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NEWSLETTER JULY 2021

Hello and Welcome to our July Newsletter. What's growing well in your garden this month? I have to admit I have been a really slack planter of vegetables of late and am so grateful for all of the food that pops up of its' own accord. Time well spent months or years ago that is feeding us now. We had great fun digging by hand for sweet potatoes underneath the paw paw trees. This is a small raised garden bed that the sweet potatoes keep growing in of their own accord. Nature always has its' own plan, right? It's not where I wanted to plant sweet potatoes, but it is where they do best. The joy and excitement of seeing the children find another one, or a bigger one was as if they were digging up dinosaur bones. The passionfruit vine is heavy with fruit on the back fence, although the wet weather knocked a lot off. We quickly put them to good use, juicing them up with some oranges and making them in to ice-blocks, (yes we still make ice-blocks in winter) The sweetness of the oranges overtook the bitterness of the not quite ripe passionfruit. A perfect winter shot of Vitamin C in every treat. The other success we have had is with sword beans. The children took a great harvest from only two plants. Filling a large container and allowing them to be dried and used in future meals. Casseroles, patties, soups and more. It was only when I found the almost empty container which once had many dried beans in it that I remembered over-hearing a conversation of small voices, off to plant beans to make cubby houses and look outs with, realising that gardening is not just for food, but also shelter, and with a little patience they will have made themselves a new hiding place under the climbing bean bushes, in the garden. So, beans are now off the menu for now. I would love to hear what is growing well at your place – and who sabotages your harvest? Is it the kids, the dog, the neighbours' cat or your pet chickens? Mine is all of the above, which makes harvest all the more sweeter. Cathy

CLUB MEETING

Time: Doors open 6.00 pm For a 6.30 pm start

Guest Speaker: To be advised

Members please be reminded to wear your badges to the meeting

Venue: McNaught Hall (Uniting Church hall) Corner Barolin and Electra Street,
Bundaberg

Attendance \$3-member, \$5 visitor, Tea Coffee avail

Tuesday 29th June

**Get your lucky door ticket, bring something to share on the giveaway table,
share some free seedlings**

June Meeting – Guest Speaker – Kim Martin

(BOSS Australia – Bio Organic Sustainable Solutions)

GROW Biofertilizer = a complete plant nutrient and soil rejuvenator.

GROW is a liquid organic fertilizer. Produced on the Sunshine Coast, from composted chicken manure which comes from an RSPCA approved farm. The chicken manure is organically composted for 12 weeks and is organically certified. (Chickens use 20% of the protein from their food, the remaining 80% of protein is expelled)

The product is made using organically composted chicken manure + patented aqua aerobic fermentation and nutrient extraction process + biological input blend = GROW Biofertilizer.

What makes it different - features of Grow Biofertilizer –

- the product does not smell
- can be applied to all plants
- there is no withholding period after use
- does not affect bees
- provides a balance of nutrients
- organically certified
- active bacteria
- will not burn or 'stain' plants
- complete balance of nutrients
- ph neutral – GROW ph = 7. (Seasol ph = 9.5-10.5 Power Feed ph = 10.5)
- cuttings can be struck quicker than by just using water
- soak bulbs and seeds neat – will get them to strike quicker
- GROW puts carbon back into the soil
- and, the more you use it, the healthier your plants will be.



Foliar application is recommended because the plant will use the biofertilizer 9 times quicker than by water onto the ground. Soil application increases the microbial activity for a healthy soil.

Healthy biologically active soils –

- improve root development
- enhance nutrient uptake
- increase efficient utilisation of water
- minimise stress impact on plants
- reduce impact of crop infestations

This information is from the GROW website – (web address at the bottom)

How often can I use Grow?

You can use Grow as often as once a week, as much as you like, all year round. The more you use Grow the healthier your plants and soil will become.

Application:

General application: Mix 10-20ml of GROW concentrate per 1 litre of water then apply to your plants.

Grow can be applied to your plants in 3 ways

Soil Soaking Method: Applying diluted Grow into the soil with a watering can. This allows the microbiology to begin to work on your soil right away helping to breakdown carbon, fix nitrogen, protect plant roots from pathogens and helps with nutrient absorption.

or

Foliage Spray: Applying diluted Grow to the leaves or flowers of your plants using any size sprayer/ spray bottle. Don't worry, Grow will not stain your petals or burn your plant, it's pH neutral. Your plants absorb nutrients through their stomata, epidermis and bark faster than soil application.

or

Combinations Method: Applying both Foliage Spray and Soil Soaking methods to your struggling plants. Using both methods means your plants are getting everything that they need for whole plant health.

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Dilution Rates:

Bonsai: 10ml per Litre of water

Ferns and Indoor Plants: 10 ml per Litre of water

Fruit, Veggies and Herbs: 20ml per Litre of water

Flowers and Ornamentals: 15 ml per Litre of water

Garden Bed Preparation: 20ml per Litre of water

Lawns and Established Tree: 50ml per Litre of water

Natives: 20ml per Litre of water

Orchids: 10ml per Litre of water

Seed propagation and cuttings: Undiluted

Worm Farm and Compost: 10ml per Litre of water

GROW Biofertilizer is available in four container sizes – 1 Litre, 2½ Litre, 10 Litre and 20 Litre containers, and features a vented lid to enable the microbial organisms to remain alive.

Refill stations include – (please take you old GROW biofertilizer bottle)

- Tom Quinn Nursery
- Nardoo Nursery
- Norco Produce (North Bundaberg)
- Gin Gin Landcare
- Farmyard Stockfeed
- Mitre 10
- Boylans
- Boylans Gardenworld



GROW Biofertilizer products are also used in Cambodia, Vietnam, Singapore and China.

Thank you Kim for a very informative presentation.

For more information, visit their website at www.bossaust.com, www.groworganically.com.au or Freecall 1800 727 523.



BOGI Club visit to Nardoo Nursery – Saturday 19th June.

Nardoo Nursery is located at the old Bundaberg Sugar Experimental Station on 48 Ashfield Road, Kalkie. A part of the Community Lifestyle Support, which is a not-for-profit venture that helps people in the community with a disability to realise their potential for physical, social, emotional and intellectual development. It also provides people with a disability to participate in wood working, arts and crafts, gardening, music, drumming, and welding activities to name a few. These people also have contact and work with horses on a regular basis.

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At the same site, The Print Shop produces t-shirt printing, printing wraps for cars, advertising for rock concerts and events, and photocopying. They also produce the bar codes which the nursery uses on the potted plants for sale.

Nardoo Nursery is a not-for-profit wholesale nursery and market garden with a wide range of indoor and outdoor plants, succulents, tropical and cottage garden plants available. All proceeds from plant sales go towards supporting people with a disability.

Our guide for the morning was Lyn McCartney, who has been at Nardoo for 4 years (and at Tom Quinn nursery before that). The site is about 6½ acres, and Nardoo has been there for about 6 years. Lyn said that initially there wasn't much in the way of plants and gardens, mainly big trees and grass. Many of the gardens were designed by Anne Davies. The nursery is staffed mainly by volunteer workers.

Our group was taken through many of the potting sheds, glasshouses and garden areas. Each potting mix is made on site, specific to the plants being potted. The nursery sources materials from Fern Lands in Brisbane, and locally from Boylans (potting mix). They also use perlite and vermiculite, co-co mix and co-co peat, humus, blood and bone and washed river sand. For liquid fertiliser, they use both Aquasol and Horticol. At the potting station, Lyn explained that after the potting mix was made up (with the help of a cement mixer), cuttings were potted into 3" pots for 3-4 weeks, then potted into 6" pots and placed in a hardening off area for 2 weeks before being put out for sale.

Lyn mentioned that plans have been made to include a basketball court and café with seating. She also said that Nardoo Nursery has taken over the supply of indoor plants for Stocklands shopping centre. (Sugarland)

We also visited the Nardoo Shop where potting mixes, organic sprays, fertilisers, gifts, candles and books can be purchased.

If you are interested in becoming a volunteer at the nursery, please ring 1300 257 753.

The nursery is open Monday to Friday from 8am-2pm and Saturdays from 8am-12noon.

Thank you, Lyn for a very informative and interesting morning. Well worth a visit.

Nardoo Nursery was named from the Nardoo plant (*Marsilea dummondii*) and played an important role in Australia's history, namely for the explorers Burke, Wills and King.

This information comes from the 'Culture Victoria' website –

On their return journey, Burke, Wills and King had missed their relief party at Cooper's Creek by a few hours. As their supplies ran low, they tried to survive by eating nardoo. The sporocarps (seed-like spore cases) of the nardoo fern were an important food for the local Yandruwandha aboriginal people but the explorers did not know the correct way to prepare it. Unless roasted, the nardoo paste contained an enzyme that broke down thiamine in their bodies causing beriberi, a condition caused by deficiency of vitamin B1. Burke and Wills died in late June 1861, but John King was cared for by the Yunadruwandha and was still alive in September when search parties finally arrived.



The following information is taken from ABC Gardening Australia Fact Sheet –

Nardoo plant -

It survives long, hot, dry summers and grows in wet situations. It's one of those typically Australian plant oddities. It looks like a clover, but it's not. It looks like a waterlily, but it's not one of those either. In fact it's a rare, unusual plant related to **ferns**.

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Nardoo is widespread, yet uncommon, it grows in wet areas in all states of temperate mainland Australia and it's found growing in habitats from lake sides, to shallow, muddy roadside depressions. Dried up plants, which can look dead, seem to resurrect themselves as winter rains arrive. Individual plants spread by means of a creeping stem. Propagate by dividing these in early spring and after the last frosts.

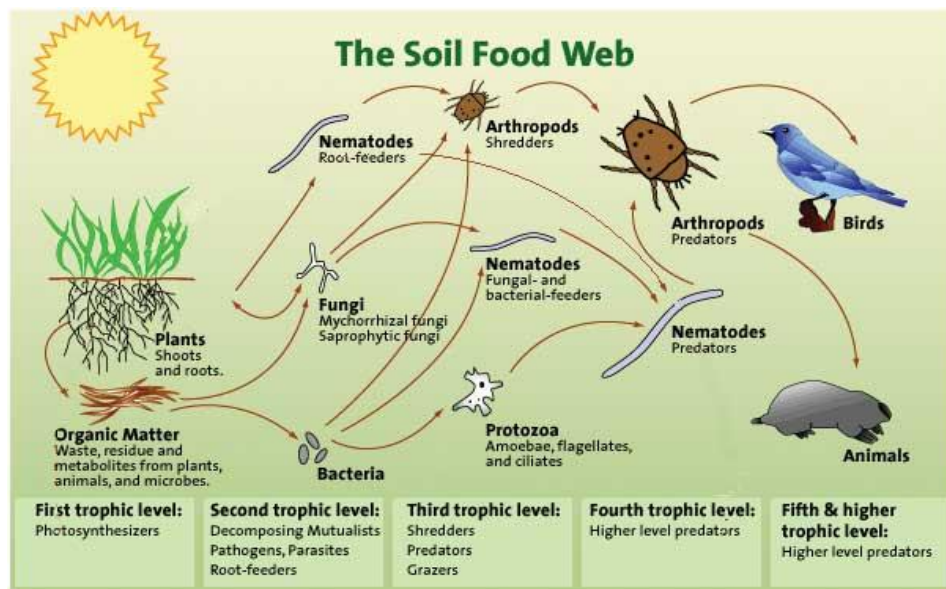
One of the delights of **Nardoo** is the complex pattern in the leaves that have to be appreciated close at hand.

Tough, yet delicate, **Nardoo** has no pest or disease problems and you can grow it in water from 15 centimetres, to a metre deep. It will never outgrow its container so it's ideal for mini water gardens.

What's Happening In our Members Back Yards?

From Kay De Gunst - Here is a list of what is growing in our garden at the moment. Probably a few I forgot but that keeps us very busy. *Potatoes, Sweet Potatoes, Carrots, Beetroot, Lettuce, Eggplant, Peas, Butter Beans, Lima Beans, Shallots, Garlic, Silverbeet, Radish, Choko, Borage, Ceylon Spinach, Wasabi, Comfrey, Turnip, Parsnip, Cherry Tomatoes, Celery, Parsley, Italian Parsley, Mother of Herbs, Sambung Lettuce, Dill.*





The soil food web is the community of organisms living all or part of their lives in the soil. It describes a complex living system in the soil and how it interacts with the environment, plants, and animals. Food webs describe the transfer of energy between species in an ecosystem



Olive was so happy to be gifted this giant Beetroot from the lucky draw table at the last meeting. I am a real beetroot fan and love having roast beetroot, or a beetroot dip, beetroot juice or this really easy beetroot salad. Did you know Beetroot is packed with essential nutrients, are a great source of fibre, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including **improved blood flow, lower blood pressure**, and increased exercise performance.

Beetroot Salad Serves 6

Ingredients

- 3 cups of grated beetroot
- 2 cups of grated apple
- 2 – 3 tablespoons of sultanas
- 1 cup of shredded coconut (lightly toasted)
- ½ cup of chopped macadamia nuts
- 1 bunch of chopped mint

Grate beetroot and apple and mix in a salad bowl, add ¾'s of the toasted coconut (save the rest to sprinkle on the top) macadamias, sultanas and mint.

Dressing

- 1/3 cup balsamic vinegar
- 100ml Olive Oil
- 1 teaspoons Dijon mustard

Add dressing ingredients to a jar and shake well. Pour dressings over the salad and garnish with mint leaves and coconut.

Handy Garden Tips!

Unwanted snails and slugs

Sprinkle sawdust around your plant that is getting attacked by snails or slugs. They do not like to work their way across the gritty feel of the sawdust and (as snails are allergic to copper) a trickle of copper sulphate around plants will also deter them. Putting out baits containing stale beer is also an alternative as the snails have a liking for the amber fluid.

More Snail barriers: Use either sawdust, soot, wood ashes, diatomaceous earth or hair from the hairdresser. Any of these will stick all over the snail's underside.

Quick Fix Fertilisers

These are essential if for some reason you need extra fertility quickly – to apply to a green manure crop or for a hungry crop like lettuce or celery.

Blood and Bone: Scatter it on the garden like icing sugar on a cake, once a fortnight.

Home-made Liquid Manure: This is the best of the quick-fix options. Green liquid manure is richer in trace elements and lower in nitrogen than liquid manure made with manure. It can be used on the soil around your plants or diluted to weak tea colour and sprayed onto the leaves.

Manure: Chicken manure is the richest manure for a 'quick-fix' – but don't use it fresh or it may burn plants. Try soaking manure in water for liquid manure and using the remaining sludge a few weeks later. Soaking also kills weeds.

Nasturtiums

Nasturtiums can help to disguise your crops from pests and can be used for pest control in two ways. Either to deter pests or to attract them.

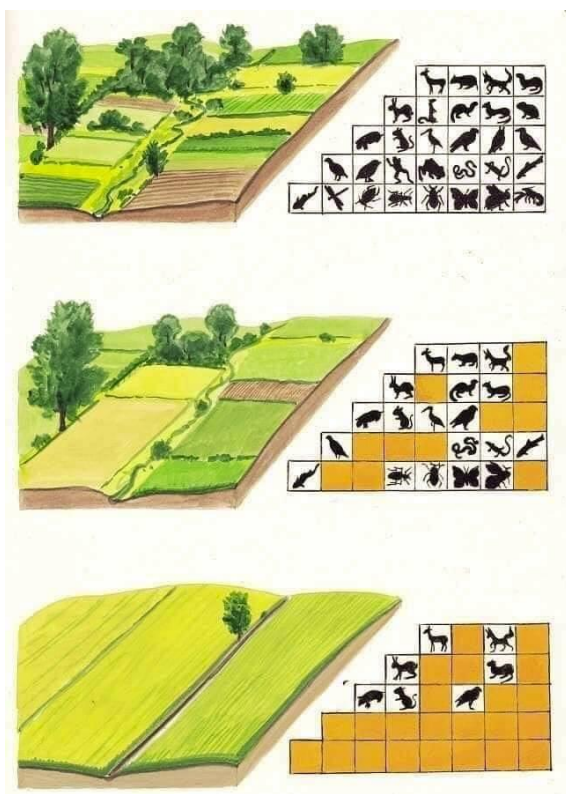
Nasturtiums have a hot, peppery flavor and while they're edible and sometimes used to jazz up salads, they dissuade most people too.

The attracting part is more interesting. For some reason, certain pests seem to prefer nasturtiums over most other plants. Therefore, you can strategically plant nasturtiums to draw those pests away from your crops; but be wary, because you're choosing to attract rather than repel, there's a risk of pests invading.

A BIG Thank You

To Joy Millet who has taken over running our BOGI library.

Please make yourselves known to Joy and see what is available in our library for members to borrow and return at meetings.



An interesting infographic.

Why does Eastern Australia have a mouse plague? Monocultures that produce nothing but grain provide the perfect conditions for rodents.

Poisoning the rodents also poisons their predators. No predators means more rodents. The next picture in this sequence is one where there is nothing in biodiversity but rodents. Image from: The illustrated guide to ecology, B. Fischesser and MF Dupuis-Tate, 1996.

Please be sure to check out our WEBSITE and see the new information added under INFORMATION and then INFORMATION SHEETS <https://www.bundaberg-organic-gardeners.com/>

We want your feedback - is this the type of info / articles you want? Do you want to discuss this info at meetings, garden visits?

Give your feedback to Maureen or Trevor

Support the club by purchasing some products from our shop which is always open on meeting nights, or pick up can be arranged at other times.

Deadline for August Newsletter

Please send through information to the editor by the second Friday of each month.

We would love FEEDBACK from club members on anything and everything.

Tell us about your success and your failures in the garden and help others learn along the way.

Let us know about community events or what's up and coming in the area.

To include notices and details of Club activities

email: newsletter.bundyorgard@gmail.com

Or ph Cathy 0403 430 969

BOGI SHOP

Products available are:

- Liquid Lime
- Liquid Kelp
- Liquid Fish
- Mineral Granules
- Microlife
- Organibor and
- Katex Organic Super Growth.

They are available for sale at our meetings, but please contact

Bruce McKay on 41544405 for collection from his address in Walkervale.

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