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## NEWSLETTER OCTOBER 2022

**Hello and welcome to our October Newsletter.**

My name is Deltry Dickie and I am your new editor-in-training! Many thanks to Cathy Critchlow who has done such a great job for a number of years. I only recently joined BOGI as I have always had an interest in eating organic food and now, how best to grow my own. Since I have a small garden area, I grow the majority of my plants in pots and most of those are herbs! There is a wealth of knowledge and experience within this membership and I have already learnt so much – mostly on how to improve my plant growth through healthy soil! I am also very interested in nutrition and healthy recipes! There are a few recipes in this month's newsletter for you to try and if you would like to contribute your favourite recipes or gardening tips, please contact me by email at [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com).

Happy gardening  
Deltry

### **CLUB MEETING – Tuesday 25<sup>th</sup> October 2022**

**Always the last Tuesday of the Month.**

**Time:** Doors open **6.00 pm** for a **6.30 pm** start

#### **Activities on Meeting night:**

Marlene will give a demonstration on how they set up the habitats for growing their parsley!

Bhavana is bringing a recipe and is going to demonstrate how to use Galangal!

**Venue:** McNaught Hall (Uniting Church Hall)

Corner Barolin and Electra Street, Bundaberg

Attendance \$3-member, \$5 visitor, tea, coffee avail.

*Members please be reminded to 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.**

### **Management Committee News:**

The next Committee meeting will be held on Thursday 17<sup>th</sup> November.

The BOGI Club will hold a Christmas Party again this year on 11<sup>th</sup> December and will be held at Baldwin Swamp Shelter Shed, East Bundaberg. More info in 'Save The Date'!

We have acquired 2 great prizes for our Christmas Raffle, which will be drawn at the BOGI Christmas Party.

**First Prize is a 16 litre Swagman Sprayer 12 Volt with wheels (easy work).**

**Second Prize is a Stihl Battery-powered hand-held chainsaw.**

Both excellent prizes. Tickets of books have been issued and plenty more available if you are able to assist in selling. \$2 a ticket or 3 for \$5.00. These are selling well already. Make sure you get yours.



16 Litre Swagman Sprayer  
with Wheels 12 Volt

These are the great raffle prizes!  
Drawn at our BOGI Christmas Party  
On 11<sup>th</sup> December.

## From the September Meeting.

### How to use a Pole Saw by Malcolm BOGI meeting 25<sup>th</sup> September

All member in attendance were treated to a lesson in how to correctly, safely and efficiently use a pole saw. This one was a Milwaukee –a brand usually held in high regard.

Safety is obviously a major consideration when using garden equipment such as this. Malcolm, an expert who prunes for a living, says to be aware of the way a branch is weighted so as to minimize the chance of a branch falling on you. The correct technique to cut a branch is to cut the underneath of the branch – about 25% of the way through the limb – and then cut on top of the branch. This should ensure that the branch drops and doesn't hang or swing.

When beginning to cut, get the revs up on the saw and slowly edge into the timber. Maintain the high revs all the way through the cut until the branch is dislodged. Do not reduce the revs of the saw until you have dislodged the branch.

Malcolm likes to cut a branch from the tree in a couple of places as this is easier than having to cut the branch whilst on the ground.

Refrain from cutting deadwood as this will prematurely blunt the cutting chain. Green wood contains sap which doesn't tax the blade as much.

There are a couple of lock nuts that you can use to adjust the tautness of the chain as this will change as the machine heats up from use.

If you fully charge the two batteries that are part of the pole saw kit, it should enable the machine to be used for a full day's work.

Malcolm and his wife Marlene, encourage people to give the saw a go to do their pruning and not to be concerned about potentially damaging the saw.

Malcolm begins pruning lemons in the last week of February for commercial growers only as this encourages an earlier fruiting season. For the backyard grower, prune citrus when you have removed fruit from the tree which will usually be around July. August is an ideal time to prune citrus.

For all other fruit trees, the best pruning period is either side of the shortest day of the year.

For additional tips on giving pruning a try using a pole saw, please read the information below, shared by Maureen.

"I was quite nervous when I first started using the machine but once I got the feel of it, my confidence grew and I found myself walking around my block looking for trees to prune.

I always wear safety glasses, sturdy shoes and long pants for safety reasons. Being a beginner, I always have someone with me just in case something goes wrong or I do something silly like getting the blade stuck in a branch as I am cutting it. Before I use the machine, I check the oil reservoir near the blade and make sure the oil is up to the top level. I top it up with Pentrite Small Engine oil if necessary.

I remember being told never to let the blade touch the ground as it blunts and damages the blade. I make sure I step carefully when using the machine as you are usually looking upwards so you may not see a branch or rock on the ground in front or behind you and you don't want to stumble with the machine running."

## Save the Date - Upcoming Workshops and Activities

Contact Maureen on 0427 517 759 for full information or to register.

**Garden Visit Saturday 29 October** commencing at 1.30 pm at Cathy, Dan, Austin & Ollie Critchlow's home garden in East Bundaberg. This is a small garden featuring vegetables, chooks and many other ideas. About 2.30 we will move to Bhavana's in Kepnock. Here we will find a small urban garden looking for ideas and plans. Bhavana can see lots of potential and would like new ideas and suggestions to create a masterpiece. Please bring a chair and afternoon tea to share. Further details and address will be available at the October meeting.  
Info from Trevor 0417196315

### **\*12 November Swap Meet and Sausage Sizzle North Bundaberg**

#### **Note the Date change to 12 November**

Garden Swap and Exchange

**When:** Saturday morning from 10 am November 12

**Where:** -- Soccer field pavilion near 40 Marks Street North Bundaberg

Bring along unwanted garden objects, plants, things or whatsits and find a new owner for the treasure. Enjoy a great social outing and sausage sizzle. Info from Trevor 0417196315

### **11<sup>th</sup> December Baldwin Swamp Shelter Shed BOGI Christmas Party.**

It's hard to believe we are talking about Christmas already. But this is always a fun end of year celebration.

**When:** Sunday, 11th December from 11am till 3 pm approx.

**Where:** Baldwin Swamp Shelter Shed - entry to Shelter shed is off Steindl Street, East Bundaberg

**Catering:** The Club will provide ham and free-range chicken, bread rolls and tea and coffee.

**Please bring:** A dish to share with others of either salad or sweets. List your name on the sheet at October and November Meetings to list what you are bringing.

**BYO:** Plates, cutlery, cups, own drinks and preferential food to suit your diet. Dishes can be washed and dried at the Shelter Shed.

Our Christmas gathering is our big social occasion for the year. It's a chance to celebrate what we are all about with good food, both what we grow ourselves and other healthy organic ingredients.

We will have music, a trivia session to test the brain and the drawing of our Christmas Raffle which has excellent prizes on offer. This is a great chance to chat and spend a relaxed time with other BOGI people. Visitors and children most welcome!

#### ***This Month's Supper Roster October 25<sup>th</sup>***

*Michael Apap - Pam Biden – Julie Burry – Linda Duffy  
Kay de Gunst – Lenzie Duffy – Chris Jeffrey – Katrine Rayner –  
Joan Smart – Annie Mackay*

**Supper:** Please feel free to bring food for the supper table even if your name is not on this month's roster. Sometimes people on the roster can't make the Meeting and as the supper is an important part of the Meeting, we appreciate any food brought in.

Please provide a list of the ingredients of your contribution due to various dietary concerns of our attendees!

**Position Vacant!! Wanted – a wonderful male member who would be willing to look after the upkeep of the Sound System which we use at our monthly meetings.**

**Dan Critchlow has been our stalwart keeper but is unable to continue in 2023.**

**Please ring Maureen - 0427 517 759 – or speak to her at our meeting this month.**

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#### **Membership**

**Membership Fees:** These are due before our Annual General Meeting which is held at the March Meeting. There will be a reminder in the February Newsletter and membership fees can be paid in February or March. Membership fees are: Single Person - \$15, Family - \$25.

If you pay after September, it is \$8.

If you are not sure if your membership is still current or you wish to renew your membership, please ring Kay, our Treasurer on 0477014096 or check at the front desk when you come to the next Tuesday night Meeting. We look forward to seeing you there!

#### **Gin Gin Landcare Plants to be available at BOGI Tuesday night meetings**

Bush tucker plants, herbs, bird, bee and butterfly attracting plants are just some of the plants available from Gin Gin Landcare that will be able to be ordered and collected at future BOGI Tuesday night meetings. Val Wright, who volunteers at Gin Gin Landcare Nursery, has come up with a plan to help Gin Gin Landcare, BOGI and time-strapped BOGI members. Members interested in buying plants can ring Ray Johnson on 0419 199 168 up until 4pm on the Friday preceding a meeting, discuss their plant needs and place an order with Ray. Val will then bring these plants to the BOGI meeting for collection and cash only payment.

Tube stock sell at \$2.50 per plant and prices for larger pots depend on the pot size and plant type. From every plant sold, BOGI will receive \$0.50. In time, Val will have a plant list of what is on offer from Gin Gin Landcare to show BOGI members.

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#### **Planting by the Moon – November**

**(First ¼ to Full Moon)** 1 – 7 Nov: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow or transplant fruiting annuals.

**(Full Moon to ¼ Moon)** 8 – 16 Nov: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now (below ground).

**(Last ¼ to New Moon)** 17 – 23 Nov: 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)** 24 – 1 Dec: 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 November:**

***Asian vegetables; Beans; Capsicum; Chilli; Cucumber; Eggplant; Lettuce; Luffa; Marrow; Melon; Mustard Greens; Pumpkins; Radish; Rosellas; Shallots; Squash; Sweet Corn; Sweet Potatoes; Tomatoes; Zucchini.***



**Plant these in seedling trays first: *Asian Vegetables; Asparagus; French Beans; Choko; Cucumber; Eggplant; Lettuce; Melon; Marrow; Mustard Greens;; Pumpkins; Radish; Rosella; Shallots; Squash; Sweet Corn; Sweet Potatoes; Zucchini.***

**To make water go further in your garden...**

- **Mulch, mulch, mulch to retain moisture in the soil.**
- **Water in the early morning or evening so water is not wasted by evaporation in the sun.**
- **Water at the base of your plants to direct water to the roots where it is needed. Avoid wetting the foliage to reduce the incidence of some fungal diseases.**
- **Water once or twice a week rather than giving mean amounts more frequently.**
- **Use shade netting over young crops to prevent evaporation and reduce the amount of water needed.**
- **Soak the soil well rather than sprinkling the surface. Excess watering damages the soil structure and washes nutrients away.**

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**Did you know? *You can speed up the ripening of a pineapple by standing it upside down on its leafy end.***

Seedling Give-away: Please clearly name any seedlings you bring in for the give-away table. That will speed up that part of the Meeting.

## **Field Trip Reports**

### **Notes from BOGI visit to Corymbia Cottage Permaculture Garden and Craft Centre by Maureen and Karyn**

On Sunday, 16th October, almost 30 BOGI members and visitors had were given a guided tour around Bev and Mike McAuley's five acre property near Moore Park. Bev explained to our group that mulching has been the key to their plant successes since they purchased the property 11 years ago. We were told that 1 of the 5 acres is intensively gardened, the rest being used for horse paddocks and left as native bushland.

Being on grey beach sand means that nutrient and water holding capacity of the soil is incredibly poor so it has been a real challenge for them.

Bev said that one of their principals in their many garden beds is to integrate plants so we saw flowers, vegetables, herbs and fruit trees all happily growing side by side. Every available trellis, fence or tree had something growing through it whether it was a choko vine, a lufu vine, tomatoes, lab lab beans, passionfruit or pumpkin vine.

Their 2 beautiful horses are also integral to their garden success by providing a regular supply of horse manure. As for weeds, the rule is, if you have weeds, chop and drop or, mulch over them.

We were told that when starting a new garden bed, they usually lay cardboard on the ground, cover it with horse manure and green mulch and add some dolomite and Organic Extra fertiliser. Dolomite and Organic Extra is added to their garden beds regularly.

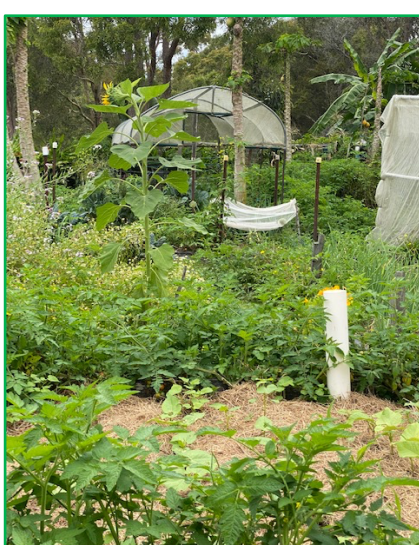
Bev explained they dehydrate a lot of herbs and vegetables for use in teas and with plants like arrowroot they harvest the tubers, dehydrate them and make flour.

One of Bev's take-away messages is to keep observing and looking at what is happening in your garden, use whatever plants you have on hand as green mulch and don't be afraid to integrate your plants.

Among other points of interest are the following:

1. The herb yarrow was used during the war to stop bleeding. Bev and Mike dry the leaves and make a tea to get rid of colds and flu.
2. Rocks are deliberately placed in some garden beds to provide homes for lizards and frogs that come out at night and eat the bugs. This also increases the animal biodiversity of the property.
3. Fruit fly netting is used to stop plants like broccoli getting attacked by grass hoppers and caterpillars after winter, and Bev finds she can keep the broccoli producing for several seasons.
4. They dry bananas from their dwarf Cavendish trees and make banana flour. These trees only grow to about 5 foot high which makes cutting down the bunch safe and easy.
5. Pigeon pea bushes were used for shade and wind breaks as well as a source of soil nitrogen. As a food source. Green pods can be eaten, seeds dried and made into flour and leaves used in salads.
6. Malaysian bamboo provided a non-invasive sun and wind break for the whole property.
7. Tomato plants were everywhere and provided food and a natural mulch.

After about 2 hours of learning, tasting and smelling the countless plants in their garden, we settled into their beautiful verandah and sampled the home grown food kindly provided by our hosts and other BOGI members.





## NOTES FROM VISIT TO GILES HERB FARM BY MAUREEN AND DONNA

Saturday, 8<sup>th</sup> October a large, enthusiastic group from BOGI, had the privilege of visiting Giles Herb Farm at Meadowvale. We were met by one of the owners, Amanda, her Mum Evonne and her delightful, young daughter.

The farm consists of about 10 acres and although not registered as an organic farm, Amanda said that many of the sprays they use for pests and diseases are organic. She said their herbs are regularly tested for chemical residue and if any residue is found, the product is discarded.

The herbs are planted into the ground through holes in biodegradable plastic. Most of the plastic does get taken to landfill however, so that the small micro-particles of plastic, from the breakdown of the biodegradable plastic, are not assimilated into the soil.

All the herbs are harvested by hand so you need a strong back and good knees to move along the long rows.

They currently grow about a dozen varieties of herbs, including all the old favourites of lavender, rosemary, thyme, mint, oregano, sage and tarragon. The tarragon was in flower and looked spectacular with its yellow flowers.

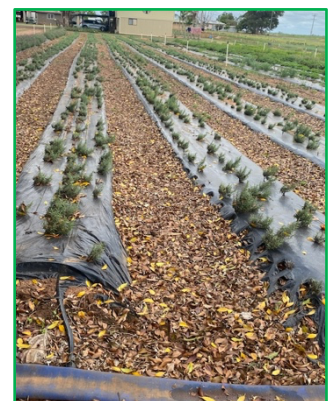
We noticed the chives were also in flower and Amanda shared that their fluffy ball-shaped purple flowers can be added to vinegar in order to make a purple salad dressing.

Most herbs are planted in January where frequent irrigation – both underneath the black plastic as well as overhead, is necessary to ensure the seedlings and seeds thrive.

Crop rotation is practised and every second crop in a parcel of land is sown with a cover crop such as soya beans, peas and grass to give nutrients back to the soil.

All produce not suitable for market is chopped and dropped between the rows.

The morning's excursion finished with a morning tea under some shade-giving bamboo, made all the better by the addition of Chris's herb bread and banana bread and a plateful of Deltry's delicious slice.



## Member Contributions

Galangal – have any of you grown this herb?

This is the first time Kay and Les de Gunst have grown Galangal and this looks like a great crop! At our October meeting, Bhavanna is going to cook a meal with Galangal and give a short presentation on how to make this recipe! Yum!



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### Article on Use of Carrot Tops from President Maureen

Rather than discard fresh carrot tops, I did some research and found carrot tops are high in Vitamin C, Vitamin K and potassium. You can use them in recipes as you would parsley. Strip the leaves of the stems if the stems are tough and use them in salads, soup or stock. I made a carrot top pesto the other day and it was delicious. The basic recipe is:

1 cup of carrot top greens	1/2 teas salt
1 large clove garlic roughly chopped	1/4 teas pepper
1 cup of baby spinach or similar	Optional ingredients:
1/2 cup assorted nuts	Parmesan cheese – 3 tbs, toasted pine nuts, herbs

Process all the ingredients in a food processor except the olive oil which you drizzle in after everything else is well processed. Enjoy!

After Maureen's suggestion for using carrot tops, here is a recipe for using the carrots!

<https://www.livelozenourish.com.au/recipe/paleo-carrot-cake/> PALEO CARROT CAKE

This recipe is Dairy Free, Gluten Free, Grain Free, Preservative Free, Refined Sugar Free, Soy Free, Vegetarian which certainly ticks a lot of dietary boxes. I hope to bring some to try at our October meeting! Ed.



**BOGI SHOP – See Bruce before or after the meeting to purchase any of the following gardening inputs. This is one way that the club supports its members by buying in bulk and sharing the savings.**

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, or please contact Bruce McKay on 41544405 for collection from his address in Walkervale.

### 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 and fruit using organic principles.
- To help preserve traditional, non-patented and 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.

### Management Committee News:

#### Treasurer Report for September 2022

Opening Balance 1 <sup>st</sup> September	\$5162.10
Income	\$ 268.30
Expenditure	\$ 180.60
Closing Balance 30 <sup>th</sup> September	\$5194.81

President – Maureen Schmitt  
Vice President – Marlene Kent  
Treasurer – Kay De Gunst  
Secretary – Karyn Ennor  
Committee Members - Trevor Galletly,  
Christine Jeffery, Joan Smart and Pam Biden.  
Herbal Teas – Tony Wolfe  
Library – Joy Millett  
Supper – Pam Biden  
Workshops and Field Trips – Trevor Galletly  
BOGI Shop – Bruce McKay  
Newsletter Editor– Deltry Dickie  
Assistant Editor – Donna Watton

### Deadline for November 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 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](mailto:newsletter.bundyorgard@gmail.com)

Or Phone Deltry 0414 992 553



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