they do they aerate and fertilise at a rate of more than 90 kg of soil per square metre each year. Worms can only work when the soil is sufficiently moist. If you have a lot of worms per square metre in your soil, you will notice the soil becomes more moisture retentive and productive each year. This book will help you convert your household compost into a nutrient rich fertiliser. It is a comprehensive guide for gardeners, farmers, conservationists and worm farmers. I recommend you read this book.

Organic by Don Burke.

Love him or hate him Don has been gardening all his life and the majority of it he has promoted organic gardening.

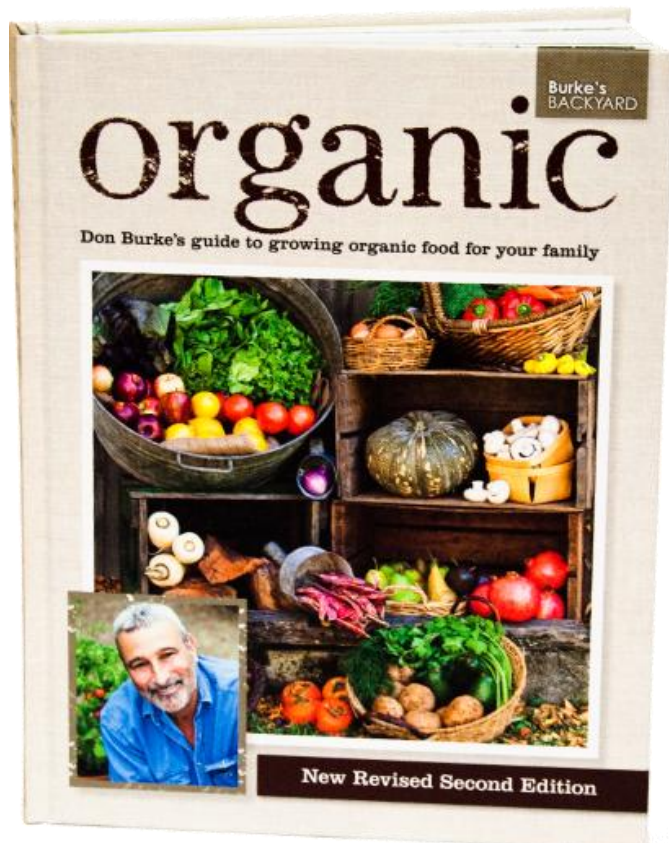
He is famous for bringing back flavoursome tomatoes, after hitting a *Floradade* tomato with a tennis racquet against a brick wall on his show. If you can recall, the tomato did not break. This caused an outrage and even supermarkets now stock tastier tomatoes than the ones we suffered during the 1970s and 1980s. There was a huge revival of interest in the heritage varieties of tomatoes and other vegies.

He tested other product on his show and one that stirred our interest was blood and bone. Don proved that the leading supplier of the times had no blood or bone in their product. People were disgusted at being ripped off and this lead to the demise of the company and changes in the laws. It is becoming much safer with the BFA certification of organic products

but there is still work to be done on labelling of organic potting mixes, fertilizers and manures etc. Don thinks it is unwise to use commercial manures.

This book covers building and planting an organic patch; also harvesting, storing and preserving, composting, chickens and an A-Z guide on vegetables and fruits.

He covers how to deal with pests and disease organically, and with hungry wildlife plus heaps more. This is a great reference book and worth reading.

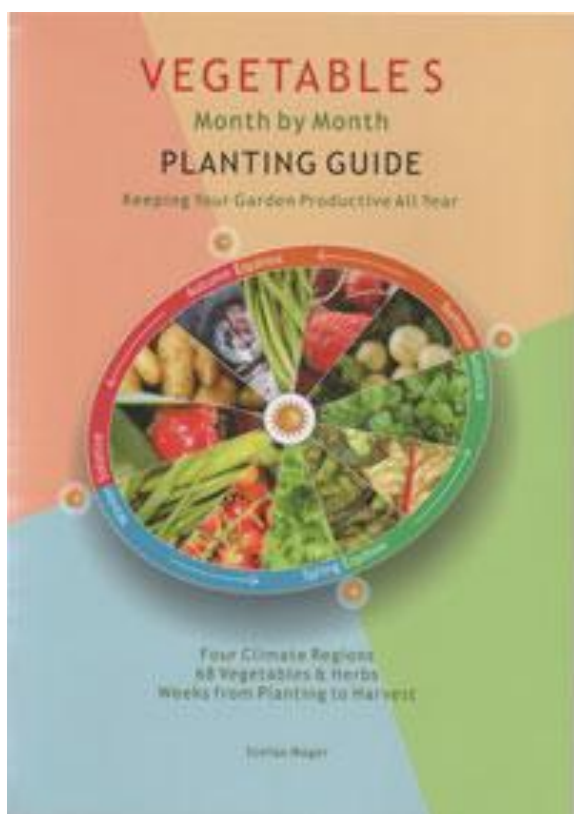


We have a **Vegetable Growing Guide** by Stefan Mager in the library now, thanks to Kathy Petrik who noticed this in her travels and bought it for the library. This covers germination times, plant and row distances, companion planting table, best moon phases and picking times as well as soil quality. This is a handy little guide.

Margaret Sear has kindly donated some folders of **Grass Roots** magazines. There is amazing information in these that never get outdated.

Don't forget to bring your library books back and please come and check out our other books – a privilege of ROGI membership.

Mandy and Joh



SEED SOWING GUIDE

May and June

Artichoke; Jerusalem artichoke

Asparagus

Bean: Broad, French

Beetroot

Broccoli (not June)

Brussels sprouts (not June)

Cabbage

Capsicum/Chilli

Cauliflower

Carrot

Celery

Chicory

Endive

Florence fennel

Kohlrabi

Leeks

Lettuce

Onions/garlic

Parsnip

Peas

Potatoes

Radish

Silver beet

Spinach

Other spinach: Brazilian, Egyptian, Warrigal, Kangkong (not Egyptian or Kangkong in June)

Swede

Sweet potato

Tomato

Turnip

ROGI member, Sharr, has a family daycare business and would like your help. When you shop at Wray Organic at Cleveland, please place your receipt into the box. It costs you nothing so that Sharr and her charges can benefit from this fundraiser.



SEED BANK NEWS

New seeds have arrived. *Barbarea vulgaris* – land cress, American upland cress, winter cress, winter rocket, herb barbara

Many of you heard Jerry Coleby-Williams talking on Gardening Australia about how his nana used to grow land cress (*Barbarea vulgaris*) with her cabbages and how it helped with the pests. Subsequent research at UQ has proven the theory.

Chemicals in *B. vulgaris* trigger the female cabbage white butterfly to lay eggs on *B. vulgaris* rather than on other brassicas, and the larvae of this butterfly thrive well on this plant – better than on your precious broccoli.

Diamond back moth females are also stimulated by these chemicals, but the larvae die due to the plant's content of saponins which are apparently not sensed by the moths. This phenomenon has been tested for biological insect control: *B. vulgaris* plants are placed in a field and attract much of the diamondback moth egg load and the larvae die shortly after hatching.

It is recommended that you position several around your garden to attract the pests away from your other brassicas.



Barbarea vulgaris

THREE IMPORTANT GARDENING TIPS

- 1) Soil: If the soil is not right your plant will not be healthy, so work on your soil, ensure it is healthy, feed it and it will feed your plants.
- 2) The plants: Grow plants suited to your climatic conditions and soil type. Unhealthy plants attract pests and disease.
- 3) A Diary: It is always beneficial to look back to find out what you did when, and especially what did and what didn't work.

MEMBERS' SALES TABLE

Next to the ROGI Shop, this is where you as a member can place items you've produced that are surplus to your requirements and that **you wish to sell** to other members eg eggs, honey, jam, seedlings, lemons, avocados – things that have cost you money (& time & effort) to produce. See Frank, Marion, Linda or Janet at the ROGI Shop.

GIVEAWAY TABLE

Right near the front door is the spot to deposit gardening-related items that you want to give away. Please ensure that you have supplied names and other relevant information as necessary for the benefit of the person taking the items home.

PLANT CLINIC

Are you not sure if your plant is a weed or a 'goodie'? Does it have a deficiency or is it a disease? It may have a pest of some description. Bring along your sample, plant, fruit, leaf, root (as many parts of plant as you can) in a sealed plastic bag (if it's a diseased plant or a pest) and fill in the form. If you have a question (no sample) just 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.

PRIZES

There is a table dedicated to the gorgeous plants that several people will take home at the end of the evening 'ROGI Rewards'. Just make sure you sign in when you arrive to be eligible for this.

You are welcome to bring along a nice plant from time to time for this table.

WE STILL WANT YOUR STRAWBERRY PUNNETS

We need **250gm cube-shaped strawberry/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 in it and take it home in a punnet for safe-keeping.

At Redlands Good Gardening Expo, Indigi Day Out and Oaklands St Community Garden Open Day 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 SHOP PRODUCTS

Products Dry	3kg	2kg	1kg	500g	100g	Each
Soil Conditioners						
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 Acids					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

Soil conditioners

	5 litre	1 litre	500ml	150ml	100ml
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 Vertiliser	37.00	10.00

Browse and buy from the shop up until 6.55 and again after the meeting.

For any pricing or technical advice, or if you have a suggestion, please refer to Frank on 3390 2277

CONTACT INFORMATION

info@rogi.com.au

www.rogi.com.au

PO Box 1257
Cleveland 4163

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

EXECUTIVE TEAM

President	Jill Nixon 0418 717 735 president@rogi.com.au
Vice President	Terry Sullavan group@rogi.com.au
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Secretary	Margaret Sear secretary@rogi.com.au
Membership	Jenny Sando membership@rogi.com.au

TECHNICAL TEAM

Seed bank	Angela Stafford seeds@rogi.com.au
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COMMUNICATIONS TEAM

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Club Events	Toni Bowler 0402 323 704 events@rogi.com.au
Newsletter	Position vacant info@rogi.com.au

MEMBER SERVICES TEAM

Shop	Frank Huysing 3390 2277 group@rogi.com.au
Library	Mandy Harrison 3824 3222 library@rogi.com.au
Supper	Yolanda Sampson group@rogi.com.au



Linda, Rhonda, Frank, Marion and Toni ready for action at Redland Good Gardening Expo in April.