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## NEWSLETTER MAY 2025

### Hello and welcome to our monthly newsletter!

No doubt you are enjoying our autumn weather. It is a such a lovely time of year to grow and replenish our gardens. I came across this quote the other day and thought I would share it with you!

*Wendell Berry: Odd as I am sure it will appear to some, I can think of no better form of personal involvement in the cure of the environment than that of gardening. A person who is growing a garden, if he is growing it organically, is improving a piece of the world. He is producing something to eat, which makes him somewhat independent of the grocery business, but he is also enlarging, for himself, the meaning of food and the pleasure of eating.*

As you read this newsletter, you have until Friday, 24<sup>th</sup> May to phone or email me re your interest in attending Blair Hill's mushroom workshop. See below and Page 3 of the report. If you love mushrooms and enjoy the fun of growing them, then this is for you!

All the best and enjoy growing and eating that beautiful produce from your own garden, Deltry

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### Workshop

Grow your own Mushrooms with Blair Hill  
Saturday 7<sup>th</sup> June at Kay and Les home.

Contact Deltry 0414 992 553 by May 24<sup>th</sup> for your spot!

### CLUB MEETING – Tuesday 27<sup>th</sup> May 2025

Club meetings are always held on the last Tuesday of the Month. No meeting in December!

**Time:** Doors open 6.00 pm for a 6.30 pm start

**VENUE: PLEASE NOTE: Sims Road Community Hall, 24 Sims Road, Walkervale.**

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.

### May Speaker

Murray Hallam is probably the best-known face in the world-wide Aquaponics movement. Murray is by nature an innovator and in his Research & Development facility has perfected many new methodologies for commercial farm Aquaponic systems. <https://www.aquaponics.net.au/profile.php>  
Here is your opportunity to learn more about this approach to growing your food!

### Are YOU on the Supper Roster?

Please check the last page of this newsletter to see if it is your turn for either May or June.



## Mushroom Man – Blair Hill: Report by Lara



At our April meeting, Blair came along to talk to us about growing mushrooms. He started organic farming in his small market garden in the 90's. This led him to an interest in soil biology and the symbiotic relationship between trees and fungi. This interest then led him to grow mushrooms.



Blair grows saprotrophic mushrooms which are wood recyclers. This is different to button mushrooms which live on compost. He grows a lot of oyster mushrooms. In Bundaberg, we are on the edge of the zone where we can grow some varieties of Oyster mushrooms without a cold room. Blair has bought and tried different varieties of mycelium to see which grows best in our area. He originally grew for restaurants but now makes kits for people to grow their own mushrooms at home.

When growing mushrooms, it is important to keep your materials sterile. Blair began with a sterile box which was misted with alcohol to sterilise. He had holes in the box where pregnancy gloves for cattle were attached so he could work with the materials inside the box. The materials in the box consist of substrate which has been sterilised by pressure cleaning. This takes about 2.5 hours to make sure that the heat has killed all the bacteria. The substrate needs to be at an optimum moisture level. The substrate is put in the bag and inoculated. The mycelium then grows in the bag. The hardest part is keeping it all clean as you don't want mould to grow. Blair now uses a more sophisticated set up with a HEPA filter and cold rooms.



This is the original way Blair grew mushrooms.

One of the cold rooms he uses is dark and for colonising. The other cold room is for fruiting. This room is lit with a light that resembles natural light. Fresh oxygen is supplied using a fan and CO2 monitor. This room is also colder as they like cooler climates. This cold room runs between 17-20° with 90-95% humidity. Some of the kits he sells for home growers do not need to be as cold and will grow here during winter.

If you try to grow mushrooms in a bag at home, you are trying to shock the mycelium into fruiting (growing mushrooms). You don't need a special room, but you can do a few things to improve their growing environment. To do this you need to lift the humidity, provide some light and oxygen. You can increase the humidity by standing your bag on a wet tea-towel and spraying the outside of your bag. Apart from one initial spray of water under the flap of plastic you do not spray the inside of the bag. Usually there is enough light in a kitchen to grow your mushrooms. You want ambient light rather than direct sunlight. The oxygen gets into the bag through the tiny flap which you cut (following the markings on the bag) when you are ready to grow.

Blair showed us some princess oyster mushrooms he had grown in just 6 days. Each variety has its own specific timing. Some can take 10-14 days to go from inoculation to fully grown whereas shitake mushrooms can take 3-4 months.



You should pick your mushrooms when the cap still has a little downturn. You want to pick it before it has spores. They can double in size in 24 hours so keep checking on them. You need to pick the whole cluster at once. Don't be tempted to leave some, they might be smaller, but they are all the same age! Put your hand under the mushrooms, push up and wiggle to pick. Now tape up the hole in your bag well and turn it around and start again. When you tape up the bag make sure you take up any slack in the bag as this stops mushrooms growing inside the bag or your block from drying out quicker than you want it to.

The shrinkage of the substrate can be a problem when you grow in buckets, so it is important that your substrate is packed tightly if you try this method of growing instead of using a bag.

When growing oyster mushrooms a bag should have 3 flushes (mushroom growths). Depending on the environment you may get 5. Each flush will have less mushrooms, but those mushrooms will get bigger. Shitakes will have 1 flush and king oysters sometimes 2 or 3 flushes. Once your block has finished growing you can mix it with your compost, tip it straight into your garden or add it to new substrate, and it might grow again. It is possible to pasteurise rather than sterilise your substrate. The alkalinity will kill most things, and the oyster mushrooms will still be able to grow in that environment. If you are interested in this, look out for the upcoming workshop – Saturday 7<sup>th</sup> June at Kay and Les home. Contact Deltry 0414 992 553 by May 24<sup>th</sup>.

If you would like a bag (I highly recommend this as mine has grown two large flushes of princess oyster mushrooms already), Blair sells these at the Shalom markets for \$30.



\*\*\*\*\*

*I tried this recipe when I cooked my White oyster mushrooms – really delicious! Ed.*

Sauteed Oyster Mushrooms with Garlic Butter: Karen Tedesco <https://familystylefood.com/>

Crisp sautéed oyster mushrooms pan-fried with butter, garlic and parsley leaves. Serve this quick and easy dish as a side or over pasta.

#### Ingredients

- ☐ 10 ounces (284 g) oyster mushrooms
- ☐ 1 tablespoon (15 ml) extra virgin olive oil
- ☐ Salt and freshly ground black pepper
- ☐ 2 tablespoons (30 g) butter
- ☐ 1 clove garlic, finely chopped or grated
- ☐ ¼ cup (15 g) fresh Italian parsley leaves

#### Instructions

Prep the mushrooms: Gently pat the mushrooms with a clean towel to absorb any excess moisture. Trim off the hard stem at the base of each clump of mushrooms. Separate large clusters into more bite-sized pieces, using your hands or a knife.

Place a large (10-12-inch) nonstick pan over medium-high heat. When a drop of water sizzles and evaporates on contact, add the oil to the pan. Arrange the mushrooms in one layer. Cook, without turning, until one side is golden brown and crisp. Sprinkle with salt and pepper to taste and toss. \*Note: If the mushrooms don't fit in one layer in your pan, cook them in 2 batches, adding a little more oil as needed.

Transfer the mushrooms to a serving platter. Without returning the pan to the heat, add the butter, garlic and parsley to the hot pan, swirling until the butter melts and the garlic is fragrant.

Pour the garlic butter over the mushrooms and serve.



### **MORE ON MUSHROOMS** - <https://www.webmd.com/diet/health-benefits-mushrooms>

#### **Mushroom Benefits**

Mushrooms are a low-calorie food and pack a nutritional punch. Loaded with many health-boosting vitamins, minerals, and antioxidants, they've long been recognized as an important part of any diet. Mushrooms exposed to ultraviolet light are a good source of [vitamin D](#), an important component for bone and immune health. Cremini mushrooms are an excellent source of zinc, which is an important nutrient for the immune system and is also needed for ensuring optimal growth in infants and children.

Researchers have found a number of other excellent reasons for adding mushrooms to your diet, such as:

#### **Lower blood pressure**

Mushrooms are a rich source of [potassium](#), a nutrient known for reducing the negative impact that sodium can have on your body. Potassium also lessens the tension in blood vessels, potentially helping to lower blood pressure. Additionally, mushrooms have a low level of sodium, so using them in recipes that call for saltier ingredients can reduce your sodium intake, which in turn helps with blood pressure.

#### **Boost immune system**

The anti-inflammatory effect of mushrooms has been shown to greatly improve the efficiency of the immune system. Mushrooms contain high amounts of [selenium](#), vitamin D, and vitamin B6. Selenium can help prevent cell damage in our bodies, vitamin D helps with cell growth, and [vitamin B6](#) helps our bodies form red blood cells. All of these nutrients in mushrooms help to maintain a healthy immune system.



## Garden Report - Les and Kay de Gunst Garden Visit on Sunday May 4th

About 20 members and friends had a great time investigating Les and Kays' vegetable garden! The rain held off until the end of our visit!

Les and Kay bought their property in 1971. Les said that they are situated on red volcanic soil, but not as red as that found around the Hummock! During that time, they have established an extensive vegetable garden in the backyard as well as a wonderful array of trees, shrubs and flowers in the front and side areas. He also said that there is about a foot of top-soil then clay around Bundaberg. 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 harvests food for their meals every day from their extensive garden!

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.

Les uses composted soil. The compost tower is a wonder to behold! Les digs up a certain amount of soil from the garden beds plus food scraps and extras from the garden 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!



Les took us for a trip around their 100m square garden starting off with Daikon radish, Tarragon and Leaf Ginseng. The leaf ginseng leaves are great to eat anytime – they are a good source of protein. They self-sow easily so you are never without this nutritious plant! Gota Kola is another favourite plant – among other things, it is great for reducing the pain from arthritis. They got the tarragon plant – which was unlabelled - from the give-away table at the club one night! It was only later that a friend was able to identify it for them. *Recipe hint from Darra – Cook mushrooms in a hot pan adding a bit of salt. The mushrooms release water and as the water reduces, then add chopped tarragon leaves.*

Plants self-sow according to the season. Among the plants they grow are galangal, turmeric and comfrey, dwarf snake beans, Sambung, peanuts, potatoes and snow peas. Some plants are grown to dig in e.g. alfalfa (lucerne), which helps to nourish the soil. Les uses a little Dipel – an organic pesticide - to stop the grubs from eating his corn and other plants. Les is growing sweet potato for the slips and uses them in salad. Mother of herbs, celery, chokos and eggplant thrive under his tender care! Their garden is truly inspirational!

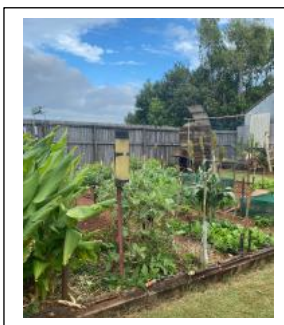
President Marlene presented a voucher to Les and Kay for their hospitality. We then enjoyed a lovely morning tea and we all appreciated the range and quality of their vegetable garden and surrounds.



Mike examining the seedling sanctuary!



Getting ready for planting



A portion of this inspirational garden



Malaba spinach is good enough to eat!

## Galangal, Ginger and Turmeric <https://www.healthline.com/nutrition/galangal-root>

This article reviews the benefits and safety of galangal root and compares it with ginger and turmeric.

Galangal is closely related to ginger and turmeric, and all three roots can be used fresh or dried to add flavour to your dishes.



Galangal



Ginger



Turmeric

### Potential benefits

Galangal root has been employed in traditional medicine as a remedy for various ailments, and an increasing number of scientific studies support these uses.

### Rich in antioxidants

Galangal root is a rich source of antioxidants, which are beneficial plant compounds that help fight disease and protect your cells from damaging free radicals.

It's especially rich in polyphenols, a group of antioxidants linked to health benefits, such as improved memory and lower blood sugar and LDL (bad) cholesterol levels.

Polyphenols are also thought to protect against mental decline, type 2 diabetes, and heart disease. Both ginger and turmeric — two close relatives of galangal root — are also rich in polyphenols and have been linked to these benefits. However, no studies have directly linked galangal root to these effects, so more research is needed before strong conclusions can be made.

Galangal root may help protect your body against certain types of cancer.

Test-tube studies suggest that the active compound in galangal root, known as galangin, may kill cancer cells or prevent them from spreading.

More specifically, one study highlighted the spice's ability to kill two strains of human colon cancer cells. Other studies suggest it may fight breast, bile duct, skin, and liver cancer cells.

That said, test-tube findings do not necessarily apply to humans. While study results have been promising, more research in humans is needed.

Ginger offers a fresh, sweet-yet-spicy taste, while galangal's flavor is sharper, spicier, and slightly more peppery. Turmeric has the most pungent and bitter flavor of the three.

Research links all three spices to similar health benefits. Like galangal root, ginger and turmeric are rich in antioxidants and have anti-inflammatory properties that may reduce joint stiffness and pain.

What's more, all three spices contain compounds that may prevent or combat different forms of cancer.

Nevertheless, galangal root is the only one of the three that has been shown to potentially boost male fertility. Conversely, ginger's anti-nausea and stomach-emptying abilities have yet to be matched by either galangal root or turmeric.

Ginger and turmeric have been linked to a reduced risk of type 2 diabetes and heart disease, the prevention of memory loss, and protection against age-related losses in brain function.

Due to their similarities, galangal root may offer comparable benefits.

### Summary

Galangal root is closely related to ginger and turmeric. All three can be used to flavour foods and may offer similar health benefits. Yet, more studies have analyzed the effects of ginger and turmeric than those of galangal root.

We're told to 'eat a rainbow' of fruit and vegetables. Here's what each colour does in our body!



Nutritionists will tell you to eat a rainbow of fruit and vegetables. This isn't just because it looks nice on the plate. Each colour signifies different nutrients our body needs.

The nutrients found in plant foods are broadly referred to as phytonutrients. There are at least 5,000 known phytonutrients, and probably many more.

So what does each colour do for our body and our overall health?

### Red

Red fruits and vegetables are coloured by a type of phytonutrient called "carotenoids" (including ones named lycopene, flavones and quercetin – but the names aren't as important as what they do). These carotenoids are found in tomatoes, apples, cherries, watermelon, red grapes, strawberries and capsicum.

These carotenoids are known as antioxidants. You will have heard this name before, but you might not remember what it means. It has something to do with "free radicals", which you've also probably heard of before.

Free radicals are formed naturally in our body as a byproduct of all our usual bodily processes such as breathing and moving, but they also come from UV light exposure, smoking, air-pollutants and industrial chemicals.

Free radicals are unstable molecules that can damage proteins, cell membranes and DNA in our body. This natural but damaging process is known as oxidation or oxidative stress. This contributes to ageing, inflammation and diseases including cancer and heart disease.

### Orange

Orange fruits and vegetables also contain carotenoids, but slightly different ones to red veggies (including alpha and beta-carotene, curcuminoids, and others). These are found in carrots, pumpkins, apricots, mandarins, oranges and turmeric.

Alpha and beta-carotene are converted to vitamin A in our bodies, which is important for healthy eyes and good eyesight. Vitamin A is also an antioxidant that can target the parts of your body made of lipids (or fats) such as cell membranes.

The vitamin A targets the free radicals building up around our cell membranes and other areas made of lipids, reducing the risk of cancers and heart disease.

### Yellow

Yellow fruit and vegetables also contain carotenoids, but they also contain other phytonutrients including lutein, zeaxanthin, meso-zeaxanthin, viola-xanthin and others. These are found in apples, pears, bananas, lemons and pineapple.

Lutein, meso-zeaxanthin and zeaxanthin have been shown to be particularly important for eye health and can reduce the risk of age-related macular degeneration, which leads to blurring of your central vision.

These phytonutrients can also absorb UV light in your eyes, acting like a sunscreen for the eyes and protecting them from sun damage.

More about the benefits of different coloured fruits and vegetables next month!

<https://www.hri.org.au/health/your-health/nutrition/were-told-to-eat-a-rainbow-of-fruit-and-vegetables-heres-what-each-colour-does-in-our-body>



## Herb of the month for May is Mugwort by Pam Burgess

So, this month is Mugwort, *Artemisia vulgaris* - Felon Herb, St John's plant, Muggia Wort, Midge Plant. F. Asteraceae... What an amazing plant! I am surprised that it has taken me so long to get this out there for all to follow up on. It truly is amazing, as are all herbs provided for us by our Creator for good health, balance, and harmony within the body and beyond.



Isabel Shippard says it grows to 1m. Well, mine is between 2 and 3 meters, so it turns out that we purchased the Chinese Mugwort *Veriotorum* variety. This variety grows well and is very useful in our climate, whereas the *Vulgaris* variety, in 20 years, never produced more than a handful of leaves for Isabel. *Vulgaris* L. (Common Mugwort) in the History of Medicine and Its Possible Contemporary Applications Substantiated by Phytochemical and Pharmacological Studies. <https://pubmed.ncbi.nlm.nih.gov/32992959/>

It is used as a parasite cleanse, for livestock (and us) ideally grown on a fence line so that the livestock can self medicate and they do at my place. The sheep will feed on it as needed, as high as they can reach. I have not had to regularly worm them with chemicals as they are usually in really good nick. I keep an eye on the warning signs. All good for most of each year, getting more resistant to worms each year. Isabel's book has many farmers confirming the efficacy of it with their beasts, sheep, cattle, goats & donkeys, all becoming healthier and gaining weight whilst consuming Chinese Mugwort as needed.

It grows easily and is very hardy, even in droughts and even being neglected, it continues to bear leaf and flowers that the bees will attend. The aroma of the whole plant is clean, antiseptic-like and it will not go dormant in winter. It grows successfully in our sub-tropical and temperate climates; it can be propagated by seed, cuttings or root divisions and occasional pruning (by sheep, lol) will keep it lush, thick and in good condition.

Please read Isabel Shippard's book concerning this and most other herbs. It is a wealth of medicinal, herbal, and garden knowledge that she spent decades on...it is the very best herb and health book I have ever found and I have many! Every home should have her book, it is the first I go to, to get my questions answered. I have more faith in her knowledge than Wikipedia.

So, moving on – historically - Mugwort was revered, respected and believed to protect, increase strength, fertility and libido. When leaves are placed in your socks/shoes, it is said that a person (back then) could walk 40 miles before midday and not get tired! When I read this, I decided that I will do this next garden day and see how my feet feel after a morning in the garden. People have assured Isabel that it eases the pain of spurs and bunions.

Mugworts power is best if harvested before sunrise, at the full moon. Food for thought! Sleep pillows were made of mugwort, lavender, thyme and marjoram to give prophetic, technicolour dreams. Isabel tried it and she said it was a memorable, full colour experience that she would never forget!

In the kitchen, mugwort is useful for all women's complaints, gynecologically. It is an effective digestive stimulant, regarding rich and fatty foods; it is useful for kidney ailments, sciatica, arthritis, rheumatism, epilepsy, fevers, internal bleeding, jaundice, hysteria, weak stomachs, food poisoning (so is charcoal), depression (B17 - Laetrile helps here too) and cramps and gout.

It can be made as a tincture, steeped in brandy; as a tea - 1 teaspoon per cup with honey (max. 3 cups per day), or a wash or a poultice for any inflammatory swellings, bruises, abscesses, carbuncles, rheumatism, gout or tired legs. A magnesium and mugwort bath is absolutely the best thing one can do for a tired, aching body after a hard day in the garden. I can personally vouch for that! If there is no bath, then a foot bath will be of assistance.

In the garden, if grown near guava and peach trees, it has acted as a fruit fly deterrent. One can use mugwort leaves, other aromatic herbs and a little natural soap or vegetable oil to deter pests from one's plants. If it is added to an herb sachet for the cupboards and closets, it will also be effective as a moth deterrent.

All in all, I have concluded that it is a valuable and useful herb to have both in the home, garden and the paddock fences for livestock.

Till next month, enjoy the cooler weather, Pam

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

**First ¼ to Full Moon : 4 – 12 May:** Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

**Full Moon to ¼ Moon : 13 -19 May:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

**Last ¼ to New Moon : 20 – 26 May:** 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 : 27 – 2 June:** Influences balanced growth; a lower gravitational pull decreases and this stimulates root growth. The best time to sow or transplant leafy vegetables.

### What to plant in June:

Asian vegetables; Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; Garlic; Endive; 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.

### Seeds and Seedlings Give-away

Several club members collect seeds from their own gardens. At club meetings these selected seeds and seedlings are available for members to plant out for their own garden use.

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

Many thanks to the offices of the Member for Burnett, Stephen Bennett and the Member for Bundaberg, Tom Smith for printing our Newsletter. As BOGI is a not-for profit organisation, we appreciate their support in allowing us to spread our Organic gardening message!

### Welcome to our new members!



Aimee Hall



Bill Collyer

### UPCOMING CALENDAR EVENTS

#### CLUB NIGHTS

June 24th TBA

#### CLUB ACTIVITIES

June 15<sup>th</sup> Pruning demonstration at Linda Cameron's property near Childers. Be prepared to have all your questions answered with our experts Malcolm and Marlene. A carpool option is being offered to those interested in attending.

July 12<sup>th</sup> Nambour Garden Expo – Bus trip  
Sign on sheet at next meeting

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.

Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 13<sup>th</sup> June at Kay and Les de Gunst home at 1pm.

Please contact 0493 789 243 if you are interested in attending!





There certainly are some essential oils that can be used as a soil drench. Peppermint, rosemary, clove, and, to a lesser extent, lavender are ones that I've come across for fancier/nice smelling soil drench options, but more often they are used as a foliar treatment that ends up making its way to the soil.

Depending on your definition of "essential oils"...garlic, hot pepper, neem, and cedar oils are all used for insect treatment as well. There are countless others too, but, again, are typically used as a foliar application that happens to make it to the soil.

One way to facilitate the effectiveness of an "essential oil" application is to use a small amount of some sort of surfactant/emulsifier...usually a dish soap...to help break down the oils to a more readily available form. That being said, the idea is to break the pests cycles, so sometimes it's just easier to use crop covers, traps, clays, or even beneficial insects that prey on the buggers you're trying to keep away.

The reality of using this style of management is that there is no catch all and some solutions work better than others depending on the pest, location, time of year, hatch cycle, growth cycle, or six million other variables. I personally focus on switching between garlic products and hot peppers products all the while encouraging beneficial predatory insects and increasing soil and plant health.

For me, soil and plant health is probably the most important thing. Flat out, healthy plants and soils are less attractive to pests and disease than unhealthy ones, making it a wonderful passive deterrent.

With any of these solutions, with the exception of healthy plants and soil, be careful not to go overboard. Organic, natural, chemical, or whatever...if you use too much of something, it will likely hurt you in the end.

<https://www.quora.com/Can-essential-oils-like-lavender-clove-and-rosemary-be-used-as-a-soil-drench-to-treat-insects>

### **Membership Fees 2025 : Single Person - \$15, Family - \$25**

If you are unsure if your membership is still current, please ring 0493 789 243 or check at the front desk when you come to Tuesday night's Meeting.

Fee payment can be by direct debit: BSB 645646 Account No. 4613244S17

Account Name: Bundaberg Organic Gardeners

Visitors are eligible to apply for BOGI membership. Once your membership is finalised, a membership badge is presented at the next monthly Tuesday night meeting.

We look forward to seeing you at our next meeting!

**BOGI SHOP – See Mike Apap before or after the meeting to purchase any of the following gardening products. 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 Mike 0428 841 939 for collection from his address in Sharon.



#### Executive and Committee 2025

President – Marlene Kent-Fuller  
Vice President – Maureen Schmitt  
Treasurer – Kim Green  
Secretary – Karyn Ennor  
Committee Members – Pam Biden, Lenzie Duffy, Jo-Anne O’Callaghan, Kay de Gunst and 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 – Mike Apap – 0428 841 939  
BOGI Shop Support – Bruce McKay  
Newsletter Editor– Deltry Dickie – 0414 992 553  
Assistant Editor – Kay de Gunst  
Scribe – Lara Hawker  
Facebook Co-ordinator – Cathy Critchlow  
Web page: Trevor Galletly

#### Deadline for June 2025 Newsletter

**Friday 6<sup>th</sup> June 2025**

**Please send through information to the editor by the second Friday of each month.**

We would love FEEDBACK from club members on anything and everything.

**Tell us about your successes and your failures in the garden and help others learn along the way.**

Let us know about community events or what’s up-and-coming in the area.

To include notices and details of Club activities email: [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

Or Phone Deltry 0414 992 553

Please send through articles at any time, if they miss one newsletter, they will make the next.

#### Treasurers Report April 2025

Opening Balance Aus Wide 1 <sup>st</sup> April	<b><u>\$ 6204.69</u></b>
Income	\$ 156.75
Expenditure	\$ 639.79
<b>Closing Balance Aus Wide 30th April</b>	<b><u>\$ 5721.65</u></b>
Visa Account Opening Balance April	<b><u>\$ 619.24</u></b>
Income	\$ 300.01
Expenditure	\$ 20.00
<b>Closing Balance Visa April 30th</b>	<b><u>\$ 899.25</u></b>



#### 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.

#### Tuesday 27<sup>th</sup> May Supper & Washing up Roster

Peter Van Beek Kay de Gunst Michael Apap  
Julie Burry Bhavana Shulka Debbie Preston  
Jennifer Campbell Allan Harkness Pam Biden  
Tracey Matthews Chris Jeffrey Lenzie Duffy

#### Tuesday 24<sup>th</sup> June Supper & Washing up Roster

Karyn Ennor Les DeGunst Malcolm Fuller  
Trevor Gattetly Maureen Schmitt Rose Apap  
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