



Bundaberg Organic Gardeners

~working with nature~

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NEWSLETTER JULY 2024

Hello and welcome to our July Newsletter!

My question today is how much organic food do you eat and are you cutting back or cutting out ultra processed foods and products? Cathy Critchlow had this to say in her latest email to her customers.

'If we consume toxins - our bodies need to work harder to clear them. Check the food you are eating, hopefully the majority of your food is home cooked so you know what you are putting on your plate. Do any of the foods in your pantry or your fridge contain additives, preservatives, numbers? Are there alternatives out there? Absolutely yes, there are. And of course - is your food certified organic? This is the only way, (unless you have grown it yourself), you know that what you are consuming is free from toxic herbicides and pesticides. If we are surrounded by toxins - our bodies need to work harder to process them. Think about air fresheners, deodorants, cleaning products and any other sprays that may be used in your home or workplace. You might not realise it, but the headache or breathing difficulty you came home with after work, might not be from a hectic workday but could be from inhaling that pretty smelling fragrance. There's plenty of research to support these ideas, and a quick link for you to read [here](#) if you are interested.'

I loved her message, encouraging us to be more aware of the choices we make in our day to day living! Happy gardening and healthy living!
All the best, Deltry

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CLUB MEETING – Tuesday 30th July 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.

July Speaker

Hayley Martell, from the Bundaberg Bee Keeping Society, is our speaker for this month. We are looking forward to learning more about bee-keeping in our region and how we can be more proactive in providing a happy home for bees in our gardens.
<https://qbabees.org.au/bundaberg-bee-keepers-association-inc/>

August Meeting

Terry Stokes will speak at our August meeting. Terry has worked in the field of organic, regenerative garden and land management for the past 12 years and has helped develop a leading Bio Organic Sustainable Solutions business in Queensland, educating farmers and gardeners alike on how to grow more naturally and productively.

"Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine for the soul." – Luther Burbank

June Meeting Report – ‘the Bat Man’

John Parsons was our June speaker who shared his knowledge on the important role the Micro bats play in the health of our ecosystem in the Fraser Coast area. It is estimated there are 22 species in the Fraser Coast area. There are about 1400 species worldwide and Australia has 78 species. The micro bat is the only mammal to fly and is part of the 22% of the world's mammals. They are the world's best biological control; without them we would have difficulty living on earth. A program has just been initiated to monitor the movements of the different family groups around the Fraser Coast area. They vary from as little as 3 grams (the forest bat) to as big as 150 grams (the ghost bat). The micro bat is different to its cousin, i.e. the fruit bat (mega bat. flying fox).



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The mega bat relies on sight and smell while the micro bat relies on using echolocation to find its food in the dark. The micro bat emits a high frequency sound either through the nose or mouth which is inaudible to humans. Therefore, on a moon lit night, if you are quick enough you may see them, but keep in mind they are very small and very quick. During the day, micro bats may be found in large colonies in caves and some species roost under bridges, in hollow trees, bird nests or fence posts and even on walls or in roofs of buildings as well as manmade boxes on poles in and around the garden and sometimes in a roof space. About 50% of Australia's micro bats roost in trees. Most bats catch their prey in flight, but some species are known to feed on the ground.

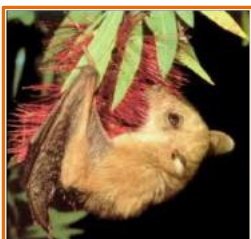
Very seldom do they fly around during the day. Monitoring has shown that micro bats may use many different roosts in one area. Micro bats are known as the insect terminators of the world. Each species, according to its size, eats different sized insects, i.e. flies, ants, mosquitoes, moths, spiders, small birds, grasshoppers, termites, mice and even other bats.

A micro bat consumes up to 100% of its own body weight in one night which is estimated to be about 1000 mosquitoes (3 grams) and other insects in an hour. Therefore, it could be an advantage to have roosts of micro bats around your home, creating a biological insect control which in turn may lessen the use of chemicals and mosquito disease i.e. dengue fever, Ross River and malaria.

In colder areas, micro bats will hibernate in winter. By doing so, they are saving energy and are able to drop their body temperature to almost the temperature of their surroundings. This state of decreased activity is called **Torpor**. Micro bats that are disturbed during hibernation can actually die.

The breeding season is normally in autumn/winter, depending on the climate/temperature. After 12 weeks pregnancy, the babies are born in spring/summer and by the age of 6-8 weeks are fully developed and can feed and fly with adults. Micro bat babies are called pups. Some species form maternity colonies which can be found in trees and/or buildings. There are a small number of micro bats that may carry a virus and therefore no bat should ever be handled. If for some reason you are bitten or scratched, immediately see a doctor or visit the nearest medical centre/hospital. Check out this web site for more information.

<https://www.allaboutbats.org.au/micro-bats/>



The Blossom Bats, among them, the Long Nosed Bat and the Common Blossom Bat, are the farmers friend!



Micro Bats get their food by looking for bugs in the flowers and in flight. And at the same time, they will pollinate the flower.

Herb of the month for July is...Turmeric – *Curcuma longa*

Why we should grow it and eat it constantly



Turmeric has been used for thousands of years! The cost of buying it at the moment will certainly encourage you to grow this wonder herb! That is a good reason why we should all be growing it every year - somewhere in the garden. It can grow in your ornamental area, near a fence line, under a tree, in your food forest, in the middle of the front lawn as a centrepiece – wherever you choose!

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It is recognised as a powerful herb and when coupled with a little black pepper or ginger, (suggested ratio 4:1) it has been said that the body can utilise the therapeutic properties 20 times more efficiently. Therefore, it is a bomb to bad bugs in the body. Curcumin is the yellow/orange pigment that has many health benefits, which include having an anti-inflammatory effect, which is great news for sore joints. It is an antioxidant, that sops up those free radical scavengers that seem to pervade our bodies in this 'modern' world. (Read here - unhealthy additives in processed Franken foods etc. Franken foods are food or a crop that has been genetically modified. Some studies claim that these Frankenfoods can cause health issues.) According to various studies, the compounds in turmeric can be helpful against Alzheimer's disease. One component of this disease is a build-up of clumps of a protein called amyloid-beta. [Studies](#) have shown that the curcumin compound from turmeric is able to cross the blood-brain barrier and may be able to clear away these proteins. Curcumin has also been shown to reduce neurotoxicity caused by heavy metals in the brain, another factor shown to help prevent Alzheimer's. Other known health benefits of turmeric include...

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|--|--|
| *promotes healthy joint function | *encourages glowing, clear skin |
| *works as a powerful anti-inflammatory | *encourages a healthy heart |
| *improves memory, brain function | *supports the digestive system, gut, colon, bowels |
| *is an excellent antioxidant | *helps to cleanse the liver |
| *has antimicrobial properties | *helps prevent ulcers |
| *lowers blood pressure | *lowers 'bad' cholesterol |
| *improves menstrual flow | *has anti-cancer properties |
| *anti-depressant | *supports healthy lung function (infections etc) |

Now to the yummy part; you all know that it goes in curries, yes? Well, always add black pepper to make it work properly! Here are some great recipes using turmeric to assist with health issues you may have!

Golden Milk – take a cup of your favourite milk - I use coconut cream - into a pot, then add either a teaspoon of turmeric powder or grated fresh root, 2 teaspoons coconut oil, 1 cinnamon stick, then a good 6+ grinds of black pepper and a teaspoon or 2 of honey to taste - warm it up - into your cup and enjoy. Alter the amounts to suit your taste.

Flu/cold++bomb. Turmeric 1" grated, Garlic 1 bulb crushed, Ginger 1" grated, Lemon - whole including skin; chopped up, add Eucalyptus oil or Teatree oil 3 drops, Cayenne pepper up to ½ teaspoon, (as much as you dare) Pepper ¼ teaspoon, Honey. Put all in a jar, mix well, now cover all with the Honey, mix and pop the lid on. It can stay on the bench indefinitely - it may ferment – good! Take a teaspoon in a cup of hot water as often as needed for any cough, cold, flu, sniffles, chest infections etc. It won't hurt and it just may help...a lot. You can also eat a teaspoon full.

Turmeric can also be taken in dried powder form in a capsule; make your own tablets, taken in water, mixed with coconut oil, or just mixed with honey. Fresh is still best.

Did you know that the brain is a fatty organ, and it needs fat to function? Turmeric when added to fat (in coconut oil for instance) and pepper, increases its bio availability to the brain. No matter where I look, I am getting the same information, plus it tastes great. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3633300/>

Cont. p4

Cont. from P3 Finally, I was given some Black Turmeric, known as Kali Haldi, by Zoe year before last. I did not harvest it till last month. Interestingly, it is a blue/green on the inside, dehydrates the same as the orange and yellow varieties, but definitely smells different. Apparently, it is being classed as rare in Northern India, due to poaching! Bio theft! Therefore, I can highly recommend growing some to spread it around. The blurb uses words such as 'rich', 'powerful', 'used for centuries', 'incredible' and 'rare' - while also describing the above-mentioned health benefits. But the added benefits of its use also include...

- * Black turmeric benefits weight loss
- * It may benefit lung infection
- * Black turmeric for cancer
- * It may help with eye degeneration
- * Black turmeric for diabetes
- * Black turmeric for blood pressure
- * Black turmeric for arthritis

<https://trustherb.com/black-turmeric-benefits/> - 6 Black turmeric for blood pressure

So, in conclusion, we can all hunt for a lot more information about these special foods, but needless to say, there is much evidence to support that adding these roots to our diet, will definitely benefit our health. As with all herbal information, it is important to follow up with your own research!

Till next month, Pam

<https://www.theseedcollection.com.au/growguide/turmeric> How Can I Use Herbs In My Daily Life? – Isabell Shippard



SAVE THE DATES – Saturday August 10th and August 17th

Mosaic Workshop by Sandra Wood



Now is the time to be creative and have some fun at our Mosaic Workshop

Numbers are limited so make sure to save your place!

The sign on sheet will be available at our July monthly meeting

OR ring Maureen to express your interest!

*Note: Tiles are placed and glued on Saturday, 10th August
and grout added the following Saturday, 17th August*

Workshop Venue: Shelter shed in soccer field at end of Marks St, North Bundaberg

Date: Saturday, 10th August and Saturday, 17th August

Time: 10 am – 12 pm approx. both Saturdays

Cost: \$5 per participant to cover cost of terracotta pot and other materials provided by Sandra.

Maximum No. of participants: 10

Contact Person: Maureen on 0427 517 759 or 4155 2172

Participants need to bring:



Apron or wear old clothes
Small, soft rags for wiping off glue and grout
Dust mask
Kitchen sponge
Rubber gloves
Plastic bag
Plate of food to share with other participants after workshop and a chair.



Sandra will provide all other necessary equipment!

We were delighted to welcome our newest member, Susan Reinke to our club! President Marlene presented Susan with her membership badge.



Happy birthday to our July members!
We hope you have a wonderful year
of good health and happiness!

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REPORT FROM GARDEN VISITS TO BURNETT DOWNS ON SATURDAY, 20TH JULY 2024 by Maureen

Despite a rather cold morning, over 20 BOGI members and friends visited 3 very different gardens in Burnett Downs. Burnett Downs is a beautiful spacious area nestled along the Burnett River about 10 minutes off the Gin Gin Road.

The first garden visited was a former wholesale plant nursery and Lyn, her husband and dog Baxter welcomed us to their 2.1acre property. Palms, dracaenas and bromeliads were everywhere and the two shade houses were also packed with anthuriums, ferns and many other exotic indoor plants. Lyn's vegetables were growing very well in her four raised garden beds, as were the nearby fruit trees.

The second garden we visited also had relatively new owners, who were in the process of planting a range of fruit trees whilst growing their vegetables in a large shade house. Vince and Lyn, previously farmers from Murgon, generously allowed us to have our morning tea overlooking the Burnett River, which we all delighted in. Vince was obviously doing something right as his fruit trees were growing vigorously, with one of his avocado trees a mass of flowers.

The third garden visited was Mike and Rose's 1.75 acre property just around the corner from Vince and Lyn's property.

Still in the process of finishing off their beautiful new home, Mike and Rose amazed us with the variety of fruit trees, flowers, herbs and vegetables that were already established and producing. Some of us were very interested in Mike's dragon fruit and Marlene told us that we need to have between 1-3 stems on each pole.

Lunch was shared and enjoyed on the large patio overlooking Mike and Rose's dam and gardens.

BOGI extends our thanks to all three garden owners who so generously shared their time and knowledge.



If you missed the good news from last week – read on!!
*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)





FROM OUR LIBRARIAN, JOY!

We have a wonderful array of new books in our library to help you on your organic gardening journey!



The Mind of a Bee – Lars Chittka - A rich and surprising exploration of the intelligence of bees.

Grow your Soil – Diane Miessler - Harness the Power of the Soil Food Web to Create Your Best Garden Ever

The Blue Bottle Craft of Coffee - James Freeman - One of the country's most celebrated roasters explains how to choose, brew, and enjoy the new breed of artisan coffees at home, along with 40 inventive recipes that incorporate coffee or taste good with a cup.

A Gardener's guide to soil – Susie Holmes and Neil Bragg - The soil in your garden or allotment is the most precious asset you have as a gardener; healthy plants start with healthy soil. Written by two soil science specialists, this book explains the fundamentals of soil science in a horticultural context and provides practical guidance on how to optimise the soil in your garden.

The Worm Farmer's Handbook- Rhonda Sherman - Turning waste into wealth sounds too good to be true, but many worm farmers are finding that vermicomposting is a reliable way to do just that.

Ground Breaking: Soil Security and Climate Change – Philip Mulvey - Practical solutions for agricultural management, enabling the restoration of landscape, climate and community. Zero carbon emissions alone won't stop global warming. Agricultural land use is turning the world's breadbaskets into deserts. But the depleted soil that feeds us all today might yet save our civilisation.

Dirt to Soil – Gabe Brown - As Gabe Brown and his family struggled to keep their farm viable, they found themselves on an amazing journey into a new type of farming: regenerative agriculture.

Soil Science for Gardeners – Robert Pavlis - Healthy soil means thriving plants. Yet untangling the soil food web and optimizing your soil health is beyond most gardeners, many of whom lack an in-depth knowledge of the soil ecosystem. This book is an accessible, science-based guide to understanding soil fertility and, in particular, the rhizosphere - the thin layer of liquid and soil surrounding plant roots, so vital to plant health.

For The Love Of Flora – Georgina Steytler - Artistically photographed by Georgina Steytler, this book is an enchantment of our native flora, celebrating its beauty and diversity - from the more familiar eucalypts and wattles to carnivorous sundew and secretive orchids.

The Australian backyard: how to create your ideal backyard – Cheryl Maddocks -

This book provides all the inspiration you need to create your ideal backyard, whatever your lifestyle, interests or budget. It includes sample backyards to stimulate ideas, guidelines for planning and designing, step-by-step illustrated DIY projects.

Gardening and Agriculture Digital Library – John Sutcliffe. This resource includes a hard copy and flash drive of websites compiled on gardening and agriculture. It is available for members to download and use as they require.



From Trevor: I thought you may be interested in this quick summary of our current farming system - for pastures here. The same applies to cropping. By using the Health Pyramid, superior plant health will minimise and prevent diseases and insects. <https://microstartfarming.com.au/>

HEALTH INFO OF THE MONTH

Know Your Fats!

Did you know that Butter is better for your brain?

Yes, butter provides the brain with the nutrients it needs:

Cholesterol: The highest concentration of cholesterol occurs in the brain, where it plays an especially important role in memory formation.

Seniors with the highest cholesterol levels have the best memory function. Cholesterol also plays a major role in regulating serotonin levels in the brain – low cholesterol levels are associated with depression, anti-social behaviour and even suicide.

Saturated Fats: The brain contains high levels of saturated fats, both in the cell membranes and in the mitochondria. Saturated fats are stable and don't create damage in the brain like poly-unsaturated fats do.

Arachidonic Acid: Eleven percent of your brain is composed of arachidonic acid (AA), a type of omega-6 fatty acids found exclusively in animal fats like butter. A supply of AA is critical to neurological development in the infant.

Vitamin A plays a key role in vision and all sensory perception. Butter is an excellent source of vitamin A.

Vitamin D is critical to neurological function and protection against depression. Butter provides vitamin D.

Vitamin K supports neurological function and learning. Butter provides vitamin K.

DHA is an omega-3 fatty acids especially concentrated in the brain. Seafood is a good source, but butter provides it also.

Choline is critical for the formation of glial cells. Butter is an excellent source.

Butter substitutes like margarine and spreads do not supply these critical nutrients (although many brands have vitamins A and D added); in addition, these industrial products contain rancid oils that can really damage your brain and interfere with learning ability in growing children.

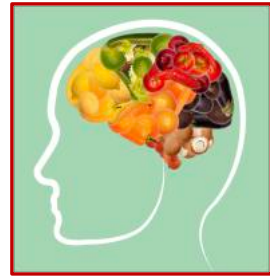
<https://www.westonaprice.org/health-topics-category/know-your-fats>

There is **one caveat** for cooking with butter. Regular butter does contain tiny amounts of sugars and proteins and for this reason, it tends to get burned during high heat cooking like frying.

If you want to avoid that, you can make clarified butter, or ghee. That way, you remove the lactose and proteins, leaving you with pure butterfat.

Here's a [great tutorial](#) on how to clarify your own butter.

Make sure to choose butter from **grass-fed cows**. This butter contains more Vitamin K2, CLA and other nutrients, compared to butter from grain-fed cows.



There will be more information next month on Healthy Oils!

How to make your Vegie Patch more Sustainable



The key to making your edible garden more sustainable is to limit its dependency on external inputs. Vegie patch expert Phil Dudman has some suggestions...

SHARE

Improve water conservation

Edible plants, especially vegetables, depend on a regular and even supply of moisture to ensure a high-quality harvest. To make the delivery of water as efficient as possible, consider installing a drip irrigation system that operates in the late afternoon or early morning, to soak the soil deeply before the evaporative effects of the sun kick in. Maintaining a soil cover of organic mulch (for example, straw, leaves or compost) helps to retain the moisture in the soil for longer. When growing thirsty crops such as sweetcorn, where possible, time your planting to periods when you can expect reliable rainfall. Finally, consider investing in a rainwater tank to collect the rain that falls onto your roof. It will significantly reduce your dependency on municipal water sources.

Save seeds

Save seeds from your vegetables to preserve heirloom varieties and reduce the need to purchase new seeds each season. Raising your own seed at home also means you can re-use punnets and pots again and again, and it reduces the need to hop in the car and drive across town to buy seedlings.

Incorporate perennials in your patch

Most of the vegies we grow are annuals that demand a fair amount of inputs and attention in their short growing period. Perennial edibles such as asparagus, globe artichoke and rhubarb develop a larger root system and, as a result, are often less needy and more resilient to environmental pressures. And they can provide a return for many years. Other perennials worth considering include Jerusalem artichoke, choko, scarlet runner beans, garlic chives, Egyptian walking onions, perennial leeks, watercress, Brazilian spinach, Lebanese cress and warrigal greens.

For more ways to make your vegie patch more sustainable, get the August issue of ABC Gardening Australia magazine, out now!

Story by Phil Dudman

<https://www.gardeningaustraliamag.com.au/how-to-make-your-vegie-patch-more-sustainable/>

Trevor's Corner: Are Plant Roots White or Black?



I have generally seen white or dirty white roots on plants.

These young grass weeds are showing lots of soil particles clinging to the roots. This occurs when there is a very active soil biology (fungi, bacteria, protozoa and other microscopic animals) which glues the soil particles in clumps near the roots. The roots exude sticky sugars which feed and give messages to the soil biology. In this way the soil biology manages nutrient availability and disease suppression along with water and carbon storage in the soil.

In the second photo the grass has plenty of soil clinging to the roots and the sunflower seedling, on the right, does not.

When plants are grown with synthetic fertilizers, chemicals and lots of cultivation, the soil biology finds it difficult to survive and cannot perform its duties. This often leads to more diseases and insects along with higher synthetic inputs and costs. This results in lower nutritional and lower quality produce.



Red and White Humming bird Tree APOLOGY from Trevor

Over the last 18 months I have taken Humming bird tree seedlings along to BOGI. Some were labelled red and some white.

Regrettably, I now believe they are all white.

The seed was purchased and labelled red incorrectly.

I want a red flowering humming bird tree. If anyone knows where seed may be obtained, please let me know. Contact Trevor: 0417 196 315



Trevor would like the seeds for this red variety please!



The seedlings were of this white variety!

Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 16th August at Kay and Les de Gunst home at 1pm.

Please contact [0493 789 243](tel:0493789243) if you are interested in attending!



SAVE THE DATE - SATURDAY 7th SEPTEMBER
Taste Bundaberg Market 2024 – 7am to 2pm
Alexandra Park (West)
Quay Street



Dear Members, the time has come for you to start growing seedlings for our stall at the Taste Bundaberg Market!

This is always a great opportunity to showcase our skills at growing beautiful seedlings to give away to very grateful recipients!

All vegetable, fruit and flower seedlings will be most welcome!

The roster will be available at our monthly meeting for assisting on the stall.

Planting by the Moon – August submitted by Kay de Gunst



(New Moon to ¼ Moon) 4 – 12 Aug: 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) 13 – 19 Aug: 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) 20 – 25 Aug: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¾ to New Moon) 26 Aug – 2 September : 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 August:

Asian vegetables; Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; Endive; Garlic; Kohlrabi; Lettuce; Leeks; Mustard Greens; Onions;; Peas; Potatoes; Radish; Shallots; Silverbeet; Sweet Potatoes; Tomatoes. .

**** Plant these in seedling trays first: Broccoli; Cabbage; Capsicum; Cauliflower; Celery; Lettuce; Silverbeet; Tomatoes**



How to grow Turmeric Rhizomes in a pot

Choose a pot at least 300 mm wide and deep and position it in a bright or part shady spot. Fill with quality potting mix.

Plant the root piece out in 35 cm intervals, 5 cm deep. ... Water regularly. ...

Harvest by digging the roots out in autumn.

In 2 to 4 weeks, you should see the turmeric root start to sprout. After 3 months, your plant should be about two feet tall. You will also start to get multiple shoots.



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 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 – 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



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.

Deadline for August 2024 Newsletter

Friday 9th 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.

Treasurers Report June 2024

Opening Balance 1 st June	\$ <u>6247.64</u>
Income	\$ 466.20
Expenditure	\$ 523.38
Closing Balance 30 th June	\$ <u>6130.62</u>
Visa Account	\$ 298.86
Income	\$ 0.00
Expenditure	\$ 296.94
Balance	\$ <u>1.92</u>

This Month’s Supper Roster Tuesday 30th July

Marlene Kent-Fuller	Susan Jackson
Lyn McIlwain	Tom Goldrick
Jan Nilkora	Joy Millet
Chris Jensen	Marlene Rayner

Please list the ingredients of your supper contribution to inform those with special dietary needs. Thank you!

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.