



Bundaberg Organic Gardeners

~working with nature~

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NEWSLETTER APRIL 2025

Hello and welcome to our monthly newsletter!

The AGM was a wonderful event, and it's great to know that so many members and visitors enjoyed the evening! President Marlene's summary of the club's activities was inspiring, highlighting the achievements and contributions of everyone over the past year. It's always interesting to reflect on what has been accomplished during that time. See page 5/6.

Our treasurer Kay resigned her position after being in the position for three years and we welcomed our new treasurer, Kim Green to the fold. We wish her all the best in her new role.

The presentations on gardening tips and food treats were delightful, especially that savoury cracker recipe! It's nice to have practical takeaways from such gatherings. See P7.

I'm sure you'll agree that rain can truly make a significant difference in our gardens, bringing new life to the plants. Hopefully, everyone has had a chance to relax during the Easter break and rejuvenate their gardening efforts.

All the best to you and enjoy your garden, Deltry

CLUB MEETING – Tuesday 29th April 2025

Club meetings are always held on the last Tuesday of the Month. No meeting in December!

Time: Doors open 6.00 pm for a 6.30 pm start

VENUE: PLEASE NOTE: Sims Road Community Hall, 24 Sims Road, Walkervale.

Attendance \$3-member, \$5 visitor, supper available

Members, please wear your badges to the meeting.

Get your lucky door ticket (free with entry), bring along produce to show on the 'From My Garden' table and share in the free seedlings at the end of the meeting.



April Speaker



I'm sure you will enjoy learning more about growing Mushrooms from this month's speaker, Blair Hill. Blair is also willing to hold classes on growing these delicacies! More information at our Tuesday night meeting on 29th! See you there!

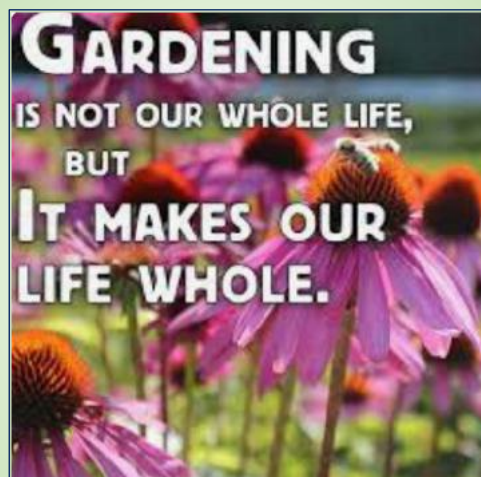
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Gardening Tip – from Kay!

After gardening, clean your hands easily by rubbing a little sugar and olive oil into your palms and grime. This removes all garden dirt.

Are YOU on the Supper Roster?
Please check the last page of this newsletter to see if it is your turn for either April or May!



Garden Visit to Hans and Collette Jacobi: Report

On a lovely Sunday afternoon about 30 BOGI members and friends were enthralled when visiting Hans and Colette's property at Kensington. So much has been achieved in a relatively short time!

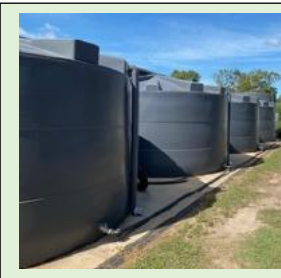
Hans supplied the following information:

After looking for more than 2 ½ years we found a property that was:

- Within half an hour's drive from our home
- Manageable at our stage in life (we are both over 70)
- Cleared, fenced and ready for us to create our vision for our garden

We bought a one-acre block of land with a shed and a water tank on it in April 2024 and we are now in the process of creating our food forest on this block.

Our first objective was to ensure that we had an adequate water supply and to be able to deliver water to all parts of the property. To that end, we installed 4 large water tanks which are now inter-connected as well as being connected to the existing concrete tank which was already on the property. All the rainwater falling on the shed roof is directed into these tanks which have a total capacity exceeding 100,000 litres. Then we installed a water ring main with taps and irrigation control boxes in strategic places. Since we also have town water available to the block, we installed a feeder line to the concrete tank to give us the ability to top up our water supply if required. All water to supply the property is pumped from the concrete tank.



We purchased a large greenhouse which we recovered with fruit fly netting as an insect exclusion tunnel. We installed 14 raised garden beds in this tunnel which are watered automatically twice a day.



Along two of the boundaries, we created syntropic gardens on raised mounds with plantings every 250mm as well as a mounded blueberry garden where the soil was prepared with coffee grounds, sulphur and pine needle mulch.

The soil on the property is a sandy loam, so from the outset we brought in red soil, black soil, premium garden compost, coffee grounds and cow manure and mixed up our own soil. This was sprinkled with dolomite, gypsum, rooster booster, Agri silica and some blood and bone. We then mulched all the gardens heavily with sugar cane mulch before planting.



We built a chicken run and now have 10 Australorp chickens which provide us with a good supply of eggs. 11 more raised garden beds are being installed behind the shed for further outside vegetable plantings.

Trellises have been installed for grapes, passionfruit, dragon fruit and their companion plants.

In coming months we expect to complete our compost bays, propagation tunnel, worm farms, black soldier fly larvae production systems and to use our biochar oven.

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Although we've achieved a lot in a short space of time, we are still learning and appreciate advice and suggestions for improvement.



How To Prepare Raised Garden Beds - 600mm high From Hans.

1. Lay cardboard at the bottom of the bed to stop any weeds coming through
2. Put one layer of logs and twigs/branches on the bottom on top of the cardboard - allow 100mm
3. Use well-rotted sawdust and composted woodchips (sparingly) to fill the gaps. If you have Bio char, soak it in urine and spread it over the layer of logs.
4. Sprinkle some mill run mixed with coffee grounds over the top
5. Prepare a mixture of urine, worm juice and molasses in a watering can and water it in
6. Spread a 100mm layer of sugar cane mulch over the top
7. Sprinkle a mixture of seaweed fertiliser and dolomite over the sugar cane mulch
8. Spread a 100mm layer of cow manure over the sugar cane mulch
9. Spread a 100mm layer of mushroom compost over the cow manure
10. Sprinkle agrisilica and dolomite over the mushroom compost
11. Add a 200mm mixture of soil, mushroom compost and Greensills Premium Garden blend and spread evenly over the top to completely fill the garden bed. This is the layer that we will be planting into.
12. Finally, sprinkle a few handfuls of rock minerals over the garden bed and rake into the soil.
13. Cover the entire garden bed with fine cut sugar can mulch
14. Using a watering can, water the garden bed well with a mix of Adaptogenic microbes from Red Soil Organics

Meeting Fun times



Tex Adams was the happy winner of a pomegranate tree at our meeting!



Bruce celebrated his 96th birthday!
Lyn made his yummy cake!



Lyn and Bhavana discussed the benefits of Sorrel - a nutritional powerhouse!



Kim was equally happy to win a red Papaya!



Gota Kola is a medicinal herb – may help memory, thinking and nerve function.

The 2025 ANNUAL GENERAL MEETING (18TH) was held on Tuesday 25th March 2025 at the Sims Road Community Hall, 24 Sims Road, Walkervale.

Members elected to the following executive positions for 2025/26 are -

President Marlene Kent-Fuller

Vice President Maureen Schmitt

Treasurer Kim Green

Secretary Karyn Ennor

Committee Members (5)

Deltry Dickie

Kay de Gunst

Pam Biden

JoAnne O'Callaghan

Lenzie Duffy

The following members were appointed to these Co-ordinators Positions at the 18th AGM.

Workshop co-ordinator	Linda Cameron
Speaker coordinator	Marlene Kent Fuller
Supper coordinator	Pam Biden
Set up for meetings	Jo O'Callaghan
Meeting scribe	Lara Hawker
Seed table organiser	Deedee Sorensen
Plant table organiser	Deedee Sorensen
Microphone Manager	Karyn Ennor
Newsletter Editor	Deltry Dickie
Ass. Newsletter Editor	Kay de Gunst
Web site Coordinator	Trevor Galletly
Tea person	Tony Wolfe
Library	Joy Millet
Welcome Buddies	Sue Reinke, Chris Jeffrey, Lyn McIlwain
Shop	Mike Apap Assistant – Bruce McKay
Member/Visitor table x 2	Kim Green, Rose Apap, Kay de Gunst
Facebook Coordinator	Cathy Critchlow

Many thanks to our members for taking up these important positions to help our club flourish!

Presidents Report: Marlene Kent Fuller



Thank you all for attending this AGM meeting tonight. It's wonderful to be here on the 18th Annual General Meeting for the Bundaberg Organic Gardeners Club.

This past year, 2024, marked my second term as your president and it has been an incredible experience collaborating with such dedicated individuals committed to our club's success. Today, I stand before you with immense gratitude and appreciation for the opportunity to serve as your president over the past year. It has been both a privilege and an honour to be part of such a passionate and dedicated group.

Reflecting on the past year fills me with a deep sense of appreciation for the support and encouragement I have received from each of you. Your unwavering commitment to our club's success has been truly inspiring, and it is thanks to your hard work, dedication, and presence that we have accomplished so much together.

During this remarkable year we hosted some wonderful workshops.

March: we hosted our club's 17th Annual General Meeting. Lenzie explored various pH testing tools and stressed the significance of maintaining the correct soil pH balance. Maureen highlighted the nutritional benefits of a specific leafy plant that can enhance our immune systems when included in our diets.

April: Francine Gerraty, who runs a Care BnB on her property in Branyan, share her insights on the medicinal and healing properties of various natural plants.

In May, Val Wright offered her extensive knowledge on weeds, often seen as a gardener's nemesis, and she provided a fresh perspective on the valuable benefits that these significant plants offer.

June: John Parsons, famously known as 'The Bat Man,' delivered a presentation titled 'Pollinators of the Night!' He highlighted the importance of understanding the differences between mega bats and micro bats, emphasizing their crucial role as some of the world's largest pollinators in the production of fruit, flowers, and trees.

July: Hayley Martell from the Bundaberg Bee Keeping Society delivered a detailed and enlightening presentation on the life cycle of bees and the essential role they play in the health of our gardens.

August: Terry Stokes, who has spent the last 12 years specializing in organic and regenerative gardening and land management, has significantly contributed to the development of a leading Bio Organic Sustainable Solutions company in Queensland. He has been pivotal in teaching both farmers and gardeners how to cultivate their land more naturally and productively.

September: Yana Brown, alongside her husband Michael from Rare Dragon fruit in Agnes Water, cultivates 150 varieties of dragon fruit. She shared insights on cultivating and protecting these unique fruits from pests and diseases, as well as training the cuttings properly.

October: David Flack, an expert in his field, offered excellent insights into the critical role frogs play in maintaining garden health and advised on attracting them to our gardens.

November: Scott Shepherd discussed fruit fly traps - a topic that interests anyone eager to produce flawless fruit.

December: BOGI members gathered at the Baldwin Swamp Shelter Shed for our Christmas Party, celebrating with wonderful company, delicious food, fantastic music, and an entertaining trivia quiz.

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Karyn and Chris provided the music, Joy's husband Frank, organized the trivia quiz, and Pam beautifully arranged the food tables. Thanks to everyone who helped make the day special. It was a fantastic way to conclude the BOGI Year of 2024.

We have already had some outstanding speakers this year and many more will follow throughout 2025.

January: Kerry from Little Booyal Farms, a small farm committed to sustainability through permaculture practices in their family food forest, offered valuable insights into their techniques for harvesting, drying, and storing seeds.

February: Colin Austin gave a presentation on Gbiota technology, a social movement aimed at creating a thriving, sustainable society. This initiative seeks to develop a food system that supports long, healthy lives by harnessing the benefits of gut microbes.

This year, a significant change was the relocation to our new venue, which has proven to be a great success. The Taste Bundaberg Festival was also a fantastic experience for the entire club.

Noteworthy events included visits to Lupton Park Community Garden, Greena Future Eco Shop in Bargara, The Haven (hosted by Pam Burgess), several gardens in Sharon, the Nambour Garden Expo, a mosaic workshop by Sandra Wood and a visit to a dragon fruit farm in Agnes Water hosted by Yana Brown. The latest visit to Hans and Collette Jakobi's property was just fantastic.

I would like to take this opportunity to express my heartfelt gratitude to everyone. Whether you assisted with meeting preparations, stayed late to help with clean-up, provided beautiful plants for giveaways and door prizes, or helped with outings, your contributions have been invaluable. I am also profoundly thankful to the committee members and support team, whose tireless efforts behind the scenes have ensured the smooth operation of our club. Your dedication and hard work have been truly appreciated.

Serving as president this past year, I assure you that the memories and experiences we have shared will always be cherished in my heart. I am proud of everything we have achieved together.

In conclusion, I wish to extend my sincere gratitude to each of you for your support and friendship. It has been an incredible journey, and I am grateful to have been part of it.

Thank you.

Marlene Kent-Fuller (President)

A Big Thank You to Kay de Gunst



As we look back over the past three years, we want to take a moment to sincerely thank Kay for her wonderful service as our Treasurer. Her dedication, commitment, and unfailing reliability have been the backbone of our club's operations, and her careful stewardship of our finances has helped us thrive.

But her contributions go far beyond numbers and spreadsheets. Kay has regularly opened her home for committee meetings, along with her husband Les, has generously shared updates and insights from their garden, and has been a familiar and friendly face at so many of our organised outings. Her presence has added a personal and heartfelt touch to everything we do.

We are delighted that she has taken up a position on the committee and has also taken on the role of Assistant Editor. We know she'll bring the same care, creativity, and passion to this position, and we look forward to continuing to work alongside her.

Thank you, Kay for everything you've done—and continue to do—for our club.

Member Contributions at the 18th AGM from Marlene, Maureen and Chris



Marlene brought in coir peat pellets which she uses for growing parsley for their business and demonstrated how to use these for planting basil seeds. She brought in both Holy Basil and Thai Basil seeds.

The pellets have a paper coating which you can leave on after they have expanded in the water, depending on how fast the root system of that particular seed grows. Remove the pellet from the water. One seed is placed in the hole in the centre of the pellet – it doesn't need to be covered as the pellet has all the nutrients the plant needs.



There are many varieties of basil and much folk law associated with this beautiful herb. See Isabell Shipards 'HOW CAN I USE HERBS IN MY DAILY LIFE?' Basil has so many uses in the home, from culinary to medicinal to spiritual uses. Still virtually unknown to the western world Tulsi, also known as Holy Basil, is a complex herb with an extensive list of added benefits. Tulsi is a herb revered by Ayurveda (the ancient Indian wellbeing system) for thousands of years to promote whole body health.



Maureen gave us a thorough understanding of growing pineapples from the leaf top and cuttings. As she explained, they are easy to grow but can take 18 months or more to produce fruit! You can get one fruit from each plant and they can also produce pups.

Just twist the top firmly on the pineapple to remove it. Strip the lower leaves from the base of the pineapple. You can cut off the soft fleshy end then place the crown somewhere warm to dry and seal for a few days.



It can then be planted out - just very lightly buried, in a quality potting mix, or stood in a warm spot in a shallow saucer of water until roots develop. Plant in a sunny spot in well-drained soil.

There are different breeds of pineapple.

Hans said he has cut the top in quarters or even eights and has successfully grown pineapples in this way.



Chris demonstrated a very simple, nutritious cracker recipe using chickpea flour, also known as besan flour.

Ingredients: 1½ cups chick pea (besan) flour

50g Virgin Olive oil

50mL water

1-2 tbs fresh or dried herb, e.g. tarragon, rosemary

Pinch of salt to taste



Chop herbs finely. Mix ingredients until well blended. Form into a square. Place mix between 2 sheets of baking paper and roll out to desired thickness. Lightly imprint lines on top paper with a knife before removing the sheet. Place on baking tray and bake at about 170deg for approximately 20 minutes. Remove from oven and cool on wire rack. Enjoy by itself or with your favourite dip! Chris said that Isabell Shipard has a great recipe for Hollandaise Sauce using dried tarragon in her 'HOW CAN I USE HERBS IN MY DAILY LIFE?'



MY EXPERIENCE OF GROWING LOOFAH by Kim

I have found that it is not an easy plant to grow. I was lucky enough to be given 6 loofah seedlings, of which only one took. Despite this, my vine that has taken, is booming.

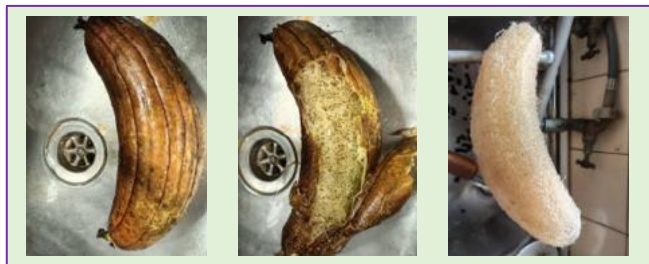
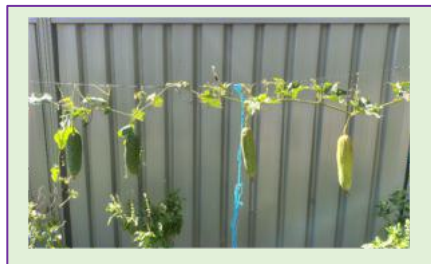
When I left on holiday there were only two little loofahs growing, and when I came back there were ten to twenty plus growing. My loofah vine seems to love the heat. It was one of the only plants that survived the heat. The loofah plant takes 90 days mature and I mulch the stem of my loofah with compost every so often.

A lot of people who grow them like to eat them while they are small, and I'm told they taste like zucchini though I have yet to try. I grow them to use for body washing, for scouring while washing dishes and giving as gifts.



My family has been fighting to get their hands on some! To use a loofah in these ways, you must wait for it to turn brown on the vine. Once the loofah turns brown and you shake it, you hear the sound of seeds moving around. You can take it off the vine and let it sit for a day. To remove the outside skin, let it sit in a bucket of water before peeling.

It's so fun taking the seeds out of the loofah, you'll be dancing around for half an hour, flipping it back and forth getting them out. There are about 40 seeds by my estimate! If you want to bleach the loofah white, I use Milton (used to sterile baby bottles and is very gentle).



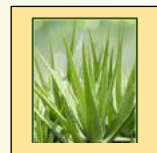
Recently, I watched an ABC presenter grate pure soap to melt and mix with Jojoba oil, before pouring it into the loofah while it sat in a tube chip container lined around the inside with greaseproof paper. He then popped a lid on before letting it sit in the fridge overnight. The next day it was ready to cut into 10cm size to be used while showering.

I will bring some loofah seeds in to share at the next meeting! I would be interested to hear what everyone uses their loofahs for. All the best, happy gardening. KIM!

Here is the link to the ABC show <https://www.abc.net.au/gardening/how-to/dirty-work/11685920> Ed.

Give-aways from Members!

From Trevor: I have some aloe plants available for give-away.
Please give me a call to arrange collection or delivery. 0417 196 315



From TinYu: I have dry bamboo sticks for give-away – pickup only!
Organic, dried – five years ago!
Great for garden use and building all manner of things! 0423 815 197



Many thanks to the offices of the Member for Burnett, Stephen Bennett and the Member for Bundaberg, Tom Smith for printing our Newsletter. As BOGI is a not-for profit organisation, we appreciate their support in allowing us to spread our Organic gardening message!

Herb of the month for April is Purslane by Pam Burgess

Purslane *Portulaca oleracea* aka pigweed, Munyeroo, Pussley, Horse coin, Horse money, Wild Portulaca

Relish it while it is available when it leaps out from disturbed soil; it grows in the Spring in cooler climates and in the Autumn here in Queensland. Its crisp, tart succulence makes it a culinary delight.

Purslane is used extensively in Europe, Middle Eastern and Mexican cuisine as both a raw, preserved and cooked vegetable. Its tangy flavour complements tomatoes, feta, roasted pumpkin, beans, fish, hard boiled eggs, the list goes on. Harvest by plucking the growth tips, (with or without flowers and seed pods). I would empty the seed pods in the garden before heading for the kitchen, thus ensuring next year's harvest.



The stems soften nicely if being cooked, but the leaf is only best if making a salad. Purslane has been referred to as a 'power food' as it is the richest source of omega-3 fatty acids of any leafy greens ever tested, (hence not promoted as a food source). It is high in protein - its minerals include magnesium, potassium, calcium, phosphorus & iron; vitamins A, B1, B2, B6, C, D and E, and anti-aging antioxidants.

It was eaten by European explorers of Australia's interior to stave off scurvy, with botanist Von Mueller declaring, 'I have reason to attribute the continuance of our health partly to the constant use of this valuable plant.' It has been ranked as the 8th most common plant in the world, and its range is truly global, thanks to our Creator. It is considered native to everywhere from North Africa, to Indonesia, and while not often considered native to North America, seed deposits show it beat Columbus to the New World. The roots were cooked and the leaves and stems eaten fresh, but perhaps the most value were the tiny seeds which were a staple, particularly in arid areas.

Medicinally it has long been used for its proven abilities as an anti-inflammatory, an analgesic and a wound healer, so it is great for bumps, sprains and scrapes of all kinds as a topical application. Herbalist Pat Collins calls it her 'summer chickweed' for she uses it freshly crushed as a poultice on hot and itchy skin conditions.

It truly is an amazing little plant - it grows in sun or shade, with or without water, in any kind of soil. It is very giving, so nutritious and tastes of lemons. I am happy to have this plant wherever it decides to grow. When available, I will include it in my salads, green omelettes, pizza greens, flat breads, soups, lasagne greens, smoothies - basically anything I want to add greens to, as it would be a normal part of my garden harvest. I have seen a mountain family in Azerbaijan (online -YouTube) hunt for it in their mountains and preserve it in huge jars for winter meals.

(Information courtesy of Weed Forager's Handbook - by Adam Grubb & Annie Raser- Rowland, Isabell Shipard, and my own experience.)

Cheers 'till next month, Pam

Recipe ideas:

The leaves are hearty enough to stand up to light sautéing in a pan—try wilting them with garlic. Or throw the purslane into a grilled panzanella—the lemony bite goes well with grilled bread and vegetables. You can even toss some cooked purslane into a taco, where it will be a bright counterpoint to creamy avocado.



Planting by the Moon – May - submitted by Kay de Gunst

First ¼ to Full Moon : 4 – 12 May: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

Full Moon to ¼ Moon : 13 -19 May: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

Last ¼ to New Moon : 20 – 26 May: The waning moon is good for balanced growth. No sowing or planting during this phase. Harvest vegetables, weeding, digging, pruning and cultivate. Apply mulch.

New Moon to ¼ Moon : 27 – 2 June: Influences balanced growth; a lower gravitational pull decreases and this stimulates root growth. The best time to sow or transplant leafy vegetables.

What to plant in May:

Asian vegetables; Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; Garlic; Endive; Kohlrabi; Lettuce; Leeks; Mustard Greens; Onions; Parsnips; Peas; Potatoes; Radish; Shallots; Silverbeet; Spinach; Sweet Potatoes; Turnips.

Plant these in seedling trays first: Broccoli; Cabbage; Capsicum; Cauliflower; Celery; Lettuce; Silverbeet.

Seeds and Seedlings Give-away

Several club members collect seeds from their own gardens. At club meetings these selected seeds and seedlings are available for members to plant out for their own garden use.

A good chance for you to give some new varieties a try.

Here is an update from Little Booyal Farm. You may remember that Kerry was moving premises from a 3 acres property to a 400 acre property! The move had caused some logistical challenges. Fortunately these have been resolved! We wish her well with her expanded business as she brings organic principals into a commercial setting.



Essential Oils to keep Bugs away

Eucalyptus

One of the best essential oils for mosquito repellent!

Lemongrass

Lemongrass keeps chiggers, fleas, flies, mosquitos and ticks off your skin. A must have ingredient in a DIY bug spray!

Thyme

One of the most effective essential oils in a bug repellent! Thyme oil keeps the mosquitos, chiggers and ticks from biting.

Peppermint

Peppermint oil deters ants, bed bugs, fruit flies, cockroaches, spiders, lice, wasps and more.

Cedarwood

Cedarwood oil keeps mosquitos, flies, ants, fleas, ticks and lice away.

Cinnamon

Wasps, bed bugs and spiders are deterred by cinnamon essential oil.

Interesting Chicken Facts

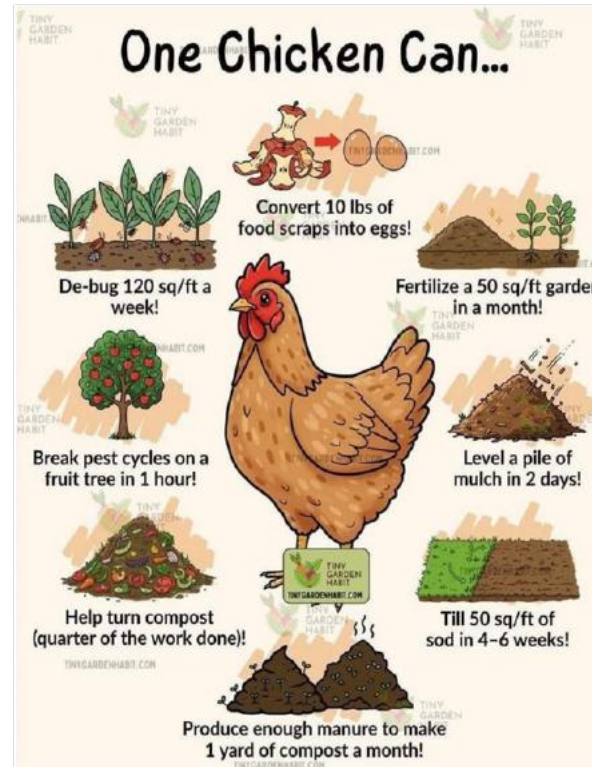
<https://animalsaustralia.org>

1. They feel empathy

2. They Dream

3. They're all individuals (just like us)

4. They're super smart



5. They nail the art of nurturing

6. They've got the gift of the gab

7. They're nosey (in a good way)

8. They just want to be themselves

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Welcome to our new members!



Robyn Eyers



Anthony Mick

UPCOMING CALENDAR EVENTS

CLUB NIGHTS

April 29th Blair Hill– mushroom man!
May 27th Murray Hallam - Aquaponics

CLUB ACTIVITIES

May 4th Les and Kay de Gunst garden visit
July TBA Pruning – at Linda Cameron's place at Childers with Malcolm and Marlene

Note from our Webmaster, Trevor! 'I have just added some info on building a poly shade house under 'Information' on our website. You are welcome to check it out!' <https://www.bundaberg-organic-gardeners.com/>

Members: When you bring in herbs for Tony to prepare for our teas at supper time, please ensure that they are cut to a suitable size, bagged and labelled.

Tony will be grateful for your consideration! Thank you!

Please contact Tony on either 4159 9559 or 0479 173 169 re the herb you are providing.

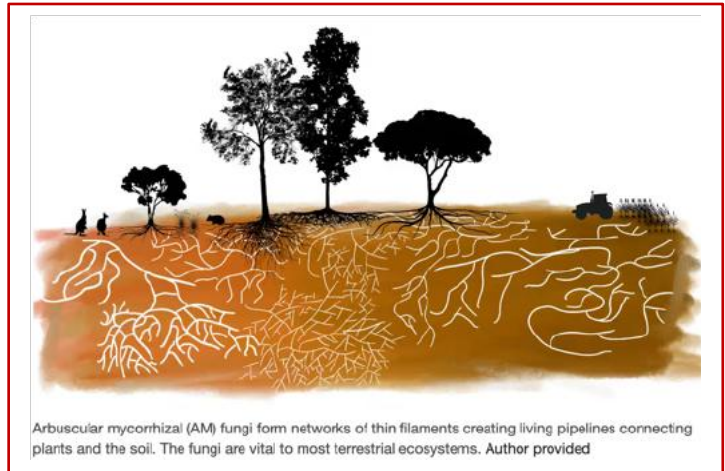
Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 13th May at Kay and Les de Gunst home at 1pm.

Please contact 0493 789 243 if you are interested in attending!

Underground Fungi – Article from magazine The Conversation

Here is an interesting web site from Trevor! Click on this link! [From trading nutrients to storing carbon: 5 things you didn't know about our underground fungi](#)

If you're walking outdoors, chances are something remarkable is happening under your feet. Vast fungal networks are silently working to keep ecosystems alive. These fungi aren't what you might picture. They are not mushrooms, or brightly coloured growths on tree trunks. Arbuscular mycorrhizal (AM) fungi look like spools of thread wrapped around plant roots. What makes these fungi remarkable is the deal they struck almost half a billion years ago with another kingdom of life-plants. AM fungi make threads of hyphae



thinner than spider silk and weave them through plant roots. Then, they begin to trade, offering plants water and phosphorus, a vital plant nutrient in soils. In return, plants offer carbon-rich sugars and fats from photosynthesis. Fungi can't photosynthesise, but plants can. This [symbiotic](#) relationship can help plants survive periods of drought and live in nutrient poor soils. More than 80% of all plant families rely on these fungi, while AM fungi cannot live without plants. Without these fungi, many of Australia's plants — and the soil they grow in — would be in real trouble.

You can read the full article by clicking on the highlighted link in the heading!

Did You Know?

1. **Honey** heals wounds faster than most meds. Its antibacterial power speeds up healing & soothes digestion.
2. **Cinnamon** lowers blood sugar like drugs Just 1/2 teaspoon of cinnamon daily can help stabilize insulin levels.
3. **Papaya seeds** kill parasite. Most throw them away, but they detox your gut naturally.
4. **Flaxseeds** balance hormones & reduce belly fat. Regulate estrogen & support weight loss.
5. **Cloves** have more antioxidants than blueberries. Just one clove is PACKED with antioxidants, fights infections, and even helps numb pain naturally.
6. **Pineapple** melts mucus & clears lungs. Bromelain in pineapple breaks down mucus, making it a natural remedy for congestion.
7. **Cilantro** removes heavy metals from your body. It detoxes mercury, lead, and other toxins that harm your health.

Membership Fees 2025

Single Person - \$15, Family - \$25.

If you are unsure if your membership is still current, please ring 0493 789 243 or check at the front desk when you come to Tuesday night's Meeting.

Visitors are eligible to apply for BOGI membership. Once your membership is finalised, a membership badge is presented at the next monthly Tuesday night meeting.

We look forward to seeing you at our next meeting!

BOGI SHOP – See Mike Apap before or after the meeting to purchase any of the following gardening products. This is one way that the club supports its members by buying in bulk and sharing the savings.
Products available are:

- Liquid Kelp
- Fish Hydrolysate
- Mineral Granules
- Microlife
- Organibor
- Katex Organic Super Growth
- Molasses

They are available for sale at our meetings, or please contact Mike 0428 841 939 for collection from his address in Sharon.



Executive and Committee 2025

President – Marlene Kent-Fuller
Vice President – Maureen Schmitt
Treasurer – Kim Green
Secretary – Karyn Ennor
Committee Members – Pam Biden, Lenzie Duffy, Jo-Anne O’Callaghan, Kay de Gunst and Deltry Dickie
Herbal Teas – Tony Wolfe - 4159 9559 or 0479 173 169
Library – Joy Millett
Supper – Pam Biden
Workshops and Field Trips – Linda Cameron
BOGI Shop – Mike Apap – 0428 841 939
BOGI Shop Support – Bruce McKay
Newsletter Editor– Deltry Dickie – 0414 992 553
Assistant Editor – Kay de Gunst
Scribe – Lara Hawker
Facebook Co-ordinator – Cathy Critchlow
Web page: Trevor Galletly

Deadline for May 2025 Newsletter

Friday 9th May 2025

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 successes 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 Phone Deltry 0414 992 553

Please send through articles at any time, if they miss one newsletter, they will make the next.

Treasurers Report March 2025

Opening Balance Aus Wide 1 st March	\$ 5773.49
Income	\$ 431.20
Expenditure	\$
Closing Balance Aus Wide 31st March	\$ 6204.69
Visa Account Opening Balance February	\$ 252.50
Income	\$ 1455.03
Expenditure	\$ 1048.30
Closing Balance Visa March 31st	\$ 659.23



Our Objectives

- To promote the understanding of the health and environmental benefits of organic gardening and food production.
- To encourage members to grow some of their own herbs, vegetables, fruit and flowers using organic principles.
- To help preserve traditional, non-patented and seed heirloom varieties.
- To provide fellowship and enjoyment in growing and eating organic food.
- To encourage active participation by members in supportive and fun social activities in pursuit of the above objectives.

Tuesday 29th April Supper & Washing up Roster

Marlene Kent Fuller Sue Jackson Lyn McIlwain
Tony Wolfe Jo O’Callaghan Brenda Beauchamp
Geoffrey Dickie Linda Cameron Daniel Critchlow
Anne Bedsor Jan Chenhall

Tuesday 27th May Supper & Washing up Roster

Peter Van Beek Kay de Gunst Michael Apap
Julie Burry Bhavana Shulka Debbie Preston
Jennifer Campbell Allan Harkness Pam Biden
Tracey Matthews Chris Jeffrey Lenzie Duffy

This is the official monthly newsletter published by and distributed to the members of Bundaberg Organic Gardeners Inc. Whilst every effort is made to publish accurate information, the Club accepts no responsibility for statements made or opinions expressed, or any consequence arising from them. For further information, contact the Secretary.