



E: newsletter.bundyorgard@gmail.com M: PO Box 4158, Bundaberg South QLD 4670

E: secretary.bundyorgard@gmail.com Secretary Karyn Ennor 0447 360 882

Website: <https://www.bundaberg-organic-gardeners.com/>

NEWSLETTER MAY 2021

Hello and Welcome to our May Newsletter. In case you missed it – we are excited to be a part of the Bundy Flavours Festival again this year, please keep singing sweet tunes to your seedlings and helping them to grow ready for our give away stall, here's how you can help and get involved.

UPDATE ON 2021 TASTE B'BERG FARMERS MARKET ON SAT. 12 JUNE Thanks to everyone who has agreed to help with the Farmers Market. It seems we already have about 450 seedlings and 12 large display pots tagged for the day. This is a great response but a few more of either would be great. As for marquees, tables and other bits and pieces we need, they are slowly being put together so all is looking positive for the day. It seems we can have more space at the event if we need it.

SEEDLINGS FOR EVENT DAY Members have the option to drop seedlings at Trevor's place (see below), bring them in on Saturday morning to the event, ask other members to babysit seedlings for them if members live out of town or bring to next Tuesday night Meeting on 25th May.

SEEDLING DROP OFF AT TREVOR'S HOUSE AT 40 MARKS ST NORTH BUNDABERG. Trevor has kindly agreed to let us use his house as a plant drop off point if members need to. Please drop plants off as close as possible to the garage door on the side street and as close as possible to late Friday so Trevor can load them into his van. Trevor will bring them to our marquee site very early Saturday morning.

SET-UP FRIDAY AFTERNOON AND SATURDAY MORNING. At this stage it appears we can set up our marquees after 3 pm on Friday. Security for the whole site is organized.

CONTAINERS FOR SEEDLINGS: Coffee cups, toilet rolls wrapped in newspaper with elastic bands, pods in newspaper and egg cartons are all options.

CLUB MEETING

Time: Doors open **6.00 pm** For a **6.30 pm** start
Guest Speaker: John Blackley Queensland Fire and Rescue.

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

Attendance \$3-member, \$5 visitor, Tea Coffee avail

Tuesday 25th May

**Get your lucky door ticket, bring something to share on the giveaway table,
share some free seedlings**

From The April Meeting

Guest Speaker for the BOGI April meeting was Ian Blackmore who spoke about European and Native Bees.

Ian spoke about how hard it had been over the past year to source pure organic honey. That is, honey which has not been blended with anything else. Many brands of manufactured honey have a very small percentage of natural honey, mainly being blended with glucose or corn syrup. Although this may not be visible on the label, as little as 10% may be pure honey.

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(Pure honey and raw honey = the same thing)

The main types of honey include box, ironbark, macadamia and farm blossoms. Many of these honeys are the same colour, however they differ in flavour. (The farm blossom honey which Ian referred to was produced on a vegetable farm of 7 000 acres and tended to be slightly darker in colour.)

Ian also mentioned cold spun and hot spun honey – the honey produced from the cold spun method was much better, because the hot spun method takes the nutritional value out of the honey. (Cold spun honey refers to the natural processing of honey without using any heat. Hot spun honey involves preheating to 40°C, straining, filtering/clarification, and indirect heating of filtered honey at 60-65°C for 25-30 minutes, then cooling.)

About the bees, Ian said that there were about 20 000 different breeds of bees, of these 8 bee varieties produce honey to be used for production, and that the native bees were by far the better pollinators. A beehive may consist of 20 000 - 30 000 bees, mainly females which live up to 16 weeks. The male bees, called drones only role is to mate with the queen, and their life expectancy is about 90 days.

He also mentioned that this year had been a bad season due to the drought (some trees may not flower this year), and bushfires, which may lead to a shortage in the availability of honey.

[One fairly important comment stated by Ian that I would like to challenge was that 'All honey is organic isn't it?' To my knowledge and understanding, for a honey to be Raw, it means that it has not been heat treated throughout the extraction and bottling process. For a honey to be labelled as Organic, it does not have to be raw, and can still be processed through a heat-treating method, but must be from bees who have been kept far enough away from commercial farming that they could not forage throughout conventionally grown crops. The pick of the bunch to look out for would be both Raw and Organic. There have been many studies of honey that has come from bees living within conventional farms and unfortunately, traces of pesticides have been found in the honey. You can read more about that here <https://www.abc.net.au/news/science/2017-10-06/pesticides-found-in-75-per-cent-of-honey-sold-worldwide/9011510> - Cathy (Editor)]

Maintain Continual Living Plant Roots In Your Garden or Farm

When left to her own devices, Mother Nature makes sure there is something living and growing in the soil at all times.

In a traditional corn-soybean rotation, there are only active roots in the soil about 32% of the year, leaving the root zone a desert for the remaining 68% of the time. That leaves hungry soil microbes high and dry and organic matter in short supply.

To achieve the benefits of a more natural cycle, including more efficient nutrient recycling, producers should look to add cover crops to their no-till system.

In a traditional system, we are only about 30% to 40% effective at recycling nitrogen and 50% effective with phosphorus. Cover crops give us a way to recycle more of those nutrients with active carbon.

Soil is teeming with life. Microbes, such as bacteria and fungi, are the laborers that keep soil working to a producer's advantage — and some are more beneficial for certain functions than others.

Most microbes live close to actively growing roots. If you don't have anything growing, those microbes die off. No-till helps by not disturbing habitat, but it doesn't work completely because we haven't added living roots. Page | 3

Add a cover crop and you can build microbial levels and improve your soil.

Fungi are much more efficient than bacteria at storing carbon in the soil. Because fungi don't handle tillage well, bacteria usually dominate tilled fields while fungi dominate in no-till fields.

Fungi act like a spiderweb, spreading out and pulling in nutrients. Mycorrhizal fungi invade the plant root and fungal hyphae penetrate small crevices in the soil. That brings nitrogen and phosphorus to the plant while the plant gives the fungi carbon and simple sugars for energy.

The fungi contain a substance in their cells called glomalin, which serves as a glue to coat soil particles and promotes good soil structure. No-till soils, especially with a live cover crop, have more glomalin, which improves soil structure and reduces compaction.

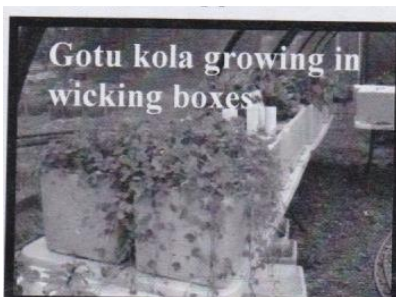
Two Leaves a Day Keeps Old Age Away

Barry Avis, Husband of May Avis, has been using fresh leaves of Gotu Kola for 20 years; a daily dose enough to cover two 50cent pieces. They read an article in the Women's Weekly about it and decided to give it a go. After two months he was much better. When on holidays for two months without taking it, the arthritis became worse again. After two months back home using it again, the arthritis largely disappeared once more. Barry now takes dry leaves with him on holidays to make tea. Only now, at age 82, is some arthritis coming back in his hands. He reasons that Gotu Kola is a blood-cleanser, which makes it easier for all organs to function properly.

Gotu Kola has many other popular names: Pennyworth, Indian Ginseng, Horse-hoof grass, Gotu Cola and probably more. In her book 'How Can I Use Herbs In My Daily Life?' Isabell Shipard devotes eight pages to this plant. She lists over 94 ailments and affections that have been claimed to be relieved or cured by taking Gotu Kola regularly. She quotes a legendary saying that 'Two Leaves a Day Keeps Old Age Away', but that may be a bit much to hope for. Isabell warns against going overboard; as with anything else, too much of a good thing can be damaging. Too much Gotu Kola can cause diarrhoea as an early sign of overdosing.

I am guided by a statement that up to six leaves per day is a safe dose; it has been for me so far. Once I had a regular supply of Gotu Kola I stopped taking Glucosamine / Chondroitin capsules for some mild arthritis that had started. So far I have no regrets, actually the opposite: no more arthritis and money saved. I mis small pieces through my daily salad to disguise the slightly bitter taste. Having the plants in wicking boxes is much better than picking them out of the grass, given the amount of kangaroo droppings on my lawn.

(Submitted by Peter Van Beek – originally published in BOGI newsletter in November 2011 but still as relevant today)



Member Profile - Lenzie Duffy

I have always been interested in growing organically since I was young.

I grew up in Chinchilla on my parents dairy farm. When I was 14 my parents had a bad accident and me being the oldest, I had to take charge of the family and the farm. I even gained my driving licence at age 14 ½ which was earlier than most boys. In the Chinchilla – Briggalow district I bought a farm and also managed farms; even started share-farming at age 19. This taught me so much about dealing with business.

Married to Ailsa, we had managed several farms by the time I was 40. We bought a house in Dalby and surprisingly, I started my own business supporting local farms with welding and farm jobs around the district. This became a very busy business being a Jack-of-all-trades.

I was unfortunate to break my back and was wheelchair bound. The Dalby business was auctioned off as we had already purchased a property near Hervey Bay. This was to be our retirement project. Luckily, I recovered from my injury and set out to plant as many fruit trees, medicine trees, orchids and bush tucker trees on our Hervey Bay property. With the property flourishing, I had joined a Rare Fruits organization and had become friendly with some Bundaberg Rare Fruits members who told me about the Bundaberg Organic Gardeners Club. I sold up my property in Hervey Bay because my wife had died and made the move to Bundaberg in 2018. I now have planted 64 fruit trees on my property as well as an abundance of vegetables where I have room.

I joined the Bundaberg Organic Gardeners Club soon after moving here and find them a friendly bunch. Some lucky neighbours benefit from my oversupply of produce.

Something I really enjoy is recycling. Never throw something away if you can't find good use for it.

Lenzie we are lucky to have you as a part of our club. Your enthusiasm for growing food is contagious and your knowledge is always appreciated.



Other important club news....

LIBRARIAN NEEDED. BOGI needs someone who can take over managing our library. We have a good selection of books available and it would be great to have the library utilised more. The job would entail updating our library list and making the books more available to members.

DO YOU WANT TO GO TO THE NAMBOUR GARDEN EXPO ON FRIDAY

9TH JULY? A great opportunity has arisen for BOGI members to join the Bundaberg Bushhouse Club on a bus trip to the Nambour Garden Expo. As the event is soon, a **\$20 deposit must be paid to Joan Smart at our May Meeting to secure your seat.** The total cost of the bus fare and entry fee will be \$85. The bus will leave Stewart's Bus depot in Targo Street at 4.30 am on morning and leave the Expo mid to late afternoon.

BOGI EXECUTIVE MEETINGS – all BOGI members are welcome to sit in at our Committee Meetings. Please ask anyone on the Committee for details of when and where the next Committee Meeting is to be held. At this stage, our next Meeting is on Friday, 4th June at 3 pm in Gin Gin.

Upcoming Community Events

Bundaberg Show 26th, 27th & 28th May – have you ever entered your home grown produce at the show?

Local Info

- ❖ Buy organic seeds locally at Woodgate, Claudia and Charlie who have a business Simply Organic Farming@gmail.com 0407699283.
- ❖ Sign the petition against Coal Mining at https://www.plantogrow.org.au/protect?utm_campaign=plan_to_grow_petition_qld&utm_medium=email&utm_source=lockthegate
- ❖ **Local honey suppliers** Bundy Honey, 5 Banks Court, Bargara 0438 882 220 Bundy Honey, 89 Honors Rd, Bundaberg 0409 921 600
- ❖ Honey Bees for sale. Contact Steve 0419541250
- ❖ Lychee plants for sale Marcotted Kwai Mai Lychee. 60cm high. \$22, 60cm high. Phone Kaye 0402207901.

Please be sure to check out our WEBSITE and see the new information added under INFORMATION and then INFORMATION SHEETS <https://www.bundaberg-organic-gardeners.com/>

We want your feedback - is this the type of info / articles you want? Do you want to discuss this info at meetings, garden visits? Give your feedback to Maureen or Trevor

Support the club by purchasing some products from our shop which is always open on meeting nights, or pick up can be arranged at other times.

Deadline for June Newsletter

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 success 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 ph Cathy 0403 430 969

BOGI SHOP

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, but please contact Bruce McKay on 41544405 for collection from his address in Walkervale.

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.