



Bundaberg Organic Gardeners

~ working with nature ~

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

E: secretary.bundyorgard@gmail.com Secretary: Karyn Ennor

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

NEWSLETTER JUNE 2024

Hello and welcome to our June Newsletter!

We have been enjoying the best that winter weather can offer in Bundaberg! Those of you who were at our May meeting, will recall the very interesting and informative demonstrations on seed planting! I haven't been too interested in the past with planting seeds, however, I felt quite inspired after our meeting. I have now planted a variety of seeds, vegetables and flowers.

I'll admit I can get a bit impatient – however, a few cornflower seedlings have appeared – which is very exciting! Our cup planting from the May evening meeting has resulted in snow peas, radish, sunflower and pigeon peas springing up! Last month I was talking about salt and in particular table salt. I assume we all use a certain amount of salt when cooking our beautiful organic produce and here is what I've learnt about the differences to what is available – particularly in Australia! There are health benefits to Himalayan and Celtic salt as they contain the important minerals not present in processed salt. In Australia, there a couple of companies producing locally harvested salt – namely Murray River Salt Flakes and Tasman Sea Salt.

Here is a link for you to check out more about this research!

<https://longevity.technology/lifestyle/what-no-one-tells-you-about-celtic-salt-vs-himalayan-salt/>

Happy gardening and healthy cooking! All the best, Deltry

July Meeting

Our speaker for July will be Hayley Martell from the Bundaberg Bee Keeping Society.

Content

- Pg 2 May meeting Report: Val Wright - Edible weeds
- Pg 3 Seed Sowing Dem report
- Pg 4 BOGI outing 25th May
- Pg 5 Member Profile- Lara Hawker
- Pg 6 Gardening news
- Pg 7 Health Information
- Pg 8 Herb of the Month – Sambung Nyawa
- Pg 9 Trevor's corner - Molasses
- Pg 10 Save the Date - Moon planting

CLUB MEETING – Tuesday 25th June 2024

Club meetings are 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, 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.

June Speaker

Our speaker for June will be John Parsons – also known as 'The Bat Man'. The theme of John's talk is 'Pollinators of the Night!' "The public should be educated how important bats are. But most importantly they should be aware of the differences of mega bats and micro bats... They are the world's biggest pollinators and without them, we would miss out on fruit, flowers, and trees." We look forward to hearing this important ecological message from John!

<https://backyardsforbiodiversity.org/blog/f/champion>

Dear Members,

Could you please check your phone number against the recent phone list, which you received in April, to ensure it is correct. If an adjustment is needed, you can contact Treasurer Kay or make corrections at the June meeting. Thank you!

"In every gardener, there
is a child who believes in
The Seed Fairy."

Robert Brault

May Meeting Report – by Lara Hawker

At our May meeting we had a talk from one of our members, Val Wright. Val spoke about how she makes use of edible weeds in her garden. It is probably a good time to point out that not all weeds are edible. Val likes to research different weeds and she then mixes her edible weeds with other foods to satisfy her appetite. Sometimes she will mix her weeds in a blender and then add that to a sandwich. Sometimes she adds it to yogurt or to soups. Val has found that adding this roughage to her diet really helps to keep her feeling full.






Some of the weeds that Val eats are green amaranth, sow thistle, dandelion, leaf gin sing, pig face and sensitive plant. She also uses cobbler pegs to make tea and the leaves in a salad or soup. She adds flavourings to them such as curry powder, LSA, coconut powder or psyllium husk. You can add anything that is a powdered flavouring. There are a few other things that might be growing in your garden that you can also eat. Among those are sweet potato leaves and passion fruit leaves.

Val recommends doing plenty of research before eating weeds. She uses the forager’s handbook, the lost book of herbal remedies, google and plant identifying apps. She also recommends that you check the weeds are compatible with any medication you are taking and that you do not have an allergy.

Beware of plants that have a milky sap such as painted spurge; these are not for eating. It is also important to check that your plants are clean. Don’t pick them from areas where people walk their dogs. It is also important to know if the area has been sprayed. Picking weeds from your own garden is best because you know what is there.

Happy foraging. Try researching and eating something new!

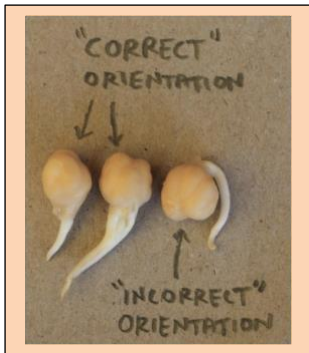
Edible Weeds

<p>Amaranthus</p> 	<p>The <i>Amaranth Viridis</i> leaves, often known as chaulai, pigweed, or arai keerai, have been celebrated for centuries across various cultures for their remarkable health benefits. Here are some essential health benefits of this versatile cruciferous green. Amaranth leaves are a storehouse of essential nutrients. They are loaded with vitamins A, C, K, and folate, vital for supporting a robust immune system, promoting healthy vision, and aiding in cell growth and repair.</p>
<p>Sensitive plant</p> 	<p><i>Mimosa pudica</i> L. Sensitive plant is a creeping annual or perennial herb. majorly possesses antibacterial, antivenom, antifertility, anticonvulsant, antidepressant, aphrodisiac, and various other pharmacological activities. The herb has been used traditionally for ages, in the treatment of urogenital disorders, piles, dysentery, sinus, and also applied on wounds.</p>
<p>Pig Face</p> 	<p>Pigface (<i>Carpobrotus</i>) can be found along coastlines all over the world. A creeping succulent with fleshy leaves and a salty-sweet fruit that blossoms into a daisy-like flower, all parts of the plant are edible at any given stage of its life. Its thick, fleshy leaves can be eaten – raw or cooked (the roasted leaves may be used as a salt substitute) and the juice from the leaves can be used to soothe stings or burnt skin. The juice from the leaves can be mixed with water and used as a gargle for sore throats and also for mild bacterial infections of the mouth.</p>

Seed sowing with Lenzie, Les and Maureen by Lara Hawker

How to sow large, medium and small seeds.

Planting beans. Beans are a large or medium seed. With a large seed just make a hole and pop it in! If the seed is smaller then you don't need to plant it as deep. A pigeon pea could be planted about 15-20mm deep.



In summer you can plant them deeper because the soil is warmer but, in the winter, if they are too deep they won't come up.

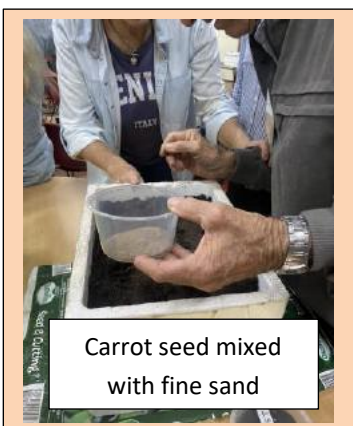
Once you have planted the bean seed give it a water but then don't water again until the seed has come up or it will rot.

When you collect seeds from your own bean plants for another year you can put them in the freezer before you store them, and this will kill any insects that might be in them.

Chris Jensen added a helpful tip; the depth of the hole should be 3x the size of the seed!

Beetroot seeds are a medium sized seed. You should plant these individually about 20mm deep, as you can get 1,2 or 3 beetroot plants come up. Beetroot is slow to come up but there are less pests now and they will need less water while it is colder.

Carrots are a small seed. They take a bit more care to grow. Dig your soil down 8-10" and it needs to be friable. Try mixing sand with fine soil and get it smooth on top - sieve the soil. Use a stick to make an indent. Mix your seed with sand and sprinkle along the row (indent). Sprinkle sieved compost on top. Water initially with a very fine spray/can. You can put a board on top to maintain moisture and check every couple of days for shoots. Lindsey uses plastic sheeting to keep the moisture in. Condensation forms on the plastic which keeps it moist for the 12-14 days until they are up. Lindsey weighs the plastic down using boards on the edges.



Carrot seed mixed with fine sand



Carrot seed covered with sieved compost



Covered with plastic wrap

We were all given our opportunity to grow our own seeds in cups at home and bring them in for the next month's meeting in June. We planted Madagascar beans, Snow peas, Pigeon peas and Sunflower seeds!

REPORT FROM BOGI OUTING ON SATURDAY, 25TH MAY TO the LIONS COMMUNITY GARDEN AND FORMER PERMACULTURE GARDEN at the Botanical Gardens: by Maureen

The Lions Community Garden Community Garden, situated on the corner of Gavin and Hinkler Ave, North Bundaberg, was looking great when we visited it on a sunny Saturday afternoon. We were most fortunate to have Greg Vary from the Lions Club on site, to give us some background information on the Garden. It was established after the 2013 flood to give local people a focus after the devastation to their properties. The Railway Hotel allowed them to use the land next door, and so the development began!



Donated raised garden container



Maureen presented Greg with some organic goodies



The garden plan!



Tony, Lenzie and Lyn lending a bit of First Aid to some tomato plants!



Enjoying the afternoon sun!



BOGI members and friends!

It was very neat and tidy with almost all plants in raised garden beds. All these beds were well stocked with either herbs or vegetable plants. One bed was solely devoted to flowers and we guessed this bed was for the benefit of the bees and butterflies. Greg explained that this bed was donated by the Bundaberg Community Services Group! Maureen thanked Greg for his time and presented him with some lovely organic goodies!

Gavin Street Community Garden Overview

The Gavin Street Community Garden is a Place Activation Project supported by the Bundaberg Regional Council and managed by Creative Regions. It has been made possible through the support of the St John's Grace Fund, the Railway Hotel, Hinkler Lions Club, Brendan O'Donnell Fencing, Bunnings Warehouse and Trade Tools.

Our vision for the Garden is that it will be a communal, harmonious place, open to everyone who wishes to participate in gardening activities for their own wellbeing, as well as that of the broader North Bundaberg community.

The Garden's purposes are:

- To foster community cohesion and participation.
- To promote a sense of belonging in the suburb;
- To enhance street aesthetics;
- To provide opportunities for learning and development of practical skills.

From the Community Garden, we went to an area in the Botanical Gardens that used to be the "Permaculture" garden. Unfortunately, the garden has been overrun by pumpkin vines, nut grass, Siratro vine and exotic grasses. Maureen explained that the aim of the visit was to undertake a plant stocktake - identify what plants were growing, where they were growing and to think of how the garden could be resurrected. Tony, with the help of Jim and Dave, took measurements with a 100 meter tape, whilst Trevor and Lee focussed on identifying existing fruit trees. The introduced weed, Siratro, was fairly rampant but as Trevor rightly pointed out, it is a legume and would be adding nitrogen to the soil which is a good thing.



Measuring up!



We then enjoyed a lovely afternoon tea, overlooking the lake. Many thanks to Maureen who had packed enough goodies for us all to share!

Member Profile – Lara Hawker

How did you hear about BOGI?

I have been a member of BOGI for many years, but I initially heard about it from friends.

Have you been to any workshops?

I have been on several outings and listened to lots of speakers.

Did you learn anything you could apply from these visits?

Some of the most memorable things for me were in the early days of making wicking beds. We have had several set ups for wicking beds at home, starting with a couple of boxes that my daughter used to grow cauliflowers for her Cub badge. We then had about 8 boxes where we grew successfully for a few years. As we finished building our house, we levelled off a couple of spaces and our boxes morphed into a greenhouse of wicking beds. I love to go out and pick my own salad from the garden.

When did you develop an interest in organics?

I used to buy my organic vegetables from a farm in England before we moved to Australia. We hoped that moving here would allow us to do different things with our lives and part of that was to grow some of our food and keep some chickens.

Are you a keen gardener?

I would love to spend a lot more time in my garden than I can, but my husband is great at planting the things I bring home from BOGI, putting new seeds in for me and generally making things happen. I have also found that I can do a little bit of gardening at work! I am a teacher and worked for several years in Mt Perry where we built two wicking beds. The children would design their planting areas, plant seeds, water their plants and frequently turn up in class eating spinach leaves, tomatoes and the occasional strawberry for breakfast. Several times a year we would have enough produce to send some home with every child in the class.

I now teach 9 -10 year olds at Bundy North. We have been experimenting this year with different growing mediums, temperatures and light levels and how this affects the growth of bean plants in our classroom. We have also been looking at the composition of different soil types; for example, how much sand, clay or organic material is in our soil samples. The children were quite excited to take home all the extra bean seedlings that came up. Some of them give me weekly updates about how their plants are growing.

For me, seeing my students excited about plants is one of the best things about gardening...the second is eating all the banana muffins I make from a giant banana crop!



Could members on our supper roster (see last page) provide a list of the ingredients of your contribution due to the various dietary concerns of our attendees!



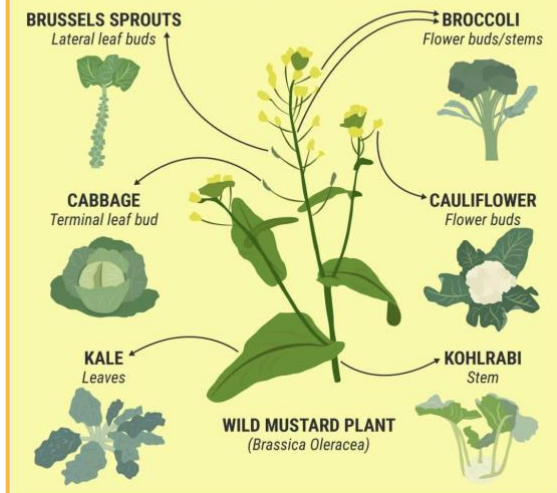
Here is some good news for the chickens in your life!!
From Cathy Critchlow: We have started stocking certified organic poultry food due to our local produce stores no longer being able to stock it. At this stage, we have Aus Organic Feeds Scratch Mix in 20kg bags for \$43.50. I may be able to get other varieties in, if the demand is there. Contact Cathy 0403 430 969 (Located Bundaberg East)



Did You Know: These Domesticated Vegetables were Bred from the Wild Mustard Plant

6 vegetables that are the same plant

Over hundreds of years farmers have been breeding one plant – called Brassica Oleracea – into dozens of different varieties. These six vegetables you can find in the grocery store are actually all the same plant.



The Cultivation of Brassica Oleracea

The earliest days of Brassica oleracea cultivation are a bit mysterious.

We know that the wild plant (and its ancestors) were originally found in the eastern Mediterranean region of Europe. And we know that 4,000-year-old Sanskrit writings reference the cultivation of the plant, as do Greek writings dating about to the sixth century B.C.

Cabbages are one of the earliest of all cultivated vegetables. Wild cabbage or wild mustard (Brassica oleracea), the original plant from which modern-day cabbages evolved, was a rather loose-headed cabbage, not like the large, tight-headed ones we know today.

Whereas natural selection is driven by things like predators, competitors, and changes in climate, artificial selection is driven by human desires, such as the desire to have tastier leaves or more numerous lateral buds. Thanks to Lenzie for the inspiration to learn more about this! This link provides more information! <https://www.theseedcollection.com.au/the-history-of-brassica-oleracea>

More interesting and helpful gardening news!

Milk is a research-proven fungicide and soft-bodied insecticide – insects have no pancreas to digest the milk sugars. Dr. Wagner Bettiol, a Brazilian research scientist, found that milk was effective in the **treatment of powdery mildew on zucchini**. His research was subsequently replicated by New Zealand melon growers who tested it against the leading commercially available chemical fungicide and found that milk out-performed everything else. Surprisingly, they also found that the milk worked as a foliar fertilizer, producing larger and tastier melons than the control group. <https://underwoodgardens.com/milk-molasses-magic-garden/>



The Taste Festival is fast approaching - Save your paper or plastic cups!
They'll be great for growing beautiful seedlings to give away!

HEALTH INFO OF THE MONTH – Preparing Beans and Grains

More people are following a whole food diet these days so it's good to become familiar with the preparation of grains, nuts, seeds, and beans. Raw is definitely not nature's way for assimilating these foods.

Many plant foods contain protective phytic acid. This compound is not harmful, but it can block absorption of important nutrients if prepared improperly. To reduce phytic acid and improve overall digestibility, we encourage soaking grains, nuts and seeds overnight in filtered water with 1 tsp apple cider vinegar or lemon juice. Rinse and drain before cooking. Alternatively, if you wish to create a crunchy activated nut or seed snack, soak overnight then bake on low heat (120 degrees Celsius) for 4-12 hours.

Traditional cuisines and pre-industrialized peoples from around the world took great care to soak or ferment their grains, beans, nuts, and seeds before consuming them. Phytic acid is one of a number of "anti-nutrients" in grains, legumes, nuts, and seeds. Proper preparation of these foods will neutralize a large portion of these problematic compounds.

The soaking processes not only neutralize phytic acid and enzyme inhibitors but will also increase the vitamin content, particularly B vitamins. Tannins, complex sugars, gluten, and other difficult-to-digest substances are partially broken down into simpler components that are more readily available for absorption.

It's a good thing that more and more people are eating these foods, especially nuts in the form of nut milk and nut cheeses, but they should always be soaked. Raw is definitely not better for grains, nuts, seeds, and beans to be properly absorbed and digested. Keep your gut healthy and feed the microbes some of their favourite food —fibre!

Instructions For Beans

1. Place the dried beans in a large bowl and add water plus 1 teaspoon of apple cider vinegar. Cover them by 5 to 7cm. Discard any beans that float.
2. Then, leave the beans to soak for at least 8 hours, or overnight depending on the legume. The longer soaks can make them more digestible but some beans need a shorter soaking time or they get mushy so check the chart below.
3. When your beans are done soaking, drain and rinse the soaked beans.
4. Transfer the soaked beans to a large pot and cover them with 5cm of water.
5. Bring the water to a gentle boil, reduce the heat, and simmer for the time allotted, discarding any foam that rises to the surface. I myself started using my Instapot (a pressure cooker) to make beans, which is super fast and I love the results. Check the chart below to see the amount of time for each bean.
6. I freeze my beans so I can have them on hand whenever I need them. You can also store them in the fridge for 3-4 days.

Type of Beans	Hours To Soak	Cook On The Stove	Cook in Pressure Cooker
Black Beans	8-24 hours	45-50 Minutes	15-20 Minutes
Cannellini Beans	8-24 hours	45-60 Minutes	20-25 Minutes
Garbanzo or Chickpeas	8-24 hours	90-180 Minutes	20-25 Minutes
Green Peas, whole	8-15 hours	45-60 Minutes	10-15 Minutes
Kidney	8-24 hours	60-90 Minutes	20-25 Minutes
Lentils, Brown	6 hours	45-60 Minutes	10 Minutes
Lentils, Green or Red	2 hours	30-45 Minutes	5-7 Minutes
Lima	8-24 hours	60-90 Minutes	10-15 Minutes
Navy	8-24 hours	45-60 Minutes	20-25 Minutes
Northern	8-24 hours	45-60 Minutes	20-25 Minutes
Pinto	8-24 hours	60-90 Minutes	20-25 Minutes
Soy	48 hours	180 Minutes	20-25 Minutes

<https://www.culturedfoodlife.com/why-and-how-you-should-soak-your-beans-nuts-seeds-and-grains/>

Herb of the month for June is...Sambung Nyawa

A great plant that we first found at Isabel Shipards farm way back in the early 2000's when we were first creating our food forest gardens. Maureen discussed Okinawa Spinach in the April newsletter; this is its Asian cousin... the flowers are very similar & both attract butterflies when flowering. Okinawa flowers now in June, however Sambung usually flowers in Spring. Sadly, I see no butterflies this season as yet. Here comes all the other names again... Mollucan Spinach, Leaves of the Gods, Sambung Nyawa which is Malaysian for extending life.. Bai Bing Ca in Chinese and Daun Sambung Mjawa in Indonesia. Gynura procubens is the Latin. Another name is Longevity spinach.



My rambling released plant/s is/are roaming over a garden bed 5' x 20'? becoming the understory for Bana grass, Bananas, Figs, a Macadamia and a once-upon-a time, Paw Paw. From my personal perspective, I have a constant supply of greens anytime. The plant does battle with the grasses and the figs, the figs are running last! The grass is limited to the first 12" or so, till I get there to pull it out, so the Sambung is a clear winner. Therefore, the sun does not scorch the ground, any moisture put down goes to the plants. The flowers are so pretty when they come but indicate it may be time to do some chop'n'drop or let the sheep in - they decimate it! Luckily, they are only allowed in there once a year.

So why plant it? Food security – health – variety – medicinal – well-being. I challenge you to grow these plants - alter your preconceived notions of 'what is food' and go with what Asia does with its many and varied greens. This will serve you so much better physically than the insipid, over fed, chemically produced, gmo excuses for 'greens' in the everyday Western diet made available to you in a plastic bag living under fluorescents. Was that too harsh? Hmm...So what can you do with this little wonder... green smoothies, with other veg and/or fruits, salad, the more varied, the better (don't forget that amazing Honey Mustard Salad Dressing), in an omelette, cut up finely with other awesome greens such as parsley, garlic chives, shallots, Sweet leaf Dandelion, Cranberry Hibiscus leaves, Ceylon Spinach, Okinawa Spinach, and of course, Comfrey, etc. It can be added to soups, casseroles, stir fries, on a pizza under the cheese, in a curry, in a veggie rich pasta bake, condiments and sauces. Don't forget the great favourite, the humble fritters! Virtually anything in the garden ends up in a fritter from time to time and is always well accepted at the dinner table.

Isabel says that in Singapore, it is valued as a stabiliser of blood pressure and blood sugar levels. People can eat three to seven leaves a day for this purpose. There are so many more medicinal benefits, (I hope you have her book by now to reference daily) including detoxification, migraine, constipation, arthritis, rheumatism, gout, diabetes, fevers, malaria, varicose veins, kidney stones, pancreas diseases, joint and back pain....the list goes on. Needless to say, this plant is almost as important in your daily diet as Comfrey.

Isabel's book shows anecdotal evidence of life extension by drinking nine leaves in two cups of water daily, simmered after the boil for 2 minutes. It can be drunk hot or cold. I prefer a teaspoon of honey in any and all my herbal cuppas, as it is sweet, medicinal, and guilt free. For a change of flavour you can add peppermint, menthe mint, lemon myrtle, citronella grass, etc. Whatever is in your garden! I so love what comes from our Creator's hand to us via mother nature.

Finally, Sambung contains asparaginase, an enzyme that has been found to lower levels of acrylamides in the body. Researchers say, acrylamides are seen as cancer causing substances, which may be created when some foods are fried, baked, grilled or roasted. Arylamides also have been found in foods grown on mineral depleted soils. By eating or drinking a few of these leaves each day, your level of asparaginase is increased, thereby providing daily assistance living in this current world. There is much more info than I can provide in one page! Please study this one - plant it, grow it, and ingest it. I believe an organic, homegrown diet will extend your life. Till next month, Pam. Reference: Isabell Shipard: How Can I Use Herbs In My Daily Life?

Trevor's Corner: 'Mollyasses'

Use molasses in your garden for organic soil building and pest control.

It contains calcium, magnesium, iron, potassium, sulphur, sugar, and a whole host of micronutrients.

Molasses is:

- Completely natural
- Non toxic
- Packed with minerals and vitamins
- High in carbohydrates



BENEFITS OF MOLASSES

Molasses is an effective soil amendment and fertilizer ingredient as it is completely natural and eco-friendly.

1. **An organic, non-chemical pest control solution:** By adding molasses to soil, you can create an affordable, outstanding pesticide for your crops. Use it on it's own or add it to another organic pest control product for an extremely powerful result!
2. **Improves microorganisms in the ground:** While many modern-day fertilizers can make soil sterile by killing off good organisms, adding molasses to soil does the opposite! Because it's rich in both micro and macro nutrients, one of the biggest benefits of molasses for soil is its ability to boost the structure and moisture retention of the medium (encouraging the growth of beneficial organisms).
3. **Healthier & faster plant growth:** When you add molasses to soil, you boost its sugar content. This extra sugar can increase the microbial activity which, in turn, increases the ability of micronutrients to the plants and helps them grow faster!

As a Spray for chewing insects

Dissolve 20 ml of molasses in one litre of warm water and add a teaspoon of liquid soap. Spray both upper and lower surfaces of the leaves.

Insecticides containing molasses can deter soft bodied pests like aphids.

Molasses raises the sugar content of plants and kills insects, causes a massive bloom of microbes in the soil and drives out Fire Ants. What more do you need?"

Fire ants hate sugar.

Molasses added to organic pest-control products makes them more powerful and increases the time of effectiveness. The usual rate of 30 ml of liquid per 4 litres of molasses for control of caterpillars works well.

Soil

The best way to apply molasses is by adding 80 – 100 ml molasses to your 9 litre watering can and mixing it in. Then a light water over your 100 square metres will do wonders. Apply only once per month.

If you add about 1 gallon of dry molasses per cubic yard of compost material, the pile will decompose in just a few weeks.

The worms will migrate towards the molasses in about two hours.



SAVE THE DATE - SATURDAY 6th JULY
QUEENSLAND GARDEN EXPO – NAMBOUR
Discounted: \$25 FOR BUS AND \$20 ENTRY
RESERVE YOUR PLACE! BRING A FRIEND!



THERE IS SO MUCH TO SEE, DO AND HEAR!

More than 360 exhibitors including 55 nurseries
Plant clinic to identify and assist with plant problems
Free lectures and demos all day, every day
Free advice from leading gardening experts

Email or call KARYN on 0493789243 OR pay at our June meeting!

Queensland Garden Expo is a 'must see' in 2024 for green thumbs and novice gardeners alike!

<https://qldgardenexpo.com.au/>

Planting by the Moon – June - submitted by Kay de Gunst

Planting by the Moon – June



(New Moon to ¼ Moon) 6 – 13 June: 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) 14 – 21 June: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

(Full Moon to ¾ Moon) 22 – 28 June: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¾ to New Moon) 29 June – 5 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.

What to plant in June:

Asian vegetables; Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; French Beans; 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; Tomatoes.

Save the Date: Saturday 20th July

Our outing is to Burnett Downs, near Sharon. Our first stop is to a former nursery where you may purchase ornamental plants and other garden needs. We then move on to see a wonderful garden before enjoying morning tea, overlooking the Burnett River. After morning tea, we can visit Mike and Rose Apap's garden!

Following this garden visit, we can eat lunch near the Burnett Downs Boat Ramp. There is also the opportunity to do some rowing or kayaking on the river! More details and sign on sheet will be available at our June meeting.

Please bring: Chair, Morning tea, lunch (if staying). Contact Maureen: 0427517759



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.

BOGI SHOP – See Chris Jensen 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 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 2024

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, 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 – Chris Jensen - 0412 992 191
 BOGI Shop Support – Bruce McKay
 Newsletter Editor– Deltry Dickie – 0414 992 553
 Assistant Editor – Joan Smart
 Note Taker – Lara Hawker
 Facebook Co-ordinator – Cathy Critchlow

Deadline for July 2024 Newsletter

Friday 12th July 2024

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, 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.

Treasurers Report May 2024

Opening Balance 1 st May	\$ 6198.48
Income	\$ 168.86
Expenditure	\$ 119.70
Closing Balance May	\$ <u>6247.64</u>
Visa Account	\$ 566.16
Income	\$ 0.00
Expenditure	\$ 267.30
Balance	\$ <u>298.86</u>

This Month’s Supper Roster Tuesday 25th June

Rose Apap, Lenzie Duffy, Karyn Ennor
 Malcolm Fuller Maureen Schmitt Pam Biden
 Joan Smart, Carolyn Matteschek
 Les de Gunst Trevor Galletly

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.