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NEWSLETTER AUGUST 2023

Hello and welcome to our August Newsletter.

What a great month for our club! Our site at the Taste festival was a big success. You can read President Marlene's report on page 2. I'm sure you will also enjoy reading the various reports of our workshop and garden trips in this edition.

Did you know that National Gardening Week is just around the corner?

It is celebrated from 15-21 October 2023! National Gardening Week is an extension of The Garden Clubs of Australia's primary objective, 'to extend the culture of gardening into the wider community for the benefit of all citizens'. This certainly complements our objectives to encourage an organic approach to gardening for our health and the planet as a whole!

Have a happy and healthy month!

Warm regards

Deltry

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!

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CLUB MEETING – Tuesday 29th August 2023

Always the last Tuesday of the Month.

Time: Doors open 6.00 pm for a 6.30 pm start

Venue: McNaught Hall (Uniting Church Hall)
Corner Barolin and Electra Street, Bundaberg

Attendance \$3-member, \$5 visitor, yummy supper 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.

Guest Speakers for August

It will be great to hear Dan and Cathy Critchlow, two of our own members, speak at our August meeting.

Dan and Cathy will be talking about the Organic Food Industry and the part they play providing organic food, through their business, to their customers! This will be an eye-opener to many of us as the demand for organic food is growing at a rate of 20 to 30% per year. It is estimated that more than 6 out of every 10 Australian households now buy organic foods on occasion.

Di Wills from ABC Wide Bay is visiting our August meeting and would love to hear from you! From our most experienced soil turners to our newly sprouted members, Di would love to have a quick chat about what brings you to gardening, what you're growing now and a gardening tip you've picked up along the way.

She promises that this will be painless... in fact... you might even enjoy it! Don't miss out on your opportunity for five minutes of fame!

From our President

Our BOGI stall had an amazing day on 5th August 2023 at the Taste Bundaberg Festival!

Members of the public flocked to our site, so much so that Di Wills from ABC Wide Bay, came to see the cause of the great attraction! So, of-course, she saw the wonderful selection of plants and seedlings that were available free to the public, as well as members sharing their gardening expertise. We had a donation box for those who wished to give a 'thank-you' gift and many people were more than happy to contribute!

It is becoming an event where we have many repeat visitors looking for our site! This year we were delighted that 13 new members signed up on the day!

None of this would have been possible without the support of all our club members.

There are so many to thank - those who helped with:

- * Planning
- * Erecting marquees
- * Supplying tables
- * And providing the thousands of seedings lovingly grown by club members



A huge thank you to all who came on Friday afternoon and helped set up and then dismantle and pack everything away on Saturday afternoon.

Thank you to Bundaberg Council for hosting this event and making it possible for us to show case our Organic Club!

Marlene Kent-Fuller - President



Pam was kept busy selling tickets for the raffle!



So many beautiful plants to give away!



Welcome to our New Members

- Jennifer Blake
- Sarah Murray
- Glenda Nigalis
- Josie Roberts
- Gabrielle Ledun
- Margaret and Stephen Harmsen
- Denise and Michael McMullen
- Pauline and Neville Allen
- Toni and Drew Broome
- Francine Gerraty

We wish you all a happy gardening journey and a special time of learning and sharing with your club members!

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.

* Here is some product information for SETT/CaB. You can purchase this from our BOGI shop! *

SETT/CaB Stoller Australia Pty Ltd

SETT/CaB is designed to assist with calcium replacement in plant cell walls and reduces localised ethylene production when sprayed on foliage.

When used at regular intervals, SETT/CaB can increase fruit quality and reduce internal damage to storage tissue. This effective calcium treatment has been formulated with boron using Stoller's polyamine formulating agents.

Calcium is the building block for cell walls in new tissue. It makes strong cells and this assists in higher marketable yield and better fruit shelf life. Adequate calcium levels also enable a plant to cope under stress, enhancing the potential for optimal fruit development and quality despite challenging conditions.

SETT/CaB

ANALYSIS	%w/v
CALCIUM (as chloride)	11.0%
BORON (as Boric Acid)	1.4%

BENEFITS OF SETT/CAB

- Starts working immediately.
- Less crop disorders.
- Improved produce quality.
- Enhanced calcium uptake as boron and polyamines work closely with calcium.

Apply as foliar spray. Mix 5 ml/2L

Apply during rapid growth and from early flowering.

The BOGI Shop is now stocking Sett/CaB. This will replace the Liquid Calcium previously stocked.

Congratulations to the winners of the raffle which was held at the Taste Festival Farmers Market on 5th August.

So many people wanted to win these 'Towers'! The raffle raised \$406!



1st Prize – Strawberry Tower Christine Tocco

2nd Prize – Herb Tower Delfina Whalley



Many thanks again to Marlene who provided the beautiful raffle prizes!

July Workshop Report


The guest speaker at our July meeting, Gaylene Phillips from the Yalga-binibi Institute, shared much of her Indigenous plant knowledge. We learnt about bush tucker and medicinal native plants.





Gaylene explained that there are some important things to remember when eating bush tucker. Make sure you have identified the plant correctly and that any fruits are ripe.

Bush tucker is a snack food and should be treated as such. If you go foraging, you need to be confident with the quality of the soil where these are grown and whether the area has been sprayed.

There was so much information to cover that she kindly handed out booklets to many members. If you missed out, then hopefully you can read the attachments with this newsletter.


Indigenous Medicinal Plants


YBI/2013.11.16 1

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Kakadu Plum/Billy Goat Plum	7-8
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Backhousia citriodora - Lemon Myrtle	10-11
Ficus coronata - Sand Paper Fig and Passiflora foetida - Stinking Passion Flower	12
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Warning: Please do not ingest or apply any herbal medicine unless you are positive of the identification, how to use and the source!!








Bush Tucker

Australian bush food, informally and affectionately called "bush tucker", refers to any food or ingredient native to the lands of Australia, be it flora or fauna. Much of Australia's native bush foods were traditionally used by the Indigenous inhabitants as a source of nourishment during the hunter-gatherer days before the arrival of the colonial settlers. Indigenous tribes would live off the land, foraging for nutrient-rich and high-fibre ingredients such as native herbs, spices, fruit, seeds, and nuts. Animal sources of Australian bush tucker, such as kangaroo, emu, crocodile, and witchetty grubs, provided good protein. By necessity, the Indigenous Australians had extensive knowledge about the flora and fauna that surrounded them, and it was this knowledge that sustained them for tens of thousands of years.


Today, these native bush ingredients have seen a huge revival in everyday use, from gardening to culinary application to natural medicines and skincare. You'll see tea tree and eucalyptus soaps used for their antibacterial properties, finger limes used in Michelin-starred kitchens, lemon myrtle used in body lotions, and kangaroo meat found in every supermarket. The land continues to provide.

Be very cautious when you forage for food. You must be able to trust the source. Council grounds and parks are often sprayed with herbicides.


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REPORT FROM BOGI VISIT TO DEEDEE AND PAUL SORENSEN'S PROPERTY AT SOUTH BUCCA ON SAT. 29 JULY, 2023 by Maureen

Around 30 visitors had the pleasure of visiting Deedee and Paul's beautiful 5 acre property on Saturday, 29th July. Located between the Bundaberg-Gin Gin Road and the Kolan River, what this couple have done since they purchased the property in 2021 is just unbelievable.

From numerous garden beds brimming with vegetables and herbs, to rows and rows of fruit trees and beds of interesting ornamentals, Deedee tried to keep the group together and moving but there was just so much to see that her efforts were in vain.

Just near her potting bench, several pots of turmeric were up-ended and Les de Gunst gave us tips on how to grow turmeric successfully. Les thinks the yellow type is the most robust. Some of his tips were:

- 1) He planted his last batch on 12/11/22 and harvested it on 29/5/23 thus taking 6 months 17 days to sowing to harvesting.
- 2) It is preferable to grow in beds rather than pots with rows about 35cm apart and the corms (viz. bulbs, rhizomes) about 15 cm apart.
- 3) Turmeric grows like ginger as they are in the same plant family.
- 4) Don't make the mistake of planting the corms too deeply.
- 5) Turmeric can be grated first before drying.

The discussion moved to ginger and Marlene said that ginger needs water and good drainage. Pam Burgess added that she fills a jar with slices of ginger then tops up with honey.

After morning tea on the patio, Ray Johnson from Gin Gin Landcare condensed a 5-year grafting course into a 20-minute grafting lesson! Ray showed us some of the tools he uses and added that we needn't spend lots of money on a grafting knife; just buy a \$3 packet of cutting tools from one of the "cheap" shops. Other items included plastic bags for fitting over the graft, ties, rubber bands and the all-important disinfectant, as you must disinfect and clean the blade before you make any cuts.

Ray demonstrated 2 types of grafting viz. wedge and whip grafting and added that wedge grafting is easier and is the most popular method. Ray added that this is not an ideal time to graft as avocados are flowering and it is best to select the scion and the root stock and perform the grafting whilst they are dormant. Ray added that white sapote and stone fruit are good fruit trees to practise grafting on.

After lunch, next on the agenda was a guided walk around the orchard and Marlene demonstrated her battery-operated secateurs to prune a lime tree. Marlene looked to remove "gates" which are branches growing sideways, but she said to keep branches that are pointing outwards towards you, something like the spokes of a wheel.

One interesting watering method Paul is using on their fruit trees is to place a length of 90mm diameter pipe in the ground next to each fruit tree when it is planted. These pipes are then routinely filled with water thus delivering the water straight to the root system below the ground.

Lenzie added that the fruit spotting bug will be around soon and we will have to look at covering our fruit trees with 3mm insect mesh if we want to harvest any fruit in about 3 months' time. He added that with his peaches, he waits until about 80% of the flower petals have dropped before he covers his trees.

It was well into the afternoon when people started leaving Deedee and Paul's as there was just so much to see and talk about.

BOGI sends a big thank-you to Deedee and Paul for their hospitality and for sharing this lovely property with us.



So much to see and learn at Deedee and Paul's place!



Ray Johnson demonstrating his grafting expertise



Garden Visit to Les and Kay de Gunst

Ten BOGI members visited Les and Kay de Gunst's garden on Saturday 19th August. Les and Kay have lived at their property for 51 years and have had the opportunity to establish an extensive vegetable garden in the back yard as well as a wonderful array of trees, shrubs and flowers in the front and side areas.

Les made the comment that he has noted on gardening shows, people's questions show that they are more concerned about growing trees, ornamental trees, fruit trees and passionfruit, rather than about growing vegetables in a designated garden area! There seems to be a trend to using raised garden beds which suit smaller backyards.

Kay said they joined BOGI in 2004 so they have had a long history with the club. She said that they can never move because of their extensive garden! She harvests food for their meals every day.

It seems they have family history of vegetable gardens – his father grew veggies – so Les thought that, although not deliberate, he may have been influenced by his father's example.

The garden is in a transition period now as it is prepared for the change of season. The potatoes and lettuce have been dug up and the earth is ready for the next planting. The emphasis is now on planting sweet corn, peanuts and turmeric. Many of their plants e.g. lettuce, borage, parsley, self sow.

Les uses composted soil. The compost tower is something to behold! Les digs up a certain amount of soil from the garden beds and puts it in the top of bin. He slides the hardwood planks out of the bottom, takes composted soil out of the bottom and puts it back in the garden. The date on the compost bin is 20.01.93! Les says he can remember building it in his shed and then rolling it over and over to position it in the yard!

The bed of oats is worked into the soil to add important nutrients for the garden.

President Marlene presented a gift to Les and Kay for their hospitality. We enjoyed a lovely morning tea and all appreciated the range and quality of their vegetable garden and surrounds.



Thank you, Les and Kay



So many beautiful vegetables!



The Compost Tower!



Seedling propagation





What a turnip!!



Growing oats for soil nutrients



Luscious Strawberries

Members Contributions

N.B. Warning from Joan! If you use a metal boiler to feed your hens, ensure the boiler is upright. Hens can eat from the boiler and upend it, with themselves inside, as happened to my hen. Luckily, I noticed in time. *I'm sure your hen was very grateful, Joan (Ed.)*

Pam is justly proud of these beautiful purple cauliflowers!



Trevor is bringing 6 seedling Hummingbird trees with white or red flowers to our August meeting, . The leaf has very high protein levels; actually, much higher than steak. The leaves and flowers are edible. The small tree may grow to 2 - 3 m but pruning is recommended to keep leaf and flowers low for ease of harvest. Trevor is planting one in his vegie garden and is also planning to prune it. As it is a legume, it should be great for soil health and assist with free nitrogen fixation. It is very similar to the Moringa tree.



Save the Date:

Saturday 2nd September Swap Meet: end of Marks Street, beside North Bundaberg High School – 9.30am

Saturday 14thOctober: Maryborough Community Garden – 9:30am Cr Rex and Aberdeen Sts. Maryborough

Sunday 10th December: BOGI Christmas Party - Baldwin Swamp – 10am – 3pm

HERB OF THE MONTH – by Chris Jeffrey –August 2023

VALERIAN- *Valeriana Officinalis*- meaning to be strong

Constituents: Essential oil includes isovalerianic, valerianic, acetic and formic acid, borneol, pinene, campene, sesquiterpenes, iridoids, resins, gums.

Minerals: magnesium, phosphorus, potassium, copper, zinc

Actions: antispasmodic, sedative, nervine, tonic, anodyne, cathartic, diaphoretic, diuretic, carminative, antithemic, digestive, expectorant, stomachic.

Medicinal uses: The roots and leaves of the Valerian herb contain sedative properties, with highest concentration in the roots, which form as a fibrous mass. The herb is often prescribed by the medical and natural health practitioners as a non-addictive alternative to the non-botanical synthetic drug Valium, for stress and nervous disorders, insomnia, restlessness, depression, cramps, muscle relaxant, epilepsy, palpitations of the heart, nervous headaches, dizziness and hysteria. My father was prescribed Valium many years ago for sleep disorder following a family death, which helped very well. However, like all prescription drugs, and even herbs, taken long term can sometimes be dangerous, so it is wise to check with a health professional on a regular basis to assess the ongoing effect. Valium has been used for many other disorders including, diabetes, pain relief, measles, fevers, colds, various infections, and a nerve and heart tonic.

Valerian is considered safe for most people. However, as we are all different, it can on rare occasions act as a stimulant rather than a sedative to the body. If that were to happen, discontinue use, and seek a herb that is more suitable for you. The root brewed with the addition of a little liquorice root, a couple of raisins and a pinch of anise seeds, makes an effective expectorant for persistent coughs. For nervous conditions, valerian is sometimes combined with St John's Wort. A poultice can also be made with the tea to give relief from rheumatic or swollen joints, wounds or rashes.

This certainly sounds like another of those 'go to' herbs for many health issues that can occur regularly in our busy lives. Valerian is a perennial, 20—150cm high, with a spreading root system. It will require a well-drained loose soil, and yes, it will need some shade in our sub tropic temperature. The description of Valerian being like a blanket for your compost heap, is because the plant stimulates phosphorous in the vicinity – meaning your veggies and herbs will benefit. Valerian leaves in the compost will add extra minerals and aid decomposition. Used as a foliage spray monthly, it helps to promote health and disease resistant plants.

Source: 'How Can I Use Herbs In My Daily Life' by Isabell Shipard.



What's On! BOGI SWAP MEET AND B-B-CUE!

The 2023 BOGI Swap Meet and B-B-Cue is on Saturday, 2nd September starting at 10 am. We will set up in the shelter shed of the soccer ground at the end of Marks Street, beside North Bundaberg High School.

Direction signs will be erected. The toilet block will be open.

Pam will bring her b-b-cue and buy some sausages and bread and people can bring some food to share if they wish. Marlene will have food available for the non-meat eaters so please bring your own plate, cutlery, cup and chair.

Last year's Swap Meet was a lot of fun and a great opportunity to have a clean-out of your garden shed. Items could include old pots, tools, bits of shade cloth, timber, wire, plants etc. It is okay if you do have anything to sell. Please ensure that the price is clearly marked. Tables will be set up around 9 am.

It is a great opportunity to invite friends and family to this event, as it is a relaxed morning with plenty of time to talk plants, gardening, fruit trees etc. and other important items.

Please ring Maureen on 0427517759 for more information.

Planting by the Moon – September

(Full Moon to ¼ Moon) 1 – 6 Sept: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¼ to New Moon) 7 – 14 Sept: 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) 15 – 22 Sept: 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) 23 – 6 Oct: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

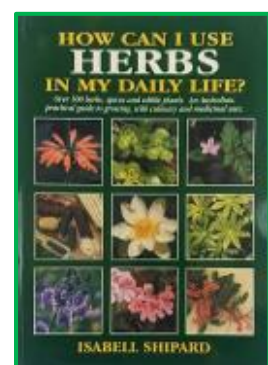
What to plant in September:

Asian vegetables; Beans; Beetroot; Capsicum; Carrots; Chili; Choko; Cucumber; Eggplant; Lettuce; Leeks; Marrow; Melon; Mustard Greens; Potatoes; Pumpkins; Radish; Rosellas; Shallots; Squash; Sweet Corn; Sweet Potatoes; Tomatoes; Zucchini.

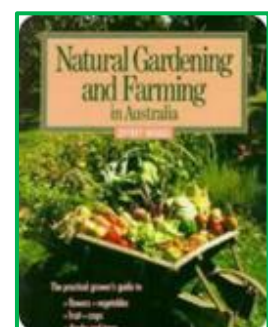
Plant these in seedling trays first: *Capsicum; Chili; Cucumber; Eggplant; Lettuce; Luffa; Marrow; Pumpkins; Silverbeet; Squash; Sweet Corn; Tomatoes; Zucchini.*

From Our Library With Joy Millet

This superb book on plants, **How Can I Use Herbs In My Daily Life** by **Isabell Shipard**, is a valuable reference book for every home and makes a practical gift for any gardener, cook and/or for those with an interest in natural medicine. You will gain an understanding of how herbs relate to health, how they contain pain-relieving properties, support the innate healing process and strengthen the immune system. You will also gain an appreciation of how many medicinal herbs can be used as preventative medicine. Our Herb of the Month section uses this excellent reference!



The next selection is **Natural Gardening and Farming in Australia** by **Jeffrey Hodges**. This is a revised edition of a book first published in 1989. Jeffery Hodges is an environmental scientist who is also an experienced gardener. He provides an authoritative and accessible guide to gardening and farming in harmony with nature. Jeffery gives practical advice on how gardeners and farmers can use organic methods in place of harmful pesticides and artificial fertilisers. **Natural Gardening and Farming in Australia** is a fully illustrated, down-to-earth guide to organically growing vegetables, fruit, flowers, shrubs and trees in Australian conditions.



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.

Committee

President – Marlene Kent-Fuller
 Vice President – Maureen Schmitt
 Treasurer – Kay de Gunst
 Secretary – Karyn Ennor
 Committee Members – Pam Biden, Christine Jeffrey, Lenzie Duffy and Deltry Dickie.
 Herbal Teas – Tony Wolfe
 Library – Joy Millett
 Supper – Pam Biden
 Workshops and Field Trips – Linda Cameron
 0437 679 747
 BOGI Shop – Bruce McKay
 Newsletter Editor– Deltry Dickie
 Assistant Editor – Joan Smart

Deadline for September 2023 Newsletter

Friday 15th September 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

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.

Treasurers Report July 2023

Opening Balance 1 st July	\$5916.59
Income	\$533.23
Expenditure	\$943.62
Closing Balance July	<u>\$5506.20</u>

This Month’s Supper Roster August 29th

<i>Lara Hawker</i>	<i>Katrina Raynor</i>	<i>Maureen Schmitt</i>
<i>Peter Van Beek</i>	<i>Michael Apap</i>	<i>Julie Burry</i>
<i>Christine Jeffrey</i>	<i>Rosie Blyth</i>	<i>Bhavana Shukla</i>
<i>Kay Bishop</i>	<i>Nolene Mackey</i>	<i>Jo O’Callaghan</i>

*** Found ***

Maureen has a few containers from Bundy Flavours which aren’t hers! She would like to return them to their owners. She will bring them to the August meeting!

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.