



# Bundaberg Organic Gardeners

~working with nature~

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

## NEWSLETTER SEPTEMBER 2019

Welcome to our September Newsletter. September has so far been wild and windy and not at all wet, which makes me see why Wicking Beds make so much sense. Peter Van Beek and Trevor have been busy putting together the 'How To' Guide for all of our members to build and share with others, I highly recommend you save these attachments for future reference. Thank you to everyone that has sent through information to add to this month's newsletter – it makes it much more interesting for you to read while making my job easier too ☺ Cathy.

### CLUB MEETING

Time: Doors open 6.30 pm  
For a 7 pm start

Venue: McNaught Hall  
(Uniting Church hall)

Corner Barolin and Electra Street, Bundaberg

Attendance \$3 member, \$5 visitor, includes  
supper

**Tuesday 24<sup>th</sup> September**

• **Speaker : Dave Jacq**

Dave is a new member of our group and is interested in the surrounds to gardens and how we make them extra welcoming and attractive. If you wish to incorporate a BBQ, archway, seat, fire pit swing or even a chicken coup etc then make sure you come along and listen to some great ideas. Don't forget recycling also.

As always we will have the BOGI

~Library      ~Shop  
~Info sheets    ~Buy & Sell  
~Seeds          ~Tea of the Month  
~Lucky Draw    ~Photos from workshops  
~Freebies       ~Workshop registration

***Enjoy a Cuppa at Supper***

### Upcoming workshops and Events

**Saturday 21<sup>st</sup> September:** Up-cycled Fabric Rug making  
Elizabeth Hunter, North Bundaberg. 9.30 am. Cost \$10 Limit of 8 people. BYO morning tea to share, scissors, 1 or more worn sheets

**Saturday 5<sup>th</sup> October:** Up-cycled "horrid plastic" bag demo  
Elizabeth Hunter, North Bundaberg 9.30 am Limit of 8 people  
You will fix all your plastic bags in a sheet and see a demo how to sew these into a shopping bag. BYO 20 - 30 washed plastic bags, morning tea to share

For both of Elizabeth's workshops there will be a sign-on sheet at the meeting. Extras also register your interest as reserves or for a repeat workshop

**Sunday 20<sup>th</sup> October:** Alpaca Appreciation Day.  
Alpaca education, the benefits of Alpaca Poo for your garden. Also learn about fleece for spinners or felters.

**Sunday 24<sup>th</sup> November:** BOGI Christmas Party.  
Save the date! Details to be confirmed.

**Who would like a Wicking Bed Workshop** held at your house?  
1.4m x 1.4 m wicking beds at a cost of approx \$30 (Plus the soil) to be built at your house with the help of other members. Sign up for yours at the meeting

Please remember to take down all the host details and notify if you can't make it on the day.

## RAY JOHNSON- LANDCARE- AT A NATIONAL AND LOCAL LEVEL

Ray Johnson, head of Gin Gin Landcare and Previous president of Bundaberg Organic Gardeners Inc, celebrates the 30<sup>th</sup> Anniversary of Landcare in Australia. Starting in Victoria, the movement has gone from strength to strength to become a national body.

In 1980 there were many contentious issues between science and conservation. No unified approach. An idea emerged to make an umbrella group which would represent a common interest. In 1986 the first meeting was held in Victoria with Ric Farley (National Farmers Association (Political Lobby) and, Phil Tayne, an indigenous activists. They presented their idea to the Hawke government and were granted \$320,000 to officially start Landcare. In 2019 there are over 4000 groups. Tasmania stands as a separate group. Landcare is an umbrella group for many smaller subgroups such as, Bushcare, Dunecare, Coast care etc. There are over 5,400 subgroups. Landcare is international in 15 countries and has its own National Body meeting.

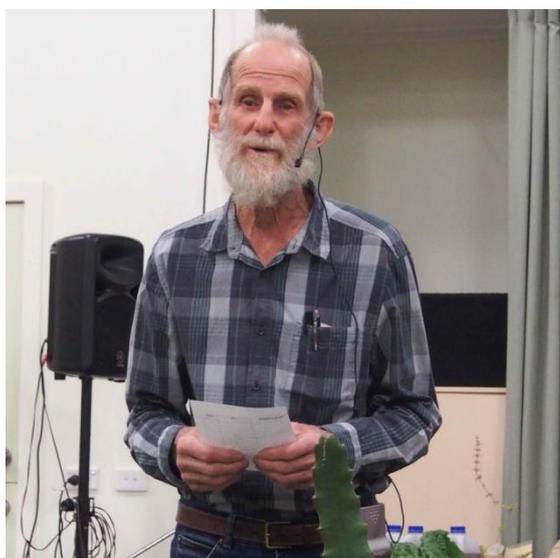
Landcare oversees allocations of money for grant applications. Areas of focus include, salinity issues, developing windbreaks and animal corridors, fencing, protecting endangered species and weed control.

Landcare will also organise educative activities for those groups who do not have a nursery. For example, a bus tour to a farm property to see how local issues like weed control and erosion are managed.

Ray's main message is that we all have to Care for the Land. How?

"Care for the Soil." Know your soil and weeds and create an environment for Microbes. In one teaspoon of soil is 100 million, microbes, invertebrates, fungi, nematodes etc- a network of consumers and converters which work with the insect population.

Ray has been running the local Gin Gin Landcare nursery for 8 years. It is self-supporting and independent. It supplies native plants mainly for revegetation programs to the private and public sector. There is an amazing bush Food garden and Rain Forest area. It is operated by about 6 volunteers and operates Weds and Fri 8-4 and Sat 9-1. Everyone is most welcome.



Thank you to  
Ray Johnson  
for being our  
speaker for  
our August  
Meeting,  
notes by  
Karyn Ennor,  
photos from  
Bill



## LOOK AFTER THE ZOO BIOLOGY IN YOUR SOIL

1. The best way to get good yields and at the same time build the soil is to fully utilize microorganisms. Fertilizing with NPK is not the best way.
2. The plant can be encouraged to manufacture large amounts of sugar (carbon) and send it to the soil through its roots to colonize and feed microorganisms. In fact, when good microbes flourish in the soil, it prompts the plant to photosynthesize faster, producing a bounty of sugars.
3. These beneficial microorganisms feed on the sugars as they convert unavailable nutrients into available plant food.
4. Microbes use the sugars secreted by the plant like gums and glues to bind soil particles together, creating air spaces and bringing structure to the soil, eliminating soil compaction and producing humus.
5. As air flows down into the soil, nitrogen fixing bacteria convert the nitrogen in the air into available plant food.
6. Bacteria break down the chemicals and toxins that inhibit beneficial microbes.
7. Bacteria remediate salts that inhibit soil life, removing them from the root zone.
8. The soil becomes an ideal growing environment as aerobic bacteria, fungi and beneficial nematodes displace anaerobic bacteria and harmful nematodes.

How do we do that.

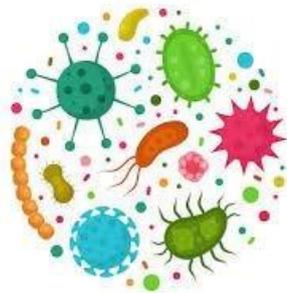
Firstly avoid use of chemicals and large amounts of chemical fertilizers. Use organic type fertilizers such as composts and chicken manure pellets. Use mineral sources such as rock dusts and mineral fertilisers.

The soil biology of bacteria, fungi, nematodes and soil insects may be considered as zoo animals living in the soil.

Feed them to encourage them. Use a carbon or carbohydrate based supplement to feed them. The plant root secretions do this naturally. Some examples are seaweed, molasses, liquid fish, molasses, plant and worm teas and humic acids.

Every 2 to 4 weeks apply one of these to your garden in a watering can and your garden will explode.

**When my garden slows down and lacks vigour and life, it is telling me I have forgotten to feed the zoo.**



*Have you checked out our Facebook page yet? It's a great way to connect and show what's happening in your garden, and see others tips and ideas too.*

Search for **Bundaberg Organic Gardening Inc** and request to join the group online.

## Field Trips!

### **BOGI Fair Bus Trip – by Lyn McIlwain.**

'6 a.m. 24th- 8 p.m.25th was packed with fun, gathering information, interacting with our fellow travellers during our weekend away.

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A 12 seater Network bus ferried us this way and which way, we wished to visit under the skilful guidance of our very own bus driver Reisha.

10 a.m. we pulled up at Yandina Permaculture Community gardens.

Surprise, surprise a huge market was in full swing next door. We ducked in for a quick 'squiz' and of course a purchase before enjoying herbal teas and 'yummies' on the Y.P.C.G. verandah.

Our garden tour was led by a delightful, knowledgeable volunteer, Colleen, whose mum, Rita Bichel, a very successful gardener lived in Bundy.

Not just that, but our very own members, Lara and Jeff Hawkins appeared from behind some bushes. There was heaps of growth, companions, all in harmony, ground apples, native strawberries, heritage Australorps fed on yarrow, comfrey, southern wood, multiple worm farms in baths, black soldier fly larvae, frog ponds, composting,-weeds. Each weed has a different mineral (cobblers peg), toads, urine, cotton, old rags, shredded paper, all to make a foliage spray, kept moist for organisms. Beware - wear a mask!

#### **Importantly, as Colleen explained - all co-exists.**

Purchases made -all aboard in traffic for Fairhills Native Nursery just minutes away. Probably not in its prime, especially as the coffee shop was closed but members managed to seek out some treasures.

Not far away at Forest Glen was Kunara group of organic shops – eatery, nursery gifts, all things healthy, vegies, bamboo clothing, so much great 'stuff ' Now we appreciated the two spare seats !

It was on Ray's advice just a short way away Reisha took us to Maroochy Bush Botanical Gardens. Great to clear our minds of traffic noise, pollution. Wandering through the bush we completely relaxed ,unwinding getting prepared for our sleep over at Maroochy Waterfront Camp and Conference Centre on Eudlo Cr. and a back branch of the Maroochy R. Sun setting, light fading, wildlife having a last few playful moments, on the water, it was time to be in the dining room to watch it all.

'10 from Bundy ' I said.

'I've just moved here from Bundy, two weeks ago.' the manager said.

wow, there's more!

Up walking at 6 along the water, greeted by the rising sun, gorgeous reflections, water ducks being cheeky, photo opportunities !All too soon, we joined the 'iconic Bruce' heading to the Fair, Bogi Fair, Windsor. Once again, Reisha, displayed her expertise in parking a bus in minimal space amongst road works (footpath repairs) . Being early, we were the first eager customers for the coffee van.8.30 till 3 was packed with hourly lectures. Annette McFarlane opened hers with a warm welcome to the 10 from Bundy and gave us each a packet of seeds. Delightful informative speakers – making compost, all we need to know about worms and gardening in general.

The no. of stalls selling herbs and seedlings had to be seen to be believed.

Other informative stalls – solar cooking ignited my enthusiasm to drag my oven from the shed, the female garlic grower from GinGin, Northey Street City Markets, McLeod's from Kingsthorpe with their Sustainable Ag Solutions ( Liquid Fertilizer and soil Microbes) and more, many more.

The large 'Peace' Hall was filled with culinary delights, Veg. Display and space to sit, sip a cup of Lemon Myrtle tea you made from the leaves decorating the tables, chat, make acquaintances, exchange stories.

Time flew and once again we were in Reisha's capable hands for our trip home, with precious cargo on board, plants. Those hours just flew as did the conversation.

I would especially like to thank Reisha for driving, also everyone who were great company for the weekend.

Count me in if there is a repeat next year. Cheers Lyn.



Photos L > R: The happy travellers, one of the stallholders, a bit more about Saffron.

## Gin Gin Landcare and Bush Food Gardens.

On a windy and surprisingly chilly Sunday 8<sup>th</sup> September around 20 BOGI Members visited Gin Gin Landcare where we met Ray Johnson. Ray first spoke to us about Avocado trees and the common misconception that to grow successfully we needed to have an A and a B type Avocado. I learnt that A Type Avocado such as Hass, Pinkerton, Reed, Wurtz and Lamb Hass WILL bear fruit on it's own, however planting A and B type trees together will produce more fruit. AND the best way to grow avocado is to plant the seed directly in to soil, not to worry about trying to sprout it first.

We then learnt the secret recipe for Landcare potting mix which came from the Gurang Landcare group. As a rough outline of what went in to the mix it went something like this... One wheelbarrow full of pine bark, a scoop of a Product called Multi-Pro, NPK, Coir (which we learnt is a sustainable product, made from a massive build up of coconut husk waste), well composted tip mulch, washed river sand and fine charcoal. Everything was carefully measured and mixed on a large table then kept covered until ready for use.

We tasted some amazing honey straight from a Native Bee Hive that was recently split. Ray now has three different types of native Bee hives all working their magic within the grounds but we noticed many more honey bees flying in from other areas to enjoy the huge variety of flowers to feast upon. As we walked through the rainforest the kids collected fallen leaves from so many different types of trees – we then had a guided tour of the Bush Food Garden which is full of winding pathways and such a wide variety of FOOD! After the tour we all checked out the nursery and I think most of us came away with some new additions to the garden. Personally we came home with a Japoticaba which is doing really well in the weeks since planting.

Thanks so much Ray for showing us around and sharing your knowledge - Cathy



We also visited the espalier farm of Mike Laskow, although not organic, it was an interesting & informative visit. He grows 450 custard apple trees, 300 passionfruit, 150 star fruit & 80 figs. He is aiming at being a commercial supplier of these fruits, & it depends on the success of the espalier, aiming at 72 custard apple fruits weighing between 600 & 800gms each, per tree, per year. Any smaller & they will sell in a bulk box. The larger will fetch the highest price at the market. To achieve this the trees need to grow along the 3 tiers of wires, be pruned to allow a right angle branch only, at each node, & being terminated only 500mm out from the wire. This means a lot of observation, continual pruning, feeding & unfortunately, spraying of noxious chemicals. Organic practices would be doable at our hobby & back yard level, Jeanette has an espalier Black Sapote happening at the moment. I am sure we would be interested to hear about its progress from time to time in the forum.



## Mrs Frizzle and The Ducklings – ‘The Haven’ update from Pam Burgess.

Well, just before we left toward the end of July, Mrs Frizzle got clucky. We don't have a rooster so that was not good for her or our house sitters. We did, however, have a Trio of Indian Runner Ducks, one of which was male, so it stood to reason that our duck eggs were fertile. It made sense to put 4 eggs under Mrs Frizzle so we did.

3 weeks into our holiday we got the news, 2 gorgeous little runner ducklings had been born, Mrs Frizzle was finally a mum of sorts. The other 2 eggs proved to not be viable but studies indicate that a 50 to 75% success rate was to be expected, so all good.

When we got home it was full steam ahead to finish the broody pen so the young family could have their own space away from both the chickens & the ducks. And so it was done in record time, hats off to Peter for getting into the shed & onto the tools so fast.

The results are...the chickens are tearing 2 of the pits to shreds in their quest for worms, bugs, insects etc. & are happily laying gorgeous eggs daily. The runner ducks now number 4 females, & 1 very happy male, they have ownership of 1/3 of a fast reducing puddle that was once our top dam. The girls are gifting us with 2 to 3 eggs a day, but I get to have an Easter egg hunt each morning to claim them. Finally Mrs Frizzle & her 2 younguns get to watch all the eggcitement around them from the safety & comfort of their own home, for now. Their bonus is a tray of freshly sprouted oats into all pens each morning as a green treat, it is decimated within minutes, I guess they are enjoying it along with their bucket of mixed greens ( comfrey included of course. )

Such is a peek into the life of our barnyard. Cheers all. Pam Burgess



## WICKING GARDENS

Why wicking beds? Water management makes or breaks a garden. Your watering technique determines whether or not you succeed. Water management is 90% of successful gardening.

Wicking beds prevent overwatering. Too much water displaces air in the soil and plants suffer and roots may die. Not enough water and plants also suffer. Wicking beds have a water reservoir over and above what soils can normally hold.

Wicking beds also prevent tree roots taking water and nutrients meant for your flowers and vegetables. Wicking beds also stop water and fertilizers passing through sandy soil and being washed out of the root zone.

BOGI has recently assisted installing wicking beds at Norville School and they are growing exceptionally well.

Attached to this newsletter are notes for construction and then watering and maintenance of wicking gardens.

## Let's try Recycling from Kay DeGunst

Lots of gardeners came away from Elizabeth Turner's garden, full of ideas to recycle more and waste less. What we can recycle, reduce and reuse will benefit all of us. Anything can be made from something and with some imagination.

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# **Chickens** are a great way to add something extra – they fertilise, cultivate and eat weeds – 8 plus you get the best eggs. Chickens convert kitchen scraps into eggs and manure. The eggs finish up on the table and the chicken manure eventually gets recycled into compost.

# **Net onion or orange bags** can be reused over and over again for all sorts of storage uses.

# **Newspaper** can be shredded and composted, used as bedding for chooks or thick layers can be used as a path. You can make paper pots from newspaper which works for a short time until a young plant can grow.

# **Old carpet or cardboard** will work well for a weed mat or a garden path.

# **Ice-cream containers**,,,,, a *Kitchen scrap holder*; a *Harvester*; a *Potting scoop*;

a *Dripper* (pierce holes in the bottom); a *Spider or bug catcher*; an *Easy storage bin*.

# **Old Jeans** can be used as patches for other jeans; or make your own denim handbag.

# **Old CDs** make funky coasters! Just stick two together and paste felt underneath.

# Get creative making Christmas and birthday cards from old cards, postcards, photos, stamps, pretty paper and more. Your family and friends will love the handmade greetings!

# **Egg cartons** to start seedlings. Add soil to each hole to plant seeds of your choice. Once sprouted, plant the whole carton as it will biodegrade in the ground.

# Create ice blocks for your esky - fill up **old milk cartons** with water and freeze them.

# **Save your seeds**. Seeds can be easily collected, allowing them to be saved, stored and swapped between gardeners. When collecting seeds, save them from your best plants. Label your seeds and keep them in a cool, dark and dry place. The larger and harder the seed, the greater its potential lifespan.

# If you have **surplus pots**, bring them along to our monthly meetings. I'm sure members will have use for them, or anything else you don't require that someone can use.

# If you don't have room for **compost**, an easy way to make compost is to collect polystyrene fruit boxes and punch holes in the base. Set the first box on the ground and fill with household and garden rubbish. When this box is full, put another box on top and continue the procedure. By the time you have filled the sixth box, the bottom box should be ready to use in your garden. Reuse the empty box back on the top ready for next time around.

- Below is a list of plantings suitable for our area this month of September.

# **Seeds to be planted directly into your prepared ground:**

*Asian Vegetables; Asparagus; French Beans; Beetroot; Carrots; Choko; Cucumber; Eggplant; Leeks; Lettuce; Luffa; Melon; Marrow; Mustard Greens; Potatoes; Pumpkins; Radish; Rosellas; Shallots; Silverbeet; Squash; Sweet Corn; Sweet Potatoes; Zucchini.*

# **Seeds to be planted into seedling trays:**

*Capsicum; Cucumber; Eggplant; Lettuce; Marrow; Silverbeet; Tomatoes; Zucchini.*

## The club has a seed bank library consisting of seeds from our member's gardens. Club members have the opportunity to swap or select organic seeds for their own home garden use.

# Recipes

Did you get a chance to try out last month's recipes?  
If you have a favourite recipe, especially one that uses up lots of in season produce, please send it through to include in our newsletters.

Why do Bees  
Have Sticky Hair?

Because they use  
Honeycombs

**Oven-Baked Tomato Sauce** (Original recipe from Stephanie Alexanders Kitchen Garden Companion)

500g Ripe Tomatoes cored and rough chopped  
1 Carrot thinly sliced  
1 onion finely chopped  
2 Cloves garlic finely chopped  
1/3 Cup extra-virgin olive oil  
1/3 Cup Red Wine or Red Wine Vinegar  
8 Basil Leaves torn  
Sea Salt and Freshly Cracked Black Pepper.

Mix all the ingredients and bake in a low oven (about 150°) for anywhere between 2 & 4 hours. When cooked we blend in the pot with a stick blender. Use over pasta or as a base sauce for a casserole or lasagne.

This is one Dan or I make when we get a heap of cherry tomatoes and it can be made without spending the whole day in the kitchen! I have simplified the method somewhat – and we change quantities etc to suit what is in the garden or the fridge at the time too! Even the kids have made this all by themselves – they just removed the calyx and left the tomatoes whole and put in more garlic (no onion so they didn't end in tears). You can also use half Balsamic vinegar / half red wine and add more fresh herbs such a parsley / thyme /oregano.



## TO GIVE AWAY

\*Beer brewing kit has all that is needed to brew, bottle and cap your own beer. Including an electric heating belt for brewing in the winter.

\*Compost bin, flat pack. (no photo as it is flat!)

Phone Wendy Fisher 0419 481 846

## Management Committee and Co-ordinators from April 2019

<b>President -</b>	Trevor Galletly 0417 196 315
<b>Vice President -</b>	Joan Smart
<b>Treasurer –</b>	Vicki Stuart
<b>Assistant Treasurer -</b>	Lara Hawker
<b>Part Time Secretary -</b>	<b>vacant</b> Karyn Ennor 0448 141 894 secretary.bundyorgard@gmail.com PO Box 4158 Bundaberg South QLD 4670
<b>Committee Members -</b>	Maureen Schmitt 4155 2172 Pam Biden Reisha Marris Vacant Vacant
<b>Coordinators</b>	
<b>Membership -</b>	Reisha Marris
<b>Field Trips -</b>	<b>vacant</b>
<b>Workshop -</b>	Pam Burgess
<b>Catering -</b>	Pam Biden, Richard Amsler
<b>Newsletter Co-Editors -</b>	Cathy Critchlow Heidi Brown newsletter.bundyorgard@gmail.com
<b>Newsletter meeting notes -</b>	Suzanne Blanch
<b>Welcoming Person -</b>	<b>vacant</b>
<b>Buy and Sell -</b>	Jeanette Cox
<b>Lending Library -</b>	Kay de Gunst
<b>Seed Saving and Swap -</b>	Joan Smart
<b>Herbal Teas -</b>	Julie Burry
<b>BOGI Shop -</b>	Les de Gunst
<b>Seedlings -</b>	Eddie and Jill Galea
<b>Co-Webmasters -</b>	Peter Van Beek Leslee Ryan

## Supper and Washing up Roster

### *September*



### **Cabbage & Avocado**

**Les De Gunst  
Reisha Marris  
Eddie Galea  
Lee Melvor  
Shirley Pennington**

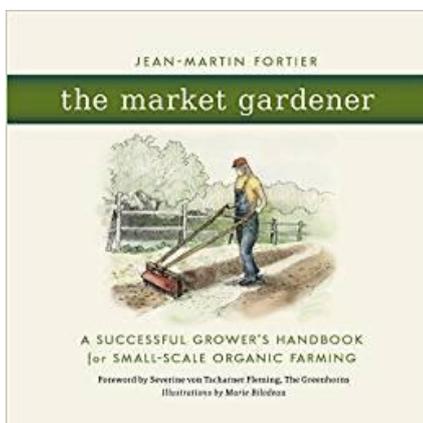
**Bruce McKay  
Susan Jackson  
Trevor Galletly  
Daphne Keys**

If you would like to contribute a dish when you are not on the roster, please do so. They are always welcome.

*For dietary purposes – please list all ingredients*

*Please note that these members are also requested to assist in sweeping and cleaning up after the meeting.*

If you are unable to come to the meeting, please advise Pam Biden (ph 4159 4223) so that other arrangements can be made



Lee Melvor has donated this book to the club to be raffled! We sold tickets at our August meeting and will draw the raffle at our September meeting. This is one mentioned by our July speaker, Matthew Cathcart. **The Market Gardener by Jean-Martin Fortier**

Jean-Martin Fortier is one of the pioneers of regenerative farming along with Joel Salatin.

Jean-Martin Fortier is a farmer, educator and award-winning author of best-seller "**The Market Gardener**". A recognized authority on small-scale organic vegetable production, he has inspired hundreds of thousands to embrace a vision of agriculture that is human-scale, ecological and profitable.



## BOGI SHOP

Products available are:

- Liquid Lime
- Liquid Kelp
- Liquid Fish
- Mineral Granules
- Microlife
- Organibor and
- Katex Organic Super Growth.

If you would like to buy any of these products please make arrangements with Les de Gunst by phoning 4152 9587. They are also available for sale at our meetings.

### Deadline for October Newsletter

5pm Friday 11<sup>th</sup> October

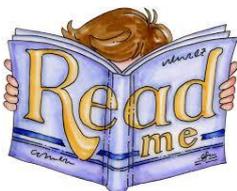
To include notices and details of Club activities email: [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

Or ph Cathy 0403 430 969 or Heidi 0410 561 314

We would like to put together a register of members who own their own business, or work in a field that is relevant to our club. Please contact the Editors for this

The library catalogue is maintained by our Librarian, Kay de Gunst.

The catalogue can be found at <http://www.librarything.com/catalog/BOGardeners>. Each item's record includes a cover picture, title, author, publication date, the Dewey Decimal Classification and subject tags. There is also the facility to read and write reviews and to rate each item.



## Advanced Notice

### *Supper and Washing Up Roster for October*

#### Rockmelon and Kale



Sue Zunker

Fred Pennell

Myra Gilder

Pam Burgess

Marlene Rayner

Alison Larkman

Daniel Critchlow

Joy Millett

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.