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NEWSLETTER APRIL 2023

Hello and welcome to our April Newsletter.

It was lovely to see so many members and visitors at our AGM last month! We still have a position vacant on the committee and therefore there will be a by-election to fill this position at our April meeting. Forms will be available at the members sign-in table. As promised, the recipe submitted by Pam Burgess for the Four Thieves tonic is in this newsletter. I'm also sure you will enjoy reading about our AGM workshops and our field trips to Chris Jeffrey's (thinning the Murcott mandarin trees) and to Pam and Peter Burgess' place -The Haven- for practical tips on how to be self-sufficient in these modern times. 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)

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!

CLUB MEETING – Tuesday 25th April 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!

April's Activities

Our speaker this month will be Cr. John Learmonth, talking about the Bundaberg Regional Council's Seed Library initiative.

MEET YOUR 2023 EXECUTIVE COMMITTEE

PRESIDENT –	MARLENE KENT
VICE PRESIDENT –	MAUREEN SCHMITT
SECRETARY –	KARYN ENNOR
TREASURER –	KAY DE GUNST

COMMITTEE MEMBERS

PAM BIDEN CHRISTINE JEFFREY DELTRY DICKIE

The speaker at our monthly May meeting will be local coffee producer, Rod Walmsley from Kadilly Coffee. We look forward to his company on Tuesday 30th May.

Seedling Give-away: Please clearly name any seedlings you bring in for the give-away table.

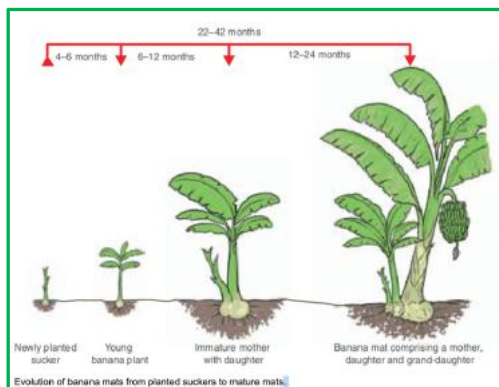
That will make it easier for members and visitors to choose the plant they would like for their garden.

AGM Workshops Reports and Recipes

Our AGM this year was celebrated by members and visitors learning some gardening tips and sampling some food recipes.

Member Lyn McIlwain discussed how to separate banana suckers from the main banana tree. A sucker is a shoot that develops from a lateral bud on the rhizome and emerges from the soil usually near the parent plant.

Both wild species of bananas and cultivated bananas produce suckers.



If you want to get the best out of your bananas, don't let too many plants grow in the one clump.

Letting a clump of bananas get bigger does not mean you will get more fruit, in fact the opposite is usually the case.

1. Stick to the '1-2-3 Principle'

Ideally you want to have one stem that is maturing and throwing a bunch of bananas, one 'follower' which will be the next to produce a bunch, plus a sucker which will then be the next in line (see photo right).

Therefore, you should take out any extra suckers that are coming up around the mother plant. This can be done with a de-suckering gouge, a mattock or sharp spade.

2. Starting afresh?

Make sure that you use clean, disease free suckers or tissue culture plants available from QBAN nurseries.

- Plant in soil that is rich in organic matter, in a well-drained position - Plant in full sun but sheltered from the wind
- Plant at least 2 metres from other plants

3. Tips for getting the best out of your bananas - Fertilise with a product that is rich in nitrogen, phosphorus and potassium 2 or 3 times a year

- Cut off bottom leaves that are diseased or brown and dying. (There are some diseases which affect banana plants and cause yellowing of the leaves, but if the leaves are cut off, the plant should still manage to produce healthy bananas).
- Inspect your plants and emerging leaves regularly – watch out for Bunchy Top.
- Make sure you de-sucker and stick to the 1-2-3 Principle.
- Keep weeds clear around banana plants so they have no competition for the nutrients.
- Cut off the bell of the bunch once the whole bunch has emerged – this will help the fruit to fill faster.
- Bagging the bunch will protect the fruit while ripening.
- You can have larger fruit if you trim off the bottom two hands of the bunch.
- Once you have harvested the bunch, cut down the trunk and allow the follower to take its place.

The above information is from the Australian Banana Growers' Council

Note from Trevor: Bunchy Top is a disease of bananas and quarantine between districts and farms works to contain the disease. Also, soil borne diseases such as Panama disease can be very serious for bananas. Be sure to sterilise any tools or shovels when moving between banana farms. Near Innisfail some banana farms now have one strain of this disease (Race 4) and have been quarantined and won't grow bananas again!

De-suckering is important to maintain the size of fruit, yields and keep the clump growing well. Thank you, Trevor!

Vice President Maureen demonstrated Pineapple Propagation

1. The good thing about pineapples is that they are easy to grow. The bad thing is that they are slow to produce a pineapple - maybe 12- 18 months or more.
2. Pineapples belong to the Bromeliad family of plants. Most of us have Bromeliads in our garden and know them as tough and hardy.
3. Pineapples are grown from pineapple tops or pups. If you want to grow a pineapple from a top, when you buy your pineapple, ask for the top to be left on it. Remove the top from the pineapple by twisting it and then remove the bottom leaves for about 3 cm.
4. Pineapples also grow from pups. Once a pineapple has borne a pineapple, it will slowly die and not produce any more fruit. However, it will produce a pup that grows from the side of the adult plant. This pup can be removed and planted like a normal pineapple top.
5. Once the bottom leaves have been removed, a lot of people let the top dry out for a week or 2. You can then encourage the top to grow roots by sitting it in a jar of water. Roots will slowly start to appear over a period of a few weeks.
6. Once roots have appeared, it is time to plant your pineapple in the garden. Plant to the height where you have removed the leaves.
7. Finally, pineapples like a sunny spot, rich soil and some water, but at my place it's poor soil and little water but they still survive and I get the odd pineapple which I thoroughly enjoy.

PS. Some people don't do any of the above and just cut the pineapple off the plant and stick the top in the ground and they have success. The choice is yours!!!



Planting by the Moon – May

(Full Moon to ¼ Moon) 6 – 12 May: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(First ¼ to Full Moon) 13 – 19 May: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

(Last ¼ to New Moon) 20 – 27 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) 28 – 3 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 May:

Asian vegetables; Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; French Beans; 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 their own 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. This is a good chance for you to give some new varieties a try.

Recipe demonstrations and tastings at the AGM with President Marlene Kent and Deltry Dickie

Marlene made a delicious Quinoa (pronounced keen-waa) salad.

Did you know the quinoa is very nutritious? It is full of fibre, protein, vitamins and minerals, including zinc, manganese, magnesium and folate. Quinoa's health benefits are really too long to list here, but the key point is that quinoa is remarkably dense in nutrients, and worth including in your diet.

<https://www.healthline.com/nutrition/8-health-benefits-quinoa#2.->

Quinoa contains more fibre than several other popular grains, like brown rice. It is gluten-free and great for people with gluten intolerance. It also contains antioxidant-and-anti-inflammatory-plant-compounds.

Quinoa Salad

Ingredients:

300g Quinoa

1-inch fresh Ginger

100g Glaze Ginger

225g Dry Apricots

170g Dried Cranberries

1 - Clove Garlic

2- Sticks of Celery

1- Capsicum

150g Snow Peas

250g Healthy Mix. Sultanas, Almond, Sunflower Seeds, Pepitas and Cashews

150g Walnuts

Juice of 1 Orange

1 tablespoon Olive Oil

1 tablespoon Pomegranates

Method:

Place quinoa in a pot and cover it with about 1 inch of water; bring to the boil then turn off the heat and allow the quinoa to rest and take up the water, similar to rice absorption.

Cut fresh ginger, glaze ginger, apricots, celery, capsicum and snow peas into small pieces.

Roughly chop walnuts.

Add all ingredients to the cooked quinoa.

Add the Healthy Mix.

Mix all these ingredients through the quinoa.

Combine 1 tablespoon of olive oil and the juice of the orange and pour over the salad. Mix well.

Sprinkle pomegranates over the top and serve.



Deltry prepared a Carrot and Sultana salad and discussed nutritional ingredients of the recipe.

Some of the group members weren't aware of the health benefits of activating nuts and seeds.

She also brought in an Arame (seaweed) dish to sample and discussed the nutritional value of including sea vegetables to our diet.

Our regular meeting members know that we have a Plant Give-away table at our monthly meetings! Deltry was extremely grateful for this as she had left her chopped parsley at home in the refrigerator. Cathy came to the rescue and 'pruned' some of the parsley from the available seedling pots and saved the day – or rather, the recipe! Many thanks to Marlene, who brought in the parsley seedlings for the Give-away table!

Carrot and Sultana Salad

Ingredients

- 3 cups grated carrots
- 2-3 stalks of celery – can include leaves - diced
- ¼ to ½ cup chopped parsley
- 3 shallots – diced
- ¼ cup slivered almonds or nuts*
- ¼ cup sultanas

Dressing

- 4 tbs olive oil
- 2 tbs lemon juice
- 1 teas stone ground mustard
- 1 – 2 teas rice syrup**

Method

Combine carrots, celery, parsley and shallots. Mix well.
Combine all dressing ingredients in a small jar. Seal with lid. Shake well until mixture looks very creamy.
Add to carrot mixture and toss together. Serve.

*Most nuts and seeds need to be activated to make them easier to digest– soaked in salt water- and then can be dehydrated.

**Naturally malted whole grain rice syrup and barley malt are the optimal sweeteners for good health that contain no fructose.

Arame with carrot and parsley

Ingredients

- ½ cup dried arame
- 1 medium onion sliced in half moons
- 1 cup julienne sliced carrots
- 1 tbs mirin
- 1/2 tbs tamari
- 1 tbs chopped parsley

Soak arame in 1 cup of water for approx. 10 min.

Lightly saute onion – add pinch salt – e.g. Himalayan, then add the carrot. Cook for 2 minutes.

Lift arame from soaking water and keep for later. Chop the arame into 2.5cm pieces and add to pan.

Continue to saute for a few minutes and then add the soaking water. Cook until most of the water has evaporated. Add the tamari and mirin and stir through well. Remove from heat. Add chopped parsley and serve.

Note: Seaweed (sea vegetables) are nutrient dense and the most alkalising of all food!

They contain minerals that help the body renew itself. According to some nutritionists, eating seaweed is actually better than taking a full spectrum mineral supplement, since seaweed is a food and the body absorbs the minerals much better than from conventional mineral supplements.

They are a rich source of iodine and therefore good for thyroid function.

You only need a couple of tablespoons of seaweed daily to get enough nutrients to boost the body's self-healing power. <https://www.webmd.com/diet/what-to-know-about-sea-vegetables> Continued p6



Wakame – grows in deep water – high in magnesium and has more calcium than other seaweeds.

Kombu - grows in deep water, is thick & needs longer cooking – ideal for cooking with grains and legumes.

Arame - has a mild aroma and taste. It grows wild and is hand-harvested and sun dried in summer.

Nori - dried edible seaweed used in Japanese cuisine, made from species of the red algae - strong and distinctive flavour. It is often used to wrap rolls of sushi or onigiri.

Amla: *Phyllanthus emblica*

This tree was presented to Pam and Peter Burgess during our field trip to their property. See report Pg 8

Did you know – Amla, *Phyllanthus emblica*, also known as Indian gooseberry, is one of the “most [antioxidant](#)-rich foods on Earth”. Though unfamiliar to many, particularly in Western countries, it is commonly used in Ayurvedic [herbal](#) preparations and the subject of hundreds of articles in the medical literature, including papers with hyperbolic titles like “Amla...a Wonder Berry in the Treatment and Prevention of Cancer.

https://nutritionfacts.org/topics/amla/?gclid=CjwKCAjw6liiBhAOEiwALNqncvQynZm6vmSnKlfUORYHj8KOH0Gi9s96jxqoQeu1wK7HDkMdzUEwRoCYS8QAvD_BwE

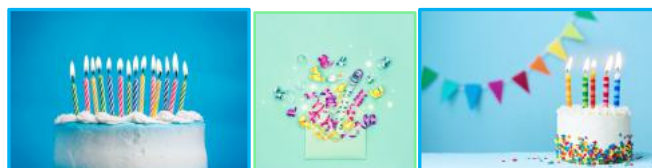
Here are some interesting web sites to check out about the health benefits of Amla.

<https://nutritionfacts.org/video/amla-vs-drugs-for-cholesterol-inflammation-and-blood-thinning/>

The fibre in amla berries helps the body regulate bowel movements and may help to relieve symptoms from conditions like irritable bowel syndrome. High levels of vitamin C in Amla berries helps your body absorb other nutrients, so they may be helpful if you take iron and other mineral supplements.



**This is a special message for our lovely members who have a birthday this month and in May!
We wish you all a happy birthday and best wishes for a wonderful year!**



Attention all members! Can you grow a few herbs in a pot for display at the Bundy Flavours Festival in August?



President Marlene presented Ray Johnson from Gin Gin LandCare, with a Certificate of Appreciation from our club, for holding the Microgreen workshop with Paula Wiseman at the Gin Gin LandCare Nursery last month!

Ray has a wealth of information to share regarding the best of gardening pros and cons! We are very grateful for his ongoing support!

Demonstration Field trip to Chris & Malcolm Jeffrey's Garden



Marlene had our full attention!

It was very kind of Chris & Malcolm Jeffrey to allow us to do a demonstration on Imperial & Murcott Mandarin Thinning. President Marlene explained and demonstrated the following information.

What is Fruit thinning:

When your fruit tree produces fruit, sometimes, because there is too much fruit on your tree, the entire crop is disappointingly small. Deliberately removing one third of your fruit, will allow what's left to develop into larger and healthier fruit.

Fruit thinning is important:

When your fruit tree has too much fruit, its likely to be small and of a lower quality. There is a risk of branches breaking when over-crop is too heavy for your tree. Thinning allows more sunlight into the branchers which improves the evenness of ripening. Young trees may be stunted if they overproduce too early. To not thin, can mean that your fruit tree is at risk of biennial bearing, where one crop is good and the next year is poor.

When to thin your tree:

A good time to thin is when the fruit on your tree is the size of ten cent piece. You can just drop the fruit on the ground. At this size it will not encourage fruit fly.

As a general guide, Imperial mandarins counting frame is 8-10 per frame and Murcott mandarins is 3-4 per frame. For Murcott trees, the outside of your tree may get sunburn and that fruit should be removed first as they will be dry. This is the size of the counting frame used for Murcott trees (0.125m³ Quadrat).



Learning to analyse the tree's growth pattern!

Many thanks Marlene for sharing your expertise! It was great demonstration! I have a better understanding now and feel more confident in caring for my citrus trees! Ed

Nearly 30 BOGI visitors and friends had the pleasure of visiting Peter and Pam's property at Bucca last Sunday. Affectionately described by Peter and Pam as "a working homestead-style hobby farm", we were given a wonderful tour and learnt how the property works.

It was impressed on us how the property is organic, self-sustaining, animal dependant and working with nature. One big thing we all took away is the concept of "chop and drop". This means no more taking those palm fronds, dead branches or garden clippings to the tip but incorporating them back into the garden.

Their livestock consist of chickens, ducks, sheep and bees. The chickens obviously do the scratching thing, but the ducks only do the pushing. They keep the bugs under control. So, when somebody says they have a bug problem in their garden, Pam says "you've got a duck shortage"! Pam explained that the comfrey root goes down about eight to 10 feet if it can, and it mines the sub-soil and it brings the minerals up that are lacking its soil level. Therefore, people use it for chop and drop, for companion plants with another plant and why it grows under a tree. The leaves are ripped up and dropped to bring those nutrients up from down deep where the roots of the trees don't go, or the bush or the plant or the herbs etc.

Peter and Pam have 2 mulchers that do a lot of this work for them with the help of the chickens and sheep. They also dehydrate a lot of their produce.

Pam showed and explained to us how and why they used many of the plants growing in the garden. At morning tea and lunch, we got to sample some of Pam's delicious home-made jam and herbal tea.

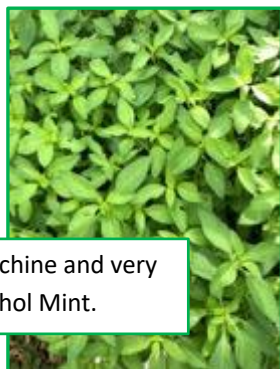
Of particular enjoyment to the younger visitors, was patting an adult sheep and seeing the lovely young lamb. We were all delighted to see our only teenager walking around hand- in- hand with a 2-year-old and 4 year old.

Peter and Pam were at their usual delightful best, and we thank them for being so willing to share their extensive knowledge and experience with us.

Peter's athleticism impressed us all when he scaled a farm gate as he heard a call of distress from Pam – their cranky bees were the cause – Pam received a few stings on her head! We all wished we had videoed it for future reference!



Great mulching machine and very healthy Menthol Mint.



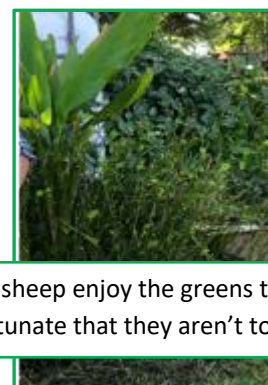
We all enjoyed the lovely shady area and admired the healthy greens.



Impressive Dehydrator



President Marlene presented Pam with a very special tree – Amla. See page 6



The sheep enjoy the greens too! It's fortunate that they aren't too tall!

Many thanks to Pam for sharing this age-old recipe with us!

If you have an excess of any of the ingredients, just bring them along for our give-away table!

Four Thieves Tonic – from Pam Burgess

This recipe centres around herbs that have been known for their antibacterial, antiviral, antiseptic and antifungal properties for centuries. The most famous mention of these herbs in this specific combination was by four thieves during the Bubonic Plague.

According to legend, four thieves, one of whom was an herbalist, robbed the homes of many who had died of the plague. They were eventually caught and brought to trial. One version of the story recounts that they were sentenced to bury the dead but would be set free if they survived. Another version tells that they were released in return for the recipe for the tonic that they credited with protecting them from the plague.

Either way, the thieves survived, as did the legend and the recipe for this Herbal Vinegar. Though we hopefully won't ever need this remedy for anything as serious as the plague, it still serves as a valuable remedy against many illnesses and is a powerful disinfectant and bug spray.

Ingredients: Vinegar of the Four Thieves:

- 2Tbsp Thyme (Dried)
- 2Tbsp Rosemary (Dried)
- 2Tbsp Sage (Dried)
- 2Tbsp Lavender (Dried)
- 2Tbsp Mint (Dried)
- 4-8 Cloves Minced Garlic (optional)
- One 32-ounce bottle of organic Apple Cider Vinegar with “The Mother”

How to Make The Vinegar of The Four Thieves:

1. Put all the dried herbs and garlic (if using) into a large glass jar (I used half gallon)
2. Pour the Vinegar over the herbs and garlic and seal tightly. The Vinegar is strong enough to corrode some metal lids, so in this case, consider putting plastic wrap or a plastic bag on top and then putting the lid on.
3. Leave in a cool, dark, place for 6-8 weeks (for health tonic recipe) shaking daily if possible.
4. After 6-8 weeks, strain the herbs out using a small strainer and store tonic in smaller jars for easy use.

Uses for this Vinegar are on the following page!

Uses for Four Thieves Herbal Vinegar:

As I mentioned before, this Vinegar makes a very effective (though strong smelling!) insect repellent. If you make it to this strength, just put ¼ cup of the Vinegar in an 8-ounce spray bottle and fill the rest with water. Spray on skin, clothes, etc. when in heavily insect infested areas. We store in the fridge to minimize the smell and make it more refreshing.

In cases of illness, the Vinegar of the Four Thieves is very helpful in quick recovery. Adults can take 1 Tablespoon several times a day (dilute in water!!) and kids can take 1 Teaspoon several times a day (well diluted in water / herbal tea).

When a family member is sick, diluting this with 1 part water and putting in a spray bottle.

This makes a potent disinfectant that can be used on surfaces or sprayed in the air.

I've had some people report great success using this Vinegar as a soak or topical spray for foot or nail fungus.

Diluted and used on the scalp, this remedy is also said to be effective against dandruff. This Vinegar makes an effective natural disinfectant spray for use in house cleaning.

The Vinegar of the Four Thieves smells awful and tastes almost as bad, but it is very effective against a variety of ailments! Plus, it's healthier and cheaper than antibiotics.

Cleaner

The simplest is Vinegar. Dilute with water or use straight. It was the disinfectant of choice for us & the Bundaberg City Council Health Department during our time as festival foodies. We have only used Vinegar & hot water for all cleaning in our home, floors, benches, door handles etc. Very cost effective too as many other alternative items are not purchased or needed.

If you have bi carb soda, lemons, vinegar & hot water, you can clean up most things.

Hand Sanitiser Recipe:

2 cakes of Sunlight pure soap - grated

1 litre of water in pot - heat

Eucalyptus oil - you choose how much you put in from 1 dessertspoon upwards. I use a good slosh.

A little goes a long way.

Method:

Grate soap, heat water, add them together, stir till all soap flakes have dissolved totally. Turn off the heat.

Get a 10 lt bucket, pour the hot mix in, top up bucket with hot water from the tap. Stir to mix well.

Add about a capful of Eucalyptus oil to the mix, stir well. Lid on.

Leave it overnight to cool, it will get thicker & gluggy.

Next day get into it with your hand, your whisk, whatever you need to loosen it up, pour into many bottles, cap and store. You now have about 6 month's supply of hand pump soap and body wash soap to use at every tap in the house. With the Eucalyptus oil, you now have an anti-bacterial disinfectant with every use for very few dollars outlaid.

We co-exist with germs; they are a part of our life, our immune system and they co-habit our bodies.

To go overboard with chemical sanitisers would not be good for us long term. We would be better off if we continued to garden in the dirt, in the sunshine and continue to grow copious amounts of good, organic, greens, fruits, veg & herbs, that we utilise in every meal of every day. Have faith and don't let the media consume your common sense.

Cheers from Pam Burgess

HERB OF THE MONTH – by Chris Jeffrey

Small Flowered Willow Herb – *Epilobium parviflorum*



As this herb's name implies, it is a small plant with willow shaped leaves.

Propagation is by seed, and the plant is adaptable to a wide range of climates, soils and conditions. Good drainage is essential, as waterlogged soil could cause leaves and roots to rot. Picking the seed capsules before they split and scatter will avoid the herb becoming woody.

Constituents – flavones, tannins

Actions – astringent, anti-inflammatory, remedial.

Medicinal uses – Prostate

Inspiring testimonials and case histories are recorded from people who found relief from many prostate disorders by using this herb daily, as a tea.

It can also be picked fresh daily and eaten raw.

Many men have been able to regain their health from painful symptoms to recover without having to resort to advised surgery.

Small Flowered Willow herb is also a remedial herb which may help anyone suffering any kidney ailment, including cystitis, bladder problems or bed wetting.

This is a serious problem if ignored, but early help with daily use of herbs may help maintain a healthy system.

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

This is a Get Well message to those members who have been unwell. We have also missed seeing some of our familiar faces at our meetings due to illness.

We hope you are all on the mend and look forward to catching up with you very soon!



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
 Vice President – Maureen Schmitt
 Treasurer – Kay de Gunst
 Secretary – Karyn Ennor
 Committee Members – Christine Jeffrey,
 Pam Biden, Deltry Dickie, 4th member to be
 announced.
 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 May 2023 Newsletter

Friday 12th May 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 *March 2023*

Opening Balance January	\$5290.59
Income	\$ 721.66
Expenditure	\$ 228.60
Closing Balance March	\$ 5783.65

This Month’s Supper Roster April 25th

Jeff Hawker	Marlene Fuller
Sue Jackson	Lee Mclvor
Bruce McKay	Lyn McIlvain
Joy Millet	Daniel Critchlow
Stephen McGowan	Tony Wolfe
Joseph Park	

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.