

# Bundaberg Organic Gardeners

~working with nature~

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## NEWSLETTER FEBRUARY 2023

### Hello and welcome to our February Newsletter.

We had a great January meeting and we all enjoyed Paula Wiseman's Microgreen demonstration. As you can see, I finally got around to sprouting my seeds – these are broccoli and red cabbage.

They were very easy to grow and of course, they add a delicious and nutritious taste to our meals.



Paula has agreed to hold workshops on Saturday March 4<sup>th</sup> at Gin Gin Landcare. More details in on page 3 of this newsletter.

You are most welcome to contribute your best gardening tips or recipes using healthy ingredients so please contact me by email at [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

Happy gardening!

### CLUB MEETING – Tuesday 28th February 2023

Always the last Tuesday of the Month.

Time: Doors open 6.00 pm for a 6.30 pm start

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. Enjoy a cuppa afterwards!

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

**Corner Barolin and Electra Street, Bundaberg**

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

**Members, please wear your name badge.**

Could those on our supper roster (see last page) provide a list of the ingredients of your contribution due to various dietary concerns of our attendees! Thank you!

### February Speaker:

A member from the Bundaberg Bee Association will be giving a talk on bees at our February meeting.

This promises to be very informative, especially as the bee populations are under threat in so many countries and we certainly need to be informed on what we can do to maintain and improve our bee populations!



## February Workshop: Microgreens

### Presentation by Paula Wiseman from Grow Wise Microgreen

#### Overview

Microgreens are the small version of vegetables, herbs, flowers etc that we grow. They are grown in soil until true leaves appear. They're then snipped above soil and ready to eat. They take from 6-21 days to grow, depending on the variety. Radish, broccoli, kohlrabi, cress, fenugreek, alfalfa etc are common varieties.

Beetroot, amaranth, borage, and herbs like dill are less common seeds.

#### What is the benefit of eating microgreens?

MICROGREENS have up to 40 times the nutrient content of large veggies. Phytonutrients are particularly present and beneficial. They are easy to grow and accessible. They take little time and equipment and can be grown on the kitchen bench 😊. And of course, there is the joy of growing and eating your own food.

#### How do you grow them?

In a container - e.g. 2 to 4 cm deep tray with holes in bottom inside a tray that will hold water. Alternatives- bonsai pots, yoghurt pots, tetra packs cut in half.

They are grown in soil – Paula makes a sifted mix of coco coir, perlite, sand, and compost. Hemp mats are also used. Care must be taken not encourage mould to develop.

Seeds- start with simple - broccoli, mustard, cress, radish, kohlrabi. Sunflower and other seeds may require soaking but are also quite easy.

Paula gave a clear demonstration of how to do this.

1. Soil in pot.
2. Tamp down
3. Spray with water
4. Sprinkle seed to evenly cover soil. Many Microgreens will germinate more readily if not covered with soil.
5. Spray with water again
6. Place in dark environment - stack pots or trays on top of each other to press seeds into soil.
7. Check moisture. Water if necessary.
8. When shoots appear, blackout for 24 hours then keep moist without making foliage wet. Water in a bottom tray or spread foliage to water.

Harvest above the soil when ready to eat.

Take notes about growth patterns to learn from your growing.

#### Eating

Add them to whatever you eat. They will last about 2 weeks with a small amount of water every couple of days. Snow pea shoots will continue to grow after harvesting, but most other varieties don't continue to grow.





As there was so much interest shown by our members at Paula's talk, she has agreed to hold a hands-on workshop and taste testing session at Gin Gin Landcare, Tirroan on Saturday, 4th March.

At the workshop, Paula will have more time and therefore will be able to go into greater depth and explain the various microgreens she grows. She will assist us in preparing our own microgreen pots to take home with us and also how we can be more confident to grow them ourselves.

It will be a fun but educational workshop which will last about an hour at most and then we can walk around the Gin Gin Landcare Nursery and the adjoining Ray Johnson Community Garden.

There will be a small charge to cover the cost of Paula's workshop materials and the first session will start at 9.30 am and last about an hour. In order for everyone can see and hear Paula clearly, if we get more than about 10-12 people signing up, Paula will run another session starting about 10.30am. We will make a note on numbers and let people know if there is to be 2 sessions.

Please wear covered shoes, bring a hat and your morning tea and wear your name badge.

To put your name down for the workshop, please phone or text Trevor on 0417196315 or email him at [trevorbundy8@gmail.com](mailto:trevorbundy8@gmail.com). The sign-on sheet will also be available at our Tuesday, 28th February Meeting.

Contributions from our members! Many thanks to Trevor and Kay for sharing their produce success with us this month!



Trevor's wife is already complaining of cucs "what will I do with them". Now a few more from 3 plants. I'm continually amazed how plants respond to soil biology and trace elements. Trevor!



Kay and Les have dug their peanut crop! Looking good!



## HERB OF THE MONTH – by Chris Jeffrey

Welcome back to the Organic Garden Club for 2023.

What a wonderful end and start for this year, with the promise, (and it came true) of an abundant rain fall for this Summer. We were blessed with gentle rainfall and no floods – Bundaberg is a good place to live. That's for our new residents!! Each month I will try to introduce a herb to consider in your garden and outline the health benefits of growing good nutrition at your fingertips daily.

ECHINACEA – PURPLE CORNFLOWER, BLACK SAMPSON

*E.angustifolia* and *E.purpurea*.

Description : A deciduous perennial with upright stems- the *E.angustifolia* species will grow 60-100cm high, but the *E.purpurea* will grow to 1.5m.



The leaves are rough and hairy, and with both, the flowers are cone shape, pink to purple, and have a prominent centre cone, which once the flower wilts, becomes mature, and is covered with very sharp black bracts. From beneath these bracts are the seeds, for propagation, or from the main plant, by root separation.

Echinacea adapts to a range of soil types and climatic conditions and will grow in sun or semi shade.

MEDICINAL USES –

Echinacea has the ability to prevent infection by revving up the immune system and fighting bacteria and viruses in several specific ways.

Often called the infection fighter, the herb contains a natural antibiotic echinocoid, which is comparable to penicillin. The tissues are strengthened against assault from invading organisms.

Research studies show that substances derived from Echinacea boost the body's own macrophage ability to destroy germs. Scientific research also shows that extracts of Echinacea increase production of infection fighting T-cells, T-lymphocytes, up to 30% more than other immune-boosting drugs. Echinacea has been called the KING OF BLOOD PURIFIERS and a powerful lymphatic cleanser.

Useful for upper respiratory tract infections such as tonsillitis, laryngitis and for catarrhal conditions of the nose and sinuses. Echinacea use in combination with vitamin A and C will boost the antioxidant activity and tonic effect of these vitamins.

DOSE: - The whole plant can be used. Mostly, use the leaves into a tea – 1 tsp of finely cut leaves to cup of boiling water. Add carrot and apple from juice extractor to the tea, or 1 tbsp. lemon juice and 1 tspn apple cider vinegar to help extract the plants full potential. A root decoction is made with 1 tspn of root simmered in 1 cup water 3-5mins, and sip throughout the day. No longer than 2-8 weeks, then break for 2 weeks. Reference: How Can I Use Herbs in My Daily Life by Isabell Shipard

VALUE ECHINACEA FOR THE STIMULATING AND STRENGTHENING THE IMMUNE SYSTEM.

Use and enjoy the benefits of Nature's medicine.

TIP FROM A PINEAPPLE GROWER.

When purchasing your pineapple, choose one which has started yellowing from the bottom.

Store it upside down as it ripens and the juice will flow through the whole plant evenly!

Worth a try. (This works a treat – so much sweeter! Ed.)





NOTICE OF THE 16th ANNUAL GENERAL MEETING – 2023  
AND CALL FOR NOMINATIONS FOR THE MANAGEMENT COMMITTEE

*Our 16th Annual General Meeting will be held on Tuesday 28th March 2023 at 6.30 pm at our regular venue: McNaught Hall (Uniting Church hall). It will include the election of the Management Committee for the year 2023/24. The AGM will be followed by our normal monthly meeting.*

We hereby invite nominations for all positions on the Management Committee. The Committee consists of: President, Vice President, Secretary, Treasurer, and four ordinary members.

These positions become vacant at the end of each year and can only be filled by nominations at the AGM.

Please help ensure BOGI's continuation by agreeing to be nominated or nominate another member (subject to their written agreement).

Blank forms will be available at the entry table at our February meeting if you are interested in nominating for any of these positions.

**Celebrating our 16th ANNUAL GENERAL MEETING – 2023**

There will be no guest speaker on the night of our AGM, instead we are planning to celebrate the past year with a variety of food preparation demonstrations, gardening displays and hands-on gardening tips and tricks. If you have any ideas or suggestions to make this night enjoyable and informative, please talk to any committee member or phone Deltry or Maureen.

## Membership fees due by 28th February

All membership renewal-fees are due by 28th February 2023. Fees are unchanged: Single \$15, Family \$25.

You can pay:

- by cash at the February meeting, or
- by cheque made out to 'Bundaberg Organic Gardeners (Inc)'
  - hand it in at the February meeting or
  - mail it to 'PO Box 1458, Bundaberg South, Qld 4670',
- by Direct Bank transfer:
  - BSB number 64 56 46, Account number 105739103,
  - Reference: YOUR NAME.

NB If using Direct Bank transfer, please add your name after the reference.

Seedling Give-away: Please clearly name any seedlings you bring in for the give-away table.

That will make it easier for members to choose the plant they would like for their garden.

## ITEMS CURRENT FROM PREVIOUS COMMITTEE MEETING

### 1) Positions – Microphone Attendant

Mike Apap has kindly agreed to take on this position. Thank you, Mike, and many thanks to Dan Critchlow for his years in this role.

### 2) Herbal Tea Maker – Many thanks to Tony Wolfe for his assistance with organising the Herbal Teas last year.

If you can access herbs that can be used in herbal tea making, would you please consider taking on this role at our Tuesday night monthly meetings? Having one or two herbal teas available really adds to the enjoyment of the night. Please ring Maureen on 0427517759 for more information or talk to any committee member.

**3) Guest Speakers and Outings for 2023.** If you have any suggestions for guest speakers or outings for 2023, please talk to a committee member. This would be a great help!!

**4) Privacy for hosts of garden visits, outings etc.** If you are hosting a garden visit or outing, BOGI wants to respect your privacy. You will be asked beforehand if you are happy to have your phone number and address put on the BOGI Facebook page, BOGI Newsletter and What's On. If you don't want this to happen, only your phone number will appear in the above.



### Planting by the Moon – March

(Full Moon to ¼ Moon) 7 – 14 March: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(First ¼ to Full Moon) 15 – 21 March: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

(Last ¼ to New Moon) 22 – 28 March: 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) 29 – 5 April: 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 February/March:

Asian vegetables; Choko; Carrots; Eggplant; French Beans; Lettuce; Leeks; Luffa; Marrow; Mustard Greens; Pumpkins; Radish; Shallots; Squash; Tomatoes; Zucchini.

Plant these in seedling trays first: Capsicum; Cucumber; Chilli; Tomatoes

Some of you may have seen the news article regarding the Guava Root Knot Nematode on ABC.

<https://www.abc.net.au/news/2023-02-19/guava-root-knot-nematode-detected-hervey-bay/101969688>

Our member, Trevor, has made the following comments – Good organic techniques will overcome the problem. Unfortunately, farmers don't follow principles of building soil organic carbon, balancing nutrition and building soil biology.

Nematodes on Aloe Vera.

Going back a few years I was faced with the problem of increasing production of Aloe Vera quickly. We needed to grow the Aloe in sandy soil with a bad nematode problem. We used tonnes of compost and lime along with trace elements and grew on 5 acres. A small area but truck loads of inputs. The result was good production and no nematode problem.

The soil was analysed in the laboratory for nematodes. We still had problem nematodes at 12/ml of soil, which is sufficiently high to cause damage. However, the unusual result was the good nematodes that don't affect aloe vera were 1850/ml of soil.

These fellows are microscopic and not seen with the naked eye.



The good guys controlled the bad guys. We had developed the organic soil with a strong biology component and nature won. The laboratory technicians had not seen such numbers of good nematodes in their experience with chemical farming. Thank you, Trevor!

**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.

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:0414992553  
 Assistant Editor – Donna Watton

***This Month's Supper Roster February 28th***

Lara Hawker	Maureen Schmitt
Jan Nikora	Peter Van Beek
Joseph Park	Val Wright
Fred Pennell	Malcolm Fuller
Kathrine Raynor	Colin Walmsley
Hilary Reid	

**Deadline for March 2023 Newsletter  
Friday 10<sup>th</sup> March 2023**

**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

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



**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.

**Treasurer Report for January 2023**

Opening Balance November	<u>\$5200.43</u>
Income	\$ 0.00
Expenditure	\$ 136.10
Closing Balance December	<u>\$ 5064.33</u>

**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.**