



Bundaberg Organic Gardeners

~working with nature~

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NEWSLETTER MAY 2023

Hello and welcome to our May Newsletter.

No doubt this cooler weather has you all working towards a good growing season over the next months. The occasional rain has been most welcome.

There is information in this newsletter about the upcoming Queensland Garden Expo, held from 7th to 9th July in Nambour. President Marlene will be gauging your interest at our monthly meeting, in joining us in a bus trip to this great event!

As always, you are most welcome to contribute your best gardening tips or recipes using the wonderful range of healthy ingredients so available to us.

Please contact me by phone on 0414 992 553 or by email at newsletter.bundyorgard@gmail.com

Happy gardening!

Warm regards, Deltry (Editor)

CLUB MEETING – Tuesday 30th May 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!

May Meeting

The speaker at this month's meeting is local coffee producer, Rod Walmsley from Kadilly Coffee who will be talking about coffee and bees! I'm sure you will all be interested to hear how he developed his love of coffee into this successful business.



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!

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

Tuesday 27th June
Our speaker will be Mick McAulay from Corymbia Cottage. He is going to talk about how growing his own food has improved his health.

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.



Report on BOGI visit to Nardoo Nursery by Maureen

Nine BOGI members, 9 visitors a 2 and a 4 year old visited Nardoo Nursery on Saturday, 6th June. Our guide Lyn from Nardoo Nursery was very knowledgeable and told us the complex houses a number of disability-support organisations. The complex was once the Bureau of Sugar Experimental Station where new cane varieties were tried and tested for the Bundaberg region.

Lyn started the tour by showing us the propagation area, then we moved to the potting-up area and then to the hardening off area. Many of the plants grown at Nardoo are propagated by cutting and Lyn demonstrated how one should pot up cuttings so as to not damage their tender new roots. Lyn said their cuttings, on average, take about 6 weeks to form new roots.

After viewing their retail area and their shadehouse full of beautiful indoor plants, we had a guided tour of the whole complex. The above ground garden beds we saw were overflowing with healthy leafy greens and vegetables, all cared for by the centre's disability clients.

The chicken pen was a favourite with both adults and children, and the hens were, in the main, happy to be held and patted, as long as they were being fed.

The outing ended with morning tea on the verandah. Keith Rowell had brought in 2 loofahs and a large winter melon and he kindly explained how the vine grows and how he uses the melons. Apparently in a good year, Keith's vine produces so many melons he does not know what to do with them and his chickens get a lot of them after he has lightly steamed them. Keith explained that before using the melons you have to carefully remove all the hairs from the skin as these can cause serious itching. As for the loofahs, they are fine to cut up and use in a stir-fry when young or when dry, as a back scrubber in the shower.

Many thanks to Lyn from Nardoo Nursery and also to Lyn McIlwain from BOGI for organising the outing.

PS Nardoo Nursery is named after an Australian wetland fern used as a food plant by aboriginal people, who gather the sporocarps (seeds), grind them, and mix the powder with water (Aston, 1973) to form an edible dough (Cunningham et al., 1981).

There is some conjecture that the ill-fated Burke and Wills in 1861 died after eating too much raw nardoo. However, the popular explanation seems to be that they died from a combination of malnutrition, scurvy, beriberi and exposure.

Nardoo Nursery's Potting Mix Recipes

Propagation Mix: Normal Potting mix sieved plus perlite 50/50. Nardoo uses Boylans potting mix as it works well. Put vermiculite on top to keep moisture – this stops damping off problems.

For Native plants – ratio of 50/50 Coco Peat and Perlite

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Potting up Mix: Sieved potting mix with fertilizer. Use Native Osmocote for native plants. (Nardoo also uses Fernland's Floracote for natives.)

Vegetables: Potting mix with 100gms Osmocote to 20l potting mix.



Queensland Garden Expo is a 'must see' in 2023 for green thumbs and novice gardeners alike. Held in the Sunshine Coast hinterland town of Nambour from 7th to 9th July, this three-day expo is Queensland's premier gardening event attracting visitors from all over Australia. Some of Australia's leading gardening experts take part in three days of lectures, demonstrations, and workshops. <https://qldgardenexpo.com.au/> Are you interested in joining us? President Marlene will be gauging your interest in attending this great event!

Attention all members!

Bundy Flavours Festival is fast approaching! As you can see, we had a brilliant display last year with a wide variety of plants and seedlings, supplied by our members, to be given away to the public!

Many people were more than happy to give us a donation for their free seedlings! So now it's time to start planting your seeds for this year's festival in August! Let's make it the best one yet!

We would love to have a few herbs in a pot for display at the Bundy Flavours Festival in August?

Talk to Marlene or a committee member if this is something you could provide!

Part of our display at Bundy Flavours Festival last year!



Happy Birthday to our lovely members who are celebrating their special day in May and in June!

Enjoy your day and best wishes for a wonderful year!

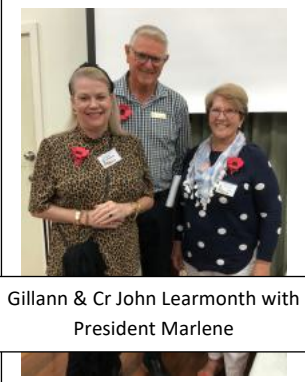


This is a Get Well message to those members who have been unwell. We have missed seeing you at our meetings due to illness. Here are some lovely flowers to help cheer you up! We hope you are all on the mend and look forward to catching up with you very soon!



The speaker at our April meeting was Cr John Learmonth who spoke about his role regarding the Council's Arts, Culture and Events portfolio in the Bundaberg Regional Council and his involvement with the Seed Bank which is a relatively new initiative for the local community through the Bundaberg Regional Library.

Coordinated by Bundaberg Regional Libraries, the Seed Library has been available at the Bundaberg and Gin Gin libraries since September 2022. There is a range of Little Gardener seeds made available which are suitable and simple for children to grow. Over 3000 loans of seeds have been recorded at the library so far, which is a great indication that this has been a very positive initiative for the community!



Gillann & Cr John Learmonth with President Marlene



Seed packets from the Bundaberg Library



Marlene presented Cr Learmonth with herbs for making delicious teas!

Library members can plant, grow, and harvest their crops and then have the option to return seeds from that plant, or donate seeds of a different variety back to the library.

To ensure there are enough seeds for the program, the libraries accept donations. It was great to see that some of our members contribute to the seed library through donations of seeds as well as using it as a resource.

New Seed Library information:

When donating seeds, a seed donation form will be required to be filled out featuring as many details about the seed as possible. It is important to note that Bundaberg Regional Libraries is not accountable for the content of donations or any errors in the accompanying information.

A maximum of three varieties of seed per household can be taken at one time and when taking seeds, members will be able to see if they have been purchased from a nursery or donated.

A tick in the purchased box indicates the library has purchased the seeds from a nursery but if the donation box is ticked a library patron has donated the contents from their own garden.

So, if you haven't had the chance to check out the Seed Bank, just pop into the Bundaberg or Gin Gin libraries to see what is available. You can of course, donate your own seeds, which helps to spread the love of gardening!

Nugrow Composted Mulch 19 Tardis Road Gregory River - Dave Molloy – 0467 028 763 - \$35 per loa



Lenzie shared his experience in purchasing composted mulch from a private company, Nugrow at Gregory River. A 1t load cost \$35! He was said his garden is flourishing since spreading it around. Here are the contact details if you are interested in purchasing this for your garden.

Dave Molloy - 0467 028 763 – 19 Tardis Road, Gregory River

From Joan Smart: Two weeks ago I planted a punnet of lettuce and beans. Today a hen flew over the fence and the vegies are no more. Needless to say, she now has one clipped wing!!



Field Visit to G'Day Farm and Blueberry Farm 21st May 2023

Linda Cameron organised a field trip for our BOGI members and friends on Sunday 21st May, to G'Day Farm, situated on Apple Tree Creek Hall Road and Blueberry Farm, which is nearby.

16 members and friends arrived on a cool Sunday morning to the G'day Farm and were warmly greeted by Greg.

G'day farm is a permaculture and organic farm growing produce for Childers and the Bundaberg area. Greg and Dionne have developed the farm growing their crops in a Northwest direction on a slope, into three swales consisting of herbs, many vegetables of sorts and 200 fruit trees. They use a solar system to manage their sprinkler system, supplying enough water to keep everything well-watered from their spring-fed dam. Their mission is to provide organic, locally grown herbs, vegetables and fruit to locals of the Wide Bay Burnett Region.

They have introduced copper into their farming practices and are having good results. They also add camel poo, cracker dust and worms to their soil. Crops such as ginger, capsicum, potatoes, cabbage, shallots, parsley, tarragon, and kale are grown in the 2nd swale. Some of these crops need to be covered from insects and are covered with 20% shade bird netting.

Greg and Dionne incorporate all the non-traditional farming and permaculture techniques practiced by [Bill Mollison & Geoff Lawton, Singing Frogs Farm, USA](#) & [Les Jardins de la Grelinette, Canada](#). As Greg states on their webpage, 'No-one said it was easy, but it's definitely worthwhile.'



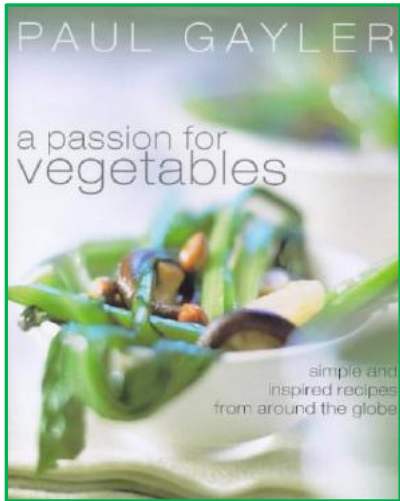
Their produce is grown without the use of chemical fertilisers, herbicides and pesticides. Since they don't use traditional farming techniques, Greg and Dionne say that what might be lacking in beauty is more than made up for in taste and nutritional value.

We ate lunch under tree shade in view of the top permaculture swale and we also enjoyed lots of chats with Dionne. After lunch, we thanked our hosts and set off to the organic blueberry farm across the valley.

Blueberry farm covers an area of 60 acres.



We met Stephanie who took us on a tour of thousands of blueberries growing under massive shade cover. Other plants growing under cover were avocado trees. The blueberries produce up to 10 years with the picking season around August and September. Mostly all the blueberries are packed at Coffs Harbour to be ready for export. Picking is usually done by backpackers and picking can't be done if there is too much moisture in the air. After our tour, a few of us stayed on to see their small crops area and view their packing shed. We were lucky to go home with a boxful of produce!
A big thank-you to Linda for organizing this very informative day.



New to our library - submitted by our librarian – Joy Millett
A Passion for Vegetables by Paul Gayler 641.65 GAY

A colour illustrated cookery book which concentrates on the use of vegetables to create a variety of dishes, including hot and cold soups, main courses, sauces, condiments and desserts. It contains advice on the storage, selection and preparation of vegetables as well as nutritional information.

A Passion for Vegetables consists of simple vegetable recipes using a large variety of different ingredients and tastes from around the world. It is organised by type of dish and by type of vegetable used.

Alongside over 150 original inventive recipes are dazzling full-colour photographs, making A Passion for Vegetables both a stunning visual treat and an undeniable taste sensation.



The changing of the Guard!
In coming President Marlene Kent-Fuller is presented with her badge from former President Maureen Schmitt. Maureen is now Vice President!
Our club is in good hands!



Stephen McGowan is presented with his membership badge from President Marlene Kent-Fuller!



Many thanks to our members for sharing their produce and plants for Lucky door prizes and the Give-away table!



HERB OF THE MONTH – by Chris Jeffrey

Moringa Oleifera- also known as Drumstick Tree, or Horseradish Tree



A native to the Indian Subcontinent, Moringa has become naturalised in tropical and subtropical areas around the world. A multipurpose small legume tree, 3-8metres tall, fast growing and drought hardy with attractive ferny foliage, is ideal as a shade tree. However, the greater benefits of this tree is the medicinal benefits, from the root to bark to leaves and the seeds. The long pods hold the seeds which are easily secured for planting. Moringa leaves and green stems are used for fodder, increasing the daily cattle weight gain by up to 32% and increased milk production. Studies in Nicaragua have determined that a spray made from the leaves and used over crops increased production by 20-35%. Plant young trees in well drained soil in sunny, frost free position, and protect small trees from strong winds. They may go dormant in winter. Growing close together could form a fence barrier, or living stakes for climbing vegetables.

Constituents; linolenic and oleic acid, sterols, tannin, protein in pods 14%, protein in leaves 38% with 8 essential amino acids , making it a high quality protein.

Vitamins; A, B1, B2, B3, B6, B7, C, calcium, D, H, K, choline, folic acid, inositol, PABA .

Minerals; Calcium, copper, iodine, iron, magnesium, phosphorus, potassium, selenium ,Sulphur, zinc.

Actions; Antifatigue, antioxidant, anti-inflammatory, aphrodisiac, digestive diuretic, tonic, Vermifuge.

Medicinal Uses: So many uses, but do not overdose. Like most herbs, start with little and gradually add as your system adjusts. Always check with your doctor prior to taking herbs.

As a leaf tea; stomach complaints, catarrh, cancer, gastric ulcers, skin diseases, lowering blood sugar levels, increasing bone density, nervous conditions, diabetes, fatigue, increase lactation, hay fever impotence, edema, cramps, asthma, fungal skin conditions, liver, gall, digestive problems, immune system, blood cleanser and blood builder.

The flowers infused in honey are used as a cough and cold remedy. The oil from the seeds is used to rub on skin to prevent mosquitoes from biting. An infusion of leaves is used as an eye wash for treating conjunctivitis.

Culinary Uses: Research shows the drumstick tree to be of exceptional nutritional value. The leaves are 38% protein with the 8 essential amino acids, which is helpful to vegetarians.

Leaves can be eaten fresh, steamed, pickled, added to salads, stir fries, curries, and soups. The flavour of the pods is similar to peas with a mild mustard taste. Sliced young pods can be used in savoury and meat dishes. Dried and crushed leaves can be used in smoothies, soups, dishes, and stored as a survival food.

NOTE: Seeds crushed to a powder are used to clarify turbid dirty water. After about an hour in the dirty water, the muddy particles are pulled to the bottom, along with over 90% of bacteria and viruses. Also, milk production for mothers feeding infants is significantly increased which has saved countless lives in drought and impoverished countries.

The reason that this tree is loved by the world's poorest and most at risk people is because it is incredibly nutrient and protein rich for both humans and the soil.

Personal testimony: Upon taking Moringa, my husband and I noticed quite quickly that we had much more energy. We were able to escape colds and flu through the cold winter in Victoria, and long term maintain excellent health: Lyn Fairbank, Tylden Vic.

Source: How I Can Use Herbs in my Daily Life? Isabell Shipard. Jeff Waddell –Trees for Life.

Our source is – “How I can use herbs in my daily life” by Isabell Shipard.

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 and Field Trips – **Position vacant**
 Newsletter Editor– Deltry Dickie:0414992553
 Assistant Editor – **Position vacant**

Deadline for June 2023 Newsletter

Friday 9th June 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.

Treasurer Report for April 2023

Opening Balance April	\$5783.65
Income	\$ 265.49
Expenditure	\$ 55.60
Closing Balance April	<u>\$5993.54</u>

This Month’s Supper Roster May 30th

Michael Apap	Lenzie Duffy
Pam Biden	Chris Jeffrey
Julie Burry	Bhavana Shukla
Linda Cameron	Cathy Critchlow
Kay de Gunst	Rosie Blyth
Clare Cropaho	

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.