



# Bundaberg Organic Gardeners

~working with nature~

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## NEWSLETTER JULY 2023

### Hello and welcome to our July Newsletter.

How does your garden grow? Very well, I hope, at this time of the year! Our weather has been magic! Please check out the calendar entries for the next few months and make a note in your diary of our planned activities.

There is information you need in this newsletter regarding the **Bundaberg Flavours Festival** and how **you** can help to make our stall a great success!

Many thanks to Joan Smart for being Assistant Editor! My contact details are by phone on 0414 992 553 or by email at [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

Happy gardening!

Warm regards, Deltry (Editor)

**CLUB MEETING** - Tuesday 25th July 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.

### 2023 executive committee

President – Marlene Kent-Fuller  
Vice President – Maureen Schmitt  
Secretary – Karyn Ennor  
Treasurer – Kay de Gunst

#### Committee Members

Pam Biden Christine Jeffrey  
Lenzie Duffy Deltry Dickie

### July Meeting

We are fortunate to have Gaylene Phillips as our speaker at this month's meeting. She will be talking about growing, eating and using Bush Tucker plants as well as explaining their medicinal benefits for our health.



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!

### July Activity

**Home Garden Visit :** Deedee Sorensen's 0410 588 286  
**When:** Saturday July 29: 9am for 9.30am start:  
**Where:** 325 South Bucca Road, Bucca  
**What to Bring:** Chair: Morning Tea: Lunch (if you wish)

Deedee has a teed up some of our members to share their knowledge on various aspects of gardening during the morning. The sign-on sheet will be available at our July meeting. See you there!

**Seedling Give-away:** Our seedling give-away table is one of the highlights of our monthly meetings! Please clearly name any seedlings you bring in for the give-away table. This will make it easier for members and visitors to choose the plant they would like for their garden.

## June Guest Speakers

Our speakers at our June meeting were Mike and Bev McAulay, proud models of their TradeMutt Shirts which support tradie's mental health (<https://trademutt.com/>). They came to talk about their lifestyle, predominantly their wholefood, plant based, oil free, minimally processed diet. Mike and Bev currently grow about 80-90% of their food.



Minimally Processed – Basically this means:

If it came from a plant, eat it.

If it was made from a plant, forget it!

They do not eat meat, eggs or dairy products and choose to avoid highly refined grains, sugars and oils (inc. olive oil and coconut oil). Mike spoke about how this diet has improved his health, lowering his blood pressure and weight which has then been easy to maintain. They spoke about their choices as being a lifestyle change rather than a diet, which provides them with

- A healthy metabolism
- An increased nutritional intake (because they avoid oil)
- A boosted immune system
- Gut health and digestion

Mike had several pieces of research to back up his lifestyle decisions which included:

“The China study” Dr T. Colin Campbell (book)

“Prevent and reverse Heart Disease” Dr Caldwell Esseityn (Book)

“Salt, Sugar and Oil, the good, the bad and the Ugly” Dr Michael Klapper (book)

So, here is an overview of the foods they eat in order to obtain all the nutrients they need for good health.

These include a colourful and diverse range of fruits and vegetables, nuts, mushrooms, fermented foods and minimally processed grains. Wing beans (containing around 54% protein) and Madagascar beans are the main protein sources they grow. These beans can be made into milk and tofu but they taste beany! They make rice flour wraps which they cook in a hot dry pan. They use spelt, buckwheat and almond flour when using grains and these can be mixed. They make dandelion coffee from dandelion roots. When stir frying they don't use oil, rather a small amount of water in a cast iron or stainless-steel pan, which has been 'seasoned' so the surface does not require extra protection.

They shared several of their favourite recipes which include, okara cake, Eggplant Afghan borani banjan, Banana blossom curry, sweet potato chocolate cake with chocolate sweets frosting, beetroot and black bean burgers and banana muffins. (see on page 3)

Questions and Answers

Q. Are you growing your own soy beans?

A. We don't have enough space so we buy organic to make our own milk and tofu.

Q. There is research that olive oil is essential for longevity.

A. There will always be conflicting information. We are just sharing what we do.

Q. What about B12?

A. B12 lives in soil and because our food is less scrubbed, we get some that way. We also take a B12 supplement.

Q. What if I just cut out some of the processed food?

A. You should get some benefit and there is also the health of the planet to consider.

Mike and Bev brought in a range of the herbs, spices, legumes and grains they use in their recipes!



### Banana Muffins

3 very ripe	Bananas (large)
1 tblspn	Ground Flaxseed
½ cup	Almond flour
1 cup	Spelt flour
1 tspn	Baking Soda (bicarb)
1 tspn	Vanilla Essence
½ tspn	Cinnamon
¼ tspn	Mixed Spice
1 -2 tspn	Ginger
¾ cup	Chopped Dates



Place Bananas in food processor and blend until smooth.

Place Flaxseed in cup and add 3 tbsps. water wait until it thickens

To Banana mix in the food processor add all of the above ingredients except dates, blend until well mixed, then add in the chopped dates and blend again until they are just mixed without being finely chopped.

Place into muffin pans cook about 15 – 20 min at 175° Celsius

### Spicy Walnut Mince

1 Cup	Walnuts
3	Mushrooms
1 Tblspn	Nutritional yeast
1 Tblspn	Tamari
4 Cloves	Garlic
1 Tblspn	Zaatar and oregano
2 Tblspn	Tomato Sauce
2 Tblspn	Tomato paste
1 Small	Onion
1 Teaspn	Liquid Smoke



Soak walnuts in cool water for 20 minutes drain then add to food processor.

Add rest of ingredients and pulse until the mixture achieves a ground meat texture, stopping to scrape the sides as needed.

The tomato paste used was the left over from making the tomato sauce, therefore it contains all the spices etc that we put in the sauce recipe.

You could add a little cayenne pepper or another spice to give it a bit of a zing if you use commercial tomato paste.

### Planting by the Moon – August

**(Full Moon to ¼ Moon) 3 – 9 July:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

**(Last ¼ to New Moon) 10 – 17 July:** 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) 18 – 25 July:** Influences balanced growth; a lower gravitational pull. decreases and this stimulates root growth. The best time to sow or transplant leafy vegetables.

**(First ¼ to Full Moon) 26 – 1 August:** Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

#### What to plant in August:

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

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

#### # Seeds and Seedlings Give-away.

Several club members collect their own 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.

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

\*\*\*\*\*

**\*The Taste Bundaberg Festival Farmers Market** is less than a month away – Saturday 5<sup>th</sup> August. We hope you have planted your seedlings and have a display pot growing nicely. The display pots make our display stall inviting and interesting to many who visit. BOGI will have a large stall again this year and we're hoping the weather is kind and we have lots of seedlings to give away.

You can bring in seedlings and display pots on Friday 4<sup>th</sup> from 1pm. Vehicles must be off site by 6.15 pm. Our stall will be in a very similar position to last year!

On Saturday 5<sup>th</sup>, the event starts at 7 am and ends at 2.30 pm and site must be empty by 4 pm.

We are looking forward to our members' contribution to supply the stall with display pots and seedlings to give-away! We also need to have an idea of the type of seedlings you will supply – e.g. vegetables, herbs, flowers etc! Please label your seedlings. Lenzie suggested using tape on the pot – e.g. masking tape- and you can write the name of the seedling! Can you help out on the stall for an hour or so on Saturday? There will be a roster sheet available on Tuesday meeting night!

On the day, Pam will sell raffle tickets, Kay will take membership enquiries and Maureen will answer wicking bed questions. Tony Wolfe will show how to sprout alfalfa seeds. With your help, we are looking forward to another successful stall.

#### Upcoming Activities for your Diary

Saturday July 29 Deedee Sorensen - Home Garden Visit

Saturday Aug. 5 Bundaberg Farmers Market

Saturday Aug. 19 Les and Kay de Gunst – Home Garden Visit

Saturday Sept. 2 BOGI Swap Meet 40 Marks St , Nth Bundy 10am start

You are welcome to attend our next committee meeting which will be held on Friday, 18<sup>th</sup> August at 1.30 pm at the home of Les & Kay de Gunst.

*For those who have been unwell and are still on the road to recovery, here are some beautiful flowers to help you on your way to better health!*



**Happy Birthday to all special members who are celebrating their birthday in July and in August!**  
**Enjoy your day and best wishes for a wonderful year!**

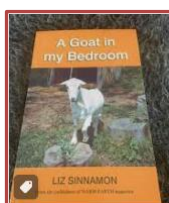
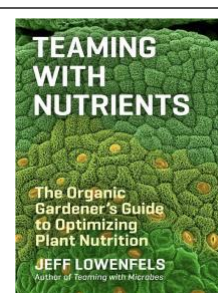


## Library Books available for Borrowing

Joy has picked out a couple of books from our library you may like to read!  
'The goat in my bedroom' piqued my curiosity! Ed. Thank you Joy!

### ***Teaming with nutrients: the organic gardener's guide to plant nutrition*** 575.76 LOW

Just as he demystified the soil food web in his ground-breaking book *Teaming with Microbes*, in this new work, Jeff Lowenfels explains the basics of plant nutrition from an organic gardener's perspective. Where *Teaming with Microbes* used adeptly used microbiology; *Teaming with Nutrients* employs cellular biology.



***A goat in my bedroom*** Liz Sinnamon; illustrations by Jeff Douwes 635.0484.

This book discusses self-sufficiency, organic gardening and tropical organics and is autobiographical.

Here are some lovely quotes about gardening!



"If you have a garden and a library, you have everything you need." –  
Attributed to Marcus Tullius Cicero



Welcome  
to our new members

Tin Yu Wong – on left  
Jo O'Callaghan – centre  
Angela Skerman – on right



We hope you all  
enjoy your BOGI  
membership!

Your committee has been hard at work! At our meeting on the 14<sup>th</sup> July, we discussed the upcoming Festival, organising the set up and promotion of our stall. We also organised upcoming diary speakers and field trips for the next few months.

BOGI now has its' own mobile contact – [0493 789 243](tel:0493789243) so if you need more information about any BOGI business, this is the number to call! Just add it to your phone contacts!

We discussed designing and purchasing a business card to assist us in providing further promotion of BOGI.

We are trying to rectify the problems we have been having with the computer and projector for guest speakers through our contacts at the Uniting Church. This is an important aspect of our monthly meetings!

Our next meeting will be on 18<sup>th</sup> August at Kay and Les de Gunst's home.

- One of our members has suggested that BOGI members work with BRC to remove weeds from their parks. BOGI approached BRC previously with an offer of help with their Permaculture Garden however this offer wasn't accepted. Maureen has suggested that we all could help the environment by picking up any rubbish we see as we go our daily walks! It is a matter of being prepared and focused!

Seven BOGI members and two visitors joined with members from the Childers & Isis District Orchid Society for the bus trip to the Queensland Garden Expo held in Nambour on Saturday 8<sup>th</sup> July! We were impressed with the organisation and friendliness of the Society's members! Our bus seats were labelled with our names and included a map with activities scheduled at the Expo. We also received fun presents with our Lucky Seat Number! It was a great experience!

The Expo was amazing – so much to see and do – and buy!! Geoffrey and I were busy on Sunday planting our lovely purchases!

We were very grateful to the Orchid Society for the opportunity to attend the Expo!



Chris, Rose and Mike ready to explore!



So many beautiful plants!



A huge plant selection to suit all tastes!



Beautiful local honey for sale!

Only \$10 kg!

Trevor's cousin supplies delicious honey from his local hives! At the present time, the honey is from Bloodwood and Macadamia blossoms! You can contact Trevor on 0417 196 315 to pre order your honey and you can pick it up from him at the monthly meeting!

- Did you know that one of the first coins in the world had a bee symbol on them?
- Did you know that there are live enzymes in honey?
- Did you know that in contact with a metal spoon these enzymes die? The best way to eat honey is with a wooden spoon, if you can't find one, use plastic.
- Did you know that honey contains a substance that helps your brain work better?
- Did you know that honey is one of the rare foods on earth that alone can sustain human life?
- Did you know that bees saved people in Africa from starvation?
- Did you know one spoon of honey is enough to sustain human life for 24 hours?
- Did you know that propolis that bees produce is one of the most powerful natural ANTIBIOTICS?
- Did you know that honey has no expiration date?
- Did you know that the bodies of the great emperors of the world were buried in golden coffins and then covered with honey to prevent putrefaction?
- Did you know that the term HONEYMOON comes from the fact that newlyweds consumed honey for fertility after the wedding?
- Did you know that a bee lives less than 40 days, visits at least 1000 flowers and produces less than a teaspoon of honey, but for her it is a lifetime.

Thank you, BEES!

Welcome to the Organic Garden Club for July 2023

### HERB OF THE MONTH – by Chris Jeffrey

June and July have been very busy months with the Bundaberg Winter Fest only days away now in early August!

Many members have been diligently planting seedlings to give away to enthusiastic gardeners, many of whom we hope will join the Organic Gardening Club. So, here is hoping for a clear, warm day of joy and sharing.

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For JULY, Let's take a look at– SWEET LEAF, also known as Tropical Asparagus, + Katuk.

*Sauropus androgynus*, also known as katuk, star gooseberry, or sweet leaf, is a shrub grown in some tropical regions as a leaf vegetable. Its multiple upright stems can reach 2.5 meters high and bear dark green oval leaves 5–6 cm long. It is a good source of vitamin K. [Wikipedia](#)

It is rich in Vitamins –A, B, B1, B2, C, K

Minerals- Potassium 2.77% - almost 2 times bananas,

-Calcium 2.77% - almost 2 times milk

-Phosphorous, magnesium, iron

Actions- Tonic, antioxidant, antibiotic, diuretic and can reduce fevers

The Katuk bush is originally from Borneo, where it is a staple diet. It can grow to 2.5m tall, with oval shape green nutritious leaves, which have a nutty flavour. Humid conditions in India and Malaysia are ideal for prolific growth, but the plant is also easy to grow from suckers or cuttings in tropical Australia.

Potassium is important to our body for our muscles, heart and liver function, and the transportation of oxygen to the brain, nerve impulses, blood and skin. The root of the plant is high in calcium, magnesium (which is essential for a healthy heart and muscles) and iron – vital for oxygenation of the body, and the haemoglobin in every red blood cell.

The leaves are great for picking and eating. They can also be used raw in salads or to quickly add to stir fry at the last minute before serving. The tubers are a great food source also, and can be used in various cooking methods, from frying, boiling, roasting or used in dips. All this, and packed full of the best and highest ingredients designed to help you stay healthy.

So, maybe try this yummy – KATUK SALAD WITH PEPPER MANGO DRESSING –

1 bowl of fresh Katuk leaves.

Blend 1 mango, 1 sweet red pepper, and 1 hot pepper, or cayenne if unavailable.

Chop 1 cucumber, an orange and red tomato.

Place on top of blend, and then add a diced avocado.

Enjoy the salad, and a wonderful day at Winterfeast, sharing all your knowledge.





**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 –** Marlene Kent-Fuller  
**Vice President –** Maureen Schmitt  
**Treasurer –** Kay de Gunst  
**Secretary –** Karyn Ennor: 0447 360 882  
**Committee Members –** Christine Jeffrey, Pam Biden, Lenzie Duffy, Deltry Dickie  
**Herbal Teas –** Tony Wolfe  
**Library –** Joy Millett  
**Supper –** Pam Biden  
**BOGI Shop –** Bruce McKay  
**Workshops & Field Trips –** Linda Cameron  
 0437 679 747  
**Newsletter Ed.–** Deltry Dickie:0414992553  
**Note Taker –** Lara Hawker  
**Assistant Ed. –** Joan Smart

**Deadline for August 2023 Newsletter**  
**Friday 11<sup>th</sup> August 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 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.

**Treasurer Report for June 2023**

Opening Balance May	\$5743.95
Income	\$ 428.24
Expenditure	\$ 255.60
Closing Balance June	<u>\$5916.59</u>

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

Susan Jackson	Bruce McKay
Lyn McIlvain	Joy Millet
Marlene Raynor	Alan Blyth
Jay Spence	Chris Jensen
Angela Samways	Clare Cropano
Marlene Kent-Fuller	

**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.**