

# Bundaberg Organic Gardeners

~working with nature~

Page  
1

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E: [secretary.bundyorgard@gmail.com](mailto:secretary.bundyorgard@gmail.com) Secretary: Karyn Ennor

Website: <https://www.bundaberg-organic-gardeners.com/> Club Mobile: 0493 789 243

## NEWSLETTER MARCH 2025

### Hello and welcome to our monthly newsletter!

I was reading through a few gardening web sites the other day and I liked this approach of Annette McFarlane to gardening!

‘...It does not matter whether you are the neat and tidy type who likes perfectly trimmed edges and manicured lawns or have a more relaxed style where plants are allowed to do their own thing. You may be restricted to a small courtyard, a tiny balcony or just a few pots. When it comes to gardening, the most important thing is to get out there and enjoy yourself. If you are a slave to your garden and resent the amount of time you have to spend working in it, your garden is either too big or not designed to suit your lifestyle...’ Good advice!  
[https://www.annettemcfarlane.com/in\\_my\\_garden.htm](https://www.annettemcfarlane.com/in_my_garden.htm)

I’m sure there will be many here who agree with her.

All the best to you and enjoy your garden, whatever its size! Warm regards, Deltry

### Content

- Pg 2 February meeting Report: Gbiota
- Pg 3 Report: Gbiota cont.
- Pg 4 AGM information.
- Pg 5 Dragon Farm visit
- Pg 6 Dragon Farm visit cont.
- Pg 7 Herb of the Month: Thai Pea Eggplant
- Pg 8 Moon planting, New members, Save the Date
- Pg 9 Garden news: Rosemary & Bananas
- Pg 10 Library update
- Pg 11 Library update cont. + Apple cake recipe
- Pg 12 Supper Roster and BOGI contacts



Happy Birthday to Bruce McKay!  
96 years young on March 8<sup>th</sup>!

### CLUB MEETING – Tuesday 25<sup>th</sup> March 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.

### March Activities

Our meeting will commence with the Annual General Meeting, welcoming the incoming Executive and committee members for 2025-2026. This will be followed with a segment from Lenzie on soil preparation for the coming season!

### Please note:

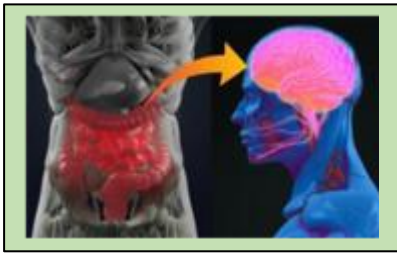
**Our supper roster is available for two months.  
The current month and April 2025!  
See the last page of this newsletter!**



## February Meeting Report – Gbiota – Colin Austin

Colin is a healthy 85-year-old and gave us a thought provoking talk about the importance of understanding how we can improve our approach to health. The following information is a synopsis from his web page <https://gbiota.com/> Our gut has trillions of cells which communicate with each other to provide intelligence. It works with our head brain to form the intelligent control system which regulates our bodies – this is our gut-brain.

If our gut-brain senses any deficiencies in our diet it will send out hormones to make us hungry. This is in our subconscious and we have no control over this. We may try and restrict the amount of food we eat but it is very difficult to overcome those hormones for any length of time – that is why it is so hard to avoid becoming fat and sick. In our modern diet, we are very unlikely to have a deficiency in energy food which comes from sugars and fats.



The deficiencies that our gut-brain may detect are deficiencies in trace minerals of vitamins, deficiencies in food to feed the gut-brain but by far the most common and important is deficiencies of species in the gut.

The aim of the Gbiota is to grow plants which will lead to a healthy gut-biome. We are changing the gut biota by diet – this is not trivial. An experienced gardener can certainly do this at home in their garden, but it does take some effort.

### Why our gut-brain matters

This is important because our gut has trillions of microbes of thousands of species which can communicate with each other to create genuine intelligence.

It works with our head brain to form the intelligent control system which regulates our bodies, particularly our appetite – how much and what we want to eat.

We don't overeat and get fat and sick because we are little piggies, we get fat and sick because our gut-brain senses deficiencies in our diet and creates hormones that make us overeat.

Having a fully functioning gut-brain is the difference between enjoying a long health span and falling prey to the modern epidemic of chronic diseases – obesity, diabetes, heart attacks and dementia.



It starts with a special soil we call Wickimix. Like all good soils it has an open structure full of the essential nutrients, N, P, K but also the minerals we are generally short of, calcium, magnesium, iron, zinc, copper selenium, iodine, chromium, vanadium etc.

But what makes Wickimix so different is that it is full of the natural creatures of the soil – the recyclers, worms, beetles, larvae, nematodes, fungi etc plus a high loading of organic waste for them to feed on.

### Soil blood

These creatures of the soil have guts – like us and they exude a complex array of gut microbes into the soil which helps to form soil blood, – that potent combination of water, nutrients and microbes which circulates in the soil to feed the plants.

The plants feed on soil blood so the microbes enter the plants which we eat to enhance our gut biota.

There is nothing new about this, it has been the norm since life first appeared on Earth a billion years ago. It stopped some fifty years ago when we adopted our modern chemical industrial food system.

### Dynamic equilibrium

Microbes breed like crazy but have a very short life. This means that to get the benefits of eating plants loaded with beneficial microbes we need to eat them fresh. The most practical way is for people to have the plants growing at home so they can pick and eat them straight away.

This is practical, even in an apartment with the Gbiota box and basket system.

Cont. P3



The creatures of the soil that give us the beneficial gut microbes need to be fed waste organic material.

We do that with the Gbiota box and basket system. People just collect all organic waste they can lay their hands on, kitchen waste, grass cuttings, coffee granules from the local shop – whatever.

When sufficient has been collected this is placed in the base of the Gbiota box and the basket, where the plant grow placed, on top.

The basket is full of holes so the creatures of the soil can move freely between the waste and growing areas.

Soil blood is full of nutrients and living microbes so must never be allowed to

become stagnant and needs to be aerated, which is done by a process of regular flooding and flushing.

The organic waste must be aerated, this is done by making it breathe. The swivel tube in the box is places upright and the base flooded which expels the old stale air. The swivel tube is then swivelled to the down position, so the water (actually soil blood) drains out sucking in fresh air.

This soil blood is full of nutrients and beneficial microbes so is very valuable and so is caught and reused. Effective but simple.

### **Our Intelligent Control System**

Our gut-brain comprises trillions of cells which communicate with their neighbours to create swarm or group intelligence which regulates our bodies – our intelligent control system.

If our gut brain feels satisfied it will send out hormones which make us feel satisfied.

GLP-1 is the active ingredient in drugs like Ozempic, Seaglutide and Wegovy.

This is a naturally occurring hormone which our body produces automatically to tell us we are full and should stop eating. Our bodies, specifically our gut, normally produce this for free and has done so for a million years or so.

But our modern diet, dominated by ultra-processed food is deficient in the foods to feed our gut-brain. This deficiency is detected by our gut brain so it decides not to produce natural GLP-1 so we keep on eating.

This is the underlying cause of the epidemic of chronic disease, obesity, diabetes, heart attacks and dementia.

The solution is not to take these GLP-1 drugs but to feed our gut-brain.

We know exactly how to do that. We create soil, loaded with organic waste and minerals so the natural recyclers, the worms, beetles, larvae, nematodes etc breed.

They have guts, just like us and they excrete beneficial gut microbes into the soil. These enter the plants we eat, which is the natural way we, and all creatures, have been replenishing the gut for millions of years.

That is what Gbiota gut-brain food is all about.

### **Conscious and subconscious brains**

It is not effective to tell our conscious brain to eat less and exercise more. We have to manage our subconscious brain, so we **want** to eat the right amount of the right sort of food.

The combination of our gut and head brain has memory and can be trained.

The food we eat contains a spectrum of microbes which come from the soil, particularly the creatures of the soil who have guts like us.

### **Modern food – high in energy low in gut-brain food**

We need to enhance our gut-brain with a steady supply of fresh microbes in our food.

Historically food was grown locally and eaten shortly after harvesting which naturally provided us with gut-brain food.

Our modern food has changed what we eat. It contains an abundance of energy food – sugars and fats – but is deficient in gut-brain food and microbes. It is largely inert and any microbes that may have been in it will have died from the extended time from harvest to eating.

Colin is passionate about encouraging and educating people about the importance of healthy eating to enhance our bodies and live productive lives. There is much information on his web page as to how to do this.

Colin was presented with a lovely basket of assorted plants by President Marlene.

For more information: web link <https://gbiota.com/>

**AGENDA FOR THE  
2025 ANNUAL GENERAL MEETING (18TH)**

**Tuesday 25th March 2025**

**Venue** – Sims Road Community Hall, 24 Sims Road, Walkervale

6.00 – 6.30 pm Registration of Members and Visitors.

**6.30 pm Open Meeting:**. Marlene Kent Fuller.

**Apologies:**

**Visitors:**

**Minutes of the 17th AGM held on Tuesday 26<sup>th</sup> March 2024.** *These are available for members.*

**Moved:**

**Seconded:**

**President's Report:**

**Motion:**

**Moved:**

**Seconded:**

**Treasurer's Report:**

**Motion:**

**Moved:**

**Seconded:**

**Management Committee Election**

**The nominations are:**

<b>Position</b>	<b>Nominee</b>	<b>Nominated by</b>	<b>Seconded by</b>
<b>President</b>	Marlene Kent-Fuller	Lenzie Duffy	Kay de Gunst
<b>Vice President</b>	Maureen Schmitt	Deltry Dickie	Lenzie Duffy
<b>Treasurer</b>	Kim Green	Marlene Kent Fuller	Kay de Gunst
<b>Secretary</b>	Karyn Ennor	JoAnne O'Callaghan	Darylle Sorensen

**Committee Members (5)**

Deltry Dickie	Maureen Schmitt	Karyn Ennor
Kay de Gunst	Karyn Ennor	Maureen Schmitt
Pam Biden	Karyn Ennor	JoAnne O'Callaghan
JoAnne O'Callaghan	Karyn Ennor	Darylle Sorensen
Lenzie Duffy	Maureen Schmitt	Karyn Ennor

At the present time, there is only one nomination for each position.

**Certification of our financial records:**

**The non-elected Co-ordinators Positions are made by appointment.**

The incoming Management Committee will confirm these positions at the AGM.

Workshop co-ordinator	Tea person	Library
Speaker coordinator	Microphone Manager	Welcome Buddy
Supper coordinator	Newsletter Editor	Ass. Newsletter Editor
Set up for meetings	Shop	Facebook Coordinator
Meeting scribe	Web site Coordinators x 2	Member/Visitor table x 2
Seed table organiser	Plant table organiser	



### **Membership 2025**

Membership Fees: These are due before our 18<sup>th</sup> Annual General Meeting which will be held at the March Meeting.  
Membership fees can be paid at the March meeting.

Membership fees are:

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 VISIT TO YANA'S RARE DRAGON FRUIT FARM ON SATURDAY 22ND FEBRUARY 2025 BY MAUREEN**

Leaving the Bob Jane T-Mart carpark at 5 past 12, we had a leisurely drive to Yana's Rare Dragon Fruit Farm, not far from downtown Agnes Water. I think it took about 1¼ hours.

Yana and husband Mike and their 2 lovely daughters were ready and waiting for us and so were the people from the Rare Fruits Group who travelled in their own cars.

After a lovely cuppa, Yana gave her video presentation on dragon fruit which covered all the basic information from how to propagate, when to propagate, how long between flowering and fruiting, fertilising, watering etc. Here are 3 things I picked up:

- 1) It takes about 30 days for a flower to form from a bud (which starts at one of the spines) and another 30 days for the fruit to form and ripen - that all depends of course if the flower been successfully pollinated. I remember Mike saying that despite some of the fruit being self- fertile, it is better to get a small brush and move pollen from one flower to the next to give you more chance of getting your flower pollinated and hence getting fruit. Also, dragon fruit don't ripen once they are picked so make sure you pick them when they are ripe.
- 2) Pole height: Mike said that the poles only needed to be about shoulder height, not 2m as I thought. This makes the fruit easier to access.
- 3) Fertiliser: Mike also said they fertilise their plants with a bucket of organic fertiliser every 2 weeks and also foliar fertilise, particularly the stems. He made the comment that these are rainforest plants and they so like to be watered and fertilised.



Yana had a table laden with dragon fruit and next came the tasting. Champagne flavoured, orange and lemon flavoured, some with little or no flavour and some just delicious. Yana has about 150 varieties of dragon fruit.





This is how the pollen is gathered using a small vacuum cleaner! This ensures that when the pollen is lightly brushed onto the flower, you can be guaranteed to have a healthy crop! Mike pollinates each flower in the early morning, so as you can appreciate, it is very labour-intensive work.



Next came the b-b-q supper which was followed by another guided tour of the farm. This was just on dark as we were waiting to watch the flowers open. The bees were also there waiting for the flowers to open and we watched as bees were trying to force their way into the half opened flowers. As it was getting dark, the bees had to leave but we were able to stay out and see some opened flowers and they were beautiful. Apparently, you can use the flower petals as a tea.

At 7.30, our Mike said "it's time to leave" so we hastily packed up, thanked Yana and Mike and drove back to Bundy. Several people purchased dragon fruit cuttings so it will be interesting to hear of their progress.

Mike did a fabulous job as our bus driver and Marlene did an incredible job organising and coordinating the bus trip. We were grateful for this opportunity to visit the Rare Dragon fruit farm!



The night air was mild as we waited until dusk to see the flowers opening. It was quite spectacular! The colours and shape of the flowers were beautiful! It was well worth the wait!



At our February Meeting, a Yellow Cherry Guava and a Malabar Chestnut seedling were kindly donated by BUCCABELLA TUKKA for the Lucky Draw.

Sue Reinke is one happy gardener! Not only was she a winner of a tree at our January meeting, but she scored again in the Lucky Draw at our February Meeting!! She can't believe her luck!



This is a big 'Thank You' to one of our members, Kim Green! Kim volunteered to check and water the front garden at Sims Road Community Hall. This garden had been established by BOGI members when we changed to this venue for our meetings. She extended her care for the pot plants down the side of the hall as well. Many thanks for your consistent care and concern, Kim! Also, many thanks to Jeanette Cox who looked after the gardens when Kim was away!

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 March is Thai Pea Eggplant - by Pam Burgess

Thai Pea Eggplant aka Turkey Berry aka Devils Fig in Oz. *Solanum Torvum* *Shu qie zi* in China, *Terong pipit* in Malaysia and dozens of other names elsewhere!

This plant is widely grown and eaten in the Asian countries and India, both the fruit and the root. It is on the wild side, as opposed to domesticated, cultivate vegetables. It has amazing nutrient density, exceptional health benefits and is extremely easy to grow and maintain. Maturing at approx. 2m, boasting thorns equal to a rose, birds will most often plant it on your behalf. It is rich in Vitamin A, carotenoids, rich in Vitamin C, iron, calcium and potassium.



Page  
7

Herbal lore tells that it is good for blood sugar levels, good for the heart, kidney function and uplifts one's immunity. The roots, seeds and leaves can all be used for herbal remedies.

It is not to be confused with *Solanum Chrisotrichum* the Giant Devils Fig which grows up to 4m and has larger leaves, approx. 35cm long with brown fur on stems.

I have had the pleasure of being introduced to *S. Torvum* curtesy of the birds visiting my Thai neighbour first for a feed, then visiting me to rest and poop in my yard. I tasted it first next door, wasn't sure if I liked it or not, but decided to cook it at home. My my, it is very moreish! It does have a slightly bitter taste, but medicinally 'bitter in the mouth = sweet in the belly' so it was up to me to blend my flavours accordingly.

Imagine for a moment that you are cooking a savoury beef mince dish; you put the meat on to brown, drain off the liquid fat and set it aside. Then the onion and garlic go into the pan, sauteed till transparent and pungent, then carrots and other hard veg are included, diced. This is the point where burst Turkey Berry fruits are added; this can be done by smooshing under your kitchen knife like garlic, or smashed in a mortar and pestle - at least a cup or 2, then continue to add potato dice, sweet potato, capsicum, chilli, turmeric, and condiments etc. Then add water or stock, meat etc and simmer for half to 1 hour depending on volume etc.

I have chosen to eat it both as a vegan dish and as a savoury beef mince - both are delicious. The Turkey berries need to be picked fresh, washed well once separated from the stem and tiny leaves, then smashed and added to the dish immediately as they oxidise quickly, just like Arrowroot. As a meat dish, it can also be successfully canned in the pressure canner and set aside in the pantry for quick and easy meals, or frozen and returned via steaming. It tastes just as good as freshly cooked either way.

My take home from this, is that the plant has not been genetically modified, rogued or gene spliced; it has not been domesticated; it cannot tolerate food miles and it is a living food, from garden to kitchen. All of this sits well with me as a food of choice. It is not a weed. Please remember that a 'weed' is simply a plant in a place that man does not want it to be. Our Awesome Creator gave us all these amazing plants for our good. We, as a race just have forgotten, or don't know what to do with them. Don't believe all the negative press; do your own research from other countries and you just may be surprised, in a healthy way.

Ref: Lucidcentral.org & my own personal experience

Cheers

Pam

*Pam has seeds to share all the time, as the birds eat it and drop it from trees. You can contact her if you are keen to grow this nutritious plant!*





## Planting by the Moon – April - submitted by Kay de Gunst

**First ¼ to Full Moon 5 – 12 April:** 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 – 20 April:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

**Last ¼ to New Moon 21 – 27 April :** 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 28 Feb – 6 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 April:

Asian vegetables; Beans; Beetroot; Cabbage; Carrots; Cauliflower; Garlic; 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.

### Welcome to our new members!



Hans and Colette  
Jakobi

### CALENDAR EVENTS

#### CLUB NIGHTS

March 25 <sup>th</sup>	AGM + Member Demonstrations
April 29 <sup>th</sup>	Blair Hill– mushroom man!
May 27 <sup>th</sup>	Murray Hallam - Aquaponics

#### CLUB ACTIVITIES

March 22nd	Hans Jakobi – Food Forest Visit
May 4 <sup>th</sup>	Les and Kay de Gunst garden visit
July TBA	Pruning – at Linda Cameron's with Malcolm and Marlene

### FREE COFFEE GROUNDS

Favours Coffee, corner of Barolin and Beatrice Streets in Walkervale, generate a lot of coffee grounds, which are free to interested persons. The grounds come in 8-9kg bags. (Perhaps you could buy the occasional coffee to show your gratitude.)  
Contributed by Allan Harkness

Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 11th April at Kay and Les de Gunst home at 1pm.  
Please contact 0493 789 243 if you are interested in attending!



## ROSEMARY – contributions from Marlene

Rosemary is a fragrant evergreen herb native to the Mediterranean. It is used as a culinary condiment, an ingredient in perfumes and for its potential health benefits. Like oregano, thyme, basil, and lavender, rosemary is a member of the mint family, *Lamiaceae*. It is a perennial herb.

Rosemary is highly effective for the lungs, heart, joints, hair, and skin.

People typically prepare it as a whole dried herb or a dried powdered extract or make teas from fresh or dried leaves.

Rosemary is an attractive and superbly fragrant perennial shrub-like herb that is easy to grow in garden beds or pots.

### Benefits of Rosemary:

1. Improves circulation and warms the body.
2. Relieves muscle, rheumatic, and joint pain.
3. Aids digestion and reduces bloating.
4. Reduces stress, nervousness, and insomnia.
5. Helps with colds, bronchitis, and flu.

### How to Make Rosemary Ointment:

#### Ingredients:

- 250 g of butter, petroleum jelly, or coconut oil.
- 2 handfuls of finely chopped fresh rosemary.
- A clean jar for storage.

#### Preparation:

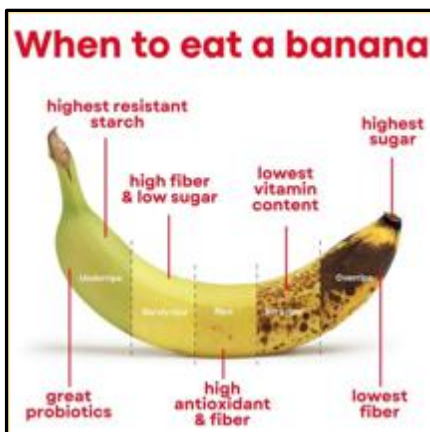
1. Melt the butter or heat the petroleum jelly using a double boiler.
2. Add the chopped rosemary and let it sit overnight.
3. Reheat and strain using a clean cloth.
4. Pour into a jar and let it cool.
5. Store in the refrigerator and use as needed.

### Rosemary Ointment Massage:

1. Warms and soothes muscle and joint pain.
2. Useful for rheumatism and inflammation.
3. Relieves migraines when applied to the temples.
4. Helps heal wounds, bruises, and insect bites.



## ***DID YOU KNOW***

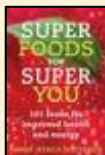


Ripeness stage	Appearance	Stage duration	Health benefits
underripe	very firm; dark green to medium-green	1–4 days	improves blood sugar control, promotes gut health, helps with weight loss
barely ripe	firm; pale yellow with light green at the top	1–3 days	high in fiber, low in carbs, promotes blood sugar control
ripe	easily peel-able; medium-yellow, no (or few) brown spots	1–3 days	maximum micronutrients like potassium and vitamin B6
very ripe	soft but not mushy; a mix of yellow with brown spots	1–3 days	easier to digest; good for solo eating or inclusion in healthy foods
overripe	soft, mushy interior; highly spotted with brown or entirely brown	2–5 days	natural sweetness, can replace fats in baking

## BOGI – new books in the Library from Joy Millet



**Grow native: creating an Australian bush garden** – Bill Molyneux 635.967609945 MOL



**Super foods for super you : 101 foods for improved health and energy** –  
Amber Jessica Mackenzie 613.2 MAC



**Fifty plants that changed the course of history** – Bill Laws 581.6309 LAW



**The healing power of 8 sugars: an amazing breakthrough in nutrition; science and medicine  
what doctors want you to know about Glyconutrients... the 8 sugars vital to your health**  
- Allan C Somersall 615 SOM



**Jackie French's top 10 vegetables** – Jackie French 635 FRE



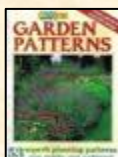
**How can I grow and use sprouts as living food?** – Isabell Shipard 635 SHI



**The organic garden** – Sue Stickland 635.0484 STI



**Your vegie patch** - 635.099405



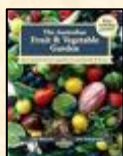
**Garden patterns** – 712.60994 GAR



**Discovering the wildflowers of Western Australia** – Margaret Pieroni 582.1309941



**Gardening made easy: A grower's guide** – Denise Greig 635.0994 GRE



**The Australian fruit & vegetable garden: grow the best fruit and vegetables for good health and flavour** – Clive Blazey 635.0994 BLA



**Successful gardening in warm climates** – Annette McFarlane 635.0994 MCF

<https://www.bundaberg-organic-gardeners.com/>  
<https://www.librarything.com/catalog/BOGardeners>

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.

### By request - Grain-free Apple Cake – from Deltry

#### Ingredients

1 3/4 cups (150g) almond meal  
 3/4 cup (55g) desiccated coconut  
 2 1/2 teas baking powder  
 2 tsp vanilla extract  
 150g butter melted and cooled. Coconut oil would be dairy-free.  
 4 eggs  
 1 cup (170g) rice syrup  
 Five peeled, cored and 1/4 sliced Granny Smith Apples



#### Method

Preheat oven to 170°C (350°F), lightly grease a slice pan and line base and sides with baking paper.

In a large bowl, stir together almond meal, desiccated coconut and baking powder.

In a medium bowl, whisk the eggs, rice syrup and vanilla extract until combined. Slowly whisk in the melted butter.

Add butter mixture into the almond mixture, stirring until smooth.

Add sliced apples – stir well.

Pour batter into the prepared pan and sprinkle with ground cinnamon.

Bake approx. 25 minutes, until the cake is golden and the top springs back when you press it lightly.

Cool in pan for 5 minutes, then transfer the cake to a wire rack to cool completely.

*N.B. This cake can be made successfully in a processor. Add eggs, syrup and vanilla to melted butter. Then add dry ingredients and mix well. Add sliced apple pieces and put in pan. Top with cinnamon! This cake will be available to try at supper after our AGM meeting!*



**BOGI SHOP – See Chris Jensen 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 Chris on 0412 992 191 for collection from his address in East Bundaberg.

#### Executive and Committee 2025

President – Marlene Kent-Fuller  
 Vice President – Maureen Schmitt  
 Treasurer – Kay de Gunst  
 Secretary – Karyn Ennor  
 Committee Members – Pam Biden, Lenzie Duffy,  
 Jo-Anne O’Callaghan, Deedee Sorenson 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 – Kim Green  
 Scribe – Lara Hawker  
 Facebook Co-ordinator – Cathy Critchlow  
 Web page: Trevor Galletly and Peter van Beek



#### 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.

#### Deadline for April 2025 Newsletter

**Friday 11th April 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](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.

#### Treasurers Report February 2025

Opening Balance Aus Wide 1 <sup>st</sup> February	\$ 5809.28
Income	\$ 964.21
Expenditure	\$ 1000.00
<b>Closing Balance Aus Wide 28<sup>h</sup> February</b>	<b>\$ 5773.49</b>
Visa Account Opening Balance	\$ 252.50
Income	\$ 1455.03
Expenditure	\$ 948.30
<b>Closing Balance Visa</b>	<b>\$ 759.23</b>

#### Tuesday 25<sup>th</sup> March Supper & Washing up Roster

Lynda Vertigan	Deedee Sorensen	Jennifer Blake
Pam Biden	Cathy Critchlow	Hannah Reid
Angie Assouline	Joy Duke	Dot Carrol
Sue Reinke	Emily Stephens	Karlynne Earp

#### Tuesday 29<sup>th</sup> 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
Howard Duke	Anne Bedsor	Jan Chenhall

**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.**