



# Bundaberg Organic Gardeners

~ working with nature ~

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## NEWSLETTER SEPTEMBER 2024

### Hello and welcome to our September Newsletter!

This has been an exciting and busy month! The majority of members present at our August meeting, voted to hold our monthly meetings at 24 Sims Road, Walkervale! This venue has many advantages, among them being easier access to front and back entrances, air conditioning, storage, well-lit parking and improved media facilities! We look forward to introducing you to this venue on September 24<sup>th</sup>!



I have been using GROW for my garden since Terry's talk last month and I am so happy with the results! This report is on page 2 and 3. The Taste festival was a great success. You can read about it on page 4! Kara was the very happy winner of the Strawberry Stack with ticket A 12 red. It was the first time she had won anything! The second prize was won by Dara, ticket D06 red! Congratulations! Happy gardening and healthy living! All the best, Deltry

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### CLUB MEETING – Tuesday 24<sup>th</sup> September 2024

Club meetings are always held on the last Tuesday of the Month.

**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.

### September Speaker

Attention Dragonfruit lovers! Yana, from Rare Dragonfruit at Agnes Water, is our guest speaker this month! She and her husband, Michael, grow 150 varieties of Dragon Fruit! She will be explaining how to grow, protect these special fruit from pest and disease, as well as how to train the cuttings! She will also be talking about companion plants and more! This promises to be a great talk!

### Please note:

**Our supper roster is now available for two months. The current month and the following month! See page 10 of this newsletter!**



## AUGUST Meeting Report – GROW – note taker Angie Assouline

Terry Stokes is the Sales Manager and part owner of Rural BOSS – a proudly Australian owned USDA and ACO certified products. Rural Boss is the result of on-farm and scientific experimentation to find a biologically sustainable nutrient source for plants. This product is designed for regular systematic application which quickly sees the overall health of the plant improving.

This product contains a complete balance of nutrients and is suitable for all gardening needs – great for fruits, veggies, lawns, trees, herbs, flowers!



Rural Boss Bio Organic Fertiliser and GROW are the flagship product of Global Boss International (GBI) – which is the Research & Development and Training arm of their business.

In 2021, GBI was awarded the Sunshine Coast Business Awards – Food & Agribusiness Small Business Award. It has not always been an easy journey over the past 13 years, particularly in the early years when soil health, long term sustainability, regenerative farming practices were generally looked down on as being part of some left field hippy concept.

Thankfully times have changed and more farmers, commercial nurseries and home gardeners are looking to repair the quality of their soils damaged by excessive chemical use. They now understand the value of having a healthy microbial factory in the soil to reduce pest and disease issues while increasing yields and food quality and plant quality in general.

As Terry explained, 70 years ago, when factories were left with an excess of nitrogen, the NPK fertilizer formula was developed! However, NPK is not high in Bio-organic nutrients. All goes well when the system is balanced with correct microbes and companion plants! There are 10 trillion microbes in 1sq.m of soil. There is communication among the mycelium, bacteria and protozoa. There are 7 billion organisms in a teaspoon of soil. Microbes feed the plants - 25 worms per shovelful = living soil. The introduction of chemicals in the long run, leads to pest infestation and poor soil quality.

It takes 16 weeks to ferment their mix. It is Ph neutral which means it is immediately accepted by the plant. In relation to the Brix meter reading, high brix levels have increased sugar, mineral and protein levels, and have improved flavour. GROW is great for all plants – it is safe for humans and pets.

There are University research trials which show that foliar fertiliser spraying is 10 times more effective than soil application!

### How To Use GROW

1. Measure 10 to 20 ml of GROW per litre of water in your spray bottle or backpack sprayer.
2. Fill sprayer with Water.
3. Spray a mist on the plant foliage (under the leaves where possible as this is where the stomata are) – preferably early morning or late afternoon when the plant stomata are open.
4. You can also spray or soak seeds or seedlings in a dilution of GROW before planting for a superior strike rate.
5. Apply weekly to fortnightly or any other time the plant looks like it needs a boost.



Terry explained that there were advantages to Foliar Application. There was rapid nutrient uptake, reduced fertiliser usage, cost savings, healthier plants, greater yield, more control over seasonal, climatic and plant growth stages. It also has the advantage of counteracting adverse soil conditions - salinity, alkalinity and acidity that locks out nutrients.



# Ways to use Grow for outstanding results...



Soak Seeds & Seedlings for a few hours in a 50:1 dilution of Grow before planting to strengthen and help with germination and transplant shock.



Spray Seedlings with a 50:1 dilution of Grow before planting and spray the foliage after planting to support strong root development and growth.



GROW Organically offers a range of refillable bottles to help the environment and to save you money. Every time you bring your bottle back to one of their retailers, you are supporting a small Australian business, reducing plastic into landfill and keeping money in your pocket. Win! Win! Win!

The sizes range from 1lt to 100lt – according to the size and needs of your garden or property.

Among local retailers are Boylans Garden Centre, Bamboo Land, Bundy Wholesale Palms and Plants, Lovers Walk Nursery, Nardoo Nursery, Northside Produce and Gin Gin Landcare. Refill only \$8.95 for Lt.bottle.

# Bundaberg Flavours Festival Report - Karyn



For the last six weeks, quite a few of us have been tending our little seedlings, putting them out in the rain, and shading them from sun and wind. Suddenly, September 6 is here and here I am, along with other BOGI members, delivering 100's of assorted herbs and vegetables, the afternoon before the Taste Festival begins. When I arrive at Alexandra Park, our allocated space is already a hive of activity. Marlene and Malcolm, Maureen, Jim and Lenzie are busy unloading and erecting 4 pergolas. The rest of us help unload and place tables, put up signs, organise masses of seedlings (all labelled), and in a short time, the BOGI show is ready to roll.

By 7am the next morning, there is a line of people snaking its way through the magic garden. Now certain BOGI members are ready for action! At the entrance Pam is selling Raffle tickets for the Strawberry stack that Marlene had donated. She says she collected over \$700.00 by the end of the day. Many people have questions regarding the club and Deltry and Kay are there to hand out business cards and information brochures. Geoffrey encourages interested people to talk to Kay about becoming a member.



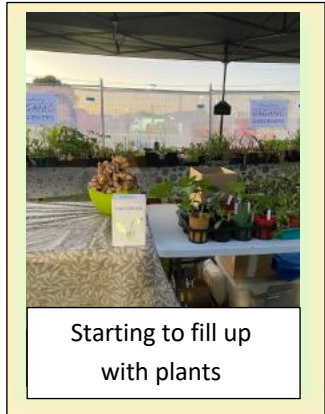
Marlene giving helpful advice

Meanwhile, Marlene engages people walking by, to tell them about organic gardening and our club. Near the exit to this conga line is Lenzie and Francine, who talk to people about the Rare Fruit Group. By this time people are becoming quite excited by what they are hearing and the children all want a seedling to plant. Some people are just starting a garden and want common known vegetables while others have more in depth questions and are interested in more unusual vegetables, herbs and flowers.

Later on Lyn Mcllwain brings in some Gumbi gumbi, Cardamom, Cassava and Aloe vera plants. This starts a whole new conversation regarding how to grow and use them. By about 10 o'clock there is very little left but people are still coming in to ask questions. Maureen is there, with her wealth of knowledge to give some answers. By this time some more BOGI members have joined the ranks to help out, and it is a great opportunity to have a chat, a coffee and continue to engage the public. Many people contribute to the donation box as a thank-you for the information and plants received.

By 12.30 the reverse is happening. The pergolas and signs come down and everything is getting packed up ready to go. The organisers won't let us bring in the cars until 1.15, and so, we chat some more. Hopefully somewhere our little seedlings are planted, perhaps by a child, and possibly to end up in a meal. Perhaps they are further propagated to begin or expand another garden. And so it goes...

Another really successful Taste Festival. Thank you to everyone who contributed!



Starting to fill up with plants



So many lovely plants to choose from!

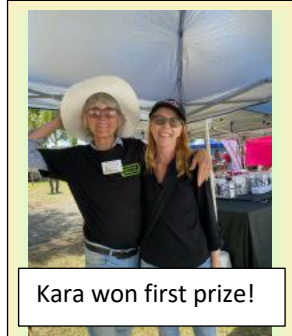




The Rare Fruit Group



The happy crew!



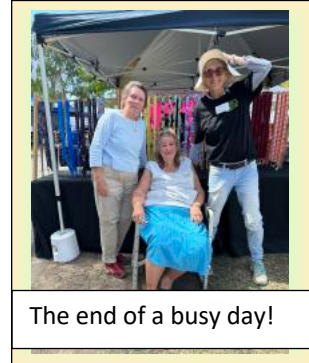
Kara won first prize!



Ready for home!



The big pack up



The end of a busy day!

### Member Profile: Angie Assouline

*How did you hear about BOGI?*

From my dear friend, Pam Burgess

*Have you been to any workshops? Did you learn anything you could apply from these visits?*

I went to the Botanic Gardens tour of the Rare Fruits section at the beginning of 2024. I really enjoyed the walk, learned lots and enjoyed the company of other gardeners.

*When did you develop an interested in organics?*

I am a NATURE girl! Although I enjoy technology, I much prefer to work with nature than chemicals. Humans complicate things!

*Are you a keen gardener?*

Absolutely! I've been out in a garden, playing with plants and soil since I was a toddler!

*Is there something in your garden you are happy with?*

My passionfruit vine has been abundant this year! I thank BOGI for recommending 'Kaytec' pellets for that!

*Something about yourself – where you came from etc?*

I grew up In England with Maltese parents. I've lived in Australia for 10 years with my family. I used to be a veterinary nurse, but I now enjoy being a homeschool mum to my three boys.

*What topics interest you? Do you have other interests?*

I have SO many interests – my progeny, plants, pets, pottery, poultry, painting and bees! I enjoy helping my friends and having a good chat!

\*\*\*\*\*

Angie received her membership badge at our August meeting! Congratulations and welcome to BOGI Angie! Lara, who is our great scribe for the guest speakers, couldn't attend our August meeting so Angie stepped up and took the notes! I think it's called, a baptism by fire! Many thanks for helping out, Angie! You did a great job!



## Herb of the month for September is... Blackberry Nightshade aka *Solanum Nigrum* - I call them Huckleberries

These free and easy plants seem to want to grow anywhere, particularly right now in early spring. Here at home, they are gracing so many places in my garden that I am anticipating at least one berry pie, and maybe one small jar of jam.

They are absolutely delish when cooked as you would blackberries or mulberries. Now before you say, "but I was told they were poisonous..." Let me share with you some of the facts and fallacies surrounding this very helpful seasonal plant. Firstly, it was introduced to Australia during the goldrush as an absolutely essential pot herb. Its tender leaves and growing tips added much needed nutrition to the savoury pot.



This plant is eaten by millions of people around the earth from Nepal to Hawaii, from Asia to Madagascar. The glossy, black, ripe fruits are added to other fruits in a fruit salad or medley, pie or tart, or just eaten in the garden from your hand. They should never be eaten when green or purple, as this is the time that toxic oxalates are present. As with any nightshade plant, e.g. eggplant, turkey berry or potato, they are all cooked to remove any oxalate residue.

The Deadly Nightshade plant that is so feared, has one flower, therefore one fruit per growing point, whereas our Blackberry Nightshade has a group of up to six flowers and fruits on each growing point. An important fact that was neglected to be made clear when the 'propaganda' machine took aim at this free food and medicine.

Other benefits of having these in your garden are, they grow fast and vigorously, shielding other veggies under their leaves. This confuses the bugs, who chow down on these leaves instead of your precious cauliflowers or cabbages. They grow very well in almost any conditions, but if allowed in the well-tended & watered veggie patch, they will reward you with larger, sweeter fruits. Also, they have a relatively short lifespan, and when they die, the stalks and branches crumble in your hands and simply drop back into the soil to help rebuild it. If you have livestock, there will always be willing mouths to take it from you while it is still a green plant. So, it's a win-win plant from my perspective; the bugs eat it, we can eat both leaves and ripe fruit, the sheep, chickens, pigs, horses and goats all think it's great tucker, and the I have to beat the birds to the fruit around here!

Historically and medicinally they are a powerhouse - a formidable medicinal plant with Dioscorides (circa 40-90AD) recommending its leaves for treating skin diseases, earache, indigestion, and internal bleeding. Gerards Herbal of 1636 reported it to be good for ulcers, ringworm, shingles and 'panic of the head'. Chinese medicine uses juice from the leaves against the pain of kidney and bladder inflammations and as remedy to heartburn. In Africa the plant is used for several complaints, including conjunctivitis and ulcers.

Other studies suggest the plant, both berries and leaves to be remarkable in protecting against certain poisonings of the liver and kidneys. It has proven abilities to heal gastric ulcers, prevent epileptic seizures, and acts as an anti-inflammatory. All in all, an exceptional plant that has been put right under our noses. It is such a pity that modern medicine has shunned the remedies from the gardens and fields that have helped humanity since the beginning of time. Less than 200 years ago, plants came first, and the knowledge was handed down from parents to children. So much has been lost in such a small span of time. I am truly thankful that this knowledge has been made known to me and I feel compelled to share it far and wide. I hope that you who read this, continue to broaden your herb lore. It just may become the most important knowledge of all.

Cheers from Pam

Ref: Weed foragers Handbook by Adam Grubb & Annie Raser-Rowland

*For those of you who know BOGI member Lyn, this will be of no particular surprise! Lyn has a wealth of gardening knowledge and is only too happy to share that with others. As you will read in the article below, you will see that this trait of sharing and caring is part and parcel of the person Lyn is! This was printed a couple of years ago in Bundaberg Now. I'm sure you'll agree that it is important to acknowledge the positive influence of those among us.*



Long-time Burnett Heads resident, **Lyn McIlwain**, is no stranger to community spirit; she helped the local kindergarten grow to the thriving, positive space it is today. Lyn moved to the seaside community in 1976 with her late-husband and her children.

Trained in clinical nursing and midwifery, Lyn decided as well as a sea change, she needed a career change and so she applied for a job with C&K Oaks Beach Community Kindergarten. More than four decades ago, Lyn recalls the start of her role at the kindergarten.

"The Burnett Heads Kindy started in 1970 in the old hall and they already had a couple of teachers," she said. "They weren't funded and they relied on raffles at the pub, lamington drives, bush dances and more."

Shortly after her start, Lyn rallied the community together to build a permanent space for the kindergarten, and garnered support from the Bargara Lions Club and Apex Clubs. In the early stages of building, she recalls being told "just make a few cakes ladies, and you'll succeed."

But with Lyn's tenacity and drive, she knew they would need more than cakes to fulfil the community project.

"TAFE students assisted in the build and Duffy's buses would bring them down to help," she said. "East Bundaberg Rotary put the trusses up on the roof. I did rely heavily on community services to assist."

After almost a decade of living in Burnett Heads, Lyn's dream had come to fruition and the kindergarten was fully functioning. "We opened in 1986," she said. "The State Government offered land and Council gave us 50 loads of fill and did the carpark all for nothing. We got \$2,000 from State Government and \$2,000 from Local Government. We had it paid off in four years, but mainly from the 5,800 lamingtons we made once a year!"

Leaving her role at the kindergarten some 20 years later, Lyn said it was now fully funded and continued to be a thriving, positive space for children today.

"I want to thank the community's unwavering generosity and support towards a permanent educational facility for the adults of the future," she said. "It takes a village to raise a child and I am so proud of our unique village and surrounding areas."

### ***Thank You!***

As a non-profit organisation, we are always grateful for assistance from the local community and appreciate the way we can spread our message. Our local member, Tom Smith and Parliamentary member, Stephen Bennett, show their support through printing our newsletters for distribution to members of the public! We thank you!

Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 18<sup>th</sup> October 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 12<sup>th</sup> OCTOBER**  
**LUPTON PARK COMMUNITY GARDEN, MARYBOROUGH**  
**AND MOONABOLLA PERMACULTURE FARM**

If you haven't been to the Lupton Park Community Garden in Maryborough, now is the time to take advantage of this opportunity!

It has so many fun nooks and crannies – and so many lovely garden beds!

Share morning tea!

Then onto Moonabolla Permaculture Farm

Sign on sheet at Tuesday 24<sup>th</sup> evening meeting or contact Club Mobile: 0493 789 243



Meet at Bob Jane car park, off Enterprise Street  
Leaving Bundaberg: 7am

Where: Lupton Park, Cr Rex and Aberdeen Streets, Maryborough!

Bring morning tea to share at Lupton Park and lunch to share at Moonabolla!

Moonabolla: Crn: Hibiscus & Saltwater Creek Rd

Write your name on the list to join a car pool.

**Planting by the Moon – October submitted by Kay de Gunst**



**(New Moon to ¼ Moon) 3 – 10 Oct:** Influences balanced growth; a lower gravitational pull decreases this and stimulates root growth. The best time to sow or transplant leafy vegetables.

**(First ¼ to Full Moon) 11 – 16 Oct:** 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) 17 – 23 Oct:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

**(Last ¼ to New Moon) 24 – 31 Oct :** 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 October:**

Asian vegetables; Beans; Beetroot; Capsicum; Carrots; Chilli; Choko; Cucumber; Eggplant; Lettuce; Leeks; Marrow; Melon; Mustard Greens; Potatoes; Pumpkins; Radish; Rosellas; Shallots; Squash; Sweet Corn; Sweet Potatoes; Tomatoes; Zucchini. .

\*\* Plant these in seedling trays first: Capsicum; Chilli; Cucumber; Eggplant; Lettuce; Luffa; Marrow; Pumpkins; Silverbeet; Squash; Sweet Corn; Tomatoes; Zucchini.

**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.



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.



## ***Here are 3 of the 8 principles of Health for the September Newsletter. More next month!***

**8 Principles of Health** Posted by: Dr Julie Douglass - <https://gr8health.com.au/>

More than ever, scientific research is uncovering the fact that many of the major lifestyle diseases—including heart disease, cancer, and diabetes—affecting Australians today are largely the result of the way we live. And for each positive lifestyle change we make, we decrease the odds of developing these diseases in the first place. The philosophy behind Gr8Health is that everyone can optimise their own health by following the 8 Key Natural Health Principles, which have been validated by scientific research. The first step to better health may be as simple as changing what we eat and drink – and this is the first of the 8 Natural Health Principles – Nutrition.

### **Nutrition — Go Plant-based!**

The first step to better health may be as simple as changing what we eat and drink! Eating a wide variety of fruits, vegetables, grains, legumes, and nuts will prevent many diseases and even cause others to disappear. Obesity, heart disease, high blood pressure, some types of diabetes, and many cancers can be prevented through basic lifestyle changes. A vegan or vegetarian diet can supply all the necessary dietary ingredients to achieve and maintain great health. The prestigious Mayo Clinic endorses a plant-based diet; even The American Dietetic Association has stated that an appropriately planned plant-based diet is healthful. More and more researchers, physicians, and nutritionists are beginning to echo the same call to “Go plant-based!” A plant-based diet ensures that we get the most antioxidants, fibre, vitamins, and minerals with the least amount of calories. Talk about eye-popping appeal to stimulate your appetite! The brightly coloured plant pigments of red, orange, yellow, blue, and deep-green have an added bonus: They all fight disease! All these beautiful pigments have an abundance in health-giving phytochemicals. Science backs up this long-term plant-based diet philosophy, including the renowned research study completed by Caldwell B. Esselstyn, Jr., MD titled, Resolving the Coronary Artery Disease Epidemic through Plant-Based Nutrition, which shows the benefits of a plant-based diet.

### **Exercise — Start Moving!**

Over the past fifteen years, numerous studies have shown that exercise plays a vital role in better physical and mental health. Generally speaking, people who engage in regular physical activity experience a better quality of life, a better functional capacity, and a better mood. See just one of these studies from the Department of Psychology and Sylvester Comprehensive Cancer Center, University of Miami. Research evidence also irrefutably demonstrates the effectiveness of regular physical activity in the prevention of chronic diseases, such as cardiovascular disease, diabetes, cancer, high blood pressure, obesity, depression, and osteoporosis. All exercise should be done in moderation, especially if just starting out, and in consultation with your healthcare provider. However, the important point is to “start moving.” You won’t believe how good you feel!

### **Water — Drink More!**

We all know water is the best hydrator, but did you know that water has also been found to be an effective natural agent in weight loss? Two studies testing both adults and children found that increased water consumption leads to increased weight loss. A study published in *Obesity Research Journal* (February 2010) found that adults who drank 500ml of water before a meal over a twelve-week period showed a 44-percent greater decline in weight than adults who did not drink water. In children, one study found that providing regular, consistent water at school resulted in a 31-percent reduced risk of being overweight. Drinking more water—nature’s best purifier—was also found to have the following benefits:

**Helps dissolve fats and soluble fiber.** Drinking enough water prevents constipation and helps your body to flush waste products.

**Prevents dehydration.** Drinking more water significantly improves your performance and helps prevent post-exercise fatigue.

**Reduces incidence of cancer.** Today bladder cancer is one of Australia’s leading forms of cancer, particularly among men. However, individuals drinking more than 250ml of water per day reduce their bladder cancer risk by 53 percent. It also aids in reducing the risk of colon and breast cancer.

**Keeps the kidneys healthy.** One of the body’s key organs is the kidneys, which remove waste from our bodies. Drinking more water also helps your body control blood pressure and fluid balance.

**Energizes the body.** A lack of water results in dehydration, which leads to fatigue. Drinking enough water daily will help you feel more energized!

*See next month’s newsletter for more great health tips!*

**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

**Deadline for October 2024 Newsletter**

**Friday 11th October 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](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 August 2024**

Opening Balance 1 <sup>st</sup> August	\$ <u>4742.15</u>
Income	\$ 505.18
Expenditure	\$ 55.60
Closing Balance 31 <sup>st</sup> August	\$ <u>5191.73</u>
Visa Account	\$ 357.92
Income	\$ 0.00
Expenditure	\$ 160.38
Balance	\$ <u>197.54</u>



**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.

**This Month’s Supper Roster Tuesday 24<sup>th</sup> September**

Effie Hadjielia, Colin Walmsley, Val Wright  
 Tony Wolfe, Pam Biden, Les de Gunst, Chris Jensen,  
 Marlene Rayner, Sarah Park, Alex Price

**Supper Roster Tuesday 29<sup>th</sup> October**

Katrina Rayner, Kay de Gunst, Joan Smart  
 Johnny Veenstra Brenda Beauchamp  
 TinYu Wong, Jennifer Campbell, Tom Goldrick  
 Cathy Critchlow Linda Cameron

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.**